# Hurricane Senior Center October 2020 Newsletter



Our Center has re-opened for activities. There will be some changes here that we hope are temporary. We will still not be having lunch in the dining room, however, meals can still be purchased for a \$3.00 donation from 11:30-12:30 at the North-west side of the building. No need to exit your vehicle, we will bring the meals out to you. Lunch includes a frozen entrée and a cold side (salad, fruit, etc.) We accept checks or cash (exact change would be helpful). The Dial-A-Ride and Meals on Wheels program will continue to function as usual. We have had to cancel some of our activities and classes. Please call to see if your favorite activity has been impacted. At all times, please keep a six-foot distance between you and other people. We are taking temperatures with a scanner when people enter the building to ensure that everyone is healthy, and stays healthy!

[Edition 1, Volume 1]

Hurricane Senior Center 95 N 300 W Hurricane, UT 84737 435-635-2089

### **Hours of Operation**

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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!





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-Currently cancelled.
- 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 \$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!

WENT !	HURRICANE ACTIVE LIFE CEN		
		95 N. 300 W.	October 2020
		435-635-2089	TRIO Community
MONDAY	TUESDAY	WEDNESDAY	an elior company THURSDAY
MONDAT	TOLSDAT	WEDNESDAT	THORDAT
A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com			Swiss Steak Au Gratin Potatoes California Vegetables Mixed Green Salad Seasonal Fruit Margarine Ranch Dressing
5	6	7	<b>S</b>
Cacciatore Chicken Penne Pasta Italian Vegetables Mixed Green Salad Texas Bread Hot Spiced Pears Margarine Ranch Salad Dressing	Teriyaki Meatballs Fried Rice Japanese Vegetables Mixed Green Salad Dinner Roll Mandarin Oranges Margarine Ranch Salad Dressing	Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Gelatin Margarine Diet - Sugar-Free Gelatin	Baked Chicken with Creamy Paprika Sauce Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Margarine Ranch Salad Dressing
12	13	14	15
Salisbury Steak with Brown Gravy Brown Rice Green Peas Glazed Carrots Dinner Roll Seasonal Fruit Margarine	Sliced Ham Mashed Spiced Yams Winter Vegetables Beet Salad Wheat Bread Tropical Fruit Cocktail Margarine	Beef Chili w/Beans Shredded Cheese Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Margarine Ranch Salad Dressing	Alfredo Chicken Fettuccini Noodles Garden Vegetables Mixed Green Salad Garlic Texas Toast Apple Crisp Margarine Ranch Salad Dressing Diet - Hot Peaches
19	20	21	2
Cilantro Lime Chicken Spanish Rice Black Beans Tortilla Peaches	Creole Beef Buttermilk Potatoes Mixed Vegetables Texas Bread Tropical Fruit Margarine	Potato Crusted Fish Macaroni & Cheese California Vegetables Cucumber Salad Seasonal Fruit Gingerbread Bread Pudding Tartar Sauce Diet - Vanilla Wafers	Homemade Meatloaf w/Brown Grave Mashed Potatoes Parslied Carrots Mixed Green Salad Dinner Roll Citrus Fruit Cup Margarine Ranch Salad Dressing
26	27	28	Halloween Meal
Swedish Meatballs Egg Noodles California Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Margarine Ranch Salad Dressing	Glazed Ham Baked Sweet Potato Garden Vegetables Mixed Green Salad Cornbread Seasonal Fruit Baked Cookie Margarine Ranch Salad Dressing Diet - Vanilla Wafers	Hawaiian Chicken Haystack Peas & Carrots Basmati Rice Asian Coleslaw Chow Mein Noodles Pineapple Tidbits Margarine	Halloween Meal  BBQ Pork Baked Beans Coleslaw Hamburger Bun Pineapple Tidbits Baked Cookie Diet - Vanilla Wafers

# **Activities**

	OF N. 200 W. Humin	2000 425 625 2000	
	95 N. 300 W. Hurric	ane 435-635-2089	1-Oct
			Tai Chi
5-Oct	6-Oct	7-Oct	8-Oct
Yoga	Hand & Foot Cards		Tai Chi
			Knit/Crochet
12-Oct	13-Oct	14-Oct	15-Oct
Yoga	Hand & Foot Cards	Dixon Law Estate Planning	Tai Chi
Writing Group		Presentation @ 11:00	
19-Oct	20-Oct	21-Oct	22-Oct
Yoga	Hand & Foot Cards		Tai Chi
			Knit/Crochet
26-Oct	27-Oct	28-Oct	29-Oct
Yoga	Hand & Foot Cards		Tai Chi
Writing Group			

<sup>\*</sup>Thrift Store is Open Mon-Thurs 11:00 am to 2:30 pm\*



## You are Invited to Our Free Workshop

Monday, October 14, 2020 at 11:00 a.m.

## Come Learn about Estate Planning, Wills, Trusts, Probate, Healthcare Directives and Powers of Attorney!

Some of the topics covered include:

- The difference between Wills and Trusts.
- Probate what is it, and why does everyone want to avoid it?
- · Why putting property in your children's names might be a mistake.
- How do I make it easy for my spouse or children to care for me and handle my finances if I become incapacitated?
- If I die first and my spouse remarries, how can I ensure my kids will still get the money?
- How can I protect my children's inheritance from being split in a divorce?
- What are the dangers of having my adult children listed on bank accounts and investments?

### Jason N. Dixon, Attorney at Law

Jason founded Dixon Law to focus exclusively on estate planning and administration for individuals, families, and businesses. He is a member of the Utah State Bar and its Estate Planning Section, the Southern Utah Bar Association, the State Bar of

Arizona, and the American Academy of Estate Planning Attorneys.

Jason received his law degree from Arizona State University, where he was a Pedrick Scholar. He was a winner of the Jenckes Closing Argument Competition and a contributing author to *Couch on Insurance 3d ed*.

During law school, Jason served as a judicial extern to Judge Ted Stewart of the United States District Court, District of Utah. Upon graduation in 2006, Jason moved to southern Utah to practice law; first in a general civil practice, then as general counsel for a national SaaS (software as a service) company, and later as general counsel for a multi-million dollar charitable trust.



### **Preparing for Future Health Care Needs**

Many people assume that their family members would automatically be able to make decisions about medical treatments if they were to become incapacitated. However, rules vary greatly from state to state. It is therefore important to have a plan ahead of time to avoid disagreements around treatment issues if you are incapacitated. These planning documents can help ensure that decisions made on your behalf meet your needs and preferences.

- 1. Advance directive: A generic term for a document that you use to appoint an agent and/or record your wishes about medical treatment based on your values and preferences. If you have an advance directive, be sure to give those documents to the hospital each time you are admitted.
- 2. Health care proxy, also called a durable medical power of attorney: A document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself. This document is considered durable because it remains in force if you are incapacitated.
- 3. Living will: A written record of the type of medical care you would want in specific circumstances. It can be used to make treatment decisions if you can no longer communicate your wishes because you are incapacitated by a temporary or permanent injury or illness.
- **4. Power of attorney:** A document—typically prepared by a lawyer—that names someone you trust as your agent to make property, financial, and other legal decisions on your behalf.

You may wish to create a do-not-resuscitate or do-not-intubate order. A **do-not-resuscitate order** tells medical staff in a hospital or nursing facility that you do not want them to try to return your heart to a normal rhythm if it stops beating or is beating unsustainably using CPR or other life-support measures. A **do-not-intubate order** tells medical staff that you do not want to be put on a breathing machine.

You may also work with a physician, nurse practitioner, or physicians' assistant to fill out a **Physicians' Order for Life-Sustaining Treatment** form. A physician typically fills out and signs this form when you are at the end of your life or critically ill. You discuss with the physician the specific decisions that might need to be made on your behalf.

If someone will be making medical and financial decisions on your behalf, they should be prepared to protect your private Medicare information, and to identify and report potential Medicare fraud, errors, or abuse. Medicare fraud, errors, and abuse involve a wide range of activities that result in unnecessary costs to the Medicare program. An example of potential Medicare fraud might be if someone steals your Medicare number and uses it to bill Medicare for items or services you don't need and/or that you never receive.



### Wheelchair Scams

Wheelchair scams are common type of durable medical equipment (DME) fraud. Mechanical and motorized wheelchairs can assist a beneficiary who has a chronic ailment or disability that prevents them from freely moving.

The power wheelchair industry has grown into an almost billion dollar per year industry. You've probably seen commercials on TV offering wheelchairs at "little or no cost to you."

Be aware; the Medicare rules stipulate that you must have a legitimate need before obtaining these devices, and a Certificate of Medical Necessity must be signed by your doctor.

Do not let anyone talk you into stockpiling equipment for later use. If you do need the equipment, it should only be ordered through your regular family physician.

If someone calls and tries to threaten or pressure you into something, simply hang up the phone.

Be aware that you are responsible for 20% of the final amount, including potentially unnecessary add-ons and accessories, for the device ordered. Frequently the scammers do not explain this.

\*You may have heard that Medicare doesn't cover eye exams but that's only partially true. Original Medicare doesn't cover eye exams to determine prescriptions for glasses and contacts but if you have a Medicare Advantage Plan, that exam may be covered. In addition, Medicare does cover eye exams to diagnose diseases of the eye like Glaucoma, Macular Degeneration and Diabetic Retinopathy and the removal of cataracts. If you want more information about Medicare coverage for eye exams, contact the SHIP program at (435)-673-3548.\*

Medicare
Coverage of
Eye Exams
What you need to
know

Original Medicare does not cover eye exams for eye glasses or contact lenses.

Some Medicare Advantage plans do.



Medicare does cover tests that diagnose diseases of the eye (Glaucoma, Macular Degeneration, Diabetic Retinopathy) and the removal of cataracts

For more information, contact the SHIP program at (435)613-3548

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Find the Halloween words from the bottom in the Halloween word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the Halloween word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Halloween fact.

### Halloween Word Search

Z MMCSS E C N N CKOL A N T E R E Y Ε C 0 N T H N E A T E E B S R D В S C A R Y D T D Т A Т E A S M S U E E R L O K S ORN GHS T R T 0 D E 0 I K E V A Y E E M D E D L A E U N G 0 R Y N R Т H E T P U E K A Т E B E R S E V C 0 C T 0 G I 0 F 0 U C N C 0 C R H K H T B E L N G R Y T R S V AMP

#### Halloween and Costumes

MONSTER CANDY CARVE **OCTOBER PRINCESS** COSTUME DOOR TO DOOR SCARY DRACULA SKELETON FRANKENSTEIN THIRTY-FIRST TRICK OR TREAT **GHOST VAMPIRE** JACK-O-LANTERN WITCH KNIGHT ZOMBIE MAKE-UP