



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 (10th & 24th)</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 25TH


SHOPPING DAYS

Sept. 5th Walmart ~ Sept. 12th Smith ~ Sept. 19th Lin's ~ Sept. 26th Walmart's

CENTERS WILL BE CLOSED SEPTEMBER 2nd

September Menu

BOTH CENTERS

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>WE WILL BE CLOSED ON LABOR DAY</p>	<p>3 Parmesan Cod, Wild Rice, French Cut Green Beans, Corn Bread, Fruit</p>	<p>4 Ranch Chicken, Potatoes & Gravy, Steamed Carrots, Wheat Roll, Cookie</p>	<p>5 Spaghetti w/ Meat Sauce, Green Salad, Bread Stix, Lemon Pie</p>
<p>9 Chicken Pot Pie W/ Gravy, Broccoli, Roll, Fruit</p>	<p>10 Baked Cheese Sandwich, Tomato Florentine Soup, Cookie</p>	<p>11 Swiss Steak, Baked Potato, Green Beans, Cake</p>	<p>12 Chef Salad w/ ham, turkey, cheese, onion, tom., egg, Bread Stix, Mandarin Orange Dessert</p>
<p>16 Polish Sausage w/ alfredo over Noodles, Beets, Roll, Fruit</p>	<p>17 Shrimp & Fries, Coleslaw, Roll, Frog Eye Salad</p>	<p>18 Hamburger Steak, potatoes & Gravy, Peas & carrots, Roll, Coconut Cream Pie</p>	<p>19 Chicken Salad on Croissant, Pickle, Chips, Fruited Jell-O</p>
<p>23 Tator Tot Casserole, Peas, Roll, Fruit</p>	<p>24 Chicken Enchilada Soup, Green Salad, Bread Stix, Pumpkin Chocolate Chip Bar</p>	<p>25 Fried Chicken, Potatoes & Gravy, Corn, Roll, Cake & Ice Cream</p> <p></p>	<p>26 Manicotti w/ sausage Sauce, Spinach, roll, Fresh Fruit</p>
<p>30 Sweet & Sour Pork over Rice, Oriental Veggie, Roll, Fortune Cookie</p>	<p>Menu Subject to Change Carbon Center 636-3202 East Carbon 636-3703</p>		

Hi Seniors!

We did it. We made it through Summer, and now my favorite time of the year is about to begin. Fall brings the nicest weather. Let's enjoy it before the cold sets in. Couple of things I want to address. Please know that we are working on the milk situation. As some of you may know, Meadow Gold closed their distribution here locally and we can no longer use them directly. As a result we have had to reach out to other distributors. We have had some issues with the milk being spoiled upon arrival. Please know we are doing everything we can to correct this problem. We are reaching out to other distributors as well as the one we are currently using to get the problem resolved. We want the very best for all of you. Again, we are always so grateful for the opportunity to serve all of you. Please let us know if there is anything we can do.

Thanks so much,
Rebecca



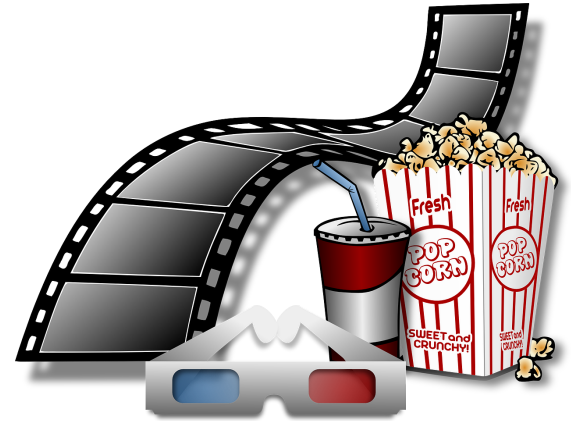
Movie Line Up

Sept 3rd ~ Queen Bees ~ 2021/PG-13/ 1h 40 m: Inspired by the true story of producer Harrison Powell's grandmother's second chance at love after moving into a retirement community as a widow.

Sept 10th ~ Patch Adams / 1998/PG-13/ 1hr 55 mins/ starts at 12:45 SHARP :
The true story of a heroic man, Hunter "Patch" Adams, determined to become a medical doctor because he enjoys helping people. He ventured where no doctor has

Sept 17th ~ Milo & Otis ~ 1986/G/1hr 16min: The adventures of a young cat and a dog as they find themselves accidentally separated and each swept into a hazardous trek.

Sept 24th ~ The Fall Guy ~ 2024/PG-13/ 2 hrs :
starts at 12:45 sharp



Hello East Carbon Seniors,

Summer has gone and now we are heading into another exciting month. So who is ready for Fall? Fall begins September 22nd of this month. Fall is the most beautiful month in the year where leaves are changing in their brilliant colors, the weather is not too hot or too cold. And the vegetables and fruit are in season and they are so good this time of the year. Everyone is preparing for the long winter months ahead. The flu season is here so remember to get your flu shots early. September 2nd first Monday is Labor Day. The centers will be closed that day. My door is open for new activities that you would like to do for the months ahead. We had some wonderful ideas so please come in and share what you would like to do.

Come on in and enjoy warm beverages and meet new and old friends.

Enjoy your September and have lots of fun.

Brenda

East Carbon Center Activities <u>Mon– Weds 8am-4pm & Thurs 8am– 1pm</u>			
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

NEWSLETTER

Research Center: The University of Utah

Location: This study will be conducted virtually across the United States

Are you ready to take charge of diabetes with the latest technology and support? Join this exciting study for older adults with type 1 diabetes and their care partners (family/friend)! This study explores the effectiveness of an intervention called *Share Plus* that uses the Dexcom G7 and Follow App for data sharing. The six-month *Share Plus* program is designed to improve communication and support for both the person with diabetes and their care partner (family member/friend) using data sharing. The *Share Plus* group participants will receive innovative education and support, while the control group will receive standard diabetes education. Join researchers from the University of Utah and learn about effective treatment strategies for managing your diabetes.

How To Qualify?

- Adults age 60+ with Type 1 Diabetes
- Have a care partner willing to participate
- A1c of greater than or equal to 7.5%
- Currently using CGM

Compensation?

- \$150 for person with diabetes and \$150 for care partner (family/friend/adult child)

Interested? Contact Bruno Gonzales at 801-585-5958 or by email bruno.rodriquez-gonzales@utah.edu for more information.



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

ADVENTURE

COMPASS

JOLLY ROGER

RUM

ANCHOR

CORSAIR

KNIFE

SABOTAGE

ASSAULT

DOUBLOON

MAP

SCAR

ATTACK

FLAG

NAVIGATE

SEAS

BUCCANEER

GALLEON

PARROT

SHIP

CANNON

HOOK

PLANK

TREASURE

CAPTAIN

ISLAND

QUARTERMASTER

CARIBBEAN

JOHN SILVER

RUFFIAN

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!

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



Common Open Enrollment Notices

You can make changes to your Medicare coverage each year during Medicare's Open Enrollment, which runs October 15 to December 7. Around September, you will start to receive notices with information about any changes to your coverage for the coming year. Read these notices so you can decide if your coverage will continue to meet your needs or if you should change it.

Annual Notice of Change (ANOC) and Evidence of Coverage (EOC)

- Sent to people who have a Medicare Advantage Plan or Part D plan
- Notices include any changes to your plan in 2025
- Look for any changes to the plan's:



Provider network



Costs



Formulary (list of drugs)

If you are unhappy with any changes to your plan, you can enroll in a different plan for 2025.

Medicare & You Handbook

- Sent to everyone enrolled in Medicare
- Includes information about Medicare-covered services
- Lists Medicare Advantage Plans and Part D plans in your area
- If you did not receive a *Medicare & You* handbook, you can call 1-800-MEDICARE to request that your region's copy be sent to you



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.

