

# Hurricane Senior Center

## October 2017 Newsletter



October 2 – Heat Assistance-call for appointment

October 4 & 18 – Blood Pressure/Sugar Screen

October 4 – Diabetes Class

October 9 – Movie of the Month

October 14 – Zions Way Hand/Neck Massage

October 18 – Hurricane Family Pharmacy  
Presentation

October 26 – Happy Birthday/Anniversary

### THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

October 31 – Halloween Party & Cake Walk

*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

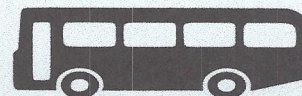
#### **Dial-A-Ride Program**

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 10:30 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.





Interested in playing Chess?  
Please sign up at the front  
desk.



The Senior Center is in need  
of an Exercise Class Instructor,  
please see the front desk if  
interested.

“Living well with Diabetes Self  
Management Workshop”.  
Starting Wednesday October  
4<sup>th</sup> @ 1:00 pm.

## Monthly Events

**Dixie-Can-Do's Entertain** -1<sup>st</sup> & 3<sup>rd</sup> Monday

**Living Wills and Trust Information** available - 4<sup>th</sup>  
Monday @ 11:30am

**Encompass Home & Healthcare – Blood  
Pressure & Sugar checks** – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday  
@ 11:00am-12:00pm

**Hurricane Family Pharmacy** – Presentation 3<sup>rd</sup>  
Wednesday @ 12:00pm

**Zions Way** – Hand and Neck Massages – 2<sup>nd</sup>  
Thursday @ 11:00am – 12:00pm

**Crochet Class** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm \$1

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm \$1

**Craft Class** – every Wed @ 12:30pm \$1

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

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

**Pinochle Group** – Tuesdays @ 12:30pm \$.50

**Skip Bo Card Group** – Tues & Thurs 10am \$.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!**

# “Going in style”



Starring: Morgan Freeman, Michael Caine & Alan Arkin

“A reboot of the 1979 movie that was directed by Martin Brest and featured George Burns, Art Carney, and Lee Strasberg. Three seniors, who are living social security check to check and even reduced to eating dog food at times, decide they have had enough. So, they plan to rob a bank...problem is, they don't even know how to handle a gun! A social commentary on growing old in America and what we are sometimes driven to, due to circumstances. Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.”

**Come join us for the movie of the month. After lunch on Monday October 9<sup>th</sup>. Free popcorn.**

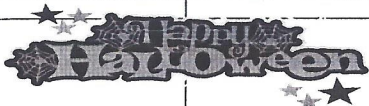
The Living well with Diabetes Self Management Workshop will be starting Wednesday October 4<sup>th</sup> @ 1:00 pm.

“Six week workshop designed for individuals with Diabetes to help them self-manage their health. This is a 2 ½ hour workshop once a week for 6 weeks. Class is intended for individuals with type 2 diabetes and their family or caregiver. The program was developed at Stanford University and the workshops are facilitated by two trained leaders from a highly detailed manual”.

## Hurricane Senior Center October 2017

Monday	Tuesday	Wednesday	Thursday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Chicken &amp; Wild Rice Bake</b> Sugar Snap Peas Cucumber Salad Texas Bread Hot Spiced Fruit	<b>Potato Crusted Pollock on Bun</b> Tater Gems Whole Kernel Corn Coleslaw Pineapple Tidbits	<b>Teriyaki Meatballs</b> Fried Rice Sliced Carrots Asian Coleslaw Apple Blueberry Crisp Diet - Hot Sliced Apples	<b>Pork Loin w/ Brown Gravy</b> Baked Potato w/Sour Cream Broccoli Mixed Green Salad Seasonal Fruit
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Beef Spaghetti Sauce</b> Parslied Spaghetti Noodles Seasoned Zucchini Mixed Green Salad Apple Raisin Compote	<b>Roasted Turkey Breast</b> <b>Poultry Gravy</b> Whipped Potatoes Capri Vegetable Blend Beet Salad Seasonal Fruit Blondie Diet - Vanilla Wafers	<b>Stuffed Bell Peppers</b> Whole Kernel Corn Green Beans Macaroni Salad Mandarin Oranges	<b>Creamy Paprika Chicken Breast</b> Oven Roasted Potatoes Club Spinach Corn Salad Pears
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Turkey Stew</b> Cabbage Mixed Green Salad Seasonal Fruit Rocky Road Pudding Diet - Chocolate Pudding	<b>Glazed Ham</b> Sweet Potato Casserole California Vegetable Blend Mixed Green Salad Tropical Fruit	<b>Mozzarella Chicken</b> Garden Rotini Spinach Cucumber Tomato Salad Peach Crisp Diet - Hot Peaches	<b>Homemade Meatloaf</b> Brown Gravy Whipped Potatoes Glazed Carrots Five Bean Salad Fruit Cocktail
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Country Fried Steak</b> Country Gravy Garlic Whipped Potatoes Green Beans Corn Salad Peaches & Pineapple	Baked Tilapia w/Lemon Dill Sauce Rice Florentine Garden Vegetable Blend Carrot Pineapple Salad Seasonal Fruit Strawberry Whip Diet - Fruited Gelatin	<b>Orange Glazed Pork Roast</b> Cornbread Dressing Mixed Vegetables Coleslaw Seasonal Fruit	<b>Crispy Baked Chicken Sandwich</b> Lettuce/Tomato/Onion Tater Tots Chuckwagon Corn Citrus Fruit Cup
<b>30</b>	<b>31</b>	<b>A suggested donation of \$3.00 is requested from seniors 60 and older.</b>  <b>Persons under 60 can enjoy a meal for \$7.00. Milk and bread served with all meals</b>  <b>Salad bar available every day in dining room.</b>	
<b>Ham &amp; Scalloped Potato Bake</b> Brussels Sprouts Mixed Green Salad Apricot Halves	<b>Halloween</b> <b>Bratwurst on Bun</b> Sauerkraut Whole Kernel Corn Baked Beans Seasonal Fruit Oatmeal Raisin Cookie Diet - Vanilla Wafers		

# October Activities

2-Oct	3-Oct	4-Oct	5-Oct
Dixie Can Do's to perform @ Lunch  Heat Assistance- Call for appointment  Bridge 12:30-3:30	Painting Club 1:00	Blood Pressure/Sugar 11:00-12:00  Craft Class 1:00-3:00	Billiards 9:30  Bingo after Lunch
9-Oct	10-Oct	11-Oct	12-Oct
Elder Brown to perform @ Lunch  Movie after lunch "Going in Style"  Bridge 12:30-3:30	Painting Club 1:00	Craft Class 1:00-3:00	Billiards 9:30 Zions Way Hand/Neck Massage 11:00-12:00 Jeanine's piano students to entertain @ Lunch Bingo after Lunch Knitting/Crochet 1:00
16-Oct	17-Oct	18-Oct	19-Oct
Dixie Can Do's to perform @ Lunch  Bridge 12:30-3:30	Painting Club 1:00	Blood Pressure/Sugar 11:00-12:00  Pharmacist @ Lunch Craft Class 1:00-3:00	Billiards 9:30  "Eva" to perform @ Lunch Bingo after Lunch
23-Oct	24-Oct	25-Oct	26-Oct
Living Wills & Trusts 11:30  Bridge 12:30-3:30	Painting Club 1:00	Craft Class 1:00-3:00	Billiards 9:30 Bingo after Lunch  Knitting/Crochet 1:00  Happy B-day/Anniversary Cake & Ice Cream
30-Oct	31-Oct		
Living Wills & Trusts 11:30  Bridge 12:30-3:30	Halloween Party & Cake Walk at Lunch  Painting Club 1:00		

\*Thrift Store is Open Mon-Thurs 11:30 am to 2:30 pm\*

October #1

## MEDICARE OPEN ENROLLMENT IS HERE— ADD IT TO YOUR FALL CHECKLIST

Fall is the perfect time to take care of things around your house—like turning your clocks back and changing smoke detector batteries. Another important item on your fall checklist is Medicare's Open Enrollment, which runs from October 15–December 7. It is important your health plan meets the changing demands in your life, so now's your chance to review your coverage and see if you need to make any changes for next year. Or, you may decide you're happy with the plan you have now. If that's the case, and the plan is still being offered next year, you don't need to do anything. Over the next few months, look around—you'll find a wealth of information about your Medicare benefits, especially in these everyday places:

### **In the mail**

Look through your mail carefully—you may get important notices from your current plan, Medicare, or Social Security about changes to your coverage or any Extra Help you may get paying for prescription drugs.

Also, look for your Medicare & You handbook. It contains information about all of the Medicare plans in your area. If you decided to “go paperless,” you'll get an email pointing you to Medicare.gov where you can get all the same information.

You'll also start to see brochures from companies that offer Medicare health and drug plans. Just remember, be smart about protecting your personal information and your identity—plans aren't allowed to call or come to your home without an invitation from you.

### **On your computer**

Comparing your plan choices is important. Our Medicare Plan Finder is ready with all of the 2016 health and drug plan cost information to make it as easy as possible. Enter the drugs you take to find out how you can lower your costs and review the plan's ratings to compare plan quality. If you find a plan that meets your needs, you'll be able to join the plan right online until December 7th. If you haven't used the Plan Finder before, check out our video to help you get started.

### **In your community**

Take a moment as you enjoy these crisp mornings to review the Medicare information that's out there. You may find a local event—somewhere right around the corner with counselors to help you, like your State Health Insurance Assistance Program (Iron and Beaver (435)867-6020, Washington, Garfield and Kane (435)673-3548) Don't miss the chance to get personalized help if you need it! Now's the time to enjoy the choice and control you have over your health care coverage. Just like fall, Medicare Open Enrollment only comes once a year.

## October #2 Medical Identity Theft

Medical identity theft occurs when a beneficiary's Medicare number is misused, either by a provider, a supplier, or by someone posing as the real beneficiary in order to receive medical care. Such Medicare numbers are considered "compromised." Medicare numbers are for life, even if stolen or misused, so a beneficiary whose number is compromised may be affected forever by false claims against his or her Medicare number.

### **Health Impact**

Receiving health care from a fraudulent provider can mean the quality of the care is poor, the intervention is not medically necessary, or worse: The intervention is actually harmful. A beneficiary may later receive improper medical treatment from legitimate providers as a result of inaccurate medical records that contain:

- False diagnoses
- Records showing treatments that never occurred
- Misinformation about allergies
- Incorrect lab results

Additionally, because of inaccurate or fraudulent claims to Medicare, beneficiaries may be denied needed Medicare benefits. For example, some services have limits. If Medicare thinks such services were already provided, they will deny payment.