

April 2024



CARBON COUNTY UTAH

# SENIOR CENTERS

Monday	Tuesday	Wednesday	Thursday
8a-4p Billiards	8a-4p Billiards	8a-4p Billiards	8a-4p Billiards
8a-4p Library	8a-4p Library	8a-4p Library	8a-4p Library
8a-4p Exercise Room	8a-4p Exercise Room	8a-4p Exercise Room	8a-4p Exercise Room
8a-4p Game Room	8a-4p Game Room	8a-4p Computer Lab	8a-4p Game Room
8a-4p Computer Lab	8a-4p Computer Lab	8a-4p Game Room	8a-4p Computer Lab
9:45a Aerobics	8:30a Line Dancing	9:45a Aerobics	8:30a Line Dancing
10a Ceramics	10a Toning	10a Ceramics	10a Ceramics
10a Quilting	10a Ceramics	10a Quilting	10a Ceramics
10a Ukulele/ Silver Strings	10a Ukulele/ Silver Strings	10a Quilting	10a Ukulele/ Silver Strings
10a Ukulele/ Silver Strings	First Tuesday of each Month Blood Pressure 11a-12p	12:00p Lunch	10a Toning
10a Crochet	12:00p Lunch	1p Bingo	10a Quilting
12:00p Lunch	1p Movie		10:30a Nail Clinic (First Thursday of Each Month)
1:00p Beginning Line Dancing	1p Quilting		12:00p Lunch
<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE</b>			1p Shopping
<b>MENU SUBJECT TO CHANGE</b>			1p Organ Class
<b>SHOPPING DAYS</b>			1:30p Sewing & Quilting

**April 4th Walmart ~ April 11th Smith's**  
**April 18th Lin's ~ April 25th Walmart**  
**April 24th Silver Strings perform**

# APRIL Menu

# BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
<p><b>1</b> Chicken Sandwich on a Bun, Pickle, Lettuce &amp; Tomatoes, Chips, Fruit Cup, Juice</p> <p><b>April Fool's Day</b></p>	<p><b>2</b> Tomato Soup, Baked Ham &amp; Cheese Sandwich, Blueberry Pie</p>	<p><b>3</b> Cabbage Roll, baked Potato, Mixed Veggies, Roll, Cookie</p>	<p><b>4</b> Liver &amp; Onions, Scalloped Potatoes, Beets, Roll, Lemon Cookie</p>
<p><b>8</b> Honey Garlic Chili Chicken Spaghetti, Oriental Veggies, Roll, Fortune Cookie</p>	<p><b>9</b> Cheese Burger, Lettuce, Tomato, Onion, Fries, Coconut Pie</p>	<p><b>10</b> Bourbon Pork over Rice, Mixed Veggies, Roll, Cake</p> <p><b>WEAR A HAT DAY</b></p>	<p><b>11</b> Tuna Salad Wraps, Tomato &amp; Cucumber Salad, Fresh Fruit</p>
<p><b>15</b> Fish &amp; English Chips, Mixed veggies, Roll, Fruit Cup</p>	<p><b>16</b> Chicken Fried Steak, Baked Potato, Veggie, Roll, Cake</p>	<p><b>17</b> Honey Mustard Chicken, Yummy Potatoes, Cabbage, Roll, Donut</p>	<p><b>18</b> Chili w/ Cheese &amp; Onions, Cottage Cheese, Corn Bread, Jell-O</p>
<p><b>22</b> <b>Earth Day</b> Shrimp, Fries, Bean Salad, Roll, Fruit Cup</p>	<p><b>23</b> <b>DRESS LIKE NERD DAY</b> Lasagna, Italian Veggies, Bread Stix, Cake</p>	<p><b>24</b> Pork Roast, Potatoes &amp; Gravy, Carrots, Rolls, Cherry Pie, Ice Cream</p> <p><b>Birthday Lunch</b></p>	<p><b>25</b> Orange Chicken, Rice, Oriental Veggies, Roll, Cookie</p>
<p><b>29</b> Breakfast tater tot Casserole, Biscuit, Fruit Cup</p>	<p><b>30</b> Chicken Bacon Ranch Soup, Green Salad, Roll, Cookie</p>	<p><b>CALL BEFORE 9a</b> <b>MENU SUBJECT TO CHANGE</b> <b>CARBON CENTER 636-3202</b> <b>EAST CARBON 636-3703</b> <b>MILK SERVED WITH EACH MEAL</b></p>	

Gift card scammers only want your money. First they'll call, text, email, or send a social media message. Then comes a made-up story: They're from the government (pay taxes or a fine), tech support (something's wrong with your computer – pay to fix it), or you've won a prize (but pay for it first.) Other scammers might use AI voice cloning to sound like a family member in trouble. It's always urgent. They always want you to act fast or something bad will happen. And it's always a scam

Think you gave gift card numbers to a scammer? Act fast. Grab your gift card and the gift card receipt. Then,



**Report the gift card scam to the gift card company.** It doesn't matter when the scam happened. the website below has information on contacting gift card companies.  
[https://consumer.ftc.gov/articles/avoiding-and-reporting-gift-card-scams#\\_Gift\\_Card\\_Company](https://consumer.ftc.gov/articles/avoiding-and-reporting-gift-card-scams#_Gift_Card_Company)



**Ask for your money back.** Some companies are helping stop gift card scams and might give your money back. Always ask.



**Tell the FTC at ReportFraud.ftc.gov.** Your report makes a difference and helps protect people in your community from fraud and scams.

Remember: gift cards are ONLY for gifts. If it's for anything else, like to pay to fix any problem for ANY reason, it's a scam.

Visit [ftc.gov/gift cards](https://ftc.gov/gift-cards) to learn more. Share this information with your friends, family, and community to help stop gift card scams.



Navigating Medicare



Preventing Medicare Fraud



Cinco De Mayo Dance

May 3rd, 2024

6:00pm

We will have the bus running just let the staff know if you need  
a ride

3/4/24, 11:40 AM

FJC Newsletter Image.png



PREVENTION THROUGH  
**CONNECTION**  
UTAH ELDER JUSTICE CONFERENCE

APRIL 25, 1-5 P.M.  
Virtual

**REGISTER AT [UTAElderJustice.org](https://UTAElderJustice.org)**



**EMILY ALLEN, AARP**  
Keynote Speaker

<https://mail.google.com/mail/u/0/#inbox/FMlgzGxRxCQMjCTfGpGCKFbKDZmvmxG?projector=1&messagePartId=0.1>

1/1

April 2nd ~ Yours, Mine & Ours ~ 2005/PG/1HR 28 MIN

April 9th ~ Where the Red Fern Grows ~ 1974/G 1HR 37 MIN

April 16th ~ Chitty Chitty Bang Bang ~1968/G/2HR 24MIN/ STARTS AT 12:45

April 23rd ~ The Goonies ~ 1985/PG/1HR 54MIN

April 30th ~ She's the Man ~ 2006/PG-13/1H 45MIN



## Spotlighting Our Silvers

Featuring Roland Gardner 92 yrs young.

Born in 1932 In Liberty Utah. Served in Air Force overseas on Okinawa Japan from 1952-1960. also served in the reserves. One brother. 60 years of marriage to wife Janet who passed away. He has 7 children , 33 grandchildren, 48 great grandchildren and another on the way. Roland grew ip in northern California worked as a building contractor and did kitchen remodeling. The last kitchen he remolded he was 80 yrs young. He has attended the Senior Center for more than 15 yrs, he likes all kinds of food, and his favorite color is blue. Roland likes fishing, especially ice fishing. He like going with his buddies from the senior center.

### Helping an Older Adult Stay Independent

There are many ways to support older people who wish to stay living in their own homes. Whether you turn to community-based services or enlist friends and family to help out—be creative. Here are some ideas.

#### Meals

- ◆ If shopping and cooking have become difficult, ask your loved one what types of help he or she would be comfortable with.
- ◆ Ask friends or family members to cook and eat meals with your loved one. Make a list of which days each person can cook.
- ◆ Have people cook enough so there will be leftovers. Freeze leftovers in microwave-safe containers.
- ◆ Call your local senior or community center and ask about their meal programs.
- ◆ Arrange for meal delivery such as “meals on Wheels.”
- ◆ Arrange for a local grocery store to deliver.

#### Home Upkeep

- ◆ Ask your loved one where he or she needs help. Make a list of the routine tasks such as yard care, laundry and housework.
- ◆ Ask neighbors, friends or family members if they can help with any items on the list.
- ◆ Hiring outside help might be an option.
- ◆ If the home is large, consider closing off parts of the houses or finding a house mate.

#### Transportation

- ◆ Check in about driving skills regularly. Be certain your loved one is safe behind the wheel.
- ◆ Find out about public or community transportation services. Ask about special services for people with limited mobility.
- ◆ Offer to drive older family members to appointments. Create a list of other people who are willing to drive the person to appointments too.

#### Personal Care and Mobility

- ◆ If help is needed with bathing or other self-care tasks, consider hiring a home care aide.
- ◆ Does the home need changes for easier access or movement such as ramps, handrails, grab bars or special knobs?
- ◆ Ask an occupational therapist to identify ways to modify the home to fit your loved one’s needs.
- ◆ Find out if your loved one has long-term care insurance to cover the cost of help.

Happy Spring Seniors!

The weather is finally looking good and it's time to get outside a little more. Hope you are all taking advantage of the beautiful spring weather. This time of year always gives me more energy and a better attitude.

I want to thank you for the love and kindness you have shown me since the death of my mother this past month. I appreciate so much the prayers and the thoughts. I also appreciate your patience as I had to be away from the center for a couple of weeks.

We have some fun things coming up this spring that we want you to plan for. We are going to hold our Cinco de Mayo party again this year. It will be on Friday May 3rd at 6pm. We will plan to have a nacho bar and drinks as well as a dance. Buses will be running so let us know if you need a ride. It should be a fun night.

Thanks so much for all you do. And as always please let us know if there is anything we can do to make the Senior Center a better place.

Love, Rebecca



Dear East Carbon Seniors,

Spring! Has finally arrived. Everyone is busy in the yard planting new flowers. Preparing for the hot summer that is just around the corner.

Tax time: if you need help to file your taxes, call price Center at 435-636-3202 before the 9th of April, they will fill up fast.

This month the Ladies Book Club took this month off to be with their family. They will be back next month with some exciting books. If you have a novel or book that you would like to share, the ladies would be delighted that you share. Peterson's Library is open every Wednesday from 2:00pm to 5:00pm.

Come in and enjoy a beverage and visit with friends!

Enjoy the April showers that will bring May Flowers.

Brenda

### East Carbon Center Activities Mon– Weds 8am-4pm & Thurs 8am– 1pm

Monday	Tuesday	Wednesday	Thursday
8a-4p Billiards 8a-4p Puzzle <b>1st Monday of each month at 10:30a Book Club</b>	8a-4p Billiards 8a-4p Puzzle	8a-4p Billiards 8a-4p Puzzle <b>11a Blood Pressure</b> <b>3rd Wednesday of month</b> 11a Crochet 1p Cards	8a– 4p Billiards 8-4p Puzzle 11a Exercise 1p Shopping

## Money and Bill Paying

- ◆ Ask about financial needs. Is your loved one able to make ends meet?
- ◆ If the person's income is limited, contact your local social services. He or she may be eligible for assistance.
- ◆ Ask if you can review checkbooks, bank statements and bills to help the person decide if he or she needs assistance managing money. Look for: Unrecorded deposits or expenses, duplicate payments or past due notices. Large unexpected donations to charities. Numerous payments to credit card companies, home shopping networks, sweepstakes or other contests.
- ◆ If help is needed, offer support or look into a money management service.

## Safety

- ◆ Review the home for safety:
- ◆ Remove tripping hazards such as cords and small rugs
- ◆ Put grab bars and non-slip surfaces in the tub and shower
- ◆ Check lighting, secure handrails on stairways, and make sure smoke detectors work, make sure all exterior doors have secure and easy-to-use locks
- ◆ Make sure the telephone is easy to reach. Post emergency numbers near the phone
- ◆ If the person lives alone, consider a personal medical emergency alert system such as those worn around the neck or wrist. Look under "Medical Alarm" in your phone book.

Information from [www.journeyworks.com](http://www.journeyworks.com)

## Ten Commandments the Hearing –Impaired wish you knew

- I. Thou shalt not speak to the listener from another room.
- II. Thou shalt not speak with your back toward the listener or while listener's back is toward you.
- III. Thou shalt not speak as you walk away.
- IV. Thou shalt not turn your face away from the listener while continuing to talk.
- V. Thou shalt not speak while background noise (water running, radio or TC playing, people talking, Etc)
- VI. Thou shalt not start to speak before getting the listener's attention and while the listener is reading, engrossed in a TV program, or otherwise preoccupied.
- VII. Thou shalt not speak while your face is hidden in shadow.
- VIII. Thou shalt not obstruct a view of your mouth while speaking
- IX. Thou shalt not speak rapidly or by shouting.
- X. Thou shalt be patient, supportive and loving when the listener appears to have difficulty comprehending what has been said.