

HAPPY BIRTHDAY

Lena Allen, Barbara Ashby, Marlene Hughes, Dennis Pierson, James Christiansen, Janet Leavitt, Jeni Riley, Geraldine Cowley, Joyce Harris, Carrie Kerr, Jed Pitcher, Marilyn Rose, LaRene Thompson, Carl Gunn, Judith Kraus, Bonnie Hill, Charlene Earl, Mary Beth McCombs, Teri Garn, Verlyn Adams, Phil Spjut, Dale Meservy, Rhea Keaton, James Archibald, Alice Jane Gray, Donald Petersen, Daisy Kent, Richard Scoffield, Blaine Williams, Judy Sandall, Beverly Grover, Karen Baird, Myrna Smith, Ruth Huggins, Robert Meyer, Darvel Garn, Willa Hurd, Layne Gardner, Karen Busenbark, Judith Hardester, Frank Blum, Diane Maxine Powell, Dorothy Thompson, Donna Akers, Virgil Anderson, Shannon Gunn, Lauenna Garn, Sandra Michaelis, Neil Anderson, David Holt, Sandra McNeely, LeRoy Lund Judy Ellertson, Vickie Godfrey, Bryan Hunsaker, Lena Grace, Del Petersen, MarDell Petersen, Nolan Kirkham, Boyd Josephson, Connie Christensen, Bonnie Lee Bryson, Arlene Langford, Marianna Christensen, Amy Johnson, Carl Pont, LaVon Packer, Janice Gardner, Tom Mann, Hobart Dalton, ane Peterson, Lana Yokom, Rebecca Hunsaker, Odell Summers, Hyrum Auger, Barbara Bronson, Lowell Estep, Cuc Tran, Carol Phillips, Carol Weir, Bill Billings, Estelle Stam, Renee Johnson, Dorothy Palmer, Dael Poulsen, Carl Ashby, Lawana Smith, Senna White, Aileen Williams, Gloria Hathaway, Duard Andreason, Carl Roberts, JD Norr, Lucy Thomas, Betty Lou Hansen, Annette Christensen, Norman Clark, Beverly Gillins



Integrity Home Health & Hospice Sponsors the Foot Clinic Wednesday, November . Please call and make an appointment. 257-9455

Integrity Game Day, December 14th @12:30. come and play!!!

Don't forget !!! Rudd Funeral Home sponsors lunch, on the third Thursday of the month., December 15th. Please call to make your Reservation.

Bear River Valley Care Center will sponsor lunch Wednesday, December 14th



Greeting Card of the Month is very cute and fun!! Come check out the new design and sign up to make your own!! (limit 4 per person) .25 cents per card. December 13th

MOM Care Employee Foundation presents:

CEREAL WITH SANTA

Saturday, December 3rd 8:00 - 10:00am

Come and join us for a bowl of cereal, color a picture, get a goody bag and have your picture taken with Santa.

ADMISSION: 1 Donation to TOYS FOR TOTS per family or 1 Donation to the Tremonton Community Food Pantry per person.





Steps to fall proofing Your Home

More than 75% of falls take place inside or in close proximity to the home, but your home doesn't have to be an obstacle course of potential falls. Some simple and quick changes will easily help reduce your risk

of falling. Review the steps below to get started today.

Kitchen: · Move your most commonly used items within reach. Put the kitchen items you use every day—like plates, glasses, or even seasonings—on the lowest shelves. This will help you avoid using stepstools and chairs—things you can easily lose your balance on—to reach items on higher shelves. Plan a head for special needs. Ask a loved one or visitor for help every few months or so to rotate seasonal items to within reach – for example baking dishes that are only used at holiday time. · Replace scatter rugs with rubber backed rugs. Scatter rugs or area rugs are tripping hazards. If you prefer to have a mat on the floor near the sink or stove, make sure it is placed securely on the floor and doesn't have turned corners or edges that you could trip on. The best rugs have heavy-backed rubber bottoms so they stay in place. Clean up spills immediately. Kitchen floors can be slippery and very dangerous when wet! Keep a hand towel within easy reach to help you clean up spills easily and quickly. **Stairs:**

· Keep steps clutter-free. Give yourself a clear path up and down by making sure things like shoes and books are put away and not left sitting on steps. · Add strips of contrasting color to help visualize your stairs better. Adding colored tape to the edges of each step will help differentiate monochromatic steps. Pick a color of tape that will stand out against the color of the stairs. Make sure to put the tape on the top and over the edge of each step. · Try to have lighting at the top and bottom of the stairs. Overhead lights at the top and bottom are ideal. A light switch at the top and bottom of the stairs keeps you prepared no matter which direction you're going. Add a second handrail. Most staircases only have one rail, but handrails on both sides will help keep you balanced. It's important to make sure they are both installed securely so that they will support you. the number of times you have to address this issue. They last longer and can save you money in the long run. Stay tuned, more helpful hints in January. Merry Christmas!!



Tremonton Caregiver Support Group

Tremonton Senior Center
2nd and 4th Thursday @
1:00 pm



Help us Help our Community



- Day 12 (Dec. 5): Please bring Canned Chili
- Day 11 (Dec. 6): Please bring Oatmeal
- Day 10 (Dec. 7): Please bring Rice
- Day 9 (Dec. 8): Please bring Canned Stew
- Day 8 (Dec. 9): Please bring Tuna Helper
- Day 7 (Dec. 12): Please bring Chicken Noodle Soup
- Day 6 (Dec. 13): Please bring Hair Products
- Day 5 (Dec. 14): Please bring Cleaning Supplies
- Day 4 (Dec. 15): Please bring Hand soap
- Day 3 (Dec. 16): Please bring Fruit Juice
- Day 2 (Dec. 19): Please bring Socks
- Day 1 (Dec. 20): Please bring any Money you can

We appreciate your help. All donations will stay in our community and be distributed either through the food pantry or by secret delivery. Merry Christmas!

Primary Children's Hospital Underwear Drive

As part of a Service Project, we are collecting child and teenage size underwear for Primary Children's Hospital. Please donate any



NEW, UNOPENED PACKAGE*

Of any size underwear.

Bring them to McKinley Elementary, Tremonton City Library or Tremonton Senior Center.

Please spread the word & Thank you for your help!!!

