

# Hurricane Senior Center

## September 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!

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 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** -1<sup>st</sup> & 3<sup>rd</sup> Monday

**Encompass Home & Healthcare – Blood Pressure 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

**Tai Chi Class** – every Tues & Thurs @ 10:00am

**Writing Group** – 2<sup>nd</sup> & 4<sup>th</sup> Mon @ 12:30pm

**Yoga Class** – every Mon @ 10:00am

**Hand & Foot Card Game**– every Tues @ 1:00pm

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

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> 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](http://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!

# HURRICANE ACTIVE LIFE CENTER

## September 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Chicken Salad Lettuce & Tomato & Onion Cucumber Salad Croissant Tropical Fruit Ranger Cookie Milk Diet - Vanilla Wafers	2 Glazed Ham Maples Roasted Sweet Potatoes Garden Vegetable Blend Mixed Green Salad Dinner Roll Mandarin Oranges Milk Margarine Ranch Salad Dressing	3 <b>Labor Day Meal</b> Hamburger Lettuce   Tomato   Pickle   Onion Crinkle Cut Fries Hamburger Bun Peach Crisp Milk Mustard   Ketchup Diet - Peaches
7 <b>CLOSED LABOR DAY</b>	8 Teriyaki Chicken Jasmine Rice Japanese Vegetable Blend Napa Cabbage Dinner Roll Citrus Fruit Cup Milk Margarine	9 Pizza Lasagna Italian Vegetable Blend Spinach Salad Garlic Texas Bread Fresh Red Grapes Milk Ranch Salad Dressing	10 Country Fried Steak Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
14 Breaded Chicken w/Cordon Bleu Sauce Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk	15 Sloppy Joe Tater Tots Coleslaw Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup	16 Turkey Tetrzzini Capri Vegetable Blend Stewed Tomatoes Dinner Roll Cantaloupe Milk Margarine	17 Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing
21 Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine	22 Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine	23 BBQ Pulled Pork Macaroni and Cheese Buttered Spinach Coleslaw Cornbread Peach Crisp Milk Margarine Diet - Hot Peaches	24 Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing
28 Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk	29 Pot Roast Beef w/Brown Gravy Mashed Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	30 Fish Tacos Potato Crusted Pollock Spanish Rice Black Beans Coleslaw Corn Tortillas Applesauce Milk Taco Sauce	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. Follow Us on Facebook @triocommunitymeals.com





# FRUITS & VEGGIES

## MORE MATTERS MONTH

September is Fruit and Vegetable month! Fruits and vegetables provide essential nutrients that support health and prevent disease. According to the Centers for Disease Control (CDC), on average, only 12.2% of adults meet the daily fruit intake recommendation of 1½ to 2 cups per day, and only 9.3% of adults meet the daily vegetable intake recommendation of 2 to 3 cups per day!

### Risks related to underconsumption of fruits and vegetables:

- heart disease
- stroke
- diabetes
- high blood pressure
- digestive disorders
- vision problems
- lack of protection against certain cancers
- obesity
- and more!

### BUSY LIFESTYLE

- Wash, chop, and store vegetables right after grocery shopping for later use
- Choose fruits such as apples, bananas, and oranges that can be taken with you on the go
- Keep cut up vegetables on hand such as carrots, celery, and peppers for quick snacks
- Use pre-cut frozen vegetables that just need heating

### ON A BUDGET

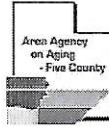
- Prepare meals at home to save money
- Incorporate frozen, canned, and dried forms of fruits and vegetables as they are just as nutritious as fresh versions
- Make soups or casseroles that can be consumed multiple times throughout the week or frozen for later use
- Buy fruits and vegetables when they are in season



**S A L E**

Thrift Store Sale!  
Sept. 14<sup>th</sup>-24<sup>th</sup>  
Storewide 50% off!





## September 2020 Medicare Message

### Why Should I Care About Healthcare Fraud?

How does Medicare fraud effect everyone? It results in higher taxes and health care costs and risks the future of the Medicare program for future generations.

Medicare loses billions of dollars each year due to fraud, errors, and abuse. Estimates place these losses at approximately \$60 billion annually, though the exact figure is impossible to measure.

The most commonly cited range for all health care fraud estimates is 3 to 10 percent of annual health care expenditures.

You can help the fight against Medicare fraud by doing three simple things.

1. Protect your Medicare number. Treat your Medicare card like you would a credit card. Only give out you Medicare number to people you trust. Remember, Medicare will never call you.
2. Detect fraud by reviewing Medicare Summary notices or Explanation of Benefits. Make sure dates, items and services on your statements match services you received. If not, contact the provider to resolve the issue.
3. Report any suspected fraud or abuse immediately. You can report suspected fraud or abuse to 1-800- Medicare, the local police or the Senior Medicare Patrol.

Reducing Medicare fraud doesn't have to be difficult. If everyone would do their part, a significant amount of fraud could be reduced. For more information on Medicare fraud or for help reporting fraud, contact your Senior Medicare Patrol at (435)673-3548.



Caring for your eyes is an important part of overall health. Proper eye care can prevent vision loss and other eye problems. Take care of your eyes by wearing sunglasses with at least 99% UV-A and UV-B protection, eating a healthy, balanced diet, getting enough exercise, maintaining a healthy weight, and taking breaks from the screen to rest your eyes. Take a break for at least 20 seconds every 20 minutes.

Taking care of your eyes now will improve your overall quality of life for years to come.

THE AREA AGENCY ON  
AGING FIVE COUNTY  
PRESENTS:

# CARING FOR YOUR EYES

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WEAR SUNGLASSES  
THAT BLOCK 99%  
OF UV-A AND UV-B  
RADIATION

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EAT A HEALTHY,  
BALANCED DIET

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GET REGULAR EXERCISE  
AND MAINTAIN A  
HEALTHY WEIGHT

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TAKE A BREAK FROM  
SCREENS FOR AT  
LEAST 20 SECONDS  
EVERY 20 MINUTES

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## *How to Save Money on Medications*

The average person with Medicare spends over \$600 on prescriptions each year. If you have multiple chronic conditions, chances are you're paying even more. Affording your medications can be expensive, but there are programs that can help you save money.

### *Get help from the government*

If you or a loved one has Medicare, the first benefit to consider is Part D Extra Help. This program from Social Security and Medicare helps save money on Part D drug plan premiums and co-payments at the pharmacy. To get Extra Help, you must have low income and resources. Learn more from Social Security.

Don't qualify for Extra Help? Your state may also have savings programs. Currently, 20 states offer a State Prescription Assistance Program (SPAP) to people who meet certain age, disability, chronic condition, and/or income requirements. SPAPs may help pay your premiums, deductibles, or medication co-payments.

### *Explore your drug plan options*

Sometimes you can save money on medications by shopping around for different Medicare coverage. From October 15 to December 7 each year is the Medicare Annual Enrollment



Period, which allows people with Medicare to join, switch, or leave Medicare Advantage and Part D plans.

Here are three ways you can find out what coverage may suit your needs:

- The Medicare Plan Finder is the official tool of Medicare.gov to shop for drug and health plans.
- Use NCOA's free educational tool, My Medicare Matters, to learn about Medicare costs, take an assessment of your needs, and get personalized advice on next steps.
- Contact your State Health Insurance Assistance Program (SHIP). SHIPs are federally funded to provide unbiased, one-on-one assistance to people with Medicare and their families. Find your local SHIP at [shiptacenter.org](http://shiptacenter.org) or by calling 1-877-839-2675.

## Learn about drug manufacturer discounts

You've probably seen commercials for medications on TV that end with, "If you have trouble affording your medication, Drug Company may be able to help." That assistance comes from Patient Assistance Programs (PAPs), which are run by drug manufacturers to offer free or discounted brand-name medications to consumers. PAPs may be especially helpful to those who lack insurance coverage or have significant medication costs.

Most of the major manufacturers offer PAPs and related resources for people who take their medications. For example, Pfizer's RxPathways program connects people to insurance support, co-pay assistance, and medicines for free or at a savings. Other PAPs are offered by Novo Nordisk, AstraZeneca, GlaxoSmithKline, and several foundations that provide disease-specific assistance, such as for people with diabetes.

## Find help all in one place

NCOA's free, confidential tool [BenefitsCheckUp.org](http://BenefitsCheckUp.org) can help you screen for all of the major PAPs, SPAPs, and Part D Extra Help. BenefitsCheckUp® also can identify other programs that may allow you to free up money in your budget—from taxes to food to home utilities and more.

<https://www.ncoa.org/blog/how-to-save-money-on-medications/>

# 7 Home Maintenance Tasks You Should Tackle in September

## 1. Check walkways for cracks

Before it's too cold to venture outside, check walkways for cracks and loose paver material. Fix walkway and entryway areas before slippery weather can cause a tripping or falling accident.

**DIY:** Small cracks can be fixed with simple epoxy and shouldn't take more than a few hours.

**Call in a pro:** Serious cracking and concrete damage will require professional repair, exact costs will depend on the severity of damage and cost of materials and labor in your area.

## 2. Clean and repair the siding

After a long summer, siding can become dirty or mildewed. September is a great time to use a pressure washer to clean it up—and inspect for more serious problems before winter comes. Check first for rotten or warped areas, and inspect your caulking, which can shrink and crack over time.

**DIY:** You don't necessarily have to shimmy up a ladder for a close-up of your siding; the pros we talked to recommend using a smartphone camera or drone to zoom in on problem areas. Inspect the butt joints where two pieces of siding meet and, if you spy cracks, consider tackling the job yourself.

How? A day ahead, thoroughly wash your work surface with soapy water. Once the area is completely dry, squeeze a bit of caulk into the gap in the siding, then smooth it with your finger. Wipe it once more with a damp sponge to even out your work.

**Pro tip:** Be sure to never caulk the underside of your siding, which could prevent the boards from expanding and contracting during changing weather. Once you've fixed any problem areas, let everything set for a few days. Then follow up with a good pressure wash.

**Call in a pro:** If your siding has seen better days (think missing, bent, or cracked pieces), consider replacing it. As a general rule, fiber cement siding is priciest, followed by wood, aluminum, and vinyl.

## 3. Check and repair leaky faucets

Before the temperatures start to dip, examine leaky faucets in the kitchen, bathrooms, and utility room locations. Most likely, whatever time and money you spend now will be considerably less than a broken pipe in the dead of winter.

**DIY:** Just turn on the faucet, turn it off, and watch for any telltale dripping. Your fix might be as easy as replacing the washers on the faucet's knobs, or you might have a worn cam washer, valve seat, or spring.

**Call in a pro:** If you'd rather not deal with it yourself, you can always hire a plumber.



4. Make sure windows are sealed tight. All double- or triple-pane windows should have a tight seal around their perimeter that separates the individual panes of glass and traps inert gas between them, providing a break between the temps inside and outside your home. If you notice that your windows are frequently foggy, that's likely a sign of a failed seal.

**DIY:** Try cashing in on your windows' warranty first; many companies will cover failed seals for a decade or longer.

**Call in the pros:** If your warranty won't cover a total replacement, check out a professional window defogging company.

#### 5. Sweep the chimney

When temperatures finally fall, you'll want to be ready to light your fireplace. But before your first toasty blaze of the season, make sure your chimney has been cleaned. Built-up soot in your chimney can increase your risk of a chimney fire, and a clogged chimney can also increase the presence of carbon monoxide in your home by not allowing it to escape when you have a fire burning in the fireplace.

**Call in the pros:** No DIY here—leave this (dirty) job to a pro

#### 6. Change the air filters and tune up the furnace

This one really should be a maintenance task you do every month. Dirty air filters can lead to higher energy bills and irreparably damage your HVAC system.

**DIY:** Changing your air filter is a fairly straightforward task—just be sure to check the size of your existing filter before you hit the hardware store. Pros also recommend removing all vent covers and vacuuming pet dander, hair, and other debris that can accumulate and gunk up your HVAC system.

**Call in the pros:** Take things a step further by hiring a professional to tune up your unit before winter arrives. A good contractor will ensure your thermostat is working properly, fix loose electrical connections and gas connections, and check your unit's blower motor and heat exchanger.

#### 7. Service the yard equipment

Autumn—not spring—is actually the best time to show some love to your lawn equipment before you put it away for winter. It's harmful for equipment to sit all winter long with old oil in the case and dirt on the other components.

**DIY:** Change your oil and filter, replace air and gas filters, and install new blades if necessary. Then perform the lubrication and adjustment maintenance required by your equipment's manual. But you don't want to drain the gas tank completely. Instead use a premium gasoline without ethanol but with a gas preservative. Just before you store it, fill the tank with this mix.

<https://www.realtor.com/advice/home-improvement/home-maintenance-checklist-september/>

# 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](http://www.qets.com)

Achievement

AFL

American

Economic

Education

Family

First

Holiday

Industry

Labor

Monday

Movement

National

Parade

Picnic

Progress

September

Social

Speeches

Unions

Workers