

Hurricane Senior Center

May 2020 Newsletter



Our Center is closed but we are still doing:

Meals on Wheels

Dial-a-ride

Frozen grab and go meals (curbside delivery)

Limited staff will be available to run critical programs.

Please call the center with any questions.

All activities cancelled until further notice.

The decision to re-open the center will be evaluated on a daily basis.

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

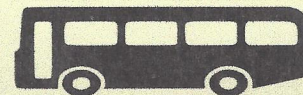
Dial-A-Ride Program

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**

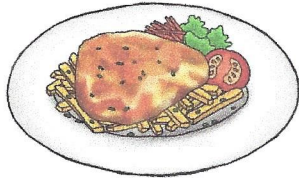
Bridge Group – every Monday @ 12:30

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!

HURRICANE SENIOR CENTER

May 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
Salisbury Steak with Onion Gravy Mashed Potatoes Spinach Three Bean Salad Wheat Roll Tropical Fruit Milk Margarine Ranch Salad Dressing	<i>Cinco De Mayo</i> Beef Enchilada Pie Spanish Rice Fiesta Vegetable Blend Mixed Green Salad Apple Crisp Tortilla Chips Milk Margarine Taco Sauce Diet - Apple Slices	Beef Spaghetti Sauce Spaghetti Italian Vegetable Blend Mixed Green Salad Garlic Bread Pineapple Milk Margarine Ranch Salad Dressing	<i>Mother's Day</i> Cranberry Dijon Chicken Rice Pilaf Garden Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Cookie Milk Margarine Diet - Vanilla Wafers Ranch Salad Dressing
11	12	13	14
BBQ Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk	Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Beef Lasagna Bake Broccoli Mixed Green Salad Garlic Bread Grapes Milk Margarine Ranch Salad Dressing	Open-Faced Turkey Sandwich Mashed Potatoes Peas and Carrots Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine
18	19	20	21
Potato Crusted Fish Tater Tots Green Pea Salad Wheat Roll Pears Milk Tartar Sauce Ketchup	Meatballs w/Cranberry Sauce Brown Rice Cabbage Carrots Wheat Roll Mandarin Oranges Milk Margarine	Bratwurst Sauerkraut German Potato Salad Hot Dog Bun Apple Blueberry Crisp Milk Mustard Diet - Spiced Apples	<i>Memorial Day</i> Cheeseburger Lettuce & Tomato Baked Beans Tater Tots Hamburger Bun Fruited Strawberry Gelatin Milk Mustard Ketchup Diet - Fruited Gelatin
25	26	27	28
Closed Memorial Day	Glazed Ham Yams Garden Vegetable Blend Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Beef Frito Pie Shredded Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit Milk Taco Sauce	Tater Tot Casserole Parslied Carrots Mixed Green Salad Garlic Bread Peach Crisp Milk Margarine Ranch Salad Dressing Diet - Hot Peaches

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.
 A Salad Bar is available every day in the dining room.
 Follow Us on Facebook @triocommunitymeals.com

Medicaid Programs

For people with limited incomes and resources, Medicaid programs are available. There are several Medicaid programs available depending on needs, income and assets.

The Aged, Blind or Disabled (ABD) Programs are medical assistance programs for individuals aged 65 years or older, blind or disabled. For Medicare beneficiaries, the ABD program pays Medicare premiums, copays and other costs and reduces prescription drug copay amounts. Most people on this program pay nothing for their healthcare costs. Eligibility is limited to individuals with very limited incomes and resources. In Utah, the income eligibility is usually around \$1000 per month for a household of one or around \$1400 for a household of 2. Assets must be under \$2000 for an individual and \$3000 for a couple, though some assets are excluded from this amount.

If you feel that you may be eligible for Medicaid and would like assistance with applying, contact your local Area Agency on Aging at (435) 673-3548.

Medicare “Did you know’s”: Medicare Topics in a Minute or Less

- Did you know that many Medicare services for preventive health are covered at no cost to you? You can get flu shots, certain cancer screenings, “Wellness Visits,” Diabetes screenings, glaucoma tests, cardiovascular screenings, bone mass measurements, depression screenings and many more at no cost.
- Did you know that Medicare doesn’t cover certain things, like vision, dental and hearing aids because the law that created Medicare specifically prohibits coverage for these services? Some Medicare Advantage Plans offer limited coverage for these services. If you are interested in these services, consider getting your Medicare through a Medicare Advantage Plan (Not available in all areas)
- Did you know that until 2006, Medicare did not offer prescription drug coverage? Part D was created in 2006 and is provided by private insurance companies with contracts with Medicare. All drug plans must meet at least Medicare’s minimum standard. In 2006, that meant a coverage gap where you paid the full cost for your prescriptions. Now, you pay no more than 25% of the drug’s total cost in the Coverage Gap.
- Did you know that Medicare has certain enrollment periods and you can only enroll during these periods unless you have a special circumstance? General Enrollment for Medicare A and B is from January to March each year. Part D and Medicare Advantage Plan open enrollment is from October 15th to December 7th each year. If you don’t enroll during an enrollment period, you can’t enroll until the next year unless you qualify for a Special Enrollment. If you miss your Initial Enrollment and don’t qualify for a Special Enrollment, you may have to pay a penalty later.
- Did you know that Medicare fraud costs tax payers billions of dollars each year? You can do your part to prevent fraud by reviewing your Medicare Summary Notice or Explanation of Benefits. If you notice a mistake, contact the provider first. If you don’t recognize the provider, contact 1-800-Medicare or your local SMP program at (435)673-3548.
- Did you know that Medicare representatives will never call you or come to your door? If someone claims to represent Medicare, don’t give out any personal information. Only give your Medicare Number to people you trust. While it is safe now to carry your Medicare Card, protect your Medicare Number like you would a credit card.
- Did you know that Medicare doesn’t cover Long-Term Care? If you need Nursing Home level care, Medicare will not cover it. Medicare does cover skilled nursing services for up to 100 days after a qualifying hospital stay but things like bathing, dressing or other custodial care aren’t covered. Medicaid, however, can cover these services for people with limited resources.
- Did you know that Medicare covers hospice care at no cost? If you have a terminal illness and choose palliative care rather than treatment, Medicare Part A covers your care 100%. You pay a copay of no more than \$5 for prescriptions to treat pain or control symptoms. Hospice services can include doctor care, nursing services, homemaking services, hospice aides, in-patient respite, social work services, grief counseling for families and more.
- Did you know that Medicare has assistance programs for people who can’t afford their Part B premium or prescription drug copays? For people with limited incomes and assets, there are programs like the Medicare Savings Plan or the Low-Income Subsidy to help cover costs. If you can’t afford your Part B premium or your prescription drug costs, contact the Area Agency on Aging- Five County at (435) 673-3548 to see if you qualify

— NATIONAL PHYSICAL FITNESS & SPORTS MONTH —

MOVE MORE

The evidence is clear—regular physical activity is good for everyone’s health, and people of all ages and body types can be physically active. Choose activities you enjoy and do it often!

BENEFITS OF PHYSICAL ACTIVITY

- Prevents chronic diseases, such as heart disease, cancer and stroke
- Controls weight
- Makes your muscles stronger
- Reduces fat
- Promotes strong bone, muscle and joint development
- Conditions heart and lungs
- Builds overall strength and endurance
- Improves sleep
- Decreases potential of becoming depressed
- Increases your energy and self-esteem
- Relieves stress
- Increases your chances of living longer

TYPES OF PHYSICAL ACTIVITY

Include exercise of each of the types of physical activity listed below in your weekly routine. Keep in mind, if you haven’t been active in a while, start slowly and build up.

Strength Training

Strengthening your muscles makes you stronger, stimulates bone growth, lowers blood sugar, assists with weight control, improves balance and posture, and reduces stress and pain in the lower back and joints. Use free weights, weight machines, resistance bands, and your own body weight. Form is key, so work with a physical therapist or certified fitness professional before you get started. Aim to strength train two times per week.

Aerobic Exercise

Aerobic gives your heart and lungs a workout, while increasing endurance. Aim for 150 minutes per week of moderate-intensity activity. Examples: walking, climbing stairs, running, cycling, swimming, cross-country skiing, and aerobic classes.

Stretching

Routine stretching helps maintain flexibility, which increases your range of motion and reduces pain and the risk for injury. Aim for a stretching program most days of the week or at least three or four times per week.

Balance Exercises

Especially important as we get older, improving your balance makes you feel steadier on your feet and helps prevent falls. Add balance exercise into your strength training routine or sign-up for a yoga or tai chi class.

PHYSICAL ACTIVITY RECOMMENDATIONS

ADULTS

minimum of
30 minutes
per day

CHILDREN

minimum of
60 minutes, at
least five days
per week

If time is a challenge, break your activities up into three 10 minute sessions. Short bouts of activity have similar health benefits as longer bouts.

For more information on physical activity, check out **Move Your Way** at health.gov/moveyourway/



P.O. Box 1550 (84771) St. George, UT 84770
435-673-3548



By My Medicare Matters® Team

4 Ways to Prevent Heart Disease Using Medicare

The **number 1 cause of death** for people aged 65 and older in the United States is heart disease. While strides are being made in health care to reduce the number of people affected, it's still not enough. Some of the most important things individuals can do to reduce their risk of heart disease is getting **adequate exercise every week** and taking advantage of your **Medicare preventive benefits**.

We've created a list of easy-to-do practices for you to reduce your risk for heart disease and live a long and healthy life.

1. Heart Disease Screenings

If you have Medicare, you can receive a free **cardiovascular heart disease screening** annually, though you may need to pay a copay depending on your coverage. Heart disease screenings check your **blood pressure and cholesterol** to ensure you are not at risk for a stroke or heart disease. During the screening, your doctor may provide you with tips and resources to improve your health, such as adjusting your eating habits and incorporating health supplements into your weekly routine.

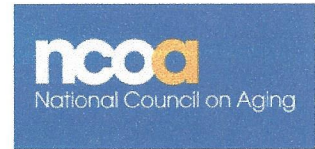
2. Diabetes Screening & Management

Diabetes is a serious health condition that causes your body to under-produce and/or not use insulin in the right way. Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart and blood vessels, increasing your risk of developing heart disease. The longer you have diabetes, the higher the chance that you will develop heart disease.





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If you notice unwarranted weight loss, increased urination, blurry vision, or you start to feel more tired, hungry, or thirstier than usual, contact your doctor right away for your **Medicare-covered screening**. The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or stroke.

3. Chronic Disease Self-Management

80% of older adults have at least one chronic disease, and 68% have at least two. If you have a chronic condition like high blood pressure, high cholesterol, or diabetes, you significantly increase your risk of developing heart disease, along with many other conditions. **Chronic Disease Self-Management Programs** (CDSMP) are 6-week long interactive workshops (online or in-person) that help attendees manage conditions, improve quality of life, and lower health care costs. To find a CDSMP in your community, contact your local **Area Agency on Aging**.

4. Healthy Lifestyle Habits

Your body is a temple, and you should treat it as such. **Improving your diet** and making small changes to your daily routine can drastically improve your health and reduce your risk for heart disease and other chronic conditions.

A great first step would be reducing your intake of processed foods and adding more **fresh fruits and vegetables** to your diet. Medicare offers **nutrition therapy** that can provide advice on what to eat and help manage factors that may impact your healthy lifestyle.

Smoking also increases your risk of heart disease and other **chronic conditions** by damaging your blood vessels. Medicare also offers 8 in-person sessions a year to help beneficiaries **quit smoking**.



How to Thrive –Routine Suggestions

Set a morning routine

Exercise & hydrate

Get dressed for the day

Make goals for the day

Go for a walk or spend time outside

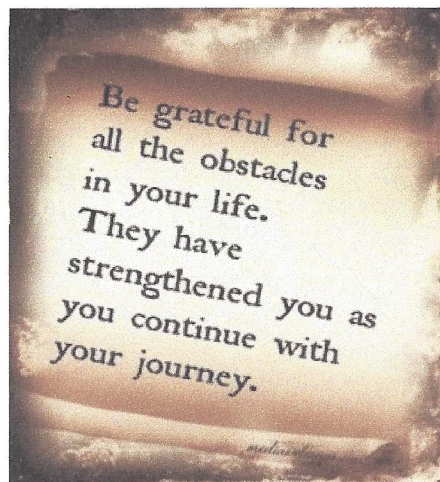
Clean/organize your workspace

Stand up hourly

Communicate your needs

Read and journal daily

Think about what you're grateful for.

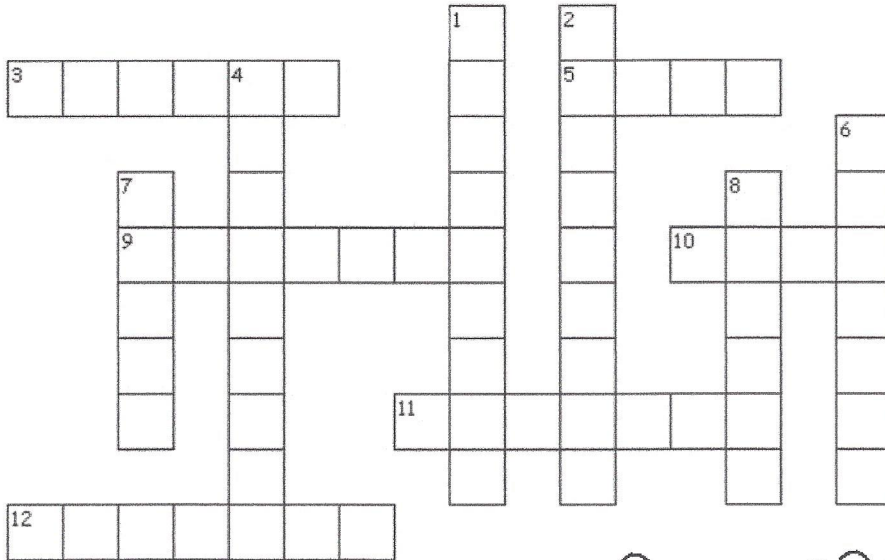


Activities to do at home

- #1-Watch a favorite movie with popcorn
- #2-Paint your nails
- #3-Wear your most comfy clothes and read
- #4-Call or Facetime your friends/family
- #5-Draw or color in a coloring book
- #6-Make an ice cream sundae
- #7-Go to a relaxing place in your home and meditate
- #8-Cuddle with your pet
- #9-Take a bubble bath
- #10-Make homemade pizza
- #11-Plant a garden
- #12-Write in your journal
- #13-Write letters to loved ones and friends
- #14-Plan a future trip
- #15-Assemble a cookbook



Mother's Day Crossword

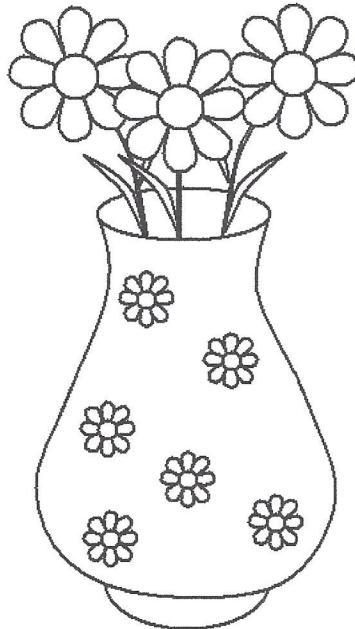


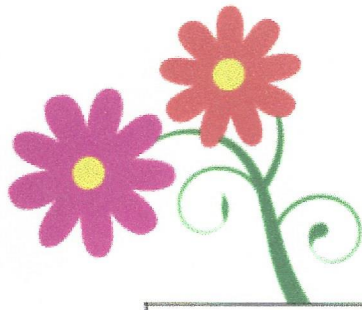
Across

- 3. Special meal between breakfast and lunch.
- 5. Tight squeeze.
- 9. Inspiring awe.
- 10. The feeling mom has for her children.
- 11. To help someone grow up.
- 12. A bouquet of these will make mom's day!

Down

- 1. Amazing or astonishing.
- 2. Mom's favourite cocoa indulgence.
- 4. To engage in festivities.
- 6. A gift.
- 7. Sweet treats.
- 8. The woman who loves you no matter what!





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

