

# Hurricane Senior Center

## April 2020 Newsletter



Our Center is closed but we are still doing:

Meals on Wheels

Dial-a-ride

Frozen grab and go meals (curbside delivery)

Limited staff will be available to run critical programs.

Please call the center with any questions.

All activities cancelled until further notice.

The decision to re-open the center will be evaluated on a daily basis.

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

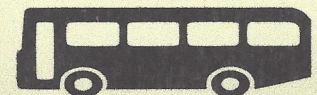
### Dial-A-Ride Program

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 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** -1<sup>st</sup> & 3<sup>rd</sup> Monday

**Encompass Home & Healthcare – Blood Pressure checks** – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday @ 11:00am-12:00pm

**Hurricane Family Pharmacy** – Presentation 3<sup>rd</sup> Wednesday @ 12:00pm

**Zions Way** – Hand and Neck Massages – 2<sup>nd</sup> Thursday @ 11:00am – 12:00pm

**Tai Chi Class** – every Tues & Thurs @ 10:00am

**Writing Group** – 2<sup>nd</sup> & 4<sup>th</sup> Mon @ 12:30pm

**Yoga Class** – every Mon @ 10:00am

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

**Crochet Class** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Craft Class** – every Wed @ 1:00pm

**Bereavement Support Group**– Last Wed @ 2:30

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

\*Bingo is free to play\* **For 60+ only**

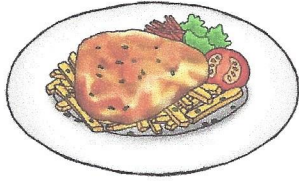
**Bridge Group** – every Monday @ 12:30

**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.

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](http://www.stg.coa.washco.utah.gov)





### 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. The bus runs from 9:30 am to 2:30 pm Monday through Thursday. The bus also goes to St. George on Wednesday's from 12:30 pm to 4:00 pm. To schedule a ride during these hours, please call Senior Center at 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.

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!



# *ARE VIRTUAL PHYSICIAN VISITS A GOOD OPTION FOR SENIORS?*

These days, patients can wait an hour or more in a physician's office for a scheduled appointment. Older adults might resist going because they don't want to be stuck sitting around waiting for the doctor. Seniors who live in rural communities may put off going to their doctor because the drive is too long or because it means driving in traffic during the most congested times of day. Bad weather can also impact an older adult's willingness to drive to a physician's office. These are just a few reasons why a senior might not be visiting their physician as often as they should. Fortunately, technology is making it easier to access a physician. And that access can happen from the privacy of your own living room. It's called a virtual physician visit, and here's what seniors should know. Advantages of Virtual Physician Visits.

Why should you consider a virtual physician visit for yourself or a senior loved one? Here are a few of the advantages. Convenience factor: There's no doubt about it, virtual physician visits are just more convenient. This is especially true for seniors who have given up driving and those who live in a rural community without a physician's office nearby. Easy-to-use technology allows the patient and physician to talk face-to-face from a distance. No contact with sick people: Physician waiting rooms can be a source of germs, especially during cold and flu season. For an older adult with a chronic health condition, being exposed to those bugs can be dangerous. Virtual physician visits can prevent a senior from being subjected to harmful viruses. More attention from the doctor: Patients who've utilized virtual visit options say they feel like they get more of their doctor's attention. It may be that the physician has fewer distractions when they are connecting via video, allowing them to focus more fully on their patient. No more waiting: If you feel like your physician is always running



late, you aren't alone. It can be stressful and aggravating to be stuck sitting in the waiting room for a long period of time. When you schedule a virtual physician visit, you do the waiting at home where you can watch television, read a book, or just relax. Access to more physicians: Another advantage of

a virtual physician visit is greater access to doctors. A senior who has a chronic health condition that requires a specialist might not have access to one nearby and may need to travel a great distance to see that doctor. A

virtual visit can help bring the patient and the physician together more often. Disadvantages of Virtual Physician Visits While the benefits of virtual physician visits for seniors are numerous, there are a few disadvantages to know about. Here are a few factors to take in to consideration. Technology requirements: What technology is required and how expensive is it? Also, ask the physician's staff what happens if you run in to technical issues. Is someone available to help? Internet access: While most urban communities have a variety of internet service providers, which might not be true for seniors in rural communities. Make sure you understand what is available and if it meets the virtual physician visit technology requirements. Limited examination: Although virtual visits work well for minor conditions, they may not be helpful enough for more serious problems or for when lab work is needed. Also, some doctors may not feel comfortable making a definitive diagnosis without seeing the patient in person.

Article courtesy of <https://www.lpseniors.com/blog/>



## ***Running Essential Errands***

Grocery Shopping, Take-Out, Banking, Getting Gas, and Doctor Visits.

As communities across the United States take steps to slow the spread of COVID-19 by limiting close contact, people are facing new challenges and questions about how to meet basic household needs, such as buying groceries and medicine, and completing banking activities. The following information provides advice about how to meet these household needs in a safe and healthy manner.

### **Shopping for food and other household essentials**

#### ***Stay home if sick.***

- Avoid shopping if you are sick or have symptoms of COVID-19, which include a fever, cough, or shortness of breath.

#### ***Order online or use curbside pickup.***

- Order food and other items online for home delivery or curbside pickup (if possible).
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.

#### ***Protect yourself while shopping.***

- Stay at least 6 feet away from others while shopping and in lines.
- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at higher risk severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours. People at higher risk for severe illness include adults 65 or older and people of any age who have serious underlying medical conditions.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.



***Use hand sanitizer when you leave the store. Wash your hands when you get home.***

- After leaving the store, use hand sanitizer. When you get home, wash your hands with soap and water for at least 20 seconds.
- At home, follow food safety guidelines: clean, separate, cook, chill. There is no evidence that food or food packaging has been linked to getting sick from COVID-19.

## **Accepting deliveries and takeout orders**

***Limit in-person contact if possible.***

- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.

***Wash your hands or use hand sanitizer after accepting deliveries or collecting mail.***

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

## **Banking**

***Bank online whenever possible.***

- If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe before you use it.
- When you are done, use a hand sanitizer with at least 60% alcohol. Wash your hands with soap and water for at least 20 seconds when you get home.



## **Getting gasoline**

***Use gloves or disinfecting wipes on handles or buttons before you touch them.***

- Use gloves or disinfecting wipes on handles and buttons before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds when you get home or somewhere with soap and water.

## **Going to the doctor or getting medicine**

***Talk to your doctor online, by phone or e-mail.***

- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.

***If you must visit in-person, protect yourself and others.***

- If you think you have COVID-19, let the office know and follow guidance.
- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Use disinfecting wipes on frequently touched surfaces such as handles, knobs, and touchpads (if available).
- Stay at least 6 feet away from others while inside and in lines.
- When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.

***Limit in-person visits to the pharmacy.***

- Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.

If you or a member of your household has signs of COVID-19, call your doctor first, instead of going to the office or the emergency department. Call 911 if you believe it is an emergency.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>



# HURRICANE SENIOR CENTER

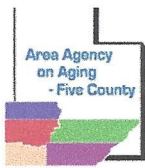
## April 2020

**TRIO** Community Meals  
and social companionship

Monday	Tuesday	Wednesday	Thursday
		1 Glazed Ham Sweet Potato Hash Cabbage Glazed Beets Cornbread Fluffy Fruit Salad Milk Margarine	2 Shepherd's Pie Mixed Green Salad Roll Hot Spiced Fruit Milk Margarine Ranch Salad Dressing
Monday	Tuesday	Wednesday	Thursday
6 BBQ Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk	7 Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	8 Beef Lasagna Bake Broccoli Mixed Green Salad Garlic Bread Grapes Milk Margarine Ranch Salad Dressing	9 <b>Easter Day Meal</b> Glazed Ham Green Beans Au Gratin Potatoes Carrot Raisin Salad Wheat Roll Frosted Coconut Cake Milk Margarine Diet - Vanilla Wafers
13 Potato Crusted Fish Tater Tots Green Pea Salad Wheat Roll Pears Milk Tartar Sauce Ketchup	14 Meatballs w/Cranberry Sauce Brown Rice Cabbage Carrots Wheat Roll Mandarin Oranges Milk Margarine	15 Bratwurst Sauerkraut German Potato Salad Hot Dog Bun Apple Blueberry Crisp Milk Mustard Diet - Spiced Apples	16 Parmesan Chicken Penne Pasta Capri Vegetables Spinach Salad Breadstick Seasonal Fruit Milk Margarine Ranch Salad Dressing
20 Country Fried Steak Country Gravy Whipped Potatoes Stewed Tomatoes Coleslaw Texas Bread Mixed Fruit Milk Margarine	21 Glazed Ham Yams Garden Vegetable Blend Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	22 Beef Frito Pie Shredded Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit Milk Taco Sauce Ranch Salad Dressing	23 Tater Tot Casserole Parslied Carrots Mixed Green Salad Garlic Bread Peach Crisp Milk Margarine Ranch Salad Dressing Diet - Hot Peaches
27 Creamy Paprika Chicken Scalloped Potatoes Key Largo Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	28 Lemon Pepper Tilapia Buttered Rice Capri Vegetables Cucumber Tomato Salad Texas Bread Seasonal Fruit Milk Margarine	29 Fajita Chicken Lettuce & Tomato Black Beans Fiesta Vegetable Blend Flour Tortilla Peaches Milk Taco Sauce Sour Cream	30 Homemade Meatloaf w/Brown Gravy Whipped Potatoes Green Beans Spinach Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing

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.  
 A Salad Bar is available every day in the dining room.  
 Follow Us on Facebook @triocommunitymeals.com



P.O. Box 1550 (84771) St. George, UT 84770

435-673-3548

## Medicare Summary Notice (MSN)

The Medicare Summary Notice (MSN) is a summary of health care services and items you have received during the previous three months. The MSN is not a bill. The contractor that processes your claims for Medicare will send you the MSN, so it may have the name and address of a private company on it.

MSNs are usually mailed four times a year (quarterly) and contain information about charges billed to Medicare, the amount that Medicare paid, and the amount you are responsible for.

It is important to know that if you have not received health care services during a particular quarter, you will not receive an MSN. If you have received services but have not received an MSN, call 1-800-MEDICARE or access your MSN online at [www.mymedicare.gov](http://www.mymedicare.gov) (however, you should still request a paper copy for your records).

In addition to the health care services you received in a given quarter, your MSN lists:

- The amount providers billed Medicare for those services (Note: The “Amount Charged” field does not show your costs.)
- The amount Medicare paid providers for each service
- The amount you may need to pay directly to providers (indicated in the “You May Be Billed” field). Note that you will receive a bill from providers and do not need to pay anything until you have received a bill.
- Any non-covered charges. This field shows the portion of charges for services that are denied or excluded (never covered) by Medicare. A \$0.00 in this field means that there were no denied or excluded services. A charge in this field means you are responsible for paying it. If you disagree with a non-covered charge, you should [file an appeal](#).

In many instances, Medicare forwards your MSN to your [secondary insurer](#), which may help with some or all of the remaining costs.

Try to save your MSNs. You might need them in the future to prove that payment was made if a provider’s billing department makes a mistake or if you claimed a medical deduction on your taxes. If you have lost your MSN or you need a duplicate copy, call 1-800-MEDICARE or go to your account on [www.mymedicare.gov](http://www.mymedicare.gov). If you have questions or need help understanding your MSN, contact your local SMP 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  
 D U S F U N C O S O N L S G S E S O P R R Y O  
 L H R L C N R H R L L O R R P B A T U C A M R  
 I P E O E R N W C A T I I A R Y B H E E B B H  
 H G D W L T E Y M R T M D T I L C R H R B Y O  
 C R A E E E S H E L A E T A C L U E D I N N L  
 D A R R B E S A E A P E L A Y E S S L A P R I  
 E Y A S R R T T P A D S S P B J R U P A R A D  
 C O P B A S G L I A T N O T T O C R E T E P C  
 O R M M T T R N F C R H S H B N N P U M A R H  
 R A K A E L T F I H U S I C C A U N J S A H O  
 L B E S C H O C O L A T E H A R H C E A E U C  
 S B N D C D K C A R C Y S E P S A N S T S R O  
 W I G N I R P S G E A H K L B N S M U T Y B T  
 E T R L R H F I P D E A E L D N E I S P S A K  
 D E S C R A D I N N E R L Y D I N G E I E S C  
 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