

Enterprise Senior Center Newsletter

August 2019 Issue



165 S 100 E Enterprise UT 84725 - 435-878-2557

Center Hours: Tuesday, Wednesday, Friday

9am—3pm

Lunch 12:00 pm—1:00 pm

Visit our website: coa.washco.utah.gov/enterprise/

Watch out for the latest Medicare scam— DNA/genetic testing schemes!

The Utah Senior Medicare Patrol staff have been hearing about DNA and genetic testing schemes in other parts of the country, and we recently learned that they are starting here as well.

WHAT IS THE SCAM?

Older adults at senior centers, housing complexes, and other community locations are targeted by companies promoting “free” genetic testing, cancer screening, or DNA testing. These screenings are frequently done under the guise of an ice cream social event. During the event, older adults are asked to swab their cheek to collect a DNA sample which will be sent to the lab for analysis. They are then told that the test will be covered completely by Medicare, and all that is needed to process it is their Medicare number.

ARE THERE OTHER VARIATIONS OF THIS SCAM?

Yes. Sometimes Medicare beneficiaries are being contacted at home by phone and told that they will be sent a DNA testing kit in the mail. In this case, the person is asked to perform the cheek swab at home and then return the kit in the mail for DNA analysis. The caller then asks for the person’s Medicare number and reiterates that there will be no charge to the beneficiary.

BE AWARE:

- ☐ Medicare only pays for DNA or genetic testing in rare circumstances where it is medically necessary for treatment or diagnosis of a medical condition.
- ☐ These tests must be ordered by the patient’s own physician.
- ☐ There must be documentation in medical records to substantiate the need for the testing.

WHAT SHOULD I DO?

- ☐ If you are contacted by phone, hang up! Do not answer any questions or give out any personal information or your Medicare number.
- ☐ Contact the Five County Senior Medicare Patrol at (435) 673-3548 to report any related activities or suspicious requests for your Medicare number.
- ☐ Remember that Medicare will not call you to confirm your personal information, your Medicare number, or ask questions about your health.
- ☐ Report Medicare marketing violations—Medicare does not allow door-to-door sales or unsolicited contact with Medicare beneficiaries.

August 2019 Calendar

Tue	Wed	Thu	Fri
		1	2  Wii/Bingo 60+ Natl' Ice Cream Sandwich Day
6 Wii/Bingo 60+	7 Pinochle Brain Games Speaker	8 St George Trip 	9 Wii/Bingo 60+
13 Wii/Bingo 60+ 11:00 BP checks	14 Pinochle Brain Games	15	16 Wii/Bingo 60+
20 Wii/Bingo 60+	21 Pinochle Brain Games 11:30 Massages	22 St George Trip 	23 Wii/Bingo 60+
27  Wii/Bingo 60+ 10:00 Advisory Board Meeting Movie of the Month	28 Pinochle Brain Games Turn in Outreach Sheets	29	30 Wii/Bingo 60+ Birthday Treat 

August 2019 Menu

TUESDAY	WEDNESDAY	FRIDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and bread served with all meals.</p>		<p>Country Fried Steak w/Country Gravy Garlic Whipped Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit</p>
<p>Beef Taco Salad Beef Chili w/Beans Shredded Cheese Brown Spanish Rice Tossed Salad Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Diet - Fruited Gelatin</p>	<p>Turkey Stew Red Potatoes Carrots with Celery Beet Salad Biscuit Tropical Fruit</p>	<p>Homemade Meatloaf Brown Gravy Garlic Whipped Potatoes Creamed Peas Mixed Green Salad Wheat Roll Seasonal Fruit</p>
<p>Honey Lime Chicken Rice Florentine Fiesta Vegetable Blend Coleslaw Wheat Roll Seasonal Fruit</p>	<p>Sloppy Joe Tater Tots Broccoli Whole Wheat Hamburger Bun Seasonal Fruit</p>	<p>Pulled BBQ Chicken Baked Beans Chuckwagon Corn Macaroni Salad Whole Wheat Hamburger Bun Seasonal Fruit</p>
<p>Potato Crusted Pollock Au Gratin Potatoes California Vegetable Blend Coleslaw Wheat Roll Applesauce</p>	<p>Pork Fried Rice Japanese Vegetable Blend Napa Cabbage Wheat Roll Citrus Fruit Cup</p>	<p>Swiss Steak Garlic Whipped Potatoes Glazed Baby Carrots Mixed Green Salad Bread Pudding Seasonal Fruit</p>
<p>Turkey Noodle Bake Green Beans Mixed Green Salad Wheat Roll Hot Spiced Pears</p>	<p>Beef Pot Roast w/Brown Gravy Scalloped Potatoes Brussels Sprouts Mixed Green Salad Wheat Roll Pears</p>	<p>LABOR DAY MEAL Beef Frank Chili w/o Beans Shredded Cheese Tater Tots Coleslaw Whole Wheat Hot Dog Bun Apple Blueberry Crisp Diet - Hot Apple Slices</p>

Senior Voice Day
August 27, 2019
Cedar City Senior Center,
489 E 200 S., Cedar City.
Starting at **2:00 PM FREE**

Spend your afternoon with state and local elected officials. Come learn advocacy and discuss issues for Senior Citizens in our area.

Be an Angel Day is an annual celebration held every 22nd of August. This day started out as a day when people are encouraged to do various acts of kindness to other fellow people. This is also a day when everyone is reminded to be kind to one another and manifest our inner “angels” to show our good deeds. This day is all about celebrating any act of kindness, whether small or large, which can make a change in the world and a change for the good.

Come and join us for these special events in August:

Friday, 2nd: We will celebrate National Ice Cream Sandwich Day! Yum!

Wednesday, 7th: Our speaker for the month will be Amy Brinkerhoff, she will be talking to us about the DNA scam that is going around.

Our **Stepping On Class** has finished its 7 week program, we hope to do this again in the future. Thank you to our volunteers who spent a lot of time on this class and all of you that came to the class. It was a very successful and helpful class.

Our **Tai Chi Class** is taking the month of August off due to the summer being so busy and our volunteers needing a break. It has been a fun and needful class, thank you volunteers and those that came and supported this.

Tuesday, 27th: Remember our ‘**Movie of the Month**’ is now the **4th Tuesday** of the month right after Bingo. If anyone wants to bring a treat to share, that would be fun!

Come and celebrate August birthdays with



Amber Davis

Aug 9

Todd Hansen

Aug 23

Lorna Davis

Aug 11

Sterling Harker

Aug 24

Jean Munk

Aug 16

Ken Jones

Aug 25

Bryan Raney

Aug 20

Don Potter

Aug 26