

Hurricane Senior Center

April 2021 Newsletter



We have some exciting news...The center is re-opening on May 3rd.

Most of our instructors will be returning, but some class times may be changed, please be patient with us as we make necessary changes.

The dining will be re-opening, so lunch will be served again. There will be some changes that will be necessary to make sure everyone is safe.

Until then, we will be still be serving frozen lunches at our "Grab 'n' Go lunch station. Monday-Thursday 11:30 to 12:30. Suggested donation is \$3.00 per meal.

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

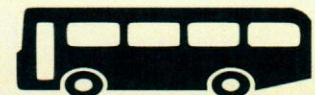
Dial-A-Ride Program

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

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

Writing Group – 2nd & 4th Mon @ 12:30pm

Yoga Class – every Mon @ 10:00am

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!



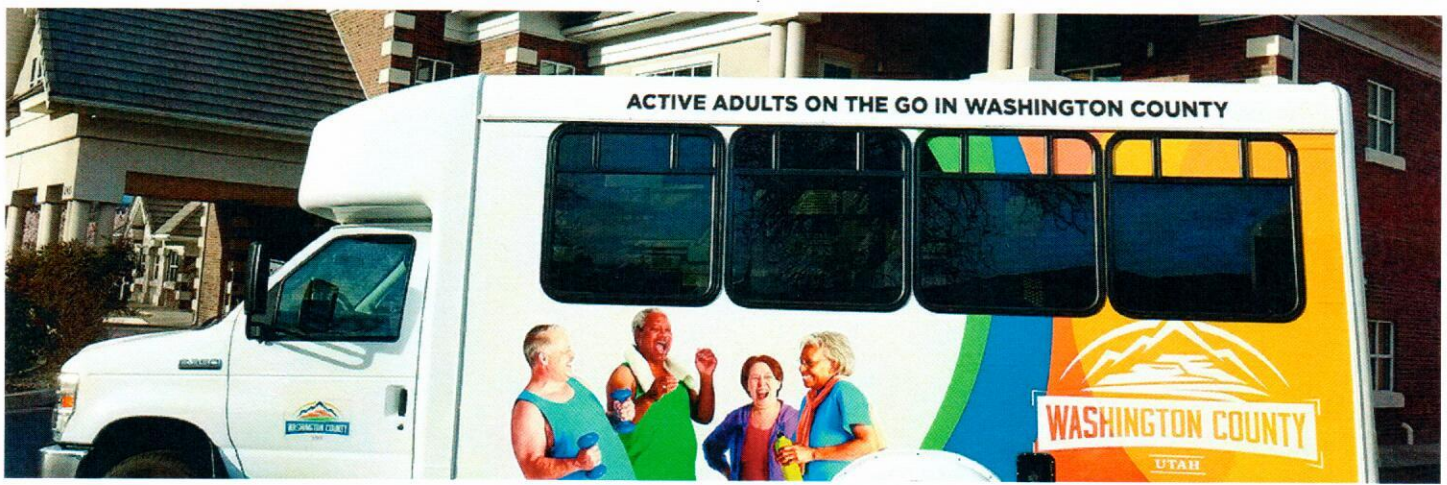
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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***

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 SENIOR CENTER

435-635-2089 April 2021

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</p> <p>Milk and Bread served with all meals.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>			<p>Easter Day Meal</p> <p>Glazed Ham</p> <p>Green Beans</p> <p>Yams</p> <p>Carrot Raisin Salad</p> <p>Dinner Roll</p> <p>Rocky Road Pudding</p> <p>Milk</p> <p>Margarine</p> <p>Diet - SF Chocolate Pudding</p>
5	6	7	8
<p>Smothered Chicken</p> <p>Au Gratin Potatoes</p> <p>Green Beans</p> <p>Whole Kernel Corn</p> <p>Texas Bread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>	<p>Spaghetti and Meatballs</p> <p>Broccoli</p> <p>Mixed Green Salad</p> <p>Dinner Roll</p> <p>Grapes</p> <p>Milk</p> <p>Margarine</p> <p>Salad Dressing</p>	<p>BBQ Pulled Pork</p> <p>Baked Beans</p> <p>Coleslaw</p> <p>Hamburger Bun</p> <p>Hot Cinnamon Applesauce</p> <p>Milk</p>	<p>Roast Beef with Au Jus Gravy</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Seasonal Fruit</p> <p>Dinner Roll</p> <p>Milk</p>
12	13	14	15
<p>Swedish Meatballs</p> <p>Egg Noodles</p> <p>Green Peas</p> <p>Parslied Carrots</p> <p>Texas Bread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>	<p>Baked Fish with Creamy Dill Sauce</p> <p>Twice Whipped Potatoes</p> <p>Mixed Vegetables</p> <p>Dinner Roll</p> <p>Pineapple Tidbits</p> <p>Milk</p>	<p>Beef Patty</p> <p>Lettuce Tomato Onion Pickles</p> <p>Crinkle Cut French Fries</p> <p>Hamburger Bun</p> <p>Hot Spiced Apples</p> <p>Milk</p> <p>Mustard Ketchup</p>	<p>Cheese Ravioli with Marinara Sauce</p> <p>California Vegetables</p> <p>Spinach Salad</p> <p>Garlic Texas Bread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Salad Dressing</p>
19	20	21	22
<p>Country Fried Steak with Country Gravy</p> <p>Mashed Potatoes</p> <p>Stewed Tomatoes</p> <p>Pineapple Slaw</p> <p>Biscuit</p> <p>Milk</p> <p>Sugar Cookie</p> <p>Diet - Vanilla Wafers</p>	<p>Minestrone w/Italian Sausage Soup</p> <p>Mixed Green Salad</p> <p>Fluffy Fruit Salad</p> <p>Dinner Roll</p> <p>Chocolate Chip Cookies</p> <p>Milk</p> <p>Diet - Vanilla Wafers</p> <p>Salad Dressing</p>	<p>Bratwurst</p> <p>Sauerkraut</p> <p>Herb Potato Salad</p> <p>Hot Dog Bun</p> <p>Hot Pineapple Tidbits</p> <p>Milk</p> <p>Mustard</p>	<p>Tater Tot Casserole</p> <p>Parslied Carrots</p> <p>Mixed Green Salad</p> <p>Garlic Texas Bread</p> <p>Peach Crisp</p> <p>Milk</p> <p>Salad Dressing</p> <p>Diet - Hot Peaches</p>
26	27	28	29
<p>Open Faced Turkey Sandwich with Poultry Gravy</p> <p>Mashed Potatoes</p> <p>Green Beans and Onions</p> <p>Mixed Green Salad</p> <p>Texas Bread</p> <p>Ambrosia Salad</p> <p>Milk</p> <p>Salad Dressing</p>	<p>Swiss Steak</p> <p>Confetti Rice</p> <p>Bahamas Vegetables</p> <p>Spinach Salad</p> <p>Dinner Roll</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Salad Dressing</p>	<p>Chicken Fajitas</p> <p>Shredded Cheese</p> <p>Lettuce & Tomato</p> <p>Black Beans</p> <p>Fiesta Vegetables</p> <p>Flour Tortilla</p> <p>Peaches</p> <p>Milk</p> <p>Taco Sauce</p>	<p>Homemade Meatloaf with Au Jus</p> <p>Scalloped Potatoes</p> <p>Green Peas</p> <p>Spinach Salad</p> <p>Dinner Roll</p> <p>Tropical Fruit Cocktail</p> <p>Milk</p> <p>Margarine</p> <p>Salad Dressing</p>

Depression is the leading cause of disability in the world, affecting one out of every 6 adults. Now more than ever, it's important to know the signs of depression and when to get help. There are many different depression symptoms, like feelings of sadness or guilt, loss of interest in activities, change in weight, being more or less active than usual, trouble sleeping or sleeping too much, trouble concentrating, suicidal thoughts.

If you're experiencing any of these symptoms, talk to your doctor about getting a depression screening. Medicare covers a depression screening once per year, and you pay nothing if your doctor accepts assignment. Medicare also covers other mental health services, so get the care you need. If you have questions about Medicare coverage of Mental Health services, contact the SHIP program at (435)673-3548.

Medical identity (ID) theft occurs when someone steals personal information – such as a beneficiary's name and Medicare number – and uses the information to get medical treatment, medical equipment, prescription drugs, surgery, or other services and then bills insurance (such as Medicare) for it.

When Medicare beneficiaries fall prey to consumer scams aimed at obtaining Medicare numbers, their Medicare number is considered to be “compromised” as a result of medical identity theft.

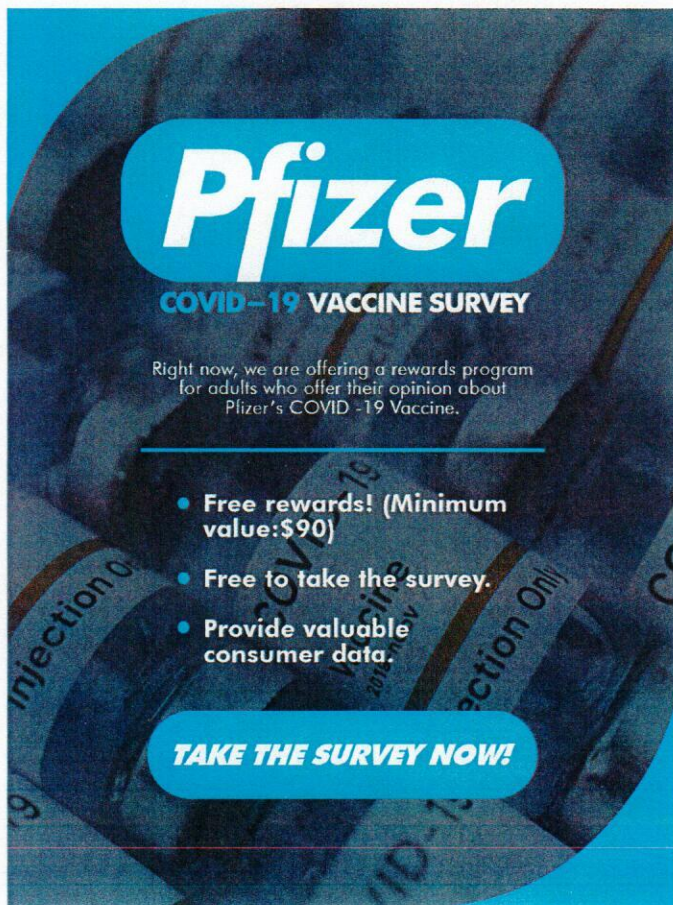
Beneficiaries whose Medicare numbers have been compromised can be issued a new Medicare number. Continuing to use a compromised number could have long-term health consequences, making it difficult to get needed medical supplies or services. If your Medicare number has been compromised and you need help getting a new one, contact the Senior Medicare Patrol at (435)673-3548.

SCAM ALERT

Do not respond to COVID-19 Vaccine Surveys. They lead you to enter a bank account or credit card in order to claim a “reward”. If you have responded to emails like the one below, please call the **Utah SMP at 1-800-541-7735.**

From: ""Welcome"" <homme2102@hotmail.com>

Subject: Pfizer COVID-19 SurveyRegistration









You may unsubscribe at any time. [Unsubscribe](#)

PO box 971, Reno NV 89504

Utah SMP is a program coordinated by Utah Division of Aging and Adult Services and partnered with local Area Agencies on Aging. This project was supported by grant #90MPPG0011-02 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington D.C., 20201. Points of view or opinions do not necessarily represent official ACL policy.



-  Always check where the email address came from. An official email will not come from a Hotmail account.
-  Check to make sure the logo matches the one on the company website. There is no official Pfizer logo anywhere in this email.
-  If they ask for a bank account or credit card, it's a red flag. This includes to pay for shipping to claim a “free” prize.
-  Typos are common with scams. In this case, PO box should be capitalized.
-  Check the address to the official company address on the company website.
-  If you're unsure whether a scammer is behind the email you received, get in touch with the brand or company featured in your email directly via social media or their 'contact us' page.



Plant-Based Eating

GOOD FOR YOU AND THE PLANET

Consuming a plant-based diet can benefit your health and the environment. Compared to meat and other animal foods, growing plants produces less greenhouse gases, uses less water and land and can help feed the world's rising population a nutritious and sustainable diet. In addition, eating more plants may reduce your risk of diet-related chronic diseases, some cancers and obesity.

Moving to a plant-based diet does not mean you need to give up meat entirely. Rather, you are proportionately choosing more of your foods from plant sources, including legumes whole grains, vegetables, fruits and nuts, and less from animal sources, especially red meat and processed meat. Even reducing your animal food sources by a small amount each week will positively impact your health and environment.

TIPS TO GETTING STARTED ON A PLANT-BASED DIET

If you are new to plant-based eating, focus on changing one meal or day at a time. Work towards incorporating the tips below into your overall dietary pattern.

Move plant-based foods to the center of your plate. Fill most your plate or bowl with veggies, whole grains, legumes and fruits and reduce or omit animal-based foods.

Go vegan one meal per week. Skip the animal protein and toss in lentils, garbanzo beans (or any legume), quinoa, nuts, edamame, tofu or tempeh to give it a protein boost.

Choose fruit for dessert. Fruit is naturally sweet and contains vital nutrients, including fiber, to support health.

Add whole grains to a meal. Whole grains will provide additional protein to your diet, plus additional vitamins, minerals and fiber. Explore beyond brown rice, oats, and quinoa - try sorghum, farro or millet.

Keep it simple. Stick to what you know or easy-cooking meals like bean-based tacos, pasta, and chili, veggie and fruit smoothies, and tofu stir-fry. Or, simply start with a green salad topped with your favorite veggies and legume.



Join us for the 19th Annual
Southern Utah Seniors
Conference, held virtually on
May 7, 2021
10AM to 12PM.

Keynote Address by Leslie Fried, Senior Director, Center for Benefits Access, National Council on Aging,
who will share her thoughts on aging well.

Interactive Activities include a preview of the Arthritis Foundation Exercise Program and an activity
by Kate Nance with Adult Protective Services that you'll want to "tune" in for.

Breakout Sessions:

- "Is it a Magic Lamp or Just a Scam?" presented by Jason Sterzer
- "A Whole New World of Technology!" presented by Madeline Dangerfield-Cha
- "Soaring Through Life with Less Pain!" presented by Rebbi Burdett

Register online at www.southernutahseniorsconference.org. The first 300 registered participants
from the Five County area will receive a free goodie bag. You can also find out more about the
speakers and sponsors at the conference website.



BOOST YOUR BUDGET™

Find your benefits to age well

Boost Your Budget® Week

- GIVE YOURSELF A BOOST WITH BENEFITS
- LEARN TIPS FOR REDUCING DEBT
- CONNECT WITH AGENCIES AND RESOURCES IN YOUR COMMUNITY

April 12-16 is Boost Your Budget™ Week! we will have a variety of virtual and in-person outreach events to help guide you towards the many possible ways you can boost your budget.

DID YOU KNOW?

Millions of older adults are likely eligible for, but not enrolled in, benefits that can save money on health care, prescriptions, food, and more.

The pandemic has left many older adults struggling to make ends meet on a fixed income. Even before COVID-19, older adults like you were leaving \$30 billion in benefits on the table each year.

Boost Your Budget® Week is an annual campaign, held during the second full week of April, to educate older adults about these money-saving benefits.

<https://www.areaagencyonagingfivecounty.org/event-details/boost-your-budget-week>



nco
national council on aging

Spring Cleaning Tips for Seniors

Spring is known as the season of fresh starts. It's no wonder that for many, spring cleaning is a yearly tradition. While doing chores may not sound very exciting, spring cleaning actually has many benefits. In fact, a clean home can help reduce allergies, increase happiness, and improve concentration.

As the weather turns warmer, take the time to get your home organized and tidy. Here are five simple spring cleaning tips for seniors:

1. **Do a little bit each day.** Spring cleaning doesn't have to be done all in one day. Take your time and tackle one task each day. Spreading it out will make spring cleaning feel less overwhelming. Plus, seeing your results from even small projects, like cleaning out a spare bedroom closet, can help motivate you to do more.
2. **Don't forget your medicine cabinets.** Unused or expired medications can clutter your cabinets. Plus, they increase the risk that you or a loved one could mistakenly take the wrong medication. Gather up any medications that are no longer necessary or expired—this includes both prescription and over-the-counter drugs. But don't just throw them away! Instead, look for local take-back programs or simply take your unneeded medications to any local pharmacy who will dispose of them safely.
3. **Check your smoke detectors, carbon dioxide detectors & fire extinguishers.** Make sure you have fresh batteries in your smoke and carbon dioxide detectors and that they are properly functioning. Also take the time to check the expiration on your fire extinguishers. If it has expired, replace it promptly. Look for smaller models that fit nicely in a cabinet or closet and are easier for seniors to manage.
4. **Prioritize getting rid of clutter.** You've likely accumulated a lot over the years. Decluttering not only helps free up space, but studies show it can also ease feelings of stress, decrease anxiety and relieve insomnia. Spring cleaning is the perfect time to get rid of items you no longer need or want. Sort your belongings into three piles—keep, donate or trash.
5. **Enlist the help of family and friends.** Don't feel like you have to take on your spring cleaning projects alone. Instead, reach out to family and friends for help. Not only will it get the job done faster, but it may actually make completing these chores more fun for everyone.

