

OCTOBER 2023



CARBON  
COUNTY  
UTAH

# SENIOR CENTERS

Monday	Tuesday	Wednesday	Thursday
8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 10a Aerobics 10a Ceramics 10a Quilting 10a Ukulele/ Silver Strings 10a Crochet 11:30a Music 12:00p Lunch	8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 8:30a Line Dancing 10a Toning 10a Ceramics 10a Ukulele/ Silver Strings <u>11a Blood Pressure Clinic (every other Tues 10th &amp; 24th)</u> 11:30a Music 12:00p Lunch 1p Movie 1p Quilting	8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 10a Aerobics 10a Ceramics 10a Quilting 11:30a Music 12:00p Lunch 1p Bingo	8a-4p Billiards 8a-4p Library 8a-4p Exercise Room 8a-4p Game Room 8:30a Line Dancing 10a Ceramics 10a Ukulele/ Silver Strings 10a Toning 10a Quilting <u>10:30a Nail Clinic (First Thursday of each month)</u> 12:00p Lunch 1p Shopping 1p Organ Class 1:30p Sewing & Quilting
<b>PRICE CENTER ACTIVITIES</b>			
<b><u>ALL ACTIVITIES AND MENU</u></b>			
<b><u>ARE SUBJECT TO CHANGE</u></b>			

Silver Strings Performing for Birthday Lunch, October 25th

## SHOPPING DAYS



OCT. 5TH @ LIN'S ~ OCT 12TH @ WALMART ~ OCT 19TH SMITH'S ~ OCT 26TH @ LIN'S  
CENTERS WILL BE CLOSED MONDAY OCTOBER 9TH FOR COLUMBUS DAY

PLEASE WEAR YOUR COSTUMES OCTOBER 31ST

418 South Fairgrounds Way, Price | 435-636-3202

# October Menu

## BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
2 Orange Chicken over Rice, Oriental Veggies, Roll, Fortune Cookie	3 Shrimp & Fries, Steamed Carrots, Roll, Cherry Dump Cake	4 Dalisbury Steak/ w onions & Mushrooms, Potatoes & Gravy, Harvard Beets, Roll, Banana Bars	5 Ham & Bean Soup, Cottage Cheese & Pineapple, Roll, Peanut Butter Cookies
9 	10 BBQ Chicken, Baked Potato, Italian Veggies, Roll, Fruit Cup	11 Baked Cod over Wild Rice, Green Beans, Roll Chocolate Cake	12 Lasagna Soup, Green Salad, Bread Stix, Applesauce
16 Tuna Casserole, Winter Blend Veggies, Roll, Fruit Cup	17 Chicken Linguini w/ Red Sauce, Italian Blend Veggies, Roll, Lemon Pie	18 Swedish Meatballs w/ White Sauce over Potatoes, Cauliflower, Roll, Snickerdoodle Cake	19 Liver & Onions, Yummy Potatoes, Brussel Sprouts, Roll, Cherry Pie Delight
23 Chicken Pot Pie w/ Potatoes, Peas & Carrots, Steamed Cabbage, Roll, Fruit Cup	24 Chef Salad (tom., cuc., onions, cheese, turkey, ham & Boiled Egg, Bread Stix, Pineapple Upside Down Cake	25 Meatloaf, Potatoes & Gravy, Green Beans, Roll, Carrot Cake & Ice Cream  Birthday Lunch	26 Beef Stew, Carrot & Raisin Salad, Roll, Frog Eye Salad
30 Pepper Steak Stir Fry over White Rice, Broccoli, Roll, Fruit Cup	31 Mummies, Baked Fingers, Sider Legs, Poison Apples, Monster Mouth 	Real Menu For Oct 31st.  Pigs in a Blanket, Potato Wedges, Prince Edward Veggies, Sliced Apples & Donut  Please wear your costumes October 31st	
<div><div>MENU SUBJECT TO CHANGE CARBON CENTER 636-3202 EAST CARBON CENTER 636-3703 MILK SERVED WITH EACH MEAL</div></div>			

Hello Everyone,

Happy fall. This is my favorite time of year! Hope you are all enjoying the beautiful fall colors and weather. Thanks to all of you who came out to and supported the Luau. It was a lot of fun. We hope to get another fun party planned soon.

A couple of things I would like to remind everyone of, please remember that our bus drivers need 24 hours notice if you are going to need the bus. This helps them be able to arrange their schedules and plan for drops offs and pick ups so that everyone can get to their appointments on time. As a courtesy please give them that notice so their route can flow smoothly. Also, I would just like to remind you that seats in the senior center cannot be reserved. All tables are open to all seniors at any time. Let's always be welcoming and help new people and visitors feel welcome here with us. And lastly, out of respect for our friends and fellow seniors here at the center please make sure that the conversations that we have are uplifting and respectful to all who may be listening. We want to make sure that the senior center remains a safe and happy place for everyone to be.

One thing I am very excited about this month is our Senior Health Fair. We are sponsoring it here at the senior center. It will be held on October 5th and will run all day. We will have several businesses and healthcare agencies here with information on all of the health related services we have available in our area to seniors. We hope you will plan to come out that day and learn about what is available to you.

As always I appreciate all of you and your support and love for the senior center and staff. We are here to serve you and are happy to help anytime we can.

Thanks again,  
Rebecca

Oct 3rd ~ Hocus Pocus~1995/PG/1 HR 43MINS~

Oct 10th ~ The Haunted Mansion ~2003/PG/1hr 39min~

Oct 17th ~ Ghostbuster ~1984/PG/1HR 45 MINS

Oct 24th ~ Ghost Busters Answer the Call ~ 2016/PG-13/1HR 57MINS ~

Oct 31st ~ HOCUS POCUS 2 ~ 2022/PG/1HR 43MINS ~

Hello East Carbon Seniors,

We are in October, tenth month of the year. Fall is finally here. The leaves are their brilliant colors. Our furnace is going to keep us warm during this cool weather. Hope everyone got their flu shots so you can stay healthy. Hope everyone had fun at the Luau at the price center last month.

This month our ladies of the book club have chosen "Poison Bible" by Barbara Kingsolver. Story is told by the wife and his four daughters of Nathan Price, a fierce Evangelical Baptist who takes his family and mission to the Belgian Congo in 1959. undoing and remarkable reconstruction over the course of three decades in postcolonial Africa. They carry with them everything they believe they will need from home, but soon all of it from garden seeds to scriptures is calamitously transformed on Africa soil. Grab a warm blanket and curl up in a nice comfortable chair and enjoy this wonderful book. You can pick this book online or at the Library. The East Carbon Library is open Weds 2pm to 6pm at the Peterson Elementary in Sunnyside.

Halloween is on Tues. this month if you like to wear your costume and have some fun, and being a kid again! Please watch out for the little spooks as they run to get their candy from door to door.

Remember our doors are open Mon. to weds. 8am to 4pm and Thurs. 8am to 1pm. Come in and have a warm beverage and visit with wonderful people..

Until next month, have a safe and warm October.

Brenda

### East Carbon Center Activities Mon– Weds 8am-4pm & Thurs 8am– 1pm OCTOBER 9TH CLOSED FOR COLUBUS DAY

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

# Calling all Volunteers

**All Volunteers are Invited**

**The Carbon County Senior Center and its staff would like to invite you to an appreciation dinner.**

**When? Thursday October 19, 2023**

**Time: 5:30 p.m.**

**Place: Carbon County Senior Center**

**418 S Fairgrounds Way**

**Please reserve your spot by calling the senior center 636-3202**

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





## Medicare's Open Enrollment Period



Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Open Enrollment to make sure your coverage will meet your needs in 2024.

### Making changes during Open Enrollment

The changes you can make include:

- ✓ Joining a new Medicare Advantage Plan or stand-alone Part D prescription drug plan
- ✓ Switching from Original Medicare to Medicare Advantage
- ✓ Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)



Call 1-800-MEDICARE (1-800-633-4227) to make changes.

### Review your coverage for 2024

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will be covered next year and that your providers and pharmacies will still be in the plan's network.



#### Original Medicare:

Visit [www.Medicare.gov](http://www.Medicare.gov) or read the 2024 *Medicare & You* handbook to learn about Medicare's benefits for the upcoming year.



#### Medicare Advantage or Part D plan:

Read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).

# **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**

**Ask a staff member for help!**





## Medicare's Open Enrollment Period

### Know how to change your coverage

- Call 1-800-MEDICARE (1-800-633-4227) to make changes by phone
- Visit [www.medicare.gov](http://www.medicare.gov) to compare options and enroll in some plans online
- Contact plans directly to learn about the services they cover or to enroll
- Contact your State Health Insurance Assistance Program (SHIP)

If you want one-on-one help reviewing your options or making changes, **call your SHIP**. SHIPs are funded by the government to provide trusted, unbiased Medicare counseling. Contact information for your local SHIP is on the last page.

### Be aware of people trying to steal your medical identity

During Medicare's Open Enrollment Period you may receive more soliciting phone calls. Some may be legitimate calls from your plan. However, scammers may take advantage of the Open Enrollment Period to try to steal your personal and/or medical identity information.



Medical identity theft happens when someone steals your personal information and uses it to get medical treatment or equipment and bills your insurance for it. For example, someone may use your name, Medicare number, and birth date to get medical equipment and then bill your Medicare for it.



This can affect your medical and health insurance records, or your ability to receive services in the future when medically needed, as well as result in erroneous costs for both you and the Medicare program.



Protect your Medicare and/or health ID number and only share it with your health care provider or trusted representative. Protect your Medicare card like you would a credit card. Scammers have various ways of stealing someone's Medicare number and other personal information.

### Tips to help you avoid medical identity theft:

- Medicare will not contact you to say that there has been suspicious activity on your card. Instead, find the organization's contact information on your own (don't use caller ID) and call or email them directly.
- Be aware of texts from unknown numbers and avoid clicking on links.
- Be aware of calls from unknown numbers and calls that are automated or sound robotic.
- Look out for scammers who use social engineering. They may already have personal information when they call you and use that information to confirm this information, to obtain more, or to gain your trust.
- Be aware of people who try to scare or threaten you or offer services or items that are "free" or seem too good to be true.

September 2023 Medicare Minute



## Medicare's Open Enrollment Period

### Who to contact for more information:

- **State Health Insurance Assistance Program (SHIP):** Contact your local SHIP to learn about Medigap rules in your state and for help comparing Medigap, Medicare Advantage, and stand-alone Part D plan costs and options.
- **Senior Medicare Patrol (SMP):** Call your local SMP if you believe your Medicare number has been compromised or to report potential Medicare fraud, errors, and abuse.
- **Medicare:** Call 1-800-MEDICARE or visit the Medicare plan finder at [medicare.gov](https://www.medicare.gov) to compare options or make changes to your coverage.
- **Your plan:** Contact your Medicare Advantage or stand-alone Part D plan to ask about existing or new coverage and to get their information in writing.

Local SHIP contact information	Local SMP contact information
SHIP toll-free: 435.613.0028 (Neddy)	SMP toll-free: 435.613.0028 (Wendy)
SHIP email: <a href="mailto:wfauver@sevalg.utah.gov">wfauver@sevalg.utah.gov</a>	SMP email: <a href="mailto:wfauver@sevalg.utah.gov">wfauver@sevalg.utah.gov</a>
SHIP website:	SMP website:
To find a SHIP in another state: Call 877-839-2675 (and say "Medicare" when prompted) or visit <a href="https://www.shiphelp.org">www.shiphelp.org</a>	To find an SMP in another state: Call 877-808-2468 or visit <a href="https://www.smpresource.org">www.smpresource.org</a>
SHIP Technical Assistance Center: 877-839-2675   <a href="https://www.shiphelp.org">www.shiphelp.org</a>   <a href="mailto:info@shiphelp.org">info@shiphelp.org</a> SMP Resource Center: 877-808-2468   <a href="https://www.smpresource.org">www.smpresource.org</a>   <a href="mailto:info@smpresource.org">info@smpresource.org</a> © 2023 Medicare Rights Center   <a href="https://www.medicareinteractive.org">www.medicareinteractive.org</a> <i>The Medicare Rights Center is the author of portions of the content in these materials but is not responsible for any content not authored by the Medicare Rights Center. This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.</i>	

## Consumer Alert: Medicaid Renewal Scams



### Scams Wind Up as the COVID-19 Pandemic Winds Down

The federal Public Health Emergency (PHE) for COVID-19 expired on May 11, 2023, and at that time federally funded programs returned to normal operations. This change in process had effects on many people and health care programs, including the temporary, yet significant, changes to Medicaid enrollment and eligibility that occurred during the pandemic. Over the course of the PHE, states were required to keep people enrolled in Medicaid even if they experienced a change in eligibility, such as an increase in income. However, as of April 1, 2023, states have resumed checking Medicaid eligibility through a process known as renewal or redetermination of Medicaid.

While states work through their Medicaid renewal processes, you should remember these facts to safeguard yourself against scams:

- Applying for Medicaid is always free. You do not need to pay anything or provide a credit card number when applying for benefits through your state.
- Renewal or redetermination of Medicaid benefits is always free.
- You do not need to pay to continue receiving Medicaid benefits.
- If you have moved, Medicaid may need to use methods other than mail to reach you. If you receive a call from someone claiming to be from Medicaid, tell them you will call Medicaid directly and use a trusted phone number to do so.

The SMP recommends that you should:

- Not answer calls from numbers you do not recognize.
- Guard your Medicare and Medicaid cards and numbers like credit card numbers.
- Not confirm your Medicare or Medicaid numbers to anyone who calls you over the phone.
- Never answer "yes" to any question over the phone from someone you do not know.
- Make sure your contact information is correct with Medicaid. This includes your correct mailing address, phone number, and email address.
- Reach out to the SMP if you were contacted by someone who was possibly trying to steal your information or benefits.

If you have questions or concerns about your Medicare or Medicaid benefits, please reach out the local State Health Insurance Assistance Program (SHIP) at [shiphelp.org](http://shiphelp.org) or 877-839-2675. The SHIP provides in depth, one-on-one insurance counseling and assistance with enrolling in Medicare if you lost Medicaid coverage.

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).

◆ [www.smpresource.org](http://www.smpresource.org) ◆ [info@smpresource.org](mailto:info@smpresource.org) ◆ 1-877-808-2468