



Carbon County Senior Activities Center

SNOW REMOVAL SAFETY TIPS

Snow Blowers

Snow blowers make clearing snow much easier than having to shovel it. But like any machine, they can be dangerous if operators don't take adequate safety precautions when using them.

- To be safe when using a snow blower:
- Clear the area of any debris before you begin snow removal.
- Direct snow away from people and vehicles.
- Don't exceed the blower's capacity.
- Always stop the engine before cleaning snow from blades or chute.
- Never put your hand in the discharge chute. When the engine is turned off, clear away snow or debris with a shovel handle.
- Shut off engine and remove the spark plug wire before making repairs or mechanical adjustments.
- When clearing slopes, work up and down the slope, not across the face.
- Never leave a running snow blower unattended.
- Always handle and store gasoline safely.

PRICE CENTER ACTIVITIES

**On going daily activities subject to
change with out notice**

	Mon	Tue	Wed	Thu	Fri
Clinics	Blood Pressure 2nd & 4th Mon. at 10 am		Free Hearing & Hear- ing Aid Checks 2nd Wed. at 12:30pm		
Activities	Billiards: 8a-4p Game Room 8a- 4p Shopping: Fresh Market 1p Wal-mart 2nd Monday	Billiards: 8a-4p Golf (seasonal) Game Room 8a-4p Movie 1p	Billiards: 8a-4p Game Room 8a-4p Bingo 1p	Billiards: 8a-4p Game Room 8a-4p Shopping: Smiths 1p	Billiards: 8a-4p Game Room 8a-4p
Clauses	Computer Lap: 8a-4p Line Dancing: 9am Ceramics: 10am	Computer Lap: 8a-4p Line Dancing: 9am Ceramics: 10am	Computer Lap: 8a-4p Ceramics: 10am Oil Painting 1p	Computer Lap: 8a-4p Line Dancing: 9am Ceramics: 10am Organ Lessons 11:30a & 1p Health Talks: 3rd Thurs 11a (diab)	Computer Lap: 8a-4p Ceramics: 10am
Exercises	Gym: daily 8a-4p	Gym: daily 8a-4p Pilates 10:30a	Gym: daily 8a-4p	Gym: daily 8a-4p Pilates 10:30A	Gym: daily 8a-4p
Music		The Four Tune O's 1st & 3rd Tues 11:30a	Melody Five at 11:30a	James (Jimmy) Ea- quinto 1st & 3rd Thurs Sing Along 2nd & 4th Thurs.	

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Classes & Activities	Day & Time
The Four Tune O's	1st & 3rd Monday 11:30am
Lunch	Daily (Mon –Fri) 12:30pm
Bingo	Mon & Wed. 1:30pm
Blood Pressure	1st Monday & 3rd Weds of month 10:30am
Shopping in Price	Friday 1:30pm
Billiards	Daily During Business Hours
Exercise Class	Tues & Thurs 11:30 a.m.

Shoveling

Shoveling snow is an extremely strenuous activity, especially if there's a lot of snow or if the snow is wet and heavy. You have to be careful of overexertion, which could lead to an injury.

To prevent injuries when shoveling snow:

Stretch for a couple of minutes before shoveling to loosen up back, shoulder, neck, arm, and leg muscles.

Pace yourself as you shovel to prevent overexertion. Start slow and give yourself a chance to warm up. Once you are warmed up, maintain a steady pace to reduce stress on your body.

Lift smaller amounts when snow is heavy and wet.

Breathe in while lifting and out while throwing.

Keep your feet shoulder width apart for balance.

Hold the shovel close to your body for better leverage and less strain.

Push snow rather than lifting it when possible, especially when the snow is heavy. For example, push snow to the edge of walkways and then lift and throw it. This way you avoid continual lifting and you don't have to throw snow as far.

When lifting a shovel full of snow, bend your knees, keep your back straight, tighten your stomach muscles, and lift with your legs.

Avoid twisting your body when you throw the snow from the shovel. Twisting can cause muscle strain, especially in your lower back.

When shoveling stairs, stand lower than the step you are shoveling and pull snow toward you. Repeat until you reach the bottom step. Then scoop, lift, and throw snow more easily.

Take breaks from time to time to give your muscles a chance to relax and avoid muscle strain.

SENIOR CENTER CODE OF CONDUCT

The Carbon County Senior Centers serve the residents of Carbon County who are age sixty and older. The mission of the Carbon County Senior Centers is to promote the physical, emotional and economical well being of older adults and to promote their participation in all aspects of community life.

A senior center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community. Senior centers offer services and activities within the center and link participants with resources offered by other agencies. Senior center programs consist of variety of individual and group services and activities. Senior centers also serve as a resource for the entire community for information on aging, support for family caregivers, trainings professional and lay leaders and students, and for development of innovative approaches to addressing aging issues.

RESPONSIBILITIES OF SENIOR CENTER PARTICIPANTS

All senior center participants, including older persons using the center, as well as center staff should respect the rights and dignity of others. To assure that all participants have pleasant and meaningful experiences in the senior centers, participants shall:

- Show courtesy and consideration for other participants.
- Use voice and behavior that will not disturb other center participants.
- Use language that other participants will not find abusive, threatening, obscene, or offensive.
- Maintain personal hygiene that is not offensive or unhealthy.
- Use the center equipment in a safe and appropriate manner.
- Treat center materials, equipment, furniture, grounds and facility with respect.
- Keep the Senior Center building and grounds neat, clean and litter free.
- Obey the Utah Clean Air Act which prohibits smoking in public buildings.
- Obey all federal, state, county and city laws and ordinances.
- Function independently or have a caregiver present to assist with personal needs.
- Be able to walk safely and independently in the senior center or use assistive dependently.
- Those using the Senior Center must wear appropriate dress including footwear.
- Those using power driven mobility devices must keep the device in “turtle speed” while in use in the building.
 - It is the responsibility of anyone using the Senior Center Facility to pay for any damages (personal or property) they may cause.

RIGHTS OF SENIOR CENTER PARTICIPANTS

All participants in senior centers have the right to:

- Expect other participants to follow the Senior Center Code of Conduct.
- Expect other participants to obey all federal, state, county and city laws and ordinances.
- Receive information about the center services and activities.
- Be treated with respect and dignity by other participants.
- Expect that personal information disclosed to center staff will be kept confidential.
- Expect protection by the center staff from unsolicited or unapproved commercial and/or business enterprises and researchers while in the center.
- Established and accessible procedures for complaints and appeals of grievances.

PROCEDURES FOR VIOLATION OF THE SENIOR CENTER CODE OF CONDUCT AND APPEALS PROCESS

Participants who violate the Senior Center Code of Conduct and/or interfere with the rights of other center participants will be subject to one or more of the following consequences:

- **Step One:** Center staff will discuss behavior with the offender and attempt to reach a resolution to the problem.
- **Step Two:** Notification to the offender by center staff of the offense. Center staff will verbally inform the offender of the consequences of repeating the offensive behavior and present the offender with a copy of the Senior Center Code of Conduct.
- **Step Three:** Written notification by center supervisor and/or staff for the offender to leave the center for a specific time period if the behavior is repeated, or to leave the center permanently, depending on the seriousness of the offense.
- **Step Four:** The offender or the offended party may appeal a decision to the center program director/manager who will investigate the circumstances of the decision and the reason for the appeal. The program director/manager will notify the grieving party in writing of the decision.
- **Step Five:** The grieving party may appeal to the aging services division director or designee who will investigate and issue a written report outlining the decisions and reasons.
- **Step Six:** Further appeals in writing may be made to the Council for the Aging's Executive Committee, the appropriate county department of human services and the Utah Department of Human Services Division of Aging and adult Services.
- **Extra Step:** The senior center staff will report any unduly disruptive, threatening, violent or criminal behavior to the appropriate law enforcement agencies.

Tuesday January 11, 2011
AARP Driver Safety Course
Defensive Driving Class

Insurance discounts
Call Price Senior Center
to sign up 636-3202
Leonard Miller, Instructor
1:00pm –5:00pm
Cost per person \$12.00



Lunch is available at the center at Noon
Call center to make reservations for lunch

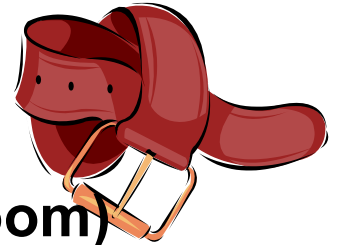
60 AND ABOVE \$3.00 DONATION

UNDER 60 \$6.25

January 10 & 12, 2011

1:00pm to 3:00pm

Leather Craft Workshop (Craft Room)



Beginner Class—Make A Belt

Jerry Faulkner, Instructor

Pease sign up for the class no later than January 4, 2011

COST \$15.00 for materials

When signing up you must give your measurements

(measure a belt that fits) center of buckle to the hole used most

Dear Seniors,

We have some exciting new opportunities for you in January. On the 10th and 12th Jerry Faulkner will be teaching a Leather Craft Workshop. Jerry assured me that you do not have to be an art major to enjoy and make beautiful leather crafts. The first project will be a belt. We decided to keep things simple. It's a great opportunity to do something fun and constructive during those long winter days.

Our second opportunity is to learn how to "watercolor" from a professional artist. Sandy Wisecup will be working with seniors on January 11th, 13th, 18th and 20th. What a wonderful chance to discover your hidden talents. Please sign up for these activities by calling the Senior Center at 636-3202.

Also in January is another chance to take the AARP Driver Safety Course. As always Leonard Miller will be the instructor class will be on Tuesday January 11th from 1 p.m. to 5 p.m. Check out the information provided within the newsletter and call the center to reserve your spot.

Most of us are interested in how to defend against Alzheimer disease. There are numerous articles written about it. Most agree that keeping active is extremely important. That is, you need activities that stimulate brain function as well as physical exercise. Recently I read that social interaction is also very important. Here at the senior center we strive to advance opportunities for social, intellectual and physical activity. Only you can take advantage of those opportunities. Some are fearful they won't be successful or are just plain apathetic. I would like to encourage you to step out of your comfort zone and try something different. You might just discover life as a senior can be fun!

And finally, within the newsletter you will find the Senior Center Code of Conduct. This will be published within the newsletter annually. Please take the time to read it. If anyone has a constructive comment or question regarding the policy I would be happy to talk with them about it.

May God bless you in the New Year,

Debby

Thought to consider:

Seven National Crimes: I don't think. I don't know. I don't care. I am too busy. I leave well enough alone. I have no time to read and find out. I am not interested. — William Boetcker

HAPPY NEW YEAR!