

Hurricane Senior Center

September 2017 Newsletter



September 6 & 20 – Blood Pressure/Sugar Screen

September 14 – Zions Way Hand/Neck Massage

September 19 – Hurricane Rehab Presentation

September 20 – Hurricane Police Dept.
Presentation

September 26 – Picnic in the Park

September 27 – Hurricane Family Pharmacy
Presentation

September 28 – Happy Birthday/Anniversary

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

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

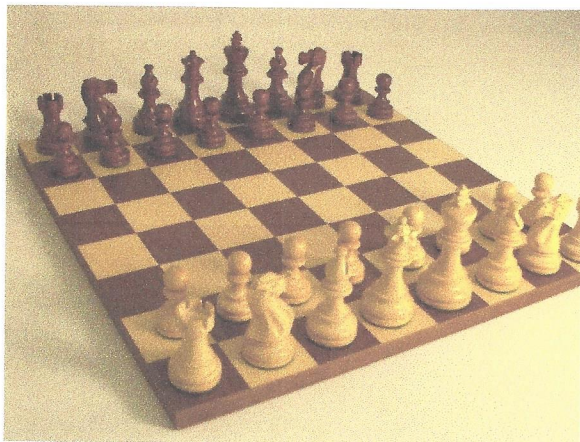
We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 10:30 AM – 2:30 PM Monday – Thursday.

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.

Monthly Events

Dixie-Can-Do's Entertain - 1st & 3rd Monday

Living Wills and Trust Information available - 4th
Monday @ 11:30am

**Encompass Home & Healthcare – Blood
Pressure & Sugar 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

Crochet Class – 2nd & 4th Thurs @ 1:00pm \$1

Beginning Knitting – 2nd & 4th Thurs @ 1:00pm \$1

Craft Class – every Wed @ 12:30pm \$1

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

Bridge Group – every Monday @ 12:30 \$0.50

Pinochle Group – Tuesdays @ 12:30pm \$0.50

Skip Bo Card Group – Tues & Thurs 10am \$0.50

Paint Club – Tuesdays @ 1:00pm \$2

Billiards – Open daily 9am – 3:30pm

Happy Birthday/Anniversary Celebration – last
Thursday of every month!

COME JOIN US!

PICNIC at Grandpa's Pond!

Tuesday September 26th

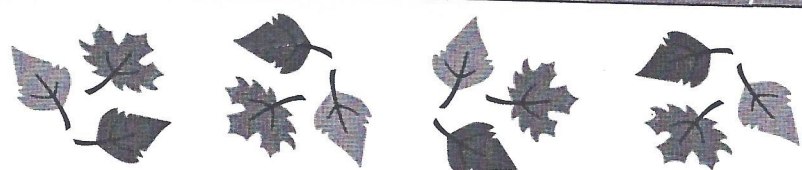
11am – 3pm

Games & Lunch

Bring Your Fishing Pole!

The address is: 350 N. 3700 W.



Monday	Tuesday	Wednesday	Thursday
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00. Milk and bread served with all meals</p> <p>Milk and bread served with all meals.</p> <p>Salad bar available every day in dining room.</p>			
			
<p>4</p> <p>Closed for Holiday</p>	<p>5</p> <p>Meatballs w/Spaghetti Sauce Whole Grain Spaghetti Zucchini Mixed Green Salad Apple Crisp Diet - Apple Slices</p>	<p>6</p> <p>Glazed Ham Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Seasonal Fruit</p>	<p>7</p> <p>Open Faced Hot Roast Beef Sandwich Twice Whipped Potatoes Mixed Vegetables Carrot Pineapple Salad Seasonal Fruit Brownie Diet - Chocolate Pudding</p>
<p>11</p> <p>Sloppy Joe on Bun Tater Tots Whole Kernel Corn Coleslaw Frog Eye Fruit Salad Diet - Vanilla Wafers</p>	<p>12</p> <p>Fajita Chicken Brown Spanish Rice Fajita Vegetable Blend Black Bean Corn Salad Flour Tortilla Seasonal Fruit</p>	<p>13</p> <p>Herb Roasted Pork Loin Roasted Red Potatoes Parslied Carrots Cucumber Salad Mandarin Oranges</p>	<p>14</p> <p>Homemade Meatloaf Brown Gravy Whipped Potatoes Creamed Peas Mixed Green Salad Tropical Fruit</p>
<p>18</p> <p>Turkey Noodle Bake Green Beans Mixed Green Salad Hot Spiced Pears</p>	<p>19</p> <p>Italian Sausage Sandwich Marinara sauce w/peppers & onions Potato Wedges Coleslaw Seasonal Fruit</p>	<p>20</p> <p>Beef Taco Salad Shredded Cheese Mexican Rice Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Diet - Fruited Gelatin</p>	<p>21</p> <p>Crispy Baked Chicken Scalloped Potatoes Glazed Carrots Three Bean Salad Seasonal Fruit</p>
<p>25</p> <p>Salisbury Steak w/Onion Gravy Garlic Whipped Potatoes Zucchini w/Tomatoes Mixed Green Salad Seasonal Fruit</p>	<p>26</p> <p>Hamburger on Bun Baked Beans Tomatoes and Onions Potato Salad Fruit</p>	<p>27</p> <p>Ham & Cheese Sandwich Lettuce/Tomato/Onion Broccoli Slaw Peaches & Cottage Cheese Strawberry Shortcake Cookie Diet - Vanilla Wafers</p>	<p>28</p> <p>Roasted Turkey Breast w/Gravy Baked Potato w/Sour Cream Capri Vegetable Blend Carrot Raisin Salad Applesauce</p>

September Activities

4-Sep	5-Sep	6-Sep	7-Sep
Closed for Holiday	Cards 1:00 Painting Club 1:00	Blood Pressure/Sugar 11:00-12:00 Craft Class 1:00-3:00	Billiards 9:30 Bingo after Lunch
11-Sep	12-Sep	13-Sep	14-Sep
Chyrrel to play piano Bridge 12:30-3:30	Cards 1:00 Painting Club 1:00	Craft Class 1:00-3:00	Billiards 9:30 Zions Way Hand/Neck Massage 11:00-12:00 Bingo after Lunch Knitting/Crochet 1:00
18-Sep	19-Sep	20-Sep	21-Sep
Dixie Can Do's to perform @ Lunch Bridge 12:30-3:30	Cards 1:00 Painting Club 1:00	Blood Pressure/Sugar 11:00-12:00 Hurricane Police Dept. Presentation Craft Class 1:00-3:00	Billiards 9:30 Bingo after Lunch
25-Sep	26-Sep	27-Sep	28-Sep
Living Wills & Trusts 11:30 Bridge 12:30-3:30	Picnic & Games @ Grandpa's Pond	Pharmacist @ Lunch Craft Class 1:00-3:00	Billiards 9:30 Bingo after Lunch Knitting/Crochet 1:00 Happy B-day/Anniversary Cake & Ice Cream



Hurricane Senior Center

95 N. 300 W.

Hurricane Utah

Wednesdays

Oct, 4th –Nov 8th

2017

1:00 PM -3:00 PM

Benefits are:

Evidence Based to decrease Hospitalization

Increase Activity

Build Strength

Improve Energy

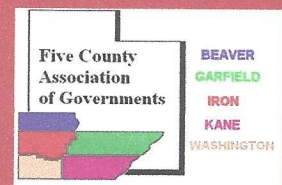
LIVING WELL CHRONIC DIABETES SELF MANAGEMENT CLASS

Six week class to assist individuals with Chronic Diabetes concerns to manage their health. This is a 2 hour workshop once a week for 6 weeks. Class is intended for individuals with chronic Pain or caregiving for someone with an illness. The program was developed at Stanford University and our leaders are trained and certified from Stanford

Topics Covered: *Dealing with difficult emotions, pain, fatigue, isolation, Effects of the Symptom Cycle. Appropriate use of exercise and improving strength.*

Use of medication, communication with your Doctor, and proper nutrition. Communication with family and friends.

Space is Limited Call the Senior Center at 435-635-2089 to sign up



September #1

Medicare Coverage of Hospital Visits

Today we will talk about how Medicare covers care that you receive while in the hospital. This can be care you receive when you stay overnight at the hospital or when you enter and leave the hospital on the same day.

1. Know if you are a hospital inpatient or outpatient.

When you enter a hospital for treatment, you can be classified as an inpatient or an outpatient. Your status affects Medicare costs and coverage. You are an **inpatient** if your attending physician has **formally admitted** you as an inpatient. Ask your doctor or attending physician to be sure, as there are no specific characteristics of your hospital stay that automatically make you an inpatient. For example, an overnight stay in the hospital does not necessarily mean you are an inpatient. In general, doctors will admit you as an inpatient if they expect that you need to stay in the hospital for medically necessary, inpatient-level care over two or more midnights.

If you are **not formally admitted as an inpatient**, you are considered a hospital **outpatient**, even if you stay overnight. There are a number of hospital services that are usually provided as outpatient care, such as emergency room visits and outpatient surgeries.

Observation services, sometimes called observation status, are **outpatient services**. Since observation services are outpatient services, your coverage and costs will be different from your coverage and costs if you were an inpatient. Observation services include ongoing short-term treatment and assessments of whether you should be admitted as an inpatient or if you can be discharged. Sometimes observation services extend over two or more days, but—remember—that does not mean you are an inpatient. It is important to ask your doctor about your hospital status and services, because it may not be clear if you are an inpatient or outpatient. If you receive outpatient observation services for more than 24 hours, the hospital should give you a Medicare Outpatient Observation Notice (MOON) that tells you that you are an outpatient. Your doctor or hospital staff person should explain this notice to you in person.

2. Understand Original Medicare costs for a hospital stay.

If you have Original Medicare, your inpatient hospital stay is covered by Part A (hospital insurance), and outpatient hospital services, including observation services, are covered by Part B (medical insurance).

If you are a **hospital inpatient**, you must meet the Part A hospital deductible of \$1,316 at the beginning of each benefit period. A benefit period is the way that Original Medicare measures your use of inpatient hospital and skilled nursing facility (SNF) services. It begins the day you are formally admitted to the hospital as an inpatient and ends the day you have been out of the hospital or SNF for 60 days in a row. Once you meet the deductible, you pay nothing for the first 60 days of inpatient care in each benefit period. You then owe \$329 for days 61 through 90 in

each benefit period and \$658 per lifetime reserve day after day 90. You have 60 lifetime reserve days that you can only use once.

If you are a **hospital outpatient**, or you receive physician services (regardless of inpatient or outpatient status), you owe a 20% coinsurance for that care.

3. Know what services Medicare covers during a hospital visit.

Part A covers inpatient hospital care, including a semi-private room and meals, most medications administered during your inpatient hospital stay, general nursing, and equipment that the hospital provides during your stay. Part B covers services and procedures you receive as an outpatient, including observation services, medical supplies, emergency room care, outpatient clinic services, ambulance services (in limited cases), hospital-billed laboratory tests, and certain medications related to your outpatient hospital care. Part B also covers all physicians' services provided in the hospital, regardless of your inpatient status. Part B does not pay for most self-administered drugs, but if you have a Part D prescription drug plan, it may cover them. Contact your drug plan for details.

If you have a **Medicare Advantage Plan**, your plan must cover the same services as Original Medicare, but there may be differences in costs or rules. Contact your plan to learn about how it covers hospital care.

Take Action:

1. If you are admitted to the hospital, ask your physician if you are an inpatient or an outpatient. Your caregiver can also ask. Ask about the services you receive and which part of Medicare will cover them.
2. Hold on to any paperwork you receive. It may contain important information about your care.
3. Contact your SHIP for information about Medicare's coverage rules.
4. Contact your SMP if you think you are being charged for services you did not receive.

September #2 Prohibited Contacts by Part D and Medicare Advantage Plans with Medicare Beneficiaries

Medicare Part D and Medicare Advantage plans cannot:

- Conduct unsolicited phone calls to beneficiaries with whom they have no prior relationship
- Send unsolicited emails to beneficiaries who have not agreed to receive emails
- Mail or call a beneficiary who has requested to opt out of receiving such communications
- Represent themselves as though they come from or were sent by Medicare, Social Security, or Medicaid
- Make an unsolicited home visit – i.e. “door-to-door cold call” sales
- Leave information such as leaflets, flyers, door hangers, etc. on someone’s car or at their residence (unless the beneficiary is a “no show” for a prescheduled appointment)
- Initiate a discussion about other insurance products, such as life insurance annuities, during a visit or meeting about a Part C or Part D Medicare product
- Return uninvited to a beneficiary’s residence after an earlier “no show”