

Hurricane Senior Center

December 2019 Newsletter



Dec 2 & 16 – Dixie Can Do's to perform @ Lunch

Dec 4 – Advisory Board Meeting

Dec 4 & 18 – Blood Pressure Screening

Dec 5 & 17 – Roger Dean to perform @ Lunch

Dec 12 – Zions Way Hand & Neck

Massage @ 11:00

Dec 14 – Holiday Arts & Crafts Fair

Dec 18 – Family Pharmacy Presentation

Dec 19 – Christmas Luncheon

Dec 19 – Deaf & Hard of Hearing Presentation

Dec 23 – Virginia Bandy to perform @ Lunch

Dec 24-25 – Center Closed for Christmas

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

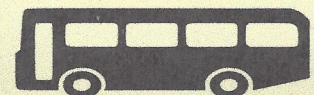
Dial-A-Ride Program

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

Tai Chi Class – every Tues @ 10:00am

Writing Group – 2nd & 4th Mon @ 12:30pm

Yoga Class – every Mon @ 10:00am

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 @ 2:30

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

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

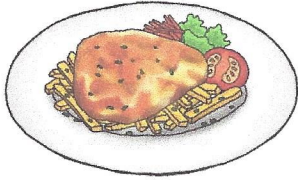
Bridge Group – every Monday @ 12:30

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



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!



Holiday Arts & Crafts Fair

December 14, 2019

9:00 am to 3:00 pm

Hurricane Senior Center

95 N. 300 W.

Hurricane, UT

Many hand crafted items. Crochet items, knitted items, quilts, lotions, soaps, coins, woodworking, herbs, etc.

Our Thrift Store will also be open 9:00-3:00



Living Well with Chronic Condition Class Beginning January 16th, 2020 Every Thursday @ 1:00pm Hurricane Senior Center

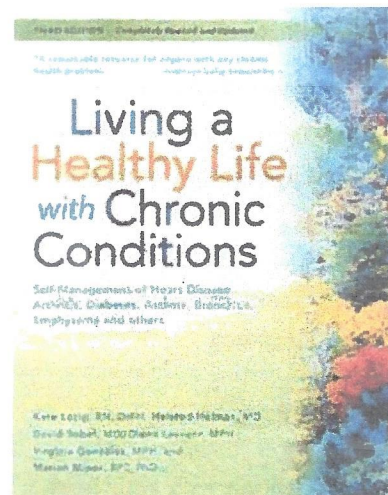
Control Your Health, Control Your Life

A free six-week interactive workshop for people with long-term health concerns to discuss:

- Managing chronic disease
- Medication "how-to"
- Working with your health care team
- Setting weekly goals
- Effective problem-solving
- How to relax and handle difficult emotions



**Sponsored by: Utah Department of Health,
Dixie Regional Medical Center,
And
Five County Association of Governments**



**Call the Five County Association of
Governments Office to reserve your spot now!**

Phone: (435) 673-3548
1-800-705-1699

Medicare Excluded Services and Advanced Beneficiary Notices

Medicare does not cover all health care services. You are responsible for the full cost of care if you receive a service that Medicare does not cover. Some items or services are covered by Medicare under some circumstances or at certain time intervals. If your provider thinks Medicare may deny a claim for a covered service, they are required to issue an Advance Beneficiary Notice (ABN). The ABN allows you to decide whether to get the care in question and to accept financial responsibility for the service (pay for the service out-of-pocket) if Medicare denies payment. The notice must list the reason why the provider believes Medicare will deny payment. For example, an ABN might say, "Medicare only pays for this test once every three years." Providers are not required to give you an ABN for services or items that are never covered by Medicare, such as hearing aids. Note that your providers are not permitted to give an ABN all the time, or to have a blanket ABN policy. If a provider fails to issue an ABN when they are required, you may not be responsible for the cost of the service. Always check your Medicare Summary Notice to find out if a service was denied. Your Medicare Summary Notice is also your best way to protect against fraud.



RSVP

Lead with Experience

VOLUNTEER WITH FIVE COUNTY RETIRED AND SENIOR VOLUNTEER PROGRAM

RSVP is now actively serving Beaver, Garfield, Iron, Kane, and Washington counties. RSVP Volunteers can help with telephone reassurance or lead workshops in the Five County area. Our goal is to help adults age in place, learn about healthier lifestyles, and manage their health at home. We are currently recruiting and training new volunteers.

To qualify as a RSVP Volunteer:

- You must be **55 years of age** or older
- Have compassion, patience, flexibility, and respect for others

Volunteer Opportunities:

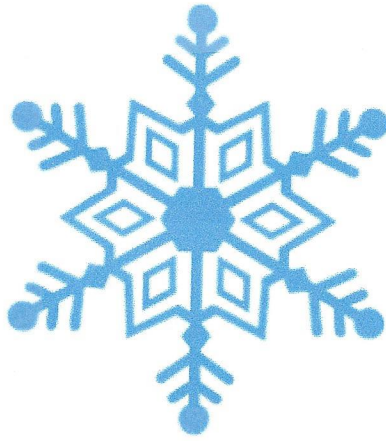
- Arthritis Exercise Foundation Program Instructor
- Chronic Disease Self-Management Instructor
- Chronic Pain Self-Management Instructor –
- Diabetes Self-Management Instructor
- Stepping On Instructor
- Walk with Ease Instructor
- Tai Chi Instructor
- Telephone Reassurance – **In-person Orientation at anytime**

** If travel is required for training, any and all travel costs will be paid beforehand or reimbursed afterwards. Reimbursement is available for meals, mileage if using a personal vehicle, and any other training related expenses.*

If you are interested in learning more about workshops or volunteer information, contact the RSVP Director.

Mike Hart Phone: (435) 673-3548
Email: RSVP@fivecounty.utah.gov





MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Turkey Pot Pie Buttered Corn Baked Rice Mixed Green Salad Biscuit Seasonal Fruit Milk Margarine Salad Dressing	3 Beef Lasagna Capri Vegetable Blend Mixed Green Salad Breadstick Seasonal Fruit Milk Margarine Salad Dressing	4 French Dip Roast Beef with Au Jus Sliced Swiss Cheese Crinkle Cut Fries Coleslaw Hoagie Bun Half Cinnamon Applesauce Milk Ketchup	5 Country Fried Steak with Country Gravy Mashed Potatoes Sliced Carrots Creamed Peas Wheat Roll Ambrosia Salad Milk Margarine Diet - Mixed Fruit
9 Baked Chicken Breast with Cacciatore Sauce Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Peas Milk Margarine Salad Dressing	10 Meatballs with Sweet & Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine Salad Dressing	11 Smoked Turkey & Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gelatin Milk Margarine Diet - Fruited Gelatin	12 Beef Spaghetti Sauce over Spaghetti Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote Milk Margarine Salad Dressing
16 Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit Milk Margarine	17 Roasted Turkey Breast with Gravy Mashed Spiced Yams Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine	18 Baked Chicken Breast with Alfredo Sauce Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Milk Margarine Salad Dressing Diet - Hot Peaches	19 CHRISTMAS MEAL Roast Beef w/Gravy Mashed Potatoes Green Beans with Onions Mixed Green Salad Wheat Roll Strawberry Poke Cake Milk Margarine Salad Dressing Diet - Mixed Fruit
23 Chicken Chow Mein Napa Cabbage Wheat Roll Sliced Peaches Milk Margarine	24 Closed for Christmas	25 Closed for Christmas	26 Homemade Meatloaf with Gravy Mashed Potatoes Garden Vegetables Mixed Green Salad Wheat Roll Citrus Fruit Cup Milk Margarine Salad Dressing
30 Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Wheat Roll Peaches Milk Margarine	31 NEW YEAR'S MEAL Glazed Ham Black-eyed Peas Cabbage Mixed Green Salad with Salad Dressing Cornbread Applesauce Strawberry Shortcake Cookie Milk Margarine		

December Activities

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

2-Dec	3-Dec	4-Dec	5-Dec
Yoga 10:00 Dixie Can Do's to perform @ Lunch Bridge 12:30	Tai Chi 10:00 Painting 1:00 Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Craft Class 1:00	Billiards 9:30 Roger Dean to perform Bingo after Lunch
9-Dec	10-Dec	11-Dec	12-Dec
Yoga 10:00 Bridge 12:30 Writing Group 12:45	Tai Chi 10:00 Hand & Foot Cards after lunch	Craft Class 1:00	Zions Way Hand & Neck Massage @ 11:00 Bingo after Lunch Knitting/Crochet 1:00
16-Dec	17-Dec	18-Dec	19-Dec
Yoga 10:00 Dixie Can Do's to perform @ Lunch Bridge 12:30	Tai Chi 10:00 Roger Dean to perform Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00	Billiards 9:30 Christmas Luncheon Deaf & Hard of Hearing Presentation @ Lunch Bingo after Lunch
23-Dec	24-Dec	25-Dec	26-Dec
Yoga 10:00 Virginia Bandy to perform @ Lunch Writing Group 12:45	Closed for Holiday	Closed for Holiday	Billiards 9:30 Happy Anniversary/Birthday Celebration @ Lunch Bingo after Lunch Knitting/Crochet 1:00
30-Dec	31-Dec		
Yoga 10:00 Bridge 12:30	Tai Chi 10:00 New Years Eve Celebration Closed after lunch No activities		





Eight winter safety tips to protect seniors from injury



Cold winter weather can take its toll on our homes, cars, and bodies. Frozen pipes, dead car batteries, and bodily injuries, are common and often require us to seek help from a professional. As we age, cold weather can be extremely dangerous. Plummeting temperatures can lead to, icy sidewalks, hypothermia and other serious injuries. If you have elderly neighbors, friends, or relatives, check in with them this winter and share these winter safety tips.

1. Dress in layers. Older adults can lose body heat quickly and be unaware that a change in body temperature is occurring, making them susceptible to hypothermia. Hypothermia occurs when our body temperature gets below 95 degrees Fahrenheit. Consequently, serious health problems can occur, such as a heart attack, kidney problems, or death. Selecting the right number of layers is important. Dressing in multiple layers will help keep them warm and reduce heat loss.

2. Keep the furnace running. Experts recommend keeping the indoor temperature around 68 degrees Fahrenheit at a minimum. While many elderly people live on a budget, it's important to keep their homes warm. Consider helping with some small home projects to keep heating bills down. Such projects may include closing vents, putting plastic on windows, or placing rolled towels or blankets in front of doors to reduce drafts.

3. Space heaters can be dangerous. During the winter months, home fires increase due to the use of alternative heat sources. People 65 and older are three times more likely to die or be injured in a home fire. In addition, if they're using a fireplace to heat their home, make sure they have a large screen to prevent sparks from landing on their flooring. Lastly, make sure they have working smoke and carbon monoxide detectors on each floor of their home.

4. Prevent broken hips. Broken hips are a common injury for the elderly, but can lead to other health complications. To prevent injuries, shoes with non-skid soles should be worn.

If they like to venture outside for a little exercise, encourage them to stay inside until snow and ice have been cleared from their property. Lastly, recommend that they stay inside after dark. If they're independent and don't adhere to your advice, consider creating a small safety kit they can take with them when they go outside. A small kit could include: a bottle of water, Medications, Hand warmers, a whistle, and a flashlight.

5. Keep their pantry and medicine cabinet full. If a winter storm is approaching, make sure they have plenty of food and water to last for five to seven days.

6. Use smart technology. With today's smart technology, we can keep better watch over our homes and loved ones. Technology companies make it easy to turn an aging parent's home into a smart home. Voice activated personal assistants like Siri, Alexa, and Cortana can help.

7. Visit often.

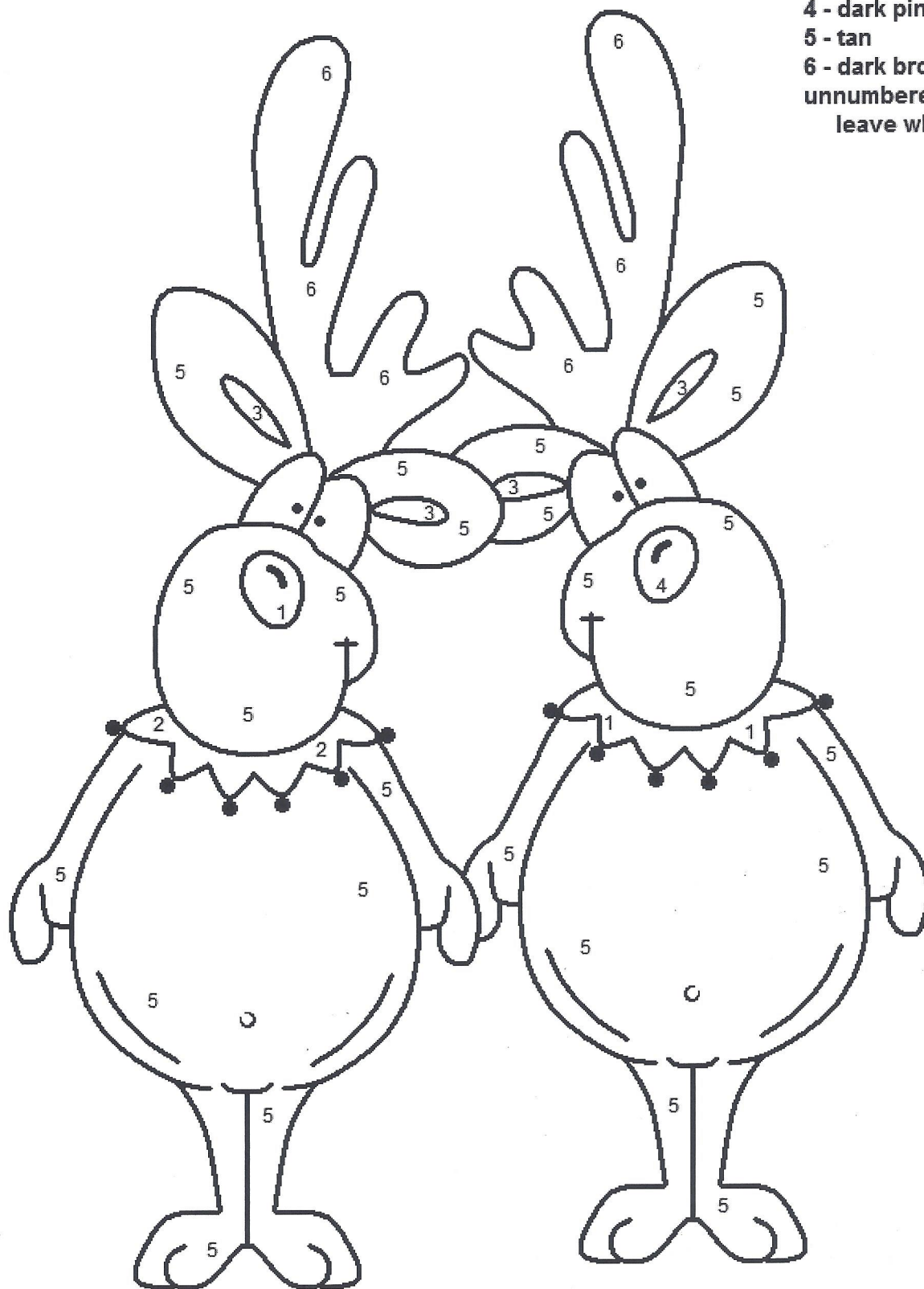
8. Discuss severe weather. When the deep freeze is about to settle in or a blizzard is going to strike, make sure they understand. Let them know when the weather event will occur and how long it will last.

<https://www.thesilverlining.com/westbendcares/blog/winter-safety-tips-for-seniors>

Christmas Color-by-Number

Color chart:

- 1 - red
- 2 - green
- 3 - light pink
- 4 - dark pink
- 5 - tan
- 6 - dark brown
- unnumbered areas -
leave white



courtesy of www.noelladesigns.com

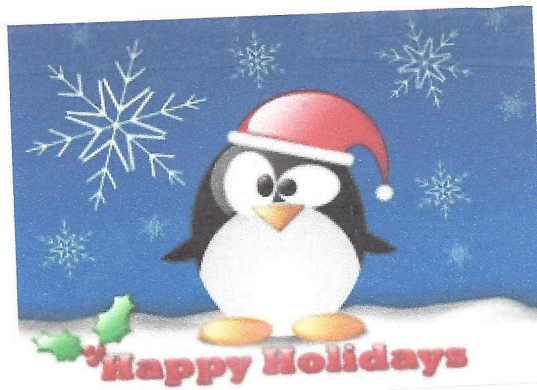
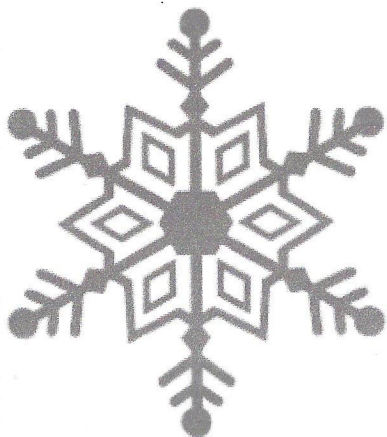
Free Printable Word Search Puzzles

Christmas

Find and circle all of the Christmas words that are hidden in the grid.
The remaining letters spell a secret message.

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

- | | | | |
|--------------|----------------|------------|----------------|
| ANGEL | FRUITCAKE | MANGER | SNOWFLAKES |
| BELLS | GABRIEL | MARY | SNOWMAN |
| BETHLEHEM | GIFTS | MISTLETOE | STABLE |
| CANDLES | GOLD | MYRRH | STAR |
| CANDY CANE | GREETING CARDS | ORNAMENTS | STOCKING |
| CAROLS | HOLLY | POINSETTIA | THREE WISE MEN |
| DECORATIONS | ICICLES | SANTA | TOBOGGAN |
| EGGNOG | JESUS | SHEPHERDS | TOYS |
| FAMILY | JOSEPH | SKATES | TREE |
| FRANKINCENSE | LIGHTS | SLEIGH | WREATH |
| FRIENDS | | | |



why are you dressed like a christmas tree



so people will put presents under me

