

Hurricane Senior Center

March 2020 Newsletter



Mar 2 & 16 – Dixie Can Do's to perform

Mar 4 – Advisory Board Meeting

Mar 4, 11, 18 & 25 – AARP Tax Help

Mar 4 & 18 – Blood Pressure Screening

Mar 12 – Zions Way Hand &

Neck Massage @ 11:00

Mar 17 – Roger Dean to Perform

Mar 18 – Family Pharmacy Presentation

Mar 19 – CNS "Hearing Loss" Presentation

Mar 26 – Happy Birthday/Anniversary Celebration

Mar 30 – Virginia Bandy to perform

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

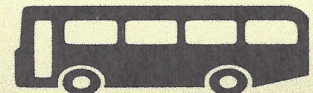
Dial-A-Ride Program

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

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 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**

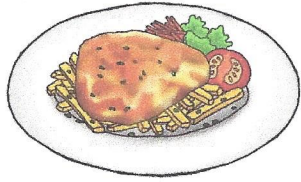
Bridge Group – every Monday @ 12:30

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



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!



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.

Wednesdays Only @ Hurricane
Senior Center

February 5-April 15
9:00 am to 2:00 pm

U p c o m i n g E v e n t s



**11TH ANNUAL
CELEBRATING WELLNESS**

**HEALTH
EXPO**

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

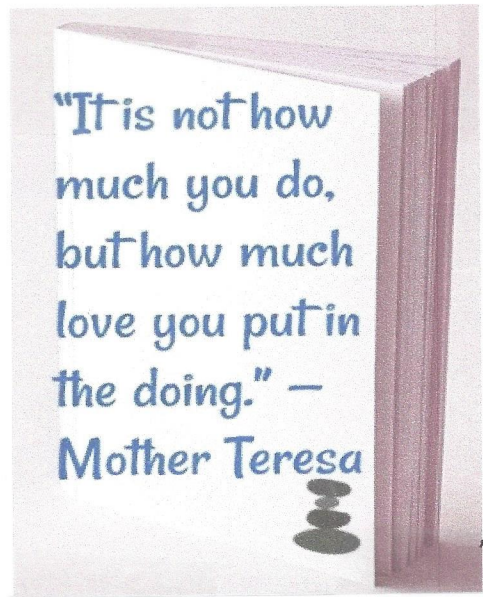
Friday

MARCH 27, 2020 9 AM - 1 PM

HURRICANE SENIOR CENTER
MARCH 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Beef Patty Lettuce/Tomato/Onion/Pickle Tater Tots Hamburger Bun Apple Cherry Compote Milk Ketchup Mustard Diet - Hot Sliced Apples	Chicken Parmesan Penne Pasta Garden Vegetables Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine	Baked Tilapia w/Lemon Dill Sauce Brown Rice Broccoli and Cauliflower Mixed Green Salad Wheat Roll Brownie Seasonal Fruit Milk Margarine Ranch Salad Dressing Diet - Vanilla Crème Cookies	Country Fried Steak Country Gravy Country Potatoes Mixed Vegetables Tossed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Wheat Roll Peaches Milk Margarine	Roasted Turkey Breast Turkey Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Wheat Roll Grapes Milk Margarine Ranch Salad Dressing	Homemade Meatloaf Brown Gravy Country Potatoes Capri Vegetable Blend Carrot Raisin Salad Wheat Roll Seasonal Fruit Milk Margarine	Pulled BBQ Chicken Baked Beans Coleslaw Whole Wheat Hamburger Bun Apple Raisin Compote Milk Diet - Hot Sliced Apples
Pork Carnitas California Vegetables Refried Beans Mexican Corn Salad Flour Tortilla Applesauce Milk Taco Sauce	St. Patrick's Day Corned Beef Roasted Red Potatoes Cabbage and Carrots Mixed Green Salad Rye Bread Tropical Fruit Cocktail Milk Margarine Ranch Salad Dressing	Sliced Turkey Pastrami Sliced Swiss Cheese Lettuce and Tomato Minestrone Soup Cucumber Salad Whole Wheat Hamburger Bun Seasonal Fruit Milk Mustard Mayonnaise	Crustless Chicken Pot Pie Club Spinach Biscuit Mandarin Oranges Milk Margarine
Beef Spaghetti Sauce Spaghetti Noodles Zucchini Tossed Green Salad Garlic Texas Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Potato Crusted Pollock Crinkle Cut Fries Key Largo Vegetables Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup	Ground Beef Stroganoff over Egg Noodles Brussels Sprouts Parslied Carrots Cornbread Seasonal Fruit Chocolate Chip Cookie Milk Margarine Diet - Vanilla Crème Cookies	Health Expo-St. George Grilled Cheeseburger served on Whole Wheat Bun Lettuce/Tomato/Onion/Pickle Potato Salad Baked Beans Applesauce Milk Mustard Mayonnaise Ketchup
Hawaiian Chicken Haystack Buttered Rice Oriental Vegetables Pineapple Tidbits Milk	Beef Taco Soup Baked Potato Mixed Green Salad Tortilla Chips Mango Milk Sour Cream/Margarine Ranch Salad Dressing	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Lunch is served 11:30 am to 12:30 pm Milk and Bread served with all meals. A Salad Bar is available every day in the dining room.	

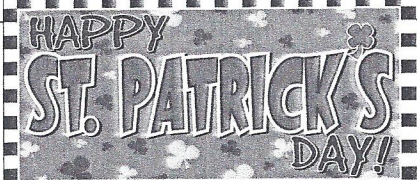


March Activities

95 N. 300 W. Hurricane 435-635-2089

Mar	3-Mar	4-Mar	5-Mar
Billiards 9:30-3:30 Yoga 10:00 Dixie Can Do's to perform @ Lunch Bridge 12:30 Writing Group 12:45	Billiards 9:30-3:30 Tai Chi 10:00 Chyrrrel Maupin @ Lunch Painting 1:00 Hand & Foot Cards after lunch	Taxes 9:00-2:00 Billiards 9:30-3:30 Blood Pressure 11:00-12:00	Billiards 9:30-3:30 Tai Chi 10:00 Bingo after Lunch
9-Mar	10-Mar	11-Mar	12-Mar
Billiards 9:30-3:30 Yoga 10:00 Bridge 12:30 Writing Group 12:45	Billiards 9:30-3:30 Tai Chi 10:00 Chyrrrel Maupin @ Lunch Painting 1:00 Hand & Foot Cards after lunch	Taxes 9:00-2:00 Billiards 9:30-3:30	Billiards 9:30-3:30 Tai Chi 10:00 Zions Way Hand & Neck Massage @ 11:00 Bingo after Lunch Knitting/Crochet 1:00
16-Mar	17-Mar	18-Mar	19-Mar
Billiards 9:30-3:30 Yoga 10:00 Bridge 12:30 Writing Group 12:45	Billiards 9:30-3:30 Tai Chi 10:00 Roger Dean @ Lunch Painting 1:00 Hand & Foot Cards after lunch	Taxes 9:00-2:00 Billiards 9:30-3:30 Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch	Billiards 9:30-3:30 Tai Chi 10:00 Bingo after Lunch CNS Presentation "Hearing Loss"
23-Mar	24-Mar	25-Mar	26-Mar
Billiards 9:30-3:30 Yoga 10:00 Writing Group 12:45 Bridge 12:30	Billiards 9:30-3:30 Tai Chi 10:00 Chyrrrel Maupin @ Lunch Rocky Mtn. Presentation Painting 1:00 Hand & Foot Cards	Taxes 9:00-2:00 Billiards 9:30-3:30 Bereavement 2:30	Billiards 9:30-3:30 Tai Chi 10:00 Happy Anniversary/Birthday Celebration @ Lunch Bingo after Lunch Knitting/Crochet 1:00
30-Mar	31-Mar		
Billiards 9:30-3:30 Yoga 10:00 Virginia Bandy to perform @ Lunch Writing Group 12:45 Bridge 12:30	Billiards 9:30-3:30 Tai Chi 10:00 Chyrrrel Maupin to perform @ Lunch Painting 1:00 Hand & Foot Cards after lunch		

When signing any legal documents during the year 2020, do not date documents with the year abbreviated as mm/dd/20. Someone could later alter that date to any number of years by adding two numbers to the end.



When Does Medicare Pay for Long-term Care Services?

Following Hospitalization, Medicare will help pay for a short stay in a skilled nursing facility if you meet all of the following conditions:

- You have had a hospital admission with an inpatient stay of at least three days
- You are admitted to a Medicare-certified nursing facility within 30 days of that inpatient hospital stay
- You need skilled care, such as skilled nursing services, physical therapy, or other types of therapy

If you meet all these conditions, Original Medicare will pay a portion of the costs for up to 100 days for each benefit period. Medicare determines your ongoing need for skilled care and may not approve all 100 days.

Pay special attention to fraud in skilled nursing settings. If a facility is billing for services that have not been received or if a facility tells you they can keep billing Medicare longer than 100 days, report it! For questions about fraud in Long-term care facilities, contact the Senior Medicare Patrol at (435)673-3548.



Sunday, March 8th!

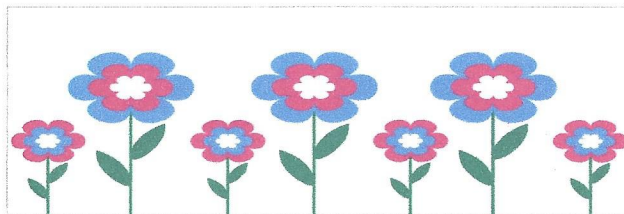
**Here are a few favorite springtime activities
for seniors that are good for the soul:**

- Choose a local park or nature trail for walks.
- Eat outdoors at a fancy restaurant.
- Enjoy tourist attractions.
- Go fishing.
- Go on a picnic.
- Go see a show.
- Invest in a bird feeder for bird watching.
- Partake in spring cleaning.



Here are six ways to reap the health benefits of a spring tune-up:

- Get out in the garden
- Soak up warm sunshine safely
- Walk outdoors in nature each day
- Lighten up your diet with spring seasonal foods
- Take care of seasonal allergies
- Drink more water when exercising



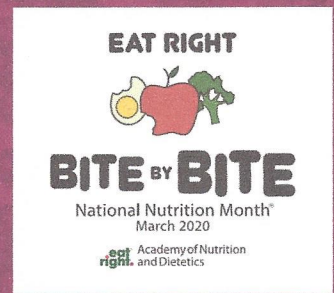
Original Medicare Costs 2019 vs. 2020

	2019	2020
Part A premium	\$0/month if you've worked more than 10 years	\$0/month if you've worked more than 10 years
	\$240/month if you've worked between 7.5 and 10 years	\$252/month if you've worked between 7.5 and 10 years
	\$437/month if you've worked fewer than 30 quarters (7.5 years)	\$458/month if you've worked fewer than 30 quarters (7.5 years)
Hospital deductible	\$1,364 each benefit period	\$1,408 each benefit period
Part B premium*	\$135.50/month	\$144.60/month
Part B deductible	\$185/year	\$198/year
Part B coinsurance	20% for most services	20% for most services
<p>*If your annual income is higher than \$87,000 for an individual (\$174,000 for a couple), you will pay a higher Part B premium. Visit www.medicare.gov for Part B costs by annual income.</p>		
Part D maximum deductible	Up to \$415/year	Up to \$435/year
Part D coverage gap threshold (or donut hole) You reach the coverage gap, or donut hole, when you and your plan together have spent this much on covered drugs since the start of the year.	\$3,820	\$4,020
Part D catastrophic coverage limit You get out of the donut hole and reach catastrophic coverage when you have spent this much out of pocket* since the start of the year.	\$5,100	\$6,350
<p>Please note, if you qualify for assistance programs, your costs may vary. Also, if you have a Medicare Advantage Plan, your costs for deductibles and coinsurance may be different than traditional Medicare. Plans send either monthly or quarterly Summary notices or Explanation of Benefits. Review that for any errors. If you find something incorrect, contact the provider. If you need additional assistance, contact the Senior Medicare Patrol at (435) 673-3548.</p>		

As of January 1, 2020, Medicare cards with Social Security numbers are no longer accepted. If you are informed by your provider that your Medicare is not active, make sure they have a copy of your new Medicare card. Always protect your Medicare card like you would a credit card.

NATIONAL NUTRITION MONTH® 2020

EAT *Right*, BITE BY BITE



Every person is different, and though a specific diet lifestyle may work for one person, it may not work for someone else. National Nutrition Month (NNM) 2020 theme's rhyme and simple, food treatment appeals to all. "Bite by Bite" supports the philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes can have a cumulative healthful effect. Nutrition doesn't have to be overwhelming. Let this NNM campaign encourage you to set **small** nutrition and health related goals and changes for yourself. Every **little** goal you achieve can make a **big** difference and will benefit your overall health.

Below are examples of healthy goals you may consider adding into your daily routine. Remember changes take time, so take them **step by step, bite by bite.**

1. **Make half your plate fruits and vegetables.** These food groups add flavor, color, and plenty of essential nutrients to your plate. Fresh, frozen and canned are all good choices.
2. **Choose foods in their natural, whole state most often.** Foods in their most natural state are rich with nutrients that support and maintain health.
3. **Watch portion sizes.** Get out your measuring cups and see how close your portions are to the recommended serving size.
4. **Be active.** Regular physical activity has many health benefits. Start by finding an exercise that is best for you.
5. **Get to know food labels.** Reading and understanding the nutrition facts label can help you shop and eat or drink smarter.
6. **Drink more water.** Quench your thirst with water instead of high-sugary beverages with unwanted calories.
7. **Get cooking.** This does not need to be complex; preparing healthy meals can be simple and take less than 30 minutes.
8. **Explore new foods and flavors.** Next time you go grocery shopping, make a point to select a new fruit, vegetable, spice or whole grain.
9. **Slow down at meal times.** The brain's fullness signal occurs about 20 minutes after food is consumed.
10. **Consult a registered dietitian nutritionist (RDN).** RDNs can help you by providing sound, easy-to-follow personalized nutrition advice.

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

