

Enterprise Senior Center Newsletter

October 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/



What's Home Health Care and Do I Qualify?

Home health care includes a wide range of health and social services delivered in your home by a home health agency to treat an illness or injury. Services covered by Medicare's home health benefit include skilled nursing services, skilled therapy services (Physical, speech, and occupational therapy that is reasonable and necessary to treat your illness or injury, and is performed by/under the supervision of a licensed therapist), Home health aide, Medical social services (Services ordered by your doctor to help you with social and emotional concerns you have related to your illness), medical supplies and Durable Medical Equipment. Keep in mind that a home health aide provides personal care services, including help with bathing, toileting, and dressing. Medicare will not pay for an aide if you only need personal care and do not need skilled care in the first place. Home health care can be covered by either Medicare Part A or Part B. Medicare covers your home health care if you meet certain criteria. First, you must be homebound. You must also need skilled nursing services and/or skilled therapy. You must have a face-to-face meeting with a doctor within the 90 days before you start home health care, or the 30 days after the first day you receive care. This can be an office visit, hospital visit, or in certain circumstances, a telemedicine visit. Your doctor must sign a home health certification confirming that you are homebound, that you need skilled care, that your doctor has approved a plan of care for you, and that the face-to-face requirement was met. Your doctor should review and certify your home health plan every 60 days. Regardless of whether it is covered under Part A or Part B, Medicare pays the full cost for approved Home Health services. Medicare has identified Home Health Care as an area that is vulnerable to fraud. If someone offers you services such as personal care or homemaking without other skilled services and promises that Medicare will cover it, report it to your local Senior Medicare Patrol at (435)673-3548.

aaanews@fivecounty.utah.gov

October 2019 Calendar

Tue	Wed	Thu	Fri
1 Wii/Bingo 60+	2 Pinochle Brain Games Tai Chi 11-12	3 St George Trip 	4 Wii/Bingo 60+ Tai Chi 11-12
8 Wii/Bingo 60+ 11:30 Massages H.E.A.T. Assistance	9 Pinochle Brain Games Tai Chi 11-12	10	11 Wii/Bingo 60+ Tai Chi 11-12 Flu Shots 
15 Wii/Bingo 60+ 11:00 BP checks	16 Pinochle Brain Games Tai Chi 11-12	17 St George Trip 	18 Wii/Bingo 60+ Tai Chi 11-12
22 Wii/Bingo 60+ 10:00 Advisory Board Meeting	23 Pinochle Brain Games Tai Chi 11-12	24	25 Wii/Bingo 60+ Tai Chi 11-12 Birthday Treat 
29 Wii/Bingo 60+ Turn in Outreach Sheets	30 Pinochle Brain Games Tai Chi 11-12 Halloween Party		

October 2019 Menu

TUESDAY	WEDNESDAY	FRIDAY
1 Chicken Cacciatore Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears	2 Meatballs with Sweet & Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges	4 Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit
8 Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit	9 Roasted Turkey Breast with Gravy Mashed Spiced Yams Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit	11 Chicken Alfredo Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Diet - Hot Peaches
15 Chicken Chow Mein Napa Cabbage Wheat Roll Sliced Peaches	16 Corned Beef Medley Cabbage Roasted Red Potatoes Rye Bread Applesauce	18 Homemade Meatloaf with Gravy Mashed Potatoes Garden Vegetables Mixed Green Salad Wheat Roll Citrus Fruit Cup
22 Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Tropical Fruit	23 Glazed Ham Cut Yams Spinach Mixed Green Salad Cornbread Seasonal Fruit Chocolate Chip Cookie Diet - Vanilla Wafers	25 Beef Spaghetti Sauce over Spaghetti Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote
29 Turkey Pot Pie Buttered Corn Baked Rice Mixed Green Salad Biscuit Seasonal Fruit	30 HALLOWEEN MEAL  BBQ Pork Baked Beans Coleslaw Whole Wheat Hamburger Bun Pineapple Tidbits Oatmeal Raisin Cookie Diet - Vanilla Wafers 	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and bread served with all meals.

Medicare Open Enrollment is just around the corner!

Open Enrollment is your chance to make sure your 2020 Medicare coverage works for you.

Between October 15th and December 7th, let a trained, unbiased SHIP counselor help you review your plan!

Call (435) 867-6020 for an appointment or join us at the Enterprise Senior Center on Friday, November 8th at 11:30 AM.

SAVE THE DATE!

Come and join us for these special events in **October:**

Wednesday, 2nd: Tai Chi will start again. It will be every Wednesday and Friday from 11:00 to 12:00. It is a suggested donation of \$1.00. Your donations go to the Senior Center to help keep it running smoothly.

Tuesday, 8th: We will have representatives from H.E.A.T. Assistance to sign anyone up who is needing this service. Please call ahead if you can to make an appointment. 435-878-2557.

Friday, 11th: The Enterprise Valley Medical Clinic will be here giving Flu Shots.

Wednesday, 30th: Join us for our annual Halloween Party right after lunch. We will have Halloween Bingo, guess the candy jar, dressing up is encouraged, prizes for best costumes and a cakewalk. You won't want to miss it!

Come and celebrate **October birthdays with us on Friday the 27th:**



Malin Gardner	Oct 11
Patty Watson	Oct 12
Belva Gardner	Oct 13
Kim Jenson	Oct 14
Ron Terry	Oct 16
LaNeta Chadburn	Oct 22