

Hurricane Senior Center

September 2019 Newsletter



Sept 2 – Closed for Labor Day

Sept 4 – 5 County DNA Testing Info. Presentation

Sept 4 & 18 – Blood Pressure Screening

Sept 9 – Kathleen Smith to perform @ Lunch

Sept 12 – AARP Wills & Trusts Presentation

Sept 17 – Picnic @ Grandpa's Pond

Sept 18 – Family Pharmacy Presentation

Sept 23 – Hurricane Police Dept. Presentation

Sept 25 – St. George Eye Center

Eye Health Presentation

Sept 26 – Roger Dean to perform @ Lunch

Sept 30 – Virginia Bandy to perform @ Lunch

Sept 26 – Happy Birthday/Anniversary

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

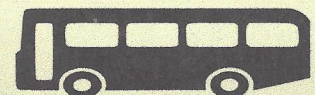
Dial-A-Ride Program

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**

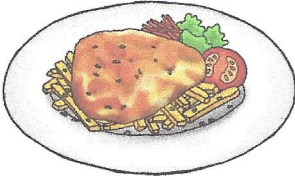
Bridge Group – every Monday @ 12:30

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

Join us for all our fun activities planned to celebrate
Senior Center Month!

National Senior Center Month

September 2019

SENIOR CENTERS

The Key to Aging Well



Growing : Learning
Connecting : Giving

ncoa
National Institute of
Senior Centers



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!



**Please join us for a
PICNIC at Grandpa's
Pond!**

September 17th

11am – 3pm

Lawn Games & Lunch

\$3.00 for 60+ Under 60 is \$7.00

Address: 350 N. 3700 W.

The Senior Center will be closed during these hours.

How to Choose a Medicare Plan During the Open Enrollment Period

Choosing a Medicare plan is an important, but difficult decision. This choice could determine your health for years to come and save (or cost) you hundreds of dollars in out-of-pocket costs. However, during the Medicare Open Enrollment Period (OEP) October 15 through December 7, you can re-evaluate your Medicare Advantage (MA/Part C) and/or Part D coverage to make sure you're enrolled in the plan that fits your needs best. But with so many options it's hard to figure out:

1. If your current plan is best for you, and
2. How to choose a better plan to fit your needs

Using the 3Cs of Medicare – Coverage, Cost, and Convenience, you can assess the quality of your current plan and if needed, find a new one that better fits your needs. Here's what you should consider when switching plans during the OEP.

Coverage

Before you begin comparing Medicare plans, you should start by assessing your health needs. Make a list of how many doctors you have, how often you have appointments, and your prescription drug needs.

Cost

When you first enrolled in Medicare, you may have picked a plan based on the recommendation of a friend or just chose a fairly inexpensive plan since the coverage difference between each option seemed nominal. Now as a seasoned Medicare beneficiary you should re-evaluate.

Convenience

When deciding on the type of coverage you need you should also think about how accessible your physicians need to be. Before enrolling in a Medicare Part D plan confirm if your local pharmacy is included in their network.

SALE

Thrift Store Sale

September 9th - 12th

1/2 off Storewide Sale!



HURRICANE SENIOR CENTER
SEPTEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Closed for Labor Day	3 Hawaiian Chicken Haystack Broccoli Pineapple Tidbits Milk	4 Potato Crusted Pollock Lettuce, Tomato, and Onion Sweet Potato Fries Coleslaw Whole Wheat Hamburger Bun Peach Crisp Milk Ketchup Diet - Hot Peaches	5 Country Fried Steak w/Country Gravy Garlic Whipped Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Salad Dressing
9 Beef Taco Salad Beef Chili w/Beans Shredded Cheese Brown Spanish Rice Tossed Salad Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Milk Sour Cream Diet - Fruited Gelatin	10 Turkey Stew Red Potatoes Carrots with Celery Beet Salad Biscuit Tropical Fruit Milk Margarine	11 Chicken Salad Lettuce and Tomato Five Bean Salad Wheat Bread (2 slices) Cantaloupe Pineapple Lime Whip Milk	12 Homemade Meatloaf Brown Gravy Garlic Whipped Potatoes Creamed Peas Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Salad Dressing Salad Dressing
16 Honey Lime Chicken Rice Florentine Fiesta Vegetable Blend Coleslaw Wheat Roll Seasonal Fruit Milk Margarine	17 Hamburger Lettuce, Tomato & Onion Baked Beans Potato Salad Hamburger Bun Seasonal Fruit Milk Ketchup	18 Cheesy Pizza Bake Italian Vegetable Blend Spinach Salad Breadstick Grapes Milk Salad Dressing	19 Pulled BBQ Chicken Baked Beans Chuckwagon Corn Macaroni Salad Whole Wheat Hamburger Bun Seasonal Fruit Milk
23 Potato Crusted Pollock Au Gratin Potatoes California Vegetable Blend Coleslaw Wheat Roll Applesauce Milk Margarine Tartar Sauce	24 Pork Fried Rice Japanese Vegetable Blend Napa Cabbage Wheat Roll Citrus Fruit Cup Milk Margarine	25 Sliced Turkey Breast Swiss Cheese Lettuce/Tomato/Onion Green Pea Salad Rye Bread (2) Peaches w/Cottage Cheese Strawberry Shortcake Cookie Milk Mayonnaise Mustard Diet - Vanilla Wafers	26 Swiss Steak Garlic Whipped Potatoes Glazed Baby Carrots Mixed Green Salad Bread Pudding Seasonal Fruit Milk Margarine Salad Dressing
30 Baked Chicken Cacciatore Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine	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. Salad bar is available every day in the dining room.			



I love Labor Day! What other day do you get to celebrate work without actually doing any?



September Activities

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

2-Sep	3-Sep	4-Sep	5-Sep
Closed for Holiday	Painting 1:00 Hand & Foot Cards after lunch	Blood Pressure 11:00-12:00 Five County DNA Testing Presentation @ Lunch Craft Class 1:00	Billiards 9:30 Bingo after Lunch
9-Sep Kathleen Smith to perform @ Lunch Bridge 12:30 Writing Group 12:30	10-Sep Painting 1:00 Hand & Foot Cards after lunch	11-Sep Craft Class 1:00	12-Sep Zions Way Hand & Neck Massage @ 11:00 AARP "Wills & Trusts" Presentation @ Lunch Bingo after Lunch Knitting/Crochet 1:00
16-Sep Dixie Can Do's to perform @ Lunch Bridge 12:30	17-Sep Picnic in the Park Center Closed 10:00-3:00	18-Sep Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00	19-Sep Billiards 9:30 Bingo after Lunch
23-Sep Hurricane Police Dept. Presentation at Lunch Bridge 12:30 Writing Group 12:30	24-Sep Painting 1:00 Hand & Foot Cards after lunch	25-Sep St. George Eye Center Presentation @ Lunch Craft Class 1:00 Bereavement Support Group 2:30	26-Sep Billiards 9:30 Happy Birthday/Anniversary Celebration @ Lunch Roger Dean to perform @ Lunch Bingo after Lunch Knitting/Crochet 1:00
30-Sep Virginia Bandy to perform @ Lunch Bridge 12:30			

Home Modification

Making Your Home Safer



How you decorate your home reflects your personality and sense of style. In addition to making you feel comfortable, the things in your home can increase your safety or make it more likely that you could fall.

Making changes to your home – also known as home modifications – can make activities easier, improve your health and wellness, and reduce your chances of falling. These changes can include removing hazards, adding supports such as handrails, or changing how or where you do activities. Below are some suggestions to make your home safer:

1. Keep pathways clear

Keep stairs and walkways clear by removing objects that you could trip over. Add storage for things that are usually on the floor, such as shoes or papers.

2. Be aware of uneven surfaces

Look out for changes in the level of flooring, such as in doorways or in between carpeting and tile. Remove throw rugs or use a rug gripper underneath to secure them to the floor. If you can move a rug easily with your foot, you could slip on it.

3. Keep frequently used items close by

Reaching up high or bending down low can cause you to lose balance. For example - in the kitchen, make sure that cooking supplies and other items that you use often are easy to reach.

4. Light your way

Install bright lights, have switches at both ends of stairways, and use night lights to light the path from your bedroom to bathroom. Light switches that glow are easier to see in the dark.

5. Add supports in the bathroom

Bathrooms can be dangerous, especially when things are wet. Put grab bars near the toilet and in the shower. Non-skid strips in the bathtub can keep you from slipping.

6. Stay safe on the stairs

Consider installing handrails on both sides of the stairs. If you already have handrails, be sure you use them. Check that they are properly installed and not loose.

As your abilities change over the years, your home should provide you and your loved ones with the support you need to do your daily activities and the things that you enjoy.



Gardening Tips and To-Do Lists for September

Miscellaneous

- Stop pruning and fertilizing
- Bring summer vacationing houseplants back indoors while the windows are still open.
- Start fall clean-up in the flower beds, cutting back anything that has finished blooming or is diseased
- Take cuttings to overwinter indoors
- Start winterizing your water garden
- Watch for frost warning and cover tender plants
- Photograph your gardens and containers for a record of the year's triumphs and frustrations
- Give the compost a last turn

Flowers and Other Ornamental Plants

- Divide and move perennials
- Dig and store tender bulbs like: dahlias, caladiums, cannas and tuberous begonias
- Start planting spring flowering bulbs

Vegetables

- Harvest remaining vegetables, including green tomatoes
- Wait for a hard freeze before harvesting Brussel sprouts
- Pick herbs for drying or freezing
- Cure winter squash for storage. Place in a cool, sheltered shady spot for about 1 month

Fruit

- Clean up fallen fruit

Trees & Shrubs

- Plant trees and shrubs. Keep watered well, if there isn't sufficient rain.

Pests

- Dispose of any diseased or infested plant debris, to avoid overwintering the problem

Garden Tasks for Warmer Areas

- Restart the vegetable garden. Start seeds of heat lovers like tomatoes and peppers
- Direct sow seeds of lettuce, greens, onions, peas, beans and broccoli
- Seed cool season annuals
- Plant fall bulbs
- Plant perennials and shrubs
- Keep fruits picked as they ripen

LABOR DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

O U U N I O N S S R E K R O W
R H L A S E P T E M B E R B C
L O O A C H I E V E M E N T I
A L U Y R N P N F R P E S E N
I I R V R E O A A R S U S L C
C D F R O T M I O T M T A H I
O A P R E I S G T E I B G R P
S Y S A L N R U E A O O Y A C
T T P Y R E A E D R C A N I V
I S E L S A S C W N D U M A E
A R E S R I D L I N I O D N L
E I C S S V F E O R N I C E E
A F H N D A W M A O E N T L V
T N E M E V O M C Z K M N T Q
J K S W V Y L E B Z T M A M H

By Evelyn Johnson - www.qets.com

Achievement

AFL

American

Economic

Education

Family

First

Holiday

Industry

Labor

Monday

Movement

National

Parade

Picnic

Progress

September

Social

Speeches

Unions

Workers