

# Hurricane Senior Center

## February 2021 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

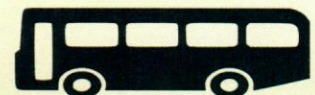
### Dial-A-Ride Program

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> & 4<sup>th</sup> Thursday @ 12:30pm

**Yoga Class** – every Tuesday @ 10:00am

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

**Crochet Class** – every Thursday @ 1:00pm

**Beginning** – every Tuesday & 4<sup>th</sup> Thurs @ 1:00pm

**Craft Class** – every Tuesday @ 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?

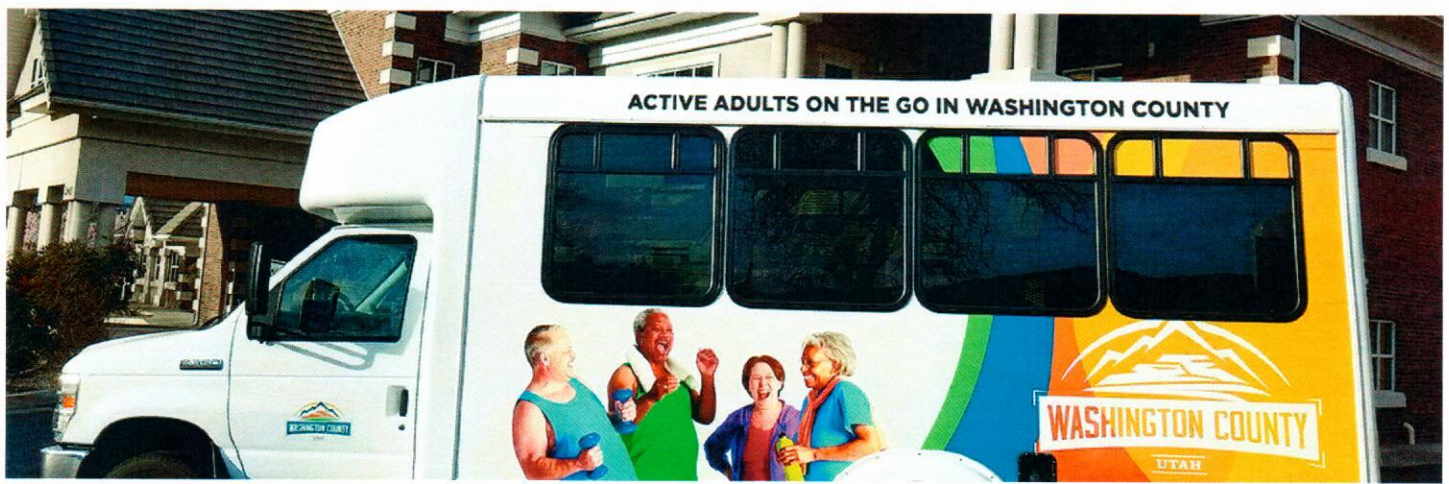
Thank you for your donation to our meal program.

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-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 SENIOR CENTER

February 2021

635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
Hawaiian Chicken Haystack White Rice Peas & Carrots Chow Mein Noodles Japanese Vegetables Pineapple Tidbits Milk	Beef Taco Soup Whole Kernel Corn Mixed Green Salad Tortilla Chips Seasonal Fruit Milk Salad Dressing	Glazed Ham Sweet Potato Hash Cabbage Glazed Beets Cornbread Fluffy Fruit Salad Milk Margarine	Shepherd's Pie Mixed Green Salad Dinner Roll Hot Spiced Fruit Milk Margarine Salad Dressing
8	9	10	11
Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Dinner Roll Peaches Milk Margarine	Sliced Turkey with Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing	Homemade Meatloaf w/Brown Gravy Country Potatoes Capri Vegetables Carrot Raisin Salad Dinner Roll Seasonal Fruit Milk Margarine	<b>Valentine's Day Meal</b> Roast Beef with Gravy Mashed Potatoes Sliced Carrots Mixed Green Salad Dinner Roll Baked Cookie Milk Margarine Salad Dressing Diet - Vanilla Wafers
15	16	17	18
<b>Closed President's Day</b>	Beef Lasagna Italian Vegetables Mixed Green Salad Texas Bread Pears Milk Margarine Salad Dressing	Cheese Omelet Hashbrowns Broccoli Croissant Seasonal Fruit Milk Assorted Jelly	Chicken Pot Pie Club Spinach Biscuit Mandarin Oranges Milk Margarine
22	23	24	25
Hamburger Patty Lettuce   Tomato   Onion   Pickle Tater Tots Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup   Mustard	Parmesan Chicken Penne Pasta Garden Vegetables Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine	Country Fried Steak w/Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Cheese Enchiladas Enchilada Sauce Spanish Rice Black Beans Mixed Green Salad Seasonal Fruit Milk 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.  
A Salad Bar is available every day in the dining room.  
Follow Us on Facebook @triocommunitymeals.com





# Yes, We're Doing Taxes This Year!

This year's AARP Tax Aide service will be in the Community Room at the **Hurricane City Library**, located just south of the Senior Center at 36 South 300 West, Hurricane, Utah.

The service begins on **Wednesday, February 17**, and runs each Wednesday through April 14.

**This Year the service is by Appointment Only:**

Call **385-215-9915** for appointments and/or questions.

## COVID-19 Precautions

**\*\*Masks are Required\*\***

**\*\*Preparers will use masks and gloves\*\***

**\*\*Stations will be distanced\*\***

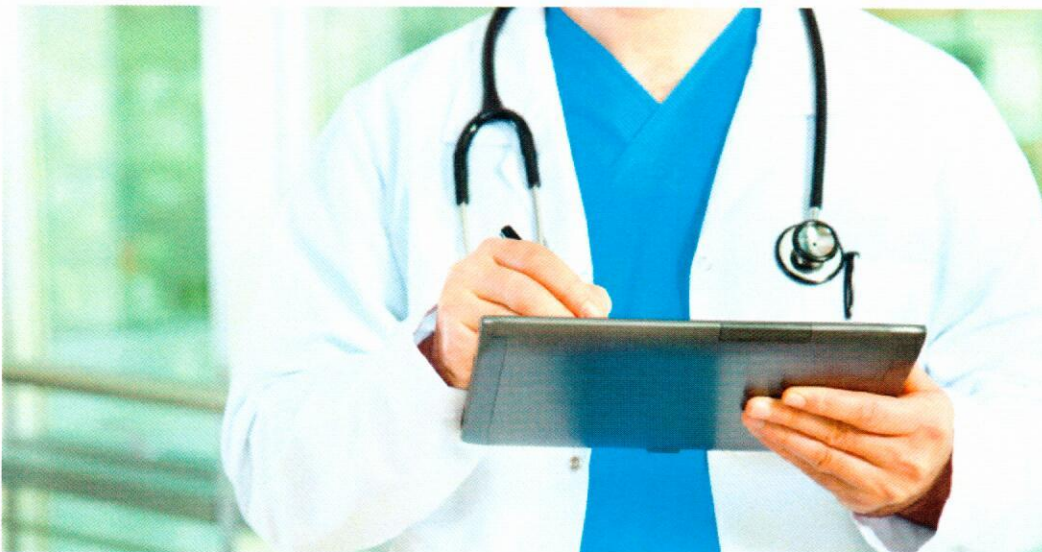
**\*\*Surfaces will be disinfected before and after each taxpayer\*\***

## Scope Limitations for This Tax Season

Because of COVID-19, Tax-Aide will be preparing many less tax returns than we would in a normal year. In order to serve the most people possible, the scope of returns we will prepare in 2021 will be limited to the basic types of returns. Therefore, until further notice, we Tax-Aide will not be preparing tax returns containing any of the following:

- o Itemized Deductions (Schedule A)
- o Business income (Schedule C) including 1099- NEC and most Forms 1099-MISC
- o Rental income (SCH E) - already out of scope for Tax-Aide
- o Broker Statements containing stock and bond sales and / or municipal bond interest
- o Personal home sale (unless you have totals and dates and basis for all the information required to report the sale)
- o Preparation of tax returns prior to the 2019 tax Year
- o Out of state income – we will only prepare Utah tax returns
- o Amended Returns





Everyone is hopeful that 2021 will be a bright new year, but for people with limited income and resources, a new year often brings the same financial struggles. Concerns about how to pay for healthcare costs often top the list of financial concerns. But for people with Medicare, there are programs available to help with the rising cost of healthcare. Three programs are available to assist with different healthcare costs.

1. Low-income subsidy (Extra Help): Helps cover costs of prescription medications by lowering Part D plan premiums and reducing copays on prescriptions
2. Medicare Savings Programs: Cover the cost of the Medicare Part B premium and in some cases, cover deductibles and co-insurance.
3. Medicaid: Covers medical costs after Medicare has paid its portion and in some cases, covers services not normally covered by Medicare (like Long-Term Care and personal care).

Eligibility for each of these programs is different. If you would like to find out more about these programs or need help applying, contact the Area Agency on Aging – Five County at (435) 673-3548.



The best defense against Medicare fraud, errors, and abuse is you. Checking your MSNs (Medicare Summary Notices) when they come in the mail is an important habit to start. Here are just three things you can look for when reviewing your MSNs to spot potential fraud.

1. Check the location of the provider: Is there a claim on your summary where the provider is from a different city or state? That's a major red-flag.
2. Check the date of service: Are there claims for services on days you weren't seen by a provider? Keeping a calendar of your appointments can help you confirm this.
3. Check for duplicate billing: Are there multiple claims for the same or similar services? This could be an example of error or abuse.

If you have questions about how to review your MSNs or discrepancies you may find, contact your local Senior Medicare Patrol to help. Call (435)673-3548 to get started.





# UTAH

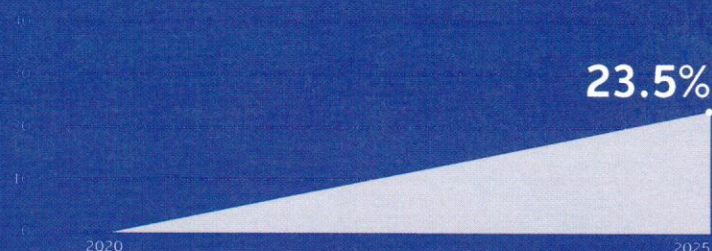
## ALZHEIMER'S STATISTICS

### 65+ NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S BY AGE\*

Year	65-74	75-84	85+	TOTAL
2020	5,500	15,000	13,000	34,000
2025	6,600	20,000	15,000	42,000

\* Totals may not add due to rounding

### Estimated percentage change



### # OF DEATHS FROM ALZHEIMER'S DISEASE (2018)

# 1,024

199.4% increase in Alzheimer's deaths since 2000

4<sup>th</sup> leading cause of death



### GERIATRICIANS

# of geriatricians in 2019

# 21

443% increase needed to meet Alzheimer's population needs in 2050



### CAREGIVING (2019)

# 159,000

Number of Caregivers

# 181,000,000

Total Hours of Unpaid Care

# \$2,366,000,000

Total Value of Unpaid Care



### HOSPITALS (2017)

# 1,205

# of emergency department visits per 1,000 people with dementia

# 22.9%

increase in emergency department visits since 2007

# 15.4%

dementia patient hospital readmission rate



### HOSPICE (2017)

# 2,506

# of people in hospice with a primary diagnosis of dementia

# 19%

of people in hospice have a primary diagnosis of dementia



### MEDICARE

# \$22,229

per capita Medicare spending on people with dementia (in 2019 dollars)



### MEDICAID

# \$185 MILLION

Medicaid costs of caring for people with Alzheimer's (2020)

# 27.0%

change in costs from 2020 to 2025



# AIM

ALZHEIMER'S IMPACT MOVEMENT

alzheimer's association

More than **5 million Americans** are living with Alzheimer's. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$305 billion** in 2020, increasing to more than **\$1.1 trillion** (in today's dollars) by mid-century. Nearly **one in every three seniors** who dies each year has Alzheimer's or another dementia.

For more information, view the **2020 Alzheimer's Disease Facts and Figures** report at [alz.org/facts](http://alz.org/facts).

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Alzheimer's Association is a not-for-profit 501(c)(3) organization.



To find the best foods for your body

## LOOK FOR IMPORTANT NUTRIENTS.

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

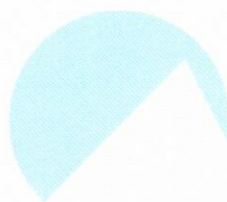


### Lean Protein

- Lean meats,
- seafood,
- eggs,
- beans.

### Fruits and Vegetables

Think orange, red, green,  
and purple.

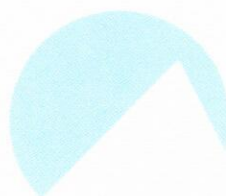


### Whole Grains

Brown rice and whole  
wheat pasta are good  
choices.

### Low-fat Dairy

Milk and its alternatives  
are options.



### Remember to

choose foods that are high in  
fiber and low in sodium or salt.  
Also, look for Vitamin D, an  
important mineral as we age.

Read the Nutrition Facts label. The healthiest foods are whole foods.

These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.





## Presidents' Day Facts:

\*Presidents' Day falls on the third Monday in February in the United States.

\*It is also known as Washington's Birthday, after George Washington, the first president of the United States.

\*The day is meant to celebrate George Washington and all the presidents of the U.S.

\*It became a federal holiday in 1879. Although there was an attempt in 1968 to officially call the third Monday in February Presidents' Day, it failed. It eventually came to pass in 1971.

\*Still many states choose to call this day Presidents' Day instead of Washington's Birthday.

\*Some states also celebrate Abraham Lincoln's birthday at this time as well.



# PRESIDENTS DAY

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.

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

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

America  
Birthday  
Cabin  
Capital  
Colonists  
Congress  
Democracy

Election  
February  
History  
Holiday  
Leader  
Liberty  
Lincoln

Military  
Patriot  
President  
States  
USA  
War  
Washington

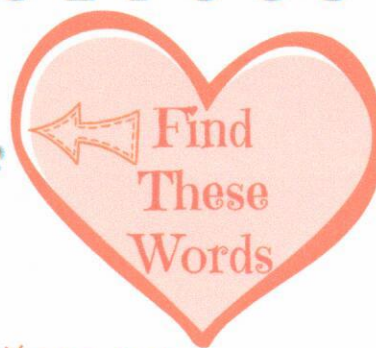


# Valentine's Day Word Search

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

CANDY  
CARDS  
CUPID  
DEAR  
DOVES  
FEBRUARY  
FLOWERS  
FRIENDS  
HEART

TREATS  
VALENTINE  
SWEETHEART  
RED  
LOVE  
KISS  
PINK  
HUG



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