

# Hurricane Senior Center

## August 2018 Newsletter



August 1 & 15 – Blood Pressure/Sugar Screening

August 9 – Zions Way Hand & Neck Massage

August 13 – Movie of the Month

“The Post”

August 15 – Hurricane Family Pharmacy  
Presentation

August 29 – Bereavement Support Group

August 30 – 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

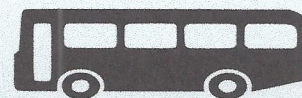
### **Dial-A-Ride Program**

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

**Writing Class** – every Mon @ 12:30pm

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

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

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

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

**Craft Class** – every Wed @ 12:30pm \$1

**Bereavement Support Group**– Last Wed @ 2:00

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

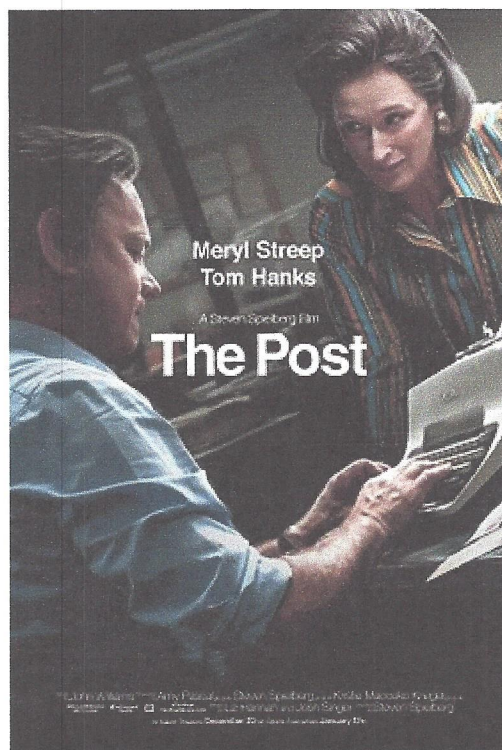
**Bridge Group** – every Monday @ 12:30 \$.50

**Paint Club** – Tuesdays @ 1:00pm \$2 (Not during summer months)

**Billiards** – Open daily 9am – 3:30pm

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

**COME JOIN US!**



# THE POST

Starring: Meryl Streep, Tom Hanks

"Plot: Katharine Graham is the first female publisher of a major American newspaper -- The Washington Post. With help from Editor Ben Bradlee, Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers -- and very freedom -- to help bring long-buried truths to light."

Come join us for the movie of the month. After lunch on Monday, August 13<sup>th</sup>.

Free popcorn.

## August Message 1

### What's home health care?

Home health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF). To qualify for Home Health, your doctor must certify that you are homebound and in need of skilled care.

### Examples of skilled home health services include:

- Wound care for pressure sores or a surgical wound
- Patient and caregiver education
- Intravenous or nutrition therapy
- Injections
- Monitoring serious illness and unstable health status

In general, the goal of home health care is to treat an illness or injury. Where possible, home health care helps you:

- Get better
- Regain your independence
- Become as self-sufficient as possible

Home health care may also help you:

- Maintain your current condition or level of function
- Slow decline

### What should I expect from my home health care?

- Doctor's orders are needed to start care. Once your doctor refers you for home health services, the home health agency will schedule an appointment and come to your home to talk to you about your needs and ask you some questions about your health.
- The home health agency staff will also talk to your doctor about your care and keep your doctor updated about your progress.

- It's important that home health staff see you as often as the doctor ordered.

### **Examples of what the home health staff should do:**

- Check what you're eating and drinking.
- Check your blood pressure, temperature, heart rate, and breathing.
- Check that you're taking your prescription and other drugs and any treatments correctly.
- Ask if you're having pain.
- Check your safety in the home.
- Teach you about your care so you can take care of yourself.
- Coordinate your care. This means they must communicate regularly with you, your doctor, and anyone else who gives you care.

### **August Message 2:**

### **Tips to Help Keep Your Identity Safe**

- Examine your wallet and ask yourself if you need to carry all the pieces of identification in it.
- When someone asks for your Social Security Number, ask why they need it.
- Use a password to protect your cell phone, if the phone has that capability.
- Encrypt your home wireless network.
- Avoid clicking on attachments or links contained in any unsolicited emails; don't respond to unsolicited emails.
- When using a debit card, use it as "credit" instead of "debit" for better protection if the card information is stolen.
- Do not use the same password for all your online accounts.
- Do not click on any pop-up on the internet.
- Limit the information you make available on social networking sites.
- Obtain and check your credit report annually at: [www.annualcreditreport.com](http://www.annualcreditreport.com) or call 1-877-322-8228.



# FREE OUTREACH FOR SENIORS

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## RSVP Telephone Reassurance Program

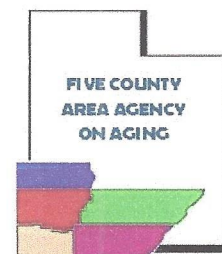
A community volunteer calls you daily or weekly to check on your safety, security, well-being, and help identifies concerns before they escalate into more serious hardships. Calls take no longer than five minutes. Volunteers do not visit clients; outreach is strictly by phone for everyone's privacy.

### For more information or to sign-up, contact:


DaCota Terry  
RSVP Director  
435-673-3548  
[dterry@fivecounty.utah.gov](mailto:dterry@fivecounty.utah.gov)

### Five County Association of Governments RSVP Program

1070 W 1600 S BLDG B  
St. George, UT  
84770  
Phone: 435-673-3548



## Hurricane Senior Center August 2018

Monday	Tuesday	Wednesday	Thursday
<p><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></p> <p>Milk and bread served with all meals.</p> <p>Salad bar available every day in dining room.</p>		<p>1</p> <p>Gyro (Beef &amp; Lamb Sliced Meat) Lettuce, Tomato, &amp; Onion Tzatziki Sauce Cucumber Salad Pita Bread Peach Crisp Diet - Hot Peaches</p>	<p>2</p> <p>Glazed Ham Maple Roasted Sweet Potatoes Garden Vegetable Blend Mixed Green Salad Seasonal Fruit</p>
6	7	8	9
<p>Sloppy Joe on Bun Tater Tots Whole Kernel Corn Seasonal Fruit Pineapple Lime Whip Diet - Vanilla Pudding</p>	<p>Turkey Stew Red Potatoes Carrots with Celery Beet Salad Biscuit Tropical Fruit</p>	<p>Herb Roasted Pork Loin Brown Rice Cheesy Cauliflower Cucumber Salad Apricot Halves</p>	<p>Homemade Meatloaf Brown Gravy Whipped Potatoes Creamed Peas Mixed Green Salad Seasonal Fruit</p>
13	14	15	16
<p><u>Chicken &amp; Waffles w/Syrup</u> Chicken Tenders Waffle Pancake Syrup Mixed Vegetables Mixed Green Salad Seasonal Fruit</p>	<p><u>Beef Taco Salad</u> Beef Chili w/Beans Brown Spanish Rice Lettuce, Tomato, &amp; Onion Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Diet - Fruited Gelatin</p>	<p>Bratwurst Hoagie Marinara Sauce with Peppers and Onions Coleslaw Seasonal Fruit</p>	<p>Turkey Noodle Bake Green Beans Mixed Green Salad Hot Spiced Pears</p>
20	21	22	23
<p>Potato Crusted Pollock Au Gratin Potatoes California Vegetable Blend Coleslaw Applesauce</p>	<p>Pork Fried Rice Japanese Vegetable Blend Napa Cabbage Citrus Fruit Cup</p>	<p>Sliced Turkey &amp; Swiss on Rye Bread Lettuce/Tomato/Onion Green Pea Salad Peaches w/Cottage Cheese Strawberry Shortcake Cookie Diet - Vanilla Wafers</p>	<p>Swiss Steak Garlic Whipped Potatoes Glazed Baby Carrots Mixed Green Salad Seasonal Fruit</p>
27	28	29	30
<p>Pulled BBQ Chicken on Bun Potato Wedges Chuckwagon Corn Macaroni Salad Seasonal Fruit</p>	<p>Beef Pot Roast w/Gravy Scalloped Potatoes Brussels Sprouts Mixed Green Salad Pears</p>	<p>Asian Noodle Chicken Salad w/Sugar Snap Peas, Cabbage &amp; Carrots Wonton Strips Seasonal Fruit Mandarin Orange Whip Diet - Fruited Gelatin</p>	<p><u>Labor Day Holiday Meal</u> Chili Cheese Hot Dog Baked Beans Coleslaw Apple Blueberry Crisp Diet - Apple Slices</p>



## August Activities

		1-Aug	2-Aug	
		Blood Pressure/Sugar 11:00-12:00	Billiards 9:30	
		Craft Class 1:00-3:00	Skip Bo 10:30	
			Bingo after Lunch	
6-Aug	7-Aug	8-Aug	9-Aug	
Dixie Can Do's	Skip-Bo 10:30	Craft Class 1:00-3:00	Billiards 9:30	
Bridge 12:30	Hand & Foot Card Game 12:30		Skip Bo 10:30	
Writing Class 12:30	Pinochle Card Game 12:30		Zions Way Hand/Neck Massage 11:00-12:00	
			Bingo after Lunch	
			Knitting/Crochet 1:00	
13-Aug	14-Aug	15-Aug	16-Aug	
Movie after lunch "The Post"	Skip-Bo 10:30	Blood Pressure/Sugar 11:00-12:00	Billiards 9:30	
Bridge 12:30	Hand & Foot Card Game 12:30	Hurricane Family Pharmacy @ Lunch	Skip Bo 10:30	
Writing Class 12:30	Pinochle Card Game 12:30		Bingo after Lunch	
		Craft Class 1:00-3:00		
20-Aug	21-Aug	22-Aug	23-Aug	
Dixie Can Do's	Skip Bo 10:30	Craft Class 1:00-3:00	Billiards 9:30	
Bridge 12:30	Hand & Foot Card Game 12:30		Bingo after Lunch	
Writing Class 12:30	Pinochle Card Game 12:30		Knitting/Crochet 1:00	
27-Aug	28-Aug	29-Aug	30-Aug	
Bridge 12:30	Skip-Bo 10:30	Craft Class 1:00-3:00	Billiards 9:30	
Writing Class 12:30	Hand & Foot Card Game 12:30		Bereavement Support Group 2:00	Happy Birthday/Anniversary Cake & Ice Cream
	Pinochle Card Game 12:30			Bingo after Lunch

### RESTAURANTS IN WASHINGTON COUNTY WITH SENIOR DISCOUNTS

Name	Discount	Age
Applebee's	15% discount with Golden Apple Card	60+
Arby's	15% discount	55+
A&W All American	10% discount at participating location	55+
Burger King	10% discount, additional discounts on coffee and soft	60+
Chick-Fil-A	10% discount or a free small beverage, varies by location	55+
Chili's	10% discount	55+
Chuck a Rama	15% discount; buy 10 meals, get one free with Senior	60+
Culver's	10% discount	60+
Dairy Queen	10% discount	60+
Denny's	10% discount; 15% for AARP members	55+
Egg & I	10% discount	55+
Golden Corral	10% discount; buy 10 meals, get one free with Senior	60+
IHOP	Special menu just for seniors	55+
Jack in the Box	up to 20% discount	55+
KFC	Free small drink with meal purchase	55+
McDonald's	Discount on coffee purchase	55+
Port of Subs	10% discount	55+
Sonic	10% off or free beverage, varies by location	60+
Subway	10% discount	60+
Taco Bell	5% discount or free beverage	65+
Village Inn	10% discount	60+
Wendy's	10% discount	55+

\* Senior Card available for purchase at the Senior Center for \$1.

### RETAIL STORES IN WASHINGTON COUNTY WITH SENIOR DISCOUNTS

Name	Discount	Age
C.J. Banks	10% discount every Wednesday	60+
Dress Barn	10% discount	55+
Goodwill	10% discount on certain days of the week	60+
Hallmark	10% discount on certain days of the week	60+
Kohl's	15% discount	60+
Lens Crafters	30% discount for AARP members	55+
Michael's	10% discount on Tuesdays	60+
Rite Aid	10% on Tuesdays; 10% everyday on prescriptions	60+
Ross Stores	10% discount	55+
Salvation Army Thrift	50% discount	55+
TJ Maxx	10% discount on certain days of the month	55+
Walgreen's	Offers discounts on "Senior Day" once a month	55+

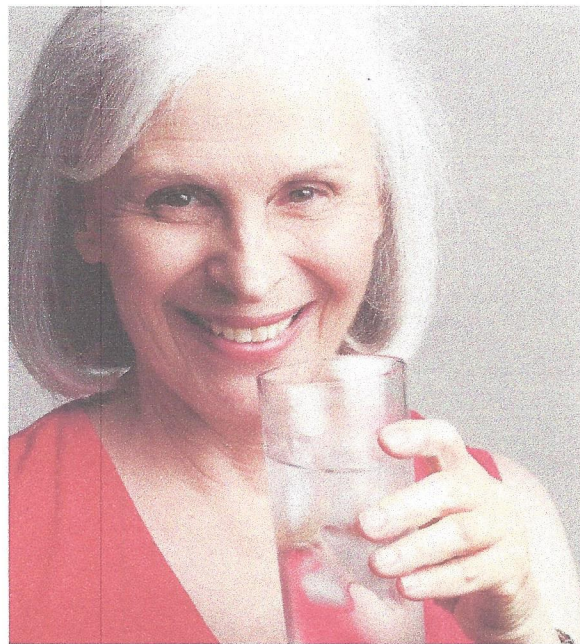


## 5 tips to stay hydrated this summer:

1. **Fruits and Veggies** \*\* Summer might bring the heat, but it also brings some of the most delicious in-season and water-packed foods of the year. Feel free to indulge in favorite summer-ripe cucumbers, oranges, plums, and lettuces all summer long. The extra water content in these foods will help keep optimal hydration levels.
2. **Mix It Up** \*\* Good hydration doesn't have to rely on water alone. Iced tea, home-made lemonade or even simply adding fruit to a bottle of water can make it easier (or at least tastier) to get more fluids. Just be sure to avoid too many sweetened or caffeine-laden beverages, which could undo some hydration efforts.
3. **Keep It With You** \*\* Sometimes the easier way to get enough fluids is to make sure they are within easy reach. Keep a bottle of water next to your bed or favorite chair, or carry one with you during the day to sip on between meals.
4. **Summer Soups** \*\* Yes, soup can be delicious in the summer! Try soups that are best served cool or cold, or add seasonal veggies to keep things interesting.
5. **Schedule It** \*\* Still having trouble staying hydrated? Why not add it as short and easy activity throughout the day. For example, set a time or schedule on your phone every couple of hours. When the buzzer goes off, take a sip of a healthful beverage. If you take a daily medicine, drink at least a few big gulps of water with each dose.

So....Drink Up!! Your body and health will thank you!

## Don't Wait, Hydrate



For Your Mind & Body

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# ☀️ Summertime Health Tips! ☀️

- \*Limit activities in hot sun to 15 or 20 minutes at a time to protect against heat exhaustion\*
- \*Replace your proper shoes for an activity to prevent foot, ankle and knee pain\*
- \*Hydrate, hydrate, hydrate! Don't wait until you're thirsty to drink water\*
- \*Be sure to use SPF30 or higher and reapply it every two hours\*
- \*Exercise indoors or early mornings\*
- \*Look before you dive to prevent head, neck and spine injuries, never dive headfirst into unknown bodies of water\*
- \*Swimming is a great, low impact exercise for summer and helps to prevent over-heating\*



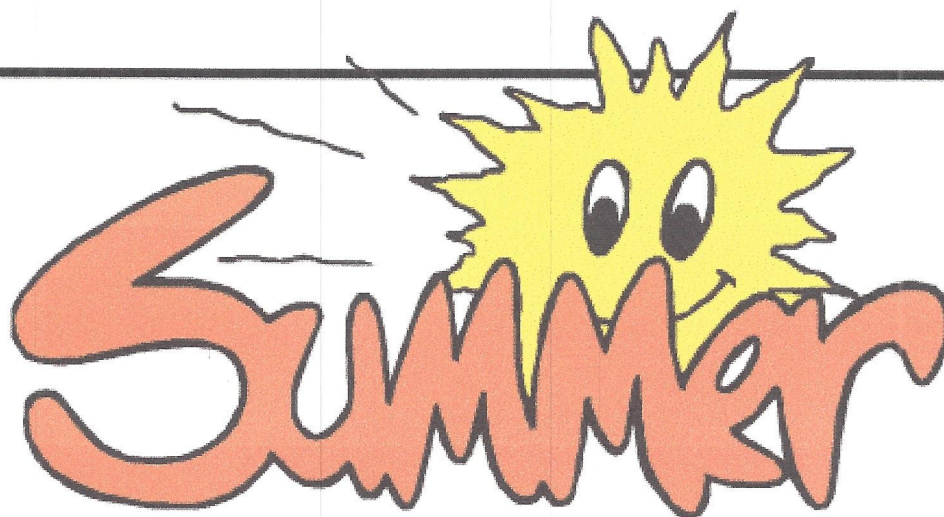
# \*\* August Trivia \*\*

- August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had. Previously named Sextilis in Latin, it was the sixth month of the Roman Calendar. \*They took that extra day from February.
- Birthstone: Peridot                      Flower: Gladiolus & Poppy
- August is also related to the word "auger", a hole digging tool, because farmers dug for next season at this time every year.

- August Awareness Days:

Admit you are happy month  
Audio Appreciation month  
Cataract Awareness Month  
Children's Eye Health and Safety month  
Children's Vision and Learning month  
National Eye Exam month  
Get ready for Kindergarten month  
Happiness Happens month  
National Back to School month  
Panini month  
National Picnic month  
Romance Awareness month  
Spinal Muscular Atrophy Awareness month  
Water Quality month  
What Will Be Your Legacy month

American Adventures month  
Black Business month  
Catfish Month  
  
Family Fun month  
Goat Cheese month  
Immunization Awareness  
Neurosurgery Outreach month  
Peach month  
Psoriasis Awareness month  
Sandwich month  
  
Win with Civility month



## WORD SEARCH

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

BEACH  
BASEBALL  
ICE CREAM  
SWIMMING

PICNIC  
VACATION  
SUNFLOWER  
WATERMELON

SANDCASTLE  
HEAT  
BOATING  
POOL

