

Hurricane Senior Center

November 2019 Newsletter



Nov 4 – Open Enrollment-Five County @ 11:00 am

Nov 4 & 18 – Dixie Can Do's to perform @ Lunch

Nov 6 – Advisory Board Meeting

Nov 6 & 20 – Blood Pressure Screening

Nov 7 – Roger Dean to perform @ Lunch

Nov 11 – Center Closed for Veteran's Day

Nov 14 – Zions Way Hand & Neck

Massage @ 11:00

Nov 19 – Virginia Bandy to perform @ Lunch

Nov 20 – Family Pharmacy Presentation

Nov 21 – Thanksgiving Luncheon-Closed after
lunch-no activities

Nov 25-28 – Center Closed

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

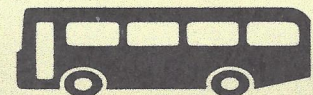
Dial-A-Ride Program

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

Exercise Class – every Mon @ 10:30am

Writing Group – 2nd & 4th 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

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**

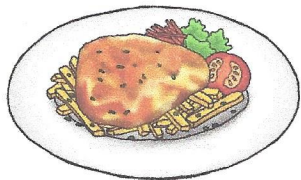
Bridge Group – every Monday @ 12:30

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!

Medicare Open Enrollment is just around the corner!

Open Enrollment is your
chance to make sure your
2020 Medicare coverage
works for you.

Between October 15th and
December 7th, let a
trained, unbiased SHIP
counselor help you
review your plan!



Call (435) 673-3548 for an appointment or join us at the Hurricane
Senior Center on Monday, November 4th at 11:30 AM.

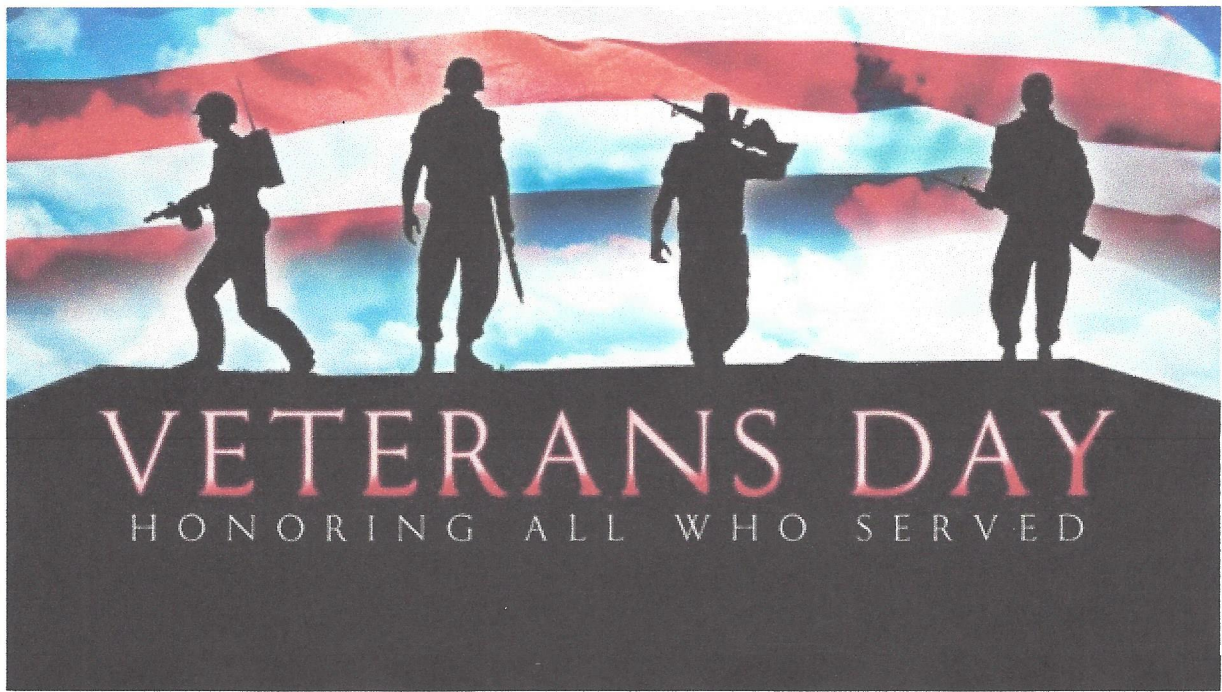
Medicare Savings Programs

Medicare Savings Programs (MSPs) are state programs that assist you with paying your Medicare costs. These costs include premiums, deductibles, coinsurance charges, and copayments for Part A and Part B. There are three main programs, each with different benefits and eligibility requirements:

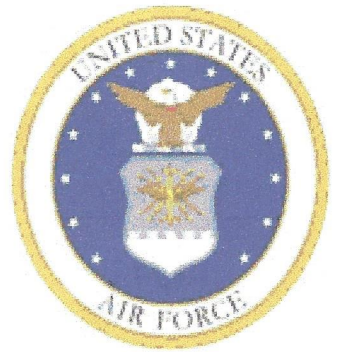
1. **Qualified Medicare Beneficiary (QMB):** Pays for Medicare Parts A and B premiums. If you have QMB, typically you should not be billed for Medicare-covered services when seeing Medicare providers or providers in your Medicare Advantage Plan's network.
2. **Specified Low-income Medicare Beneficiary (SLMB):** Pays for Medicare Part B premium.
3. **Qualifying Individual (QI) Program:** Pays for Medicare Part B premium.

Important things to know about MSPs:

1. Medicare Savings Programs are available to all people with Medicare
2. If you are enrolled in the QMB program that pays for Medicare Parts A and B premiums, providers who accept Original Medicare or who are in-network for your Medicare Advantage Plan cannot bill you for any Medicare deductibles, coinsurance charges, or copayments. If you have QMB and your provider bills you for services, let them know that you have QMB and should not be billed. If you have any problems, your local SMP can help! You can reach the SMP program by calling the Area Agency on Aging.



Thank you to all our Veterans!



TAI CHI CLASS

TAI CHI FOR BALANCE, BREATHING & CONCENTRATION

DEVELOPED BY DOCTOR'S-
ESPECIALLY FOR SENIORS
INSTRUCTOR: DIANE PAULSON

Hurricane Senior Center

95 N. 300 W.
Hurricane, UT 84737
Please call to sign up. Class size is limited.
435-635-2089



Yoga Class

Hurricane Senior Center

95 N 300 W

Hurricane, UT

Class size is limited. Please
call to sign up.

435-635-2089

Instructor: Beverlee Caldwell



HURRICANE SENIOR CENTER
NOVEMBER 2019



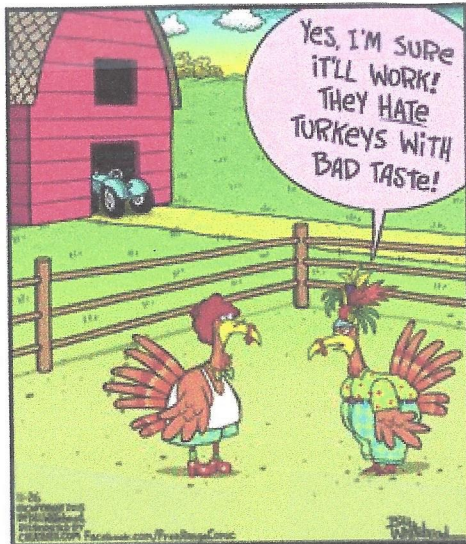
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 Baked Chicken Breast with Cacciatore Sauce Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine Salad Dressing	5 Meatballs with Sweet & Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine Salad Dressing	6 Smoked Turkey & Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gelatin Milk Margarine Diet - Fruited Gelatin	7 Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing
11 Closed for Veteran's Day	12 Country Fried Steak with Gravy Mashed Potatoes Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine	13 Beef Chili with Beans Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Sour Cream Salad Dressing	14 Baked Chicken Breast with Alfredo Sauce Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Milk Margarine Salad Dressing Diet - Hot Peaches
18 Chicken Chow Mein Napa Cabbage Wheat Roll Sliced Peaches Milk Margarine	19 Corned Beef Medley Cabbage Roasted Red Potatoes Rye Bread Applesauce Milk Margarine	20 Potato Crusted Pollock Rice Florentine Mixed Vegetables Cucumber Salad Seasonal Fruit Gingerbread Bread Pudding Milk Tartar Sauce Diet - Vanilla Wafers	21 THANKSGIVING MEAL Roasted Turkey Breast with Gravy Cranberry Sauce Stuffing Green Beans Mashed Potatoes Mixed Green Salad w/Dressing Wheat Roll Pumpkin Pie with Whipped Cream Milk Margarine Diet - Mixed Fruit
25 Center Closed	26 Center Closed	27 Center Closed	28 Closed for Thanksgiving



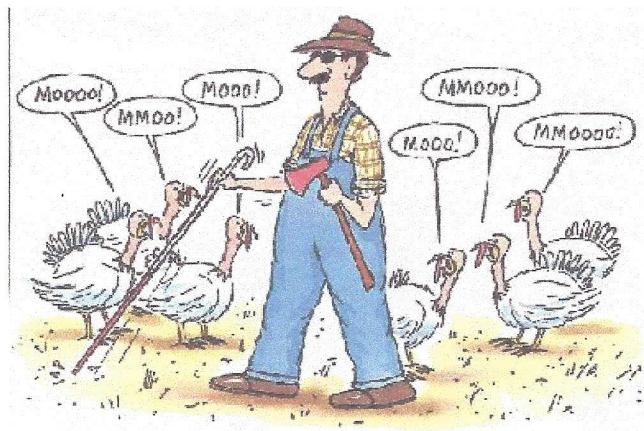
A suggested donation of \$3.00 is requested from seniors 60 and older.
Persons under 60 can enjoy a meal for \$7.00.

November Activities

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



4-Nov	5-Nov	6-Nov	7-Nov
Open Enrollment Five County @ 11:00	Painting 1:00	Blood Pressure 11:00-12:00	Billiards 9:30
Dixie Can Do's to perform @ Lunch	Hand & Foot Cards after lunch	Craft Class 1:00	Roger Dean to perform
Bridge 12:30			Bingo after Lunch
11-Nov	12-Nov	13-Nov	14-Nov
Center closed for Holiday!	Painting 1:00	Craft Class 1:00	Zions Way Hand & Neck Massage @ 11:00
	Hand & Foot		Bingo after Lunch
	Cards after lunch		Knitting/Crochet 1:00
18-Nov	19-Nov	20-Nov	21-Nov
Dixie Can Do's to perform @ Lunch	Virginia Bandy to perform @ Lunch	Blood Pressure 11:00-12:00	Billiards 9:30
Bridge 12:30	Painting 1:00	Hurricane Family Pharmacy @ Lunch	Thanksgiving Lunch *Reservations Needed*
	Hand & Foot Cards after lunch	Craft Class 1:00	No activities- Closed after Lunch.
25-Nov	26-Nov	27-Nov	28-Nov
	Center & Thrift Store Closed!		



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

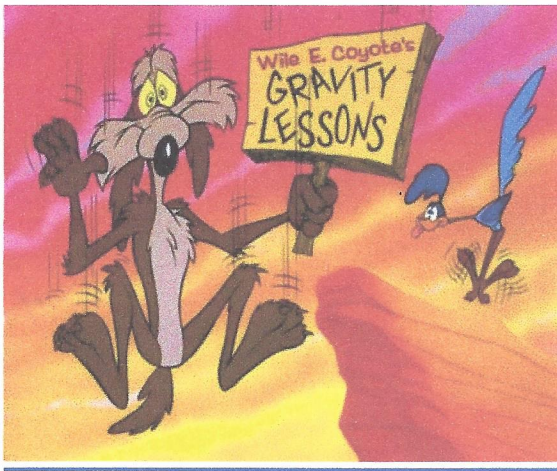
- *Make sure all locations are properly lit, including doorways inside and out.*
- *In the guest bedroom, make light switches are accessible from the bed or nearby chair.*
- *Add a night light between the guest bedroom and the bathroom.*

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.*



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.



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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