

Hurricane Active Life Center

August 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.

Alzheimer's Education Series
Starting August 15th @ 1:00pm

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

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Hours of Operation

Monday – Thursday
9:00AM – 4:00PM

Lunch served daily –
11:30AM - 12:30PM \$4

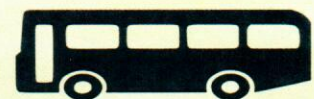
Dial-A-Ride Program

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– See Schedule

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

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

Drawing 101 – Thursday @ 1:00pm

Caregiver Support – will resume in Sept.

Craft Class – Wednesday @ 1:00pm

Neck/Shoulder Massage – see Activity Schedule

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!



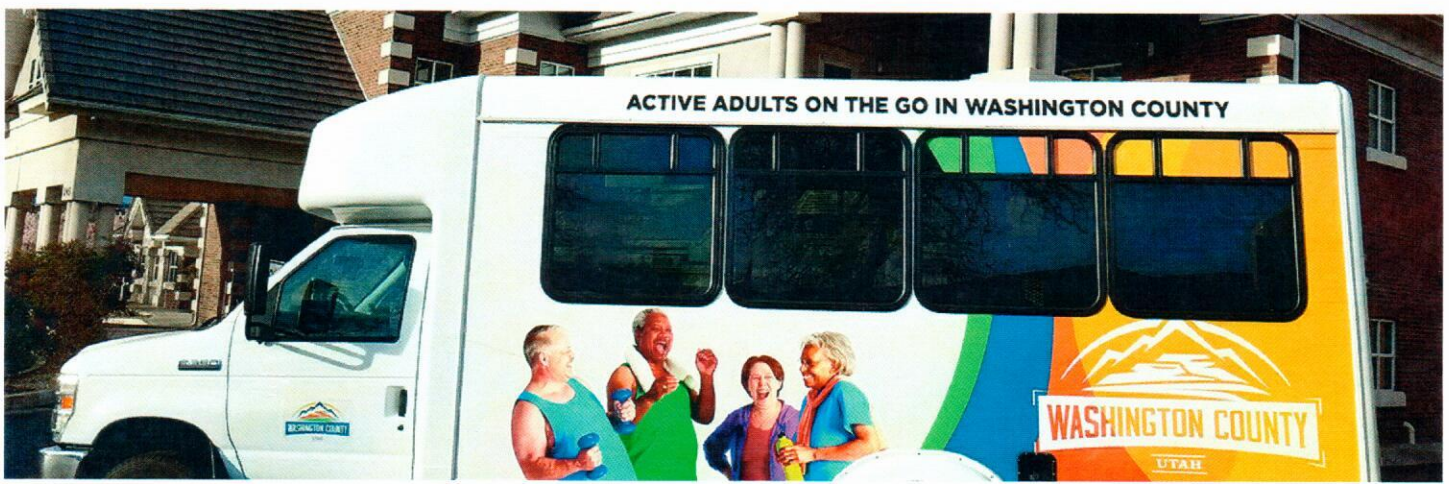
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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***

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Hurricane Active Life Center

August 2023

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
<p>A suggested donation of \$4.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Menu subject to change based</p>	<p>Hawaiian Chicken Haystack White Rice Japanese Vegetable Blend Cucumber Salad Chow Mein Noodles Pineapple Tidbits Milk</p>	<p>Meatballs w/Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Garlic Texas Bread Seasonal Fruit Milk</p>	<p>Baked Chicken Coconut Chili Sauce Rice Broccoli Black Bean Salad Dinner Roll Seasonal Fruit Milk Margarine & Ranch Salad Dressing</p>
7	8	9	10
<p>Chicken Cordon Bleu Green Beans Mashed Potatoes Cornbread Tropical Fruit Milk</p>	<p>Sloppy Joe Sandwich French Fries Bean Salad Hamburger Bun Hot Spiced Apples Sugar Cookie Milk Ketchup Diet - Vanilla Wafers</p>	<p>Glazed Ham Pasta Salad Cut Yams Mixed Vegetables Wheat Bread Seasonal Fruit Milk Margarine</p>	<p>Swiss Steak Egg Noodles California Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine</p>
14	15	16	17
<p>Cheeseburger Lettuce/Tomato/Onion Potato Wedges Hamburger Bun Pineapple Milk Ketchup Mustard</p>	<p>Beef Taco Spanish Rice Pinto Beans Coleslaw Flour Tortilla Applesauce Milk Taco Sauce</p>	<p>Cheesy Pizza Bake Italian Vegetable Blend Garden Tossed Salad Texas Bread Tropical Fruit Milk Salad Dressing</p>	<p>Chicken Fried Rice Broccoli Cabbage & Carrots Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine</p>
21	22	23	24
<p>Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>Beef Chili w/Beans Shredded Cheese Baked Potato Half California Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine Sour Cream</p>	<p>Chicken Salad Sandwich Lettuce/Tomato/Onion Coleslaw Hamburger Bun Fresh Grapes Sugar Cookie Milk Diet - Vanilla Wafers</p>	<p>Salisbury Steak w/Gravy Mashed Potatoes Parslied Carrots Green Peas Wheat Roll Seasonal Fruit Milk</p>
28	29	30	31
<p>BBQ Rib Patty Broccoli Whole Kernel Corn Hamburger Bun Cinnamon Applesauce Milk</p>	<p>Homemade Meatloaf Brown Gravy Au Gratin Potatoes Carrots Brussels Sprouts Dinner Roll Fruited Gelatin Milk Diet-Sugar-Free Fruited Gelatin Margarine</p>	<p>Honey Lime Chicken Buttered Rice Green Peas California Vegetable Blend Wheat Bread Tropical Fruit Milk Margarine</p>	<p>Labor Day Meal Cheeseburger Hamburger Bun Lettuce & Tomato French Fries Watermelon Oatmeal Raisin Cookie Milk Ketchup Mustard Diet - Vanilla Wafers</p>

August Activities

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



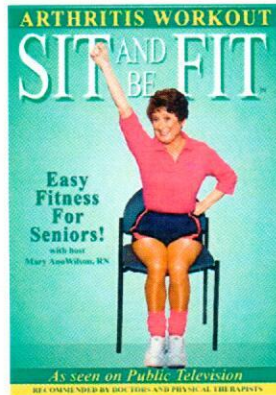
	1-Aug	2-Aug	3-Aug
	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Nutrition Class 10:30 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00
7-Aug	8-Aug	9-Aug	10-Aug
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 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 10:00 Nutrition Class 10:30 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Rob Goulding to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
14-Aug	15-Aug	16-Aug	17-Aug
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 Nail-trim for feet 10:00 Alzheimer's Class 1:00	Video Sit Fit 10:00 Health Screening 11:00 Nutrition Class 10:30 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neil Petty to entertain @ lunch Drawing 101 1:00
21-Aug	22-Aug	23-Aug	24-Aug
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Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm

Exercise Classes

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

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



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.

ALZHEIMER'S  ASSOCIATION®
EDUCATION SERIES

**HURRICANE ACTIVE LIFE CENTER
95 NORTH 300 W
HURRICANE UTAH**

**ALL CLASS TIMES
ARE 1:00 PM**

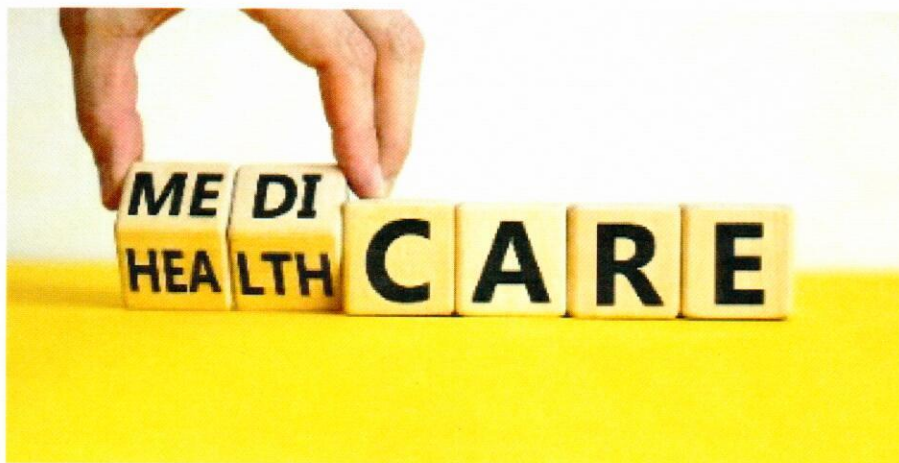
Tuesday August 15, 2023
**Understanding Alzheimer's and
other Dementia**

Tuesday August 22, 2023
10 Warning Signs of Alzheimer's

Tuesday August 29, 2023
**Healthy Living for Your Brain and
Body**

 To register 385-831-7123





Did you know that many Medicare Advantage Plans have over the counter benefits?

If you have a Medicare Advantage plan that covers over the counter medications, you will be given a certain amount to spend each quarter. You will be able to choose from thousands of brand name and generic OTC products, like vitamins, pain relievers, toothpaste, cough drops and more. You will also be able to shop with hundreds of participating stores, including Walmart, Walgreens, CVS or at neighborhood stores near you. To find out if your Medicare Advantage plan offers this benefit, Contact your MA plan or your local SHIP (435-673-3548).

When you move, it can affect your Medicare coverage.

If you have Original Medicare, you will not need to make changes to your Original Medicare when moving out of state or within your own state. Original Medicare does not have provider networks, so you can visit any doctor or facility in the country that accepts Medicare. Although you do not need to make changes to your Original Medicare coverage, you should still contact Social Security to update your information to ensure that you receive important communications. You can visit www.ssa.gov, call 800-772-1213, or visit a local Social Security office to update your permanent address.

But what about Medicare Advantage Plans and Part D plans?

Medicare Advantage Plans and Part D plans, on the other hand, have coverage areas, so you may need to switch plans. You will have a Special Enrollment Period (SEP) if you move out of your Medicare Advantage Plan's or Part D plan's service area. You will also have an SEP if you move to an area that is still covered by your plan but where more plans are also now available to you. The

length of your SEP depends on when you notify your plan of your move. To ensure you have coverage in your new place of residence, you should notify your plan in advance and select your new plan if applicable. You can use Medicare's Plan Finder tool or call 1-800-MEDICARE to compare Medicare Advantage or Part D plans in the area to which you are moving.

Moving may also affect your cost assistance programs and/or Medigap.

Because the Medicare Savings Program (MSP), eligibility requirements are state-specific and MSP applications are processed at the state level, your MSP will not follow you if you move to another state. You will need to disenroll from your MSP and see if you are eligible for an MSP in the state to which you are moving. Even when moving to a new state, your Extra Help benefits will most likely not be affected, as eligibility requirements do not differ by state. It is important to note, however, that if you were automatically enrolled in Extra Help because you had Medicaid or an MSP, but then lose Medicaid coverage or the MSP because of your move to a different state, you will need to actively enroll in Extra Help to keep those benefits. You should contact your State Health Insurance Assistance Program (SHIP) to learn about cost assistance programs in the state to which you are moving.

If you have a Medigap and are moving, you do not need to change your Medigap. You should still contact your Medigap plan to see if the cost of your Medigap will change. If you are moving to a different state, it is important to know that some states may have their own Medigap eligibility requirements and enrollment rules.



Armor Your Body with ANTIOXIDANTS

The human body is always in a battle zone, fighting against infection and disease. Daily functions such as exercising and breathing, uncontrolled environmental pollutants, and lifestyle factors like cigarette smoking, all create substances called free radicals. These free radicals are trying to attack our healthy cells and without adequate preparation, may succeed.

We can provide our body with the armor it needs against free radicals by consuming antioxidants through food. Antioxidants are the key to protecting our cells because they can neutralize free radicals within our body.

The simplest way to consume antioxidants is through a variety of plant foods: fruits, vegetables, whole grains, nuts, and seeds. While there are thousands of antioxidants, the antioxidants coming from plant foods fall into three main categories:

What are Free Radicals?

Free radicals cause “oxidative stress,” a process that can trigger cell damage. Oxidative stress is thought to play a role in a variety of diseases including cancer, heart disease, diabetes, Alzheimer’s disease, Parkinson’s disease, and eye diseases such as cataracts and age-related macular degeneration.

Oxidative Stress



1. POLYPHENOLS:

reduce the risk of cancer, heart disease, and type 2 diabetes

Berries (blackberries, raspberries, blueberries, strawberries)

Whole Oats (oatmeal, whole grain bread)

Nuts (all)

Cacao (dark chocolate)

2. FLAVONOIDS:

reduce the risk of hypertension, viruses, and neurological disease

Citrus Fruits (orange, lemon, lime)

Green Leafy Vegetables (kale, spinach, lettuce)

Asparagus, Onions, Eggplant

3. CAROTENOIDS:

reduce the risk of eye diseases, and age-related cognitive decline

Orange Produce (carrots, sweet potato, winter squash, mango)

Red Produce (tomatoes, watermelon, grapefruit)

Brussels Sprouts, Broccoli, Spinach

Skip the supplements, but do not skip the peels!

Current research shows there is not enough supporting evidence to take antioxidant supplements for the prevention of infection and disease. In fact, some high-dose supplement studies have shown more harm than good. Instead, aim to get your antioxidants safely by increasing your intake of plant-based foods. To get the most benefit from plant foods, eat the peels, stems, stalks, and leaves too. Often these contain more antioxidants than the flesh itself. For example, broccoli stems and leaves have more polyphenols than florets.

Ways to stay hydrated

- Choose foods high in water content such as: watermelon, berries, cucumbers, melons, etc.
- Carry a refillable water bottle and keep with you. At home have a glass of water ready to drink by your favorite chair or on the kitchen counter.
- Reduce alcohol intake (alcohol is a diuretic)
- Jazz it up by adding lemon, lime, cucumber, berries, apples or watermelon slices to your water. Low sugar sports drinks, protein and nutritional shakes also count towards your water intake. Coffee and tea do not because they have a slight dehydrating effect.

Summer Nutrition and Hydration

Reasons to stay hydrated

- Improves brain function
- Helps with digestion
- Improved Energy
- Weight loss management
- Decreased joint pain
- Better temperature regulation
- Helps prevent kidney stones
- Improves heart health
- Improves detoxification
- Helps with headaches



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

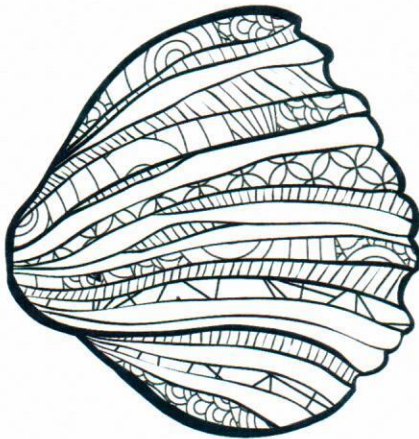
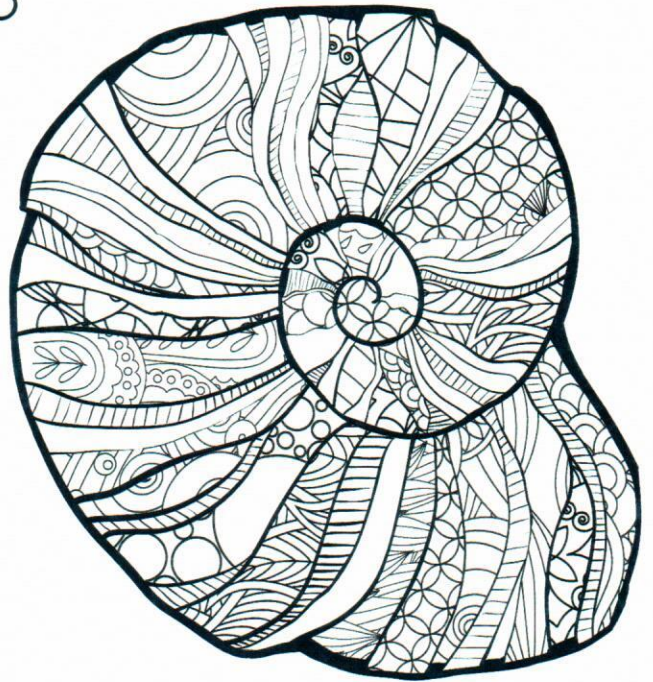
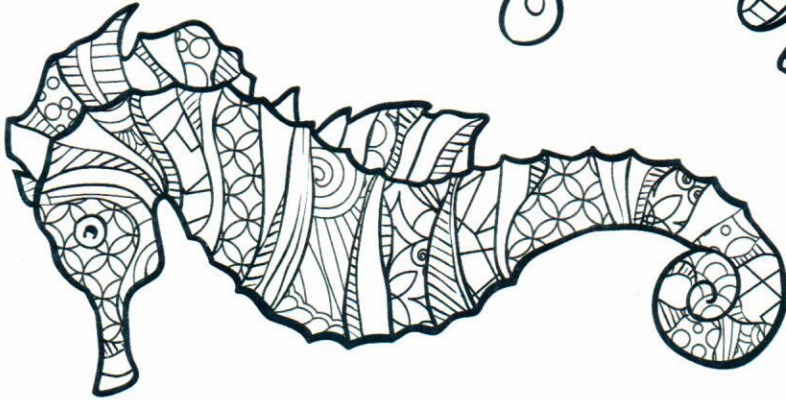
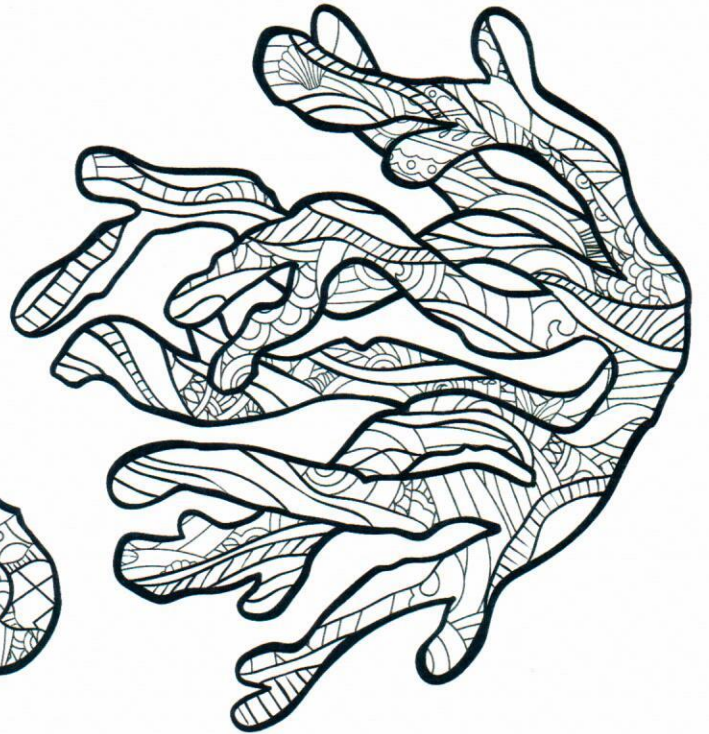
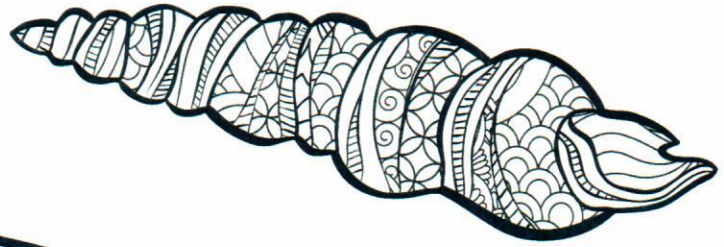
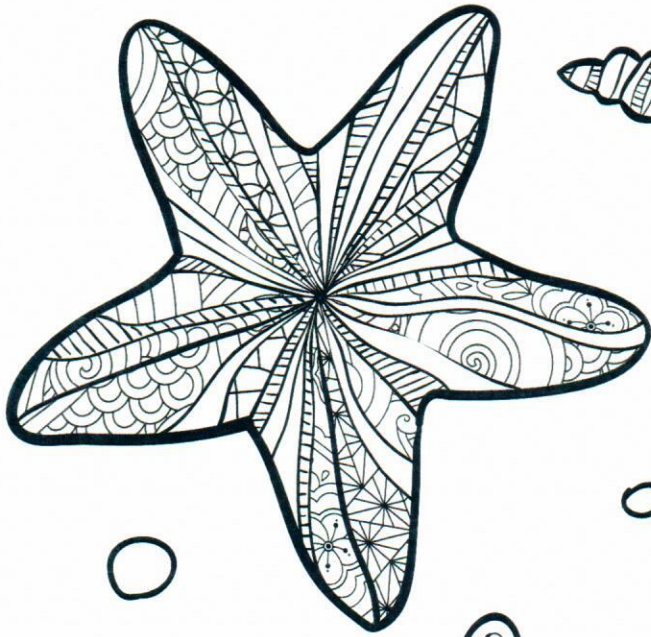
What it is: Fainting caused by high temperatures.

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 VACATION

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.

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

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Tour

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Travel

Vacation

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