

Hurricane Senior Center

January 2019 Newsletter



January 1 – Closed for Holiday

January 2 – Advisory Board Meeting

January 2 & 16 – Blood Pressure Screening

January 14 – Movie of the Month

“Passengers”

January 10 – Zions Way Hand & Neck Massage

January 16 – Hurricane Family Pharmacy

January 21 – Closed for Holiday

January 31 – Red Rock Center for

Independence Presentation

January 31 – 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

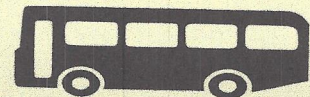
Dial-A-Ride Program

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!

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

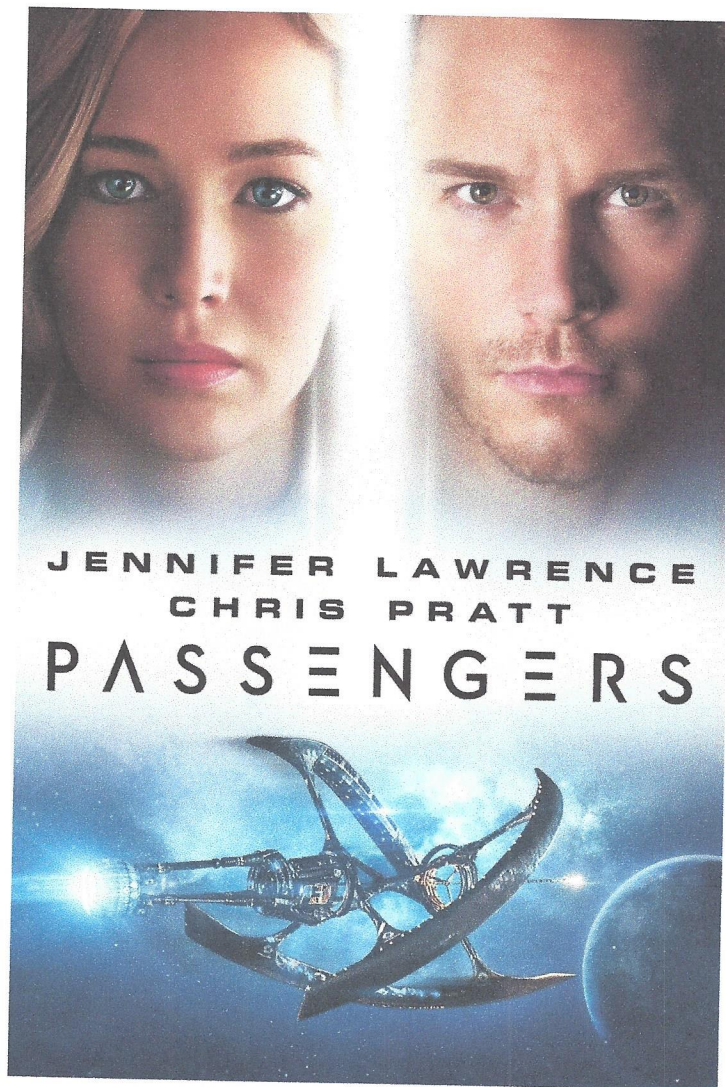
Happy Birthday/Anniversary Celebration – last Thursday of every month!

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!



PASSENGERS

Starring: Jennifer Lawrence, Chris Pratt

"Plot: In this riveting sci-fi romance, two passengers aboard a spacecraft traveling to a distant planet are brought out of suspended animation by a technical glitch—90 years before the vessel is due to reach its destination. Together, they must investigate the malfunction that awakened them, which could threaten the safety of the ship."

Come join us for the movie of the month. After lunch on Monday, January 14th.

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

Monday	Tuesday	Wednesday	Thursday
435-635-2089 95 N. 300 W.	Closed for New Year's Day	Hawaiian Chicken Haystack Buttered Rice Broccoli Asian Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine	Beef Spaghetti Sauce Spaghetti Noodles Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote Milk Margarine Ranch Salad Dressing
Salisbury Steak Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Wheat Roll Peaches Milk Margarine	Roasted Turkey Breast Poultry Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Wheat Roll Grapes Milk Margarine Ranch Salad Dressing	Pulled BBQ Chicken Baked Beans Potato Salad Hamburger Bun Apple Raisin Compote Milk Diet - Hot Sliced Apples	Homemade Meatloaf Brown Gravy Garlic Country Potatoes California Vegetable Blend Carrot Raisin Salad Wheat Roll Seasonal Fruit Milk Margarine
Mild Pork Carnitas Cauliflower with Red Peppers Refried Beans Mexican Corn Salad Tortilla Applesauce Milk Taco Sauce	Beef Lasagna Italian Vegetable Blend Mixed Green Salad Garlic Texas Bread Pears Milk Margarine Ranch Salad Dressing	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	Crustless Chicken Pot Pie Club Spinach Biscuit Apricot Halves Milk Margarine
Closed for Martin Luther King Jr. Day	Potato Crusted Pollock Crinkle Cut Fries Key Largo Vegetables Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup	Ground Beef Stroganoff Egg Noodles Brussels Sprouts Capri Vegetable Blend Seasonal Fruit Garlic Texas Bread Chocolate Chip Cookie Milk Margarine Diet - Vanilla Crème Cookies	Sweet Chili Coconut Chicken Breast Jasmine Rice Whole Kernel Corn Mixed Green Salad Wheat Roll Tropical Fruit Cocktail Milk Margarine Ranch Salad Dressing
Hawaiian Chicken Haystack Buttered Rice Sugar Snap Peas Pineapple Tidbits Milk	National Corn Chip Day Beef Chili with Beans Baked Potato Mixed Green Salad Corn Chips Seasonal Fruit Milk Ranch Salad Dressing	Glazed Ham Sweet Potato Hash Green Beans Sliced Beets Cornbread Fluffy Fruit Salad Milk Margarine	Country Fried Steak Country Gravy Country Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit 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.



January Activities

	1-Jan	2-Jan	3-Jan
435-635-2089 95 N. 300 W.	Closed for Holiday	Blood Pressure 11:00-12:00 Craft Class 1:00	Billiards 9:30 Bingo after Lunch
7-Jan Exercise Class 10:00	8-Jan Painting after lunch Hand & Foot Cards after lunch	9-Jan Craft Class 1:00	10-Jan Billiards 9:30 Zions Way Massage 11:00 Bingo after Lunch Knitting/Crochet 1:00
14-Jan Exercise Class 10:00	15-Jan	16-Jan Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00	17-Jan Billiards 9:30 Bingo after Lunch
21-Jan	22-Jan	23-Jan Craft Class 1:00	24-Jan Billiards 9:30 Bingo after Lunch Knitting/Crochet 1:00
28-Jan	29-Jan	30-Jan	31-Jan RRCI Presentation @ Lunch Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch

January:

Medicare Coverage of Mental Health

Original Medicare is made up of Part A (hospital insurance) and Part B (medical insurance), and includes certain coverage for mental health care when the care comes from a Medicare-assigned health-care provider. Learn more about this Medicare coverage below.

Medicare Part A covers hospital inpatient mental health care, including room, meals, nursing, and other related services and supplies. This care can be received in a general hospital or a psychiatric hospital.

Medicare has a lifetime limit of 190 days of inpatient care in a psychiatric hospital.

Medicare uses **benefit periods** for hospital coverage. A benefit period begins the day you're admitted as a hospital inpatient, and ends when 60 days in a row have passed since you have received inpatient care.

Your Medicare Part A costs for mental health care are listed below. Please note that the deductible and coinsurance amounts may vary year to year. You pay the Medicare Part A deductible – 1,364 in 2019 for the first 60 days (the full deductible amount is applied for each benefit period). If your stay extends longer than 60 days, you will pay daily coinsurance.

In addition to Medicare Part A costs, you may have some costs associated with Medicare Part B even when you're a hospital inpatient (for example, doctor services).

Medicare Part B covers mental health services usually given outside a hospital, including visits with health professionals such as doctors, clinical psychologists, and clinical social workers. Some of the other mental health services that Medicare Part B may cover include, but aren't limited to:

- Annual depression screenings
- Psychiatric evaluation
- Certain diagnostic tests your provider orders
- Partial hospitalization (a structured program of outpatient psychiatric services as an alternative to inpatient mental health care)
- Individual and group psychotherapy by licensed professionals permitted by the state where therapy takes place
- Medication management
- Family counseling as part of your treatment

Your Medicare Part B costs for mental health care are listed below. Please note that the deductible and coinsurance amounts may vary year to year. The annual depression screenings are free if you get them from a Medicare-assigned health-care provider. For other mental health services, you pay:

- The Medicare Part B deductible – \$185 in 2019
- 20% of the Medicare-approved amount of health-care provider services

Is there help to pay my Medicare Part A, B, and D Premiums?

What if I cannot afford the Medicare Part B premium? Some people choose to decline Part B or delay enrollment because the monthly Part B premium seems too high. If you have a limited income and assets, though, you may be eligible for the Medicare Savings Program (MSP). The Medicare Savings Program helps pay your Medicare costs. There are three different Medicare Savings Programs, and each of them has different benefits and income levels.

- The Qualifying Individual (QI) program has the highest income limit, and pays for Medicare's Part B premium.
- The Specified Low-income Medicare Beneficiary (SLMB) has an income level lower than Q1. It also pays for Medicare's Part B premium.
- The Qualified Medicare Beneficiary (QMB) program has the lowest income limit of the three programs. It pays for the Part B premium, as well as the Part A premium if you are responsible for paying it. It also covers all Part A and B cost sharing (including deductibles, coinsurances, and copays). If you qualify for QMB, you will have no cost sharing for Medicare-covered services you get through doctors who participate in Medicare or are in your Medicare Advantage Plan's network.

If you enroll in any of the three MSP's, you will automatically get Extra Help, the federal program that helps pay most of your Medicare prescription drug (Part D) costs. To qualify for an MSP, you must have one part of Medicare and meet income and assets guidelines set by your state.

Who qualifies for Extra Help? Some people get Extra Help automatically. These people include who are enrolled in both Medicaid and Medicare (often called dual eligible), those receiving Supplemental Security Income (SSI), and those who qualify for a Medicare Savings Program. These individuals do not need to apply for the program. Anyone else who is not already enrolled in the benefits noted above, must apply to Social Security to receive Extra Help. The amount of Extra Help a beneficiary receives depends on their income and resources. Beneficiaries will receive either a full-subsidy or a partial-subsidy.

Conserve Energy

Be warmer in the Winter.

Be cooler in the Summer.

You may qualify for energy efficiency improvements for your home.

Weatherization Assistance Program

Helping low-income households

Reduce their home energy cost.

The Five County AOG Weatherization Program serves, Beaver, Garfield, Iron, Kane and Washington Counties. To learn more, call 435-586-0585 or visit www.wxworks.net

To find out if you qualify for this or other benefits, contact the Benefits Enrollment Center at AAA-Five County to speak to a benefits counselor:

435-673-3548 ext. 108.



**ENERGY
SAVING**

7 Winter Safety Tips for Seniors

1. Avoid Slipping On Ice.

Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

2. Dress For Warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65. So, don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

3. Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible or send their loved one to adult day care, daily phone call can also make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

4. Check The Car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads.

5. Prepare For Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

6. Eat A Varied Diet

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- can be a problem. Consume foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

7. Prevent Carbon Monoxide Poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

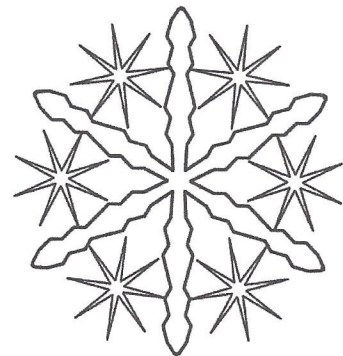
Winter Word Search

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



Word List

BOBSLEDS	ICICLES	SLIDE
COATS	IGLOO	SLIPPERY
EARMUFFS	MITTENS	SNOWBALL
FIREPLACE	SEASON	SNOWBOARDING
FROZEN	SLED	WINTER



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