

Carbon County Senior Activities Center



Your Medicine: Play It Safe

Have you ever had a problem with your medicines? You are not alone. There are so many things to keep track of. For example, you may have asked yourself:

- When exactly should I take my medicines?
- Is it safe to take my vitamins when I am taking a prescription medicine?
- Now that I feel better, can I stop taking my medicine?

Let's face it. Medicine is prescribed to help you. But it can hurt you if you take too much or mix medicines that don't go together. Many people are harmed each year, some seriously, because of taking the wrong medicine or not taking the right medicines correctly.

You can help get the best results by being a partner with your health care team. ' **Health care Team**' includes:

- The **doctor, physician assistant, nurse practitioner, or other professional** who prescribes your medicine for you or is in charge of your care.
- A **nurse** who helps, with your care at home, a doctor's office, or a hospital.
- The **pharmacist** who fills your prescription and is available to answer questions about your medicines.



Mon	Tue	Wed	Thu	Fri
Blood Pressure 2nd & 4th Mon. at 10 am			<h1>Clinics</h1>	
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 Quilting: 1:00pm – 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bingo 1p Quilting 10:00am - 3:00pm	Billiards: 8a-4p Game Room 8a-4p Shopping: Smiths 1p Quilting 1:00pm- 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bowling Country Lanes 1pm
			<h1>Activities</h1>	
Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am	Computer Lab: 8a-4p Ceramics: 10am Oil Painting 1p	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Organ Lessons 11:30a & 1p Health Talks: 3rd Thurs 11a (Why you should Exercise)	Computer Lab: 8a-4p Ceramics: 10am
			<h1>Classes</h1>	
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
			<h1>Exercise</h1>	
	The Four Tune O's 1st & 3rd Tues 11:30a	Melody Five at 11:30a	Jimmy Eaquinto 1st & 3rd Thurs Sing Along 2nd & 4th Thurs.	
			<h1>Music</h1>	

Price Activities

PRICE & EAST CARBON CENTER ACTIVITIES

On going daily activities subject to change without notice

	MON	TUES	WEDS	THURS	FRI
1ST	Blood Pressure 1st Monday Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Billiards during business hours	Line dancing 9am Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Billiards during business hours Movie 1:00pm	Shopping in Price 1:30Pm Billiards during business hours
2ND	Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Billiards during business hours	Line Dancing 9am Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Movie 1:00pm Billiards during business hours	Shopping in Price 1:30pm Billiards during business hours
3RD	Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Billiards during business hours	Line Dancing 9am Blood Pressure 3rd Wednesday Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Movie 1:00pm Billiards during business hours	Shopping in Price 1:30pm Billiards during business hours
4TH	Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Billiards during business hours	Line Dancing 9am Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Movie 1:00pm Billiards during business hours	Shopping in Price 1:30pm Billiards during business hours
5TH	Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Billiards during business hours	Line Dancing 9am Bingo 1:30pm Billiards during business hours	Exercise Class 11:30am Movie 1:00pm Billiards during business hours	Shopping in Price 1:30pm Billiards during business hours

East Carbon Activities

WORDS

	9					7	5	2
8				2	7	4		9
5			4				3	
6			9	3	8			
	8	1				3	7	
			7	4	1			6
	6				5			7
7		4	6	9				8
2	5	8					9	

1950's Words

Do you remember words that were popular? Some are still used today, and others have gone by the wayside. Fill in the vowels in each of these 1950 words.

1. _C_B_X
2. _TT_M_N
3. G_L_SH_S
4. H_L_ H__PS
5. THR__DS
6. S__P_D
7. B_G D_DD_Y
8. P_RTY P__PER
9. V_R_ND_
10. V_CTR_L_
11. V_ST_B_L_
12. C__L
13. W_Z__
14. S_D_B_RNS
15. B_SH
16. C_LD W_R

4	9	6	8	1	3	7	5	2
8	1	3	5	2	7	4	6	9
5	7	2	4	6	9	8	3	1
6	4	7	9	3	8	1	2	5
9	8	1	2	5	6	3	7	4
3	2	5	7	4	1	9	8	6
1	6	9	3	8	5	2	4	7
7	3	4	6	9	2	5	1	8
2	5	8	1	7	4	6	9	3

S u d o k u

A n s w e r s

Answers to 1950 Words

- | | |
|-----------------|---------------|
| 1. ICEBOX | 9. VERANDA |
| 2. OTTOMAN | 10. VICTROLA |
| 3. GALOSHES | 11. VESTIBULE |
| 4. HULA HOOPS | 12. COOL |
| 5. THREADS | 13. WAZOO |
| 6. SOUPED UP | 14. SIDEBURNS |
| 7. BIG DADDY | 15. BASH |
| 8. PARTY POOPER | 16. COLD WAR |



4 Ways To Play It With Medicines

1. Give your health care team important information

Be a partner with your health care team.

Tell them about:

- All the medicines, vitamins, herbals, and dietary supplements you're already taking. This includes:

Prescription medicines.

Medicines you can buy without a prescription, such as aspirin, antacids, laxatives, and cough medicine.

Vitamins and dietary supplements, such as St. John's Wort or ginkgo biloba.

List them all on a paper.

Also be sure to tell your health care team:

- If you have **medicine allergies** or if you have had problems when taking a medicine before.
- About any **other doctors** or health care professionals who have prescribed medicine for you or suggested that you take a vitamin or herbal supplement.
- If you are **pregnant**, may be pregnant, or are **nursing** a baby.
- About **any other illness** or medical condition you have, like diabetes or high blood pressure.
- **If cost is a concern**, there may be another medicine that costs less and will work the same.

2. Get the facts about your medicine

Ask the questions listed on the next page about every new prescription medicine.

Get the answers you need from your health care team **before** you take your medicine.

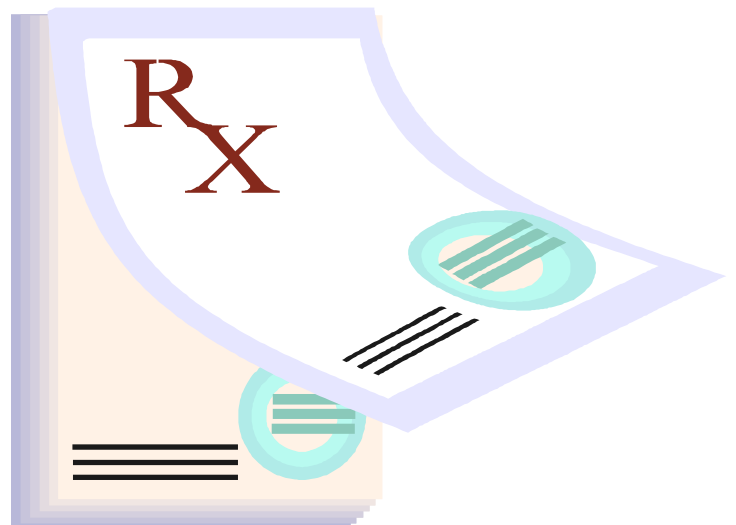
If your doctor writes your prescription by hand, **make sure you can read it.** If you can't read your doctor's handwriting, your pharmacist might not be able to either. If your doctor submits your prescription to the pharmacy electronically, ask for a copy of the prescription.

Ask your doctor to write down on the prescription what the medicine is used for... not just **"take once a day"** but **"take once a day for high blood pressure."**

If you have other questions or concerns

- Talk to your doctor or pharmacist.
- Write questions down ahead of time and bring them to your appointment.

By taking the time to ask questions now, you may be preventing problems later.



Questions to ask before you take your medicine:

1. What are the brand name and generic name of the medicine?
2. Can I take a generic version of this medicine?
3. What am I taking this medicine for?
4. Does this new prescription mean I should stop taking any other medicines I'm taking now?
5. How do I take the medicine and how often do I take it? If I need to take it three times a day, does that mean to take it at breakfast, lunch, and dinner, or to take it every 8 hours?
6. Do I need to take it all, or should I stop when I feel better?
7. How long will I be taking it? can I get a refill? How often can I get a refill?
8. Are there any tests I need to take while I'm on this medicine?
9. When should I expect the medicine to start working? How can I tell if it's working?
10. When should I tell the doctor about a problem or side effect?
11. Are there foods, drinks, (including alcoholic beverages), other medicines, or activities to avoid while I'm taking this medicine?
12. What are the side effects that can happen with this medicine?
13. What should I do if I have a side effect?
14. What happens if I miss dose?

15. What printed information can you give me about this medicine?

Tips!

- **Write your questions down** ahead of time. Keep a list of questions you want to ask your health care team. Take the list with you to your appointment.
- **Take notes** when you get information from your health care team.
- **Bring a friend or family member** with you when you visit the doctor. Talking over what to do with someone you trust can help you make better decisions.
- **Try to use the same pharmacy** to buy all of your medicines so your prescription records will all be in one place.
- **Read and save the patient information** that comes with your medicine. It's often stapled to the bag from the pharmacy.
- **Keep a list of all the medicines, vitamins, and dietary supplements you take.** Be sure to add new medicines to the list when you start taking something new or when you change your dose show the list to your doctor and pharmacist.
- **Make a copy of your list.** Keep one copy and give the other to a friend or loved one.



3. Stay with your treatment plan

Now that you have the right medicine, you'll want to carry out the treatment plan. But that's not always easy. The medicines may cause side effects. Or you may feel better and want to stop before finishing your medicines.

- **Take all the antibiotics** you were prescribed. If you are taking an antibiotic to fight an infection, it is very important to take all your medicine for as many days as your doctor prescribed, even if you feel better.
- **Ask your doctor if your prescription needs to be refilled.** If you are taking medicine for high blood pressure or to lower your cholesterol, you may be using your medicine for a long time.
- If you are having **side effects** or other concerns, tell your doctor. You may be able to take a different amount or type of medicine.
- Your medicine was prescribed only for you. **Never give your prescription medicine to somebody else** or take prescription medicine that wasn't prescribed for you, even if you have the same medical condition.
- Ask whether you need blood tests, x-rays, or other **lab tests** to find out if the medicine is working, to find out if it's causing any problems, and to see if you need a different medicine. Ask your doctor to tell you what the tests showed.
- **What products can help me keep track of my medicines?** Many products can help remind you to take your medicine on

time and keep track of the dose you take. There are containers you can fill with your pills for each day of the week, calendars to check off, and even products that fit on top of a pill bottle. Ask your pharmacist for help finding the right product for you.

Tips!

You can get help:

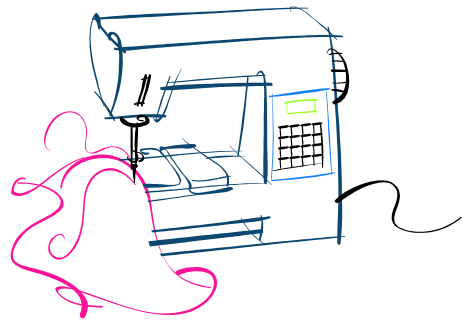
- At work, there may be a nurse on site.
- At school, a school nurse may be able to help your child take medicines on time and safely.
- At home, a visiting nurse may be able to help you.

Friends and family can help by:

- Going with you to the doctor. Ask them to take notes about your medicines and other parts of your treatment plan.
- Picking up your medicine at the pharmacy. Have them show the pharmacist your list of medicines, vitamins, and supplements. They should ask, "Will this new medicine work safely with the other medicines?"
- Calling regularly to remind you to take your medicine on time. If you are having any problems, let them know.
- Keeping a record of what medicine you take so you won't take it twice.

4. Keep a record of your medicines

Craft Corner



Simple East Table Runner

Wednesday September 21, 2011

10:00am-4:00pm

Drop by the craft department to see samples!!!

Ask Jann if you have any questions

Supplies Needed:

1/3 yard fabric (top)

1/2 yard of fabric (bottom)

(suggestion: when picking out material remember the holidays that are coming up, Halloween, Thanksgiving, & Christmas)

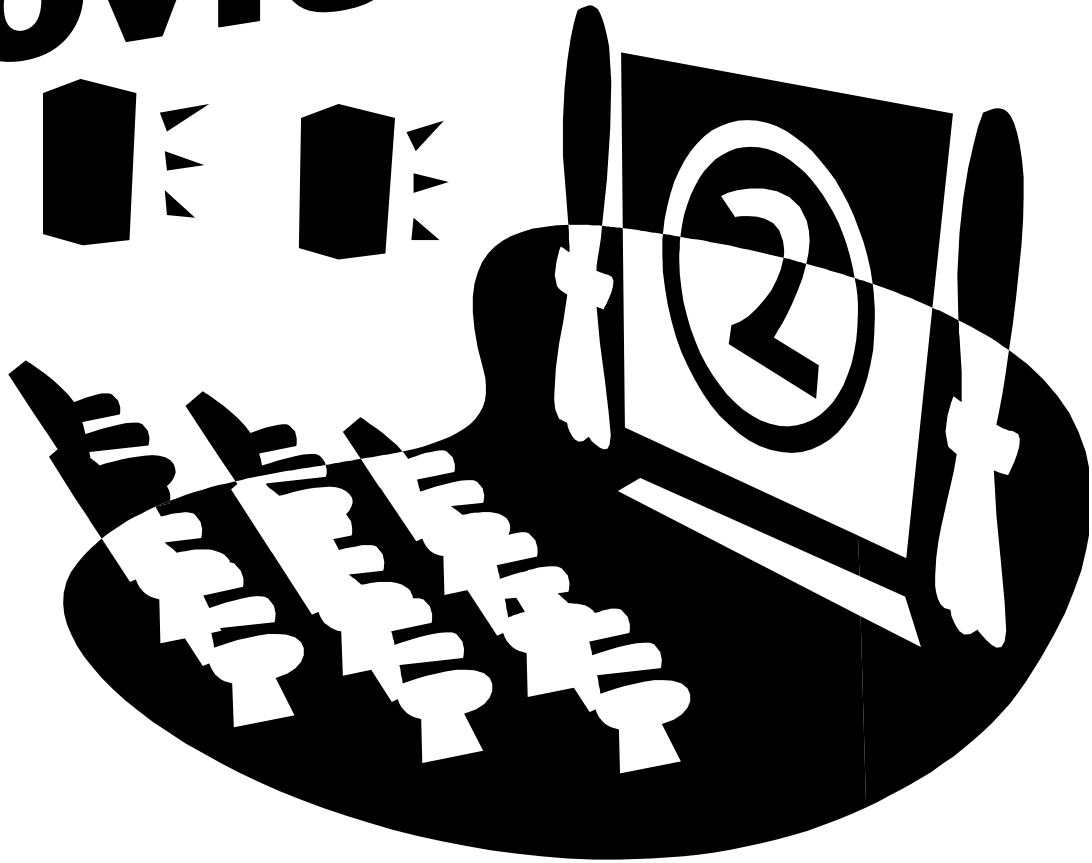
Thread to match

Basic sewing kit

“Watch for more Craft Corner Classes”



Movie Line Up



Sept 6: Secretariat / With Diane Lane & John Malkovich

Sept 13: Radio Flyer / With Lorraine Bracco & John Heard

Sept 20: The Man Who Never Was / With Clifton Webb & Gloria Grahame

Sept 27: It Could Happen To You / With Nicolas Cages & Bridget Fonda

Dear Seniors,

I can't believe I'm writing this, but Fall will soon be upon us. What a mild, wet summer we experienced. I really do not recall a past summer with as much rain. It was nice, cool and pleasant. The down side was the proliferation of weeds. As you well know weeds seemingly grow in Carbon County if it merely looks like it is going to rain.

We are celebrating our one year anniversary in the new Carbon County Senior Activities Center. We served our first lunch here on September 7, 2010. I recall it clearly, I had to hastily run to purchase some disposable trays to serve lunch because there was a problem with the new dishwasher. It was a hectic and exciting day. I hope you feel as comfortable here as the staff does. During the past year we have had many visitors from other agencies and out of the area seniors, most made similar comments, "the facility is very warm and inviting." I agree.

If you check out the Price activities page you will notice we now have quilting listed as an activity. There are a group of ardent quilters that work diligently on both hand quilting and tying of quilts. They want to welcome anyone who would like to join them, all you have to do is show up. If you've never hand quilted or tied a quilt that's okay. They will gladly teach you. They are also willing to work on quilts for others. It's a great place to visit and make friends. And they accept quilting materials if you have some you would like to donate.

Our new crafts instructor is Jann Guptill. If you haven't met Jann yet you should stop in and say hello. Jann is excited about her position as craft instructor and has a lot of ideas for crafts. In September she will be teaching how to make a simple table runner. This is a great project for this time of year. With all the holidays coming up there are many options for holiday fabrics (Halloween, Thanksgiving, Christmas or perhaps a winter scene). Make sure you stop down in the crafts room to see an example of the table runner. Check out the "Craft Corner" within the newsletter for more information.

May God Bless,

Debby

Thoughts to consider:

"Quitting is the easiest way out of any problem but unluckily it doesn't settle the problem. So, the moral of the story is to settle a problem first before quitting so that someone else doesn't have to pick up the pieces." —Allen Ng

"Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And he shall direct your paths." —Proverbs 3:5