

OCTOBER 2024



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 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 8th &amp; 22nd)</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
<p><b>PRICE CENTER ACTIVITIES</b>  <u><b>ALL ACTIVITIES AND MENU</b></u>  <b><u>ARE SUBJECT TO CHANGE</u></b></p>			

Dave Prettyman & October 9th

Silver Strings Performing for Birthday Lunch, October 23rd

**SHOPPING DAYS**

OCT. 3rd Smith's ~ OCT 10TH Lin's ~ OCT 17TH Walmart ~ OCT 24TH @ Smith'S  
OCT 31st Lin's

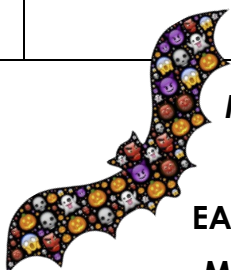
CENTERS WILL BE CLOSED MONDAY OCTOBER 14TH FOR COLUMBUS /Indigenous Day

**PLEASE WEAR YOUR COSTUMES OCTOBER 31ST**

# October Menu

# BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
	1 <b>Bacon Cheeseburger w/ lettuce, tom., onion, Onion Rings, Fruit</b>	2 <b>Honey Mustard Chicken, Baked Potato, Mixed Veggies, Roll, Mandarin Orange Dessert</b>	3 <b>Chili w/ cheese &amp; onion, Broccoli, Corn Bread, Cottage Cheese w/ Pineapple</b>
7 <b>Lemon Pepper Fish over Rice, Steamed Cabbage, Muffin Fruit</b>	8 <b>Lasagna Soup, Salad, Bread Stix, Lemon Cookie</b>	10 <b>Chicken Fried Steak, Potatoes &amp; Gravy, Peas &amp; Carrots, Roll, Peach Pie Delight</b>	11 <b>Chicken Tenders, Mac &amp; Cheese, Cole-slaw, Roll, Jell-O</b>
14 	15 <b>Swedish Meatballs over Noodles, Peas, Roll, Fruit</b>	16 <b>Baked Ham, Yummy Potatoes, Corn, Roll, Apple Crisp</b>	17 <b>Chicken A la King over Rice, Biscuit, Winter Blend Veggies, Chocolate Peanut Butter Bar</b>
21 <b>Corn Bread Taco Bake, Corn, Roll, Fruit Salad</b>	22 <b>Italian Wedding Soup, Turkey Sandwich w/ lettuce, tom., onion, Peanut Butter Cookies</b>	23 <b>Pork Chops, Potatoes &amp; Gravy, Beets, Roll, Carrot Cake, Ice Cream</b>  Birthday Lunch	24 <b>Chicken Parmesan w/ marinara over Noodles, Broccoli, Roll, Peaches &amp; Bananas in Orange Juice</b>
28 <b>Cheesy Sausage Penne, Steamed Cabbage, Roll, Fruit</b>	29 <b>Meatball Sub, Potato Wedges, Tomato Cucumber Salad, Pumpkin Chocolate Chip Cookie</b>	30 <b>Chicken Cordon Bleu, Potatoes &amp; Gravy, Carrots. Roll, Peach Coffee Cake</b>	31 <b>Taco Soup, Fritos, Green Salad, Donut</b>



MENU SUBJECT TO CHANGE  
 CARBON CENTER 636-3202  
 EAST CARBON CENTER 636-3703  
 MILK SERVED WITH EACH MEAL

Happy October Seniors!!

This time of year is so beautiful! The fall weather, beautiful fall colors, and all the warm and cozy sweaters we get to break back out of the closet. Hope you are all enjoying the changing season.

This month we have something fun planned for Halloween. We have a trick or treat the senior center night Friday October 25th. It will start at 5. The kids will trick or treat different doors inside the senior center and then gather in the dining room to watch The Haunted Mansion. This night was designed to get you as seniors involved. We need your help to decorate and give out treats at the different doors as well as gather your grandkids, nieces and nephews, and neighbors to come out and participate. We want this to be a fun night of dressing up and having so much fun. Please sign up with Tammy Vea if you are interested in decorating a door and giving out treats that night. We would love to have as many as possible. Treats will be provided by the center, you will just hand them out.

We are also excited to announce that our new buses have arrived. We are happy to finally get those in use and start planning some day trips around the state!! Let us know if you have any ideas of where you would like to visit.

We have funding available from the state to help with any legal questions you may have. This is available only to Seniors and you need to state that you are a senior when you call. But if you have legal questions you would like some help with please call 1.800.662.4245.

Lastly, as you know it's open enrollment time for Medicare. We have Wendy Fauver from the state coming to both centers. She will be at the Price center November 20th from 10am to 3pm, and the East Carbon center November 14th from 10am to 2pm. She will be here to answer any questions you may have concerning what to do with your Medicare for 2025. She is not here to sell you any plans, she is just an advisor from the state who can help you determine what would be the best route for you to take. She is very knowledgeable and will have answers to your questions.

As always we are here for you so please let me know if there is anything we can help with or anything you would like to see take place here at the center.

Happy Fall!  
Rebecca

## Movie Line Up

**Oct 1st ~ Halloween Town ~ 1998 / 1hr 24 mins**

**Oct 8th ~ Everafter ~1998/PG/2h 1min STARTS AT  
12:45 SHARP**

**Oct 15th ~ Death Becomes Her ~1992/PG-13/1HR 44  
MINS**

**Oct 22nd ~ First Wife's Club ~ PG/1996/ 1hr 43 mins**

**Oct 29th ~ Practical Magic ~ PG-13/ 1998/1 hr 44  
mins**

Dear East Carbon Seniors,

Nature has surprised us again with her beautiful colors this fall. And the warm and cooler nights. Hope everyone enjoyed our last potluck for the summer. The Book Club Ladies are back with another exciting novel to share with us. This month they chose a novel "Peace Like A River" by Leif Enger. This novel is about an eleven year asthmatic boy named Reuben who has reason to believe in miracles along with his sister and father. Reuben finds himself on a cross country search for his outlaw older brother who has been charged with murder. Their journey unfolds like a revelation, that shows how family, love and faith can stand to the most terrifying of enemies and the most tragic of fates. This novel can be picked up online or at the local Library. Thank You all for the wonderful school supplies that you brought for Bruin Point Elem. School.

October 14th is Columbus Day when the enter will be closed. Halloween this year falls on Thursday the 31st of this month. Dress up in your spookiest costume and enjoy the day with us.

HAPPY HALLOWEEN EVERTONE!

Brenda

Watch out for our little spooks has they collect their goodies on Halloween night!

<b>East Carbon Center Activities</b> <b><u>Mon– Weds 8am-4pm &amp; Thurs 8am– 1pm</u></b> <b>OCTOBER 14TH CLOSED FOR COLUBUS DAY</b>			
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

# 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 24, 2024**

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

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

OCTOBER 25TH

SCARY HALLOWEEN DOORS

HALLOWEEN TRICK A DOOR & MOVIE NIGHT

PRESALE TICKETS \$1.00 PER PERSON

AT DOOR \$2.00 A PERSON

DOORS OPEN AT 5:00PM

MOVIE STARTS AT 6:00PM

(THE HAUNTED MANSION 2023)

HOT DOGS FOR \$2.00 EACH

SENIOR CENTER 418 SOUTH FAIRGROUNDS

ROAD, PRICE

ALL MONEY GOES BACK INTO THE SENIOR

CENTERS

ALL AGES WELCOME

**Don't Trick or Treat the Wrong Door!**

# 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

### Where can I go for more help?

**State Health Insurance Assistance Program (SHIP):** Contact your SHIP if you have questions about any notices you receive or have experienced a potential marketing violation. SHIP counselors can help you review your options and pick a plan that meets your needs. SHIP counselors provide trusted, unbiased, and individualized Medicare counseling. Contact information for your local SHIP is below.

**Senior Medicare Patrol (SMP):** Contact your local SMP if you believe you have experienced a potential marketing violation. SMP team members can help you to prevent, detect, and report potential Medicare fraud, errors, or abuse.

Local SHIP contact information	Local SMP contact information
<b>Toll-free phone number: 877-839-2675</b> (To connect with your SHIP, say “Medicare”)	<b>Toll-free phone number: 877-808-2468</b> (To connect with your SMP, say “Medicare Fraud”)
<b>Online SHIP Locator: <a href="http://www.shiphelp.org">www.shiphelp.org</a></b> Click: 	<b>Online SMP Locator: <a href="http://www.smpresource.org">www.smpresource.org</a></b> Click: 
SHIP Technical Assistance Center: 877-839-2675   <a href="http://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="http://www.smpresource.org">www.smpresource.org</a>   <a href="mailto:info@smpresource.org">info@smpresource.org</a> © 2024 Medicare Rights Center   <a href="http://www.medicareinteractive.org">www.medicareinteractive.org</a>	
<p><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. [September 2024]</i></p>	

# Tips for Avoiding Unwanted Enrollment

Never provide your Medicare information to anyone but your trusted health care providers. Confirm everything that a plan agent tells you before making a final decision about a plan. Ask for everything in writing. Call your doctors to make sure they are in network for the plan you want to join. You can also call your local SHIP for unbiased answers to coverage questions.

✓ Plans Can	✗ Plans Cannot
<ul style="list-style-type: none"> <li>✓ Send you mail</li> <li>✓ Call or email you about other health plans and products, if you are already a plan member</li> <li>✓ Schedule an appointment to discuss plan options with you, but:               <ul style="list-style-type: none"> <li>• Before the appointment, you must formally decide which topics will be discussed</li> <li>• The appointment must occur 48 hours or more after it is scheduled (unless you walk into their office or it's the very end of the Open Enrollment Period)</li> <li>• The plan agent must stick to the topics you have agreed on</li> <li>• The plan agent may not use your appointment or the time before or after to market or sell plans to other people in your building or neighborhood</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✗ Call or send text messages, unless you are already a plan member or you gave the plan permission</li> <li>✗ Email or call (even if you are a plan member) if you opt out</li> <li>✗ Ask for your personal information or try to sell you a plan at an educational exhibit</li> <li>✗ Approach you in public areas, such as a parking lot or hallway</li> <li>✗ Give prizes/gifts worth over \$15               <ul style="list-style-type: none"> <li>• Cannot be in the form of cash</li> <li>• Cannot require enrollment or appointment to get the gift</li> </ul> </li> <li>✗ Conduct promotional activities worth over \$15 per expected event attendee</li> <li>✗ Provide full meals at sales/marketing events</li> </ul>



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## Medicare's Open Enrollment Period

### Considerations when choosing a new plan

Ask yourself the following questions before choosing a **Part D drug plan**:

- ❓ Does the plan cover all the medications I take?
- ❓ Does the plan have restrictions on my drugs?
- ❓ How much will I pay for monthly premiums and the annual deductible?
- ❓ How much will I pay at the pharmacy (copay/coinsurance) for each drug I take?
- ❓ Is my pharmacy in the plans' preferred network? Can I fill my prescription by mail order?
- ❓ What is the plan's star rating?
- ❓ If I have other drug coverage, will the Medicare drug plan work with this coverage?

Ask yourself the following questions before choosing a **Medicare Advantage Plan**:

- ❓ How much are the premiums, deductible, and coinsurance/copay amounts?
- ❓ What is the annual maximum out-of-pocket cost for the plan?
- ❓ What service area does the plan cover?
- ❓ Are my doctors and hospitals in the plan's network?
- ❓ What are the rules I must follow to access health care services and my drugs?
- ❓ Does the plan cover additional benefits not covered by Original Medicare?
- ❓ What is the plan's star rating?
- ❓ Will this plan affect any additional coverage I may have?



You can use **Medicare's Plan Finder tool** to compare plans. Access Plan Finder by going online to [www.Medicare.gov/plan-compare](http://www.Medicare.gov/plan-compare) or by calling 1-800-MEDICARE (1-800-633-4227)