

# Hurricane Senior Center

## August 2019 Newsletter



Aug. 5 & 19 – Dixie Can Do's to perform @ Lunch

Aug. 6 – CNS "Accident Prevention" Presentation

Aug. 7 – Advisory Board Meeting

Aug. 7 & 21 – Blood Pressure Screening

Aug. 8 – Zions Way Hand & Neck Massage

Aug. 8 – Kathleen Smith to perform @ Lunch

Aug. 13 – "Wills & Trusts" Presentation

Aug. 21 – Hurricane Family Pharmacy

Presentation @ Lunch

Aug. 22 – Roger Dean to perform @ Lunch

Aug. 26 – Virginia Bandy to perform @ Lunch

Aug. 29 – Happy Birthday/Anniversary

Cake & Ice Cream

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

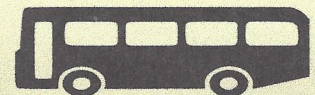
### Dial-A-Ride Program

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

**Exercise Class** – every Mon @ 10:30am

**Writing Group** – 2<sup>nd</sup> & 4<sup>th</sup> 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

**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**

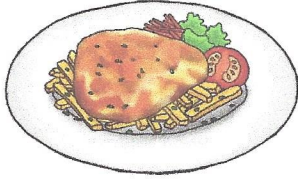
**Bridge Group** – every Monday @ 12:30

**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)



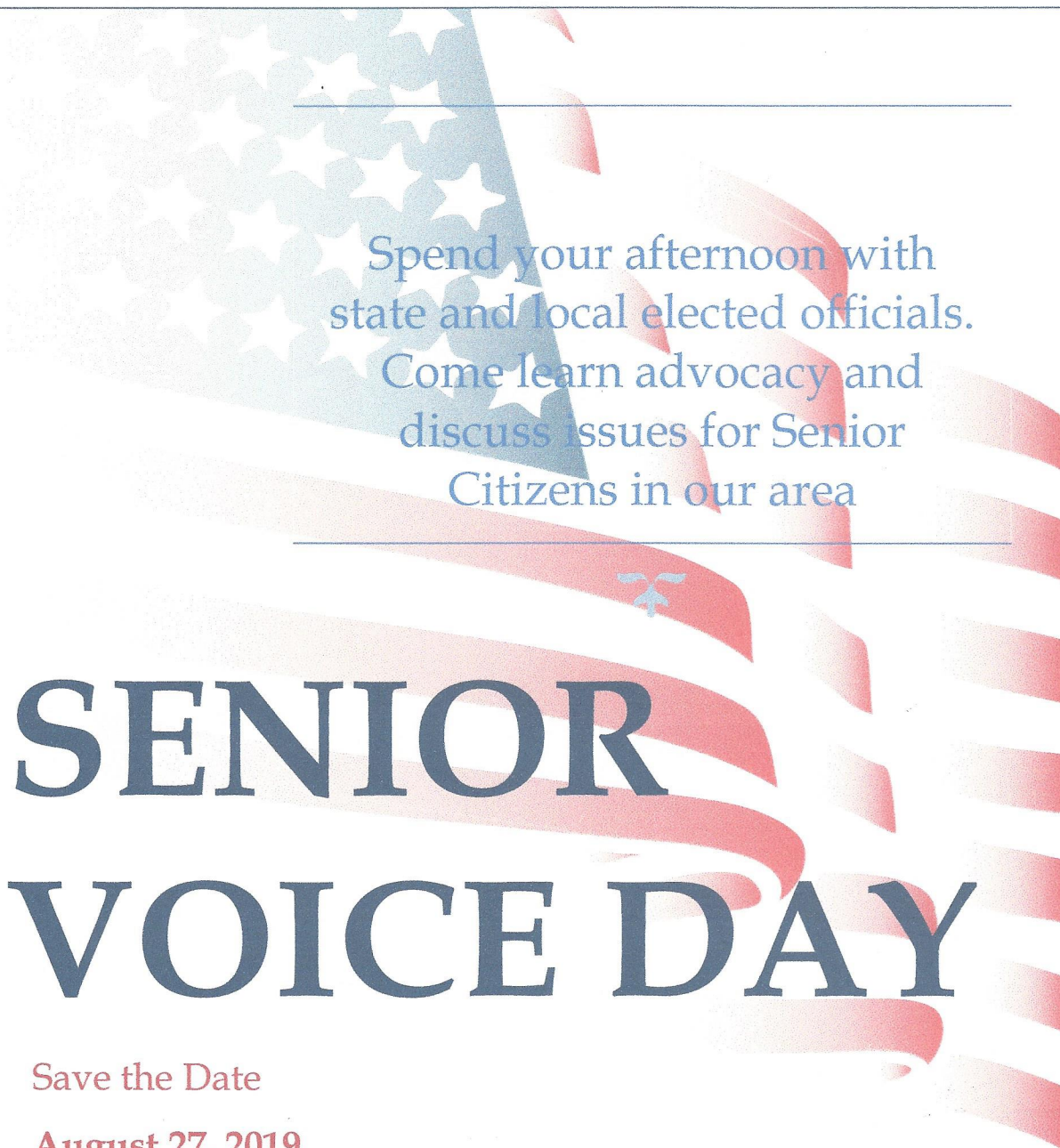
### FOCUS ON \*\*\*DIAL A RIDE\*\*\*

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!

A stylized, semi-transparent American flag graphic is positioned in the background, waving from the top left towards the bottom right. The stars are white on a blue field, and the stripes are red and white. The entire graphic is set against a white background within a dark blue border.

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Spend your afternoon with  
state and local elected officials.  
Come learn advocacy and  
discuss issues for Senior  
Citizens in our area

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# SENIOR VOICE DAY

Save the Date

**August 27, 2019**

2:00 PM Free

Cedar City Senior Center

489 East 200 South

Sponsored by Five County Area Agency on Aging/  
Caregiver Advisory Board

## What is Extra Help?

Extra Help is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. It is also known as the Part D Low-Income Subsidy (LIS). If you live in Utah and your monthly income is up to \$1,538 in 2018 (\$2,078 for couples), and your assets are below \$14,100 (\$28,150 for couples), you may be eligible for Extra Help.

Even if your income or assets are above the eligibility limits, you could still qualify for Extra Help because certain types of assets and income may not be counted. The Extra Help Program offers the following benefits:

- Pays for your Part D premium up to a state-specific benchmark amount
- Lowers the out-of-pocket cost of your prescription drugs
- Gives you a quarterly Special Enrollment Period (SEP) to enroll in a Part D plan or switch between plans in 2019.
- Eliminates any Part D late enrollment penalty (LEP) you may have if you delay Part D enrollment.

Remember that Extra Help is not a replacement for a Part D plan on its own: You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help assistance. If you do not choose a plan, you will in most cases be automatically enrolled in one. If you decide not to enroll in Part D and later want Part D, you can enroll at any time without penalty if you are still enrolled in Medicaid or eligible for Extra Help.

Sometimes with Part D plans, there can be fraud. To protect yourself from fraud, check your Explanation of Benefits and count your pills when you pick them up.

# Summer Heat Safety Tips



When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- **Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- **Did someone say sunburn?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

<https://www.healthinaging.org/tools-and-tips/hot-weather-safety-tips-older-adults>

## Interesting Facts About Summer



The word “summer” is from the Proto-Indo-European root \**sam-*, meaning summer. The root \**sam* is a variant from the Proto-Indo-European root \**sem-*, which means “together/one.”



The “dog days of summer” refer to the weeks between July 3 and August 11 and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.



Summer is the by far the busiest time at movie theaters, and Hollywood always hopes to earn a significant portion of total annual ticket sales through summer blockbuster months. To date, the top 10 most famous summer blockbusters of all time are 1) *Jaws*, 2) *Star Wars*, 3) *Jurassic Park*, 4) *The Dark Knight*, 5) *Raiders of the Lost Ark*, 6) *E.T.: The Extra-Terrestrial*, 7) *Forrest Gump*, 8) *Ghostbusters*, 9) *Animal House*, and 10) *Terminator 2: Judgment Day*.



In the United States, over 650 million long-distance summer trips are made.

In the United States, the top 5 most popular summer vacations are 1) beach/ocean (45%), 2) a famous city (42%), 3) national parks (21%), 4) a lake (17%), and 5) a resort (14%)



The top 5 most popular summer vacation activities in the United States are 1) shopping (54%), 2) visiting historical sites (49%), 3) swimming/water sports (49%), 4) going to a park or national park (46%), and 5) sightseeing tours (46%).

In the summer heat, the iron in France’s Eiffel Tower expands, making the tower grow more than 6 inches.



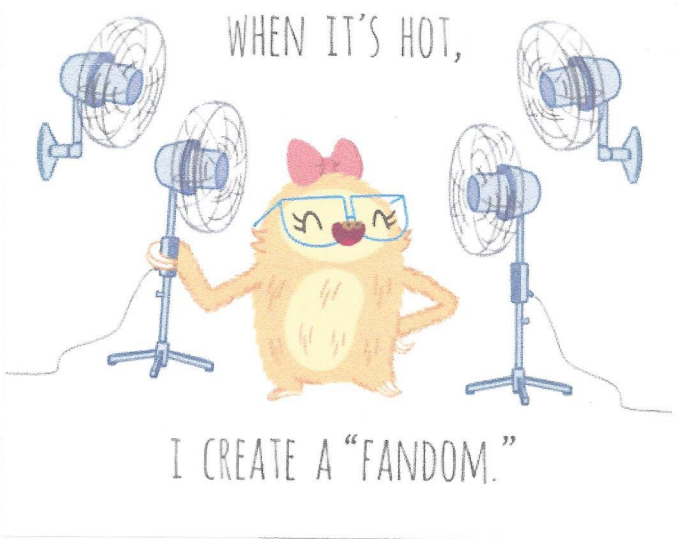
The month of August was named for Julius Caesar’s adopted nephew Gaius Julius Caesar Octavius, who held the title “Augustus.” He named the month after himself.



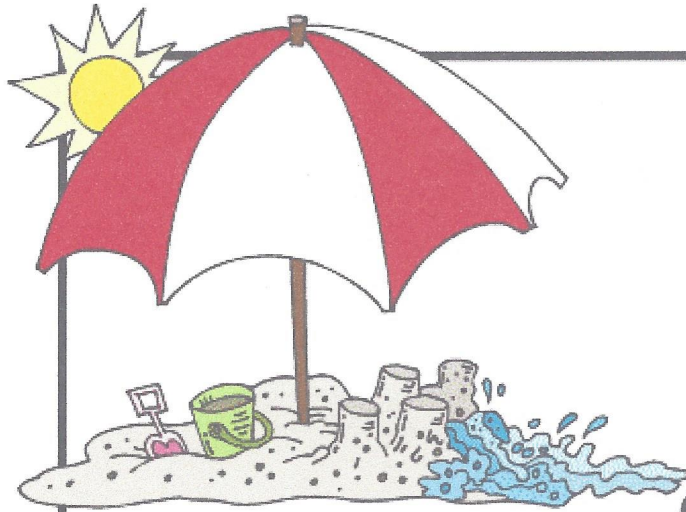
# August Activities

95 N. 300 W. Hurricane 435-635-2089

1-Aug			
Billiards 9:30			
Bingo after Lunch			
5-Aug	6-Aug	7-Aug	8-Aug
Dixie Can Do's to perform @ lunch Bridge 12:30	CNS Presentation "Accident Prevention" at Lunch Painting 1:00 Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Craft Class 1:00	Zions Way Hand & Neck Massage @ 11:00 Kathleen Smith to perform @ Lunch Bingo after Lunch Knitting/Crochet 1:00
12-Aug	13-Aug	14-Aug	15-Aug
Bridge 12:30 Writing Group 12:30	Wills & Trusts Presentation @ Lunch Painting 1:00 Hand & Foot Cards after lunch	Craft Class 1:00	Billiards 9:30 Bingo after Lunch
19-Aug	20-Aug	21-Aug	22-Aug
Dixie Can Do's to perform @ Lunch Bridge 12:30 Writing Group 12:30	Painting 1:00 Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00	Billiards 9:30 Roger Dean to perform at Lunch Bingo after Lunch Knitting/Crochet 1:00
26-Aug	27-Aug	28-Aug	29-Aug
Virginia Bandy to perform @ Lunch Bridge 12:30 Writing Group 12:30	Painting 1:00 Hand & Foot Cards after lunch	Craft Class 1:00-3:00 Bereavement Support Group 2:30	Billiards 9:30 Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and bread served with all meals. A Salad Bar is available every day in the dining room.</p>			<p>Country Fried Steak w/Country Gravy Garlic Whipped Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Salad Dressing</p>
<p><b>Beef Taco Salad</b> Beef Chili w/Beans Shredded Cheese Brown Spanish Rice Tossed Salad Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Milk Sour Cream Diet - Fruited Gelatin</p>	<p>Turkey Stew Red Potatoes Carrots with Celery Beet Salad Biscuit Tropical Fruit Milk Margarine</p>	<p>Chicken Salad Lettuce and Tomato Five Bean Salad Wheat Bread (2 slices) Cantaloupe Pineapple Lime Whip Milk</p>	<p>Homemade Meatloaf Brown Gravy Garlic Whipped Potatoes Creamed Peas Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine   Salad Dressing Salad Dressing</p>
<p>Honey Lime Chicken Rice Florentine Fiesta Vegetable Blend Coleslaw Wheat Roll Seasonal Fruit Milk Margarine</p>	<p>Sloppy Joe Tater Tots Broccoli Whole Wheat Hamburger Bun Seasonal Fruit Milk Ketchup</p>	<p>Cheesy Pizza Bake Italian Vegetable Blend Spinach Salad Breadstick Grapes Milk Salad Dressing</p>	<p>Pulled BBQ Chicken Baked Beans Chuckwagon Corn Macaroni Salad Whole Wheat Hamburger Bun Seasonal Fruit Milk</p>
<p>Potato Crusted Pollock Au Gratin Potatoes California Vegetable Blend Coleslaw Wheat Roll Applesauce Milk Margarine   Tartar Sauce</p>	<p>Pork Fried Rice Japanese Vegetable Blend Napa Cabbage Wheat Roll Citrus Fruit Cup Milk Margarine</p>	<p>Sliced Turkey Breast Swiss Cheese Lettuce/Tomato/Onion Green Pea Salad Rye Bread (2) Peaches w/Cottage Cheese Strawberry Shortcake Cookie Milk Mayonnaise   Mustard Diet - Vanilla Wafers</p>	<p>Swiss Steak Garlic Whipped Potatoes Glazed Baby Carrots Mixed Green Salad Bread Pudding Seasonal Fruit Milk Margarine   Salad Dressing</p>
<p>Turkey Noodle Bake Green Beans Mixed Green Salad Wheat Roll Hot Spiced Pears Milk Margarine   Salad Dressing</p>	<p>Beef Pot Roast w/Brown Gravy Scalloped Potatoes Brussels Sprouts Mixed Green Salad Wheat Roll Pears Milk Margarine   Salad Dressing</p>	<p>Asian Noodle Chicken Salad Wonton Strips Tropical Fruit Vanilla Pudding Milk Diet - Vanilla Wafers</p>	<p><b>LABOR DAY MEAL</b> Beef Frank Chili w/o Beans Shredded Cheese Tater Tots Coleslaw Whole Wheat Hot Dog Bun Apple Blueberry Crisp Milk Mustard   Ketchup Diet - Hot Apple Slices</p>



# BEACH WORD SEARCH

DRNEAMESMLSBTBE  
 RRTAHBAELSUIIUN  
 SSACCIUERERKUEE  
 NEXULIHCLZFISBG  
 LBSBGSLSSTSSBNGSH  
 BAOSAEESEAIOINCI  
 MACEAAFNPJAZIKY  
 TJSICLDIWGRCHLG  
 LNWDPAAGVLQDZTAV  
 XLNTLOWNPVPRAWN  
 GAUSXIRWUHVXBDT  
 SKLGFMLTXSHEVRM  
 NOITACAVWAVESAN  
 PCDNSEBTPYXWSOJ  
 QBDGGRSZWLBDRBL

Bathing Suit  
 Bikini  
 Boardwalk  
 Lifeguard

Pelican  
 Sailboat  
 Sandals  
 Sand Castle

Scuba  
 Seagull  
 Seashell  
 Sunglasses

Surfboard  
 Tropical  
 Vacation  
 Waves

