

Hurricane Active Life Center

April 2023 Newsletter



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

Beginning April 1st, the Suggested donation for lunch is now \$4.00 per meal. Under 60 clients are welcome for \$7.00 per meal.

Tai Chi Exercise class beginning on April 10th @ 1:30.

We are still looking for volunteers to help in the kitchen & the thrift store.

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.

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 \$5.00 round trip, age 60+. Under 60 is \$10.00. The bus runs from 9:30 am to 2:30 pm Monday, Tuesday & Thursday. Wednesday-: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 & Horizon – Blood Pressure/Sugar checks – every Monday & Every 3rd Wednesday 11:00am-12:00pm

Tai Chi – every Monday @ 1:30pm

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

Video Tai Chi – every Tues @ 10:00am

Video Yoga – every Thurs @ 10:00am

Movie – see Activity Schedule
** Free ** Popcorn **

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Hand & Foot Card Game– temp. cancelled

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

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

Drawing 101 – Thursday @ 1:00pm

Caregiver Support – 1st & 3rd Wed @ 1:00pm

Craft Class – Wednesday @ 1:00pm

Neck/Shoulder Massage – 2nd Thurs 10:00am

Toe Nail Trimming – 3rd Tuesday 10:00am

Bingo 60+ Only – 2nd & 4th Monday after lunch
Bingo is free to play **For 60+ only**

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

COME JOIN US!



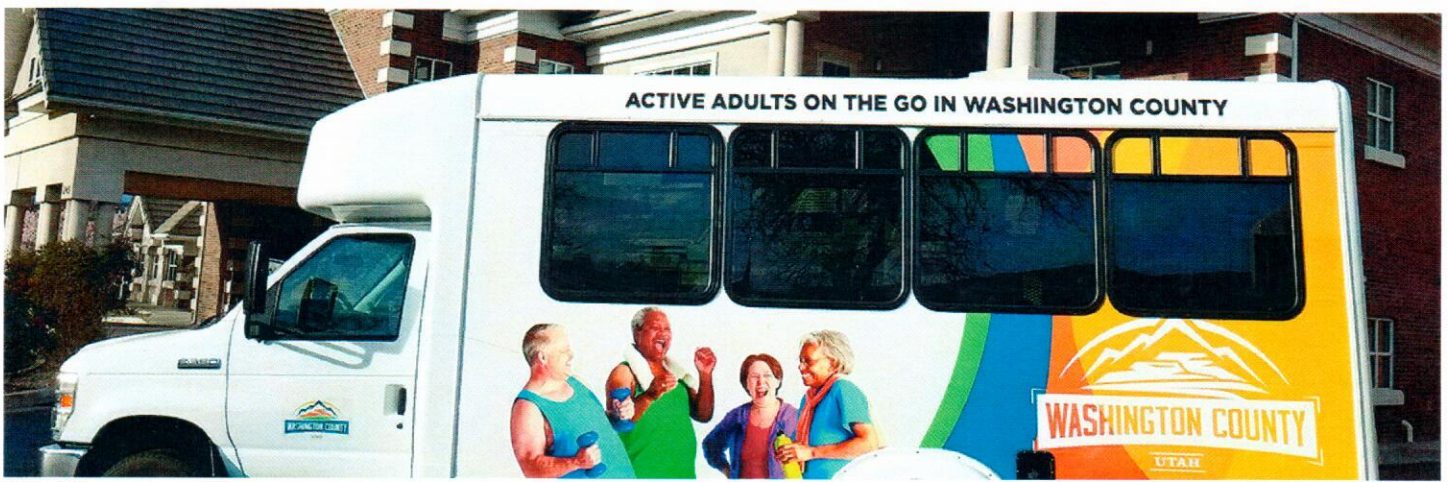
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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:

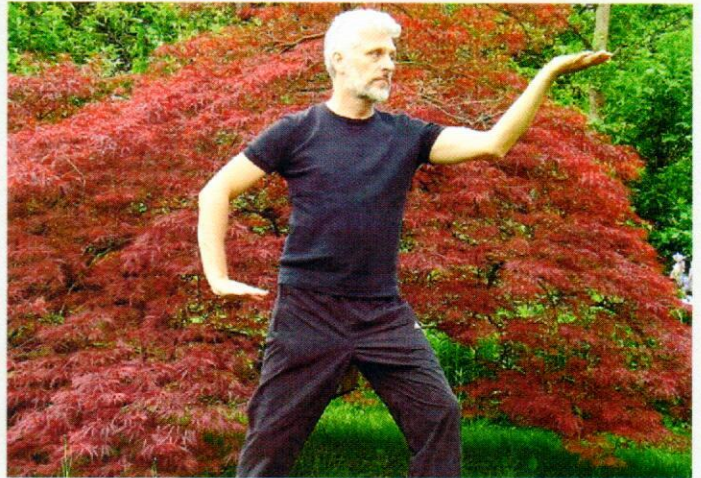
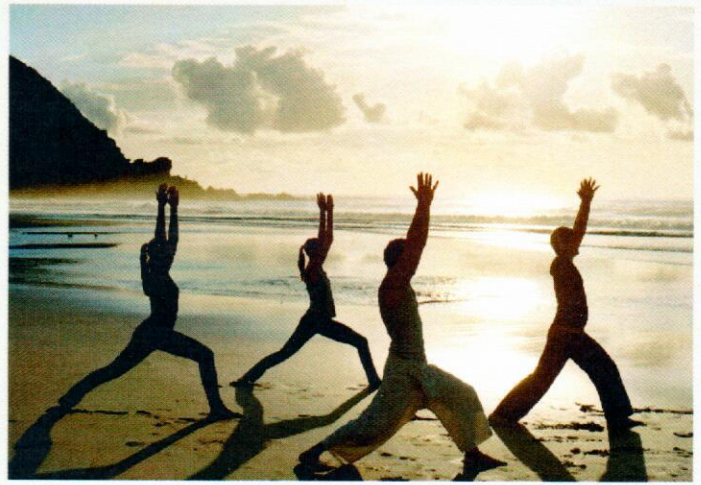
1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$5.00 round trip. The bus runs from 9:30 am to 2:30 pm Monday through Thursday. The bus goes to St. 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!



THE AREA AGENCY ON AGING- FIVE COUNTY
RSVP PROGRAM PRESENTS:

TAI CHI

Starts
April 10th, 2023

A FREE class for Older Adults

MONDAYS 1:30 PM TO 2:30 PM

HURRICANE CITY SENIOR CENTER
95 N. 300 W.
HURRICANE, UTAH

This class for beginners teaches the basic elements of Tai Chi, helping with coordination, balance, flexibility and more. To register call contact Maria Bailey at (435)673-3548 or Hurricane Senior Center at (435) 635-2089

Hurricane Active Life Center | April 2023

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Baked Chicken w/Gravy California Vegetable Blend Carrot Raisin Salad Stuffing Wheat Bread Seasonal Fruit Milk Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i>	Meatballs w/Spaghetti Sauce Mixed Vegetables Mixed Green Salad Penne Pasta Garlic Texas Bread Fresh Grapes Milk Margarine Ranch Salad Dressing	Turkey Melt Sandwich Hearty Tomato Soup Potato Wedges Wheat Bread Seasonal Fruit Milk Mayonnaise Mustard Ketchup	Easter Meal Glazed Ham Broccoli Carrots Whipped Potatoes Dinner Roll Seasonal Fruit Milk Margarine
10	11	12	13
Swedish Meatballs Parslied Carrots Green Beans with Onion Penne Pasta Garlic Texas Bread Seasonal Fruit Milk	Panko Crusted Pollock w/Creamy Dill Sauce Mixed Vegetables Broccoli Brown Rice Dinner Roll Seasonal Fruit Milk Margarine	Cheeseburger Lettuce/Tomato/Onion/Pickles Potato Wedges Hamburger Bun Peach Crisp <i>Diet - Canned Peaches</i> Milk Ketchup Mustard	Chicken w/Alfredo Sauce Garden Vegetable Blend Spinach Salad Rotini Pasta Wheat Bread Seasonal Fruit Milk Ranch Salad Dressing
17	18	19	20
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake <i>Diet - Sugar-Free Cookie</i> Milk Ranch Salad Dressing	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing
24	25	26	27
Hawaiian Chicken Haystack Broccoli Cabbage & Carrots Jasmine Rice Wheat Bread Pineapple Tidbits Fortune Cookie Milk Margarine	Homemade Meatloaf w/Brown Gravy Creamed Peas Spinach Salad Garlic Whipped Potatoes Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Chicken Fajita Fiesta Vegetable Blend Black Bean & Corn Salad Flour Tortilla Spanish Brown Rice Seasonal Fruit Milk Taco Sauce	Herb Roasted Pork Loin Creamy Dijon Sauce Mixed Vegetables Brussels Sprouts Potatoes Au Gratin Cornbread Fresh Grapes Milk

A suggested donation of \$4.00 is requested from seniors 60 and older.

Persons under 60 can enjoy a meal for \$7.00

Menu subject to change based on availability.

Follow Us on Facebook @triocommunitymeals

April Activities

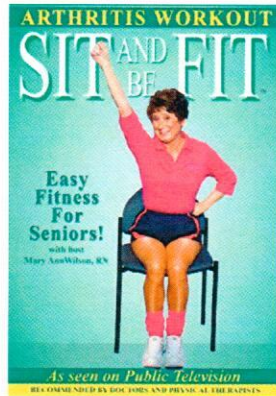
95 N. 300 W. Hurricane 435-635-2089

3-Apr	4-Apr	5-Apr	6-Apr
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Grief Support Group 1:00	Taxes 9:00 Billiards 9:00-3:00 Dixie Can Do's to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Video Sit Fit 11:00 Medicare Benefit Enrollment Presentation during lunch Drawing 101 1:00
10-Apr	11-Apr	12-Apr	13-Apr
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Grief Support Group 1:00 Mimi Hansen to entertain @ lunch	Last Day for Taxes 9:00! Billiards 9:00-3:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Video Sit Fit 11:00 Neck & Shoulder Massage 11:00 Health Presentation @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
17-Apr	18-Apr	19-Apr	20-Apr
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Video Tai Chi 10:00 Nail-trim for feet 10:00 Grief Support Group 1:00	Billiards 9:00-3:00 Video Sit Fit 11:00 Health Screening 11:00 Dixie Can Do's to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00
24-Apr	25-Apr	26-Apr	27-Apr
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 11:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00 Knitting/Crochet 1:00 Birthday Celebration

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

Exercise Classes

VIDEO SIT & BE FIT — Monday's & Wednesday's @ 10:00am



With Instructor TAI-CHI * — Monday's @ 1:30pm

*VIDEO TAI-CHI * — Tuesday's @ 10:00am

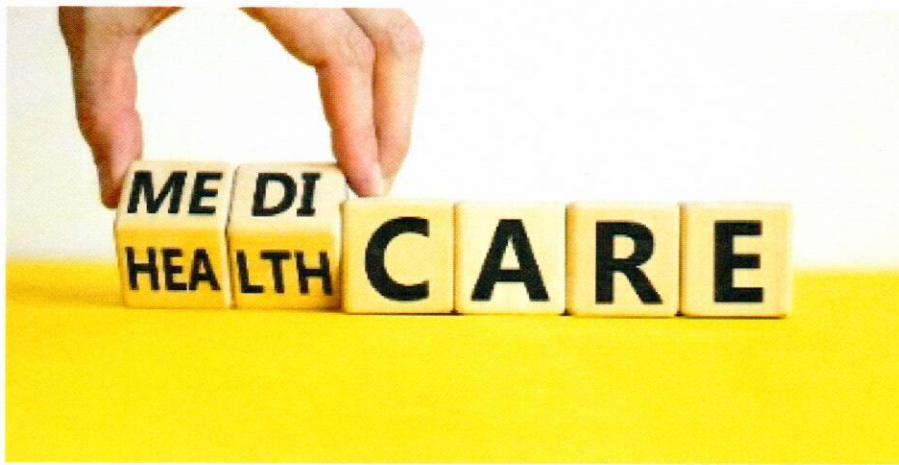


VIDEO YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.



If you recently lost (or will soon lose) Medicaid, you may be able to sign up for Medicare or change your current Medicare coverage. **DON'T WAIT.** If you qualify, you'll have a limited time to sign up or make changes.

If you now qualify for Medicare but didn't sign up for it when you first became eligible:

- You can sign up for Medicare Part A (Hospital Insurance), Medicare Part B (Medical Insurance), or both without paying a late enrollment penalty.
- You have 6 months after your Medicaid coverage ends to sign up
- You can sign up by filling out a CMS-10797 form and mailing or faxing to your local Social Security Office. Or you could contact your local Social Security Office.

If you have Medicare and Medicaid, and you lose Medicaid, you can:

- Join a Medicare Advantage Plan with drug coverage or Medicare drug plan, if you don't already have one.
- Change your current Medicare Advantage plan or Medicare drug plan.
- Join a plan or make coverage changes for 3 months from the date your state notifies you that your Medicaid coverage is ending, or the date your Medicaid coverage ends, whichever is later

Yearly "Wellness" visits

If you've had Medicare Part B (Medical Insurance) Part B covers certain doctors' services, outpatient care, medical supplies, and preventive services for longer than 12 months, you can get a yearly "Wellness" visit to develop or update your personalized plan to help prevent disease or disability, based on your current health and risk factors. **The yearly "Wellness" visit isn't a physical exam.**

Your costs in Original Medicare

You pay nothing for this visit if your doctor or other qualified health care provider accepts assignment.

The Part B deductible doesn't apply. However, you may have to pay coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider performs additional tests or services during the same visit.
- Medicare doesn't cover these additional tests or services under this preventive benefit.

If Medicare doesn't cover the additional tests or services (like a routine physical exam), you may have to pay the full amount.

What it is

Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy. Your visit may include:

- A review of your medical and family history.
- A review of your current providers and prescriptions.
- Height, weight, blood pressure, and other routine measurements.
- Personalized health advice.
- A list of risk factors and treatment options for you.
- A screening schedule (like a checklist) for appropriate preventive services. [Get details about coverage for screenings, shots, and other preventive services.](#)
- [Advance care planning](#)
-

Your provider will also perform a cognitive assessment to look for signs of dementia, including Alzheimer's disease. Signs of cognitive impairment include trouble remembering, learning new things, concentrating, managing finances, and making decisions about your everyday life. If your provider thinks you may have cognitive impairment, Medicare covers a separate visit to do a more thorough review of your cognitive function and check for conditions like dementia, depression, anxiety, or delirium and design a care plan.





Plant-Forward Eating

GOOD FOR YOU AND THE PLANET

Likely most of us have heard that eating more plants is better for our health and our planet. But what if you are not ready to give up food from animals? A flexitarian diet pattern may be a good choice for you. In fact, 60% of Americans report transitioning to a more flexitarian lifestyle. Bonus: A flexitarian diet pattern may cost 14% less than the American standard diet.

Flexitarian = Flexible + Vegetarian

Flexitarians focus on **ADDING** more plant foods without restricting or excluding any food groups. They aim to eat more plant proteins. Meat, seafood, dairy and eggs may or may not be included at each meal. Steps to get started:

STEP ONE: Add more plant foods like vegetables, whole grains and fruit to your plate.

STEP TWO: Swap some or all animal proteins for plant proteins.

STEP THREE: Try new foods and recipes each week.



PREVENT NUTRIENT GAPS WITH FOOD

A flexitarian diet will provide adequate nutrition when eating enough calories and a variety of whole foods each day. However, you want to be mindful that you are getting the nutrients listed below from your food choices to prevent any nutrient gaps that may occur from taking meat off your plate.

PROTEIN, IRON, ZINC – Beans, lentils, nuts, seeds, dairy and eggs

OMEGA 3 – Flaxseeds/oil, walnuts/oil, chia seeds, canola oil, soy and fatty fish

CALCIUM – Dairy, leafy greens, broccoli, almonds, fortified plant-based milks, cereals, juice and calcium-set tofu

VITAMIN D – Dairy, plant-based milk alternatives, fortified orange juice and cereal, mushrooms exposed to UV light and fatty fish

VITAMIN B12 – Dairy, fortified nutritional yeast, fortified plant-based milk and fortified cereal

Spring Forward and Review

Your Safety Checklist

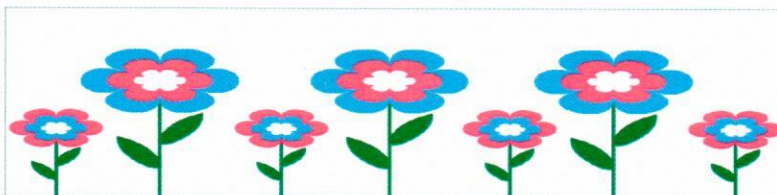
Smoke Alarms. Three out of every five home fire deaths result from fires in homes with no smoke alarms, according to the National Fire Protection Association. Test your smoke alarms every month and replace the battery at least once a year. If the alarm makes a “chirping” sound, replace the battery immediately. Smoke alarms should be in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts. Smoke alarms can be interconnected wirelessly. That means, when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms with the label of a reputable testing agency, like the Underwriters Laboratories (UL).

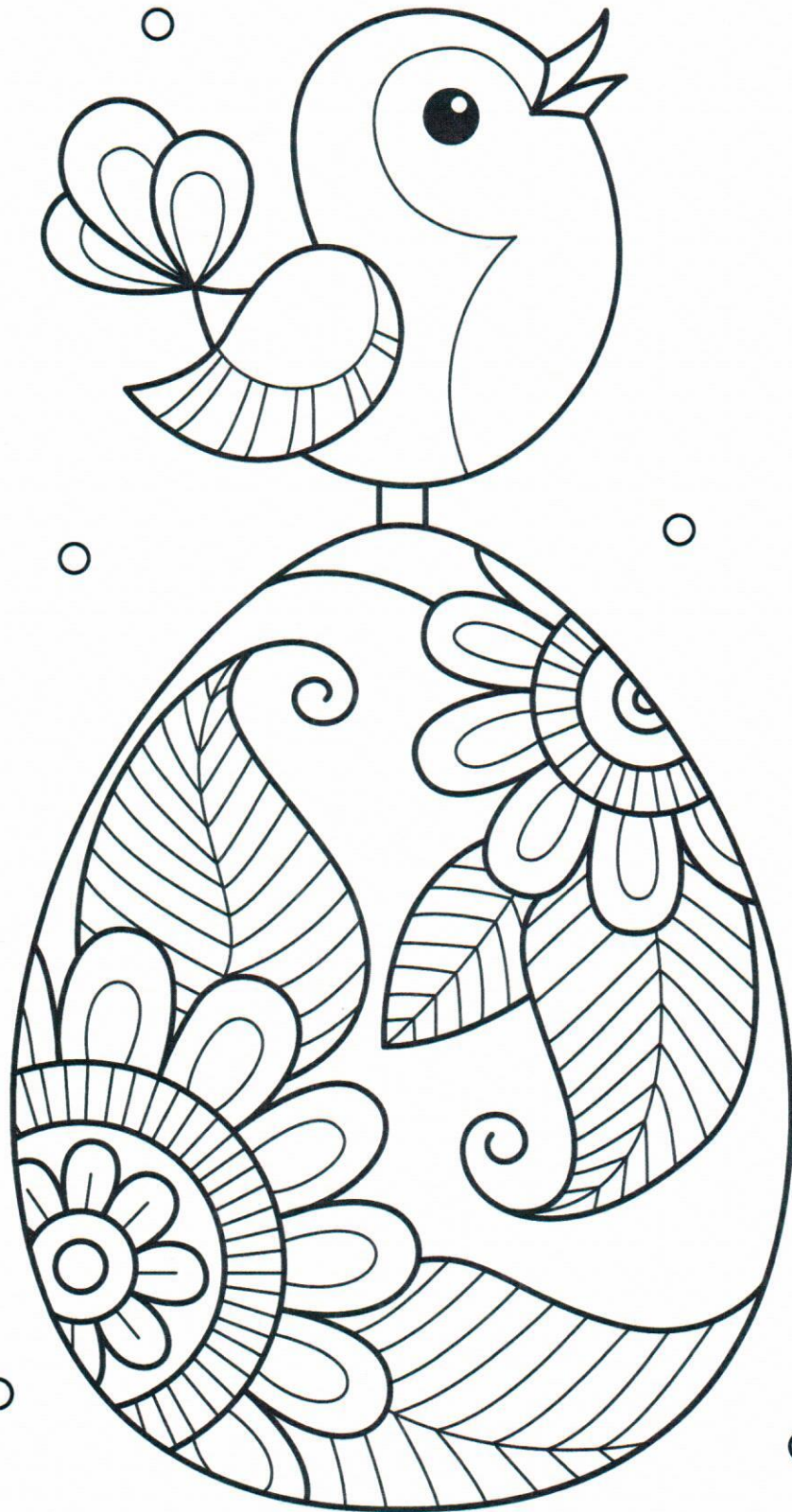
Carbon Monoxide Detectors. Anything that burns fuel can potentially become a source of carbon monoxide, an invisible, odorless gas that can kill. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors mirror those of smoke alarms: change the batteries, test them and interconnect them, if possible. Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

Get Rid of Unwanted Medicines. NSC recommends you take unwanted or expired medicines to a prescription drop box or take-back event near you. Or, learn how you can use Stericycle Seal & Send envelopes to send your unwanted medication to be safely destroyed.

Getting the Urge to Clean? With the warm weather comes a desire to shine and polish your home. But when warning labels are ignored or chemicals fall into the wrong hands, disaster can occur. Learn what you can do to keep your family safe around poisons in the home.

<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/spring-safety/spring-safety-tips>





Happy Easter

Homemade
GIFTS MADE EASY

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.

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

By Evelyn Johnson - www.qets.com

Assemble

Basket

Bonnet

Bunny

Devoted

Ecumenical

Eggs

Emerge

Faith

Festive

Finery

Gospel

Hats

Inspiration

Lent

Phenomenon

Praised

Revelation

Spring

Traditional

Worship