

# Hurricane Senior Center

## December 2020 Newsletter



Due to the continual increase of COVID cases throughout the Southern Utah communities and to adhere to the Governor's mandate for the limiting of social gatherings, the Active Life Center will be **CLOSED UNTIL FURTHER NOTICE.**

Meals can still be purchased for a \$3.00 donation from 11:30-12:30 at the North-west side of the building. No need to exit your vehicle, we will bring the meals out to you. Lunch includes a frozen entrée and a cold side (salad, fruit, etc.) We accept checks or cash (exact change would be helpful). The Dial-A-Ride and Meals on Wheels program will continue to function as usual.

Thank you for your understanding and patience.

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** - 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 Tuesday @ 10:00am

**Writing Group** – 2<sup>nd</sup> Thursday @ 12:30pm

**Yoga Class** – every Tuesday @ 9:00am

**Hand & Foot** – every Tuesday @ 1:00pm

**Crochet** – 4<sup>th</sup> Thursday @ 1:00pm

**Beginnings** – 2<sup>nd</sup> & 4<sup>th</sup> Thursday @ 1:00pm

**Craft Class** – every Wednesday @ 1:00pm

**Bereavement Support Group** – Last Wednesday @ 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!**



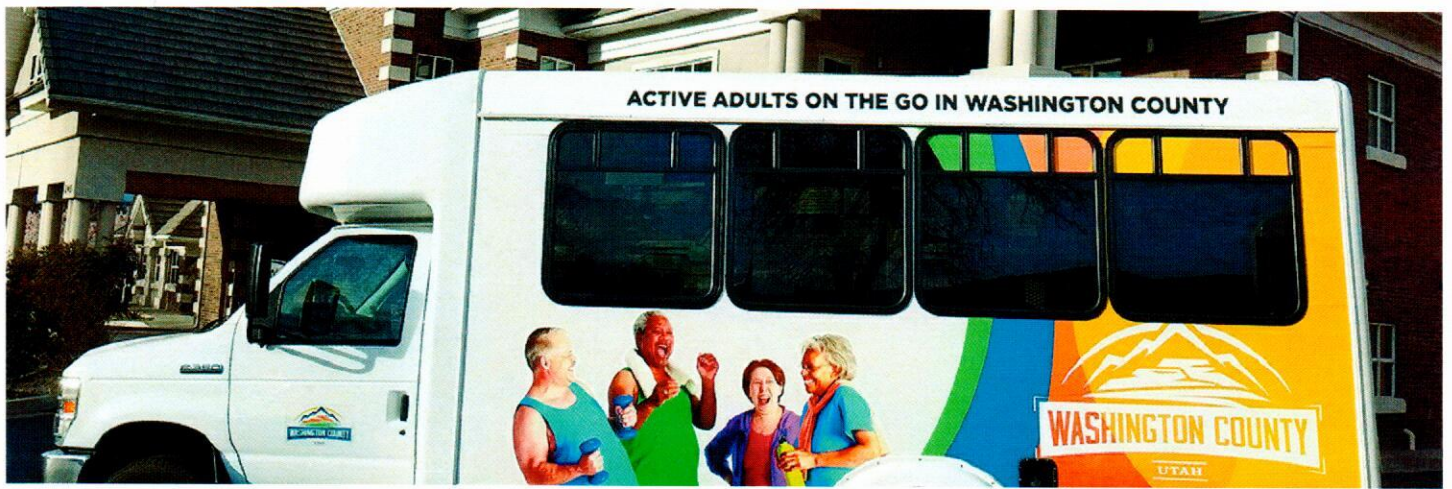
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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-Currently cancelled.
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 \$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!

# HURRICANE ACTIVE LIFE CENTER

95 N. 300 W.

435-635-2089

December 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 2 3			
<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</p> <p>Follow us on Facebook triocommunitymeals.com</p>	<p>Glazed Ham Baked Sweet Potato Garden Vegetables Mixed Green Salad Cornbread Seasonal Fruit Baked Cookie Margarine Ranch Salad Dressing Diet - Vanilla Wafers</p>	<p>Hawaiian Chicken Haystack Peas &amp; Carrots Basmati Rice Asian Coleslaw Chow Mein Noodles Pineapple Tidbits Margarine</p>	<p>Beef Spaghetti Green Beans Mixed Green Salad Garlic Texas Bread Applesauce Margarine Ranch Salad Dressing</p>
7 8 9 10			
<p>Turkey Pot Pie Whole Kernel Corn Buttered Rice Mixed Green Salad Biscuit Seasonal Fruit Margarine Ranch Salad Dressing</p>	<p>Vegetable Lasagna Bake Capri Vegetables Mixed Green Salad Texas Bread Seasonal Fruit Margarine Ranch Salad Dressing</p>	<p>Buffalo Chicken Lettuce and Tomato Sweet Potato Fries Coleslaw Hamburger Bun Cinnamon Applesauce Ranch Dressing</p>	<p>Country Fried Steak w/Country Gravy Mashed Potatoes Sliced Carrots Green Peas Dinner Roll Fluffy Fruit Salad Margarine Diet-Mixed Fruit</p>
14 15 16 17			
<p>Cacciatore Chicken Penne Pasta Italian Vegetables Mixed Green Salad Texas Bread Hot Spiced Pears Margarine Ranch Salad Dressing</p>	<p>Teriyaki Meatballs Fried Rice Japanese Vegetables Mixed Green Salad Dinner Roll Mandarin Oranges Margarine Ranch Salad Dressing</p>	<p>Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Gelatin Margarine Diet - Sugar-Free Gelatin</p>	<p>Baked Chicken w/Creamy Paprika Sauce Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Margarine Ranch Salad Dressing</p>
21 22 23 24			
<p>Salisbury Steak w/Mushroom Gravy Brown Rice Green Peas Glazed Carrots Dinner Roll Seasonal Fruit Margarine</p>	<p>Sliced Ham Mashed Spiced Yams Winter Vegetables Beet Salad Wheat Bread Tropical Fruit Cocktail Margarine</p>	<p><b>Christmas Day Meal</b> Sliced Turkey w/Gravy Whipped Potatoes Green Beans &amp; Onions Mixed Green Salad Dinner Roll Strawberry Poke Cake Margarine Ranch Salad Dressing Diet-Mixed Fruit</p>	<p><b>Home Delivery Meal Only</b> Alfredo Chicken Fettuccini Noodles Garden Vegetables Mixed Green Salad Garlic Texas Toast Apple Crisp Margarine Ranch Salad Dressing Diet - Hot Peaches</p>
28 29 30 31			
<p>Cilantro Lime Chicken Spanish Rice Black Beans Corn Relish Tortilla Peaches</p>	<p>Creole Beef Buttermilk Potatoes Mixed Vegetables Texas Bread Tropical Fruit Margarine</p>	<p><b>New Year's Day Meal</b> Sliced Ham Black-Eyed Peas Cabbage Mixed Green Salad Cornbread Applesauce Baked Cookie Margarine Ranch Salad Dressing Diet-Mixed Fruit</p>	<p><b>Home Delivery Meal Only</b> Homemade Meatloaf w/Brown Gravy Mashed Potatoes Parslied Carrots Mixed Green Salad Dinner Roll Citrus Fruit Cup Margarine Ranch Salad Dressing</p>

## Medicare Counseling

Senior Health Insurance Information Program (SHIP) offers FREE Medicare counseling.

### **Learn how to understand Medicare Benefits and Plans.**

Let AAA-Five County Medicare Counselors review your future or present Medicare plan. Find out if you have the best plan at the best price.

- Review Medicare Advantage, Prescription Drug and Medigap Supplement plans.
- How does your plan stack up against other plans out there?
- Is the cost going up next year?

### **Learn about Medicare Free Services.**

Welcome to Medicare, Annual Wellness Visits, and other services are available at NO cost to you!

### **What Medicare shots are available through your doctor or pharmacist at NO cost?**

Flu, pneumococcal and Hepatitis B. You pay nothing if your provider accepts assignment from Medicare.

### **Learn about Medicare covered preventive medical services.**

Your doctor can do Free Screenings for Lung, Prostate, Breast, Cervical, Colorectal Cancer. Also, other screenings for Mental health issues, Diabetes, glaucoma, Cardiovascular, Bone density issues and many more.

### **Learn what subsidies are available to lower your healthcare costs.**

SHIP counselors will confidentially work with you, government agencies and providers to assure your healthcare program is best for you now and in the future.

### **PREVENT Medicare Fraud.**

The Senior Medicare Patrol (SMP) will help you with billing issues, scams, identity theft and all forms of Fraud.

Visit <https://www.areaagencyonagingfivecounty.org/> for more information. Call 435-673-3548 or 435-867-6020 to speak to a AAA-Five County Medicare Specialist.

## 2021 Medicare Costs

The Center for Medicare and Medicaid Services (CMS) has now released the 2021 Medicare costs. With Social Security announcing a 1.3% Cost of Living Adjustment (COLA), Medicare then determined how much to increase key premiums and deductibles. Federal legislation prohibits Medicare from increasing the Part B premium more than the average COLA amount. Some years, the premiums increase almost the full COLA amount but for 2021, cost increases are significantly less than the COLA. Some key amounts are:

Part B Premium will increase from \$144.60 to **\$148.50**

The Part B Deductible will increase from \$198 to **\$203**

The Part A Inpatient Deductible will increase from \$1408 to **\$1484**

One major factor in the increase of Medicare costs each year is fraud, waste and abuse. To help protect Medicare from significant increases in the future, always check your Medicare Summary Notice or Explanation of Benefits for charges you don't recognize. If you see a charge that doesn't look right, contact the provider. If they won't help, contact the Senior Medicare Patrol at (435) 673-3548 for assistance.



## Flu Shots

People who are 65 and older are at high risk of having serious health complications from the flu. When people with Medicare get their yearly flu shot, it helps lower the number of medical visits, hospitalizations, and deaths. An essential part of protecting your health during this flu season is getting the flu shot. To make sure that flu shots are accessible to everyone, Medicare covers 100% of the cost of a flu shot, as long as it is given by an approved provider. Most doctors' offices, pharmacies, hospitals and health departments accept Medicare.

## BUSTING THE MYTHS ABOUT FLU SHOTS FOR OLDER ADULTS



While much of the world's focus this year has been on the coronavirus, it's once again time for the influenza virus to begin making the rounds. Like COVID-19, older adults are at higher risk for contracting it. According to the Centers for Disease Control and Prevention (CDC), older adults account for 70% to 85% of seasonal flu related deaths in the United States during a typical flu season. They also make up between 50% and 70% of flu -related hospital admissions. With startling statistics like those, it's surprising how many older adults resist having an annual influenza vaccine. In a typical year, only 65% of older adults receive the influenza vaccine, which is considered one of the best prevention steps you can take to avoid catching the flu. If you or a senior loved one is among the 35% of older adults who refuse the vaccine, your worries might be linked to one of these popular myths. Unfortunately, it could be putting your health at serious risk. Here are five popular flu shot myths, debunked!

**Myth #1:** Flu shots work by giving you a small dose of the flu. This popular myth is a persistent one. Many seniors think the flu shot contains an active virus. They incorrectly believe that exposure to the flu is how you build antibodies to it. According to the CDC, the flu shot contains only inactive virus. You can't get the flu from getting the vaccine. The most common side effect is muscle soreness near the injection site.

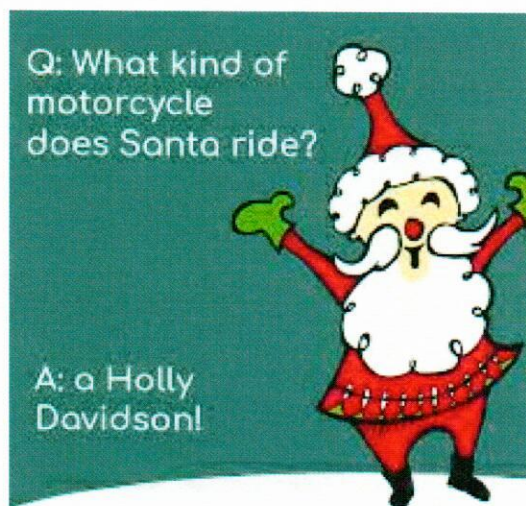
**Myth #2:** The flu shot is basically the same every year. Some older adults believe the vaccine is largely the same from one year to the next. Those who hold on to that belief say they only need a flu shot every few years. The reality is that new strains of the flu occur every year. Scientists develop vaccines that target those strains predicted to be predominant during that year's flu season. While you should talk with your own physician about when to have your flu shot, the general recommendation is early October, before flu season begins.



Myth #3: The regular flu isn't all that serious. Seniors sometimes confuse a cold with the flu. They view the illness as an inconvenience, not a serious health risk. This is a dangerous myth to believe. Every year, more than 200,000 people are admitted to hospitals with the flu. Another 36,000 people lose their lives because of flu related complications. Older adults comprise the bulk of those numbers.

Myth #4: The flu shot hurts! Those who suffer from a fear of needles might avoid getting vaccinated. If you've never had a flu shot before, you might be surprised to learn how little pain is involved. Experts advise relaxing and taking deep breaths while you are being vaccinated. That keeps your muscles from getting stiff, which can make the needle more painful. Also, by getting the shot in your non-dominant arm, you'll be less likely to aggravate it afterward.

Myth #5: Seniors who are healthy don't need a flu shot. While we know some members of our population, such as children, pregnant women, and people aged 40 or older, are at higher risk for the flu and its complications, anyone can catch it. Even if you don't feel sick, you might be. You can spread the virus to people you come in contact with who may have a weaker immune system.



# DECEMBER EVENTS

*Sponsored by the Area Agency on Aging-Five County*



## WALK INTO 2021

*No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's program will help you to develop a walking plan that will meet your needs, stay motivated, manage your pain, and learn to exercise safely. Join us virtually as we walk into 2021. To register, call Maria **435-673-3548**.*

## TEA TIME WITH SHERI

*Are you a caregiver looking for advice and support? Sheri Reber, a licensed Social Service Worker facilitates an online group that provides answers and support to caregivers every Thursday at 1:00 PM on Zoom. Contact Sheri for more information: **435-255-8945***



## MORE TO COME!

*We are excited to bring a variety of classes and events to you both virtually and in person throughout 2021. Stayed tuned to our media pages and visit our website for the most up to date details*

# 6 Winter Safety Tips for Older Adults

## 1. *Get Weather Updates Before Venturing Out*

When it comes to winter weather, planning ahead and always wise—especially if you're driving. You never know when you'll be driving on ice. News websites are a great place to check road conditions or areas to avoid, and chances are they also have a mobile application for smartphones if you are already out and about.

You've heard it before, but it bears repeating: keep a blanket in the car, along with extra gloves and warm socks.

## 2. *Dress for the Cold*

We grow more sensitive to temperatures as we age. Older adults should cover all exposed skin when they go outside in winter, and think about how to protect themselves from possible drops in temperature inside their homes. Layering your clothing is a great way to stay warm, but also to ensure that you'll be comfortable when you get to your destination.

## 3. *Be Ready in Case of a Power Outage*

Start by keeping one good working flashlight next to the bed, in an easy-to-reach place, and another near your favorite chair. Don't worry if you think it adds clutter; bring it out for the winter anyway. You can find inexpensive LED flashlights at any home-supplies store, and the light will last for years.

## 4. *Be Careful with Candles*

Be careful about lighting candles as fires can often start without warning. They create a soothing ambiance, but you don't want to put your safety at risk.

The same care should be taken when you use a space heater. It can provide great comfort and warmth on a chilly evening, even allowing you to lower your thermostat a little – but it's critical that you read the safety instructions before you plug in your heater.

## 5. *Stock Up*

Stock up on the essentials, it's important to have some extra food and water handy in case you can't get out for a few days. Also, make sure your prescriptions are kept current. Don't let them run low – try to have a week's worth of medications in your cupboard all winter.

## 6. *Stay Hydrated*

Stay hydrated in winter. You should drink as much water during the winter as you do in summer. Water plays a big part in keeping our body fluids balanced and our skin looking clear, bright and healthy. Water also gives you energy – an issue for many people during the dark, dreary winter months. Dehydration is said to be the number-one reason for daytime fatigue, and drinking water can help you get through the days without feeling sluggish.

# 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

