

Hurricane Senior Center

March 2018 Newsletter



March 7 – Taxes 9:00 to 2:00

March 7 – Advisory Board Meeting

March 7 – Blood Pressure/Sugar Screening

March 13 – Representative from the Veteran's Administration presentation

March 8 – Zions Way Hand & Neck Massage

March 12 – Movie of the Month

"Captain Phillips"

March 15 – St. Patrick's Day Lunch

March 21 – Hurricane Family Pharmacy Presentation

March 29 – Happy Birthday/Anniversary

For more information: www.washco.utah.gov

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.

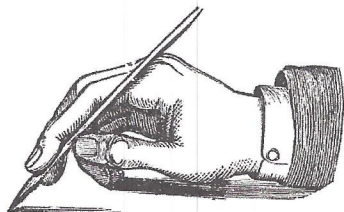
Age 60+ suggested donation:
\$5 round trip/\$3 one way

Call 435-635-2089 to schedule.



Visit us on Facebook:

<https://www.facebook.com/Washington-County-Hurricane-Senior-Citizens-Center-380901339009614>



Writing? Poetry, creative writing?

Join our writing class, every Monday after lunch.

Like to play Hand & Foot Card? Join us every Tuesday after lunch and join the game.

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

Monthly Events

Dixie-Can-Do's Entertain -1st & 3rd Monday

Living Wills and Trust Information available - 4th Monday @ 11:30am

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

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

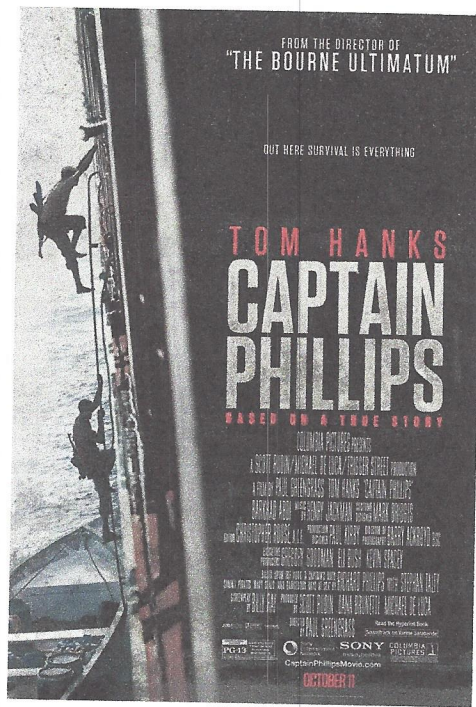
Bridge Group – every Monday @ 12:30 \$.50

Paint Club – Tuesdays @ 1:00pm \$2

Billiards – Open daily 9am – 3:30pm

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

COME JOIN US!



Starring: Tom Hanks, Barkhad Abdi, Barkhad Abdirahman

"Captain Phillips is a multi-layered examination of the 2009 hijacking of the U.S. container ship Maersk Alabama by a crew of Somali pirates. It is - through director Paul Greengrass's distinctive lens - simultaneously a pulse-pounding thriller, and a complex portrait of the myriad effects of globalization. The film focuses on the relationship between the Alabama's commanding officer, Captain Richard Phillips (two time Academy Award®-winner Tom Hanks), and the Somali pirate captain, Muse (Barkhad Abdi), who takes him hostage. Phillips and Muse are set on an unstoppable collision course when Muse and his crew target Phillips' unarmed ship; in the ensuing standoff, 145 miles off the Somali coast, both men will find themselves at the mercy of forces beyond their control."

Come join us for the movie of the month. After lunch on Monday, March 12th. Free popcorn.



Free-In Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age-especially if you are 50 or older or can't afford paid tax preparation.

Here at the Senior Center every Wednesday from 9:00 am to 2:00 pm.

Hurricane Senior Center

March 2018

Monday	Tuesday	Wednesday	Thursday
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00.</p> <p>Milk and bread served with all meals. Salad bar available every day in dining room.</p>			1
5	6	7	8
Hamburger on Bun Lettuce/Tomato/Onion/Pickle Tater Tots Seasonal Fruit	Pork Loin Apricot Mustard Sauce Wild Rice Peas and Carrots Corn Salad Brownie Diet - Crème Cookies	Three Cheese Chicken Penne Spinach Cucumber Salad Texas Bread Hot Cinnamon Applesauce	Country Fried Steak Country Gravy Whipped Potatoes Mixed Vegetables Mixed Green Salad Seasonal Fruit
12	13	14	15
Beef Cabbage Casserole Buttered Rice Stewed Tomatoes Rye Bread Peach Crisp	Roasted Turkey Breast Poultry Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Seasonal Fruit	Pulled BBQ Chicken Baked Beans Potato Salad Apple Raisin Compote Diet - Hot Sliced Apples	St. Patrick's Day Corned Beef Red Potatoes Cabbage & Carrots Mixed Green Salad Rye Bread Pineapple Lime Whip Seasonal Fruit Diet - Pineapple Tidbits
19	20	21	22
Mild Pork Carnitas Spanish Rice Mixed Beans Mixed Green Salad Tortilla Applesauce	Ground Beef Stroganoff Egg Noodles Mixed Vegetables Mixed Green Salad Garlic Texas Bread Pears	Turkey Ham Potato Soup Sliced Carrots Cornbread Strawberry Soufflé Gelatin Seasonal Fruit Diet - Fruited Gelatin	Crustless Chicken Pot Pie Coleslaw Biscuit Seasonal Fruit
26	27	28	29
Beef Spaghetti Sauce Spaghetti Noodles Zucchini Mixed Green Salad Garlic Texas Bread Hot Spiced Peaches	Potato Crusted Pollock Macaroni and Cheese Brussels Sprouts Coleslaw Pineapple Tidbits	Cheeseburger Pie Glazed Carrots Creamed Green Peas Seasonal Fruit Cookie Diet - Crème Cookies	Easter Glazed Ham Sweet Potato Casserole Green Beans Amantine Seasonal Fruit Heavenly Pudding Diet - Chocolate Pudding

			1-Mar
			Billiards 9:30
			Skip Bo 10:30
			Bingo after Lunch
5-Mar	6-Mar	7-Mar	8-Mar
Dixie Can Do's	Chyrrrel to play piano	Taxes 9:00-2:00	Billiards 9:30
Bridge 12:30	Skip Bo 10:30	Blood Pressure/Sugar 11:00-12:00	Skip Bo 10:30
Writing Class 12:30	Painting Club 1:00	Craft Class 1:00-3:00	Zions Way Hand/Neck Massage 11:00-12:00
	Hand & Foot Card Game 1:00		Bingo after Lunch
			Knitting/Crochet 1:00
12-Mar	13-Mar	14-Mar	15-Mar
Movie after lunch "Captain Phillips"	Rep. from Veteran's Admin. @ 10:30	Taxes 9:00-2:00	Billiards 9:30
Bridge 12:30	Skip Bo 10:30	Craft Class 1:00-3:00	Skip Bo 10:30
Writing Class 12:30	Painting Club 1:00		Bingo after Lunch
	Hand & Foot Card Game 1:00		
19-Mar	20-Mar	21-Mar	22-Mar
Dixie Can Do's	Skip Bo 10:30	Taxes 9:00-2:00	Billiards 9:30
Bridge 12:30	Painting Club 1:00	Pharmacist @ Lunch	Skip Bo 10:30
Writing Class 12:30	Hand & Foot Card Game 1:00	Craft Class 1:00-3:00	Bingo after Lunch
26-Mar	27-Mar	28-Mar	29-Mar
Living Wills & Trust 11:00	Skip Bo 10:30	Taxes 9:00-2:00	Billiards 9:30
Bridge 12:30	Painting Club 1:00	Craft Class 1:00-3:00	Skip Bo 10:30
Writing Class 12:30	Hand & Foot Card Game 1:00		Happy Birthday/Anniversary Cake & Ice Cream
			Bingo after Lunch

Medicare Fraud Alert!

New Medicare Cards Arriving in 2018

- New Medicare cards will be mailed April 2018 through April 2019
- New Medicare number will not be tied to anyone's Social Security number
- There is NO CHARGE for new cards and Medicare will NEVER call for information
- Scammers are calling and claiming to be from Medicare. They have various lines such as they must confirm the Medicare number before sending a new card. FALSE! MEDICARE WILL NOT CALL.

People will continue to try and steal your new Medicare number, but they'll never be able to steal your full identity with it again. Always read your Medicare Summary Notice to make sure no one is billing for services in your name.

If you receive a similar call or are suspicious, hang up and call your local SMP at 435-673-3548

Medicare Appeals for Care that is Ending

If you are receiving care in a hospital or non-hospital setting and learn that your care is going to end, you have the right to a fast appeal to request that Medicare cover continued care. This is known as an expedited review.

Non-hospital settings include skilled nursing facilities (SNFs), comprehensive outpatient rehabilitation facilities (CORFs), hospice settings, and home health settings.

Step 1: Read your appeal notices.

The notices you receive in a hospital or non-hospital setting provide information about how to appeal if you think your care is ending too soon.



Important Message from Medicare notice. You get this notice when you are a **hospital inpatient**.

Your provider should give you this notice within two days of entering the hospital. This notice should be given to you again no later than four hours before you are discharged. This notice includes instructions for how to appeal.



Notice of Medicare Non-Coverage. You get this notice when you are **receiving care in a non-hospital setting**.

You should receive this notice no later than two days before your care is set to end. If you receive home health care, you should receive the notice on your second-to-last care visit. This notice tells

you when your care is ending and explains how to appeal.

Step 2: Start your appeal.

If you disagree with your facility's or your provider's decision to end your care, **start an appeal** by contacting your Quality Improvement Organization (QIO) at the number listed on your Important Message or Notice of Medicare Non-Coverage.



Deadline to appeal if your inpatient hospital care is ending:

File an appeal with QIO by **midnight** of the day of your discharge.

The QIO should call you with its decision within **24 hours** of receiving all the information it needs. If the QIO decides your care should end, you will be responsible for paying for any care you receive after noon of the day after the QIO makes its decision.

Deadline to appeal if your care in a non-hospital setting is ending:

File an appeal with the QIO by noon the day before your care is set to end. If you have Original Medicare, the QIO should make a decision no later than two days after your care was set to end.

If you have a Medicare Advantage Plan, the QIO should make a decision no later than the day your care is set to end.

NOTE: If the QIO decides your care should end, you will be responsible for paying for any care you receive after the end date on the Notice of Medicare Non-Coverage, unless you are successful at a higher level of appeal.

Step 3: If you are denied, continue your appeal.

If the QIO appeal is successful, your care will continue to be covered, including for the time you were appealing. If the QIO decides that your care should end, **you can file a second appeal within the timeframe on your QIO denial notice.**

The instructions for the next step will vary depending on which type of care is ending and whether you have Original Medicare or a Medicare Advantage Plan

Step 4: Ask for help if you need it.

State Health Insurance Assistance Program (SHIP): Contact your SHIP if you or your representative needs help with your appeal. SHIP counselors can help you understand and navigate the process.

Senior Medicare Patrol (SMP): Contact your SMP if you were billed for services you think should have been covered by Medicare because of your appeal. SMPs help you prevent, detect, and report health care fraud, errors, and abuse.



What do you get when you cross poison ivy with a four-leaf clover?

A rash of good luck.



Why can't you borrow money from a leprechaun?

Because they're always a little short.



How is a best friend like a 4-leaf clover?

Because they are hard to find and lucky to have.



Knock... Knock... Who's there?

Irish! Irish Who? Irish you a happy St. Patrick's Day!

Luck o' the Irish



Word Search

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

LEPRECHAUN
MARCH
PATRICK
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SAINT
SHAMROCK

CELTIC
GOLD
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JIG
LEGEND

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