

Hurricane Active Life Center

August 2021 Newsletter



Welcome back!

We are excited to be able to have the center open again. We have missed all your smiling faces!!

We will be continuing normal activities and opening the thrift store as allowed by guidelines. Please be patient with us as some changes are necessary for the safety of our clients.

Our Dial-A-Ride Program is operating as usual.

Lunch will be 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.

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

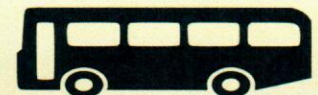
Dial-A-Ride Program

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

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

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

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

Craft Class – (Not during summer months)

Bingo 60+ Only – 2nd & 4th Monday @ 1:00pm

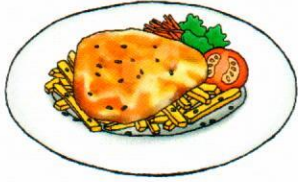
Bingo is free to play **For 60+ only**

Paint Group – Tuesdays @ 1:00pm (Not during summer months)

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

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

COME JOIN US!



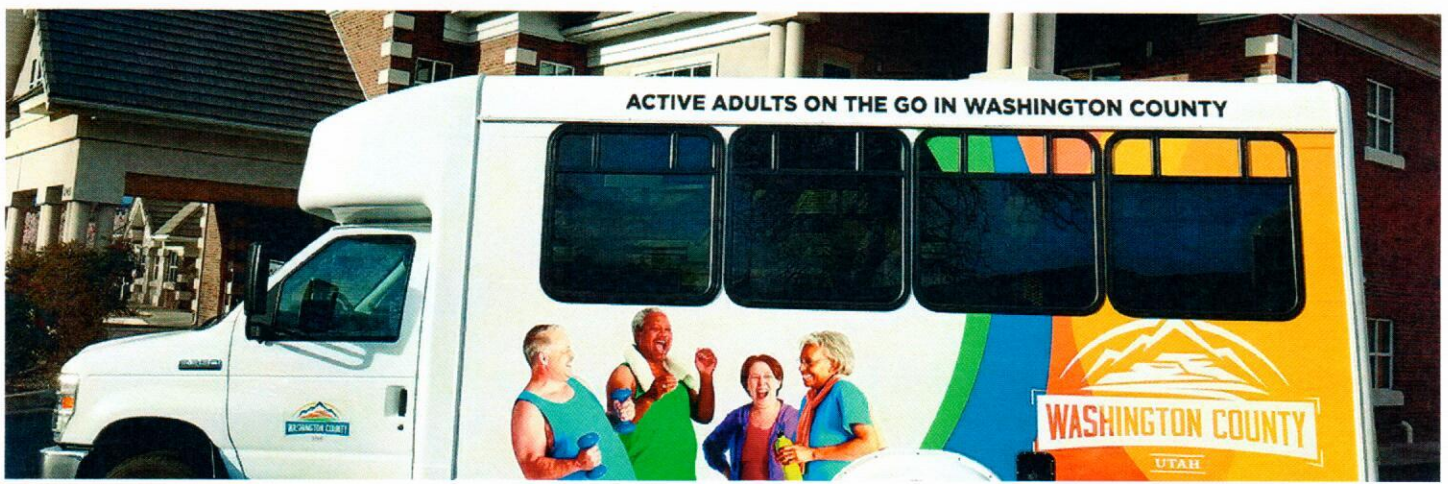
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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-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

August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Salisbury Steak w/Gravy Parslied Carrots Green Peas Mashed Potatoes Dinner Roll Fresh Seasonal Fruit Milk Margarine	3 Chicken Salad Croissant Beet Salad Grapes Oatmeal Raisin Cookie Milk Lettuce Tomato Onion Diet - Vanilla Wafers	4 Cheesy Pizza Bake Italian Veg Blend Spinach Salad Garlic Texas Bread Tropical Fruit Milk Salad Dressing	5 Glazed Ham Cut Yams Mixed Vegetables Macaroni Salad Dinner Roll Fresh Seasonal Fruit Milk Margarine
9 Breaded Chicken Cordon Bleu Green Beans Spinach Salad Rice Pilaf Wheat Bread Tropical Fruit Milk Margarine Salad Dressing	10 Sloppy Joe Tater Tots Coleslaw Whole Wheat Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup Diet - Vanilla Wafers	11 Chicken Fajitas Shredded Cheese Lettuce & Tomato Black Beans Fiesta Vegetables Tortilla Peaches Milk Taco Sauce	12 Homemade Meatloaf w/ Gravy Mashed Potatoes Parslied Carrots Creamed Peas Dinner Roll Pineapple Tidbits Milk Margarine
16 BBQ Pork Spinach Greens Coleslaw Macaroni and Cheese Cornbread Strawberry Gelatin w/Fruit Milk Margarine Diet - Fruited Gelatin	17 Honey Lime Chicken Breast Cabbage and Carrots Sugar Snap Peas Buttered Rice Dinner Roll Grapes Milk Margarine	18 Swiss Steak California Veg Blend Whole Kernel Corn Egg Noodles Wheat Bread Fresh Seasonal Fruit Milk Margarine	19 Turkey Shepherd's Pie Garden Vegetable Blend Spinach Salad Dinner Roll Hot Spiced Apples Milk Margarine Salad Dressing
23 Hawaiian Chicken Haystack White Rice Tomatoes and Green Peppers Cucumber Salad Pineapple Tidbits Milk	24 Pot Roast w/Gravy Mixed Vegetables Spinach Salad Mashed Potatoes Wheat Bread Fresh Seasonal Fruit Milk Salad Dressing Margarine	25 Potato Crusted Pollock Black Beans Coleslaw Corn Tortilla Spanish Rice Applesauce Milk Taco Sauce	26 Meatballs w/Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Texas Bread Peach Crisp Milk Diet - Hot Peaches
30 Sliced Turkey Breast w/Gravy Green Beans and Onions Mixed Green Salad Mashed Potatoes Texas Bread Citrus Fruit Cup Milk Salad Dressing	31 Beef Chili w/Beans Baked Potato California Veg Blend Wheat Bread Fresh Seasonal Fruit Milk Margarine Sour Cream Shredded Cheese	<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>	

August Activities

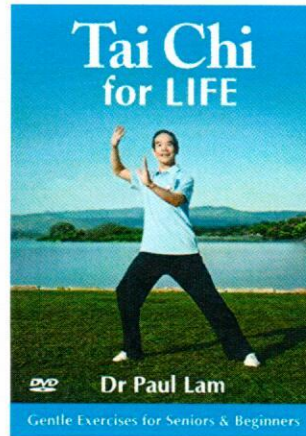
95 N. 300 W. Hurricane 435-635-2089

2-Aug	3-Aug	4-Aug	5-Aug
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Hand & Foot Cards after lunch	Billiards 9:30-3:30 Video Sit & Be Fit 10:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Five County Presentation @ lunch-Open Enrollment
9-Aug	10-Aug	11-Aug	12-Aug
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Bingo after lunch	Billiards 9:30-3:00 Video Tai Chi 10:00 Hand & Foot Cards after lunch	Billiards 9:30-3:30 Video Sit & Be Fit 10:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00
16-Aug	17-Aug	18-Aug	19-Aug
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Hand & Foot Cards after lunch	Billiards 9:30-3:30 Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch
23-Aug	24-Aug	25-Aug	26-Aug
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Bingo after lunch	Billiards 9:30-3:00 Video Tai Chi 10:00 Hand & Foot Cards after lunch	Billiards 9:30-3:30 Video Sit & Be Fit 10:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Happy Anniversary/Birthday Celebration @ Lunch "Falls Risk" by Summit @ Lunch Knitting/Crochet 1:00
30-Aug	31-Aug		
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Hand & Foot Cards after lunch		

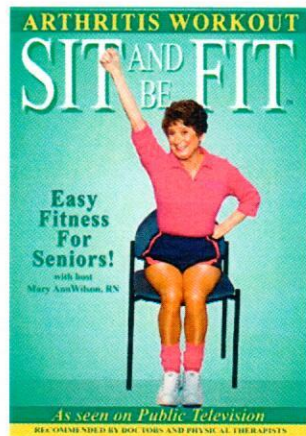
Thrift Store is Open Mon-Thurs 11:00 am to 2:30 pm

Exercise Classes

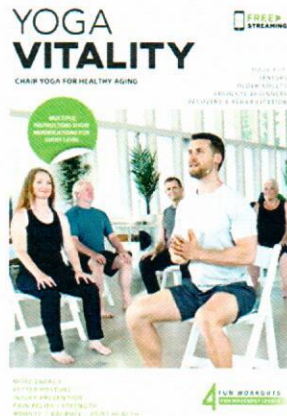
TAI-CHI — Tuesday's @ 10:00am



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.

If you have Asthma, COPD, or other breathing conditions, you may have questions about how Medicare covers care for these conditions. The short answer is, it depends. If you use a prescription inhaler, those are covered under Part D. If you are treated in the hospital for your condition, it falls under Part A. If you receive your medication through a nebulizer, that's considered Durable Medical Equipment and covered under Part B. If you qualify for outpatient pulmonary rehab, it is considered a preventive program and is covered under Part B.

A Medigap policy can help cover the cost of services covered under Part A or B but won't help with anything covered under Part D. A Medicare Advantage plan may reduce the costs of coverage for services covered under Part A or B and many Medicare Advantage Plans cover prescriptions. It is important to make sure your preferred brand of inhaler is covered on your plan if you have a Medicare Advantage Plan. Part D plans are required to cover at least one type of inhaler but not all plans cover all types of inhalers. You can save money on your inhaler by comparing plans and finding the plan that best covers your inhaler. You can change Medicare Advantage Plans and Part D plans during Open Enrollment, which is from October 15th to December 7th each year.

August 2: Placemat or Pharmacy Fraud

Prescriptions in the United States exceed \$300 billion per year and a large portion of those prescriptions are covered by government programs like Medicare, Medicaid or Tricare. Because of the size of these programs, fraud is rampant within these programs. You can do your part to help reduce the cost of fraud in prescription drugs by taking a few simple steps.

Check your pills when you pick them up. Pay attention to the size, shape and color of your prescriptions. If a prescription doesn't look the same, talk to the pharmacist before you leave.

Count your pills. Fraud sometimes occurs when your plan is billed for 30 pills but you get fewer. This may also prevent you from filling your prescriptions when you need them. Take a minute to count your pills before you leave the pharmacy.

Check your Explanation of Benefits. Each month, you should receive a statement showing what your plan has paid for your prescriptions. Checking this statement may reveal if your pharmacy billed your plan for things you didn't receive.

Opt out of automatic refills for "As Needed" mail order prescriptions. If you use a mail order pharmacy, you may have the option to automatically refill your prescriptions. If you have any that you take infrequently, or less often than prescribed, automatic refills could give you higher quantities of your medication than needed. While not fraud, it is considered waste and increases the cost of prescriptions for everyone.

If you have questions or suspect that you may be a victim of fraud, contact the Senior Medicare Patrol at (435)673-3548.

Aging In Utah

**1/2
Million**

511,187 individuals living in Utah are 60 years of age or older

Southern Utah has the highest number of older adult per capita, with 25% of the population 60 year of age or older

34,000

people age 65 and older living with Alzheimer's in Utah, with estimated 23.5% increase by 2025.

1 in 4

While Older adults make up only about 16% of the total population in Utah, the retirement age population continues to grow faster than any other age group averaging 4.2 percent growth annually compared to 1.7 percent total growth.

In 2015, the Utah State Legislature declared Alzheimer's a public health issue, directing the Utah Department of Health to coordinate and implement the state response to this growing crisis.
<https://www.alz.org/media/Documents/alzheimers-dementia-utah-state-plan-2018.pdf>

51%

of Utahns' volunteer. Volunteering helps decrease risk of depression, decrease isolation, provides sense of purpose, helps to stay physically and mentally active, and can reduce stress.

46%

Of all adults, in Utah, provide unpaid care to loved ones with Alzheimer's or related dementias

62%

of Caregivers in Utah are Women, 19% are 65 years or older and 36% are caring for a parent

13,247

Grandparents are responsible for their Granchildren in Utah.

1 in 5

adults in Utah are Caregivers providing regular care or assistance to Friend or Family member with a health problem or disability

Sleep Matters Optimize It!

Nothing beats a good night's sleep. Chronic lack of sleep may lead to disease, mood disorders and accidents. In addition to strategies to improve sleep like regular exercise, exposure to daylight, following a bedtime routine and sleeping in a dark room, dietary choices play an important role in sleep.

Aim for 7-9
hours per night

Emerging research suggests that there is a relationship between sleep and diet quality, implying that a better diet could lead to better rest. Repeated studies have shown that a Mediterranean-style diet is associated with overall improved sleep quality. Additionally, foods with certain nutrients, like calcium, magnesium, potassium, B6, tryptophan, serotonin, melatonin and protein may improve sleep.

Mediterranean Diet Defined

A high fiber, minimally processed, plant-based diet with smaller amounts of lean meat and more servings of vegetables, fruits, nuts, seeds, legumes and whole grains. Primarily uses olive oil and includes fish and other seafood.

Choose these foods to promote better sleep:

- **High Tryptophan Foods Combined with Whole Grains** – high tryptophan foods include oats, milk, canned tuna, poultry, nuts and seeds
- **Kiwi** – high in antioxidants and serotonin
- **Protein Foods** – lack of adequate protein can affect sleep quality and duration; choose lean meat, seafood, and plant-based protein (like legumes, nuts, seeds and whole grains) most often
- **Tart Cherries** – contains high levels of melatonin and antioxidants
- **Walnuts** – high in melatonin, serotonin, and polyphenols

Avoid these foods or dietary habits for better sleep:

- **Alcohol** – leads to poor quality sleep or lack of deep sleep
- **Caffeinated Beverages** – can alter sleep time, onset, and quality
- **Desserts** – high fat and sugar foods before bed can make it more difficult to fall asleep
- **Skipping Meals** – lack of food can lead to drops in blood sugar and insulin, resulting in affected sleep quality

Staying Safe When It's Too Darn Hot

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- **Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- **Did someone say sunburn?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by exposure to too much heat:

Dehydration **What it is:** A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics ("water pills"), you should also call your healthcare provider for a follow-up.

Heat stroke

What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

Heat exhaustion

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope

What it is: Fainting caused by high temperatures.

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.

<https://www.healthinaging.org/tools-and-tips/tip-sheet-hot-weather-safety-tips-older-adults>



Summer - Word Search

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

BARBECUE
BASEBALL
BEES
BICYCLE
BLUE SKY
CAMPING
FISHING
FLIES

FLOWERS
GARDENING
GOLF
HOT
ICE CREAM
INSECTS
MOSQUITOES
PICNIC

SANDALS
SKATEBOARD
SPRINKLERS
SUNSHINE
SUNTAN
SWIMMING
VACATION

