

# Hurricane Senior Center

## July 2019 Newsletter



July 1 & 15 – Dixie Can Do's to perform @ Lunch

July 1 – Speechreading Class starting

July 3 – July 4th Luncheon-Closed the 4th

July 3 & 17 – Blood Pressure Screening

July 11 – Zions Way Hand & Neck Massage

July 17 – Hurricane Family Pharmacy

Presentation @ Lunch

July 18 – Roger Dean to perform @ Lunch

July 23 – July 24th Luncheon-Closed the 24th

July 25 – Happy Birthday/Anniversary

Cake & Ice Cream

July 29 – 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

**Exercise Class** – every Mon @ 10:30am

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

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

**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**

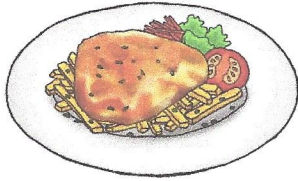
**Bridge Group** – every Monday @ 12:30

**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!



## Thrift Store Sale

July 8<sup>th</sup>-11<sup>th</sup>

1/2 off Storewide Sale!



**FREE!**

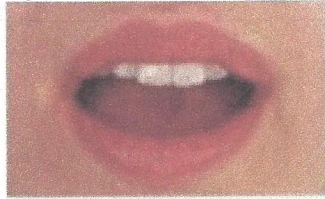
# Beginning **SPEECHREADING COURSE**

Southern Utah Deaf and Hard of Hearing Program is offering a Speechreading course for anyone wanting to learn or improve lipreading techniques.

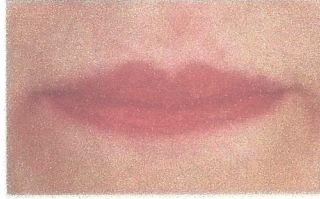
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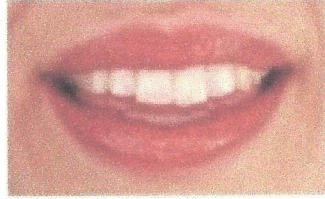
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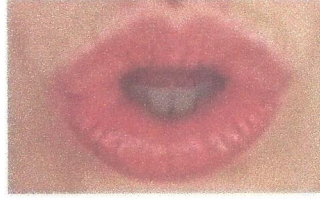
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**Mondays & Wednesdays, July 1 - September 11, 2019**

**10:30 a.m. - 11:30 a.m.**

**Hurricane Senior Center  
95 N. 300 W. | Hurricane, UT**

*No classes held on holidays*

Please contact **Melanie Walker** at **435-652-2452** or  
**melaniewalker@utah.gov** to register or for more information.

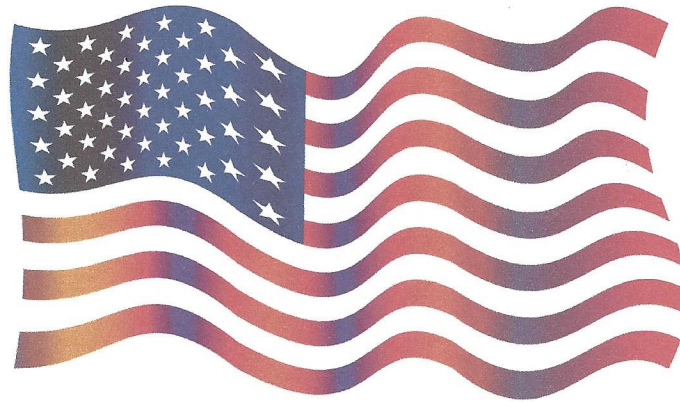


*Equal Opportunity Employer/Program*

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.

Photo source: blog.daraz.pk





## VA Healthcare and Medicare

If you served in the military and are covered under Veterans Healthcare, you can have both Medicare and VA benefits. But it is important to keep in mind that Medicare and VA benefits do not work together. Medicare does not pay for any care that you receive at a VA facility. For Medicare to cover your care, you must receive care at a Medicare-certified facility that works with your Medicare coverage. VA benefits will not pay for Medicare cost-sharing (deductibles, copayments, coinsurances) or lower your Medicare premiums.

When you become eligible for Medicare, you must decide if you will apply for Medicare coverage. Some choose to enroll in Medicare Part A, which covers In-patient hospitalization because it's premium-free but turn down Part B because of the additional monthly premium. If you want to enroll in Medicare in the future, you may face penalties and would likely have to wait to enroll during the General Enrollment Period (GEP). You will not be eligible for the Part B Special Enrollment Period (SEP) if you delay Medicare enrollment.

If you decide to enroll in Part B, you should do so during your Initial Enrollment Period, the 7 month period beginning three months before your 65th birthday. Enrolling in Part B provides you with the flexibility of getting health care outside the VA system. Also, you may qualify for programs to help pay the Part B premium and Medicare cost-sharing. Remember that you can keep your VA health benefits to get coverage for health care services and items not covered by Medicare, such as over-the counter medications, annual physical exams, and hearing aids.

Medicare Part D covers prescription drugs at the pharmacy and they cost on average around \$35 a month. Most Vets do not select a Medicare Prescription Drug Plan as they have prescription drug coverage from the VA that covers most prescriptions at a lower copay. The good news is if you choose not to enroll in Part D when you are first eligible you can still enroll in Part D without paying a penalty. VA drug coverage is considered creditable coverage. You just have to wait for the Part D Open Enrollment Period between October and December of each year.

As with any healthcare coverage, fraud can occur within the VA system. Always count your pills when you receive a prescription, protect your healthcare card and review any Explanations of Benefits you receive.

For more information contact your local SHIP at 435-673-3548.

## **Emergency and Urgently Needed Services**

**Emergency services** are covered inpatient and outpatient services that you receive from a provider who is qualified to provide emergency services that are needed to evaluate or treat an emergency medical condition. An emergency medical condition has symptoms that are severe enough that someone with an average knowledge of health and medicine could reasonably expect your health to be in serious danger if you do not get immediate medical attention.

**Urgently needed services** are covered services that are not emergency services but are medically necessary and immediately required because of an unexpected illness, injury, or condition. If your condition was not an emergency but appeared to be an emergency at the time, Original Medicare or your Medicare Advantage Plan must still cover your care. For example, let's say you have chest pain and think you are having a heart attack. If you go to the emergency room and doctors discover that your pain is caused by heartburn, your care should still be covered because the situation appeared to be an emergency.

Remember that you have the right to appeal if your plan denies coverage. If you need help appealing, you can contact your State Health Insurance Assistance Program (SHIP).

In some cases, emergency room and urgent care providers bill for services that were not provided. Be sure to check your Medicare Summary Notice or Explanation of Benefits for services you did not receive. If you notice a mistake, contact the provider. If they do not want to correct it, contact the Senior Medicare Patrol for assistance.



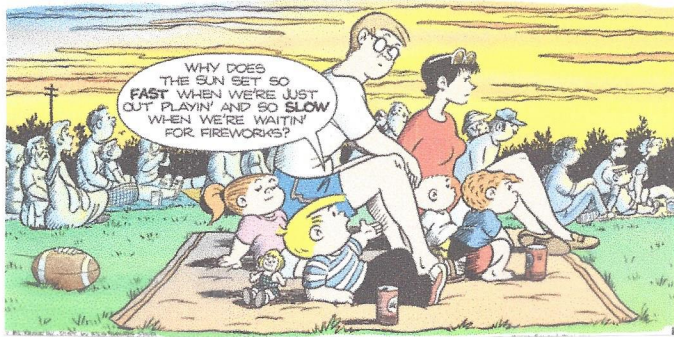
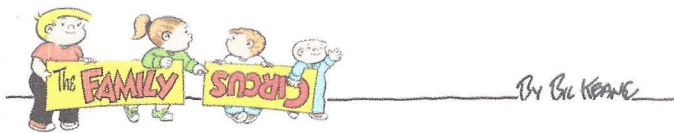
# July Activities

95 N. 300 W. Hurricane 435-635-2089			
1-Jul	2-Jul	3-Jul	4-Jul
Speechreading Class 10:30-11:30 Dixie Can Do's to perform @ lunch Bridge 12:30	Painting 1:00 Hand & Foot Cards after lunch	Speechreading Class 10:30-11:30 Blood Pressure 11:00-12:00 Craft Class 1:00-3:00	Closed for Holiday
Speechreading Class 10:30-11:30 Bridge 12:30 Writing Group 12:30	Painting 1:00 Hand & Foot Cards after lunch	Speechreading Class 10:30-11:30 Craft Class 1:00-3:00	Zions Way Hand & Neck Massage @ 11:00 Bingo after Lunch Knitting/Crochet 1:00-18-Jul
15-Jul Dixie Can Do's to perform @ lunch Speechreading Class 10:30-11:30 Bridge 12:30	16-Jul Painting 1:00 Hand & Foot Cards after lunch	17-Jul Speechreading Class 10:30-11:30 Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00-3:00 Bereavement 2:30	18-Jul Billiards 9:30 Bingo after Lunch
22-Jul Speechreading Class 10:30-11:30 Bridge 12:30 Writing Group 12:30	23-Jul Painting 1:00 Hand & Foot Cards after lunch	24-Jul Closed for Holiday	25-Jul Billiards 9:30 Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch Knitting/Crochet 1:00
29-Jul Speechreading Class 10:30-11:30 Virginia Bandy to perform @ lunch Bridge 12:30	30-Jul Painting 1:00 Hand & Foot Cards after lunch	31-Jul Speechreading Class 10:30-11:30 Craft Class 1:00-3:00	Happy July 4th

\*Thrift Store is Open Mon-Thurs 11:30 am to 2:30 pm\*



hemark.com



HURRICANE SENIOR CENTER 95 N. 300 W. 435-635-2089 JULY 2019			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Beef Taco Salad Beef Chili w/Beans Shredded Cheese Brown Spanish Rice Tossed Salad Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Milk Sour Cream Diet - Fruited Gelatin	2 Turkey Stew Red Potatoes Carrots with Celery Beet Salad Biscuit Tropical Fruit Milk Margarine	3 <b>INDEPENDENCE DAY MEAL</b> Beef Patty Lettuce, Tomato, and Onion Pickle Spear Crinkle Cut Fries Whole Wheat Hamburger Bun Peach Crisp Milk Ketchup   Mayonnaise   Mustard Diet - Hot Spiced Peaches	4 Closed for Independence Day
8 Honey Lime Chicken Rice Florentine Fiesta Vegetable Blend Coleslaw Wheat Roll Seasonal Fruit Milk Margarine	9 Sloppy Joe Tater Tots Broccoli Whole Wheat Hamburger Bun Seasonal Fruit Milk Ketchup	10 Pizza Casserole Italian Vegetable Blend Spinach Salad Breadstick Grapes Milk Salad Dressing	11 Pulled BBQ Chicken Baked Beans Chuckwagon Corn Macaroni Salad Whole Wheat Hamburger Bun Seasonal Fruit Milk
15 Potato Crusted Pollock Au Gratin Potatoes California Vegetable Blend Coleslaw Wheat Roll Applesauce Milk Margarine   Tartar Sauce	16 Pork Fried Rice Japanese Vegetable Blend Napa Cabbage Wheat Roll Citrus Fruit Cup Milk Margarine	17 Sliced Turkey Breast Swiss Cheese Lettuce/Tomato/Onion Green Pea Salad Rye Bread (2) Peaches w/Cottage Cheese Strawberry Shortcake Cookie Milk Mayonnaise   Mustard Diet - Vanilla Wafers	18 Swiss Steak Garlic Whipped Potatoes Glazed Baby Carrots Mixed Green Salad Bread Pudding Seasonal Fruit Milk Margarine   Salad Dressing
22 Turkey Noodle Bake Green Beans Mixed Green Salad Wheat Roll Hot Spiced Peas Milk Margarine   Salad Dressing	23 <b>PIONEER DAY MEAL</b> Bratwurst Sauerkraut and Apples Potato Salad Whole Wheat Hot Dog Bun Seasonal Fruit Sugar Cookie Milk Mustard   Ketchup Diet - Vanilla Wafers	24 Closed for Pioneer Day	25 Glazed Ham Maple Roasted Sweet Potatoes Garden Vegetable Blend Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine   Salad Dressing
29 Meatballs with Spaghetti Sauce Whole Grain Spaghetti Zucchini Mixed Green Salad Garlic Texas Bread Hot Cinnamon Applesauce Milk Margarine   Salad Dressing	30 Hawaiian Chicken Haystack Broccoli Pineapple Tidbits Milk	31 Potato Crusted Pollock Lettuce, Tomato, and Onion Sweet Potato Fries Coleslaw Whole Wheat Hamburger Bun Peach Crisp Milk Ketchup Diet - Hot Peaches	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.

## 10 Things You Didn't Know About the Fourth of July



1. THE DECLARATION WASN'T SIGNED ON JULY 4 (OR IN JULY AT ALL).
2. THE FIRST CELEBRATIONS WEREN'T MUCH DIFFERENT THAN TODAY'S
3. EATING SALMON ON THE FOURTH IS A TRADITION IN NEW ENGLAND.
4. MASSACHUSETTS WAS THE FIRST STATE TO RECOGNIZE THE HOLIDAY.
5. THE OLDEST ANNUAL FOURTH OF JULY CELEBRATION IS HELD IN BRISTOL, RHODE ISLAND.
6. AND THE SHORTEST PARADE IS IN APTOS, CALIFORNIA.
7. THERE ARE AROUND 15,000 INDEPENDENCE DAY FIREWORKS CELEBRATIONS EVERY YEAR.
8. WE'LL EAT AN OBSCENE AMOUNT OF HOT DOGS.
9. AND WE'LL SPEND BILLIONS ON FOOD.
10. THREE PRESIDENTS HAVE DIED, AND ONE WAS BORN, ON THE FOURTH.

Feeling out of sorts? Or maybe you're just having a bad day. Here is a list of things to do that can help you feel better and change your mood.

1. Enjoy a nice meal. 2. Learn to cook.
3. Listen to your favorite music. 4. Play an instrument.
5. Sing. 6. Gather with old friends. 7. Take a walk in the park.
8. Go hiking. 9. Read a novel. 10. Watch a movie you like.
11. Give yourself a lazy day. 12. Play board games with your friends.
13. Have a candlelight dinner with your spouse.
14. Play with your pet. 15. Read the comics.
16. See beautiful pictures. 17. Read inspiring quotes.
18. Learn to paint. 19. Read a favorite book.
20. Exercise with friends. 21. Watch funny videos.
22. Play with kids. 23. Call an old friend.
24. Have a cup of something hot and delicious.
25. Get a massage. 26. Go to a museum. 27. Go to a theater.
28. Watch the sunrise or sunset. 29. Take pictures.
30. Browse your photo album for your treasured memories.

# 4<sup>TH</sup> OF JULY WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	