

Hurricane Senior Center

May 2019 Newsletter



May 1 – Advisory Board Meeting

May 1 & 15 – Blood Pressure Screening

May 2 – Tai Chi Workshop

May 9 – Mother's Day Luncheon

May 9 – Zions Way Hand & Neck Massage

May 15 – Shred Event & Benefits Event

10:00 am to 2:00 pm

May 22 – Hurricane Family Pharmacy

May 23 – Roger Dean to perform @ Lunch

May 23 – Memorial Day Luncheon

May 30 – 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

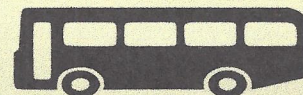
Dial-A-Ride Program

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

Exercise Class – every Mon @ 10:00am

Writing Group – 2nd & 4th Mon @ 12:30pm

Tai Chi – Tues & Thurs 10:00am – 11:00am

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!

You're Invited to A
Senior Shred Party

May 15, 2019

10 AM to 1PM

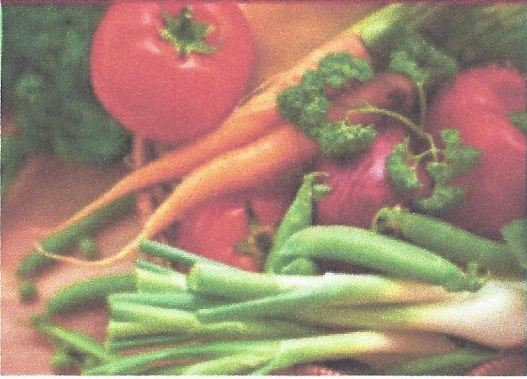


Hurricane Senior Center

95 N 300 W, Hurricane UT 84737

*Sponsored by the Area Agency
on Aging—Five County Senior
Medicare Patrol*

For more information contact (435) 867-6020



Get Help with Medical, Utility, Food and Drug

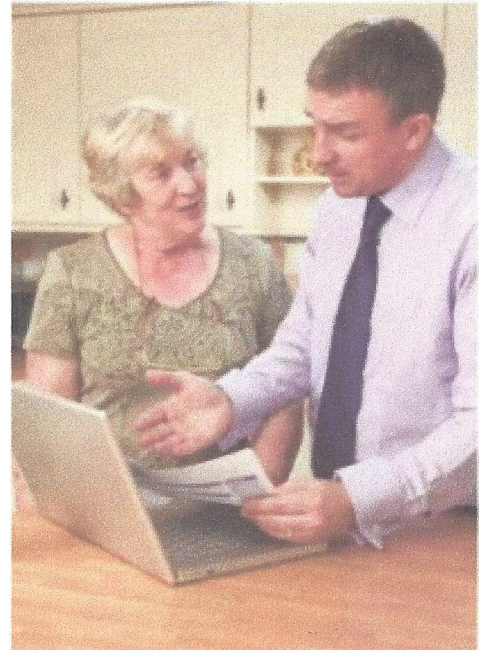
Benefits Enrollment Center

You May Qualify for Additional Help

Benefits Enrollment Centers help low income Medicare eligible seniors and persons with disabilities identify and apply for benefit programs. Trained staff use a web based tool to determine eligibility for benefits free of charge.

You may be eligible for one or more of the following programs:

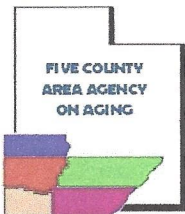
- Medicare Part D Extra Help/Low Income Subsidy (LIS) program – pays for Part D plan premiums, reduces drug co-pays and eliminates the Donut-Hole.
- Medicare Savings Program (MSP) – pays Medicare premiums.
- Medicaid for people with Medicare – supplements Medicare paying deductible and co-pays.
- SNAP/Food Stamps – Access nutritious food and alleviate hunger
- Utilities Assistance programs – Access savings to help heat and cool your home



Specially trained enrollment counselors can answer your questions and help you complete and submit applications.



Veteran's Benefits



1070 West 1600 South, Bldg B

P.O. Box 1550 (84771)

St. George, UT 84770

585 N Main

Cedar City, Utah 84720

For more information Call
435-673-3548 Ext. 108 or
ask for Kristina



Thrift Store Sale

May 6th-9th

1/2 off Storewide Sale!





FOCUS ON ***DIAL A RIDE***

Our Dial-A-Ride program provides transportation to:

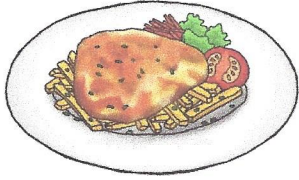
1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$3.00 one way or \$5.00 round trip. The bus runs from 9:30 am to 2:30 pm Monday through Thursday. 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 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.

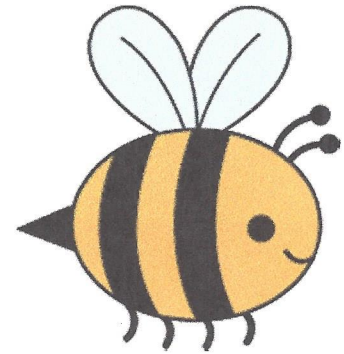
Washington County Council on Aging is committed to compliance with Title VI of the Civil Rights Act of 1964 and all related regulations and relevant guidance. The Agency assures that no person in the United States shall, on the grounds of race, color or nation origin, be excluded from participation in, 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

Monday	Tuesday	Wednesday	Thursday
<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</p> <p>Milk and bread served with all meals.</p> <p>Salad bar available every day in dining room.</p>		<p>1</p> <p>Shredded Pork w/Sweet Thai Chili Sauce Jasmine Rice Brussel Sprouts Mixed Green Salad Wheat Roll Milk Margarine Ranch Salad Dressing</p>	<p>2</p> <p>Cinco de Mayo Meal Beef Enchilada Pie Spanish Rice Fiesta Vegetable Blend Mixed Green Salad Apple Crisp Milk Margarine Taco Sauce Diet - Apple Slices</p>
<p>6</p> <p>BBQ Pork Baked Beans Coleslaw Hamburger Bun Hot Spiced Fruit Milk</p>	<p>7</p> <p>Crispy Baked Chicken Thigh Au Gratin Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit Pineapple Lime Whip Milk Margarine Diet - Fruited Gelatin</p>	<p>8</p> <p>Beef Lasagna Bake Broccoli Mixed Green Salad Garlic Bread Fruit Cocktail Milk Margarine Ranch Salad Dressing</p>	<p>9</p> <p>Mother's Day Holiday Meal Cranberry Dijon Chicken Rice Pilaf Capri Vegetable Blend Carrot Raisin Pineapple Salad Wheat Roll Seasonal Fruit Brownie Milk Diet - Crème Cookies</p>
<p>13</p> <p>Parmesan Chicken Penne Pasta Zucchini Spinach Salad Breadstick Seasonal Fruit Milk Margarine</p>	<p>14</p> <p>Teriyaki Meatballs Fried Rice Cabbage Sugar Snap Peas Wheat Roll Mandarin Oranges Milk Margarine</p>	<p>15</p> <p>Country Fried Steak w/Country Gravy Mashed Potatoes Stewed Tomatoes Mixed Green Salad Wheat Roll Tropical Fruit Milk Margarine</p>	<p>18</p> <p>Tater Tot Casserole Green Beans Mixed Green Salad Wheat Roll Peach Crisp Milk Margarine Diet - Hot Peaches</p>
<p>20</p> <p>Bratwurst Kraut & Apples German Potato Salad Hot Dog Bun Seasonal Fruit Milk Mustard</p>	<p>21</p> <p>Glazed Ham Sweet Potato Hash Garden Vegetable Blend Mixed Green Salad Wheat Roll Seasonal Fruit French Silk Pudding Milk Diet - Chocolate Pudding</p>	<p>22</p> <p>Crispy Baked Chicken Tater Tots Green Pea Salad Hamburger Bun Pears Milk Mustard Mayonnaise</p>	<p>23</p> <p>Memorial Holiday Meal Chili Dog Baked Beans Potato Salad Hot Dog Bun Apple Blueberry Crisp Milk Ketchup/Mustard Diet - Apple Slices</p>
<p>27</p> <p>Closed for Holiday <i>Memorial Day</i> </p>	<p>28</p> <p>Potato Crusted Fish Confetti Rice Mixed Vegetables Cucumber Tomato Salad Cornbread Apricot Halves Milk Margarine</p>	<p>29</p> <p>Fajita Chicken Fajita Vegetables Black Beans Corn Salad Flour Tortilla Peaches Milk Taco Sauce/Sour Cream</p>	<p>30</p> <p>Homemade Meatloaf w/Brown Gravy Baked Potato California Vegetables Spinach Salad Wheat Roll Seasonal Fruit Milk Sour Cream/Ranch Salad Dressing</p>

What type of bee can't make up its mind?



A "Maybe"

May Activities

1-May		2-May	
Craft Class 1:00-3:00		Tai Chi 10:00 Billiards 9:30 Skip Bo 10:30 Bingo after Lunch	
6-May	7-May	8-May	9-May
Dixie Can Do's Bridge 12:30	Painting Club 1:00 Hand & Foot Card Game 1:00	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
13-May	14-May	15-May	16-May
Bridge 12:30 Writing Class 12:30	Painting Club 1:00 Hand & Foot Card Game 1:00	Shred Event/Benefits Event 10:00-1:00 Blood Pressure/Sugar 11:00-12:00 Craft Class 1:00-3:00	Billiards 9:30 Skip Bo 10:30 Bingo after Lunch
20-May	21-May	22-May	23-May
Dixie Can Do's Bridge 12:30	Skip Bo 10:30 Painting Club 1:00 Hand & Foot Card Game 1:00	Hurricane Family Pharmacy @ Lunch Craft Class 1:00-3:00	Billiards 9:30 Roger Dean to perform Bingo after Lunch Knitting/Crochet 1:00
27-May	28-May	29-May	30-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

If April showers bring May flowers, what comes next in June?



"Pilgrims"

Medicare Coverage of Glaucoma Tests

According to The Eye Diseases Prevalence Research Group, it is estimated that over 3 million Americans have glaucoma but only half of those know they have it. More than 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness.

Medicare Part B (Medical Insurance) covers glaucoma tests once every 12 months if you're at high risk for glaucoma. You're at high risk if one or more of these applies to you:

- You have diabetes.
- You have a family history of glaucoma.
- You're African American and age 50 or older.
- You're Hispanic and age 65 or older.

While Glaucoma tests are considered a Medicare preventive benefit, they are not a free benefit on original Medicare. You will be required to pay 20% of the Medicare-approved amount and the Part B Deductible applies. If you are not considered high risk, Medicare may not cover the cost of your exam. If someone offers a "free" glaucoma test, it may be fraud. For more information about this or other Medicare Preventive Health benefits or if you suspect Medicare fraud, contact your local SHIP/SMP program at (435)673-3548.



12 Simple Ways To Spring Clean Your Health

1. *Choose in-season, local produce:* Seasonal produce offers more flavor as well as price savings.
2. *Schedule screenings and doctor appointments:* Plan ahead to keep track of wellness appointments during the year.
3. *Venture outside:* Walking for exercise benefits your cardiovascular system and burns calories. Take a walk in the woods and you'll also reap the benefits of anti-cancer proteins.
4. *De-clutter your medicine cabinet:* Medicine should be stored in a cool, dry cabinet, not in the bathroom, the expiration date is your best guidance for the potency of a medicine, but if you're unsure, toss it if it smells bad or looks off-color.
5. *Go wheat free for a month:* Cutting wheat helps you avoid the appetite-stimulating property of the wheat's gliadin protein.
6. *Learn how to de-stress instantly:* If you can't spare a block of time every day to meditate, squeeze in a few minutes each hour to experience the same benefits.
7. *Allergy-proof your house:* All smooth surfaces, including ceiling fan blades and window coverings should be wiped with a cloth, also replace your furnace filters.
8. *Purge old makeup:* Throw it out if you notice changes in the product, such as an odor or separation of ingredients
9. *Replace old workout shoes:* Your comfy, worn-out running shoes may do more harm than good.
10. *Smarten up your TV time:* Watch shows that stimulate thoughtful conversation (like PBS, the Discovery Channel or ones that focus on hobbies you find interesting), and discuss the topics to boost engagement and creative thinking.
11. *Organize your in-box:* Each morning, flag emails that must be dealt with today, focusing on your top priorities. Dedicate 30-minute blocks every two hours to staying on top of email.
12. *Up your daily happiness potential:* Rid your closet of clothes that don't flatter you. You just don't need that baggage. Give away the stuff you don't want: Research shows that helping out others improves your own happiness.



Ever Wonder?

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why don't you ever see the headline "Psychic Wins Lottery"?

Why is "abbreviated" such a long word?

Why is it that doctors and lawyers call what they do "practice"?

Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?

Why the man who invests your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

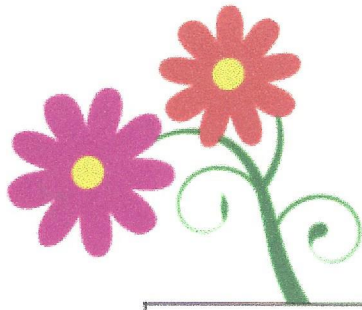
Why do they sterilize the needle for lethal injection?

You know that black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is Congress the opposite of progress?



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE

