

# Hurricane Senior Center

## July 2017 Newsletter



### **Calendar of Events**

July 3 – Cake Walk @ Lunch

July 4 – Closed for Holiday

July 5 – Jeannie Taylor to perform

July 5 – Blood Pressure/Sugar Screening

July 13 – Zions Way Hand/Neck Massage

July 19 – Blood Pressure/Sugar Screening

July 27 – Happy Birthday/Anniversary Celebration

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

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

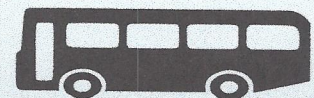
### **Dial-A-Ride Program**

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 10:30 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.



Volunteers needed to help here at the Senior Center. See the front desk if interested!



Interested in playing Chess?  
Please sign up at the front desk.



## AARP DRIVER SAFETY COURSE

AARP will be holding a Driver Safety Course at the Senior Center on July 13<sup>th</sup>

8:30am to 12:30pm

Please call the Senior Center to sign up.

## Monthly Events

**Dixie-Can-Do's Entertain** - 1<sup>st</sup> & 3<sup>rd</sup> Monday

**Jeanie Taylor to Entertain** - 1<sup>st</sup> Wednesday

**Living Wills and Trust Information available** - 2<sup>nd</sup> & 4<sup>th</sup> Monday @ 11:30am

**Encompass Home & Healthcare - Blood Pressure & Sugar 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

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

**Beginning Knitting** - 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm \$1

**Craft Class** - every Wed @ 12:30pm \$1

**Bingo 60+ Only** - every Thursday @ 12:30pm

**Bridge Group** - every Monday @ 12:30 \$.50

**Pinochle Group** - Tuesdays @ 12:30pm \$.50

**Skip Bo Card Group** - Tues & Thurs 10am \$.50

**Paint Club** - Tuesdays @ 1:00pm \$2

**Billiards** - Open daily 9am - 3:30pm

**Happy Birthday/Anniversary Celebration** - last Thursday of every month!

**COME JOIN US!**

# The Story of the Fourth of July

## The Declaration of Independence

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the **Declaration of Independence** and the birth of the United States of America as an independent nation.

But July 4, 1776 wasn't the day that the Continental Congress decided to declare independence (they did that on July 2, 1776).

It wasn't the day we started the American Revolution either (that had happened back in April 1775).

And it wasn't the day Thomas Jefferson wrote the first draft of the Declaration of Independence (that was in June 1776). Or the date on which the Declaration was delivered to Great Britain (that didn't happen until November 1776). Or the date it was signed (that was August 2, 1776).

### So what did happen on July 4, 1776?

The Continental Congress approved the final wording of the Declaration of Independence on July 4, 1776. They'd been working on it for a couple of days after the draft was submitted on July 2nd and finally agreed on all of the edits and changes.

July 4, 1776, became the date that was included on the Declaration of Independence, and the fancy handwritten copy that was signed in August (the copy now displayed at the National Archives in Washington, D.C.) It's also the date that was printed on the Dunlap Broadside, the original printed copies of the Declaration that were circulated throughout the new nation. So when people thought of the Declaration of Independence, July 4, 1776 was the date they remembered.

In contrast, we celebrate Constitution Day on September 17th of each year, the anniversary of the date the Constitution was signed, not the anniversary of the date it was approved. If we'd followed this same approach for the Declaration of Independence we'd be celebrating Independence Day on August 2nd of each year, the day the Declaration of Independence was signed!

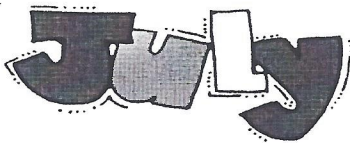
### How did the Fourth of July become a national holiday?

For the first 15 or 20 years after the Declaration was written, people didn't celebrate it much on any date. It was too new and too much else was happening in the young nation. By the 1790s, a time of bitter partisan conflicts, the Declaration had become controversial. One party, the Democratic-Republicans, admired Jefferson and the Declaration. But the other party, the Federalists, thought the Declaration was too French and too anti-British, which went against their current policies.

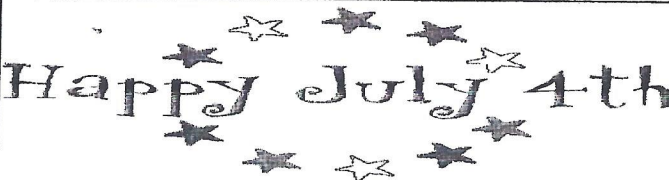
By 1817, John Adams complained in a letter that America seemed uninterested in its past. But that would soon change.

After the War of 1812, the Federalist Party began to come apart and the new parties of the 1820s and 1830s all considered themselves inheritors of Jefferson and the Democratic-Republicans. Printed copies of the Declaration began to circulate again, all with the date July 4, 1776, listed at the top. The deaths of Thomas Jefferson and John Adams on July 4, 1826, may even have helped to promote the idea of July 4 as an important date to be celebrated.

Celebrations of the Fourth of July became more common as the years went on and in 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognize several holidays, including Christmas. Further legislation about national holidays, including July 4, was passed in 1939 and 1941.

Monday	Tuesday	Wednesday	Thursday
<b>3</b> <b>Independence Day</b> Beef Chili Dog on Bun Baked Beans Coleslaw Apple Blueberry Crisp Diet - Apple Slices	<b>4</b> <b>Closed for Holiday</b>	<b>5</b> <b>Herb Roasted Pork Loin</b> Roasted Red Potatoes Parslied Carrots Cucumber Salad Mandarin Oranges	<b>6</b> <b>Homemade Meatloaf</b> Brown Gravy Whipped Potatoes Creamed Peas Mixed Green Salad Tropical Fruit
<b>10</b> <b>Turkey Noodle Bake</b> Green Beans Mixed Green Salad Hot Spiced Pears	<b>11</b> <b>Italian Sausage Sandwich</b> Marinara sauce w/peppers & onions Potato Wedges Coleslaw Seasonal Fruit	<b>12</b> <b>Beef Taco Salad</b> Shredded Cheese Mexican Rice Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Diet - Fruited Gelatin	<b>13</b> <b>Crispy Baked Chicken</b> Scalloped Potatoes Glazed Carrots Three Bean Salad Seasonal Fruit
<b>17</b> <b>Salisbury Steak w/Onion Gravy</b> Garlic Whipped Potatoes Zucchini w/Tomatoes Mixed Green Salad Seasonal Fruit	<b>18</b> <b>Chicken Fried Rice</b> Japanese Vegetable Blend Seasoned Cabbage Citrus Fruit Cup	<b>19</b> <b>Ham &amp; Cheese Sandwich</b> Lettuce/Tomato/Onion Broccoli Slaw Peaches & Cottage Cheese Strawberry Shortcake Cookie Diet - Vanilla Wafers	<b>20</b> <b>Pioneer Day</b> <b>Polish Sausage on Bun</b> Sauerkraut and Apples Baked Beans Potato Salad Heavenly Coconut Pudding Diet - Chocolate Pudding
<b>24</b> <b>Closed for Holiday</b>	<b>25</b> <b>Beef Pot Roast w/Brown Gravy</b> Roasted Potatoes Carrots with Celery Mixed Green Salad Pineapple Lime Whip Diet - Chocolate Pudding	<b>26</b> <b>Potato Crusted Pollock</b> Macaroni and Cheese California Vegetable Blend Coleslaw Applesauce	<b>27</b> <b>Country Fried Steak</b> Country Gravy Whipped Potatoes Peas and Carrots Mixed Green Salad Seasonal Fruit
<b>31</b> <b>Honey Lime Chicken</b> Rice Florentine Fiesta Vegetable Blend Coleslaw Peaches			<i>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. Milk and bread served with all meals. Salad bar available every day in dining room.</i>

## July Activities

3-Jul	4-Jul	5-Jul	6-Jul
Cake Walk @ Lunch Bridge 12:30-3:30	Closed for Holiday	Blood Pressure/Sugar 11:00-12:00 Jeannie Taylor to perform Craft Class 1:00-3:00	Billiards 9:30-11:00 Skip Bo 10:00 Bingo after Lunch
10-Jul Living Wills & Trusts 11:30 Chyrrel to play piano Bridge 12:30-3:30	11-Jul Skip Bo 10:00 Cards 1:00 Painting Club 1:00	12-Jul Craft Class 1:00-3:00	13-Jul Skip Bo 10:00 Zions Way Hand/Neck Massage 11:00-12:00 Bingo after Lunch Knitting/Crochet 1:00
17-Jul Dixie Can Do's to perform @ Lunch Bridge 12:30-3:30	18-Jul Skip Bo 10:00 Cards 1:00 Painting Club 1:00	19-Jul Blood Pressure/Sugar 11:00-12:00 Pharmacist @ Lunch Craft Class 1:00-3:00	20-Jul Billiards 9:30-11:00 Skip Bo 10:00 Bingo after Lunch
24-Jul Closed for Holiday	25-Jul Skip Bo 10:00 Cards 1:00 Painting Club 1:00	26-Jul Craft Class 1:00-3:00	27-Jul Billiards 9:30-11:00 Skip Bo 10:00 Bingo after Lunch Happy B-day/Anniversary Cake & Ice Cream Knitting/Crochet 1:00
31-Jul Bridge 12:30-3:30			

## July #1 What is the Medicare Part D penalty?

The late enrollment penalty is an amount added to your Medicare Part D monthly premium if you had been eligible for a Part D plan but chose not to enroll in one.

You may owe a late enrollment penalty if, for any continuous period of 63 days or more after your Initial Enrollment Period is over (3 months after your 65<sup>th</sup> birthday), you go without one of these:

- A Medicare Prescription Drug Plan (Part D)
- A Medicare Advantage Plan (Part C) (like an HMO or PPO)
- Another Medicare health plan that offers Medicare prescription drug coverage
- Creditable prescription drug coverage (Employer coverage and VA coverage fall into this category)

The cost of the late enrollment penalty depends on how long you went without Part D or creditable prescription drug coverage.

Medicare calculates the penalty by multiplying 1% of the "national base beneficiary premium" (\$35.63 in 2017) times the number of full, uncovered months you didn't have Part D or creditable coverage. The monthly premium is rounded to the nearest \$.10 and added to your monthly Part D premium.

The national base beneficiary premium may increase each year, so your penalty amount may also increase each year.

After you join a Medicare drug plan, the plan will tell you if you owe a penalty and what your premium will be. In general, you'll have to pay this penalty for as long as you have a Medicare drug plan.

July #2

## How fast will identity thieves use stolen info?

If you've been affected by a data breach, or otherwise had your information hacked or stolen, you've probably asked yourself, "What happens when my stolen information is made public?" At the FTC's Identity Theft workshop, Office of Technology staff reported on research they did to find out.

First, they created a database of information about 100 fake consumers. To make the information realistic, they used popular names based on Census data, addresses from across the country, email addresses that used common email address naming conventions, phone numbers that corresponded to the addresses, and one of three types of payment information (an online payment service, a bitcoin wallet or a credit card).

They then posted the data on two different occasions on a website that hackers and others use to make stolen credentials public. The criminals were quick to pounce. After the second posting, it took only **nine minutes** before crooks tried to access the information.

In total, there were over 1,200 attempts to access the email, payment and credit card accounts. The identity thieves tried to use our fake consumers' credit cards to pay for all sorts of things, including clothing, games, online dating memberships and pizza.

The research shows that Identity thieves are actively looking for any consumer credentials they can find: if your account data becomes public, they will use it.

So what can you do to limit your risk? Well, in this study, two-factor authentication prevented thieves from gaining access to the accounts. Two-factor authentication is a process that requires both your password and an additional piece of information (such as a code sent to your phone). Because these thieves did not have access to the second factor, they were unable to access the accounts. It's not a cure-all, but it can help.