

# Hurricane Senior Center

## January 2020 Newsletter



Jan 1 – Closed for Holiday

Jan 2 & 21 – Roger Dean to Perform

Jan 6 – Dixie Can Do's to perform @ Lunch

Jan 8 – Advisory Board Meeting

Jan 9 – Zions Way Hand &

Neck Massage @ 11:00

Jan 15 – Blood Pressure Screening

Jan 15 – Family Pharmacy Presentation

Jan 16, 23, 30 – Living Well With Chronic

Condition 6-week workshop

Jan 20 – Closed for Holiday

Jan 27 – Virginia Bandy to perform @ Lunch

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** -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 Tues @ 10:00am

**Writing Group** – 2<sup>nd</sup> & 4<sup>th</sup> Mon @ 12:30pm

**Yoga Class** – every Mon @ 10:00am

**Hand & Foot Card Game**– every Tues @ 1:00pm

**Crochet Class** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> 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**

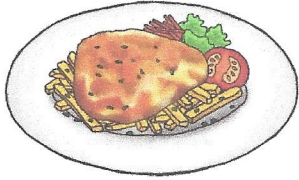
**Bridge Group** – every Monday @ 12:30

**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](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.
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!



# Living Well with Chronic Condition Class

## Beginning January 16<sup>th</sup>, 2020

### Every Thursday @ 1:00pm

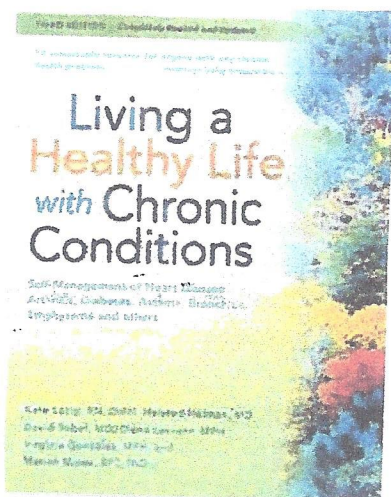
### Hurricane Senior Center

95 N. 300 W.  
435-635-2089

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



## **Bone Mass Measurements**

Bone mass measurements (also called bone density tests) can help determine if you need medical treatment for osteoporosis, a condition that can cause brittle bones in older adults.

**Eligibility:** Medicare Part B covers bone mass measurement every two years if you are at risk for osteoporosis and have a referral from your provider. Medicare considers you at risk if you:

- Are an estrogen-deficient woman who is at risk for osteoporosis based on your medical history and other findings
- Have vertebral abnormalities that were shown on an x-ray
- Have received daily steroid treatments for more than three months
- Have hyperparathyroidism
- Receive osteoporosis drug therapy

**Costs:** If you qualify, Original Medicare covers bone mass measurements at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover bone mass measurements without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.



## Medicare Coverage of Diabetic Supplies

One-in-five people over age 65 is diabetic. Medicare coverage for diabetic supplies can be confusing at best. Some items are covered under Part B while others are covered under Part D. Some items and services have a coinsurance, some a copay and other are covered at no cost. Use this chart to help make sense of Medicare's coverage of Diabetic supplies:

Part B Services		Part D Services
Diabetes Screening	Glaucoma Tests	Anti-diabetic drugs (like Metformin or Glipizide)
Blood Sugar Self-testing equipment and supplies (Monitors, test strips and lancets)	Insulin pumps and the insulin to go with it	Insulin that isn't administered with an insulin pump, either in pens or vials.
Foot Exams and treatment for neuropathy	Therapeutic Shoes or inserts	Insulin Administration supplies like syringes, needles, alcohol swabs and gauze

For services covered under Part B, most services will have a 20% coinsurance. The Diabetes Screening is considered a Preventative Health benefit and does not have any coinsurance. Part D benefits vary in cost depending on the Part D plan you choose. If you cannot afford your diabetic supplies, contact the Area Agency on Aging SHIP program at 435-673-3548 to find out if you are eligible for assistance.

### Upcoming Area Agency on Aging-Five County Events:

**January 14<sup>th</sup>-15<sup>th</sup>**

**Senior Expo-Dixie Center-St. George UT**

**January 15<sup>th</sup>**

**Dementia Caregiver Conference-St. George, UT**

**January 16<sup>th</sup>**

**Living Well with Chronic Condition 6 week workshop-**

**January 23<sup>rd</sup>**

**Dealing with Dementia-for Caregivers-St. George UT**

**January 28<sup>th</sup>**

**Dealing with Dementia-for Caregivers-St. George UT**

<http://www.fivecounty.utah.gov/info/newsletter/index.php>



## ***Top 10 Healthy New Year's Resolutions for Older Adults***

**Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats**

In later life, you still need healthy foods, but fewer calories. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

**Consider a multivitamin**

Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.

**Be active**

Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.

**See your provider regularly**

You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. Screening tests might include checking your vision, hearing, and for other conditions such as breast cancer, colon cancer, or osteoporosis. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

**Toast with a smaller glass**

Excessive drinking can make you feel depressed, increase your chances of falling, trouble sleeping, interact with your medications, and can contribute to other health problems.



## **Guard against falls**

One in every three older adults falls each year-and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

## **Give your brain a workout**

The more you use your mind, the better it will work. Read, do crossword puzzles or Sudoku. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center.

## **Quit smoking**

Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

## **Speak up when you feel down or anxious**

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

## **Get enough sleep**

Older adults need less sleep than younger people, right? Wrong! Older people need just as much-at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.





**HURRICANE SENIOR CENTER**  
JANUARY 2020

**TRIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and bread served with all meals. A Salad Bar is available every day in the dining room.</p>		<p><b>Closed for New Years Day</b></p>	<p>Pulled BBQ Chicken Baked Beans Coleslaw Whole Wheat Hamburger Bun Apple Raisin Compote Milk Diet - Hot Sliced Apples</p>
<p>Pork Carnitas California Vegetables Refried Beans Mexican Corn Salad Flour Tortilla Applesauce Milk Taco Sauce</p>	<p>Beef Lasagna Italian Vegetable Blend Mixed Green Salad Garlic Texas Bread Pears Margarine Ranch Salad Dressing</p>	<p>Sliced Turkey Pastrami Sliced Swiss Cheese Lettuce and Tomato Minestrone Soup Cucumber Salad Whole Wheat Hamburger Bun Seasonal Fruit Milk Mustard   Mayonnaise</p>	<p>Crustless Chicken Pot Pie Club Spinach Biscuit Mandarin Oranges Milk Margarine</p>
<p>Beef Spaghetti Sauce Spaghetti Noodles Zucchini Tossed Green Salad Garlic Texas Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>Potato Crusted Pollock Crinkle Cut Fries Key Largo Vegetables Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup</p>	<p>Ground Beef Stroganoff over Egg Noodles Brussels Sprouts Parslied Carrots Cornbread Seasonal Fruit Chocolate Chip Cookie Milk Margarine Diet - Vanilla Crème Cookies</p>	<p>Sweet Chili Coconut Chicken Breast Jasmine Rice Whole Kernel Corn Mixed Green Salad Wheat Roll Tropical Fruit Cocktail Milk Margarine Ranch Salad Dressing</p>
<p><b>Closed for Martin Luther King Jr. Day</b></p>	<p>Beef Taco Soup Baked Potato Mixed Green Salad Tortilla Chips Mango Milk Sour Cream/Margarine Ranch Salad Dressing</p>	<p>Glazed Ham Sweet Potato Hash Cabbage Sliced Beets Cornbread Fluffy Fruit Salad Milk Margarine</p>	<p>Beef Shepherd's Pie Mixed Green Salad Dinner Roll Hot Spiced Fruit Milk Margarine Ranch Salad Dressing</p>
<p>Beef Patty Lettuce/Tomato/Onion/Pickle Tater Tots Hamburger Bun Apple Cherry Compote Milk Ketchup Mustard Diet - Hot Sliced Apples</p>	<p>Chicken Parmesan Penne Pasta Garden Vegetables Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine</p>	<p><b>National Corn Chip Day</b></p> <p>Beef Chili with Beans Baked Potato Mixed Green Salad Corn Chips Seasonal Fruit Banana Pudding Milk Ranch Salad Dressing Sour Cream</p>	<p>Baked Tilapia with Lemon Dill Sauce Brown Rice Broccoli and Cauliflower Mixed Green Salad Wheat Roll Brownie Seasonal Fruit Milk Margarine Ranch Salad Dressing Diet - Vanilla Crème Cookies</p>

# January Activities

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

1-Jan		2-Jan	
Closed for Holiday		Billiards 9:30 Bingo after Lunch	
6-Jan	7-Jan	8-Jan	9-Jan
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	Craft Class 1:00	Zions Way Hand & Neck Massage @ 11:00 Bingo after Lunch Knitting/Crochet 1:00
13-Jan	14-Jan	15-Jan	16-Jan
Yoga 10:00 Bridge 12:30 Writing Group 12:45	Tai Chi 10:00 Painting 1:00 Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00	Billiards 9:30 Living well with a Chronic Condition Class @ 1:00 Bingo after Lunch
20-Jan	21-Jan	22-Jan	23-Jan
Closed for Holiday	Tai Chi 10:00 Painting 1:00 Hand & Foot Cards after lunch	Craft Class 1:00	Billiards 9:30 Living well with a Chronic Condition Class @ 1:00 Bingo after Lunch Knitting/Crochet 1:00
27-Jan	28-Jan	29-Jan	30-Jan
Yoga 10:00 Virginia Bandy to perform @ Lunch Writing Group 12:45 Bridge 12:30	Tai Chi 10:00 Painting 1:00 Hand & Foot Cards after lunch	Craft Class 1:00	Billiards 9:30 Happy Anniversary/Birthday Celebration @ Lunch Living well with a Chronic Condition Class @ 1:00 Bingo after Lunch







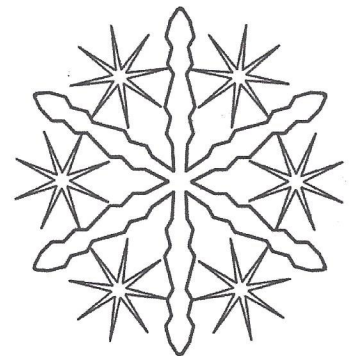
# Winter Word Search

**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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