

Cache County Senior Center

February 2020

Photo by Mike Bullock

**February 5th
@ 8:30 am
Commodities Pickup**

**Lunch and Learn:
12:15**

February 21st: Dr. Budge
with Logan Optical: Age
Related Macular
Degeneration Awareness
Day

A representative from
the VA will assist you
with all of your benefit
needs. Please call
Deborah Crowther
at 435-713-1462
to schedule
an appointment.

HEAT/ Income Tax- VITA

A representative from
the Brag office will be
here the first week of
February to schedule
Appointments for
individuals who need to
apply for HEAT
assistance or who need
assistance in preparing
income tax returns
(VITA).

Cache Theatre Company presents

Steel Magnolias

by Robert Harling



**Thursday,
February 6 at 7:30**

**Utah
Theatre**

Free Admission on this day only

Oreo Truffles

These little guys are about as no-fuss as a dessert can be! Sarah and Jaycee have both made these for the Center and they have been a hit!

≡ delish

INGREDIENTS

- 1 (14 oz.) package Oreos
- 8 oz. cream cheese, softened
- 1 tsp. pure vanilla extract
- 2 c. white chocolate chips, melted
- 1/2 c. semisweet chocolate chips, melted

GET INGREDIENTS

Powered by Chicory



DIRECTIONS

- 1 | Use a food processor to crush cookies into fine crumbs.
- 2 | Add all but 2 tablespoons crushed cookies to a medium bowl. Add cream cheese and vanilla and stir until evenly combined.
- 3 | Line a baking sheet with parchment paper. Using a small cookie scoop, form mixture into small balls. Place on prepared baking sheet and freeze until slightly hardened, about 30 minutes.
- 4 | Dip the frozen balls in melted white chocolate until coated and return to baking sheet. Drizzle with semisweet chocolate. Freeze until chocolate hardens, about 15 minutes.

Want to drizzle your truffles with chocolate instead? Melt 1/4 cup semisweet chocolate chips in the microwave and use a spoon to drizzle over hardened truffles. Place back in the freezer to harden, 10 to 15 minutes, before serving.

<https://www.delish.com/cooking/recipe-ideas/recipes/a48823/oreo-truffles-recipe/>

Leap Day Bingo

Come play Bingo and celebrate February's extra day the right way, with lots of fun!



Friday, Feb.
28th (the day
before Leap
Day) @11:00

Mardi Gras

MARDI GRAS

Party



TUESDAY FEBRUARY 25, 2020
@11:00



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A 4C 05-1038

7 Great Shortcuts to Happiness

Expert tips to make life brighter after 50
by Barbara O'Dair, AARP, January 2, 2020



What makes us happy? Perhaps surprisingly, experts say that at least in part it's growing older. In fact, dozens of studies in the past 15 years suggest our happiness quotient curves upward after age 50 or so. A 2016 study by the Center on Healthy Aging at the University of California San Diego, for instance, showed that, as they age, people report higher levels of overall satisfaction, happiness and well-being, and lower levels of anxiety, depression and stress. Research from the Stanford Center on Longevity found that age correlates with what's called the "positivity effect," where older people experience fewer negative emotions and look back on the past with more satisfaction and less sadness or regret.

It's nice to know the overall trends are on our side. Still, even the happiest among us need a little boost sometimes. And while you probably know the bottom-line advice on overall wellness — a good night's sleep, a balanced diet, exercise, social interaction — sometimes we need to connect the dots to target mood and outlook specifically. To help, we consulted experts in the field of happiness for their best shortcuts to good feelings and contentment.

1. Front-load your day.

This tip, from psychologist Mary Pipher, author of *Women Rowing North: Navigating Life's Currents and Flourishing as We Age*, combines a touch of planning with a slight shift in your mind-set. Over your cup of coffee, or as you lie in bed each morning, ask yourself: "What do I want to insert into this day to make it good?" As Pipher tells it, learning to do this routinely changed her daily life, helping her to prioritize fun: "A lot of people make a to-do list for their chores. If we are overscheduled and

rushing, everything becomes one more chore. But you can sit down for a minute and ask yourself, 'What do I really feel like doing in this moment?'" From there, she says, the trick is seizing the time to do what you want — ideally, as soon as possible. If you can call that friend or do a little gardening before the rest of your regular commitments intrude, so much the better.

2. See the morning light.

Gretchen Rubin, author of the best-seller, *The Happiness Project*, says that the morning itself can play a critical role in setting us up for a more positive outlook. Specifically, she recommends making a goal of getting out in the early a.m. sun (you're up anyway, right?). "That really helps with happiness," she says. Many health reports back her up. Sunlight, along with fueling bone growth and strengthening the immune system, improves mood and focus by boosting serotonin levels in the body. It's also known to help the body produce the hormone melatonin on a schedule that better syncs with your natural circadian rhythm, helping you feel more alert during the day and fall asleep more easily after dark. (Critical for those for whom sound sleep has become a happiness stumbling block later in life.) A great way to absorb some early light is to take a short walk — if a dog comes along, so much the better. Studies show that canine friends lower depression and anxiety as well as blood pressure.

3. Micro-exercise.

Speaking of walking, we all know by now that exercise is a certified mood booster. But if getting out there continues to be a tall order for you, start small — really small. "The difference between no exercise and a little bit of exercise is gigantic," Rubin says. Try a five-minute walk, lifting hand weights, or balance on one foot and then the other a few times a day (a great move to maintain balance and prevent falls). And yes, if you can build from there, once exercise feels less overwhelming, all the better. Recent research shows that exercising bit by bit can add up to similar health benefits as continuous exercise of the same duration. For your mood in particular, movement encourages the production of endorphins, a stress-busting chemical that is released in your brain. In addition, when you move, you release a protein called brain-derived neurotrophic factor, which has a protective and reparative element and can act as a reset switch, allowing us to feel at ease and even euphoric after a workout.

Health and Wellness

4. Clear just a drawer.

Rubin's latest book, *Outer Order, Inner Calm*, describes how letting go of excess belongings can bring peace of mind. Her shortcut here involves organizing just a drawer full of stuff a day to reap the benefits associated with clutter clearing (they include better sleep, improved relationships, even weight loss!). Such tidying up, she notes, brings special benefits for those of a certain age who feel "stuck" in a home with three bedrooms, a basement, attic, garage and pantry all often overly stocked. Clearing out a drawer at a time, and working up to a closet or two, ultimately leads to checking off rooms from your list. Doing so, Rubin says, brings "a tremendous sense of freedom. People feel lighter and less burdened with the weight of years."

5. Reach out.

It's common wisdom now that connecting with others socially can offer a quick hit of happiness. A lack of strong social ties has been found to affect not just happiness but also health and longevity. If you feel short on such connections, sometimes looking back can give you a way forward. "Look for somebody in your life who got away," suggests Rubin, "a neighbor who moved to a different part of town. Maybe you were always acquaintances but for whatever reason you never moved the relationship forward. Maybe you can reconnect with that person now — you already have something in common, you know that you like each other. You can pick up again rather than trying to forge a new relationship." Setting a yearly time and place to meet up with friends who live farther away can also help you rekindle existing friendships.

6. Join a group.

Signing on to an existing group — (perhaps at the Senior

Center) — can also offer both connection and the stability that's sometimes lacking with one-on-one friendships (where one person catching a cold can ruin your plans for an evening). And don't rule out starting a group of your own. "I'm a big fan of joining or starting groups because I think they're more stable than a bunch of one-off relationships," Rubin says. "If you invite one friend, then your friend invites a friend, now you've met somebody new, and you are part of a social network." Your group doesn't have to have a serious intent, either. As Rubin notes, you could play a card game, watch the same show every week, listen to podcasts, hang out at a dog park or just drink coffee together. Whatever the focus, being part of a group "is a good shortcut to feeling less lonely," she says. "If you miss one week, you know you'll see them again."

7. Take a five-minute meditation break.

If anxiety or negative thinking threatens your daily happiness, try meditation to literally clear your mind. Just a few minutes of these mental exercises have been shown to have significant benefits for both psychological and physical health. You can find a simple meditation to follow through books, classes, CDs — or a variety of apps. The popular app Headspace, for instance, offers brief guided meditations that ask you to narrow your focus to something as simple as the sensation of your breath as you exhale and inhale, or to observe how your brain throws out errant thoughts as a tranquil voice encourages you to move past them.

<https://www.aarp.org/health/healthy-living/info-2020/happiness-shortcuts.html>

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February 2020



Monday	Tuesday	Wednesday
<p>3</p> <p>1:00 Needle Work Group</p>	<p>4</p> <p>10:30 Cell Phone—/Internet—/ Wii bowling—LDS Missionaries 11:00 Out to Lunch Bunch - MayMoes 1:00 Foot Clinic by Integrity Home Health—Charge of \$15.00 1:00 Movie: Thoroughly Modern Millie 2h18m</p>	<p>5</p> <p>8:30 Commodities 8:30 Sit and Be Fit w/ Darrell 10:30 National Nutella Day: Taste Testing with Sarah 1:30 Cribbage</p> 
<p>10</p> <p>9:15 National Ice Cream for Breakfast Day Breakfast Club 10:30 Poker w/ ComforCare 1:00 Needle Work Group</p> 	<p>11</p> <p>9:30 Music Class w/ CCID 11:15 Cooking Class 1:00 Movie: My Girlfriend's Boyfriend 1h24m</p> 	<p>12</p> <p>8:30 Sit and Be Fit w/ Darrell 12-4 AARP Driver Safety Course 1:00 Book Club 1:30 Cribbage</p>
<p>17</p> <p>Closed</p> <p>HAPPY PRESIDENTS DAY!</p> 	<p>18</p> <p>10:30 Cell Phone—/Internet—/ Wii bowling—LDS Missionaries 11:15 Craft with Sarah 1:00 Movie: The Bellboy 1h11m</p>	<p>19</p> <p>8:30 Sit and Be Fit w/ Darrell 1:00 Foot Clinic by Sunshine Terrace—Charge of \$10.00 1:30 Cribbage</p>
<p>24</p> <p>1:00 Needle Work Group</p>	<p>25</p> <p>10:30 Cell Phone—/Internet—/ Wii bowling—LDS Missionaries 1:00 Foot Clinic by Integrity Home Health—Charge of \$15.00 11:00 Mardi Gras Party 1:00 Movie: Cinderella 1h31m</p>	<p>26</p> <p>8:30 Sit and Be Fit w/ Darrell 11:00 Photography Class 1:30 Cribbage</p> 

My Promise DAN P. BROWN

If you were my rose, then I'd be your sun,
painting you rainbows when the rains
come. I'd change my orbit to banish the
night, as to keep you in my nurturing
light.



If you were my world, then I'd be your moon,
your silent protector, a night-light in the gloom.
Our fates intertwined, two bodies in motion
through time and space, our dance of devotion.

If you were my island, then I'd be your sea,
caressing your shores, soft and gentle I'd be.
My tidal embrace would leave gifts on your sands,
but by current and storm, I'd ward your gentle lands.



February 2020



Daily Activities

Thursday

6
10:30 Writers Group
10:30 Cards w/CNS
11:00 Refit
1:00 Documentary: Let It Snow 2h2m
5:30 Tai Chi

13
10:30 Writers Group
11:00 Refit
1:00 Documentary: Chocolate Perfection 57m
5:30 Tai Chi

20
10:00 Sewing Class
10:30 Writers Group
11:00 Refit
1:00 Documentary: American Dreamers 1h28m
5:30 Tai Chi



27
10:30 Writers Group
11:00 Refit
1:00 Red Hat Activity
5:30 Tai Chi

Friday

7
8:30 Sit and Be Fit w/ Darrell
12:15 Heart Health—
Please wear RED this day
10-12 Blood Pressure
1:00 Movie: The Conspirator 2h2m

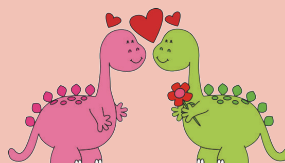
14
8:30 Sit and Be Fit w/ Darrell
11:00 Valentines Bingo hosted by:
Sunshine Terrace
12:00 Valentines Day Entertainment:
Colleen Gordin
10-12 Blood Pressure
1:00 Movie: An Hour Behind 1h30m

21
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
12:15 L&L: Dr. Budge with Logan
Optical: Age Related Macular
Degeneration Awareness Day
1:00 Movie: Sherlock Holmes (2009)
2h8m
5:30-6:30 Community Drumming

28
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
11:00 Leap Year Bingo
1:00 Movie: Leap Year 1h40m



If you were love's promise, then I would be time,
your constant companion till stars align.
And though we are mere mortals, true love is
divine, and my devotion eternal, to my one
valentine.



Source: <https://www.familyfriendpoems.com/poem/my-promise-3>

Monday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
9:10 Line Dancing
9:15 Breakfast Club
10:15 Tai Chi
11:15 Sit-n-be-fit/
Pickle Ball
12:30 Jeopardy
12:30 Bridge

Tuesday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
8:30 Ceramics
9-12 Painting Group
9:30 Wii Bowling
1:00 Movie

Wednesday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
9:10 Line Dancing
10:15 Tai Chi
11:00 Bingo
11:15 Sit-n-be-fit/
Ping Pong
12:30 Bridge
1:00 Bobbin Lace

Thursday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
9-12 Painting Group
9:15 Clogging
9:30 Wii Bowling
10:00 Mahjong
2:00 Spanish 101
4:30 pm Knotty Knitters
5:00 pm TOPS

Friday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table Room
9:10 Line Dancing
9:15 Adult Coloring
10:15-10:45 Seated Tai Chi
11:00 Bingo
11:00 Pickle Ball
11:15 Sit-n-be-fit
12:30 Bridge
1:00 Movie

Where should you find a treating physician?



Health fair booth



Mail order



Phone salesperson



Your doctor's office



Genetic tests for cancer or other diseases need to be ordered by a treating physician. Think of who you want to talk to about your treatment when the genetic test results come in.

<https://www.cms.gov/Regulations-and-Guidance/Guidance/Transmittals/Downloads/R04BP.pdf>

Supported by grant # 90MPC0001 from ACL

When you think of a treating physician, who do you think of? Probably not a person you met at a health fair or who found you on social media. Genetic, cancer, and/or DNA tests need to be ordered by YOUR treating physician.

If you receive offers for "free" genetic testing, report it to your local #SeniorMedicarePatrol at 1-877-808-2468. Learn more about genetic testing fraud here: <https://smpresource.news/genetic-testing-fraud>.

Breakfast Club



Out to Lunch Bunch

Come join us for a southern style Out to Lunch Bunch at MayMoes!

Tuesday, Feb. 4th @11

Sign up at the front office and if you would like to ride the bus, the fee will be \$1.



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Cache County Senior Center, Logan, UT

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February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Belgium Waffles w/ Berries Sausage & Eggs Asparagus Fresh Fruit & Yogurt	4 Spaghetti w/Meat Sauce Steamed Broccoli Berry Fruit Tart Garlic Bread	5 Hawaiian Haystacks Buttered Peas Pineapple & Mandarin Oranges Corn Muffin	6 Chicken Alfredo Italian Veggies Ambrosia Fruit Salad Breadstick	7 Sloppy Joes Carrot Raisin Salad Potato Chips Berry Fluff Fruit Salad
10 Pinto Bean & Ham Soup Egg Salad Sandwich Coleslaw Pears	11 Shredded Chicken-Tacos Southwest Corn Salad Raspberry Parfait Churro	12 	13 Sausage/ Pepperoni Pizza Green Salad Fresh Fruit	14 Chicken Cordon Bleu Veggies Cascade Tropical Fruit Cheesecake
17 Closed 	18 Sheppard's Pie Mixed Salad Spiced Apples Dinner Roll	19 Roasted Chicken/ Apricot Glaze Glazed Carrots Pear Crisp Cookie	20 Tilapia Wild Rice Butternut Squash Fresh Fruit	21 Hearty Beef Stew Spinach Salad Melon Salad Breadstick
24 Chicken Fajitas Spanish Rice Cucumber-Tomato Salad Orange Fluff	25 Butternut Squash Soup Mixed Salad w/Strawberries Raspberry Muffin	26 Hamburgers Lettuce/Tomato & Pickles Tater Tots Coleslaw Fruited Jell-O	27 Chicken –Pesto Cavatappi Garden Salad Peaches	28 Pork Carnitas Spanish Rice Mixed Bean Salad Wheat Tortilla Pineapple Tidbits



Our doors open at 8:30 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m. If you need a ride to the Senior Center call by 3:00 p.m. for a seat on the bus the next day.



Lunch is served from 12:00 noon to 1:00 p.m. For those 60+ and their spouse the suggested donation is \$3.00.

Don't forget to call in by 3:00 p.m. the day before you eat.

The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.

Craft with Sarah

CRAFT CLASS

TUESDAY,
FEBRUARY 18TH
STARTS AT 11:15 AM

Don't forget Craft Class will now be
on the 3rd Tuesday

Cooking Class

02.11.2020

V-DAY Cooking Class

STARTS AT 11:15 AM

Come join us for a day of heart
healthy cooking

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MEDICARE

How Medicare works with other insurance



If you have Medicare and other health insurance or coverage, each type of coverage is called a "payer." When there's more than one payer, "coordination of benefits" rules decide which one pays first. The "primary payer" pays what it owes on your bills first, and then sends the rest to the "secondary payer" to pay. In some cases, there may also be a third payer.

What it means to pay primary/secondary

The insurance that pays first (primary payer) pays up to the limits of its coverage. The one that pays second (secondary payer) only pays if there are costs the primary insurer didn't cover.

The secondary payer (which may be Medicare) may not pay all the uncovered costs. If your employer insurance is the secondary payer, you may need to enroll in Medicare Part B before your insurance will pay.

If the insurance company doesn't pay the claim promptly (usually within 120 days), your doctor or other provider may bill Medicare. Medicare may make a conditional payment to pay the bill, and then later recover any payments the primary payer should've made.

How Medicare coordinates with other coverage

If your questions about who pays first, or if your coverage changes, call the Benefits Coordination & Recovery Center (BCRC) at 1-855-798-2627 (TTY: 1-855-797-2627). Tell your doctor and other health care provider about any changes in your insurance or coverage when you get care.

Valentine's Day Bingo & Cards

IT'S A Valentine Party

14th
FEB

Join us for BINGO & a card exchange

@ 11:00

Bring some cards to pass out to your friends and if you are feeling extra sweet you can bring a treat to share.

Valentine's Day Entertainment

Valentine's Day
Entertainment
provided by



Colleen
Gordin.

February

14th @ Noon



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What You Need to Know About Romance Scams

Dating and romance scams often take place through online dating websites, but scammers may also use social media or email to make contact. Romance scammers create fake profiles on dating sites and apps, or contact their targets through popular social media sites like Instagram, Facebook, or Google Hangouts. The scammers strike up a relationship with their targets to build their trust, sometimes talking or chatting several times a day. Then, they make up a story and ask for money.

The Lies Romance Scammers Tell

They'll often say they're living or traveling outside of the United States. We've heard about scammers who say they are:

- Working on an oil rig
- In the military
- A doctor with an international organization
- They have even been known to telephone their victims as a first introduction. These scams are also known as 'catfishing'.

Scammers typically create fake online profiles designed to lure you in. They may use a fictional name, or falsely take on the identities of real, trusted people such as military personnel, aid workers or professionals working abroad.

Dating and romance scammers will express strong emotions for you in a relatively short period of time, and will suggest you move the relationship away from the website to a more private channel, such as phone, email or instant messaging. They often claim to be from another country, but travelling or working overseas. Scammers will go to great lengths to gain your interest and trust, such as showering you with loving words, sharing 'personal information' and even sending you gifts. They may take months to build what may feel like the romance of a lifetime and may even pretend to book flights to visit you, but never actually come.

Once they have gained your trust and your defenses are down, they will ask you (either subtly or directly) for money, gifts or your banking/credit card details. They may also ask you to send pictures or videos of yourself, possibly of an intimate nature.

Often the scammer will pretend to need the money for some sort of personal emergency. For example, they may claim to have a severely ill family member who requires immediate medical attention such as an expensive operation, or they may claim financial hardship due to an unfortunate run of bad luck such as a failed business or mugging in the street. The scammer may also claim they want to travel to visit you, but

cannot afford it unless you are able to lend them money to cover flights or other travel expenses.

Sometimes the scammer will send you valuable items such as laptop computers and mobile phones, and ask you to resend them somewhere. They will invent some reason why they need you to send the goods but this is just a way for them to cover up their criminal activity. Alternatively they may ask you to buy the goods yourself and send them somewhere. You might even be asked to accept money into your bank account and then transfer it to someone else. Sometimes the scammer will tell you about a large amount of money or gold they need to transfer out of their country, and offer you a share of it. They will tell you they need your money to cover administrative fees or taxes.

Dating and romance scammers can also pose a risk to your personal safety as they are often part of international criminal networks. Scammers may attempt to lure their victims overseas, putting you in dangerous situations that can have tragic consequences.

Regardless of how you are scammed, you could end up losing a lot of money. Online dating and romance scams cheat older adults out of billions every year. The money you send to scammers is almost always impossible to recover and, in addition, you may feel long-lasting emotional betrayal at the hands of someone you thought loved you.

<https://www.scamwatch.gov.au/types-of-scams/dating-romance>

What to do

- 1 Slow down** — and talk to someone you trust. Don't let a scammer rush you.
- 2 Never wire money**, put money on a gift or cash reload card, or send cash to an online love interest. You won't get it back.
- 3 Contact your bank right away** if you think you've sent money to a scammer.
- 4 Report your experience to:**
 - The online dating site
 - Federal Trade Commission: [ftc.gov/complaint](https://www.ftc.gov/complaint)
 - Federal Bureau of Investigation: [ic3.gov](https://www.ic3.gov)

Resources in the Valley

HEAT

The Home Energy Assistance Target (HEAT) Program helps families in Cache, Rich and Box Elder Counties manage their utility costs during the winter. HEAT is a federal program administered by the State of Utah and offers assistance to residents from Nov. 1 to March 31 unless funds run out early. **Who Qualifies for HEAT** To qualify for HEAT assistance in Cache, Rich and Box

Elder Counties, you must meet the following requirements: Must be the person responsible for the utilities. Must have at least one household member who is a US citizen or qualified resident. Must have an income at or below 150 percent of the federal poverty level Income information sheet. For information on the HEAT Program or need year-round energy crisis assistance, call 435-752-7242.

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462 .

Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,561.00 a month (\$2,113 for married couples), and your assets are below \$14,390 (\$28,720 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an apt. 755-1720.

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-4242.



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PLAN AHEAD

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.
For a free consultation, call (435) 752-3245

Valentine's Day Word Search

Circle each word in the Valentine's Day word Search puzzle below.



X P I N K N H S N U O T G N L T
E O I G Y T E E Y V N C C U I C
G E N I T N E L A V U E O E H G
N M F F O N B T O R D R R O F K
E Y N T P M S E C K T X C R N S
V E N S P N M U O E M O E S M R
O O X K S N P W C O L I R O S E
L A E A B I D N U A D C S N E W
I C A R D T K U T K N Y T E F O
E N E U Z A I E H U N D Z H U L
M V B L E M N O L G M V Y O N F
K S W E E T H E A R T A F S I R

1: HEART

2. CUPID

3. CARD

4. VALENTINE

5. LOVE

6: POEM

7. CHOCOLATE

8. CANDY

9. KISS

10. ROSE

11: FLOWERS

12. PINK

13. SWEETHEART

14. GIFT

15. HUG