

Hurricane Senior Center

October 2019 Newsletter



Oct 2 – Advisory Board Meeting

Oct 7 & 21 – Dixie Can Do's to perform @ Lunch

Oct 8 – Wills & Trusts Presentation

Oct 2 & 16 – Blood Pressure Screening

Oct 10 – CNS Flu Clinic 10:00

Oct 16 & 21 – H.E.A.T. Assistance

Oct 16 – Family Pharmacy Presentation

Oct 17 – Roger Dean to perform @ Lunch

Oct 28 – Virginia Bandy to perform @ Lunch

Oct 30 – Roger Dean to perform @ Lunch

Oct 30 – Bereavement Support Group

Oct 31 – Happy Birthday/Anniversary &
Halloween Celebration

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

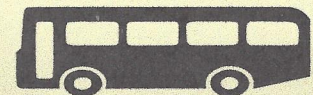
Dial-A-Ride Program

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**

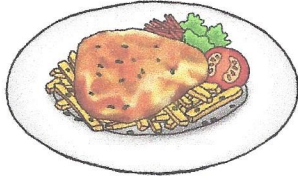
Bridge Group – every Monday @ 12:30

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***

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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!



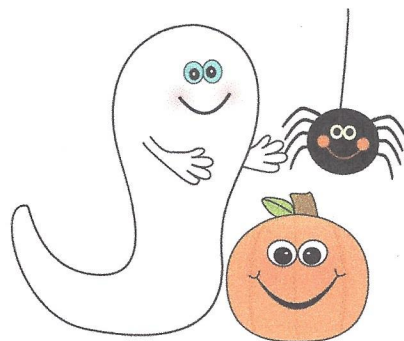
Join us for a fun filled

Halloween Party!

October 31, 2019

11:30am-1:30pm

Lunch, Cake Walk & Costume Party!



Welcome to Medicare and Annual Wellness Visit

Medicare covers one Welcome to Medicare preventive visit in your first year of having Medicare Part B, then one Annual Wellness visit per year after that, with zero cost-sharing, as long as you see providers who accept Medicare. Keep in mind that these visits are not head-to-toe physicals. During your "Welcome to Medicare" preventive visit your doctor will:

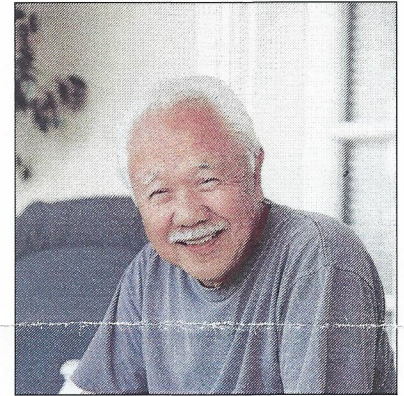
- Record and evaluate your medical and family history, current health conditions, and prescriptions.
- Check your blood pressure, vision, weight, and height to get a baseline for your care.
- Make sure you're up-to-date with preventive screenings and services, like cancer screenings and shots.
- Order further tests, depending on your general health and medical history.
- After the visit, your doctor will give you a plan or checklist with free screenings and preventive services that you need.

Annual Wellness Visits are yearly appointments with your provider to create or update a personalized prevention plan. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit.

alzheimer's association®

NEW Hurricane Area Alzheimer's Caregiver Support Group Meets the 2nd and 4th Monday of the month, 2 to 3 p.m.

Hurricane Community Center, 63 S. 100 West, Hurricane
Starting September 23, 2019

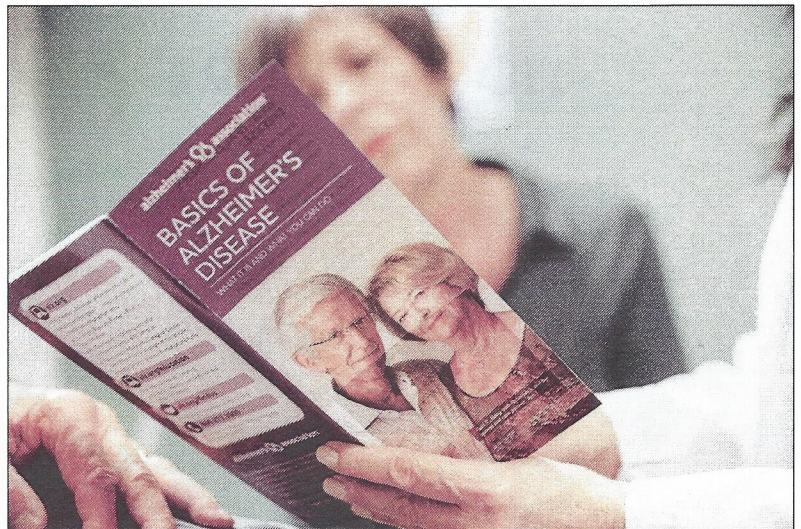


Hosted by

Lucy Phillips (group lead/community volunteer)
(760) 415-3309

Mike Miller (regional manager)
(435) 238-4998 or mjmillier@alz.org

Alzheimer's Association
Utah Chapter, Southwest Utah Regional Office
1173 S. 250 W, Suite 302
St. George, UT 84770



Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



24/7 Helpline 800.272.3900

Website | alz.org

Autumn Safety Tips

Clean the leaves.

Gutters, walkways, roads, and sidewalks can get blocked by the falling leaves. Hire someone to help keep gutters in working order and to rake the leaves from your doorway and nearby walkways. Walk cautiously outside as it can get dangerous when the leaves are wet due to rain.

Avoid the flu

Get the flu shot. Take precautions to avoid the flu by getting vaccinated and covering your nose and mouth every time you cough or sneeze. Make sure to wash your hands frequently. Especially, after returning home from public places and before eating.

Drive safe.

Daylight Saving Time ends on the first Sunday in November which is November 3rd this year, which means it'll start to get dark earlier. So make sure to drive safe and slow at night.

Food safety

As the holiday season comes near, food becomes the main reason for gatherings and celebrations. Make sure to keep foods separate to avoid cross-contamination. Clean hands and surfaces before cooking and eating. Cook food properly and keep it refrigerated.

Watch your back

Take care of your back as you tend to your lawn, as back injuries are prone to happen while raking and collecting leaves. Keep in mind to stretch – make sure your muscles are ready for a workout. Then, while raking, stand up straight – pull from your arms and legs. Rake for intervals of 10 – 15 minutes at a time, taking breaks in between.

Exercise Candle Caution

Candles are a nice way to cozy up the rooms but they can also cause fires. Numerous fires start every day because of improper candle use. Never leave candles burning if you go out or go to sleep, and keep your candles away from pets and kids.

Sleep well

It's important to get plenty of sleep. Sleep gets rid of fatigue and heals the body overnight. This will help you stay active throughout the day. Being well-rested will also help you be a better driver as the days get darker sooner.

Proper Vehicle Maintenance

Ensure that your car is in good working condition. That includes keeping fluids in check, scheduling engine maintenance, making sure tires have plenty of air, and that the headlights and taillights are in good functional condition.

Test and replace batteries

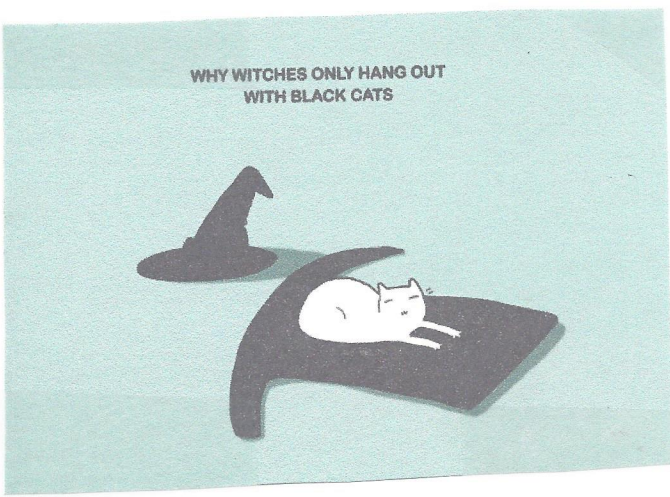
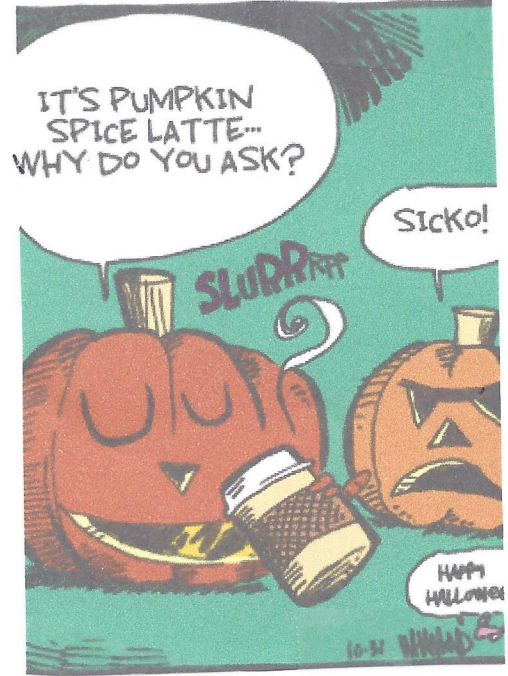
Check and replace your carbon monoxide batteries twice a year. First when you change the time on the clocks in November and second when you change the time on the clocks in March. Replace smoke alarm alkaline batteries once a year and test all alarms work properly.

<https://bluestarseniortech.com/health-library/autumn-safety-tips-for-seniors/>

HURRICANE SENIOR CENTER
OCTOBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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.	1 Meatballs with Sweet & Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine Salad Dressing	2 Smoked Turkey & Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gelatin Milk Margarine Diet - Fruited Gelatin	3 Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing
7 Salisbury Steak with Mushroom Gravy Brown Rice Green Beans Glazed Carrots Wheat Roll Seasonal Fruit Milk Margarine	8 Roasted Turkey Breast with Gravy Mashed Spiced Yams Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine	9 Beef Chili with Beans Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Sour Cream Salad Dressing	10 Baked Chicken Breast with Alfredo Sauce Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Milk Margarine Salad Dressing Diet - Hot Peaches
14 Chicken Chow Mein Napa Cabbage Wheat Roll Sliced Peaches Milk Margarine	15 Corned Beef Medley Cabbage Roasted Red Potatoes Rye Bread Applesauce Milk Margarine	16 Potato Crusted Pollock Rice Florentine Mixed Vegetables Cucumber Salad Seasonal Fruit Gingerbread Bread Pudding Milk Tartar Sauce Diet - Vanilla Wafers	17 Homemade Meatloaf with Gravy Mashed Potatoes Garden Vegetables Mixed Green Salad Wheat Roll Citrus Fruit Cup Milk Margarine Salad Dressing
21 Swedish Meatballs Egg Noodles California Vegetable Blend Mixed Green Salad Dinner Roll Tropical Fruit Milk Margarine Salad Dressing	22 Glazed Ham Cut Yams Spinach Mixed Green Salad Cornbread Seasonal Fruit Chocolate Chip Cookie Milk Margarine Salad Dressing Diet - Vanilla Wafers	23 Hawaiian Chicken Haystack Rice Asian Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine	24 Beef Spaghetti Sauce Spaghetti Noodles Green Beans Mixed Green Salad Garlic Texas Bread Apple Raisin Compote Milk Margarine Salad Dressing
28 Turkey Pot Pie Buttered Corn Baked Rice Mixed Green Salad Biscuit Seasonal Fruit Milk Margarine Salad Dressing	29 Beef Lasagna Capri Vegetable Blend Mixed Green Salad Breadstick Seasonal Fruit Milk Margarine Salad Dressing	30 French Dip Roast Beef with Au Jus Sliced Swiss Cheese Crinkle Cut Fries Coleslaw Hoagie Bun Half Cinnamon Applesauce Milk Ketchup	31 HALLOWEEN BBQ Pork Baked Beans Coleslaw Whole Wheat Hamburger Bun Pineapple Tidbits Oatmeal Raisin Cookie Milk Diet - Vanilla Wafers



	1-Oct Painting 1:00 Hand & Foot Cards after lunch	2-Oct Blood Pressure 11:00-12:00 Craft Class 1:00	3-Oct Billiards 9:30 Bingo after Lunch
	7-Oct Dixie Can Do's to perform @ Lunch Bridge 12:30	8-Oct "Wills & Trusts" Presentation @ Lunch Painting 1:00 Hand & Foot Cards after lunch	9-Oct Craft Class 1:00
	14-Oct Bridge 12:30 Writing Group 12:30	15-Oct Painting 1:00 Hand & Foot Cards after lunch	10-Oct Zions Way Hand & Neck Massage @ 11:00 CNS Flu Clinic 10:00-1:00 Bingo after Lunch Knitting/Crochet 1:00
	21-Oct HEAT Assistance 9:00-3:00 Dixie Can Do's to perform @ Lunch Bridge 12:30	22-Oct Painting 1:00 Hand & Foot Cards after lunch	16-Oct HEAT Assistance 9:00-3:00 Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00
	28-Oct Virginia Bandy to perform @ Lunch Bridge 12:30 Writing Group 12:30	23-Oct Craft Class 1:00	17-Oct Billiards 9:30 Roger Dean to perform Bingo after Lunch
	29-Oct Painting 1:00 Hand & Foot Cards after lunch	30-Oct Craft Class 1:00 Bereavement Support Group 2:30	24-Oct Billiards 9:30 Bingo after Lunch Knitting/Crochet 1:00
			31-Oct Billiards 9:30 Halloween/Birthday/Anniv. Celebration @ Lunch Bingo after Lunch

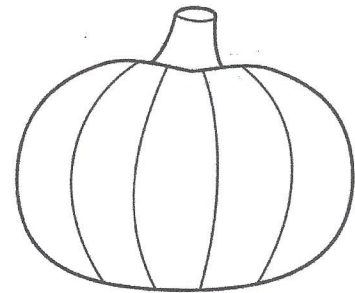
Autumn Word Search

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

AMBER	COLORS	MIGRATION
BONFIRE	CORN	PEARS
BRISK	DECIDUOUS	SEASON
CHANGE	DUCKS	SQUIRREL
CIDER	LEAF	SUNFLOWER



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