

Hurricane Senior Center

February 2019 Newsletter

Happy
Valentine's
Day

February 6 – Advisory Board Meeting

February 6 & 20 – Blood Pressure Screening

February 11 – Movie of the Month
“Unbroken”

February 14 – Zions Way Hand & Neck Massage

February 14 – Valentine's Day Lunch

February 18 – Closed for Holiday

February 20 – Hurricane Family Pharmacy

February 28 – So. UT Deaf & Hard of
Hearing Presentation

February 28 – 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, 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

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 – 2nd & 4th Thurs @ 1:00pm

Beginning Knitting – 2nd & 4th Thurs @ 1:00pm

Craft Class – every Wed @ 1:00pm

Bereavement Support Group– Last Wed @ 2:00

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

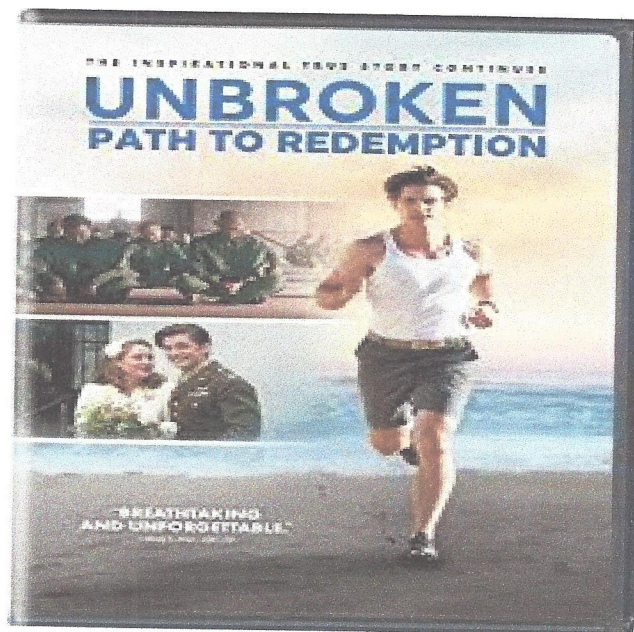
Bingo is free to play For 60+ only

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!



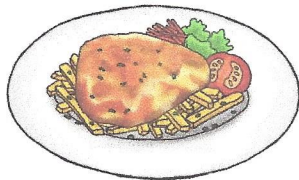
UNBROKEN

Starring: Samuel Hunt, Merritt Patterson

"Plot: The story of Olympian and WWII hero Louis Zamperini continues as he meets and married the love of his life while struggling with his post-war angst, until a chance meeting with Billy Graham in 1949 changes both of their lives forever."

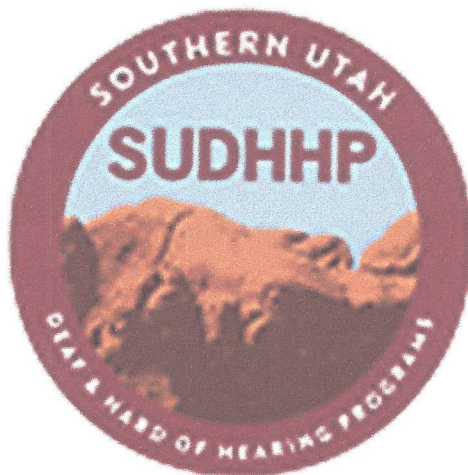
Come join us for the movie of the month. After lunch on Monday, February 11th.

Free popcorn.



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.



Services for the Deaf and Hard of Hearing

A community for the Deaf, Hard of Hearing, DeafBlind and their families.

February 28th-Southern Utah Deaf and Hard of Hearing

Program Presentation

11:45 am -1:00 pm



Free-In Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age-especially if you are 50 or older or can't afford paid tax preparation.

Here at the Senior Center every Wednesday from 9:00 am to 2:00 pm.

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



.SALE

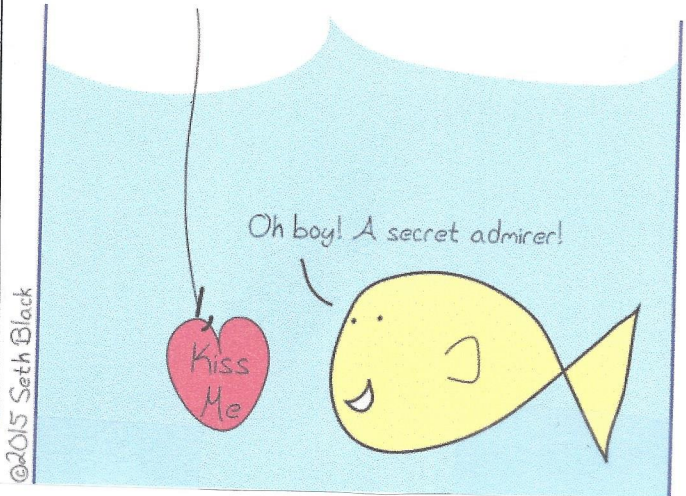


February 4th-7th our Thrift Store will be having a
50% off Storewide Sale!

February Activities

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

4-Feb	5-Feb	6-Feb	7-Feb
Exercise Class 10:00 Dixie Can Do's Bridge 12:30 Writing Group 12:30	Painting after lunch Hand & Foot Cards after lunch	Taxes 9:00-2:00 Blood Pressure 11:00-12:00	Billiards 9:30 Bingo after Lunch
11-Feb	12-Feb	13-Feb	14-Feb
Exercise Class 10:00 Movie "Unbroken" Bridge 12:30 Writing Group 12:30	Painting after lunch Hand & Foot Cards after lunch	Taxes 9:00-2:00	Billiards 9:30 Zions Way Massage 11:00 Valentine's Day Lunch Bingo after Lunch Knitting/Crochet 1:00
18-Feb	19-Feb	20-Feb	21-Feb
Closed for Holiday	Painting after lunch Hand & Foot Cards after lunch	Taxes 9:00-2:00 Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch	Billiards 9:30 Bingo after Lunch
25-Feb	26-Feb	27-Feb	28-Feb
Exercise Class 10:00 Bridge 12:30 Writing Group 12:30	Painting after lunch Hand & Foot Cards after lunch	Taxes 9:00-2:00	Billiards 9:30 So. Utah Deaf & Hard of Hearing Presentation @ Lunch Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch Knitting/Crochet 1:00



Thrift Store is Open Mon-Thurs 11:30 am to 2:30 pm



Monday	Tuesday	Wednesday	Thursday
4 Beef Patty Lettuce/Tomato/Onion/Pickle Tater Tots Hamburger Bun Apple Cherry Compote Milk Ketchup Mustard Diet - Hot Sliced Apples	5 Cuban Shredded Pork Brown Rice Broccoli and Cauliflower Mixed Green Salad Wheat Roll Brownie Seasonal Fruit Milk Margarine Ranch Salad Dressing Diet - Vanilla Crème Cookies	6 Chicken Parmesan Penne Pasta Spinach Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine	7 Beef Shepard's Pie Mixed Green Salad Cornbread Hot Spiced Fruit Milk Margarine Ranch Salad Dressing
11 Salisbury Steak Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Wheat Roll Peaches Milk Margarine	12 Roasted Turkey Breast Poultry Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Wheat Roll Grapes Milk Margarine Ranch Salad Dressing	13 Pulled BBQ Chicken Baked Beans Potato Salad Hamburger Bun Apple Raisin Compote Milk Diet - Hot Sliced Apples	14 Valentine's Day Meal Roast Beef with Gravy Garlic Country Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Cookie Milk Margarine Salad Dressing Diet - Vanilla Crème Cookies
18 Closed for President's Day	19 Beef Lasagna Italian Vegetable Blend Mixed Green Salad Garlic Texas Bread Pears Milk Margarine Ranch Salad Dressing	20 Sliced Turkey Breast Sliced Swiss Cheese Lettuce and Tomato Minestrone Soup Cucumber Salad Whole Wheat Bread (2 slices) Strawberry Soufflé Gelatin Seasonal Fruit Milk Mustard/Mayonnaise Diet - Fruited Gelatin	21 Crustless Chicken Pot Pie Club Spinach Biscuit Apricot Halves Milk Margarine
25 Beef Spaghetti Sauce Spaghetti Noodles Zucchini Mixed Green Salad Breadstick Fresh Apple Slices Milk Margarine Ranch Salad Dressing	26 Potato Crusted Pollock Crinkle Cut Fries Key Largo Vegetables Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup	27 Ground Beef Stroganoff Egg Noodles Brussels Sprouts Capri Vegetable Blend Seasonal Fruit Garlic Texas Bread Chocolate Chip Cookie Milk Margarine Diet - Vanilla Crème Cookies	28 Sweet Chili Coconut Chicken Breast Jasmine Rice Whole Kernel Corn Mixed Green Salad Wheat Roll Tropical Fruit Cocktail Milk Margarine Ranch Salad Dressing

A suggested donation of \$3.00 is requested from seniors 60 and older.
Persons under 60 can enjoy a meal for \$7.00.

Milk and bread served with all meals.

Salad bar available every day in dining room.



News from Hurricane City Police Department:

Scams:

We receive several reports every month of residents becoming the victim of a scam. The money lost in these scams is most likely gone for good.

The most common scams are:

IRS or Court scams: you are told you owe taxes or a court fine. The suspects(s) threaten you with arrest or seizure of assets then demand payment over the phone.

Grandchildren scams: have made the rounds in Hurricane. You receive a phone call from one of “your grandchildren” saying they have been arrested or kidnapped. These calls are very convincing and sometimes the suspect pretending to be your grandchild screams and cries for help. The suspect(s) demand payment over the phone for the safe release of your family member.

You’ve won money: all you have to do is pay the taxes or some other fee up front to receive a large cash payment. Someone wants to buy something you’ve listed for sale on the internet, they send you a check for more than the amount of the item and ask you to deposit the check and send them back the amount they overpaid.

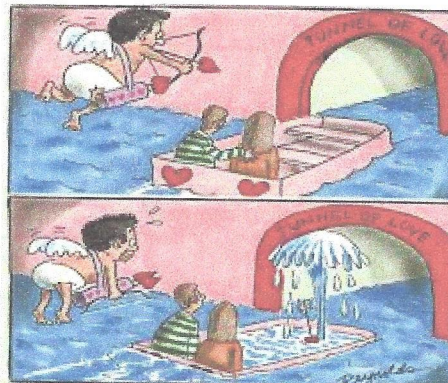
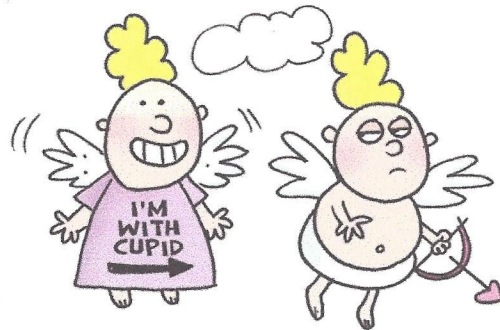
Most of these scams have several things in common.

- They are too good or too bad to be true.
- They demand immediate payment via wire transfer or prepaid cards of some sort.
- They threaten law enforcement action against you.
- No legitimate government agency will contact you by phone and require immediate payment, especially in the form of prepaid cards.

Utah health officials stress several fall prevention methods as part of a new report:

- Exercise regularly to improve strength, balance and coordination. Free or inexpensive exercise programs and fall prevention classes are offered at some senior centers and local health departments around the state.
- Talk with a doctor to help assess the risk for falling and report prior falls.
- Review medications with a medical provider to better learn which drugs or drug combinations may cause dizziness or sleepiness.
- Get annual vision and hearing checkups.
- Remove hazards around the home, such as rugs, books, papers and clutter, with particular attention to stairs and walkways. Ensure there is adequate lighting throughout the house. Put in grab bars by showers and toilets.
- Talk with family members about the risks of falling and enlist their help in staying safe.

<https://www.ksl.com/article/46467157/about-200-utah-seniors-suffer-serious-falls-each-week-report-says>



12 Things Homeowners Neglect Every Winter

1. *Check for Ice Dams**--If your home lacks good insulation and venting, there's a good chance it may be prone to ice dams. Get outside regularly during the winter and check around the house for signs of icicles and large chunks of ice near the edge of your roof. Water melting off the roof pools behind the ice and then seeps back up under the shingles. And sometimes water can work its way 5 or even 10 ft. back up under the shingles. Eventually it drips through the roof into the soffits, walls, and worst of all, onto your ceilings.*
2. *Change the Furnace Filter**--Homeowners should change their furnace filters once a month, according to experts, and changing the filter regularly not only helps extend the life of your furnace, it helps with air quality in your home and keeps energy costs down.*
3. *Test the Sump Pump**--In the spring when the snow melts and the rain saturates the ground, your home's sump pump may be put to the test to keep water at bay. So test it during the winter.*
4. *Seal Driveway Cracks**--If your driveway has cracks that aren't re-sealed before the snow comes, the cold can cause water to freeze and expand in the cracks, and this will leave you with even more damage come spring.*
5. *Clean the Gutters**--There's a reason gutter cleaning and maintenance comes up in just about every home-owners maintenance checklist. A debris-clogged gutter with added snow and ice can cause damage to your home, including problems with roof leaks and even foundation problems, if you cleaned out your gutters in the fall and more leaves got trapped there, you'll need to clean out the gutters again.*
6. *Remove Hoses from outdoor Faucets**--It may not seem like a big deal in the fall, but neglecting to unhook garden hoses from outdoor faucets over the winter can result in cracked water pipes. When you use the hose, water is still trapped inside. So be sure to detach the hose, drain the water and close the faucet's shut-off valve.*
7. *Check Insulation**--Proper insulation will keep your home warm in the winter, cool in the summer and cut down on energy costs. It's also a place mice and bats like to call home. And when the weather turns cold, do a check of your insulation, especially in your attic, to ensure there are no unwanted guests.*
8. *Clear Snow Away from Vents**--During the winter months, regularly check your outdoor vents, such as your furnace and dryer vents, to make sure they are clear of snow and ice. Blocked vents can cause carbon monoxide to build up.*
9. *Fix Air Leaks from Windows and Doors**--Neglecting to remedy any air leaks from windows and doors can lead to condensation, which can lead to mold. And make sure all windows and doors have proper weather stripping before the cold and snow arrives. In addition to preventing condensation and mold, it will help keep your energy bills down.*
10. *Clean the Chimney**--If you use your fireplace, be sure to have it and the chimney cleaned before that first fire of the season, and this will ensure there's no buildup of harmful creosote or any debris such as leaves or bird nests, which can become a fire hazard.*
11. *Discourage Pests**--Homeowners should do regular exterior checks for any holes in the home's foundation, along with any holes in the wood around door frames and windows. Not only can these holes allow water to seep in, but they can be an entry points for pests such as mice, rats and squirrels in search of a warm home.*
12. *Trim Branches**--Heavy snow, ice and strong winds can wreak havoc on tree branches. So be sure to remove dead or damaged trees and limbs to protect your home over the harsh winter months.*

[https://www.familyhandyman.com/diy-advice/12-things-homeowners-neglect-every-winter/view-](https://www.familyhandyman.com/diy-advice/12-things-homeowners-neglect-every-winter/view-all/?_cmp=diytipshintsnl&_ebid=diytipshintsnl1302019&_mid=264439&ehid=EA19F7ADEC9F3077060A10380A812052C9C7DF97)

[all/?_cmp=diytipshintsnl&_ebid=diytipshintsnl1302019&_mid=264439&ehid=EA19F7ADEC9F3077060A10380A812052C9C7DF97](https://www.familyhandyman.com/diy-advice/12-things-homeowners-neglect-every-winter/view-all/?_cmp=diytipshintsnl&_ebid=diytipshintsnl1302019&_mid=264439&ehid=EA19F7ADEC9F3077060A10380A812052C9C7DF97)

Easy Balance Exercises

Losing your balance is a part of life. It happens all the time. As we get older, however, things such as vision problems, inner ear problems, or weakened hips and ankles can throw off our balance more often. When young people get off balance, they can react quickly. Muscles kick in to stabilize us and we don't fall down. But as we age, we have to work a little harder to keep those muscles strong. Balance exercises can be an easy and fun part of everyday life. These exercises are good for the hips and ankles. We suggests that you position yourself near a wall, chair, or counter before you start. That way you can catch yourself if you fall.

Brushing Your Teeth Exercise

1. Stand by a flat tabletop or counter. Lift your right foot a bit.
2. With your right arm, brush the upper left corner of your mouth (with a real or imagined toothbrush) for 30 seconds.
3. Now put the toothbrush in your left hand, and raise your left foot. Brush the upper right corner of your mouth for 30 seconds.
4. Switch again, putting the toothbrush in your right hand and lifting your left foot. Brush the lower left corner of your mouth. Repeat on the other side.

Rock Around the Clock Exercise

1. Stand straight with your feet together and your shoulders relaxed.
2. Make your body rigid as a board.
3. Begin to "rock around the clock." Begin to sway in a circle with your body. Sway for one minute in each direction.

Marching Exercise

1. Stand next to a chair or counter. Don't hold on unless you need to.
2. Alternate lifting one knee as high as possible, then the other knee as high as possible.
3. Do this for one or two minutes, counting a long "one, two" each time you lift the knee.

The Living Room Walk

1. Walk slowly across your living room.
2. While walking, slowly turn your head as far to the right as you can.
3. Walk back to your starting point, slowly turning your head as far to the left as you can.

Chair Exercise

1. Sit in a chair that does not have arms.
2. Cross your arms across your shoulders, left hand on right shoulder, and right hand on left shoulder.
3. Stand up and sit down, keeping your head up and not looking down.
4. Do not lean forward as you stand up.

Heel Toe Walk

1. Try walking a few steps on your heels, then on your toes.

(Adapted from www.healthline.com)

February:

What Medicare coverage is available for cardiovascular disease?

According to the American Heart Association, cardiovascular disease is associated with a number of different conditions and complications. Heart attack and stroke, for example, are two life-threatening cardiovascular disease complications. Common chronic health conditions such as high blood pressure and diabetes increase your risk for developing cardiovascular disease.

Your Medicare coverage could include the tests, treatments, and procedures your health-care provider recommends. If you become acutely ill as a result of complications from cardiovascular disease, you may be admitted to a hospital for care; Part A generally pays allowable charges for hospital care less any applicable deductibles and coinsurance amounts.

Some people are able to manage and treat their cardiovascular disease on an outpatient basis, with regular visits to their health-care providers, and perhaps prescription drug therapy. In this case, Medicare coverage of doctor visits and tests may be supplied by Part B, less any applicable deductibles, copayments, and coinsurance.

According to American Heart Association, sometimes lifestyle changes, such as weight loss, increase in physical activity or smoking cessation, are an effective cardiovascular disease treatment. There may be Medicare coverage under Part B for certain services to assist you in making lifestyle changes to improve your cardiovascular disease. For example, Part B covers up to eight smoking cessation counseling sessions per year; you may be eligible to get these at no cost to you. You may also be eligible for one cardiovascular disease counseling session per year at no cost to you with your Part B benefits.

There may be Medicare coverage for cardiovascular disease screening tests your doctor orders for you. Part B generally covers a screening blood test for lipids, cholesterol, and triglycerides once every five years to identify potential risk factors for cardiovascular disease.

In addition, Part B typically covers blood pressure screenings at your doctor's office. Risk factors for heart disease may include hypertension, abnormal cholesterol, obesity, lack of physical activity, high blood sugar, diabetes and smoking.

**We're open again
in Southern Utah!**

Serving
Washington,
Iron, Kane,
Beaver, and
Garfield
Counties.



Southwest Utah Regional Office

Utah Chapter, Alzheimer's Association
1173 S. 250 W., Suite 302
St. George, UT 84770

Mike Miller, Regional Manager

(435) 238-4998, mjmiller@alz.org

SERVICES, RESOURCES & PROGRAMS

Resource library offering a variety of materials

Speakers for physicians, 55+ communities,
church groups, service clubs, association
meetings

Support Group Facilitators

Physician Diagnostic Tools

Caregiver Resources

Digital Print Library and Video Library:

www.alz.org

24/7 HelpLine (800) 272-3900

UPCOMING EVENTS AND PROGRAMS

Monthly Support Group for Caregivers

Wednesday evenings, 6 p.m..

Regional Office

Weekly All About Alzheimer's Drop In

Come by with your questions and ideas

about Alzheimer's disease

Tuesdays, 2 to 6 p.m.

Regional Office

Longest Day-June 21, 2019

Advocate and raise support for those
with Alzheimer's

Walk to End Alzheimer's-Fall 2019

HELP US END ALZHEIMER'S!

Join our regional ambassador team.

Become a valued volunteer.

Serve as liaison for your neighborhood or faith
based group.

Tell others about our programs and services:

www.alz.org

FEBRUARY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

Arrow	Groundhog	Shadow
Candy	Lincoln	Six
Card	Love	Spring
Chocolate	Mail	Valentine
Cupid	Myth	Washington
Den	Predict	Weather
Flowers	Presidents	Weeks