

Hurricane Senior Center

May 2018 Newsletter



May 2 – Advisory Board Meeting

May 2 & 16 – Blood Pressure/Sugar Screening

May 8 – AARP Defensive Driving Course

May 9 – Hurricane Family Pharmacy Presentation

May 10 – Zions Way Hand & Neck Massage

May 14 – Movie of the Month

“The Greatest Showman”

May 16 – Representative from the Veteran's Administration presentation

May 24 – Memorial Day Luncheon

May 28 – Closed for Memorial Day

May 31 – Happy Birthday/Anniversary

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. 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 & 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

Bereavement Support Group– 4th Wed @ 2:00

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

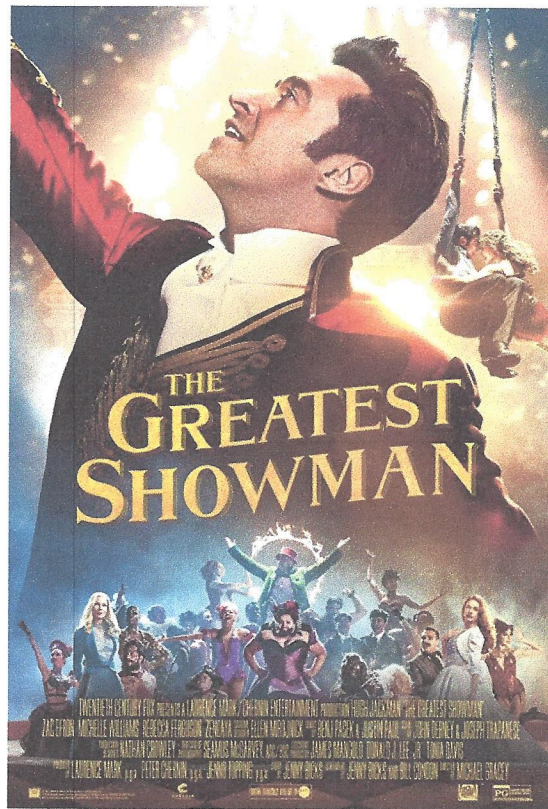
Bridge Group – every Monday @ 12:30 \$.50

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: Hugh Jackman, Michelle Williams, Zac Efron, Zendaya

"Orphaned, penniless but ambitious and with a mind crammed with imagination and fresh ideas, the American Phineas Taylor Barnum will always be remembered as the man with the gift to effortlessly blur the line between reality and fiction. Thirsty for innovation and hungry for success, the son of a tailor will manage to open a wax museum but will soon shift focus to the unique and peculiar, introducing extraordinary, never-seen-before live acts on the circus stage. Some will call Barnum's wide collection of oddities, a freak show; however, when the obsessed showman gambles everything on the opera singer Jenny Lind to appeal to a high-brow audience, he will somehow lose sight of the most important aspect of his life: his family. Will Barnum risk it all to be accepted?"

Come join us for the movie of the month. After lunch on Monday, May 14th.

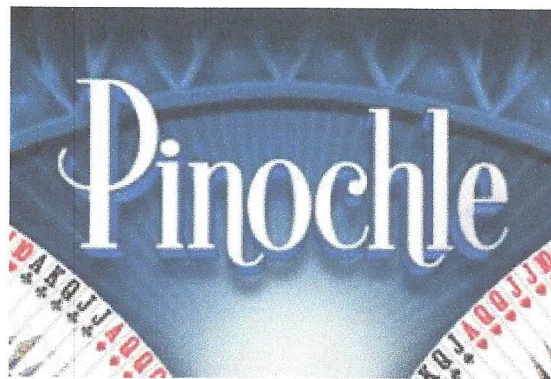
Free popcorn.

AARP®

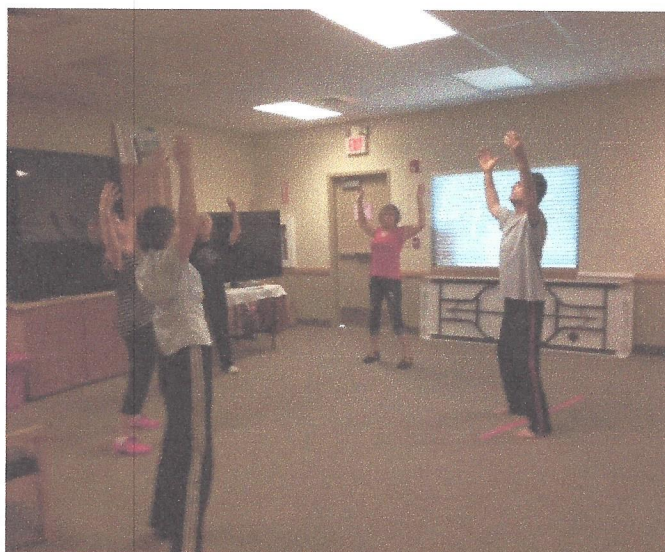
Defensive Driving Course

May 8th, 2018 from 8:30 am to 12:30 pm


Please call to sign up, 435-635-2089.



Would you like to play Pinochle? We would like to start a Pinochle group here at the center. If you are interested, please sign up at the front desk.

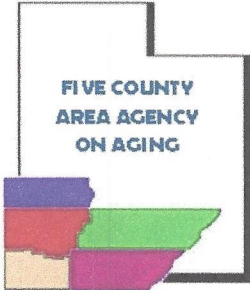
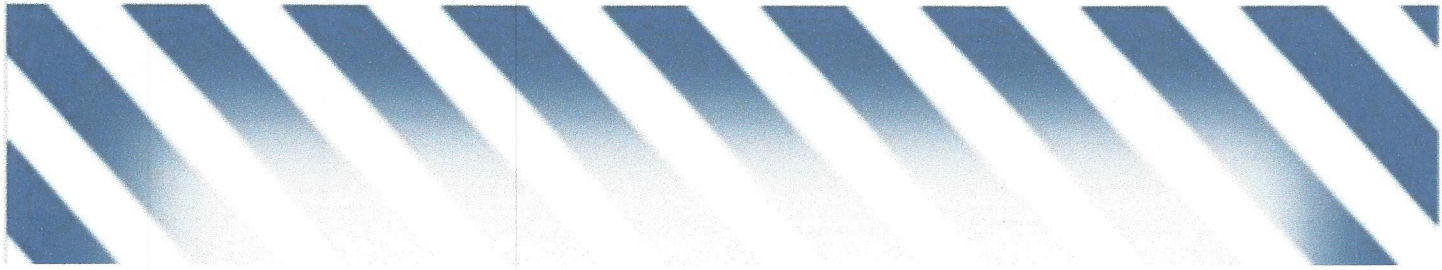


Tai Chi? We are hoping to start a Tai Chi class here at the Senior Center. If you would be interested in being an instructor, please talk to Downna. (Training is paid for and we offer mileage reimbursement & supplemental liability insurance while volunteering.)

Monday	Tuesday	Wednesday	Thursday
<p><i>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</i></p> <p>Milk and bread served with all meals.</p> <p>Salad bar available every day in dining room.</p>	<p>1 <u>Cinco de Mayo Holiday Meal</u></p> <p>Beef Enchilada Pie Spanish Rice Fiesta Vegetable Blend Mixed Green Salad Apple Crisp Diet Dessert: Apple Slices</p>	<p>2</p> <p>Hawaiian Chicken Haystack Buttered Rice Broccoli Cuts and Florets Pineapple Tidbits</p>	<p>3</p> <p>Pork Loin with Sweet Thai Chili Sauce Roasted Red Potatoes Brussels Sprouts Mixed Green Salad Cornbread Seasonal Fruit</p>
<p>7</p> <p>BBQ Pork on Bun Baked Beans Coleslaw Hot Spiced Fruit</p>	<p>8</p> <p>Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Seasonal Fruit Pineapple Lime Whip Diet Dessert: Diet Fruited Gelatin</p>	<p>9</p> <p>Beef Lasagna Bake Spinach Mixed Green Salad Garlic Bread Fruit Cocktail</p>	<p>10 <u>Mother's Day Holiday Meal</u></p> <p>Cranberry Dijon Chicken Rice Pilaf Capri Vegetable Blend Carrot Raisin Pineapple Salad Seasonal Fruit Brownie Diet Dessert: Crème Cookies</p>
<p>14</p> <p>Parmesan Chicken Penne Pasta Zucchini Mixed Green Salad Breadstick Seasonal Fruit</p>	<p>15</p> <p>Teriyaki Meatballs Fried Rice Seasoned Cabbage Sugar Snap Peas Mandarin Oranges</p>	<p>16</p> <p>Bratwurst on Bun Kraut and Apples German Potato Salad Seasonal Fruit</p>	<p>17</p> <p>Tater Tot Casserole Green Beans Mixed Green Salad Peach Crisp Diet Dessert: Warm Peaches</p>
<p>21</p> <p>Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Mixed Green Salad Tropical Fruit</p>	<p>22</p> <p>Glazed Ham Sweet Potato Hash Garden Vegetable Blend Mixed Green Salad Seasonal Fruit French Silk Pudding Diet Dessert: Diet Chocolate Pudding</p>	<p>23</p> <p>Beef Frito Pie Shredded Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit</p>	<p>24 <u>Memorial Holiday Meal</u></p> <p>Chili Dog on Bun Baked Beans Potato Salad Apple Blueberry Crisp Diet Dessert: Apple Slices</p>
<p>28 <i>Closed for Holiday</i> <i>Memorial Day</i> </p>	<p>29</p> <p>Baked Tilapia with Lemon Caper Sauce Confetti Rice Sugar Snap Peas Cucumber Tomato Salad Cornbread Apricot Halves</p>	<p>30</p> <p>Fajita Chicken Fajita Vegetables Black Beans Corn Salad Flour Tortilla Peaches</p>	<p>31</p> <p>Homemade Meatloaf with Brown Gravy Baked Potato Mixed Vegetables Mixed Green Salad Seasonal Fruit</p>

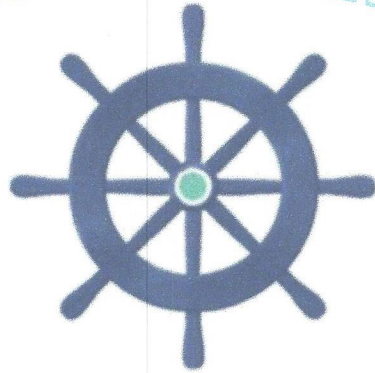


	1-May	2-May	3-May
	Painting Club 1:00 Hand & Foot Card Game 1:00	Blood Pressure/Sugar 11:00-12:00 Craft Class 1:00-3:00	Billiards 9:30 Skip Bo 10:30 Bingo after Lunch
7-May	8-May	9-May	10-May
Dixie Can Do's Bridge 12:30 Writing Class 12:30	AARP Driving Class 8:30 Painting Club 1:00 Hand & Foot Card Game 1:00	Hurricane Family Pharmacy @ Lunch Craft Class 1:00-3:00	Billiards 9:30 Skip Bo 10:30 Zions Way Hand/Neck Massage 11:00-12:00 Bingo after Lunch Knitting/Crochet 1:00
14-May	15-May	16-May	17-May
Movie after lunch Bridge 12:30 Writing Class 12:30	Skip Bo 10:30 Painting Club 1:00 Hand & Foot Card Game 1:00	Rep. from Veteran's Admin. 11:00-2:00 Blood Pressure/Sugar 11:00-12:00 Craft Class 1:00-3:00	Billiards 9:30 Skip Bo 10:30 Bingo after Lunch
21-May	22-May	23-May	24-May
Dixie Can Do's Bridge 12:30 Writing Class 12:30	Skip Bo 10:30 Painting Club 1:00 Hand & Foot Card Game 1:00	Craft Class 1:00-3:00 Bereavement Support Group 2:00	Billiards 9:30 Skip Bo 10:30 Bingo after Lunch Knitting/Crochet 1:00
28-May	29-May	30-May	31-May
Closed for Holiday	Skip Bo 10:30 Painting Club 1:00 Hand & Foot Card Game 1:00	Craft Class 1:00-3:00	Billiards 9:30 Happy Birthday/Anniversary Cake & Ice Cream Bingo after Lunch



16th Annual Seniors Conference

Navigating Your AAA



Making the most of your Medicare



How to get out and about in Senior Centers



Volunteer Opportunities



Avoiding Fraud



Education Opportunities



Class Demonstration

Friday, May 4, 2018

9:00 AM

Heritage Center

105 N 100 E Cedar City, Utah

To register, Call Five County: 435-673-3548



May Medicare Message #1

Medicare and VA Healthcare

Does Medicare coordinate with Veterans Affairs (VA) benefits?

Medicare generally does not coordinate with Veterans Affairs (VA) benefits. You can have both Medicare and VA benefits, and many people choose to use both benefits in order to have access to more providers and services. However, with few exceptions, Medicare and VA benefits do not work together. Medicare generally does not pay for care that you receive at a VA facility. In order for Medicare to cover your care, you usually must receive care at a Medicare-certified facility that works with your Medicare coverage. In order for your VA coverage to cover your care, you must generally receive health care services at a VA facility. Exceptions can be made, such as if you receive prior authorization from the VA to receive VA-covered services at a Medicare-approved facility. If an emergency occurs that requires you to receive such care, the VA may cover some of those costs until you can be moved to a VA facility for continued care.

Many veterans receive their VA health benefits to get coverage for health care services and items not covered by Medicare, such as over-the-counter medications, annual physical exams, and hearing aids. However, you may want to consider enrolling in Medicare Part B even if you have VA coverage. Part B may cover services you receive from Medicare-certified providers and provide you with medical coverage outside the VA health system. In addition, if you do not enroll into Part B when you are first eligible to do so, but later decide to enroll in Part B, you will likely incur a Part B premium penalty for each 12-month period you were without Medicare Part B coverage. In addition, you may also experience gaps in coverage.

Do I need to enroll in Medicare Part D if I have drug coverage through Federal Employee Health Benefits, Tricare For Life, or VA?

Drug coverage offered by each of these programs is creditable. This means that it is as good as or better than Medicare Part D prescription drug coverage. As long as you remain enrolled in drug coverage through one of these programs, you can delay enrolling in Medicare Part D without penalty. If you lose that coverage, however, you should enroll in a Part D plan within 63 days to avoid a penalty and gaps in coverage.

If you are interested in enrolling in a Part D plan in addition to or in place of your FEHB, TFL, or VA drug coverage, compare your options first. Some things to consider are the costs of a plan's premiums, deductibles, and copays, the drugs that are available on a plan's formulary (list of covered drugs), and the pharmacies that you can go to.

If you are eligible for Extra Help, you may want to consider enrolling in Part D. Extra Help pays for some or most of the costs of Part D, and could help lower your costs.

If you are considering dropping your current drug coverage and enrolling in Part D, keep in mind that if your spouse or dependents use your retiree benefits, they will need to get coverage from another source. They will not be able to get coverage from your Medicare plan.

What if I cannot afford the Medicare Part B premium?

Some people choose to decline Part B or delay enrollment because the monthly Part B premium seems too high. If you have a limited income and assets, though, you may be eligible for the Medicare Savings Program (MSP). The Medicare Savings Program helps pay your Medicare costs. There are three different Medicare Savings Programs, and each of them has different benefits and income levels:

- The Qualifying Individual (QI) program has the highest income limit, and pays for Medicare's Part B premium.
- The Specified Low-income Medicare Beneficiary (SLMB) has an income level lower than QI. It also pays for Medicare's Part B premium.
- The Qualified Medicare Beneficiary (QMB) program has the lowest income limit of the three programs. It pays for the Part B premium, as well as the Part A premium if you are responsible for paying it. It also covers all Part A and B cost sharing (including deductibles, coinsurances, and copays). If you qualify for QMB, you will have no cost sharing for Medicare-covered services you get through doctors who participate in Medicare or are in your Medicare Advantage Plan's network.

If you enroll in any of the three MSPs, you will automatically get Extra Help, the federal program that helps pay most of your Medicare prescription drug (Part D) costs. To qualify for an MSP, you must have one part of Medicare and meet income and assets guidelines set by your state.

May Medicare Message #2

Durable Medical Equipment Fraud

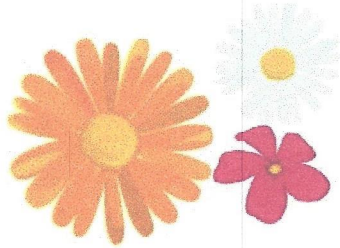
Durable medical equipment (DME) companies offer a valuable service by providing wheelchairs, surgical supplies, catheters, and respiratory nebulizers as well as nutrition and tube feeding supplies and other health care equipment. However, many fraudulent DME companies have appeared all across the country.

How the Scam Works

- A fraudulent DME company approaches a fraudulent physician, or uses an unsuspecting physician's stolen identity, to medically certify that a beneficiary needs supplies.
- This same fraudulent DME company may also have stolen, or otherwise purchased, Medicare beneficiary numbers and begin to fraudulently bill Medicare for goods.
- Typically no actual equipment is delivered to the beneficiary. He may not know equipment is being billed in his name but not delivered.
- In other schemes, a fraudulent DME company may offer the Medicare beneficiary meals or food in exchange for her Medicare number. The DME company may also provide the beneficiary with nutritional supplements. (Be aware that Medicare only pays for nutritional support when the beneficiary has a feeding tube in place.)
- Other common costly DME items that are offered include "custom" diabetic shoes, oxygen, nebulizers, and therapeutic mattresses.
- Sometimes the beneficiary is aware of the fraud and is paid a "kickback" in cash for selling his Medicare information.

How to Fight Back

- Do not let anyone except your physician's office handle your Medicare card. If anyone other than your physician's office requests you to provide your Medicare information, do not provide it.
- Never accept "free" medical equipment or services in exchange for your Medicare number. Nothing is ever free.
- Review your Explanation of Benefits paperwork for items that appear that you did not order or receive and report any discrepancies immediately.



Flower Power



ASTER	HONEYSUCKLE	ORCHID
CROCUS	LAVENDER	PANSY
DAFFODIL	LILAC	SUNFLOWER
DAISY	LILY	TULIP
GERANIUM	MARIGOLD	VIOLET

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