

Hurricane Senior Center

March 2019 Newsletter



March 6 – Advisory Board Meeting

March 6 & 20 – Blood Pressure Screening

March 11 – Movie of the Month

“Jumanji”

March 12 – Tai Chi 8 Week-Workshop

March 14 – Zions Way Hand & Neck Massage

March 14 – St. Patrick's Day Lunch

March 20 – Hurricane Family Pharmacy

March 27 – Energetic Presentation

March 28 – 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, 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

Writing Group – every Mon @ 12:30pm

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

Pinochle – every Tues @ 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!



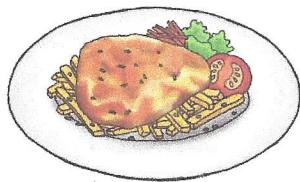
JUMANJI

Starring: Dwayne Johnson, Jack Black, Kevin Hart, Karen Gillan

"Plot: Four teenagers discover a mysterious video game from the 90's while serving detention. When they try to play it, they are transformed into various video-game avatars and dropped into a virtual jungle in this wild fantasy."

Come join us for the movie of the month. After lunch on Monday, March 11th.

Free popcorn.



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.



March 12th @ 10:00 am our

“Tai Chi for Arthritis

& Fall Prevention”

8 week workshop.

It is sun style Tai Chi, developed by Dr.

Lamb and instructed by: Belinda Allen



Roger Tulley



Roger Tulley will be here to perform during lunch on March 7th. He has been providing country music in a variety of venues over the last 40 years. He covers many current and past country artists with karaoke versions of their songs.



10th ANNUAL CELEBRATING WELLNESS

HEALTH EXPO

Friday

MARCH 22, 2019 9 AM - 1 PM

- * Booths
- * BBQ Lunch
- * Free Health Screenings
- * Prize Drawings
- * Western Roundup

ST. GEORGE SENIOR CENTER

245 NORTH 200 WEST, ST. GEORGE

For information on reserving a booth, please contact Jeanie at (435) 634-5743 or jeanie.ihohnson@washco.utah.gov

March Activities

95 N. 300 W. Hurricane 435-635-2089			
4-Mar	5-Mar	6-Mar	7-Mar
Exercise Class 10:00 Dixie Can Do's Bridge 12:30 Writing Group 12:30	Painting after lunch Hand & Foot Cards after lunch	Taxes 9:00-2:00 Blood Pressure 11:00-12:00 Craft Class 1:00	Billiards 9:30 Roger Tully to perform @ Lunch Bingo after Lunch
11-Mar	12-Mar	13-Mar	14-Mar
Exercise Class 10:00 Movie "Jumanji" Bridge 12:30 Writing Group 12:30	Tai Chi Workshop at 10:00 Painting after lunch Hand & Foot Cards after lunch	Taxes 9:00-2:00 Craft Class 1:00	Tai Chi Workshop at 10:00 Zions Way Massage 11:00 Bingo after Lunch Knitting/Crochet 1:00
18-Mar	19-Mar	20-Mar	21-Mar
Exercise Class 10:00 Dixie Can Do's Bridge 12:30 Writing Group 12:30	Tai Chi Workshop at 10:00 Painting after lunch Hand & Foot Cards after lunch	Taxes 9:00-2:00 Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00	Billiards 9:30 Tai Chi Workshop at 10:00 Bingo after Lunch
25-Mar	26-Mar	27-Mar	28-Mar
Exercise Class 10:00 Bridge 12:30 Writing Group 12:30	Tai Chi Workshop at 10:00 Painting after lunch Hand & Foot Cards after lunch	Taxes 9:00-2:00 Energetic Health Presentation @ Lunch Craft Class 1:00	Tai Chi Workshop at 10:00 Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch



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



Monday	Tuesday	Wednesday	Thursday
4 Hawaiian Chicken Haystack Buttered Rice Sugar Snap Peas Pineapple Tidbits Milk	5 Taco Soup Baked Potato Mixed Green Salad Tortilla Chips Mango Milk Sour Cream/Margarine Ranch Salad Dressing	6 Glazed Ham Sweet Potato Hash Green Beans Sliced Beets Cornbread Fluffy Fruit Salad Milk Margarine	7 Country Fried Steak Country Gravy Country Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
11 Beef Patty Lettuce/Tomato/Onion/Pickle Tater Tots Hamburger Bun Apple Cherry Compote Milk Ketchup Mustard Diet - Hot Sliced Apples	12 Cuban Shredded Pork Brown Rice Broccoli and Cauliflower Mixed Green Salad Wheat Roll Brownie Seasonal Fruit Milk Margarine Ranch Salad Dressing Diet - Vanilla Crème Cookies	13 Chicken Parmesan Penne Pasta Spinach Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine	14 St. Patrick's Day Meal Corned Beef Red Potatoes Cabbage and Carrots Mixed Green Salad Rye Bread Pineapple Lime Whip Milk Margarine Salad Dressing Mustard Diet - Pineapple Tidbits
18 Salisbury Steak Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Wheat Roll Peaches Milk Margarine	19 Roasted Turkey Breast Poultry Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Wheat Roll Grapes Milk Margarine Ranch Salad Dressing	20 Pulled BBQ Chicken Baked Beans Potato Salad Hamburger Bun Apple Raisin Compote Milk Diet - Hot Sliced Apples	21 Homemade Meatloaf Brown Gravy Garlic Country Potatoes California Vegetable Blend Carrot Raisin Salad Wheat Roll Seasonal Fruit Milk Margarine
25 Mild Pork Carnitas Cauliflower with Red Peppers Refried Beans Mexican Corn Salad Tortilla Applesauce Milk Taco Sauce	26 Beef Lasagna Italian Vegetable Blend Mixed Green Salad Garlic Texas Bread Pears Milk Margarine Ranch Salad Dressing	27 Sliced Turkey Breast Sliced Swiss Cheese Lettuce and Tomato Minestrone Soup Cucumber Salad Whole Wheat Bread (2 slices) Strawberry Soufflé Gelatin Seasonal Fruit Milk Mustard/Mayonnaise Diet - Fruited Gelatin	28 Crustless Chicken Pot Pie Club Spinach Biscuit Apricot Halves Milk Margarine

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.
Salad bar available every day in dining room.

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



What is Durable Medical Equipment?

Durable medical equipment includes items that are used during treatment and recovery of an injury, illness or due to age related problems. Durable medical equipment is prescribed for long-term use to help those in recovery from an illness or injury. In the case of the elderly, the durable medical equipment may be prescribed for an infinite amount of time.

Durable Medical Equipment (DME) consists of items which:

- are primarily and customarily used to serve a medical purpose;
- are not useful to a person in the absence of illness, disability, or injury;
- are ordered or prescribed by a physician;
- are reusable;
- can stand repeated use, and
- are appropriate for use in the home.^[1]

DME includes, but is not limited to, wheelchairs (manual and electric), traction equipment, canes, crutches, walkers, kidney machines, ventilators, oxygen, monitors, pressure mattresses, lifts, nebulizers, bili blankets and bili lights.

Equipment is not the same as supplies. The main difference is that durable medical supplies are items that help a patient care for themselves, but are disposed of once used. Examples of supplies include blood sugar testing strips for diabetics, disposable gloves that a patient or caregiver may wear during a daily treatment, bandages, catheter equipment, needles for injections and diapers. If it is used once and then thrown away, it is considered a durable medical supply.

Durable Medical Equipment is covered under Medicare Part B. In most cases, Medicare pays 80% of the cost of the item as long as it is a Medicare approved item, prescribed by a qualifying physician and provided by a Medicare contracted provider. If you have a Medicare Advantage Plan or Medicare Supplement, you may pay less than 20% of the total cost.

Because there is a great deal of fraud related to Durable Medical Equipment, it is important to check your Medicare Summary Notice or Explanation of Benefits to make sure you haven't been billed for a item you didn't receive. If Medicare has paid for Durable Medical Equipment, you won't be eligible for that item, even if you didn't actually receive it. Also, never accept Durable Medical Equipment you don't need. Many suppliers will try to send items, especially knee or back braces. If you receive an item you don't need, send it back as soon as possible. Durable Medical Equipment fraud raises Medicare costs for everyone.



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.



Join us on Wednesday, March 27th at Lunch time for a presentation about Acupuncture and Macular Degeneration.



Memory Help for Seniors:

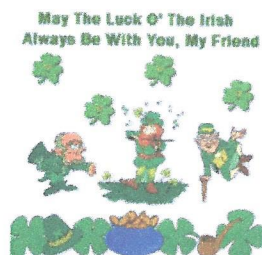
11 Proven Tips for Boosting Your Brain Wondering if it's possible to improve your own or another senior's memory? Help definitely exists, and you don't have to buy some overhyped "miracle" brain booster in order to start enhancing your ability to remember things. In fact, many of the most effective ways to gain a better memory involve actions that you can take today—without spending tons of money.

Of course, it's natural to worry about the kind of memory decline associated with Alzheimer's disease and other forms of dementia that require memory care. But did you know that only about one in 10 people over the age of 65 develop mild cognitive impairment (which can sometimes mimic very mild dementia)? It's true, and only around 15 percent of those people develop Alzheimer's. So our fears and expectations are often exaggerated. In one survey, about 57 percent of younger adults between the ages of 18 and 64 said that they expect to have memory loss during their senior years. However, only about 25 percent of older adults over the age of 65 said they actually experience memory loss, that's a big gap.

Nevertheless, everybody wants to retain their memory. After all, memories form a major part of who we are. When we lose them, we feel like we lose pieces of ourselves. Plus, having a good memory serves all kinds of practical functions in our daily lives. Every single day, your memory helps you accomplish both basic and complex tasks. So it's vital to keep your brain as healthy and fit as possible.

Older adults who take proactive steps to prevent memory loss are often more adaptable, independent, and satisfied during their senior years. That's because the human brain has an amazing ability to change, collect new information, create new neural connections, and store important information in its long-term memory. By developing good habits and seeking out new learning opportunities, you can also improve or maintain your short-term memory, aka your working memory.

Plus, the field of neuroscience is still relatively young. With each passing year, scientists are discovering things about the human brain that we never knew before. In the future, we may be able to retrieve "lost" memories and improve our cognitive abilities with brain implants or targeted electrical stimulation. Genetic research may also lead to preventive therapies or targeted treatments that stop or reverse memory loss. www.greatseniorliving.com/health-wellness/memory-help





5 Things You Might Not Know About St. Patrick's Day

- 1. We should really wear blue--Saint Patrick himself would have to deal with pinching on his feast day. His color was "Saint Patrick's blue" a light shade. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.*
- 2. Saint Patrick was British--Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late fourth century.*
- 3. The Irish take Saint Patrick's Day seriously--As you might expect, Saint Patrick's Day is a huge deal in his old stomping grounds. It's a national holiday in both Ireland and Northern Ireland.*
- 4. So do New Yorkers--New York's City's Saint Patrick's Day Parade is one of the world's largest parades. Since 1762, 250,000 marchers have traipsed up Fifth Avenue on foot--the parade still doesn't allow floats, cars, or other modern trappings.*
- 5. Chicago feels lucky, too--New York may have more manpower, but Chicago has a spectacle all its own. The city has been celebrating Saint Patrick by dumping green dye into the Chicago River since 1962. It takes 40 tons of dye to get the river a suitably festive shade.*
- 6. There's no corn in that beef--Corned beef and cabbage, a traditional Saint Patrick's Day staple, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as "corns."*



An Irish Joke It seems three Irish men, Sean, Michael, and Tim, passed over at the same time. Upon encountering the Pearly Gates, they were met by St. Patrick himself, and he addressed the boys thusly: "Lads, I'm here to welcome you to heaven where you will spend eternity. Just remember one thing, when you go through these gates, don't step on any of the ducks or you'll be punished for all eternity." Sean went in first and he was amazed to see that the entire landscape was encompassed by ducks, and try as he might, sure enough he stepped on one. He was immediately joined by one of the homeliest colleens he's ever laid eyes on, and she said, "Well love, you stepped on a duck and now we are together for all time." And of course the exact same thing happened to Michael, only his companion was worse for the wear. By this time, Tim was absolutely terrified. And he gingerly managed to make it most of the way across the court without stepping on a single duck. Suddenly, his arm was taken by a young lass. Tim looked over and behold the most beautiful, graceful, blue-eyed woman he'd ever seen in all his life. He gasped, "I don't understand it!" The young beauty answered, "Well I'm sure I don't either, I was walking along minding my own business, when all of a sudden I stepped on a duck."

Saint Patrick's Day Word Search

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



CELTIC
 IRELAND
 LEPRECHAUN
 POTOFGOLD
 SHAMROCK

DUBLIN
 IRISH
 LIMERICK
 RAINBOW
 SNAKES

GREEN
 LEGEND
 PATRICK
 SAINT

