



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 Quilting	10a Ukulele/ Silver Strings	10a Quilting	10a Ukulele/ Silver Strings
10a Ukulele/ Silver Strings	10a Toning	12:00p Lunch	10a Toning
10a Crochet	11a <u>Blood Pressure Clinic (every other Tuesday, 12th &amp; 26th)</u>	1p Bingo	10a Quilting
12:00p Lunch	12:00p Lunch		<u>10:30a Nail Clinic (First Thursday of Each Month)</u>
1pm Beginner Line Dancing	1p Movie		12:00p Lunch
	1p Quilting		1p Shopping
			1p Organ Class
			1:30p Sewing & Quilting

**BIRTHDAY LUNCH THE SILVER STRINGS WILL BE PERFORMING SEPTEMBER 27TH**

## SHOPPING DAYS

Sept. 7th Smith's ~ Sept. 14th Lin's ~ Sept. 21st Walmart ~ Sept. 28th Smith's

**CENTERS WILL BE CLOSED SEPTEMBER 4TH**

Monday	Tuesday	Wednesday	Thursday
<p>Menu Subject to Change</p> <p>Carbon Center 636-3202</p> <p>East Carbon 636-3703</p> <p><b>MILK SERVED WITH EACH MEAL</b></p>			
<p>4</p> <div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #e0f0ff;"> <p><b>WE WILL BE CLOSED ON LABOR DAY</b></p> </div>	<p>5</p> <p>Tator Tot Casserole, Steamed Cabbage, Roll, Fruit Cup</p>	<p>6</p> <p>Ranch Chicken, Pota- toes &amp; Gravy, Brussel Sprouts, Roll, Banana Bars</p>	<p>7</p> <p>BLT Sandwich, Cream of Broccoli Soup, Peanut Butter Cookies</p>
<p>11</p> <p>Sweet n Sour Pork over Rice, Oriental veggies, Roll, Fortune Cookie</p>	<p>12</p> <p>Honey Mustard Chick- en, Baked Potato, Steamed Carrots, Roll, Cherry Crisp</p>	<p>13</p> <p>Salisbury Steak, Pota- toes &amp; Gravy w/ Mushrooms &amp; Onions,, Spinach, Roll, Choco- mallow Pie</p>	<p>14</p> <p>Baked Ham, Macaro- ni &amp; Cheese, Spinach, Roll, Fruit Cup</p>
<p>18</p> <p>Pizza Casserole, Italian Blend Veggies, Garlic Bread Stix, Applesauce</p>	<p>19</p> <p>Chicken Enchiladas, Rice, Corn &amp; Black Beans, P-nut Butter Squares</p>	<p>20</p> <p>Pork Chops, Potatoes &amp; Gravy, Steamed Carrots, Roll, Root Beer Float Cake &amp; Ice Cream</p> <p style="text-align: center;"><b>Birthday Lunch</b></p>	<p>21</p> <p>Bacon Cheeseburger w/ Lettuce, Tomato, Onion, Peas, Onion Rings, Frog Eye Salad</p>
<p>25</p> <p>Egg Roll in a Bowl w/ ground pork, cabbage over Rice, Asian Blend veggies, Roll, Fruit Cup</p>	<p>26</p> <p>Soft Taco w/ tom., onions, lettuce &amp; cheese, Refried Beans, Spanish Rice, Fruit Upset</p>	<p>27</p> <p>Meat Loaf, Potatoes &amp; Gravy, Gr. Beans, Wheat Roll, Cake</p>	<p>28</p> <p>Baked Ham &amp; Cheese Sandwich, To- mato Florentine Soup, Fresh Fruit</p>

Hi Seniors,

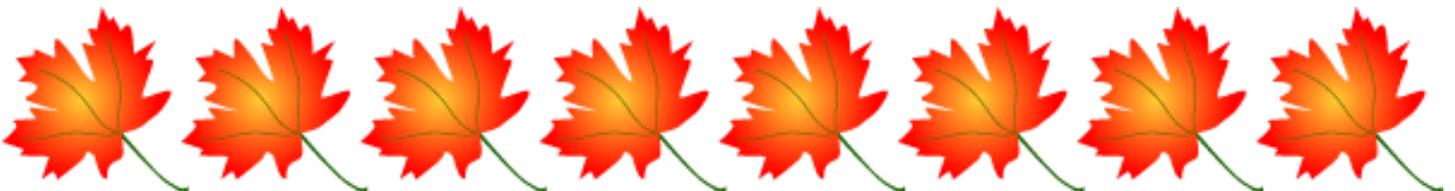
Well it looks like summer is coming to a close. Fall weather will be here before you know it. I actually love Fall so I'm welcoming it with open arms. To celebrate the end of Summer we are going to have a Luau. Hope you can all make it out. It will be September 22nd at 6pm here at the Senior Center. We are having the dinner catered so we do need to know who is coming and have you pay your \$6 if you want to have dinner. Please let Tammy Vea know if you are planning on coming. We will have buses running that day as well. It should be a great time. A couple of other things to be aware of coming up in the next little bit,

September 20th the Senior Center will be hosting a caregiver conference. You are welcome to join in on the lectures. There will be information on Alzheimer's disease and Dementia, as well as advanced care planning, bereavement care, VA information and Community Resource information. This will start in the morning and go throughout the day. I will post a schedule of the classes.

October 5th the Senior Center will be hosting a health fair. We will have people here from all areas in the county to assist you in knowing what healthcare resources are available here locally. This should be a great event and one worth attending.

As always, please let me know if there is anything I can do to make the Senior Center a great place to be. Your feedback is welcome and appreciated.

Thanks again,  
Rebecca



## Movie Line Up

**Sept 5th ~ My Big Fat Greek Wedding ~ 2002/PG/ 1h 35m** A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

**Sept 12th ~ The Blind Side ~ 2009/ PG-13/ 2h 9m / STARTS AT 12:45/** The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.

**Sept 19th ~ The Dolphin Tale ~ 2011/PG/1H53M/** A story centered on the friendship between a boy and a dolphin whose tail was lost in a crab trap.

**Sept 26th ~ No Reservations ~ 2007/PG/1h 44m**

Master chef Kate Armstrong runs her life and her kitchen with intimidating intensity. However, a recipe for disaster may be in the works when she becomes the guardian of her young niece, while crossing forks with the brash sous-chef, who just joined her staff. Though romance blooms in the face of rivalry. Kate needs to look outside the kitchen to find true happiness.



Dear Seniors:

September starts a new season. This year Fall begins on the 23rd of this month. When we notice the changes of the colors and the cooler days. It's also flu shot season. This month the ladies of the Book Club have chosen "Remarkably Bright Creatures", a novel by Shelby VanPelt. This novel is a charming, witty and compulsively readable exploration of friendship, reckoning and hope that traces a widow's unlikely connection with a giant Pacific octopus named Marcellus. This novel is exciting and you may get a laugh. So pull up an easy chair and enjoy this amazing novel. The

REMINDER Senior Centers will be closed September 4th for Labor Day.

Come in and visit with us Monday-Wednesday 8:00a.m. to 4:00 p.m and Thursday 8:00 a.m. to 1:00p.m.

Enjoy the Autumn colors .

Brenda

<b>East Carbon Center Activities</b> <b><u>Mon– Weds 8am-4pm &amp; Thurs 8am– 1pm</u></b>			
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
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

# 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 14, 2021**

**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**

## 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!

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

ALBUM	CONCERTS	MUSIC	SONATA
ANTHEM	DRUM	ORGAN	SONG
ARTIST	FUNK	PIANO	STEREO
AUDIO	GUITAR	PLAYBACK	SYMPHONY
BAND	HARMONIZE	QUARLET	THEME
CHOIR	KEYBOARD	RECORDING	VIOLIN
CHORD	LYRIC	SCALE	
COMPOSER	MELODY	SINGER	

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# Fall Health News

Falls are a bigger medical problem than many people realize. They account for millions of visits to emergency rooms each year and are the second-leading cause of accidental death in homes and communities.

Of course, falls can be a risk among all age groups, but they are particularly problematic among the elderly. People 65 and older are four times more likely to die from a fall than all other age groups. Often that's because of medical conditions or medications, which make the elderly more prone to falling.

In addition, up to 30 percent of people who fall suffer moderate to severe injuries, including lacerations, fractures and head traumas. The most common fractures are of the spine, hip, forearm, leg, ankle, pelvis, upper arm and hand.

## Fall Prevention Tips

A number of steps can help minimize the risk of falling -- or perhaps minimize the damage that will occur during a fall. The best step is to take great care to make your home as safe as possible. This includes removing as many tripping hazards as possible: items like electrical and phone cords, loose rugs and mats as well as clothes, toys, boxes and shoes that are on the floor or the stairs.

Good lighting is also a key feature for preventing falls in homes, so upgrade or add lighting where needed. Any surface with an incline, like stairs or a ramp, is a risk as well, so add railings to these areas wherever possible. Slipping can also cause falls so the best bet here is to clean up any spills as soon as possible. Anyone who's prone to falls should also choose slip-resistant footwear.

Staying strong and healthy also helps people, especially the elderly, be less prone to falls. Regular exercise can contribute to this and also help make people more able to maintain their balance as they age. Many medications can increase the risk for falling, so anyone's who's fallen or is worried about falling should review all prescriptions with their doctor. Regular eye appointments are also a good idea. Finally, get plenty of vitamin D and calcium to preserve bone health. Anyone with osteoporosis should be under the care of doctor to prevent potential complications from a fall.

**SOURCES:** National Safety Council, U.S. Centers for Disease Control and Prevention



## 2023 Eligibility Quick Check

### Medicare Savings Programs & Extra Help



Income limits based on 2023 federal poverty guidelines

SINGLE:	MSP	Full Extra Help	Partial Extra Help
Income	\$1640	\$1,660	\$1843
Assets	\$9,090*	\$10,590*	\$16,660*

COUPLE:	MSP	Full Extra Help	Partial Extra Help
Income	\$2,218	\$2,239	\$2,485
Assets	\$13,630*	\$16,630**	\$33,240*

\*Assets do not include the home you live in, car, etc.

**Medicare Savings Plans (MSP):** Covers the cost of Medicare Part B premium and possibly copays and deductible, depending on income. Enrollment in a Medicare Savings Program will automatically qualify you for Part D Extra Help.

**Extra Help:** Lowers the premium, deductible and copays for Medicare Part D plans

**Questions?** Contact Wendy Fauver, RN, SHIP Counselor 435-613-0028



This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance with 100 percent funding by ACL/HHS.

## Autumn

The leaves are falling

One by one.

The sunny days

Will soon be gone.

Yellow, orange,  
brown and green,

The colors of  
Autumn can be  
seen.

The wind, the rain,

The sun shines  
through

It's colder now  
For me and you.

