

Hurricane Senior Center

November 2018 Newsletter



- November 7 – Advisory Board Meeting
- November 7 – Blood Pressure Screening
- November 9 – Zions Way Hand & Neck Massage
- November 12 – Closed for Veteran's Day
- November 20 – Thanksgiving Lunch
- November 20 – Southwest Utah Health Department A1C & Diabetes Screening
- November 21 & 22 – Closed for Thanksgiving
- November 28 – Bereavement Support Group
- November 29 – 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

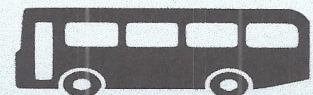
Dial-A-Ride Program

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, 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

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!

Hurricane Senior Center November 2018

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</p> <p>Country Fried Steak w/Gravy Mashed Potatoes Sliced Carrots Creamed Peas Wheat Roll Ambrosia Salad Milk Margarine Diet - Mixed Fruit</p>
<p>5</p> <p>Cacciatore Chicken Breast Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine</p>	<p>6</p> <p>Sweet & Sour Meatballs Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine</p>	<p>7</p> <p>Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gelatin Milk Margarine Diet - Fruited Gelatin</p>	<p>8</p> <p>Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine</p>
<p>12</p> <p>Closed in Honor of Veterans Day</p>	<p>13</p> <p>Chicken Fried Steak w/Gravy Mashed Potatoes Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine</p>	<p>14</p> <p>Beef Chili with Beans Baked Potato Chuckwagon Corn Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Sour Cream</p>	<p>15</p> <p>Alfredo Chicken Breast Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Milk Margarine Diet - Hot Peaches</p>
<p>19</p> <p>BBQ Pork Baked Beans Coleslaw Hamburger Bun Peach Crisp Milk</p>	<p>Thanksgiving Menu 20</p> <p>Roasted Turkey w/Gravy Cranberry Sauce Stuffing Green Beans Mashed Potatoes Mixed Green Salad w/Ranch Wheat Roll Pumpkin Pie w/Whipped Cream Milk Margarine Diet - Mixed Fruit</p>	<p>21</p> <p>Closed for Thanksgiving Holiday</p>	<p>22</p> <p>Closed for Thanksgiving Holiday</p>
<p>26</p> <p>Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Peaches Milk Margarine</p>	<p>27</p> <p>Glazed Ham Sweet Potato Casserole Cabbage Mixed Green Salad Cornbread Seasonal Fruit Chocolate Chip Cookie Milk Margarine Diet - Vanilla Wafers</p>	<p>28</p> <p>Hawaiian Chicken Haystack Buttered Rice Broccoli Asian Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine</p>	<p>29</p> <p>Beef Spaghetti Sauce over Spaghetti Noodles Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote Milk Margarine</p>



Activities

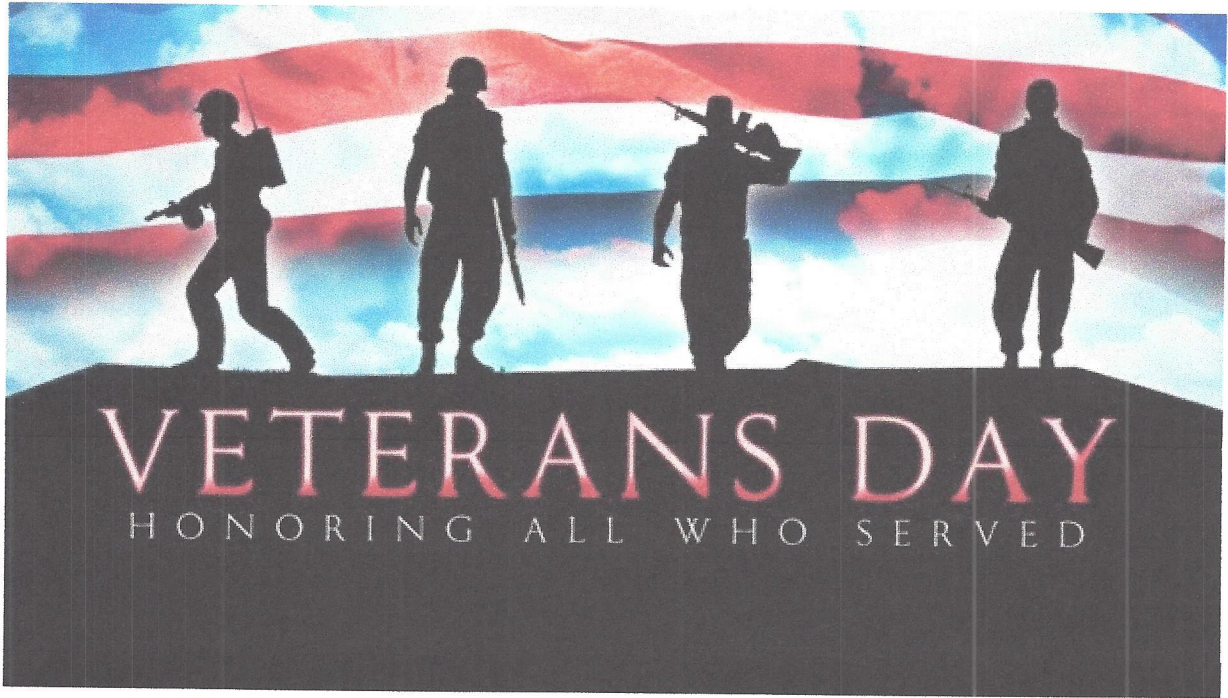


5-Nov	6-Nov	7-Nov	1-Nov
Exercise Class 10:00	Painting after lunch	Blood Pressure 11:00-12:00	Billiards 9:30
Dixie Can Do's	Hand & Foot Cards after lunch	Craft Class 1:00	Bingo after Lunch
Bridge 12:30			8-Nov
Writing Group 12:30			Billiards 9:30
12-Nov	13-Nov	14-Nov	Zions Way Massage 11:00
Closed for Holiday	Painting after lunch	Craft Class 1:00	Bingo after Lunch
	Hand & Foot Cards after lunch		Knitting/Crochet 1:00
19-Nov	20-Nov	21-Nov	15-Nov
Exercise Class 10:00	Thanksgiving Lunch	Closed for Holiday	Billiards 9:30
Dixie Can Do's	SW Utah Health Dept A1C/Diabetes Test		Bingo after Lunch
Bridge 12:30	Painting after lunch		
Writing Group 12:30	Hand & Foot Cards after lunch		
26-Nov	27-Nov	28-Nov	22-Nov
Exercise Class 10:00	Painting after lunch	Craft Class 1:00	Closed for Holiday
Bridge 12:30	Hand & Foot Cards after lunch	Bereavement Support Group 2:00	
Writing Group 12:30			29-Nov
			Billiards 9:30
			Happy Birthday/Anniversary Cake & Ice Cream
			Bingo after Lunch

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



Thank you to all our Veterans!



For Release October 15, 2018

Area Agency on Aging – Five County Offers Free Medicare Counseling

Enrollment Events happening in area Senior Centers

St. George, UT— October 15, 2018 — Each year, Seniors have the opportunity to change their Medicare Prescription Drug plans and Medicare Advantage Plans during the annual Open Enrollment Period, held between October 15th and December 7th. During this time, Medicare beneficiaries may notice an increase in Medicare related advertisements and it may be difficult to know where to turn for unbiased, objective assistance. The Area Agency on Aging – Five County is here to help. Staff and volunteers with the State Health Insurance Assistance Program (SHIP) can help local Medicare beneficiaries navigate the options available in our area. Medicare counselors with the SHIP program can provide benefits explanations and plan comparisons for all of the Medicare Part D and Medicare Advantage Plans available in Southwest Utah.

There are several new plans available in Southern Utah this year and every Medicare beneficiary with a Medicare Advantage Plan or Medicare Prescription Drug Plan could benefit from a plan review. This plan review takes only a few minutes to complete and could result in hundreds of dollars in savings. Prescription drug plans and Medicare Advantage Plans can change their premium amounts, copays, deductibles, formularies and In-Network from year to year so even the plan that was best last year may not still be the best option. And because everyone's situation is unique, the "best" plan for one person may not be the same for their friend, neighbor or even spouse.

To find out when Medicare counselors will be available in your area, contact your local Senior Center or the Area Agency on Aging – Five County SHIP coordinator at (435) 867-6020.

For more information:

PR Contact Name: Amy Brinkerhoff

Phone number: (435)867-6020

Email: abrinkerhoff@fivecounty.utah.gov



Caregivers are superheroes. Managing medications. Getting to doctor appointments. Balancing work and home. How can family caregivers handle it all? Even superheroes need tools! Thankfully, new caregiving tools can help lighten the load.

Think Safety First

If your elderly loved one is aging at home, safety and security is your first priority. You can't be there with them every minute of the day. But all sorts of gadgets can help keep them safe, maintain their independence, and relieve some of your worries. Wearable sensors can monitor a patient and contact family members if their loved one falls or if an emergency occurs. Smart homes and smart locks can help, too.

Unlock the Power of Medical Records

Information is power, and caregiver access to online patient medical records is getting easier and more powerful every day. With online patient portals you can get your loved one's health and insurance information how and when you need it. Join the millions of family caregivers who have already accessed their loved one's online medical records to improve care.

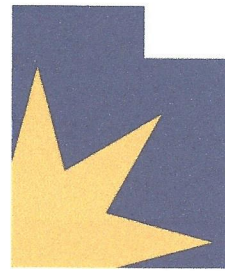
Master the Medications

One of your most important daily responsibilities is managing medications - making sure they are taken properly and on time, getting refills, and watching for side effects. Your loved one may have more than one illness and have to take several medications. Tech tools are an easy, safe way to track your loved one's meds and make caregiving a bit less stressful.

Unleash the Power of Apps

Caregiving is overwhelming and you simply can't do it all by yourself. Luckily, there are many apps and tools that can help caregivers do almost anything from A to Z. Check your loved one's vital signs. Locate them with GPS if they wander off. Get healthy eating plans at the touch of a button. Or connect with caregiver support groups and online communities. Use apps to streamline your tasks so you can get a break and take a few minutes to recharge your own batteries.

SOUTHWEST
UTAH PUBLIC
HEALTH
DEPARTMENT



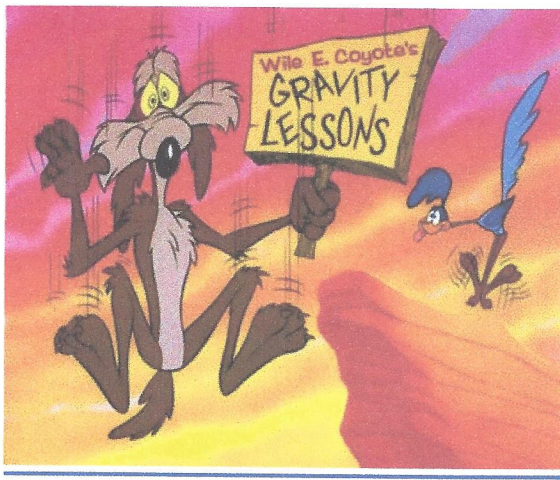
November 20th

11:30-1:30

**Get your FREE A1C test to screen
for Diabetes and Prediabetes**

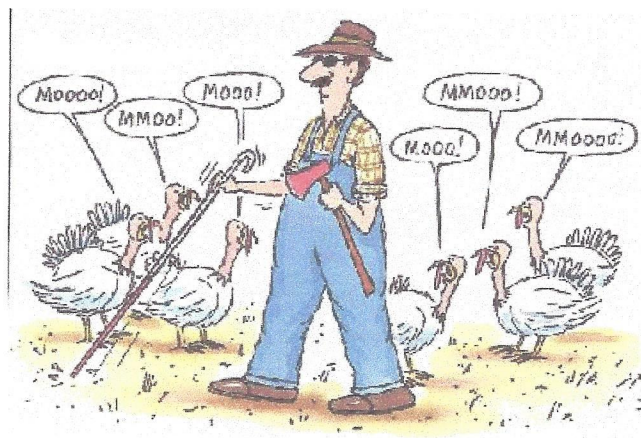
In support of National Diabetes Month, the Southwest Utah Public Health Department is offering FREE A1C testing to screen for diabetes and prediabetes during the month of November. To qualify for the free screening you must be a resident of either Washington, Iron, Kanab, Garfield, or Beaver County.

The A1C test involves a simple finger prick and you will know your results within a few minutes. The results will place you in either the range of normal, pre-diabetic, or diabetic. It is estimated that one-fourth of people with diabetes are unaware they have it, and 90% of people with pre-diabetes are unaware of their condition. Left untreated, these health conditions can lead to very serious health problems down the road. That is why it is so important to be screened for diabetes and prediabetes. Plan to get your FREE A1C test in November!



Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

- One-fourth of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 3 million injuries treated in emergency departments annually, including 850,000 hospitalizations and more than 29,000 deaths. In 2015, the total cost of fall injuries was \$50 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020. Falls, with or without injury, also carry a heavy quality of life impact.
- A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.



Fall Safety

Decorating

- *Use simple, non-cluttered decorations.*
- *Do not spread extension cords across the floor.*
- *Remove anything an elderly person may stumble over.*
- *Replace candles with bright centerpieces of fruit or flowers.*

Lighting

- *Make sure all locations are properly lit, including doorways inside and out.*
- *In the guest bedroom, make light switches are accessible from the bed or nearby chair.*
- *Add a night light between the guest bedroom and the bathroom.*

Be aware of what's on the floor.

- *Keep electrical and telephone cords out of the way.*
- *Keep floors clutter-free.*
- *Keep outdoor walk areas clear of rocks and tools.*
- *Arrange furniture so that people can easily move around it.*
- *Add a non-slip pad underneath any throw rugs on floors in bathrooms.*

Foods

- *Keep candy and sweets to a minimum to prevent sugar high and lows.*
- *Keep alcohol to a minimum or avoid it altogether. Medications can have unwanted side effects with alcohol.*

Tables still to rent! Please call 435-635-2089

to reserve a table. \$10.00



HOLIDAY ARTS AND CRAFTS SHOW

Saturday, December 1st from 9:00 am to 3:00 pm

Hurricane Senior Center, 95 N 300 W, Hurricane, UT

24 Tables of beautifully handcrafted items.

Senior Center Thrift Store will be also open 9:00 am to 3:00 pm.

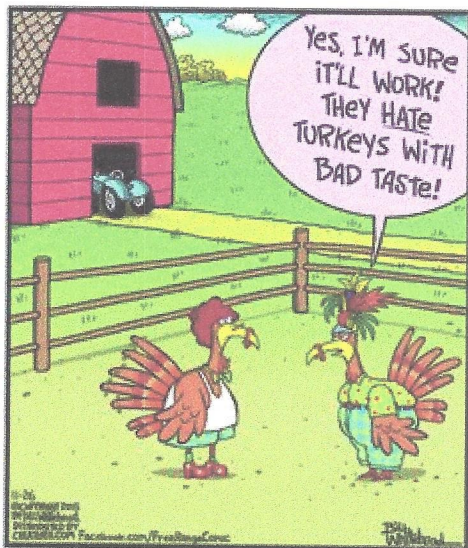
Arts & Crafts Fair

November 9, 2018

9:00 a.m. - 1:00 p.m.



ST. GEORGE SENIOR CENTER
245 NORTH 200 WEST, ST. GEORGE



Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



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Autumn Word Search

Instructions: Try to find all of the hidden Autumn/Fall words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

ACORN	CIDER	HAY
AMBER	CORN	OCTOBER
APPLE	DUCKS	ORCHARD
BROWN	FALL	SEPTEMBER
CHANGE	FOLIAGE	YELLOW



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