

Hurricane Senior Center

April 2019 Newsletter



April 2-30 – Tai Chi Workshop

April 3 – Advisory Board Meeting

April 3 – Blood Pressure Screening

April 8 & 24 – Roger Dean to perform @ Lunch

April 11 – Zions Way Hand & Neck Massage

April 17 – Hurricane Family Pharmacy

April 18 – Easter Luncheon

April 25 – Happy Birthday/Anniversary

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



Hours of Operation

Monday – Thursday
9:00AM – 4:00PM

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

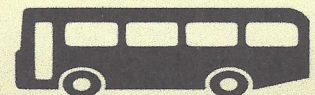
Dial-A-Ride Program

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 9:30 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.



FOCUS ON DIAL-A-RIDE

Our Dial-A-Ride program provides

Transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$3.00 one way or \$5.00 round trip, age 60+. Under 60 is \$5.00. The bus runs from 9:30 am to 2:30 pm Monday, Tuesday & Thursday. Wednesday in the Hurricane area 9:30 am to 12:30 pm and St. George from 12:30 pm to 4:00 pm.

To schedule a ride during these hours, please call the Senior Center at 435-635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested pickup time. Please schedule rides at least one day in advance.

If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

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 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

Exercise Class – every Mon @ 10:00am

Writing Club – every Mon @ 12:30pm

Tai Chi – Tues & Thurs 10:00am – 11:00am

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

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

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

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

Craft Class – every Wed @ 1:00pm

Bereavement Support Group– Last Wed @ 2:00

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

Bingo is free to play For 60+ only

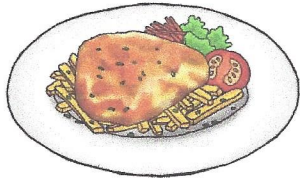
Bridge Group – every Monday @ 12:30

Paint Group – Tuesdays @ 1:00pm (Not during summer months)

Billiards – Open daily 9am – 3:30pm

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

COME JOIN US!



Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

Thank you for your donation to our meal program.



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, through April 10th, from 9:00 am to 2:00 pm.



Washington County Council on Aging is committed to compliance with Title VI of the Civil Rights Act of 1964 and all related regulations and relevant guidance. The Agency assures that no person in the United States shall, on the grounds of race, color or nation origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

To request additional information on Washington County Council on Aging's Title VI policy, or to file a discrimination complaint, please contact Washington County Council on Aging at 435-634-5743.

The Complaint Procedure is located at 245 N. 200 W., St. George, Utah, 84770 or www.stg.coa.washco.utah.gov





Every Tuesday & Thursday @ 10:00 am
“Tai Chi for Arthritis & Fall Prevention”
8 week workshop.

It is sun style Tai Chi, developed by Dr.
Lamb and instructed by: Belinda Allen



Hurricane Senior Center
April 2019
 435-635-2089 95 N. 300 W.

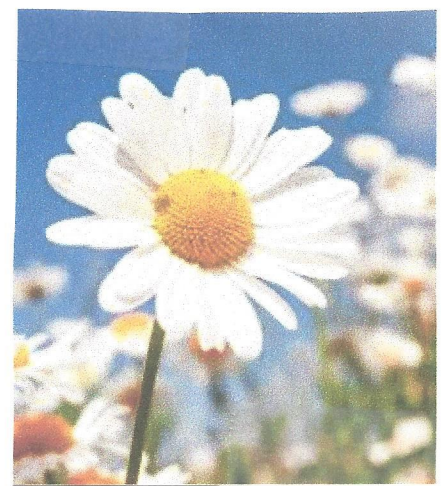
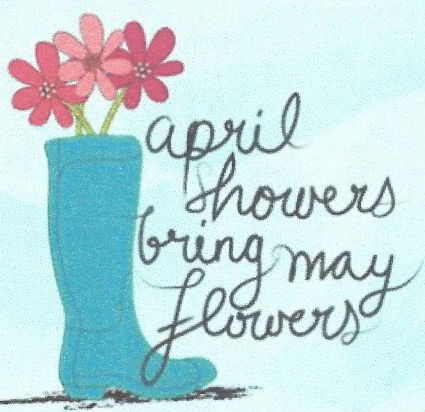
Monday	Tuesday	Wednesday	Thursday
1 BBQ Pork Baked Beans Coleslaw Hamburger Bun Hot Spiced Fruit Milk	2 Crispy Baked Chicken Thigh Au Gratin Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit Pineapple Lime Whip Milk Margarine Ranch Salad Dressing Diet - Fruited Gelatin	3 Beef Lasagna Bake Broccoli Mixed Green Salad Garlic Bread Fruit Cocktail Milk Margarine Ranch Salad Dressing	4 Roasted Turkey Breast w/Gravy Mashed Potatoes Peas and Carrots Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine
8 Parmesan Chicken Penne Pasta Zucchini Spinach Salad Breadstick Seasonal Fruit Milk Margarine Ranch Salad Dressing	9 Teriyaki Meatballs Fried Rice Cabbage Sugar Snap Peas Wheat Roll Mandarin Oranges Milk Margarine	10 Bratwurst Kraut & Apples German Potato Salad Hot Dog Bun Seasonal Fruit Milk Margarine	11 Tater Tot Casserole Green Beans Mixed Green Salad Wheat Roll Peach Crisp Milk Margarine Ranch Salad Dressing Diet - Hot Peaches
15 Country Fried Steak w/Country Gravy Mashed Potatoes Stewed Tomatoes Mixed Green Salad Wheat Roll Tropical Fruit Milk Margarine Ranch Salad Dressing	16 Crispy Baked Chicken Tater Tots Green Pea Salad Hamburger Bun Pears Milk Mustard Mayonnaise	17 Beef Frito Pie Shredded Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit Milk Taco Sauce Ranch Salad Dressing	18 Easter Meal! Glazed Ham Green Beans Au Gratin Potatoes Carrot Raisin Salad Wheat Roll Frosted Coconut Cake Milk Margarine Diet - Vanilla Wafers
22 Baked Chicken w/Apricot Mustard Sauce Scalloped Potatoes Parsleyed Carrots Mixed Green Salad Wheat Roll Seasonal Fruit Chocolate Chip Cookie Milk Margarine Ranch Salad Dressing Diet - Crème Cookies	23 Potato Crusted Fish Confetti Rice Mixed Vegetables Cucumber Tomato Salad Cornbread Apricot Halves Milk Margarine	24 Fajita Chicken Fajita Vegetables Black Beans Corn Salad Flour Tortilla Peaches Milk Taco Sauce Sour Cream	25 Homemade Meatloaf w/Brown Gravy Baked Potato California Vegetables Spinach Salad Wheat Roll Seasonal Fruit Milk Margarine Sour Cream Ranch Salad Dressing
29 Salisbury Steak w/Brown Gravy Garlic Mashed Potatoes Club Spinach Three Bean Salad Wheat Roll Applesauce Milk Margarine Ranch Salad Dressing	30 Hawaiian Chicken Haystack Broccoli Wheat Roll Pineapple Tidbits Milk Margarine	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. Salad bar available every day in dining room.	



April Activities

1-Apr	2-Apr	3-Apr	4-Apr
Exercise Class 10:00	Tai Chi Workshop 10:00-11:00	Taxes 9:00 -2:00	Tai Chi Workshop 10:00-11:00
Dixie Can Do's	Painting after lunch	Blood Pressure 11:00-12:00	Zions Way Massage 11:00
Bridge 12:30	Hand & Foot Cards after lunch	Craft Class 1:00	Bingo after Lunch
Writing Club 12:30	8-Apr 9-Apr	10-Apr	11-Apr
Exercise Class 10:00	Tai Chi Workshop 10:00-11:00	Taxes 9:00 -2:00	Tai Chi Workshop 10:00-11:00
Roger Dean to perform @ Lunch	Painting after lunch	Craft Class 1:00	Bingo after Lunch
Bridge 12:30	Hand & Foot Cards after lunch		Knitting/Crochet 1:00
Writing Club 12:30	15-Apr	16-Apr	17-Apr
Exercise Class 10:00	Tai Chi Workshop 10:00-11:00	Hurricane Family Pharmacy @ Lunch	Billiards 9:30
Dixie Can Do's	Painting after lunch	Craft Class 1:00	Tai Chi Workshop 10:00-11:00
Bridge 12:30	Hand & Foot Cards after lunch		Bingo after Lunch
Writing Club 12:30	22-Apr	23-Apr	24-Apr
Exercise Class 10:00	Tai Chi Workshop 10:00-11:00	Roger Dean to perform @ Lunch	Tai Chi Workshop 10:00-11:00
Bridge 12:30	Painting after lunch	Craft Class 1:00	Happy Birthday/Anniversary Cake & Ice Cream
Writing Club 12:30	Hand & Foot Cards after lunch		Bingo after Lunch
	29-Apr	30-Apr	25-Apr
Exercise Class 10:00	Tai Chi Workshop 10:00-11:00		Knitting/Crochet 1:00
Bridge 12:30	Painting after lunch		
Writing Club 12:30	Hand & Foot Cards after lunch		

Happy Easter!



Spring Home Maintenance Checklist

Exterior maintenance

1. Check the roof--Use binoculars. Look for damaged or missing shingles and signs of rusting, cracking or leaking. If you find issues, call a professional to assess the damage.
2. Clean out the gutters--Clear all leaves and debris out of the gutters and downspouts. If they're sagging, reattach the gutters, or replace them with new hardware. Use caulking to seal holes and prevent leaking. Make sure downspouts face away from the foundation of your home for proper draining.
3. Inspect the concrete--Look for cracking in the driveway, walkways or pool deck. You can fill cracks with concrete filler or silicone caulk, but if the concrete is severely damaged, you may want to replace it entirely.
4. Check outside faucets--Inspect hose faucets for freeze damage by turning on the water and placing a finger over the opening. If that stops the water flow, the pipe may be damaged. Call a professional to inspect your pipes and determine if they need replacing.
5. Inspect the air conditioning unit--Remove debris from around the cooling unit, and change the filters. To help your unit run properly in the upcoming months, follow these steps to make your system more efficient. Spring is also the ideal time to schedule a professional HVAC tune-up.
6. Give the deck some attention--Check the deck for signs of water stains, discoloration and warping. Look for rusty or loose nails, and make sure the railings and stairs are safely secured. Replace rotting or lifting boards.
7. Run the sprinklers--Turn your sprinklers on to check if the system is still working properly. Look for leaks or broken sprinkler heads. Adjust them so they spray the grass rather than the house, sidewalks or porches.
8. Inspect windows and doors--Check for cracks or holes and repair as necessary. Use a screen repair kit to fix holes or tears that bugs can sneak through.
9. Spruce up landscaping--Clear your landscaping of debris, trim overgrowth and plan fresh additions. HGTV recommended using compacted soil in low areas of your yard, as spring rains can cause flooding and foundation damage.

Interior maintenance

1. Open the windows--With the welcoming warmth of fresh spring breezes, you might be inclined to do this regardless. Opening the windows is also an effective way to naturally aerate your home and may improve air quality. Take this opportunity to wipe down the interior of the window sills as they have most likely collected dust, dirt and mold over the winter months.
2. Inspect the basement and attic--Check the walls and floors for water stains, mold and leaks. Remove unwanted moisture that can lead to mold issues or serious water damage.
3. Perform routine home safety checks--Change the batteries in smoke detectors, make sure fire extinguishers are still intact with the needle in the green zone and check that exhaust fans are working properly. Replace anything that isn't working immediately.
4. Clean the furnace--The furnace worked overtime hard these last few months, so make sure you clean the filter system, blower and motor. If you're not comfortable doing it yourself, call a professional.
5. Consider upgrades--Spring is the perfect time to revisit your appliances, lighting and other essentials that may need replacing. If it's time for an upgrade, consider energy-efficient options to help reduce waste and lower your bills. Refer to the Department of Energy for guides to the best home energy improvements.

<https://www.homeserveusa.com/blog/2018/march/spring-home-maintenance-checklist>

6 Safe and Easy Exercises for Seniors

Have you been thinking that you need to exercise more but you don't know where to start?

Participating in regular physical activity will help you:

- maintain your muscle mass
- increase your bone density
- improve your balance, posture and flexibility
- have better control of chronic disease symptoms
- decrease pain and depression
- prevent falls

The Center for Disease Control and Prevention (CDC) states 28% of the population over the age of 50 are physically inactive. This is a sad fact considering that 4 out of 5 of the most limiting chronic health conditions could be managed or prevented with physical activity. As you age your heart muscles and arteries can become stiffer. The ligaments surrounding your joints becomes less elastic leading to increased pain and stiffness. Your body also metabolizes food slower which can lead to weight gain.

Throughout the world, the World Health Organization, has linked 3.2 million deaths to not enough physical activity. The Centers for Disease Control and Prevention (CDC) reports that falls are the number one cause of fatal and non-fatal injuries in the United States for people who are over the age of 65 years. Not only does exercise help you feel better, but you may also look better and can enjoy a higher quality of life. Exercise helps you continue to do many of the things you love and need to do.

Many seniors are afraid to exercise at home because they are worried they may injure themselves; that is a valid concern. Exercise is meant to improve your health, not cause you to get hurt. As always, check with your physician before starting any new exercise programs.

Helpful Tip: If you are worried about your safety while trying new exercises, seek a healthcare/fitness professional ahead of time. You both can have fun learning new exercises and you will know somebody is there to help you if you need it.

Chair Squats: Pretending that you are about to sit down in a chair can strengthen your entire lower body.

1. Stand in front of a chair with your feet as far apart as your hips.
2. Bend your knees while keeping your shoulders and chest upright.
3. Lower your bottom so you sit down.
4. Then push your body back up to return to a standing position.

Wall Push-Ups: These push-ups can provide strengthening for your entire upper body with a focus on your arms and chest. But you don't have to get down on the floor and worry about being stuck there!

1. Stand in front of a sturdy wall, up to two feet away but as close as you need to.
2. Place your hands up against the wall directly in front of your shoulders.
3. Keep your body straight and bend your elbows to lean in towards the wall.
4. Stop with your face close to the wall and then straighten your arms to push your body away from the wall.

Single Foot Stand: This exercise is similar to standing like a flamingo but less dangerous.

1. Stand behind a steady, unmovable chair and hold onto the back.
2. Pick up your left foot and balance on your right foot as long as is comfortable.
3. Place your left foot down and then lift up your right foot and balance on your left foot

You are aiming to be able to stand on one foot without holding the chair for up to a minute.

Tippy Toe Lifts: You can pretend to be a ballerina while strengthening your legs and improving your balance with this exercise.

1. Stand beside or behind a chair or counter and place your hands on the surface for support.
2. Push yourself up onto your tippy toes as high as is comfortable and then return back to a flat foot. Repeat.

Wall Snow Angels: Do you remember plopping down on your back in a patch of freshly fallen snow, sliding your arms and legs up and down to form a perfect "snow angel"?

This exercise helps to open up your chest and to decrease that tightness in the middle of your back that develops as a result of looking down. But you don't have to fall on your back in the snow to do this "wall angel"!

1. Stand about 3 inches away from the wall and place your head and lower back flat against the wall.
2. Put your hands at your sides with the palms out and the backs of against the wall.
3. Keeping your arms touching the wall, raise them up above your head (or as high as is comfortable).

Repeat a couple times to make some beautiful imaginary wings for your angel.

<https://www.nursenextdoor.com/blog/6-easy-and-safe-exercises-for-seniors/>



Fun Facts about April

- It is the second month of spring. It is a time of planting and spring cleaning.
- In the Southern Hemisphere, April is the same as October in the Northern Hemisphere.
- The diamond of April symbolizes innocence.
- The Boston Marathon is held during April.
- In Ancient Rome the month of April was sacred to the goddess Venus.
- The Japanese fiscal year for most businesses starts on April 1st.
- In England there are many cuckoo festivals. The arrival of the cuckoo bird in April is a signal that spring has arrived.
- April is the month when the professional baseball season begins in the United States.



You're Invited to A
Senior Shred Party

May 15, 2019

10 AM to 1PM

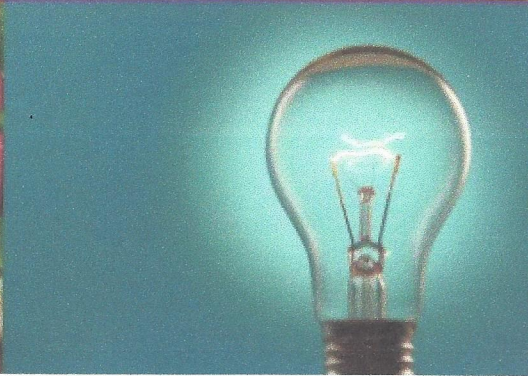
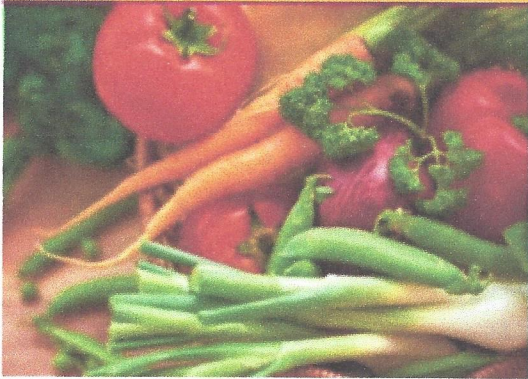


Hurricane Senior Center

95 N 300 W, Hurricane UT 84737

*Sponsored by the Area Agency
on Aging—Five County Senior
Medicare Patrol*

For more information contact (435) 867-6020



Get Help with Medical, Utility, Food and Drug

Benefits Enrollment Center

You May Qualify for Additional Help

Benefits Enrollment Centers help low income Medicare eligible seniors and persons with disabilities identify and apply for benefit programs. Trained staff use a web based tool to determine eligibility for benefits free of charge.

You may be eligible for one or more of the following programs:

- Medicare Part D Extra Help/Low Income Subsidy (LIS) program – pays for Part D plan premiums, reduces drug co-pays and eliminates the Donut-Hole.
- Medicare Savings Program (MSP) – pays Medicare premiums.
- Medicaid for people with Medicare – supplements Medicare paying deductible and co-pays.
- SNAP/Food Stamps – Access nutritious food and alleviate hunger
- Utilities Assistance programs – Access savings to help heat and cool your home



Veteran's Benefits



Specially trained enrollment counselors can answer your questions and help you complete and submit applications.



1070 West 1600 South, Bldg B
P.O. Box 1550 (84771)
St. George, UT 84770

585 N Main
Cedar City, Utah 84720

For more information Call
435-673-3548 Ext. 108 or
ask for Kristina

Medicaid Programs

For people with limited incomes and resources, Medicaid programs are available. There are several Medicaid programs available depending on needs, income and assets. The Aged, Blind or Disabled (ABD) Programs are medical assistance programs for individuals aged 65 years or older, blind or disabled. For Medicare beneficiaries, the ABD program pays Medicare premiums, copays and other costs and reduces prescription drug copay amounts. Most people on this program pay nothing for their healthcare costs. Eligibility is limited to individuals with very limited incomes and resources. In Utah, the income eligibility is usually around \$1000 per month for a household of one or around \$1400 for a household of 2. Assets must be under \$2000 for an individual and \$3000 for a couple, though some assets are excluded from this amount.

Some people applying for Medicaid meet all conditions to qualify, except their monthly income is more than the Medicaid limit. In this case, the eligibility worker will determine if the person can qualify for the Medicaid Medically Needy program. The program is also referred to as the “spenddown” program. To qualify for Medicaid, the person agrees to “spend down” his or her monthly income to the Medicaid income standard. The person has a choice of how to pay the amount above the Medicaid income limit. The person may choose to either pay “excess” monthly income to the state or to pay a medical provider for one or more medical bills. The member signs a Medicaid form that states the amount owed. Then the medical provider is notified of the patient’s agreement to pay medical bills. Paying a Medicaid Spenddown also provides prescription assistance for the remainder of the year in which the spenddown is made.

If you feel that you may be eligible for Medicaid and would like assistance with applying, contact your local Area Agency on Aging at (435) 673-3548.

Easter Challenge

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

Find these words:

April	chocolate	eggs	Jesus	purple
basket	church	family	lamb	rabbit
bonnet	color	find	lily	resurrection
break	crack	flowers	March	roll
bunny	cross	grass	marshmallow	search
candy	daffodils	hide	paint	spring
celebrate	decorate	holiday	parade	Sunday
cheep	dinner	hop	pastels	sweet
chick	dye	hunt	Peter Cottontail	symbol
children	Easter	jellybeans	pink	treats