JANUARY

NEWSLETTER

Inside:

New Tax Form Information

Free Legal Assistance

IRS Introduces a Tax Form Created for Older Taxpayers

Dear Savvy Senior,

A couple months back I read that the IRS will be offering a new senior-friendly tax form this tax season that will be easier to use. What can you tell me about this?

Paper Filer

Dear Filer,

It's true. The Internal Revenue Service (IRS) has created a new federal income-tax form specifically designed for senior taxpayers, age 65 and older, that should make filing a little easier this year, particularly those who don't file electronically. Here's what you should know.

Form 1040-SR

Created by the 2018 Bipartisan Budget Act, the new two-page simplified federal income tax form is called the 1040-SR. Similar in style to the old 1040-EZ form that the IRS discontinued last year, the new 1040-SR has larger print and better color contrast that makes it easier to read.

In addition, it also includes a chart to help older taxpayers calculate their standard deduction, which may help ensure that fewer seniors neglect to take the additional standard deduction that they are entitled to. For 2019, the additional deduction for those 65 or older or the blind is $1,300.

The 1040-SR form also has specific lines for retirement income streams such as

Continued on page 3

Continued from page 2

Social Security benefits, IRA distributions, pensions and annuities, along with earned income from work wages and tips. And, it allows a child tax credit for seniors who are still taking care of a dependent child or grandchild.

You can also report capital gains and losses, as well as interest and dividends on this new form. Any of the tax schedules available to those using the standard form 1040 may also be used with the 1040-SR.

You should also know that the 1040-SR doesn't put a limit on interest, dividends, or capital gains, nor does it cap overall income like the old 1040-EZ form did. But, if you have to itemize because of state and local taxes or charitable giving, then you will not be able to use the new Form 1040-SR.

Paper Filing Advantage

Seniors who use tax-preparation software to file their taxes will be able to generate a 1040-SR, but the new form will provide the most significant benefit to taxpayers who still fill out and file their returns on paper.

Last year, about 88 percent of the 153 million individual federal tax returns filed to the IRS were filed electronically. About 5 percent were prepared using tax software, then printed out and mailed to the agency, while about 7 percent were prepared on paper.

To use the new 1040-SR tax form for the 2019 filing year, taxpayers, including both spouses if filing jointly, must be at least age 65 before Jan. 1, 2020. You also don't have to be retired to use the form – older workers can use it too. But early retirees (younger than 65) cannot use 1040-SR.

To see the 2019 draft version of the new 1040-SR form, go to IRS.gov/pub/irs-dft/f1040s--dft.pdf.

Tax Preparation Help

If you need help filing your tax returns this year, consider contacting the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TEC provides free tax preparation and counseling to middle and low-income taxpayers, age 60 and older. Call 800-906-9887 or visit IRS.treasury.gov/freetaxprep to locate a service near you.

Also check with AARP, a participant in the TCE program that provides free tax preparation at more than 4,800 sites nationwide. To locate an AARP Tax-Aide site call 888-227-7669 or visit AARP.org/findtaxhelp. You don't have to be an AARP member to use this service.

January

Monday HDM and Huntington Ferron/Emery	Tuesday HDM and Castle Dale	Wednesday No centers HDM only	Thursday No centers HDM only	Friday No centers HDM only
		1- Holiday Happy New Year!	2- Shepherd's Pie Buttered Carrots Spiced Pears Roll Milk Poppy Seed Bread	3-French Toast and Syrup Sausage and Egg Peas and Carrots Hash Browns Orange Juice/Milk Applesauce
6- Hamburger Steak with Gravy Potatoes and Gravy Mixed Vegetables Roll Chocolate Milk Birthday Cake	7-Beef Roast Potatoes and Gravy Butter Corn Roll Milk HDM BananaBread Birthday Cake	8-Fish Sandwich Tri Patty Hash Browns Butter peas Milk No Bake Cookies	9-Chicken Noodle Soup Cheese&Crackers Coleslaw Peaches Milk Peanut Butter Cookie	10-Ham & Rice Bake Califonia Vegi Hot Apple Crisp Milk Muffin
13-Chicken Cordon Bleu Potatoes and Gravy Buttered Beets Roll Milk Pumpkin Raisin Bars	14- Lasagna with Meat sauce Scandinavian Vegi Hot Apples Garlic Bread/ Milk Green Salad Butterscotch Pudding	15-Sweet&Sour Chicken over Rice Egg roll Cantonese Vegi Milk Almond Cookie	16-Ham & Cheese Wrap Mandarin Oranges Jell-O/CottageCheese Macaroni Salad Milk/Ginger Cake with Lemon Sauce	17-Pepperoni Pizza with Cheese Pineapple Chunks Winter Mix Vegi Milk Oreo Cookies
Holiday	21-Pulled Pork Sandwiches TrI Patty HashBrown Creamed Peas Coleslaw Milk Fruit Cup	22-Beef Pot Pie Hot apples Hot Brownie Milk	23- Egg Salad Sandwich Pears & Cottage Cheese Pickles & Olives Milk Jello Cake	24-Beef & Bean Burrito Buttered Corn Cherry Crisp Milk
27-Pork Chops Augratin Potatos Buttered peas Applesauce Roll/Milk Sweet Roll	28-Hot Chicken Sandwich Ranch Potatoes Green beans Milk MysteryPuddingCake	29-Macaroni & Tomatoes/ground beef Spiced Pears Garden Vegetables Roll/Milk Chocolate Pudding	30-Taco Salad Pickled beets Tortilla Chips Tropical fruit Breadstick/Milk Applesauce Raisin Bars	31- Pigs in a Blanket SeasonedWedges Mixed Vegetables Milk Pumpkin Choc-Chip Cookies

Melanie Pierce	Kendall Gurrera	Laurel Weaver	Marie Anderson	Sharon Allridge
Director (435) 687-2502 Huntington Hours Mon-Thurs 10:00 - 2:00 Closed Friday	Director (435) 564-8236 Green River Hours Tuesday-Wednesday 8:00 - 3:00	Director (435) 381-2422 Castle Dale Hours Mon-Thurs 10:00 - 2:00 Closed Friday	Director (435) 286-2219 Emery Hours Mon-Fri 8:00 - 10:00 Monday lunch 8:00 - 2:00	Director (435) 384-2243 Ferron Center Hours Monday - Friday 7:00 - 3:00

Huntington

Lunch/Bingo noon
Every Monday
Blood Pressure/CNS
2nd Mon-noon
January 13
B/P Sugar – Symbii
3rd Mon -noon
January 20
Toenails – Symbii
4th Mon -noon
January 27

Quilters–Jan 8
1st Wednesday
DUP-January 14
2nd Tuesday
Photography Club
1st Wed – 6:00
January 8
Country Rovers Band
Every Tuesday
5:30-8:30
Pilates – 8:00 a.m.
Tuesday & Wednesday
Exercise – 6:00 a.m.
Monday – Friday
Shopping Bus
Usually 1st Friday
Call

Green River

Lunch – noon
Tuesday/Wednesday

Blood Pressure
Toenails – GRMC
3rd Wed – 10:00
January 15

Game Day–Jan 8
2nd Wednesday
Grief Sharing
1/2/4 Tuesday
1:15-2:15

Bingo–
January 15
3rd Tuesday after lunch
*white elephant gift

Children Dance
Every Wednesday
2:00-5:00

Shopping Call for date

Castle Dale

Lunch/Bingo – noon
Every Tuesday

Blood Pressure
CNS
2nd Tue -noon
January 14
BP/ toenails
Symbii
3rd Tues
11:30
January 21

Line Dancing
Expert
Mon/Thurs – 9:30
Beginners
Wed – 10:00

Val Jensen Band
Every Wednesday
5:30-8:30

Suicide Prevention
Each Tuesday 5:30

Phase 10 Games
Every Thursday
9:30
Shopping Bus
Usually 1st Friday
Call

Emery

Lunch – noon
Every Monday

Exercise –
8–9:00 a.m.
Monday–Friday

Blood Pressure
CNS
1st Mon -noon
January 6

Bingo –
January 13
2nd Monday

Single Seniors
4th Mon – 4:30
January 27

Ferron

Lunch – noon
Every Monday

BP / Toenails
ECCR
2nd Mon -Noon
January 13

Blood Pressure
3rd Mon -Noon
January 20

Line Dancing
12:30
Every Wednesday
Single Seniors
Last Mon
January 27

Crochet Class
12:30
Tuesday

- VIP Dates and events -

January 1 - New Years Day
January 6 - Epiphany Day
January 21 - Martin Luther King Day

Monitoring Solutions for Loved Ones with Dementia

Dear Savvy Senior,
My husband, who lives at home, has dementia and I worry about him wandering off and not being able to get back. Can you recommend some monitoring technology devices or any other solutions that can help me keep tabs on him?

Exhausted Spouse

Dear Exhausted,

This is a concern for millions of Americans caring for a loved one with dementia at home. About 60 percent of people who suffer from dementia wander at some point, according to the Alzheimer's Association.

For caregivers, this can be frightening because many of those who wander off end up confused and lost, even in their own neighborhood, and are unable to communicate who they are or where they live. Here are some product and service solutions that may help.

Simple Solutions

For starters, there are a number of simple home modifications you can do to keep your husband from wandering away. Some solutions include adding an extra lock on the top or bottom of the exterior doors out of the line of sight or installing door alarms on the exterior doors that let you know when they're opened. See AlzStore.com for a variety of product solutions. And, be sure you hide the car keys to keep him from driving.

You should also alert your neighbors that your husband may wander so they can keep an eye out and have a recent picture of him on hand to show around the neighborhood or to the police if he does get lost.

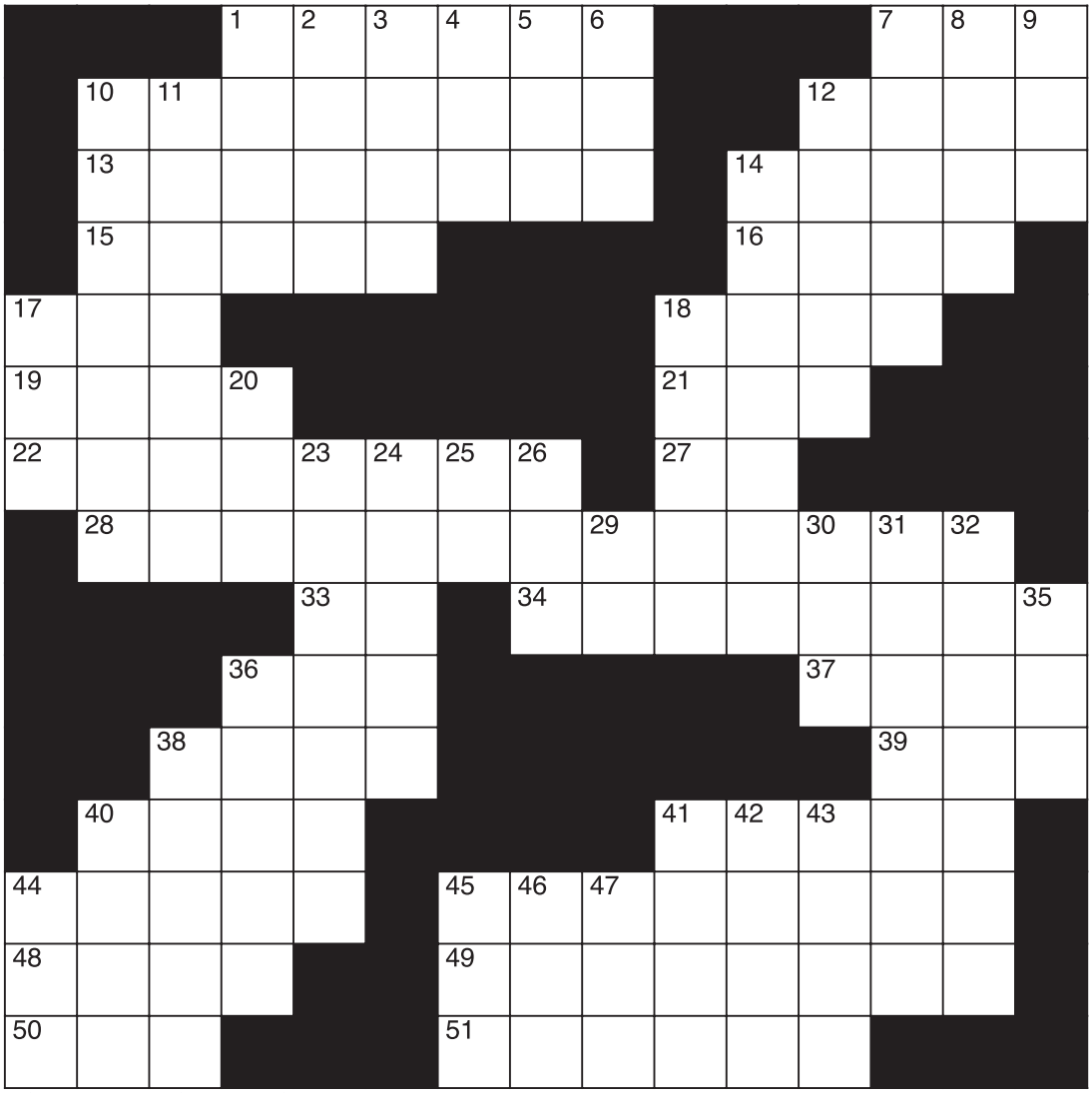
Monitoring Technology

For high-tech solutions, there are a variety of wearable GPS tracking devices available today that can help you keep tabs on him. Some top options to consider include AngelSense (AngelSense.com), which can be attached to clothing or worn around the waist; wristwatches like the Theora Connect (TheoraCare.com) or NurtureWatch (NurtureWatch.com); and the GPS SmartSole (GPSSmartSole.

Continued on page 13

CLUES ACROSS

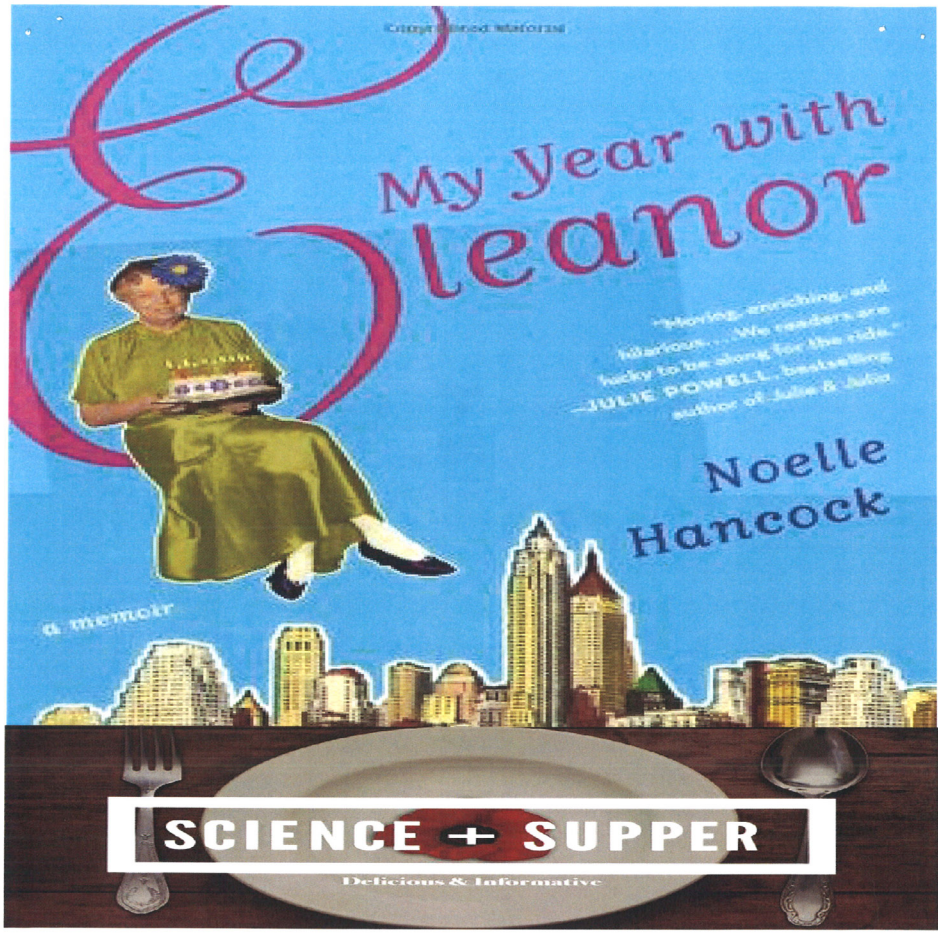
1. Stain one's hands
7. Subdivision
10. A passage to be performed slow
12. Invests in little enterprises
13. Medians
14. Member of the giraffe family
15. Makes official
16. Choose in an election
17. Hill or rocky peak
18. Member of an ancient Iranian people
19. Crest of a hill
21. Small, faint constellation
22. Cultivated from crops that yield oil
27. The ancient Egyptian sun god
28. Hollywood tough guy
33. Chinese drums
34. Merits
36. Indicates center
37. Increases motor speed
38. Mentally fit
39. BBQ favorite
40. Wings
41. Female parents
44. Marks left from wounds
45. Soften by soaking in liquid
48. They resist authority (slang)
49. Formats
50. Many subconsciousnesses
51. Vogues



CLUES DOWN

1. Mental object
2. Blackbird
3. Undergarments
4. Old cloth
5. One from Utah
6. Greek goddess of the dawn
7. Become less intense
8. Developed to readiness
9. Defunct phone company
10. About Freemason
11. Taking everything into account
12. Famed Czech engineer
14. Impress into silence
17. Boxing term
18. Marketplaces
20. Pounds per square inch
23. Locomotives
24. Short musical composition
25. Football position (abbr.)
26. Heavyhearted
29. Denotes particular region
30. Famed NHLer
31. Ingested too much
32. Formulates
35. Sino-Soviet block (abbr.)
36. Broad, shallow craters
38. Thick cuts
40. Breezed through
41. Breakfast is one
42. "Rule, Britannia" composer
43. Periodicals (slang)
44. Indian title of respect
45. More (Spanish)
46. Creation
47. A loud utterance

Castle Dale Library Happenings



The libraries will be closed:

January 1st and January 20th

We have adult coloring every Tuesday at 11:00 a.m. Come in and stay as long as you like.

January 16th is National Fig Newton Day.

Come in and enjoy a fig newton with us.

Book Club!
January 30.2020
6:30 p.m.

Book Club:

Science & Supper: My year with Eleanor by Noelle Hancock.

Book Discussion and light dinner.

How Seniors Can Get Free Legal Assistance

Dear Savvy Senior,
Can you recommend any resources that provide free or low-cost legal services to seniors? I'm 68 and need some professional legal assistance but have limited funds.
Need Help

Dear Need,
There are actually a number of free and low-cost legal resources that can help seniors in need, but what's available to you will depend on where you live, the type legal assistance you need and your financial situation. Here are several options to check into.

Legal Aid: Directed by the Legal Services Corporation, legal aid offers free legal assistance to low-income people of all ages. Each community program will differ slightly in the services they offer and income qualifications. See LSC.gov/find-legal-aid to locate a program in your area.

Free Legal Answers: This is an online program created by the American Bar Association that matches low-income clients with volunteer lawyers who agree to provide brief answers online for free. This service will not answer criminal law questions, and it's not available in every state. Visit ABAfreelegalanswers.org to look for a program in your state.

Pro Bono and Senior Legal Hotlines: Usually sponsored by state or local bar associations, pro bono programs help low-income people find volunteer lawyers who are willing to handle their cases for free.

There are also a number of states that still offer senior legal hotlines, where all seniors over age 60 have access to free legal advice over the telephone. To find out if either of these services are available in your state, go to LawHelp.org, and click on "Find help near you."

Senior Legal Services: Coordinated by the Administration on Aging, this service may offer free or low-cost legal advice, legal assistance or access to legal representation to people over the age of 60. Your Area Agency on Aging can tell you what's available in your community. Call the Eldercare Locator at 800-677-1116 to get your local number.

National Disability Rights Network: This is a nonprofit membership organization that provides legal assistance to people with disabilities through their Protection and Advocacy System and Client Assistance Program. If you are disabled, visit NDRN.org to find help in your state.

Other Options
If you can't get help from one of these programs, or find that you aren't eligible, another option is to contact your state or local bar association, which may be able to refer you to a low-fee lawyer. Or, you may want to consider hiring a lawyer for only part of the legal work and doing other parts yourself. This is known as "unbundled legal services."

Many bar associations offer public service-oriented lawyer referral services that will interview clients and help identify the problems a lawyer could help them with. If a lawyer can help with your problem, the service will provide you with a referral to a lawyer. If the problem does not require a lawyer, the service will provide information on other organizations in your community that may be able to help. Most of these lawyer referral services conduct their interviews and make referrals over the phone.

Savvy Senior

Cozy up to a slow-cooked meal

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

Slow cookers are a handy tool for any home chef, particularly those who juggle busy daily schedules. With slow cookers, meals can be prepared in advance and then left to simmer for hours while they develop deep flavors as meats become tender and succulent.

When cooking recipes in a slow cooker, it's best to choose cuts of meats and poultry that can stand up to long cook times. These cuts tend to be more fibrous and tough, but will tenderize with time. Short ribs, for example, are a prime option for slow cooking magic. They're the star of this recipe for "Bacon, Onion & Stout Braised Short Ribs" from Crock-Pot

Short Ribs (Serves 4)

4 pounds bone-in beef short ribs, well trimmed
1 teaspoon salt, plus additional for seasoning
1/2 teaspoon ground black pepper, plus additional for seasoning
1 tablespoon vegetable oil
6 ounces thick-cut bacon cut into 1/4-inch dice
1 large onion, halved and cut into 1/4-inch slices
1 tablespoon tomato paste
2 tablespoons all-purpose flour
2 tablespoons spicy brown mustard
1 bottle (12 ounces) Irish stout
1 bay leaf
1 cup beef broth
2 tablespoons finely chopped parsley leaves
Hot mashed potatoes or cooked egg noodles (optional)

Season beef with salt and pepper. Heat oil in large skillet over medium-high heat until almost smoking. Working in batches, cook short ribs in skillet, turning to brown on all sides. Transfer each batch to a slow cooker as it is finished. Wipe out pan with paper towels and return to heat.

Cook bacon, stirring occasionally, until crisp, about 4 minutes. Transfer with a slotted spoon to a paper towel-lined plate to drain. Remove and discard all but 1 tablespoon drippings from pan. Reduce heat to medium and add onion. Cook until softened and translucent, stirring occasionally. Add tomato paste, flour, mustard, 1 teaspoon salt and 1Ú2 teaspoon pepper. Cook, stirring constantly, 1 minute. Remove from bottom of pan. Pour over short ribs. Add drained bacon, bay leaf and beef broth. Cover and cook on low 8 hours, or until meat is tender and falls off the bone.

Remove beef and skim fat from cooking liquid. Remove bay leaf and stir in parsley. Serve with mashed potatoes or egg noodles. Tip: This recipe can be cooked ahead and refrigerated overnight.

Monitoring Solutions for Loved Ones with Dementia

Continued from page 8

com), which is a shoe insole tracker.

All of these products come with smartphone apps that would alert you if your husband were to wander beyond a pre-established safe area and would let you know where to find him if he did. These products (except the GPS SmartSole) also provide two-way voice communication and auto pickup speakerphone so you can talk to him if he does wander off.

Locating Services

If the previously listed options don't work for you, there are also locating services – like the MedicAlert + Safe Return program (MedicAlert.org/alz) and Vitals Aware Services (TheVitalsApp.com) – that can help you if he does wander off.

The MedicAlert + Safe Return program comes with a personalized ID bracelet that would have your husband's medical information engraved on it, along with his membership number and the toll-free MedicAlert emergency phone number. If he goes missing, you would call 911 and report it to the local police department who would begin a search, and then report it to MedicAlert. Or, a Good Samaritan or police officer may find him and call the MedicAlert number to get him back home.

The Vitals Aware Service works a bit differently. This is a free app-based network system that comes with a small beacon that your husband would wear. If he did go missing, anyone in the Vitals app network community that came within 80 feet of him would receive an alert and information about him so they could contact you.

Another option that could help, depending on where you live, is a radio frequency locater service like SafetyNet and Project Lifesaver, which are offered by some local law enforcement agencies.

With these services, your husband would wear a wristband that contains a radio transmitter that emits tracking signals. If he goes missing, you would contact the local authorities who would send out rescue personnel who will use their tracking equipment to locate him. Visit SafetyNetTracking.com and Projectlifesaver.org to see if these services are available in your community.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

January Birthdays

Huntington

Lorraine Mills – 3
Dwayne Fowler – 6
Chris Jensen – 7
Doris Wilson – 11
Dale Van Wagoner – 13
Leon Christensen – 15
Marie Johnson – 19
Deloris Tucker – 23
Virginia Nelson – 24
Rick Shumway – 24
Bevan Wilson – 27
Rodger Ewell – 27

Orangeville

Wanda Vaughn – 1
Jack Butler – 5
Laurie Jones – 6
Teresa Jeffs – 8
Clyde Luke – 9
Dick Jones – 10
Kristine Story – 15
Deborah Williams – 17
David Morgan – 25
Larry Heaton – 30

Green River

Laura Curtis – 5
Olive Anderson – 13
Mike Keener – 13
Julie Wilcox – 14
Dan Vacher – 26

Elmo

Burton Brooks – 22

Emery

Barbara Sehestedt – 8
Hugh Peterson – 17
Eric Anderson – 21
Gary Hansen – 21
Joel Jensen – 25
Joyce Allen – 28

Ferron Clawson

Bruce Fish – 2
Maurice Anderson – 2
Deloris Dow – 8
Rita Pennington – 16
Walt Freeman - 18
Carey Bloomer – 22
Jan Fowler – 24
Trudy Waddops – 25
Elaine Larsen – 26

Castle Dale

Eugene Pizzuto – 1
Terry Lofthouse – 7
Allen Fausett – 9
Kathleen Clements – 16
Jonnie Johansen – 25
Lorraine Frandsen – 30
Juanita Rasmussen – 31
Louise Willardson – 31
Craig Johansen – 31

Cleveland

Ann Murdoch – 3
Larue Larsen – 4
Colleen Hansen – 6
Joyce Jensen – 6
Camille Huntsman – 7
Iris (Bunny) Bean – 9
Lorraine Jensen – 11
Shirley Huntington – 23

Happy New Year

Green River

Tuesday	Wednesday
7-Beef Tater Tot Casserole Veggies Tapioca Pudding & Cookie Rolls & Milk	8- Corn & Ham Chowder Chef Salad Cake Roll & milk
14- Spaghetti & Garlic Bread Salad Cookie & Milk	15-B.B.Q. Chicken Sandwich Potato Salad & Chips Jell-O & Milk
21-Swiss Porcupine Meatballs Scalloped Potatoes Veggies & Crêpe Cakes Bread & Milk	22- Beef Noodle Soup Cobb Salad Cherry Cheese Cake Roll & Milk
28-Chicken Alfredo & Noodles Veggies Pudding & Pumpkin Bar Bread & Milk	29-Salisbury MeatBalls Mashed Potatoes Veggies & Cake Roll & Milk

Guess Who?

I am an actor from stage and screen born on January 2, 1971, in New Jersey. I made my television debut in an episode of "New York Undercover." But I'm perhaps better known for a role in a popular Broadway show about eclectic NY apartment dwellers.

Answer: Taye Diggs

What is the meaning of the Epiphany January 6?

It is also called Theophany ("manifestation of God"), especially by Eastern Christians. ... The Roman Catholic and Protestant churches emphasize the visit of the Magi when they celebrate the Epiphany. The Eastern Orthodox churches focus on Jesus' baptism. Epiphany is one of the oldest Christian feasts.

Does Medicare Cover Dental Care?

Dear Savvy Senior,
I will turn 65 in a few months and will be enrolling in Medicare, but I am concerned about Medicare's coverage of dental care. Does Medicare cover dental procedures? And if not, where can I get dental coverage?
Almost 65

Dear Almost,
Medicare's coverage of dental care is extremely limited. It will not cover routine dental care including checkups, cleanings, or fillings, and it won't pay for dentures either.

Medicare will, however, cover some dental services if they are required to protect your general health, or if you need dental care in order for another health service that Medicare covers to be successful. For example, if you have cancer and need dental services that are necessary for radiation treatment, or if you need surgery to treat fractures of the jaw or face, Medicare will pay for these dental services.

Although Medicare's coverage of dental services is limited, there are other ways you can get coverage and care affordably. Here are several to check into.

Consider a Medicare Advantage plan: While dental services are mostly excluded under original Medicare, some Medicare Advantage plans do provide coverage for routine dental care. If you are considering joining a Medicare Advantage plan, find out what dental services, if any, it covers. Also, remember to make sure any Medicare Advantage plan you're considering covers the doctors and hospitals you prefer to use and the medications you take at a cost you can afford. See Medicare.gov/find-a-plan or call 800-633-4227 to research plans in your area.

Purchase dental insurance: If you have frequent gum problems and need extensive dental care, a dental insurance plan may be worth the costs versus paying for care yourself. Expect to pay monthly premiums of $15 to $40 or more for insurance. To find dental plans in your state, go to NADP.org and use the "find a dental plan" tool. Then review a specific plan's website.

Consider dental savings plans: While savings plans aren't as comprehensive as insurance, they're a good option for those who can't get covered. How this works is you pay an annual membership fee – around $80 to $200 a year – in exchange for 10 to 60 percent discounts on service and treatments from participating dentists. To find a savings plan, go to DentalPlans.com (or 888-632-5353) where you can search for plans and participating dentists, as well as get a breakdown of the discounts offered.

Check veterans' benefits: If you're a veteran enrolled in the VA health care program or are a beneficiary of the Civilian Health and Medical Program (CHAMPVA), the VA offers a dental insurance program that gives you the option to buy dental insurance through Delta Dental and MetLife at a reduced cost. The VA also provides free dental care to vets who have dental problems resulting from service. To learn more about these options, visit VA.gov/dental or call 877-222-8387.

Shop around: FairHealthConsumer.org and HealthcareBlueBook.com lets you look up the cost of different dental procedures in your area, so you can comparison shop – or ask your regular dentist for a discount.

Try community health centers or dental schools: There are many health centers and clinics that provide low-cost dental care to those in need. And all university dental schools and college dental hygiene programs offer dental care and cleanings for less than half of what you would pay at a dentist's office. Students who are supervised by their professors provide the care. See ToothWisdom.org to search for a center, clinic or school near you.

Horoscope

AQUARIUS Jan 21/Feb 18
Even if you have a mind to help the ones you love, those people have to be receptive to your assistance, Aquarius. Give them a chance to come around.

PISCES Feb 19/Mar 20
Don't let others talk you into something you don't want to be involved with, Pisces. Stand your ground or walk away.

ARIES Mar 21/Apr 20
Aries, a budding relationship appears to be on the cusp of taking the next step. Your relationships are your own, so don't be afraid to slow down if things feel like they're going too fast.

TAURUS Apr 21/May 21
Taurus, now is the time to institute a change to your daily routine if that's been on your mind. Planetary energy is pushing you on a course of self-discovery.

GEMINI May 22/Jun 21
Gemini, small influencers in your life may be imperceptible, but they are slowly turning the wheels of change and you'll soon be able to realize what is in store.

CANCER Jun 22/Jul 22
Connect with your spiritual foundations, Cancer. They will be your guide through a week that figures to have its share of ups and downs. Faith will help you ride it out.

LEO Jul 23/Aug 23
The week ahead should be fairly positive for you, Leo. This lifting of weight will inspire newfound freedom to embark on interesting projects or pursue new interests.

VIRGO Aug 24/Sept 22
You may be looking for fulfillment in your love life or your career this week, Virgo. Some measure of liberation will occur in the days ahead.

LIBRA Sept 23/Oct 23
Libra, as the days unfold, you may find yourself feeling more creative and perhaps a bit more rebellious in your thinking. It is okay to want to set out on a new path.

SCORPIO Oct 24/Nov 22
Oftentimes you are a master of taking a difficult situation and turning it on its head immediately, Scorpio. Those unique skills may be put to the test this week.

SAGITTARIUS Nov 23/Dec 21
A reorganization will occur in your life. This may involve physically moving things around the house or an intellectual reorganization that produces a new perspective.

CAPRICORN Dec 22/Jan 20
Good times with the ones you love do not have to take a back seat to professional goals, Capricorn. Find a way to strike a balance, even if it means delegating more often.

FAMOUS BIRTHDAYS

JANUARY 26
Ellen DeGeneres, TV Host (62)

JANUARY 27
Noah Schnacky, Singer (23)

JANUARY 28
Ariel Winter, Actress (22)

JANUARY 29
Adam Lambert, Singer (38)

JANUARY 30
Christian Bale, Actor (46)

JANUARY 31
Tyler Seguin, Athlete (28)

FEBRUARY 1
Harry Styles, Singer (26)