

Hurricane Active Life Center

December 2021 Newsletter



Join us December 22nd for our Christmas Lunch.

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.

New Drawing 101 Class Dec. 2nd @ 2:00

Caregiver Support Group Dec. 7th @ 2:30

*Thrift Store hours are changing-open 10:00-2:00

We will be closed December 23rd & 30th to
celebrate Christmas & New Years.

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

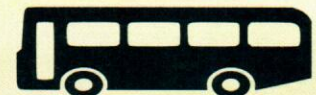
Dial-A-Ride Program

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 Monday @ 12:30pm

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

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

Drawing 101 – every Thursday @ 2:00pm

Paint Group – every Tuesday @ 1:00pm

Caregiver Support – every Tuesday @ 2:30pm

Craft Class – every Wed @ 1:00pm

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!



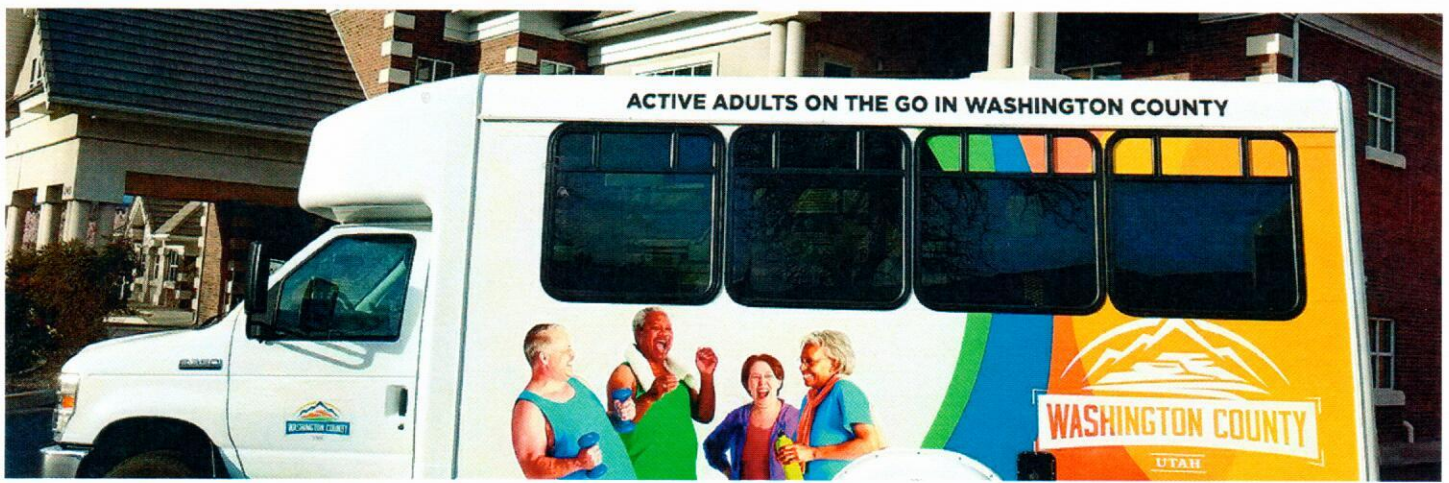
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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-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.

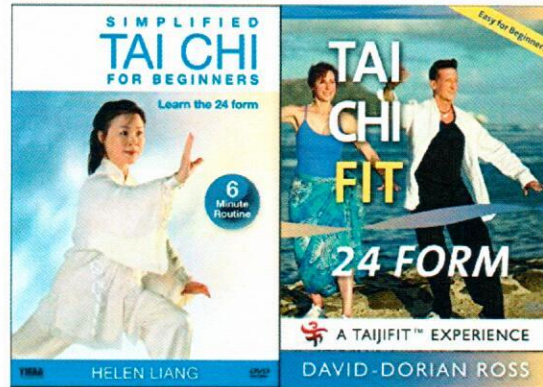
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

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

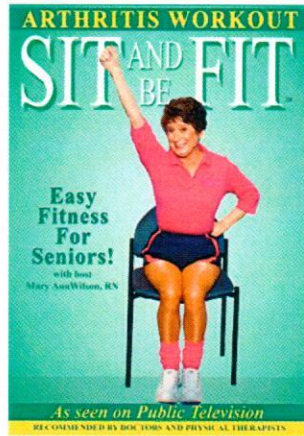
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

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.

New Thrift Store Hours

Beginning December 1st,
the Thrift Store will be
open Monday-Thursday
10:00 am to 2:00 pm.

Hurricane Active Life Center

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
<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>Menu subject to change based on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>		Herb Roasted Pork Loin Green Beans & Onions Glazed Baby Carrots Brown Rice Garlic Texas Bread Fruited Gelatin Milk Diet - Sugar-Free Gelatin w/ Fruit	Hawaiian Chicken Haystack White Rice in Entrée Broccoli Asian Coleslaw Wheat Bread Pineapple Tidbits in Entrée Milk Margarine
6	7	8	9
Beef & Turkey Lasagna Bake Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Cinnamon Applesauce Milk Salad Dressing	Turkey Pot Pie w/Biscuit Top Whole Kernel Corn Brussels Sprouts Buttered Rice Tropical Fruit Milk Margarine	Baked Chicken Breast w/Gravy San Francisco Veg Blend Mixed Green Salad Roasted Red Potatoes Wheat Bread Seasonal Fruit Milk Margarine Salad Dressing	Country Fried Steak w/Gravy Sliced Carrots Green Peas Mashed Potatoes Wheat Bread Fluffy Fruit Salad Milk Margarine Diet - Mixed Fruit
13	14	15	16
Chicken Parmesan Italian Veg Blend Garden Veg Blend Penne Pasta Texas Bread Citrus Fruit Cup Milk Margarine	Minestrone Sausage Soup Fresh Spinach Salad Broccoli Dinner Roll Ambrosia Fruit Salad Milk Margarine Salad Dressing	Homemade Meatloaf w/Gravy Parslied Carrots Green Beans Mashed Potatoes Wheat Bread Seasonal Fruit Milk Margarine	BBQ Pork Rib Patty Mixed Vegetables Coleslaw Potato Wedges Whole Wheat Hamburger Bun Tropical Fruit Milk
20	21	22	23
Salisbury Steak w/Gravy Green Peas Glazed Baby Carrots Brown Rice Dinner Roll Seasonal Fruit Milk Margarine	Potato Crstd Pollock w/Dill Sauce California Veg Blend Cucumber Salad Buttered Rice Wheat Bread Red Grapes Milk Margarine Chocolate Chip Cookie Diet - Vanilla Wafers	Christmas Meal Roast Beef w/Gravy Green Beans & Onions Mixed Green Salad Mashed Potatoes Dinner Roll Holiday Poke Cake Milk Margarine Salad Dressing	CLOSED <i>Christmas</i>
27	28	29	30
Cheese Ravioli Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Parmesan Cheese Salad Dressing	Beef Patty w/Cheese Tater Tots Carrot Slaw Whole Wheat Hamburger Bun Hot Spiced Apples Milk Mayonnaise Ketchup Mustard	New Year's Meal Glazed Ham Cut Yams Fresh Spinach Salad Black-Eyed Peas Cornbread Applesauce Baked Cookie Milk Margarine Salad Dressing Diet - Vanilla Wafers	CLOSED <i>New Year's</i>

CUT BACK ON ADDED SUGAR

ADDED SUGARS DEFINED

Added sugars include **any sugars** or caloric sweeteners that are added to foods or beverages during processing or preparation. Major food sources of added sugar are: sugary drinks, sweetened breakfast foods, yogurt, syrups, sauces, candy, frozen treats and sweet baked goods. Sugar from fruit, milk and plain yogurt contain naturally-occurring sugars and are good choices to include in your diet.

RECOMMENDED INTAKES

Too much added sugar in the diet may contribute to diabetes, inflammation, oxidative stress, cardiovascular disease and obesity. The American Heart Association's recommended daily limit on added sugar is:

Women

6 teaspoons | 25 grams

100 calories or less

Men

9 teaspoons | 36 grams

150 calories or less

For reference, one 12 fl oz can of soda has 10 tsp or 42 grams of sugar in it.

CUT BACK ON ADDED SUGAR

The more sugar you eat the more your body craves it. Break the cycle by simply reducing added sugar in your diet. Try any of these tips to cut back:

- Fuel your body three well-balanced meals per day to reduce sugar cravings.
- Read the Nutrition Facts label for added sugars or the ingredient list to see if the product contains any added sugars.
- Avoid temptation. Keep sugary foods, like candy and cookies out of the house.
- Cut back on the amount of sugar added to things you eat or drink regularly by one-half.
- Instead of adding sugar to cereal or oatmeal, add fresh fruit or dried.
- Bake and cook at home, cutting the sugar by one-third to one-half.
- Instead of sugar in recipes, use fruit unsweetened applesauce, ripe bananas, almond or vanilla extract, ginger or cinnamon.
- Choose sugar-free or low-calorie beverages. Or better yet, drink water!
- While artificial sweeteners play a role in reducing sugar intake, use in moderation.

December Activities

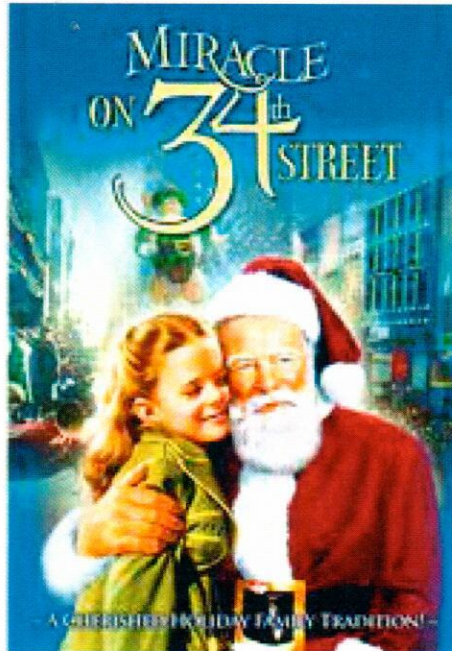
95 N. 300 W. Hurricane 435-635-2089



		1-Dec	2-Dec
		Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Movie after lunch Drawing 101 2:00
6-Dec	7-Dec	8-Dec	9-Dec
Billiards 9:30-3:00 Blood Pressure/Sugar 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 Caregiver Support Group 2:30 Painting Group 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 2:00
13-Dec	14-Dec	15-Dec	16-Dec
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain Caregiver Support Group 2:30 Painting Group 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 3 Falls Elem. Choir entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Drawing 101 2:00
20-Dec	21-Dec	22-Dec	23-Dec
Billiards 9:30-3:00 Blood Pressure/Sugar 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 Caregiver Support Group 2:30 Painting Group 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Crafts 1:00	Closed for Christmas
27-Dec	28-Dec	29-Dec	30-Dec
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain Caregiver Support Group 2:30 Painting Group 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Crafts 1:00	Closed for New Year's

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

Movie of the Month:



Cast

- Maureen O'Hara●John Payne●Edmund Gwenn●Gene Lockhart●Natalie Wood●Porter Hall
- William Frawley●Jerome Cowan●Philip Tonge

The holiday season is in full swing when a cultured gentleman with twinkling eyes, an ample belly, and a snowy beard is hired as Macy's department store Santa. He claims his name is Kris Kringle, and soon fills everyone with Christmas spirit...except for his boss, Doris Walker, who's raising her daughter to not believe in Santa. But when Kris is declared insane, and put on trial, everyone's faith is put to the test as young and old alike face the age-old question: Do you believe in Santa Claus?



Medicare Costs for 2022

In October, the Social Security Administration announced a 5.9% cost of living increase, the largest increase in 40 years. With a large COLA, Medicare costs were expected to increase as well. In November, the Center for Medicare and Medicaid Services announced the 2022 Medicare costs.

The Part B Premium will increase 14.5% to \$170.10. The annual deductible for Part B is also increasing by \$30 to \$233. In addition to Part B costs, hospital costs under Medicare Part A are set to increase in 2022 as well. The inpatient deductible is increasing to \$1556, an increase of \$72 with additional increases for each day over 60 days. The skilled nursing facility coinsurance for days 21-100 is also increasing by \$9.00 per day to \$194.50.

According to the Center for Medicare and Medicaid Services, the reason for the significant increase is due to rising prices as well as increased utilization for healthcare. By law, the Part B premium must equal 25% of the estimated cost for Part B services. With increased costs expected for 2022, the Part B premium had to increase. One way to help limit the increase in Medicare costs from year to year is to help prevent healthcare fraud. It is estimated that 10% of Medicare spending is fraudulent. By reviewing your claims, you can help reduce fraud, lowering Medicare costs for everyone.

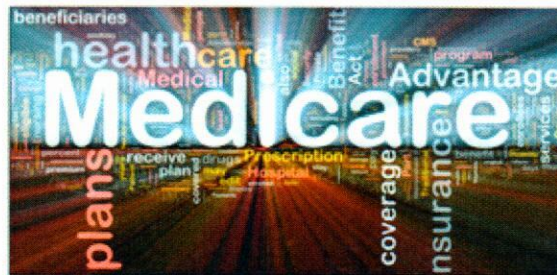
If you have limited income and resources, you may qualify for assistance paying the Part B premium. To find out if you may qualify or to get help applying for assistance, contact the SHIP program at (435) 673-3548.

As a caregiver for a family member with special health needs, you know that shopping, making meals, or just regularly spending time with someone who can't get out much can profoundly improve their quality of life.

But being a caregiver is stressful, and scammers know that, too. In fact, dishonest companies will say almost anything to get you to buy their product or service. So, as part of National Family Caregiver's month, here are steps to take before you buy any health product or service — for yourself or someone else.

- **Do some research.** Search for the name of the treatment or product online, plus the words “review,” “complaint,” or “scam.”
- **Ask a health professional first.** Find out:
 - Does this product or treatment actually work?
 - What's the scientific evidence?
 - How will it interact with other supplements or drugs the person you're caring for takes?
- **Be skeptical about products that come with guarantees or promises.** Some companies want to take advantage of your hope.
- **Know that “natural” doesn't mean either safe or effective.** In fact, “natural” can be both harmful and ineffective. And some “natural” products might interfere with proven treatments recommended by a doctor.
- **Evaluate the claims.** Ads must be truthful, not misleading. But remember, you are the best defense against health scams. Don't assume that some government agency has approved a claim just because you see it in an ad.
- **Know that the government wouldn't hide proven remedies from you.** If an ad offers a treatment that the seller claims the government or pharmaceutical industry doesn't want you to know about, it's a scam.

If you think you've spotted a health scam, tell your friends and family about it. Then tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/whistleblower). Your reports help the FTC and our law enforcement partners build cases and stop scammers.



Cold Weather Safety for Older Adults

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick. Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters. Read the following for more information: [Reducing Fire Hazards for Portable Electric Heaters and Seven Highly Effective Portable Heater Safety Habits](#).

Bundle Up on Windy, Cold Days

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

Here are some other tips:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy.
- Change your clothes right away if they get damp or wet.

Illness, Medicines, and Cold Weather

Some illnesses may make it harder for your body to stay warm.

- Thyroid problems can make it hard to maintain a normal body temperature.
- Diabetes can keep blood from flowing normally to provide warmth.
- Parkinson's disease and arthritis can make it hard to put on more clothes, use a blanket, or get out of the cold.
- Memory loss can cause a person to go outside without the right clothing.

Talk with your doctor about your health problems and how to prevent hypothermia.

Taking some medicines and not being active also can affect body heat. These include medicines you get from your doctor and those you buy over-the-counter, such as some cold medicines. Ask your doctor if the medicines you take may affect body heat. Always talk with your doctor before you stop taking any medication.

Here are some topics to talk about with your doctor to stay safe in cold weather:

- Ask your doctor about signs of hypothermia.
- Talk to your doctor about any health problems and medicines that can make hypothermia a special problem for you. Your doctor can help you find ways to prevent hypothermia.
- Ask about safe ways to stay active even when it's cold outside.

<https://www.nia.nih.gov/health/cold-weather-safety-older-adults>







MERRY CHRISTMAS

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.

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

By Evelyn Johnson - www.qets.com

Angel	Holly	Peace
Candle	Ivy	Reindeer
Candy	Joy	Santa
Cards	Laughter	Sleigh
Eggnog	Lights	Star
Family	Mistletoe	Toys
Gifts	Music	Tree