

# Hurricane Senior Center

## December 2018 Newsletter



December 1 – Arts & Craft Show

December 5 – Advisory Board Meeting

December 5 & 19 – Blood Pressure Screening

December 10 – Movie of the Month

“Miracle on 34<sup>th</sup> Street”

December 13 – Zions Way Hand & Neck Massage

December 19 – Hurricane Family Pharmacy

December 20 – Christmas Luncheon

December 24 & 25 – Closed for Christmas

December 27 – Happy Birthday/Anniversary

New Year's Eve Luncheon

December 31 – Lunch only-No activities

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

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

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

**Pinochle** – every Tues @ 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 @ 2:00

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

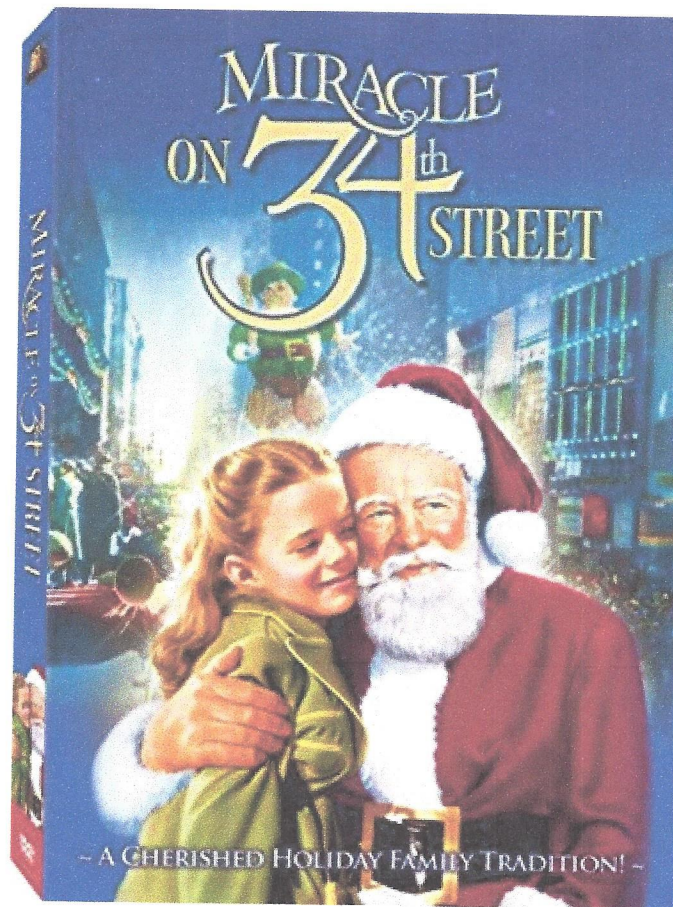
\*Bingo is free to play\* For 60+ only

**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!



# MIRACLE ON 34<sup>th</sup> STREET

Starring: Maureen O'Hara, Natalie Wood, Edwin Gwenn, John Payne

"Plot: In this Christmas classic, an old man going by the name of Kris Kringle fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity."

Come join us for the movie of the month. After lunch on Monday, December 10<sup>th</sup>.

Free popcorn.



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)



## **What is a Medicare Savings Program (MSP) and How Do I Qualify?**

**Medicare Savings Programs help low-income individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments, and coinsurance. Eligibility for Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps beneficiaries with the cost of prescription drugs.**

There are three types of Medicare Savings Programs: Qualified Medicare Beneficiary (QMB) Program, Specified Low-Income Medicare Beneficiary (SLMB) Program and the Qualifying Individual (QI) Program. Benefits vary for each program, but all of them help pay for Medicare Part B premiums.

To qualify, you must have or be eligible for Medicare Part A and have income and resources below a certain threshold. The income and resource requirements are different for each of the four Medicare Savings Programs and may change from year to year.

The following resources are counted when determining eligibility:

Checking accounts

Savings accounts

Stocks

Bonds

Mutual funds

Individual Retirement Accounts (IRAs)

The following resources are not counted when determining eligibility:

Your home

One car

Burial plot

Burial expenses (Up to \$1,500, provided you have set aside that money)

Furniture

Household items

Personal items

Because the programs are run by state Medicaid programs, some states may calculate income and assets differently, meaning you may be eligible even if your income and resources are above the listed limits. To see if you are eligible for a Medicare Savings Program, contact your state's Medicaid office or State Health Insurance Assistance Program (SHIP).

The types of Medicare Savings Programs are outlined below.

#### Qualified Medicare Beneficiary (QMB) Program

The Qualified Medicare Beneficiary (QMB) is a Medicare Savings Program that pays for the Medicare Part A (hospital insurance) premium and the Medicare Part B (medical insurance) premium. The program also pays Medicare cost-sharing expenses, including deductibles, coinsurance, and copayments.

If you qualify for QMB, you automatically qualify for the Extra Help prescription drug program to save on out-of-pocket expenses for your medications.

You must be eligible for or currently enrolled in Medicare Part A to apply for the QMB Medicare Savings Program.

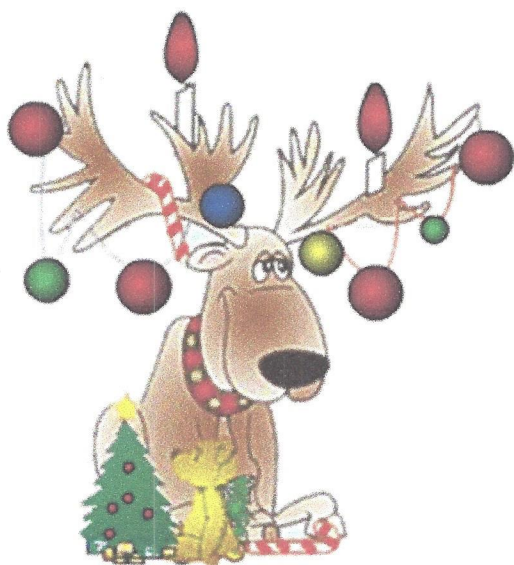
This program uses the low-income subsidy asset test to determine eligibility. This amount may change each year.

Liquid assets that are taken into consideration include checking and savings accounts, stocks, and bonds. Items that aren't counted when determining eligibility include your home, one car, personal items, and up to \$1,500 in burial expenses (provided that you've set aside money for that purpose).

#### Specified Low-Income Medicare Beneficiary (SLMB) Program and Q-I Program

Those who earn a little more than the maximum QMB income requirement may qualify for the Specified Low-Income Medicare Beneficiary (SLMB) Program or QI Program, which help pay for Medicare Part B premiums. These Medicare Savings Programs do not pay other cost-sharing expenses or Medicare Part A premiums, but do allow you to have a higher income. Like QMB, if you qualify for the SLMB Program or QI Program, you automatically qualify for the Extra Help prescription drug program as well.

**Similar to the QMB program, you must meet income and asset requirements to be eligible. Eligibility criteria may change from year to year. For the most up-to-date requirements or for application assistance, contact your local SHIP Program at (435)673-3548.**





## Ambulance Coverage

**People want to know why Medicare didn't pay for a trip to a local emergency department or to a hospital on the other side of town. It's good to keep in mind that Medicare covers ambulance trips only when they're medically necessary and reasonable. What does that mean?**

**First, it means that your medical condition must be serious enough that you need an ambulance to transport you safely to a hospital or other facility where you receive care that Medicare covers.**

If a car or taxi could transport you without endangering your health, Medicare won't pay. Medicare probably won't pay, for example, for an ambulance to take someone with a simple fracture in her ankle to a hospital. But if she goes into shock, or is prone to internal bleeding, ambulance transport may be medically necessary to ensure the patient's safety on the way. The details make a difference.

**Second, the ambulance must take you to the "nearest appropriate facility," meaning the closest hospital or SNF generally equipped to provide the services your illness or injury requires.**

It also means that the facility must have a physician or physician specialist available to treat your condition. Thus, Medicare may pay for an ambulance to take you to a more distant hospital if, for example, you are seriously burned and the hospital has a special burn unit. Similarly, if you live in a rural area where the nearest hospital equipped to treat you is a three-hour drive away, Medicare will pay. But if you want an ambulance to take you to a more distant hospital simply because the doctor you prefer has staff privileges there, expect to pay a greater share of the bill. Medicare will cover the cost of ambulance transport to the nearest appropriate facility and no more.

Here are the main things you need to know about Medicare's coverage for ambulance trips.

Ambulances and their crews must meet staffing and medical equipment rules to qualify for Medicare payment. Medicare does not cover transport in wheelchair vans.

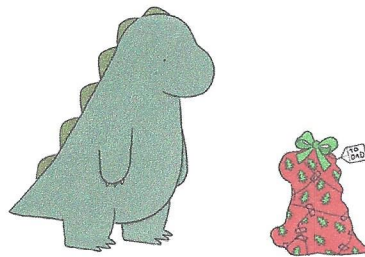
**Medicare covers medically necessary ambulance trips in emergencies** and, in certain limited cases, non-emergencies where the person is bed-confined or has an acute medical condition that requires medical supervision or treatment during in transit. Emergencies include, for example, when you're in shock, unconscious, or bleeding heavily.

Medicare covers medically necessary ambulance trips only to certain destinations. They are hospitals, critical access hospitals in rural areas, skilled nursing facilities, dialysis facilities, and your home. In rare cases, Medicare also pays for stops at a physician's office on the way to an appropriate facility. As a general rule, Medicare only covers local ambulance transportation.

**Medicare Part B pays 80% of an approved amount for ambulance trips. You're responsible for 20% of the approved amount (the coinsurance charge).** Ambulance companies must submit their bills directly to Medicare and accept assignment. This means they take Medicare's approved amount as full payment. If you have insurance to cover the Part B coinsurance charge, you should owe nothing out-of-pocket for Medicare-covered ambulance trips.

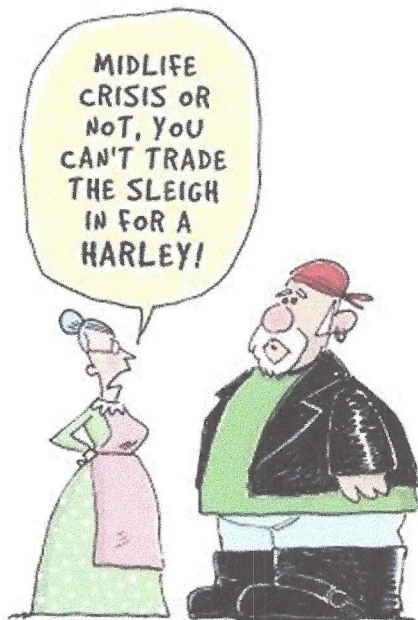
As noted, Medicare won't cover ambulance services when it decides the trip was not necessary or appropriate. Often, a lack of information about a person's condition or need for services leads to denials. People with Medicare have appeal rights. **If an ambulance company bills you for services after**

Medicare denies payment, contact the SHIP program at 435-673-3548 for help with an appeal to review the case. If you can show, for example, that transport in your neighbor's car would have been unsafe or that the hospital a mile away couldn't meet your needs, Medicare should pay.



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# Senior Safety Tips for the Holidays!



## DECORATING

- Use simple, non-cluttered decorations. Make certain there is plenty of room to walk.
- Do not spread extension cords across the floor.
- Use colorful paper garlands strung high instead of breakable objects.
- Remove anything you may stumble over.
- Replace candles with bright centerpieces of fruit or flowers.

## LIGHTING

- Make sure all locations are properly lit, including doorways inside and out.
- In the guest bedroom, make sure that any light switches are accessible from the bed or nearby chair.
- Add a night light between the guest bedroom and the bathroom.

## Be aware of what's on the floor

- Keep electrical and telephone cords out of the way.
- Keep floors clutter-free.
- Keep outdoor walk areas clear of rocks and tools.
- Arrange furniture so that people can easily move around it.
- Add a non-slip pad underneath any throw rugs, or simply remove rugs completely.

## FOODS


- Keep candy and sweets to a minimum to prevent sugar highs and lows.
- Keep alcohol to a minimum or avoid it all together. Medications that you take may create unwanted side effects with alcohol.



**Hurricane Senior Center  
December 2018**

Monday	Tuesday	Wednesday	Thursday
3 Crispy Baked Chicken Macaroni and Cheese Mixed Vegetables Beet Salad Wheat Roll Apricot Halves Milk Margarine	4 Beef Lasagna Capri Vegetable Blend Mixed Green Salad Breadstick Seasonal Fruit Milk Margarine	5 Asian Noodle Chicken Salad Wonton Strips Seasonal Fruit Milk	6 Country Fried Steak w/Gravy Mashed Potatoes Sliced Carrots Creamed Peas Wheat Roll Ambrosia Salad Milk Margarine Diet - Mixed Fruit
10 Cacciatore Chicken Breast Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine	11 Sweet & Sour Meatballs Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine	12 Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gelatin Milk Margarine Diet - Fruited Gelatin	13 Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine
17 Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit Milk Margarine	18 Roasted Turkey Breast w/Gravy Mashed Potatoes Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine	19 Beef Chili with Beans Baked Potato Chuckwagon Corn Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Sour Cream	20 <b>Christmas Menu</b> Roast Beef w/Gravy Mashed Potatoes Green Beans with Onions Mixed Green Salad w/Ranch Wheat Roll Fruit Pie w/Whipped Cream Milk Margarine Diet - Mixed Fruit
24 Closed for Christmas Holiday	25 Closed for Christmas Holiday	26 BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Crisp Milk	27 <b>New Year's Menu</b> Glazed Ham Black-eyed Peas Cabbage Mixed Green Salad w/Ranch Cornbread Applesauce Strawberry Shortcake Milk Margarine Diet - Vanilla Wafers
31 Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Peaches Milk Margarine		<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><b>Milk and bread served with all meals.</b></p> <p><b>Salad bar available every day in dining room.</b></p>	



December Activities			
3-Dec	4-Dec	5-Dec	6-Dec
Exercise Class 10:00 Dixie Can Do's Bridge 12:30 Writing Group 12:30	Painting after lunch Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Craft Class 1:00	Billiards 9:30 Bingo after Lunch
10-Dec	11-Dec	12-Dec	13-Dec
Exercise Class 10:00 Bridge 12:30 Writing Group 12:30	Painting after lunch Hand & Foot Cards after lunch	Craft Class 1:00	Billiards 9:30 Zions Way Massage 11:00 Bingo after Lunch Knitting/Crochet 1:00
17-Dec	18-Dec	19-Dec	20-Dec
Exercise Class 10:00 Dixie Can Do's Bridge 12:30 Writing Group 12:30	Painting after lunch Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Craft Class 1:00	Billiards 9:30 Christmas Luncheon Bingo after Lunch
24-Dec	25-Dec	26-Dec	27-Dec
Closed for Holiday	Closed for Holiday	Craft Class 1:00 Thrift Store Closed	New Year's Luncheon Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch Knitting/Crochet 1:00 Thrift Store Closed
31-Dec			
Exercise Class 10:00 Closed after Lunch/ No afternoon activities			



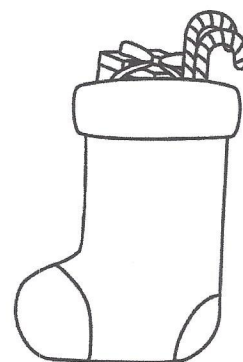
# Christmas Word Search

**Instructions:** Try to find all of the hidden Christmas words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



## Word List

CHEER	GIFTS	ORNAMENTS
DECORATIONS	GINGERBREAD	RUDOLPH
ELVES	HOLIDAY	SEASON
FESTIVE	MERRY	SPIRIT
FROSTY	MISTLETOE	YULE



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# Santa Word Search

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

Chimney  
 Elves  
 Fairies  
 Jolly  
 North Pole  
 Reindeer

Rudolph  
 Sled  
 Sleigh  
 Sleigh Bells  
 St. Nick  
 Toys

