

Hurricane Senior Center

April 2018 Newsletter



April 3 – Representative from the Veteran's Administration presentation

April 4 & 11 – Taxes 9:00 to 2:00

April 4 – Advisory Board Meeting

April 4 & 18 – Blood Pressure/Sugar Screening

April 9 – Movie of the Month

“Wonder”

April 10 – Hurricane Police Department presentation

April 12 – Zions Way Hand & Neck Massage

April 18 – Hurricane Family Pharmacy Presentation

April 26 – Happy Birthday/Anniversary

Hurricane Senior Center
95 N 300 W
Hurricane, UT 84737
435-635-2089

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Hours of Operation

Monday – Thursday
9:00AM – 4:00PM

Lunch served daily –
11:30AM - 12:30PM \$3

Dial-A-Ride Program

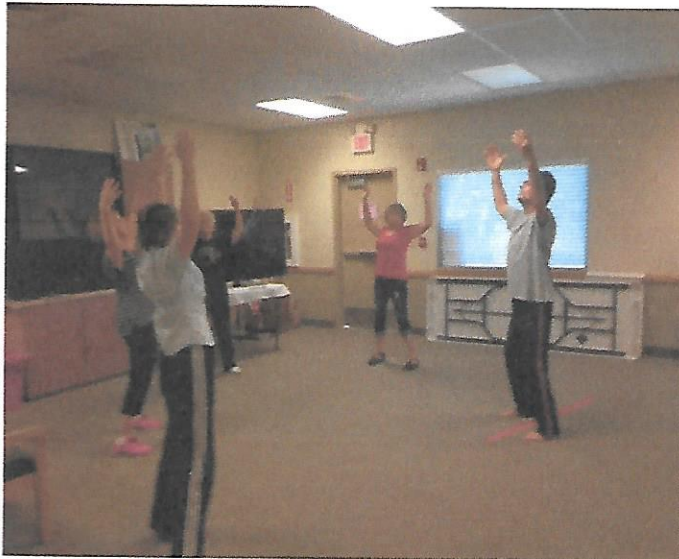
We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 10:30 AM – 2:30 PM Monday – Thursday.

Our Dial-A-Ride service to St. George is available Wednesday afternoon for your shopping or medical needs.

Age 60+ suggested donation:
\$5 round trip/\$3 one way

Call 435-635-2089 to schedule.





Tai Chi? We are hoping to start a Tai Chi class here at the Senior Center. If you would be interested in being an instructor, please talk to Downna. (Training is paid for and we offer mileage reimbursement & supplemental liability insurance while volunteering.)

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

Monthly Events

Dixie-Can-Do's Entertain -1st & 3rd Monday

Encompass Home & Healthcare – Blood Pressure & Sugar checks – 1st & 3rd Wednesday @ 11:00am-12:00pm

Hurricane Family Pharmacy – Presentation 3rd Wednesday @ 12:00pm

Zions Way – Hand and Neck Massages – 2nd Thursday @ 11:00am – 12:00pm

Writing Class – every Mon @ 12:30pm

Skip Bo – every Tues & Thurs @ 10:30am

Hand & Foot Card Game– every Tues @ 1:00pm

Crochet Class – 2nd & 4th Thurs @ 1:00pm \$1

Beginning Knitting – 2nd & 4th Thurs @ 1:00pm \$1

Craft Class – every Wed @ 12:30pm \$1

Bingo 60+ Only – every Thursday @ 12:30pm

Bridge Group – every Monday @ 12:30 \$.50

Paint Club – Tuesdays @ 1:00pm \$2

Billiards – Open daily 9am – 3:30pm

Happy Birthday/Anniversary Celebration – last Thursday of every month!

COME JOIN US!



Starring: Owen Wilson, Julia Roberts, Jacob Tremblay

"Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove you can't blend in when you were born to stand out."

Come join us for the movie of the month. After lunch on Monday, April 9th. Free popcorn.



Free-In Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age-especially if you are 50 or older or can't afford paid tax preparation.

Here at the Senior Center every Wednesday from 9:00 am to 2:00 pm.



**Aging is not lost youth, but a new stage
of opportunity and strength*.*

-Betty Freidan

April Medicare Message #1

What kinds of cancer screenings are covered by Medicare with no cost-sharing?

Medicare covers preventive screenings for several kinds of cancer at 100% of the Medicare-approved amount, meaning that if you meet the eligibility requirements, you will not have to pay anything (no deductible nor coinsurance). If you receive diagnostic screenings, or if, during the course of a screening, your provider discovers and needs to treat a new or existing problem, charges will most likely apply to your visit. The following screenings are covered with no cost-sharing except where otherwise indicated:

- **Colorectal cancer screenings:** Medicare Part B covers different colorectal cancer screenings, each with separate coverage rules. Note that you may be at high risk for colorectal cancer if you have a family history of the disease, have had colorectal cancer or colorectal polyps, or if you have had an inflammatory bowel disease.
 - Fecal occult blood test: Once a year (every 12 months) if you are age 50+
 - Flexible sigmoidoscopy: Once every four year (48 months) if you are age 50+ and at high risk, or once every 10 years after a colonoscopy if you are age 50+ and not at high risk
 - Colonoscopy: Once every two years (24 months) if you are at high risk for colorectal cancer, or once every 10 years if you are not at high risk (but not within 48 months of a screening flexible sigmoidoscopy)
 - Barium enema: Once every two years if you are age 50+ and at high risk, or once every four years if you are age 50+ and not at high risk (but not within 48 months of a screening flexible sigmoidoscopy). Barium enemas are covered at 80% of the Medicare-approved amount.

- **Lung cancer screenings:** Medicare Part B covers a yearly lung cancer screening and a yearly Low Dose Computed Tomography (LDCT also called low-dose CT) chest scan for people with certain risk factors. Before your first LDCT scan, you must have a visit with your health care provider to discuss the benefits and risks of the scan. Your provider will also provide counseling on the importance of quitting or avoiding smoking and information about smoking cessation services when appropriate. After your first scan, a separate counseling visit is not required before you receive your annual LDCT. Medicare Part B will only cover these services if you:
 - Are 55-77 years old
 - Currently smoke or have quit smoking in the past 15 years
 - Have smoked an average of one pack per day for at least 30 years
 - Have no symptoms of lung cancer
 - And, receive the screening and LDCT at a Medicare-approved radiology facility

- **Mammograms:** If you do not have symptoms or a prior history of breast cancer, Medicare Part B covers preventive mammograms—one baseline mammogram for women 35-39 years old, and one screening mammogram every 12 months for women over 40 years old. Medicare does not cover preventive mammograms for men. Medicare does cover diagnostic mammograms for men and women. Your doctor might recommend

a diagnostic mammogram if your screening shows an abnormality or if a physical exam reveals a lump. Medicare covers as many diagnostic mammograms as necessary, but they are covered at 80% of the Medicare-approved amount, while preventive mammograms are covered at 100% of the Medicare-approved rate.

- **Pap smears, pelvic exams, and physical breast exams:** Pap smears can detect cervical or vaginal cancers in their early stages. They can also screen for sexually transmitted diseases, fibroids, and various types of genital and vaginal problems including cancer. The pelvic exam includes a breast examination, which can help detect signs of breast cancer. Medicare covers these services every 24 months for all women. You may be eligible for these screenings every 12 months if you are at a high risk for cervical or vaginal cancer or if you are of childbearing age and have had an abnormal Pap smear in the last 36 months. Medicare may consider you at a high risk for cervical or vaginal cancer if you:
 - You were sexually active before age 16
 - You have had five or more sexual partners
 - You have had a sexually transmitted infection (STI)
 - Your mother was given the drug diethylstilbestrol (DES) during pregnancy
 - You have received fewer than three negative Pap tests or no Pap smear within the past seven years.

- **Prostate cancer screenings:** Medicare Part B covers one annual prostate cancer screening for all men age 50+. The prostate screening includes a digital rectal exam (DRE) and a prostate-specific antigen (PSA) test.

April Medicare Message #2

Don't Get Burned by "Pain Relief" Cream Sellers

It may seem like it's your lucky day. Someone calls (or you receive a robocall) to tell you there's an available prescription pain relief cream that will relieve you of any joint or back pain. And, better yet, it won't cost you anything (or at least no more than your standard co-pay/deductible) because your insurance provider will pay for it. All you need to do is provide some information, which may include your doctor's name, insurance information and birth date. Or perhaps the caller already has that information. All you need to do is approve it, and the caller will take it from there—he or she will contact your doctor, submit a claim, and ship you the cream.

What's not to like?

Plenty. These kinds of solicitations may be schemes to overcharge your insurer, and some may even be attempts at stealing your personal information, such as your Social Security number or birth date.

The result may be that you receive a product that doesn't work as claimed. You may have to pay out-of-pocket expenses, such as co-pays or deductibles, or the entire cost of the product if your insurer refuses to pay the cost. And the some of these products can cost hundreds or even thousands of dollars.

Tips for Consumers

- Be wary of anyone who calls to offer you "free" medications, medical equipment or medical services. These types of solicitations are often associated with health care fraud schemes, and some calls may be identity theft attempts. If you receive such a call, hang up. If it's a robocall, hang up without pressing any numbers.
- Do not provide personal information to someone who calls, especially your Social Security number or Medicare number. (Medicare is mailing new Medicare cards between April 2018 and April 2019 with new and unique Medicare ID numbers. Medicare will no longer use Social Security numbers). If you are doing business with a health care provider, it should already have your personal information.
- If you have questions about whether your insurance provider covers a certain medication or medical equipment, or health care services, call your insurer using the number listed on your insurance card or on a billing statement.
- If you have questions about whether a certain medication is effective for your condition, ask a trusted medical professional such as your doctor or pharmacist. Don't allow a doctor you've never met to prescribe over the phone.

- Review insurance and Medicare statements. Make sure there are no suspicious charges. If you see something unusual, report it. If it's an insurance company, call your insurer. If it's Medicare, call 800-MEDICARE (800-633-4227) or file a complaint at <https://oig.hhs.gov/fraud/report-fraud>.
- If you believe you have been victimized by an identity theft scam, report it to law enforcement and the three major credit reporting agencies.

Happy Easter!



April Activities

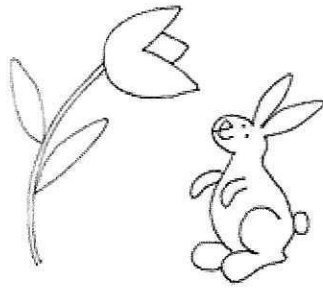
2-Apr Dixie Can Do's Bridge 12:30 Writing Class 12:30	3-Apr Rep. from Veteran's Admin. @ 10:30 Painting Club 1:00 Hand & Foot Card Game 1:00	4-Apr Taxes 9:00-2:00 Blood Pressure/Sugar 11:00-12:00 Craft Class 1:00-3:00	5-Apr Billiards 9:30 Skip Bo 10:30 Bingo after Lunch
9-Apr Movie after lunch "Wonder" Bridge 12:30 Writing Class 12:30	10-Apr Rep. from Hurricane City Police Dept. Painting Club 1:00 Hand & Foot Card Game 1:00	11-Apr Taxes 9:00-2:00 Craft Class 1:00-3:00	12-Apr Billiards 9:30 Skip Bo 10:30 Zions Way Hand/Neck Massage 11:00-12:00 Bingo after Lunch Knitting/Crochet 1:00
16-Apr Dixie Can Do's Bridge 12:30 Writing Class 12:30	17-Apr Skip Bo 10:30 Painting Club 1:00 Hand & Foot Card Game 1:00	18-Apr Blood Pressure/Sugar 11:00-12:00 Pharmacist @ Lunch Craft Class 1:00-3:00	19-Apr Billiards 9:30 Skip Bo 10:30 Bingo after Lunch
23-Apr Bridge 12:30 Writing Class 12:30	24-Apr Skip Bo 10:30 Painting Club 1:00 Hand & Foot Card Game 1:00	25-Apr Craft Class 1:00-3:00	26-Apr Billiards 9:30 Skip Bo 10:30 Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch Knitting/Crochet 1:00
30-Apr Bridge 12:30 Writing Class 12:30			

Thrift Store is Open Mon-Thurs 11:30 am to 2:30 pm

Hurricane Senior Center April 2018

Monday	Tuesday	Wednesday	Thursday
2 BBQ Pork Bun Baked Beans Coleslaw Hot Spiced Fruit	3 Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Seasonal Fruit Pineapple Lime Whip Diet Dessert: Diet Fruited Gelatin	4 Beef Lasagna Bake Spinach Mixed Green Salad Garlic Bread Fruit Cocktail	5 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas and Carrots Cucumber Salad Seasonal Fruit
9 Parmesan Chicken Penne Pasta Zucchini Mixed Green Salad Breadstick Seasonal Fruit	10 Teriyaki Meatballs Fried Rice Seasoned Cabbage Sugar Snap Peas Mandarin Oranges	11 Bratwurst Bun Kraut and Apples German Potato Salad Seasonal Fruit	12 Tater Tot Casserole Green Beans Mixed Green Salad Peach Crisp Diet Dessert: Warm Peaches
16 Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Mixed Green Salad Tropical Fruit	17 Glazed Ham Sweet Potato Hash Garden Vegetable Blend Mixed Green Salad Seasonal Fruit French Silk Pudding Diet Dessert: Diet Chocolate Pudding	18 Beef Frito Pie Shredded Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit	19 Chicken Sandwich Tater Tots Green Pea Salad Pears
23 Baked Chicken with Apricot Mustard Sauce Scalloped Potatoes Parslied Carrots Mixed Green Salad Seasonal Fruit Chocolate Chip Cookie Diet Dessert: Crème Cookies	24 Baked Tilapia with Lemon Caper Sauce Confetti Rice Sugar Snap Peas Cucumber Tomato Salad Cornbread Apricot Halves	25 Fajita Chicken Fajita Vegetables Black Beans Corn Salad Flour Tortilla Peaches	26 Homemade Meatloaf with Brown Gravy Baked Potato Mixed Vegetables Mixed Green Salad Seasonal Fruit
30 Salisbury Steak with Brown Gravy Garlic Mashed Potatoes Club Spinach Mixed Green Salad Applesauce	WHY SHOULD I EAT BREAKFAST? <ul style="list-style-type: none"> • A good breakfast gives your brain the fuel it needs to function and focus on important daily tasks. • Skipping breakfast can make you feel tired, restless, or irritable. Someone who skips breakfast is likely to get famished before lunchtime. • People who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities. 		 <i>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</i> Milk and bread served with all meals. Salad bar available every day in dining room.

EASTER



Word Search

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

BASKET
 BIRDS
 CELEBRATION
 EASTER
 EASTERBUNNY
 EGG
 EGGHUNT

FLOWERS
 HOP
 JELLYBEANS
 SPRING
 SUNSHINE

What other little
 WORDS can you find?

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