

May 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 Game Room	8a-4p Game Room
9:45a Aerobics	8:30a Line Dancing	9:45a Aerobics	8:30a Line Dancing
10a Ceramics	10a Ceramics	10a Ceramics	10a Ceramics
10a Ukulele/ Silver Strings	10a Ukulele/ Silver Strings	12:00p Lunch	10a Ukulele/ Silver Strings
10a Crochet	10a Toning	1p Bingo	10a Toning
12:00p Lunch	11a <u>Blood Pressure Clinic (every other Tuesday, 2nd &amp; 16th &amp; 30th)</u>		<b><u>10:30a Nail Clinic (First Thursday of Each Month)</u></b>
1:15pm Beginner Line Dancing	12:00p Lunch		12:00p Lunch
	1p Movie		1p Shopping
	1p Quilting		1p Organ Class

ALL ACTIVITIES ARE SUBJECT TO CHANGE

MENU SUBJECT TO CHANGE

Silver Strings Performing for Birthday Lunch, May 22nd

CENTERS WILL BE CLOSED ON MAY 27TH FOR MEMORIAL DAY

**SHOPPING DAYS**

May 2nd Smith's ~ May 9th Lin's  
May 16th Walmart ~ May 23rd Smith's  
May 30th Lins

Monday	Tuesday	Wednesday	Thursday
<p align="center"><b>MENU IS SUBJECT TO CHANGE</b>  <b>Milk Served with Meal</b>  <b>Call before 9a 636-3202 / East Carbon 636-3703</b></p>		<p><b>1 Breaded Veal, Potatoes &amp; Gravy, Beets, Roll, Fruit Salad</b></p>	<p><b>2 Baked Ham &amp; Cheese Sandwiches, Green Salad, Jell-O</b></p>
<p><b>6 Egg Roll in a Bowl w/ Rice, cabbage, carrots, &amp; Green Onions, Roll, Fortune Cookie</b></p>	<p><b>7 Pigs in a Blanket, Mac &amp; Cheese, Carrots, Pumpkin Cream Pie</b></p>	<p><b>8 Lemon Chicken, Rice Pilaf, Mixed Veggies, Roll, Cake</b></p>	<p><b>9 Roast Beef, potatoes &amp; Gravy, Green Beans, Roll, Strawberry Cheese Cake</b></p> <p align="center"><b>Mother's Day Lunch</b></p>
<p><b>13 Tamales, Spanish Rice, Corn, Roll, Fresh Fruit</b></p>	<p><b>14 Broccoli &amp; Cheese Soup, Roll, Cookies</b></p>	<p><b>15 Hamburger Steak Potatoes &amp; Onion Gravy, Peas &amp; Onions, Roll, Applesauce Bars</b></p>	<p><b>16 BLT Sandwich, Chips, Fruited Jell-O</b></p>
<p><b>20 Taco Spaghetti, Fiesta Corn, Bread Stix, Fruit Cup</b></p>	<p><b>21 Fish &amp; Wild Rice, Oriental Veggies, Roll, Fortune Cookie</b></p>	<p><b>22 Bowtie Festival w/ Chicken, Green Beans, Roll, Cake &amp; Ice Cream</b></p> <p align="center"></p>	<p><b>23 Pancakes &amp; Sausage, Hashbrowns, Yogurt &amp; Juice</b></p>
<p>27</p> <p align="center"><b>Memorial Day</b></p>	<p><b>28 Chicken Alfredo, Broccoli, Bread Stix, Fresh Fruit</b></p>	<p><b>29 Bangers &amp; Mashed Potatoes with Gravy, Cabbage, Roll, Cake</b></p>	<p><b>30 Taco Salad (Lettuce, Tom., Olives, Cheese, Onion, Fritos, Jell-O</b></p>

## SMP Consumer Fraud Alert: Hospice Fraud



### Hospice Fraud is a Dangerous Fraud Trend

Hospice fraud is largely unreported and can cause direct patient harm if undetected. The term “hospice fraud” covers a variety of different types of fraud that are each detrimental in their own way. Fraudsters are targeting assisted living facility and nursing home residents whose life expectancy exceeds six months and are using high-pressure and unsolicited marketing tactics to get them to agree to hospice services.

Hospice fraud is potentially more dangerous for beneficiaries because hospice care provides palliative care only. This means the focus of care switches from curative care (treating the illness) to comfort care (quality of life). For example, when a beneficiary is receiving chemotherapy treatment for cancer and their coverage switches to hospice, the chemotherapy is no longer a covered treatment as it is a curative treatment. While the beneficiary can discontinue their hospice benefit at any time, this may prove difficult if they are dealing with a fraudulent hospice enrollment. While waiting to be disenrolled, the inability to receive lifesaving or curative treatment could be detrimental for the beneficiary.

Other dangers of hospice fraud include:

- Receiving inadequate or incomplete services from a hospice worker. This can include no skilled visits in the last week of life or providing less care on the weekends and disregarding a beneficiary’s care plan.
- Embezzling, abusing, or neglecting beneficiaries or medication theft by a hospice worker.
- Enrolling in hospice without the knowledge or permission of the patient or family.
- Falsely certifying or failing to obtain physician certification on plans of care.
- Providing gifts or incentives to encourage beneficiaries to elect hospice even though they may not be terminally ill.
- Billing for a higher level of care than needed or provided or for services not received.

The SMP recommends that beneficiaries should:

- Be sure their doctor has assessed their condition.
- Be sure their doctor has certified that they are terminally ill and expected to live six months or less if the disease runs its normal course.
- Never accept gifts in return for hospice services and be wary of “too-good-to-be-true” offers.
- Report quality-of-care complaints to their local SMP and the Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO) ([qioprogram.org/file-complaint](http://qioprogram.org/file-complaint)).

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. To locate your local Senior Medicare Patrol, call 1-877-808-2468 or visit [www.smpresource.org](http://www.smpresource.org).

## MOVIE LINE UP (TUESDAY)

**May 7th ~ Baby's Day Out~ 1994/PG/ 1hr 39mins ~** After three kidnappers lose the baby they have kidnapped, both the cops and kidnappers go looking for the baby.

**May 14th ~ Furry Vengeance ~ 2010/PG/ 1h 32mins ~** in the Oregon wilderness, a real-estate developer's new housing subdivision faces a unique group of protestors: local woodland creatures who don't want their homes disturbed.

**May 21st ~ Whale Rider ~ 2002/PG-13/ 1hr 41 mins~** A contemporary story of love, rejection and triumph as a young Maori girl fights to fulfill a destiny her grandfather refuses to recognize.

**May 28th ~ Love and Honor ~ 2013/ PG-13/1hr 40min ~** When a young soldier in Vietnam gets dumped by his girlfriend back home, he and his best friend decide to AWOL and return to the states to win her back.

# EAST CARBON

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

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

Dear East Carbon Seniors,

Hope everyone enjoyed April even though we had some cold days. Warmer days are here Yeah. The grass and flowers are blooming and so are our weeds yuk. Lots of fun with family and vacations. Did you know that May originated from the Latin word Maius named after the Greek Goddess of growth? Our Book Club ladies are back with another exciting novel. “Tom Lake” by Ann Patchett. This novel is a meditation on youth, full of love, married love, and the lives our parents led before they were our parents. Both hopeful and elegiac it explores what it means to be happy even when the world is falling apart. You may pick up this book at your local library or online. This month is a very busy month. Exciting dates you may want to put on your calendar.

May 4th Cinco De Mayo Dance, at the price Center at 6pm., the buses will be running if you would like a ride. Please call 636-3202.

May 4th Kentucky Derby

May 12th Mother’s Day

May 18th East Carbon Bake and Yard Sale.

May 27th Memorial Day ~ Centers will be closed

So lots of exciting activities in May.

Come and enjoy your favorite beverage and visit with some awesome people.

HAPPY MOTHER’S DAY TO ALL MOTHER’S

Brenda

**July 11th at Noon**

**Sunnyside Park**

**Dress like a Tourist Day**

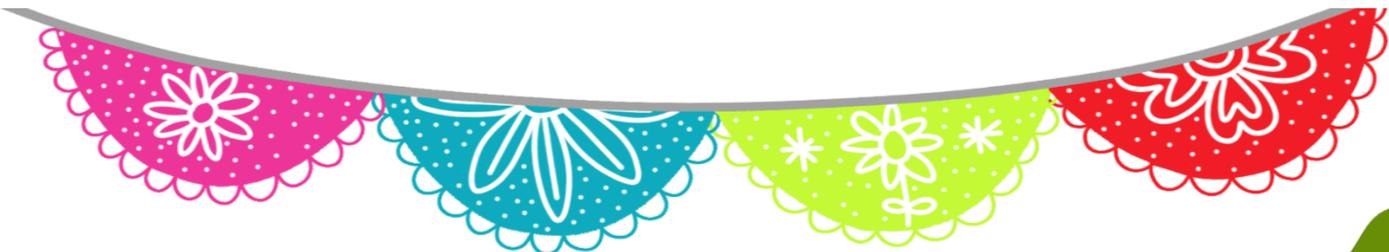
(Pull out the fanny packs & cameras for  
a day of cheesy sightseeing)

Potluck

Reserve your spot today

PLEASE sign up for the bus if you need a ride

636-3202



IT'S TIME FOR A  
**FIESTA!**

**Saturday May 4, 2024**

**Carbon County Senior Activities Center**

**418 South Fairgrounds Way**

**Invites you to:**

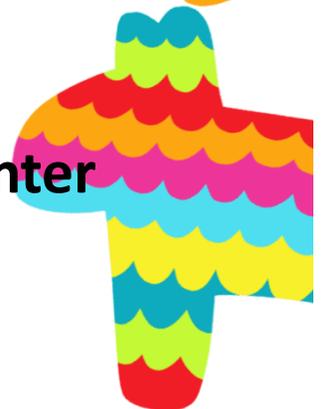
*Cinco De Mayo Celebration Dance*

**Everyone is welcome**

**Suggested Donation of \$5.00 per couple**

**Time: 6:00pm to 9:00pm**

**Nacho Bar**



# GIFT SHOP

There are scarves, lap and regular blankets, of course, warm baby blankets, some with matching hats. Bless your kitchen and yourself with some new hot pads, dish towels and more!

Hours

Monday—Thursday

8:00am –4:00pm

# Spotlighting Our Seniors

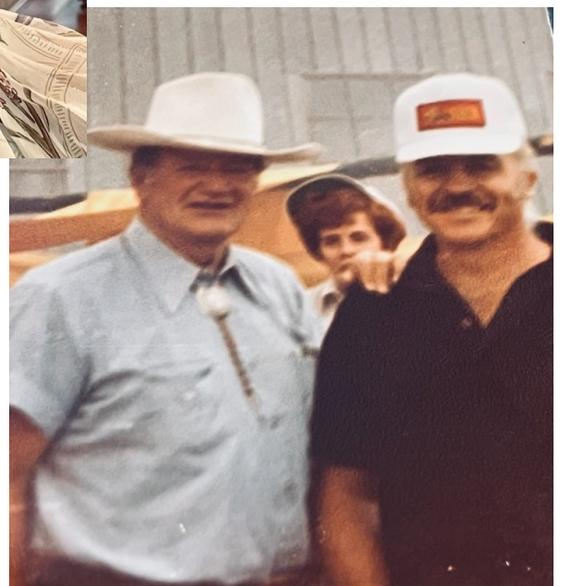
Featuring Essie Jones! Born at her childhood home in Wellington, Utah, born in 1932 she has 8 siblings . Was married to Dick Jones for 71yrs. They have 3 children– 2 boys and 1 girl, 8 grandchildren & 12 great grandchildren. Some of her work experience was a waitress from Florida to California. Credit Union for 5 yrs & 20 yrs at J.C. Penney’s. Essie made long time friendships with the Price community while working. She and husband had visited all 50 states. Essie is a social butterfly and you can find her at the Senior Center going from table to table. She has many volunteer hours. Thank You Essie for your time, love and supporting the Senior Center.



Dick & Essie



John Wayne,  
Essie & Dick Jones, 1977



Happy May Seniors,

I want to take this opportunity to wish you all a happy Mother's Day. We are all affected in some way by this day. Whether you are Mother's yourself, or you are celebrating your own Mothers and Grandmothers, I hope you know how much you are loved and appreciated for all you do.

This month brings a few things I just wanted to make you aware of. Of course our Cinco de Mayo Party on May 4th. This will start at 6pm and we will have buses running. There will be dancing and a nacho bar so we hope you can all make it.

We also have a few interesting educational opportunities happening this month. On May 8th we will have Candice Wilcox here from the Department of Human Services. She will be here at 11:15 to talk about how APS can help you as well as some financial scams that seniors should be aware of. That will be in the dining room. Also, on May 14th@11:30 CNS will be here presenting information on preventing dehydration and heat stroke. That will also be in the dining room. I'm grateful for these organizations and their willingness to spend some time here with us teaching us important things.

Thanks so much for all you do! We love you,  
Rebecca

# DESSERTS

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

BAKLAVA

FLAN

MOUSSE

SOUFFLE

CAKE

FRENCH TOAST

MUFFIN

SWEET

CHEESECAKE

FRUIT

PANCAKE

TART

CHURRO

FUDGE

PARFAIT

TOFFEE

COOKIE

GELATIN

PIE

WAFFLE

CUSTARD

GELATO

PUDDING

YOGURT

DESSERT

ICE CREAM

SCONE

DOUGHNUT

MACAROON

SHERBET