

Hurricane Senior Center

July 2018 Newsletter



July 4 – Closed for 4th of July Holiday

July 9 – Movie of the Month

“Independence Day”

July 12 – Zions Way Hand & Neck Massage

July 18 – Blood Pressure/Sugar Screening

July 18 – Hurricane Family Pharmacy

Presentation

July 24 – Closed for 24th of July Holiday

July 25 – Bereavement Support Group

July 26 – 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

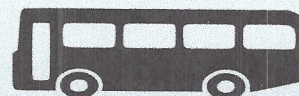
Dial-A-Ride Program

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. 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 & Sugar 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 Class – every Mon @ 12:30pm

Skip Bo – every Tues & Thurs @ 10:30am

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

Crochet Class – 2nd & 4th Thurs @ 1:00pm \$1

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

Craft Class – every Wed @ 12:30pm \$1

Bereavement Support Group– Last Wed @ 2:00

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

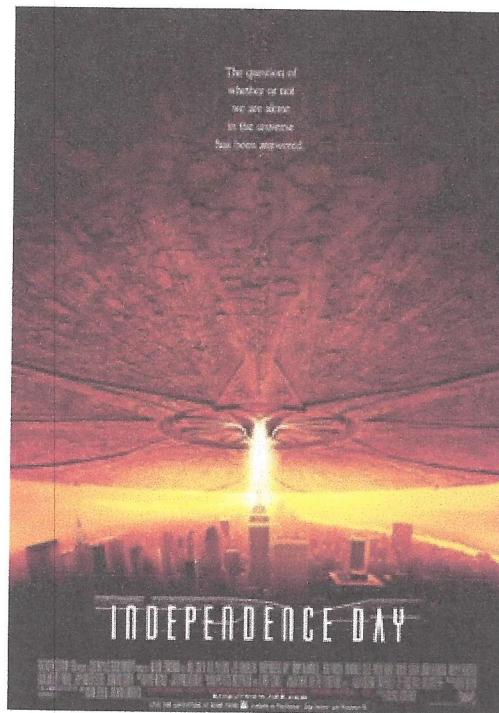
Bridge Group – every Monday @ 12:30 \$.50

Paint Club – Tuesdays @ 1:00pm \$2 (Not during summer months)

Billiards – Open daily 9am – 3:30pm

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

COME JOIN US!



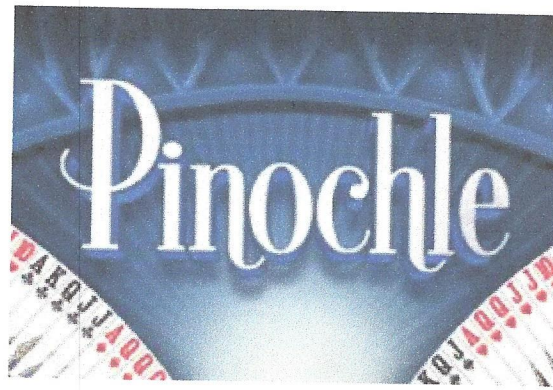
INDEPENDENCE DAY

Starring: Jeff Goldblum, Will Smith, Bill Pullman, Vivica A. Fox

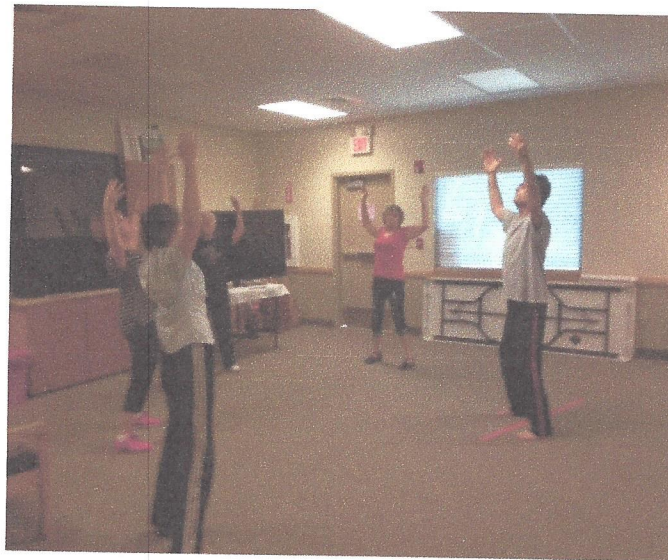
"In the epic adventure film 'Independence Day,' strange phenomena surface around the globe. The skies ignite. Terror races through the world's major cities. As these extraordinary events unfold, it becomes increasingly clear that a force of incredible magnitude has arrived, its mission: total annihilation over the Fourth of July weekend. The last hope to stop the destruction is an unlikely group of people united by fate and unimaginable circumstances."

Come join us for the movie of the month. After lunch on Monday, July 9th.

Free popcorn.



Would you like to play Pinochle? We would like to start a Pinochle group here at the center. If you are interested, please sign up at the front desk.



Tai Chi? We are hoping to start a Tai Chi class here at the Senior Center. If you would be interested in being an instructor, please talk to Downna. (Training is paid for and we offer mileage reimbursement & supplemental liability insurance while volunteering.)

July Message 1

What is Extra Help?

Extra Help is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. It is also known as the Part D Low-Income Subsidy (LIS). If you live in Utah and your monthly income is up to \$1,538 in 2018 (\$2,078 for couples), and your assets are below \$14,100 (\$28,150 for couples), you may be eligible for Extra Help. Note: These limits include a \$20 income disregard that the Social Security Administration (SSA) automatically subtracts from your monthly unearned income.

Even if your income or assets are above the eligibility limits, you could still qualify for Extra Help because certain types of assets and income may not be counted, in addition to the \$20 mentioned above. For example, your primary residence and your vehicle are not considered assets for the purposes of determining Extra Help eligibility.

If you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements.

The Extra Help Program offers the following benefits:

- Pays for your Part D premium up to a state-specific benchmark amount
- Lowers the out-of-pocket cost of your prescription drugs
- Gives you a monthly Special Enrollment Period (SEP) to enroll in a Part D plan or switch between plans in 2018.
- Eliminates any Part D late enrollment penalty (LEP) you may have if you delay Part D enrollment.

Depending on your income and assets, you may qualify for either full or partial Extra Help. Either way, the program provides substantial assistance with the cost of your drugs. To receive such assistance, your prescriptions should be on your plan's formulary, and you should use pharmacies in your plan's network.

Remember that Extra Help is not a replacement for a Part D plan on its own: You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help assistance. If you do not choose a plan, you will in most cases be automatically enrolled in one.

If you are eligible for Extra Help and have other creditable drug coverage (like Veterans Affairs drug coverage or a retiree plan), you should evaluate your costs and coverage to decide whether to enroll in Part D and Extra Help or to keep your current drug coverage. Be sure to ask your former employer or union if you can get a Part D plan without losing the retiree benefits you want to keep, and check if disenrolling from retiree drug coverage makes you ineligible for other

retiree health benefits. If you cannot have Part D and your retiree benefits, or if keeping both is not cost-effective, think carefully about whether you should get a Part D plan, especially if your retiree plan also covers your spouse or dependents. If you later want Part D, you will have a two-month SEP after your creditable coverage ends.

Those with Medicaid and certain kinds of employer, union, or retiree drug coverage may in some cases not be enrolled in Extra Help or can ask not to be enrolled. Contact your local Medicaid office to learn how to decline automatic enrollment in Part D without losing your Medicaid coverage. If you later want Part D, you can enroll at any time without penalty if you are still enrolled in Medicaid or eligible for Extra Help.

July Message 2

How can I use my Medicare Summary Notice or Explanation Of Benefits to protect myself against Medicare fraud?


Medicare fraud occurs when someone knowingly deceives Medicare to receive payment when they should not, or to receive higher payment than they should. A provider commits fraud if they knowingly:

- Bill Medicare for services you never received
- Bill Medicare for services that are different from the ones you received (usually more expensive)
- Continue to bill Medicare for rented medical equipment after you have returned it
- Offer or perform services that you do not need in order to charge Medicare for more services
- Tell you that Medicare will pay for something when it will not
- Use another person's Medicare number or card

Since your MSN and/or EOB lists all of the items and services for which your provider billed Medicare or your Medicare health or drug plan, you can use it to ensure that they are only billing for the procedures you actually received. Keep a calendar or list of your doctors' appointments and services and check it against your MSN or EOB when you receive it. If there are any services listed that you did not receive, or any providers whose names you do not recognize, you should call the provider's billing department right away to check if an error has been made.

You can also compare your EOB or MSN with bills you have received from or amounts you have paid at your pharmacy or provider's office. If your provider charged you for more than the amount listed in the "maximum you may be billed" section of your MSN or the "Your Share" section of your EOB, you should contact your provider's office or your plan to see if there has been a mistake. To report fraud, contact 1-800-MEDICARE and your local Senior Medicare Patrol (SMP).

Monday	Tuesday	Wednesday	Thursday
2 Turkey Stew Red Potatoes Carrots with Celery Beet Salad Biscuit Tropical Fruit	3 <u>Independence Day Holiday Meal</u> Hamburger on Bun Lettuce, Tomato, & Onion Pickle Spear Twice Whipped Potatoes Michele's Fruit Salad Brownie Diet - Vanilla Wafers	4 <u>Closed for Holiday</u> 	5 Homemade Meatloaf Brown Gravy Whipped Potatoes Creamed Peas Mixed Green Salad Seasonal Fruit
9 <u>Chicken & Waffles w/Syrup</u> Chicken Tenders Waffle Pancake Syrup Mixed Vegetables Mixed Green Salad Seasonal Fruit	10 <u>Beef Taco Salad</u> Beef Chili w/Beans Shredded Cheese Brown Spanish Rice Lettuce, Tomato, & Onion Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Taco Sauce Sour Cream Diet - Fruited Gelatin	11 Bratwurst on Hoagie Marinara Sauce with Peppers and Onions Coleslaw Seasonal Fruit	12 Turkey Noodle Bake Green Beans Mixed Green Salad Hot Spiced Pears
16 Potato Crusted Pollock Au Gratin Potatoes California Vegetable Blend Coleslaw Applesauce	17 Pork Fried Rice Japanese Vegetable Blend Napa Cabbage Citrus Fruit Cup	18 Sliced Turkey & Swiss on Rye Bread Lettuce/Tomato/Onion Green Pea Salad Peaches w/Cottage Cheese Strawberry Shortcake Cookie Diet - Vanilla Wafers	19 Swiss Steak Garlic Whipped Potatoes Glazed Baby Carrots Mixed Green Salad Seasonal Fruit
23 <u>Pioneer Day Holiday Meal</u> Bratwurst on Bun Sauerkraut and Apples Potato Salad Seasonal Fruit Ranger Cookie Diet - Vanilla Wafers	24 <u>Closed for Holiday</u> 	25 Asian Noodle Chicken Salad Sugar Snap Peas Cabbage and Carrots Wonton Strips Seasonal Fruit Mandarin Orange Whip Diet - Fruited Gelatin	26 Country Fried Steak Country Gravy Whipped Potatoes Green Beans Mixed Green Salad Tropical Fruit
30 Meatballs w/Spaghetti Sauce Whole Grain Spaghetti Zucchini Mixed Green Salad Garlic Texas Bread Hot Cinnamon Applesauce	31 Honey Lime Chicken Rice Florentine Fiesta Vegetable Blend Coleslaw Seasonal Fruit		<p><i>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</i></p> <p>Milk and bread served with all meals.</p> <p>Salad bar available every day in dining room.</p>

2-Jul	3-Jul	4-Jul	5-Jul
Dixie Can Do's	Skip-Bo 10:30	Closed for Holiday	Billiards 9:30
Bridge 12:30	Hand & Foot Card Game 12:30	Happy 4th!	Skip Bo 10:30
Writing Class 12:30			Bingo after Lunch
9-Jul	10-Jul	11-Jul	12-Jul
Movie after lunch "Independence Day"	Skip-Bo 10:30	Craft Class 1:00-3:00	Billiards 9:30
Bridge 12:30	Hand & Foot Card Game 12:30		Skip Bo 10:30
Writing Class 12:30			Zions Way Hand/Neck Massage 11:00-12:00
			Bingo after Lunch
			Knitting/Crochet 1:00
16-Jul	17-Jul	18-Jul	19-Jul
Dixie Can Do's	Skip Bo 10:30	Blood Pressure/Sugar 11:00-12:00	Billiards 9:30
Bridge 12:30	Hand & Foot Card Game 12:30	Hurricane Family Pharmacy @ Lunch	Skip Bo 10:30
Writing Class 12:30		Craft Class 1:00-3:00	Bingo after Lunch
23-Jul	24-Jul	25-Jul	26-Jul
Bridge 12:30	Closed for Holiday	Craft Class 1:00-3:00	Billiards 9:30
Writing Class 12:30	Happy Pioneer Day	Bereavement Support Group 2:00	Skip Bo 10:30
			Happy Birthday/Anniversary Cake & Ice Cream
			Bingo after Lunch
			Knitting/Crochet 1:00
30-Jul	31-Jul		
Bridge 12:30	Skip Bo 10:30		
Writing Class 12:30	Hand & Foot Card Game 1:00		

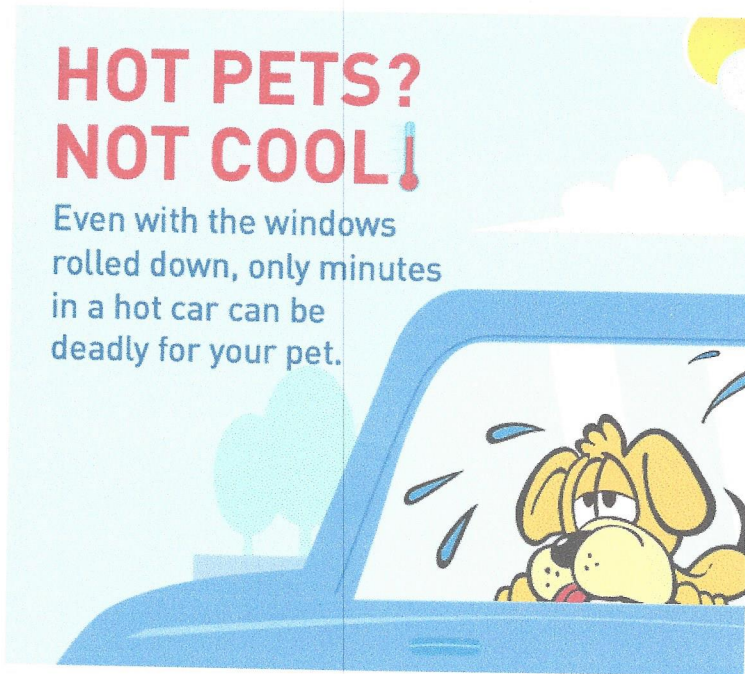


Summer is here! Be heat safe!



HOT PETS? NOT COOL!

Even with the windows
rolled down, only minutes
in a hot car can be
deadly for your pet.



[READY.GOV/PETS](https://www.ready.gov/pets)

Source: FEMA News Photo

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none">Get to a cooler, air conditioned placeDrink water if fully consciousTake a cool shower or use cold compresses		CALL 9-1-1 Take immediate action to cool the person until help arrives

[WeatheringHeat](https://www.weather.gov/socialmedia/WeatheringHeat)

Source: weather.gov/socialmedia

July Fun Facts!

1. Contrary to popular belief, only two Founding Fathers signed the Declaration of Independence on July 4, 1776. The majority of signers penned their signatures on August 2, 1776.
2. The holiday does not celebrate the signing of the Declaration; it celebrates the adoption of the Declaration of Independence by the Second Continental Congress.
3. In a now-famous letter to his wife, Abigail, dated July 3, 1776, John Adams made a prediction that the "Second Day of July" would be celebrated as American Independence Day, since the Congress had actually voted to sever ties with Great Britain the day before.
4. Independence Day became a federal holiday in 1870.
5. Other countries, including Denmark, England, Norway, Portugal and Sweden also celebrate the Fourth of July as a way to bring in American tourists.
6. Our country now boasts 318.9 million citizens, but on the first Fourth of July there were only 2.5 million.
7. The original draft of the Declaration of Independence was lost.
8. The back of the Declaration of Independence says, "Original Declaration of Independence dated 4th July 1776."
9. The Pennsylvania Evening Post was the first newspaper to print the Declaration on July 6, 1776. <http://www.rfdtv.com/story/32328872/4th-of-july-fun-facts>

*Three US presidents have died on July 4 — John Adams, Thomas Jefferson, and James Monroe. In a bizarre twist of fate, Adams and Jefferson both died on July 4, 1826, the fiftieth anniversary of the country they helped found.

**Americans consume around 155 million hot dogs on the Fourth of July each year. They also spend \$92 million on chips, \$167.5 million on watermelon, and \$341.4 million on beer.



LIBERTY
PARADE
BRITISH
EAGLE

WASHINGTON
REVOLUTION
BATTLE
MARCH

ANTHEM
FIFE
TORIES
FIREWORKS