

Hurricane Senior Center

July 2020 Newsletter



Our Center has re-opened for activities. There will be some changes here that we hope are temporary. We will still not be having lunch in the dining room, however, meals can still be purchased for a \$3.00 donation from 11:30-12:30 at the North-west side of the building. No need to exit your vehicle, we will bring the meals out to you. Lunch includes a frozen entrée and a cold side (salad, fruit, etc.) We accept checks or cash (exact change would be helpful). The Dial-A-Ride and Meals on Wheels program will continue to function as usual. We have had to cancel some of our activities and classes. Please call to see if your favorite activity has been impacted. At all times, please keep a six-foot distance between you and other people. We are taking temperatures with a scanner when people enter the building to ensure that everyone is healthy, and stays healthy!

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 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 Entertainment – 1st & 3rd Monday

Encompass Home & Health – Blood Pressure checks – 1st & 3rd Wednesday @ 11:00am-12:00pm

Hurricane Family Agency – Presentation 3rd Wednesday

Zions Way – Hand & Neck Massages – 2nd Thursday @ 11:00am – 12:00pm

Tai Chi Class – every Tues & Thurs @ 10:00am

Writing Group – 2nd & 4th Mon @ 12:30pm

Yoga Class – every Mon @ 10:00am

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 Wednesday @ 1:00pm

Bereavement Support – last Wed @ 2:30pm

Bingo 60+ Only – 1st & 3rd Friday @ 12:30pm

*Bingo is free + 100+ only

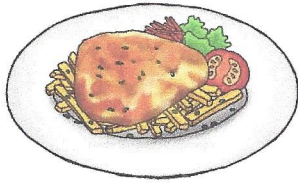
Bridge Group – 1st Monday @ 12:30pm

Paint Group – 1st & 3rd Friday @ 1:00pm (Not during summer)

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



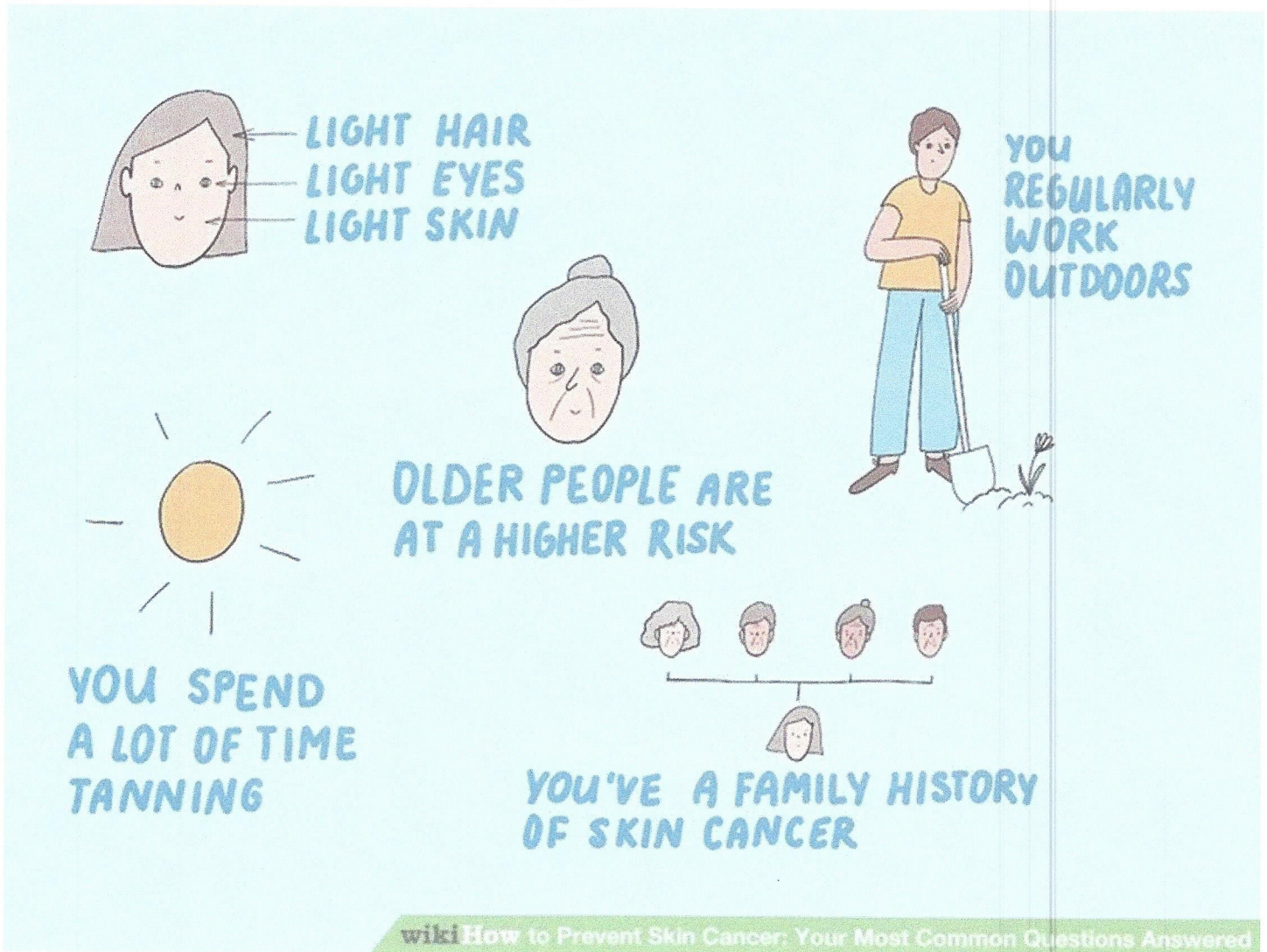
FOCUS ON ***DIAL A RIDE***

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.

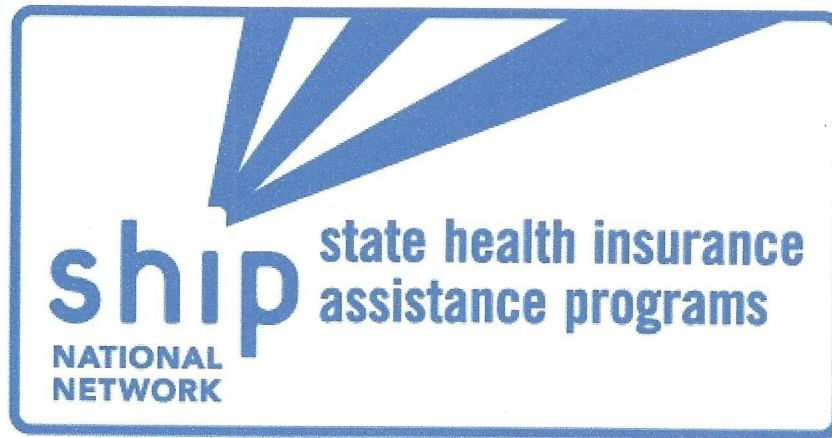
NOTE: Please allow a 15 minute window on either side of your requested Pickup time.

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!



Skin Cancer: Summer is here and for many, that means more time under the sun. But seniors are at high risk for sun problems, like skin cancer due to past sunburns, increasingly fragile skin and medication interactions. Each year, more people are diagnosed with skin cancer than any other types of cancer with one in five being affected by age 70. Experts disagree on how often skin cancer screenings are necessary, but Medicare will only cover a skin cancer screening if it is medically necessary, not as a preventive measure. If you need a skin cancer screening, expect to pay your normal cost-sharing amount.

If you are diagnosed with skin cancer, Medicare will cover the treatment under normal Medicare cost sharing, using Part B for any outpatient treatment, Part A for inpatient treatment and Part D for any medication taken at home. If you have questions about how Medicare covers skin cancer or have other questions about Medicare, contact a SHIP counselor at (435)673-3548

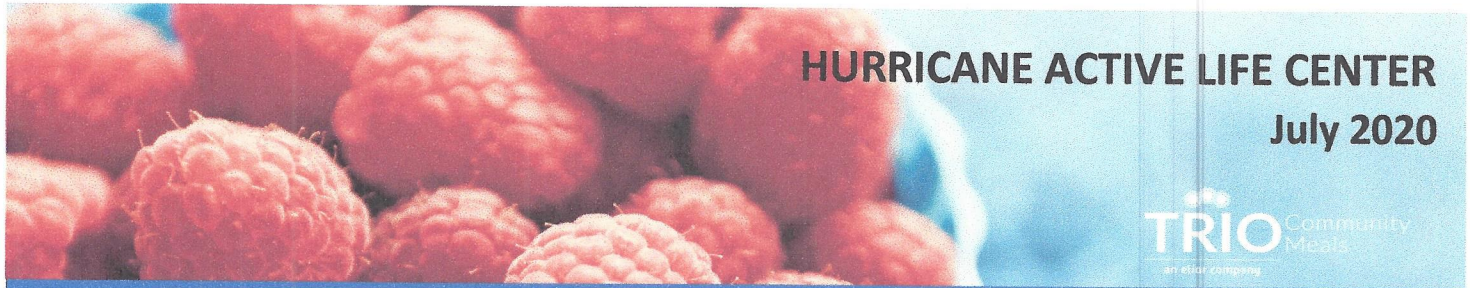


LOCAL HELP FOR PEOPLE WITH MEDICARE

Medicare Preventive Health Benefits: Prior to 2011, very few preventive benefits were fully covered by Medicare. The preventive benefits that were covered were still subject to the normal 20% coinsurance. Over the last 10 years, Medicare has expanded its preventive benefits significantly, now offering a wide variety of preventive benefits at no cost. Bone Mass Measurements, many Cancer Screenings, Cardiovascular screenings, diabetes screenings, many vaccines, annual Wellness Visits and more are now covered at no cost. The frequency of these tests depends on the service and your risk level. You can use your MyMedicare account to track when you had preventive services and when you are next eligible. You can find out more about Medicare Preventive benefits by calling a SHIP counselor with the Area Agency on Aging – Five County at (435) 673-3548.

HURRICANE ACTIVE LIFE CENTER

July 2020



Monday	Tuesday	Wednesday	Thursday
<p>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. Follow Us on Facebook @triocommunitymeals.com</p>			
		<p>1</p> <p>Beef Frito Pie with Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit Milk Taco Sauce Ranch Salad Dressing</p>	<p>2</p> <p>Independence Day Meal Beef Chili Cheese Dog Tater Tots Coleslaw Hot Dog Bun Apple Blueberry Crisp Milk Mustard Ketchup Diet - Apple Slices</p>
<p>6</p> <p>Breaded Chicken w/Cordon Bleu Sauce Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk</p>	<p>7</p> <p>Sloppy Joe Tater Tots Coleslaw Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup</p>	<p>8</p> <p>Turkey Tetrizzini Capri Vegetable Blend Stewed Tomatoes Dinner Roll Cantaloupe Milk Margarine</p>	<p>9</p> <p>Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing</p>
<p>13</p> <p>Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine</p>	<p>14</p> <p>Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>15</p> <p>BBQ Pulled Pork Macaroni and Cheese Buttered Spinach Coleslaw Cornbread Peach Crisp Milk Margarine Diet - Hot Peaches</p>	<p>16</p> <p>Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing</p>
<p>20</p> <p>Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk</p>	<p>21</p> <p>Pot Roast Beef w/Brown Gravy Mashed Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>22</p> <p><i>Fish Tacos</i> Potato Crusted Pollock Spanish Rice Black Beans Coleslaw Corn Tortillas Applesauce Milk Taco Sauce</p>	<p>23</p> <p>Pioneer Day Bratwurst Sauerkraut Herb Potato Salad Hot Dog Bun Watermelon Milk Mustard</p>
<p>27</p> <p>Spaghetti w/Meat Sauce Broccoli & Cauliflower Mixed Green Salad Garlic Texas Toast Hot Spiced Apples Milk Ranch Salad Dressing</p>	<p>28</p> <p>Chicken Salad Lettuce & Tomato & Onion Cucumber Salad Croissant Tropical Fruit Ranger Cookie Milk Diet - Vanilla Wafers</p>	<p>29</p> <p>Glazed Ham Maples Roasted Sweet Potatoes Garden Vegetable Blend Mixed Green Salad Dinner Roll Mandarin Oranges Milk Margarine Ranch Salad Dressing</p>	<p>30</p> <p>Beef Chili w/ Beans Shredded Cheese Baked Potato Tossed Salad Peaches Milk Sour Cream Ranch Salad Dressing</p>

4TH 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
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 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

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

Stripes

Summer

United

White