

Hurricane Senior Center

June 2019 Newsletter

**HAPPY
FATHER'S
DAY!**

June 3 & 17 – Dixie Can Do's to perform @ Lunch

June 5 – Advisory Board Meeting

June 5 & 19 – Blood Pressure Screening

June 6, 13 & 27 – Roger Dean to perform @ Lunch

June 10 – Virginia Bandy to perform @ Lunch

June 13 – Father's Day Luncheon

June 13 – Zions Way Hand & Neck Massage

June 19 – Hurricane Family Pharmacy
presentation @ Lunch

June 27 – Happy Birthday/Anniversary
Cake & Ice Cream

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

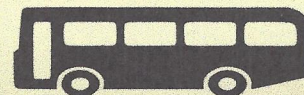
Dial-A-Ride Program

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 -1st & 3rd Monday

Encompass Home & Healthcare – Blood Pressure 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

Exercise Class – every Mon @ 10:30am

Writing Group – 2nd & 4th 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

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

Craft Class – every Wed @ 1:00pm

Bereavement Support Group– Last Wed @ 2:00

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

Bingo is free to play **For 60+ only**

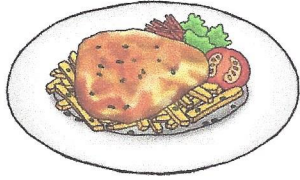
Bridge Group – every Monday @ 12:30

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



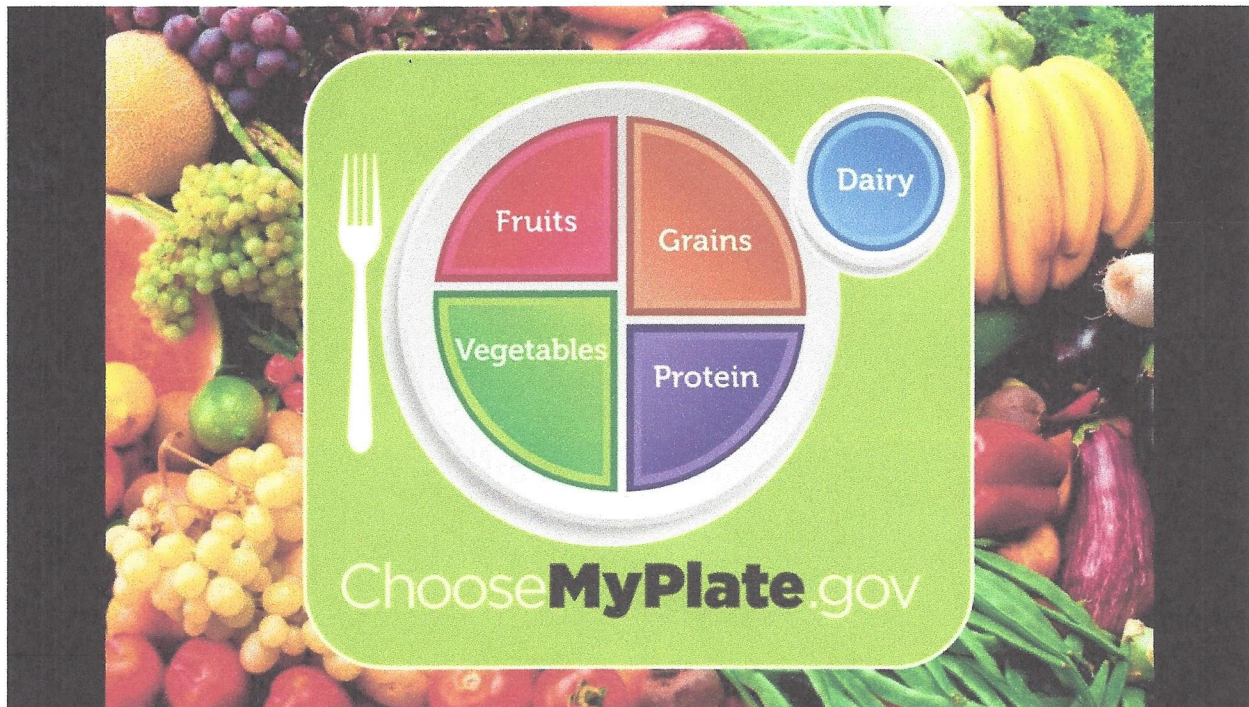
FOCUS ON ***DIAL A RIDE***

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!



Did you know that your 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 lunch for those who cannot afford to make a donation? Thank you for your donations to our meal program.

Medicare's Coverage of Hospice

Hospice is a program of end-of-life pain management and comfort care for those with a terminal illness. Medicare's hospice benefit is primarily home-based and offers end-of-life palliative treatment, including support for your physical, emotional, and other needs. Services covered under the hospice benefit include skilled nursing and skilled therapy services, hospice aides and limited homemaker services, medical supplies, durable medical equipment, respite care, short-term inpatient care, and other services. It is important to remember that the goal of hospice is to help you live comfortably, not to cure an illness.

To elect hospice, you must:

- Be enrolled in Medicare Part A
- Have a doctor certify that you have a terminal illness, meaning a life expectancy of six months or less if the illness runs its normal course
- Sign a statement electing to have Medicare pay for palliative care, rather than curative care unless your provider is participating in a special demonstration program.
- And, receive care from a Medicare-certified hospice agency.

Hospice coverage includes any prescription drugs you need for pain and symptom management related to your terminal condition, while your Part D plan may cover medications that are unrelated to your terminal condition.

If you see any suspicious charges, or have any reason to believe your provider is inappropriately billing Medicare for hospice care, call your provider or billing office to see if they have made a billing error. If you still suspect a provider of hospice care fraud, contact your Senior Medicare Patrol (SMP) at (435) 673-3548.



**#SMP
Warning!**

Individuals promoting genetic testing of Medicare Patients through meetings and educational sessions could be using these tests to commit Medicare fraud and abuse.

Genetic Testing Scam!

[https://www.kdads.ki.gov/ocof/efast/source/commissions/medicare-program/kanas-senior-medical-control-\(smp\)/genetic-testing-kanas.pdf?version=16034ee_4](https://www.kdads.ki.gov/ocof/efast/source/commissions/medicare-program/kanas-senior-medical-control-(smp)/genetic-testing-kanas.pdf?version=16034ee_4)

SMP Warning! If you are approached by someone who offers a "free" genetic testing or cancer screening, turn it down! This is not a free test and needs to be performed by your primary physician if medically necessary! 📞☐ Call your local #SeniorMedicarePatrol to learn more at 435-673-3548.

Watch out for the latest Medicare scam— DNA/genetic testing schemes!

Older adults at senior centers, housing complexes, and other community locations are targeted by companies promoting “free” genetic testing, cancer screening, or DNA testing. These screenings are frequently done under the guise of an ice cream social event. During the event, older adults are asked to swab their cheek to collect a DNA sample which will be sent to the lab for analysis. They are then told that the test will be covered completely by Medicare, and all that is needed to process it is their Medicare number.

Be aware that Medicare will not pay for genetic testing without a doctor’s prescription that includes the specific need for such a test. People have been stuck with big bills when their insurance plan decided the test was not medically necessary.

It has come to our attention that someone is going door to door in St. George claiming to be from Medicare and offering these DNA tests. **Be on the lookout for this!** If you have questions about this or any other senior related scam contact the Senior Medicare Patrol (SMP) at (435)673-3548.

June Activities

95 N. 300 W. Hurricane 435-635-2089			
3-Jun	4-Jun	5-Jun	6-Jun
Exercise Class 10:00 Dixie Can Do's Bridge 12:30	Painting 1:00 Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Craft Class 1:00-3:00	Billiards 9:30 Roger Dean to perform @ lunch Bingo after Lunch
10-Jun	11-Jun	12-Jun	13-Jun
Exercise Class 10:00 Virginia Bandy to perform @ lunch Bridge 12:30 Writing Group 12:30	Painting 1:00 Hand & Foot Cards after lunch	Craft Class 1:00-3:00	Zions Way Massage 11:00 Roger Dean to perform @ lunch Father's Day Luncheon Bingo after Lunch Knitting/Crochet 1:00
17-Jun	18-Jun	19-Jun	20-Jun
Exercise Class 10:00 Dixie Can Do's Bridge 12:30	Painting 1:00 Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00-3:00	Billiards 9:30 Bingo after Lunch
24-Jun	25-Jun	26-Jun	27-Jun
Exercise Class 10:00 Bridge 12:30 Writing Group 12:30	Painting 1:00 Hand & Foot Cards after lunch	Craft Class 1:00-3:00	Billiards 9:30 Roger Dean to perform @ lunch Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch Knitting/Crochet 1:00



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

Hurricane Senior Center June 2019

95 N 300 W

635-2089

You can tell what was the best year of your father's life, because they seem to freeze that clothing style and ride it out.

JERRY SEINFELD

Monday	Tuesday	Wednesday	Thursday
3 Salisbury Steak with Brown Gravy Garlic Mashed Potatoes Club Spinach Three Bean Salad Wheat Roll Applesauce Milk Margarine Ranch Salad Dressing	4 Hawaiian Chicken Haystack Broccoli Wheat Roll Pineapple Tidbits Milk Margarine	5 Beef Spaghetti Sauce Spaghetti Italian Vegetable Blend Mixed Green Salad Garlic Bread Peach Cobbler Milk Margarine Diet - Hot Peaches	6 Shredded Pork w/Sweet Thai Chili Sauce Jasmine Rice Brussels Sprouts Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
10 BBQ Pork Baked Beans Coleslaw Hamburger Bun Hot Spiced Fruit Milk	11 Crispy Baked Chicken Thigh Au Gratin Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing Diet - Fruited Gelatin	12 Roasted Turkey Breast with Gravy Cut Yams Peas and Carrots Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine	13 Father's Day Meal Roast Beef with Gravy Mashed Potatoes California Vegetables Buttered Corn Wheat Roll Tropical Fruit Rocky Road Pudding Milk Margarine Diet - Chocolate Pudding
17 Parmesan Chicken Penne Pasta Zucchini Spinach Salad Breadstick Seasonal Fruit Milk Margarine Ranch Salad Dressing	18 Teriyaki Meatballs Fried Rice Cabbage Sugar Snap Peas Wheat Roll Mandarin Oranges Milk Margarine	19 Bratwurst Kraut & Apples German Potato Salad Hot Dog Bun Seasonal Fruit Milk Mustard	20 Tater Tot Casserole Green Beans Mixed Green Salad Wheat Roll Peach Crisp Milk Margarine Ranch Salad Dressing Diet - Hot Peaches
24 Country Fried Steak w/Country Gravy Mashed Potatoes Stewed Tomatoes Mixed Green Salad Wheat Roll Tropical Fruit Milk Margarine Ranch Salad Dressing	25 Glazed Ham Sweet Potato Hash Garden Vegetable Blend Mixed Green Salad Wheat Roll Seasonal Fruit French Silk Pudding Milk Margarine Ranch Salad Dressing Diet - Chocolate Pudding	26 Beef Frito Pie Shredded Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit Milk Taco Sauce Ranch Salad Dressing	27 Crispy Baked Chicken Tater Tots Green Pea Salad Hamburger Bun Pears Milk Mustard Mayonnaise

Father's Day Facts!

Father's Day officially began in 1910 in Spokane, Washington, where 27-year-old Sonora Dodd proposed it as a way to honor the man who raised her when her mom died in childbirth. Dodd was at a church service thinking about how grateful she was for her father when she had the idea for Father's Day, which would mirror Mother's Day but be celebrated in June -- her dad's birthday month.

The movement grew for years but didn't gain national-event status until 1924 under former President Calvin Coolidge. He said it would "establish more intimate relations between fathers and their children" and "impress upon fathers the full measure of their obligations," according to the Library of Congress Wise Guide.

The holiday gained traction during World War II, and in 1966 President Lyndon B. Johnson proclaimed the third Sunday of June to be Father's Day. President Richard Nixon made it a federal holiday six years later.

Today, Father's Day has a passionate following, with about three-quarters of Americans telling the National Retail Federation they plan to celebrate on Sunday. Here are more facts about the holiday:

1. Census data shows there are more than 70.1 million dads in the U.S. About a third of them are married with kids under 18.
2. Two million fathers are single.
3. Spending on Father's Day will reach about \$12.7 billion this year, with the average person spending about \$115.57 on presents. That's about \$2 more than last year's average.
4. The amount spent on Father's Day is still less than what Americans spend on Mother's Day -- \$21 billion.
5. Father's Day is the fourth-biggest day for sending greeting cards, after Christmas, Valentine's Day and Mother's Day, according to the Greeting Card Association.
6. About 20 percent of Father's Day cards are bought for husbands.
7. More than 214,000 men are stay-at-home dads.
8. Thailand's Father's Day is celebrated in December, on the birthday of King Bhumibol Adulyadej. Everyone wears yellow.
9. On Father's Day in Germany, men drink all day at beer gardens.



GIFTS FOR DAD



Aftershave
Beer
Belt
Book
Card
Chocolate
Compass
Cuff Links

Golf Balls
Grilling Tools
Hat
Keyring
Mouse Pad
Mug
Pen
Phone Case

Pocket Knife
Power Tools
Razor
Slippers
Socks
Tie
Wallet
Watch