

Hurricane Active Life Center

April 2022 Newsletter



Lunch is served in the dining room Monday-Thursday 11:30 to 12:30.

Suggested donation is \$3.00 per meal. Under 60 clients are welcome for \$7.00 per meal.

Taxes! Same-day drop-off service. Appointments must be made by calling 385-215-9915.

HEAT Assistance April 5th 9:00am-12:00pm

Thrift Store hours are Mon-Thurs 10:00am-2:00pm.

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

10:00 AM – 2:00 PM

DONATIONS ACCEPTED!

Monthly Events

Pathway Healthcare – Blood Pressure/Sugar checks – every Monday 11:00am-12:00pm

Video Tai Chi – every Tues @ 10:00am

Video Sit & Be Fit – every Wed @ 10:00am

Video Yoga – every Thurs @ 10:00am

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

Writing Group– every other Monday @ 1:00pm

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

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

Drawing 101 – every Thursday @ 1:00pm

Caregiver Support – every Tuesday @ 1:00pm

Craft Class – every Wed @ 1:00pm

Speech Reading Class – every Thurs @ 10:30am

Bingo 60+ Only – 2nd & 4th Monday after lunch

Bingo is free to play **For 60+ only**

Movie – first Thursday of every month after lunch **Free popcorn**

Wii Bowling – every Monday @ 11:00am

Billiards – Open daily 9:30am – 3:30pm

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

COME JOIN US!



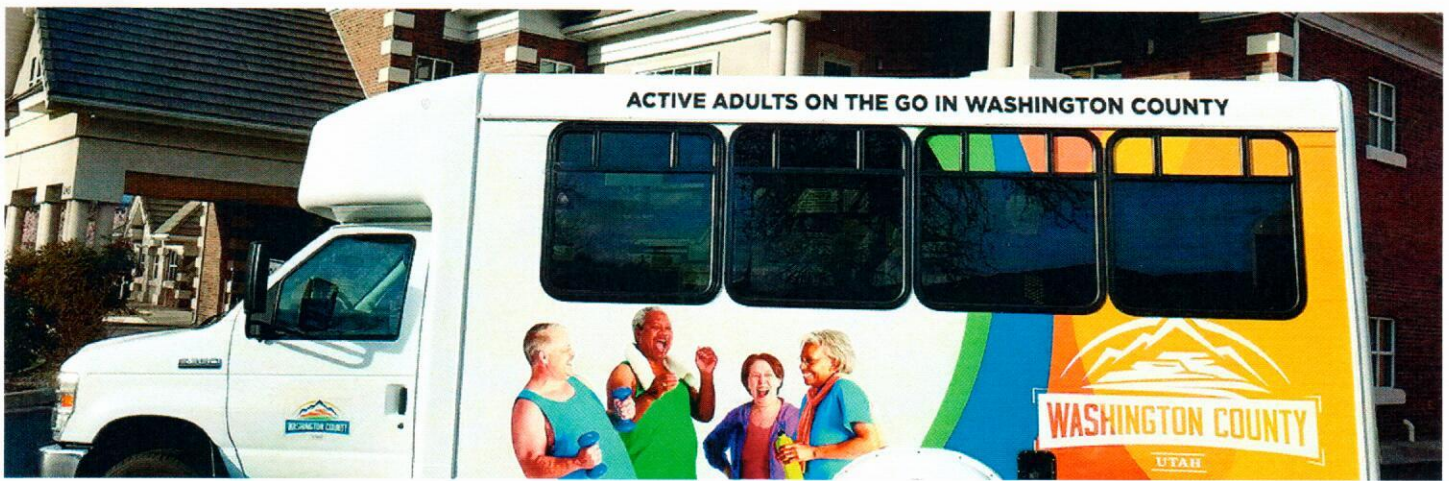
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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.
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 4:30 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.

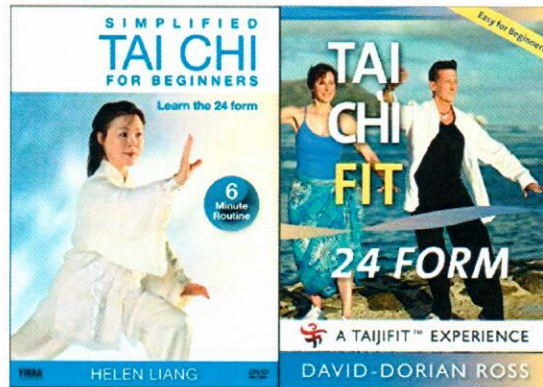
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested Pickup time.

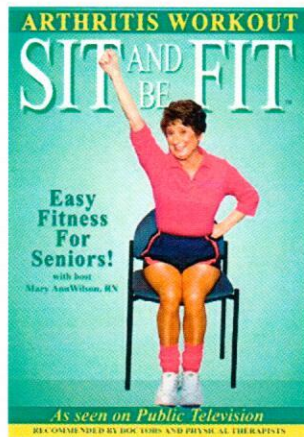
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Exercise Classes

TAI-CHI — Tuesday's @ 10:00am



SIT & BE FIT — Wednesday's @ 10:00am



YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.



Hurricane Active Life Center

435-635-2089

April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
Hawaiian Chicken Haystack Broccoli Cabbage & Carrots White Rice Wheat Bread Pineapple Tidbits Milk Margarine	Meatballs w/Spaghetti Sauce Penne Pasta Mixed Vegetables Mixed Green Salad Dinner Roll Fresh Grapes Milk Margarine Ranch Salad Dressing	Bratwurst Hot Dog Bun Sauerkraut Potato Wedges Seasonal Fruit Milk Mustard Ketchup Relish	Cheesy Beef & Rice Casserole w/White Rice California Vegetable Blend Brussels Sprouts Dinner Roll Seasonal Fruit Milk Margarine
11	12	13	14
Swedish Meatballs Penne Pasta Green Peas Parslied Carrots Garlic Texas Bread Seasonal Fruit Milk	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard	Easter Meal Glazed Ham Green Beans Whipped Potatoes Carrot Raisin Salad Dinner Roll Seasonal Fruit Milk Margarine Rocky Road Pudding
18	19	20	21
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Pineapple Milk Shredded Cheese Taco Sauce	Open Face Turkey Sandwich w/Gravy Green Beans Mashed Potatoes Spinach Salad Grapes Milk Ranch Salad Dressing Chocolate Chip Cookie	Sloppy Joe Hamburger Bun Baked Beans Parslied Carrots Cinnamon Applesauce Milk	Minestrone Soup w/Sausage Baked Potato Half Mixed Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Milk Margarine & Sour Cream Ranch Salad Dressing
25	26	27	28
Baked Boneless Chicken Thigh with Gravy California Vegetable Blend Green Beans Stuffing Texas Bread Seasonal Fruit Milk Chocolate Pudding	Herb Roasted Pork Loin w/Apricot Sauce Green Peas Brussels Sprouts Scalloped Potatoes Cornbread Seasonal Fruit Milk	Chicken Fajita w/Flour Tortilla Black Bean & Corn Salad Fiesta Vegetable Blend Spanish Brown Rice Fresh Grapes Milk Taco Sauce	Meatloaf w/Brown Gravy Garlic Whipped Potatoes Creamed Peas Spinach Salad Dinner Roll Tropical Fruit Milk Margarine Ranch Salad Dressing

A suggested donation of \$3.00 is requested from seniors 60 and older.
Persons under 60 can enjoy a meal for \$7.00

Menu subject to change based on availability.

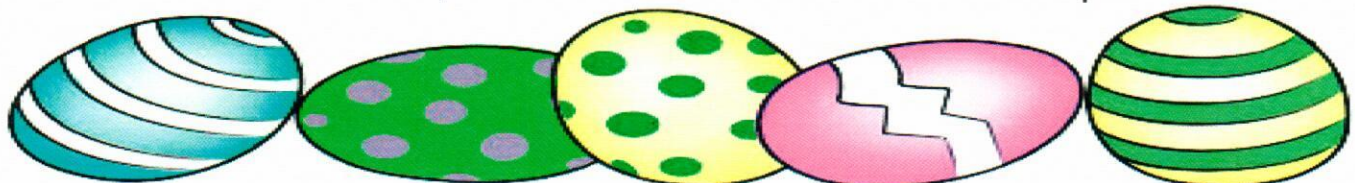
Lunch is served 11:30am-12:30pm
Follow Us on Facebook @triocommunitymeals

April Activities

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

4-Apr	5-Apr	6-Apr	7-Apr
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Writing Group 1:00	Billiards 9:30-3:00 HEAT 9:00-12:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards Caregiver Support Group 1:00	Taxes Billiards 9:30-3:00 Dixie Can Do's entertain @ lunch Hand & Neck Massage @ 11:00 Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Drawing 101 1:00
11-Apr	12-Apr	13-Apr	14-Apr
Billiards 9:30-3:00 Health Screening 11:00 Wii bowling 11:00 Hurr. Family Pharm. Presentation @ lunch Cognitive/Memory Bingo after lunch	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards Caregiver Support Group 1:00	Taxes Billiards 9:30-3:00 Roger Dean entertain @ lunch Crafts 1:00	Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
18-Apr	19-Apr	20-Apr	21-Apr
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards	Billiards 9:30-3:00 Dixie Can Do's entertain @ lunch Caregiver Support Group 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Drawing 101 1:00
25-Apr	26-Apr	27-Apr	28-Apr
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards	Billiards 9:30-3:00 Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00 Happy Birthday Party

Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm





Medicare Savings Programs

Each year, the Center for Medicare and Medicaid Services updates eligibility for Part B premium assistance, known as Medicare Savings Programs. Those new guidelines go into effect on April 1st. This means that a few people may now qualify for assistance when they hadn't before.

In 2022, if you are an individual with a total monthly income of less than \$1549 and countable assets of less than \$8400 or a married couple with a total monthly income of less than \$2080 and countable assets of less than \$12600, you may qualify to have your Part B premium paid. Applications for this program in Utah are done through the Department of Workforce Services and use the Utah Medicaid application. With the significant increase in Part B premiums this year, this benefit is more valuable than ever before.

One contributor to rising healthcare costs is fraud. By checking your Medicare Summary Notice or Explanation of Benefits, you can help uncover potential fraud, waste and abuse, keeping healthcare costs lower in the future.

The SHIP program with the Area Agency on Aging- Five County is here to help if you need assistance applying for a Medicare Savings Program or if you find suspected fraud.

Online Pharmacy Scams

Nearly one in six older adults buy their prescriptions on the internet and many do so to save money. Shopping online for prescriptions can save you money but there are risks involved. According to the National Association of Boards of Pharmacy, only 3% of online pharmacies comply with U.S. pharmacy laws. Many of these companies pose as Canadian pharmacies, which are known for lower drug prices. But the drugs they are selling may be mislabeled, expired, ineffective or even toxic. Some may not even provide prescriptions but may only be trying to steal your money or personal information.

Before purchasing prescriptions from an online pharmacy, watch for these warning signs:

- Unsolicited emails
- Deep discounts on well-known drugs
- Availability without a prescription
- Location is listed as outside the U.S. or does not list a location at all



COOLING PROGRAM

APRIL 1-
SEPTEMBER 30

The **HEAT Program** may be able to help eligible households with a cooling benefit. Applications for cooling will begin April and the household would need to meet HEAT eligibility requirements to qualify for a cooling benefit.

Call the HEAT office to schedule your appointment
435-652-9643

WE WILL BE AT HURRICANE SENIOR CENTER ON

04.05.2022

9:00 AM – 11:45 PM

Household Size	100% of Poverty	150% of Poverty HEAT/HELP
1	1,073	1,610
2	1,452	2,178
3	1,830	2,745
4	2,208	3,313
5	2,587	3,880
6	2,965	4,448
7	3,343	5,015

The total household income must be at or below 150% of the federal poverty.



Required HEAT Documents:

- ID
- Social Security Cards
- Utility Bills for Electricity, Gas and Water
- Income for March
- Medical expenses paid in March

Plant-Forward Eating

GOOD FOR YOU AND THE PLANET

EATING MORE PLANTS IS GOOD FOR THE PLANET

conserves water, preserves forests, reduces greenhouse gas emissions and protects biodiversity

A plant-based plate supports a healthy you and a healthy planet. Unfortunately, the way we currently eat is harming our health and our planet: disease, obesity and global temperatures are on the rise. The good news is we can change this by eating more plants in our diet

EATING MORE PLANTS IS GOOD FOR YOU lowers disease risk, such as type 2 diabetes, heart disease, obesity and cancer, and is linked to longevity

Make a positive plate shift to **reduce or eliminate animal products** while **emphasizing whole, plant-based foods**. Each approach below will make a positive impact on your health and on the planet. Choose the one that works best for you.

Completely Plant-Based Diet:

In all 3 meals at least half the plate is filled with vegetables and/or fruit and the other half with nuts, whole grains and legumes.

Reduced Meat and Dairy Diet:

In all 3 meals at least half the plate is filled with vegetables and/or fruit and the other half with whole grains and may or may not include meat, poultry, fish, eggs, dairy or plant-protein sources such as legumes, nuts and seeds.

If you choose to eat meat, the recommendation for a healthy plate and a healthy planet is...

UP TO 2 ANIMAL PRODUCTS PER DAY, which may include:

Up to **1 DAIRY** serving per day (yogurt, milk or cheese)

Up to **2 EGGS** per week

Up to **1 RED MEAT** serving per week

Up to **2 SEAFOOD** servings per week

Up to **2 POULTRY** servings per week



Movie of the Month:



Cast

- Ben Stiller • Robin Williams • Owen Wilson •
- Dick Van Dyke • Mickey Rooney •

When Larry Daley, a divorced father who was having trouble finding a job, applies for a job at the American Museum of Natural History, he is assigned as a night guard. However, a seemingly easy job turns out to be a wild ride when he finds that an ancient spell has caused the exhibits of the museum to come to life.

Festive Easter Facts That You Probably Haven't Heard Before

***Easter baskets have special symbolism.** The woven treat containers represent birds' nests and new life, especially when filled to the brim with eggs. Plus, they're a pretty utilitarian way to gather those goodies on your Easter egg hunt.

***There's a reason you probably eat ham for Easter dinner.**

Historically, most early Easter celebrants would have eaten lamb for this special occasion since the holiday has its roots in Jewish Passover. But these days, many American Easter dinners now feature ham instead, because of the timing of the holiday. Years ago, hams cured over the winter months would have been ready to serve in the early spring.

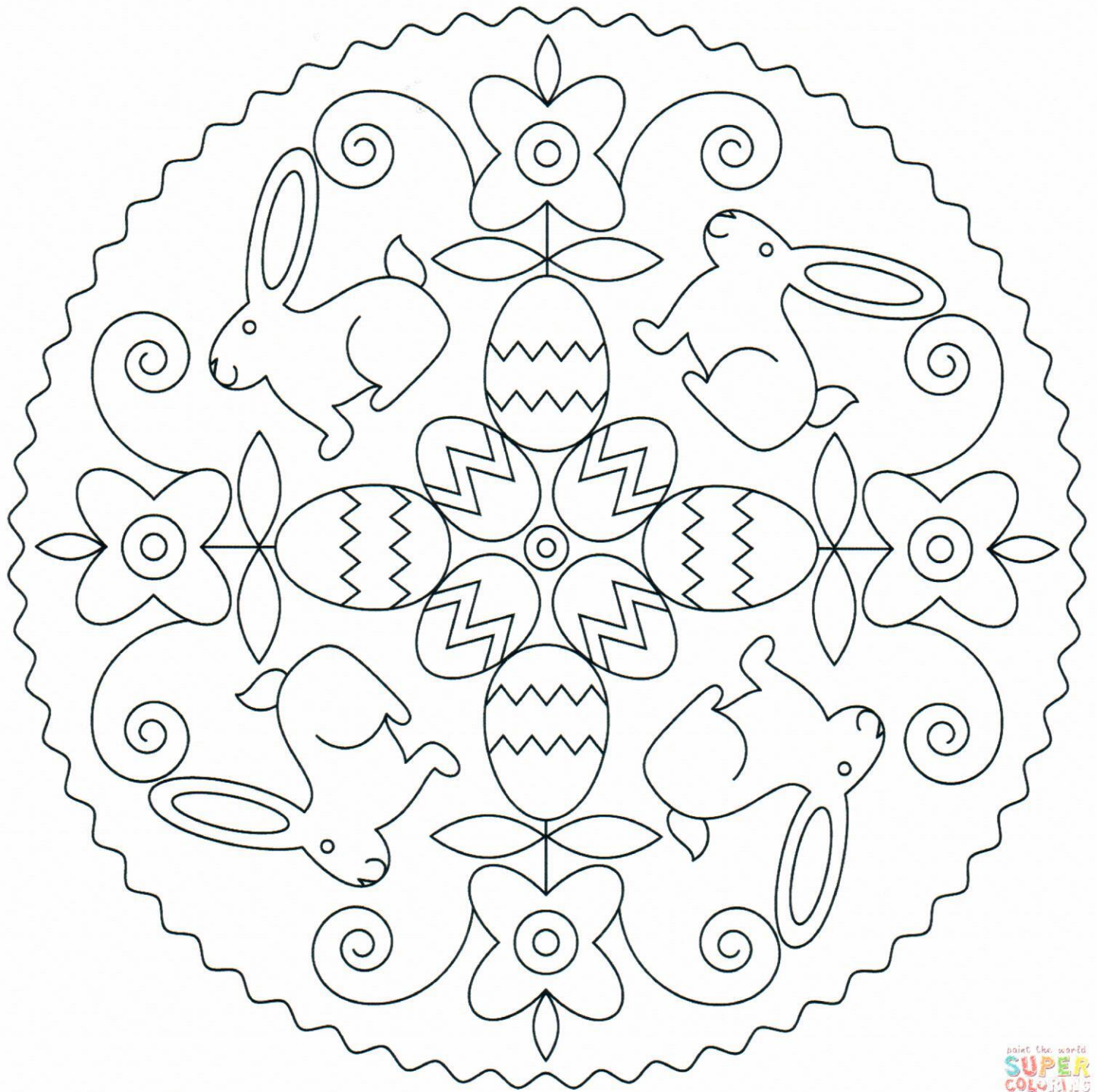
***Easter lilies are a relatively new tradition.** These beautiful blooms first originated in Japan and arrived in England in the late 18th century. The United States only caught onto the trend after World War I. The transition from dormant bulbs to delicate flowers brings to mind hope and rebirth, two important themes of the Easter celebration.

***Easter eggs have medieval origins.** Think Easter egg hunts are a strange tradition? Listen to this medieval game children's game: A priest would give one of the choir boys a hard-boiled egg, and the boys would pass it amongst themselves until the clock struck midnight, when whoever was holding it got to eat it. We hope they at least got some salt and pepper to go with it.

***Easter clothes used to be considered good luck.** Old superstition held that if you wore new clothes on Easter, you would have good luck for the rest of the year. In fact, it was so widely believed that upper-class New Yorkers would literally strut their stuff coming out of attending Easter mass at well-heeled midtown churches. This tradition became the basis of the modern, and decidedly less elitist, Easter Parade and Easter Bonnet Festival in New York.

***Easter eggs date back way before Easter.** There's evidence showing that Easter eggs originated from Medieval Europe and Christians may not have actually been the ones to start the tradition of giving eggs. They're a symbol of fertility and rebirth in many cultures around the world.

***The holiday was named after the Anglo-Saxon goddess Eostre.** Scholars believe that Easter was named after a festival celebrating Eostre and the coming of spring. Her sacred symbols are thought to have been the hare and the egg, which is why they feature prominently in Easter symbolism too.



EASTER

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.

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

By Evelyn Johnson - www.qets.com

Acclaim	Eggs	Hats
Arise	Faith	Inspiration
Basket	Festive	Lent
Bonnet	Finery	Miracle
Bunny	Gathering	Religion
Devoted	Gospel	Spring
Ecumenical	Ham	Traditional