

# Hurricane Active Life Center

## December 2022 Newsletter

MERRY  
CHRISTMAS

Join us for our Christmas Celebration on  
December 20<sup>th</sup>.

The center will be closed December 26<sup>th</sup>  
to celebrate Christmas.

\*Free Gift Wrapping\* December 14<sup>th</sup>  
10:00am-1:00pm. Sponsored by Rocky Mountain  
Home Care.

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.

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 \$5.00. 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 – Blood Pressure/Sugar checks** – every Monday 11:00am-12:00pm  
**So. UT Home Health – Blood Pressure/Sugar checks** 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 11:00am

**Video Tai Chi** – every Tues @ 10:00am

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

**Video Yoga** – every Thurs @ 10:00am

**Movie** – first Thursday of every month after lunch \*\* Free \*\* Popcorn \*\*

**Billiards** – Daily 9:00am – 3:00pm

**Wii Bowling** – Monday @ 11:00am

**Hand & Foot Card Game**– Tues @ 12:30pm

**Writing Group** – Temp. Cancelled

**Crochet Class** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Drawing 101** – Thursday @ 1:00pm

**Caregiver Support** – 1<sup>st</sup> & 3<sup>rd</sup> Wed @ 1:00pm

**Craft Class** – Wednesday @ 1:00pm

**Neck/Shoulder Massage** – see Activity Schedule

**Toe Nail Trimming** – 3<sup>rd</sup> Tuesday 10:00am

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

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





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?

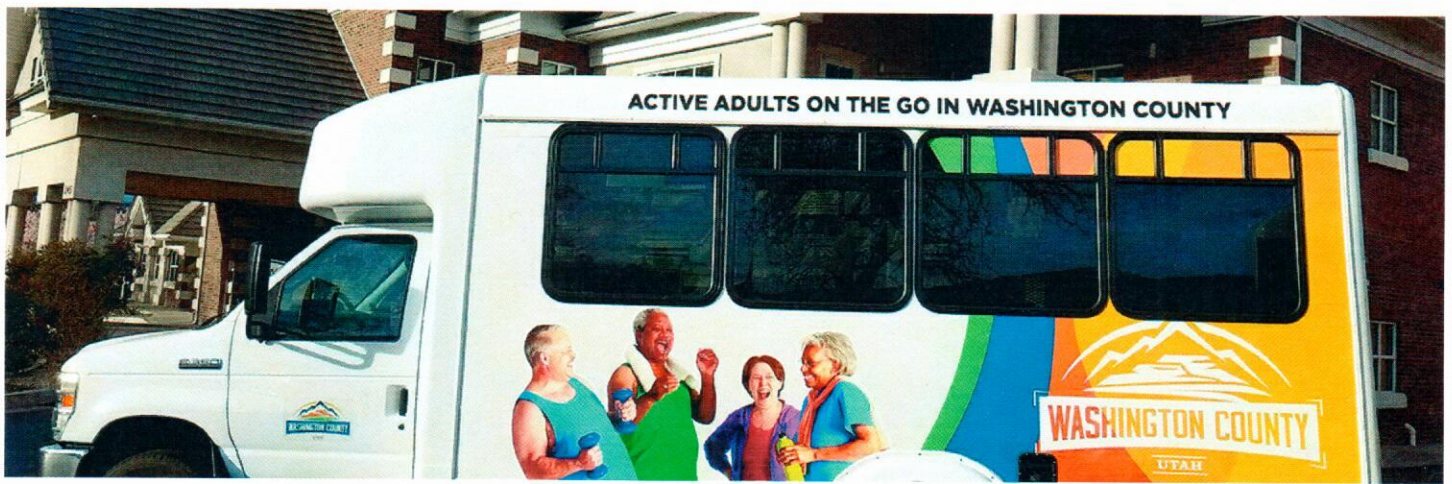
Thank you for your donation to our meal program.

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](http://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!





\*Thrift Store  
Sale!\*

Buy one get  
one free on all  
clothing!

# Hurricane Active Life Center

December 2022 435-635-2089




MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<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>			1
5	6	7	8
Beef Stroganoff Mashed Potatoes California Vegetable Blend Garlic Texas Bread Spinach Salad Cinnamon Applesauce Milk Ranch Salad Dressing	Turkey Pot Pie Biscuit Whole Kernel Corn Broccoli Fluffy Fruit Salad <i>Diet - Mixed Fruit</i> Milk	Chicken Ratatouille Mixed Vegetables Roasted Red Potatoes Wheat Bread Tossed Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Herb Roasted Pork Brown Rice Brussels Sprouts Glazed Baby Carrots Garlic Texas Bread Applesauce Milk Meatballs w/Spaghetti Sauce Pasta Sliced Carrots Green Peas Dinner Roll Seasonal Fruit Milk Margarine Parmesan Cheese
12	13	14	15
Chicken Parmesan Farfalle Pasta Green Peas Garden Vegetable Blend Texas Bread Cinnamon Applesauce Chocolate Chip Cookie <i>Diet - Sugar Free Cookie</i> Milk Margarine	Turkey Chili Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	BBQ Pork Rib Patty Hamburger Bun Mixed Vegetables Coleslaw Tropical Fruit Milk
19	20	21	22
Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Dinner Roll Cucumber Salad Seasonal Fruit Milk Margarine	<b>Christmas Meal</b> Beef Tips w/Mushroom Gravy Au Gratin Potatoes Peas & Carrots Dinner Roll Mixed Green Salad Red & Green Poke Cake Milk Margarine Ranch Salad Dressing	Sausage Minestrone Soup Broccoli Roasted Red Potatoes Saltine Crackers Ambrosia Salad Milk	Glazed Ham Hashbrown Casserole Garden Vegetable Blend Wheat Bread Carrot Raisin Salad Applesauce Milk Margarine
26	27	28	29
CLOSED in observance of Christmas	Hot Turkey Aioli Sandwich Green Beans & Onions Beet Salad Wheat Bread Fresh Seasonal Fruit Milk	<b>New Year's Meal</b> Glazed Ham Yams Black-eyed Peas Spinach Salad Applesauce Chocolate Chip Cookie <i>Diet - Sugar Free Cookie</i> Milk Ranch Salad Dressing	Cheeseburger Hamburger Bun Potato Wedges Coleslaw Hot Spiced Apples Milk Ketchup Mustard



# December Activities

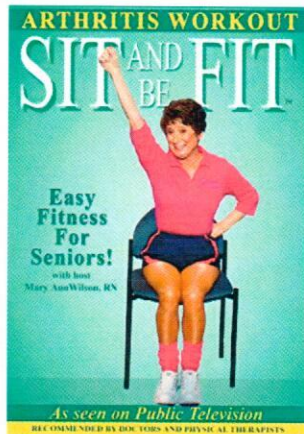
95 N. 300 W. Hurricane 435-635-2089

			1-Dec
			Billiards 9:00-3:00 Video Chair Yoga 10:00 Neck & Shoulder Massage 11:00  Drawing 101 1:00
5-Dec	6-Dec	7-Dec	8-Dec
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 Mimi entertain @ lunch Holiday Grief Healing Activity @1:00 Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00  Health Screening 11:00 Drawing 101 1:00 Knitting/Crochet 1:00
12-Dec	13-Dec	14-Dec	15-Dec
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00  Bingo after lunch	Billiards 9:00-3:00  Video Tai Chi 10:00  Mimi entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00  *Free Gift Wrap* 10:00-1:00 Crafts 1:00	Billiards 9:00-3:00  Video Chair Yoga 10:00  Drawing 101 1:00
19-Dec	20-Dec	21-Dec	22-Dec
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  Nail-trim for feet 10:00  Mimi entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's  Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Health Screening 11:00  Knitting/Crochet 1:00  Drawing 101 1:00
26-Dec	27-Dec	28-Dec	29-Dec
Closed for Holiday	Billiards 9:00-3:00  Video Tai Chi 10:00  Mimi entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00  Video Sit Fit 10:00  Crafts 1:00	Video Chair Yoga 10:00  Drawing 101 1:00  Birthday Celebration

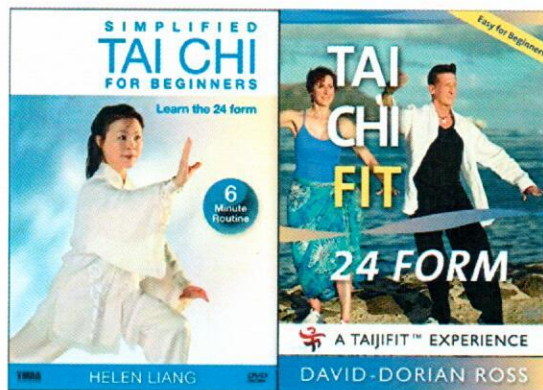
\*Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm\*

# Exercise Classes

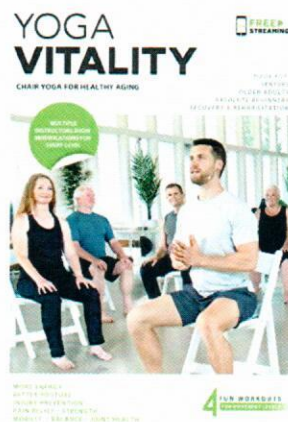
\*SIT & BE FIT\* — Monday's & Wednesday's @ 10:00am



\*TAI-CHI\* — Tuesday's @ 10:00am



\*YOGA\* — Thursday's 10:00am

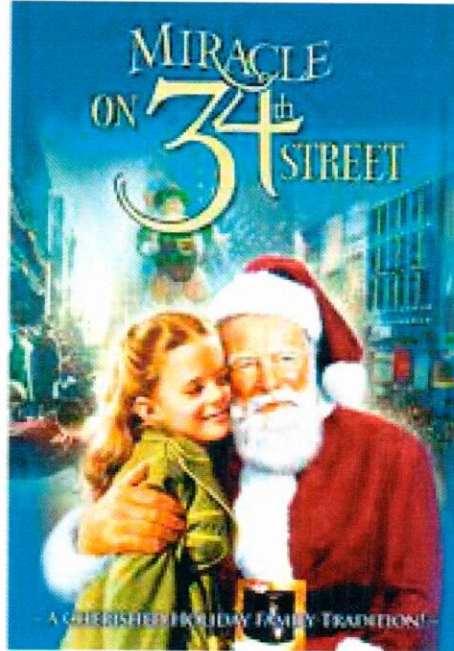


Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.



# 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?





## Protecting yourself from Identity Theft

Identity theft is a serious crime that happens when someone uses your personal information without your consent to commit Medicare fraud or other crimes. Use the following tips to protect yourself from becoming an identity theft victim.

### Do:

- Protect your Medicare Number and your Social Security Number.
- Guard your Medicare card like it's a credit card.
- Become familiar with [how Medicare uses your personal information](#). If you join a Medicare health or drug plan, the plan will let you know how it will use your personal information.
- Remember that Medicare will never call you to sell you anything or visit you at your home. Medicare, or someone representing Medicare, will only call and ask for personal information in these 2 situations:
  1. A Medicare health or drug plan may call you if you're already a member of the plan. The agent who helped you join can also call you.
  2. A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.

### Don't:

- Give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like your [State Health Insurance Assistance Program \(SHIP\)](#))
- Accept offers of money or gifts for free medical care.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Join a Medicare health or drug plan over the phone unless you called us.





## **Scammers using technology with Medicare Fraud**

According to the National Health Care Anti-Fraud Association, health care fraud costs the US \$68 billion every year.

Fraudsters are always looking for ways to prey on citizens, using phone and technology scams to steal personal information. Medicare fraud and abuse usually target the elderly. With ever-advancing technology, scammers can lure them into sharing their Medicare numbers.

Once they have Medicare numbers, they're well on their way to full identity theft. How can you prevent Medicare fraud from happening to you or your loved ones? The best prevention method is knowledge

### **Free Offers and Incentives**

The most common Medicare fraud cases involve enticing people with free offers or incentives. Offering medical equipment, such as braces, canes, or crutches, at no cost - and under the guise of professionalism - seems to affect the elderly the most.

Once an offer is accepted, the scammer just has to get the victim's Medicare number, and the job is done. They're often extremely believable, and in some cases, the scammers may claim to be referred by the victim's doctor.

In order to avoid scams of this nature, be wary of anyone claiming to be giving out free medical equipment. A Medicare representative would never solicit you in this manner. This is one of the most obvious signs of scammers.

### **Bogus Prescriptions**

Scammers will also work in cahoots with health professionals, having them contact people they've never met before. These immoral doctors will then perform a "medical consultation," asking the victim a series of general questions, like "do you experience pain?" or "are you sleeping well?"



Sometimes the doctor won't even be present. Instead, a scammer will perform the consultation, then one or two doctors will write hundreds of fake prescriptions. Medicare numbers are then obtained.

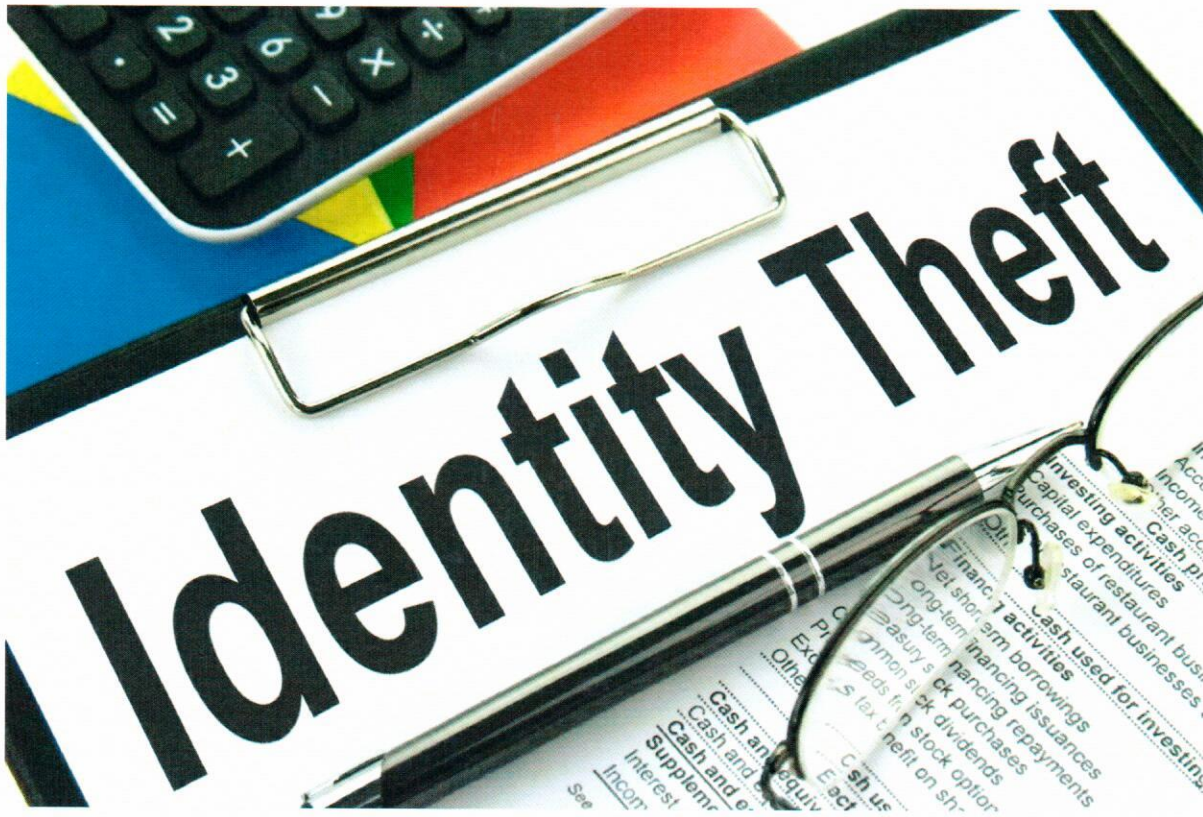
As the telemedicine industry grows, so does the prevalence of these types of scams. The simplest way to combat this fraud is to never accept a prescription from a doctor you've never met. This is not how telemedicine is designed to work.

### **How Technology Scams Work**

There are a variety of tactics that technology scammers use to make themselves believable. Aside from phone calls and fake medical consultations, you see a lot of this done via email.

You may receive an email that looks like it's a Medicare email. These emails may ask you to update your financial records or say you're entitled to a refund of some sort. These are phishing emails that are designed to look like official Medicare emails in order to get you to take a certain action.

Again, Medicare will never email you unless you contact them first. Phishing is one of the most common scamming methods across every industry.







Free Gift Wrapping Service!

December 14<sup>th</sup>

10:00 am-1:00 pm

Sponsored by:

Rocky Mountain Home Care





Free Toe Nail Clipping

3rd Tuesday

10:00 am.





Evidence is growing that diet can be a powerful tool to influence our mood and even treat depression. By sticking to a routine of eating a balanced diet and following the tips below, overall happiness may be improved.

### REDUCE INFLAMMATION Get Omega-3's

Elevated markers of inflammation have been found in the body and brains of people with mental health conditions. Omega-3 fatty acids are powerful anti-inflammatory agents. Eat fatty fish or seafood such as salmon, sardines or oysters, walnuts, chia seeds, flax seeds or soybeans regularly.

### SUPPORT A HEALTHY GUT Increase Fiber & Probiotics

Emerging research suggests that our digestive tract can influence our mental state and brain function. Foods for gut health are high in fiber like vegetables, legumes, fruits, whole grains, nuts and seeds and probiotic-rich foods and beverages such as yogurt, kefir, kimchi, miso and kombucha.

### DECREASE OXIDATIVE STRESS Eat Antioxidants

Oxidative stress occurs when there is less antioxidants in the body to prevent free radicals from causing damage to fatty tissue, DNA and proteins. The brain tends to be exposed to higher amounts of oxidative stress. Eat these foods often: vegetables, fruits, whole grains, nuts, seeds, dark chocolate, extra virgin olive oil, coffee, tea and red wine.

### BOOST NEUROTRANSMITTER PRODUCTION Consume B Vitamins, Vitamins C and E, Selenium & Magnesium

Neurotransmitters, serotonin and dopamine, carry signals between brain cells that involve mood, emotion and concentration. However, the brain cannot manufacture these neurotransmitters without B vitamins, vitamins C and E, and the minerals selenium and magnesium. Many of these nutrients are found in vegetables, fruits, nuts, seeds and fatty fish.

### HOW CAN YOU INCORPORATE THESE FOODS?

**Adapt a mood-influencing  
diet pattern:  
Go Mediterranean!**

Quite possibly a gold standard for overall health, the Mediterranean diet is a plant-forward eating pattern loaded with all the above nutrients and good mood foods you need to support your mental well-being. For more information on the Mediterranean diet visit [oldwayspt.org](http://oldwayspt.org).



# 14 Winter Safety Tips for Seniors

## 1. Get Winter Tires

If you're still driving, winter tires can make a huge difference to your safety on the road. Some jurisdictions, have seen such a difference in road safety with winter tires, they've made them mandatory. You'll skid less, stop faster and make it up and down those hills effortlessly.

## 2. Get Vaccinated With the Flu Shot

Up to 90 percent of seasonal flu related deaths happen to people who are 65 and older. The winter is the most common time for the flu to hit North America. According to the CDC, the most effective way for older adults to protect themselves from the flu and its complications, like pneumonia, is to get an updated vaccine before each flu season, as recommended by your doctor.

## 3. Don't Drive During Snowy or Icy Conditions

Despite our best intentions, our reflexes and processing speed decline as we age. When it's snowing it's harder for us to keep our focus while driving. When it's icy, it's harder for seniors to react and regain control when their car slips on icy roads. Our recommendation? Stay off the roads until it stops snowing and your city's had a chance to plow and lay down some salt and sand.

## 4. Have Your Driveway and Walkway Cleaned

An icy walkway or driveway is a big risk for falling. Have someone clear them for you when it snows and keep some salt around to clear it from any residual snow or ice.

## 5. Wear Snow and Ice Traction Cleats

Nothing will ruin your winter wonderland faster than a fall on your behind. Winter falls breaks elbows, sprain wrists, tear shoulders, twist ankles and split heads. To help keep you upright consider wearing traction cleats over your boots. They'll make a world of difference and give you much more confidence to go about your day in the winter months.

## 6. Take Vitamin D and Calcium Supplements

With shorter days and most of them spent indoors or covered up in heaps of clothing, our bodies don't get enough sunlight to produce the Vitamin D necessary to absorb enough calcium for bone strength. Brittle bones increase the odds that otherwise minor falls turn into major catastrophes resulting in fractured bones and hips. Discuss with your doctor.

## 7. Make Sure You Check Up On Your Loved Ones

Whether during stormy or extreme cold conditions, some seniors will avoid going out. Check-up on them to make sure they have everything they need including food, medications and of course heat and hot water. Stop in and visit to make sure they're doing ok, aren't feeling isolated or depressed and are setting the heat properly.

## 8. Schedule Deliveries to Avoid The Cold

If you or your loved would prefer not going out in inclement weather, schedule deliveries of your groceries, prescription medications and pharmacy items. Maybe order in a dinner or two and enjoy a movie on Netflix!



## **9. Making Sure Electric Space Heaters are Being Used Safely**

Many fires start in the winter months because of electric space heaters. If you're going to use one, make sure it's not next to any drapes, clothing, bedding or wires that can melt or catch fire. The CDC recommends you clear an area of 3 feet around a space heater to ensure safety.

## **10. Get your Furnace, Chimney and Wood Stove Cleaned and Serviced**

To prepare yourself for the winter, get your furnace serviced and make sure your chimney and wood stove are checked and cleaned by a qualified professional EVERY year. The last thing you need is for your furnace to break when you need it most, or for your chimney to cause a soot fire. If you're heating stops, turn your taps on slightly to prevent your pipes from freezing.

## **11. Get a Carbon Monoxide Alarm**

Heating your home with a furnace, fireplace or wood stove all present carbon monoxide poisoning risks - the silent and odorless killer. Place carbon monoxide detectors in your main living areas, bedroom and furnace room. They're cheap, but absolutely essential.

## **12. Keep a Flashlight Handy and Avoid Candles**

Extreme cold tends to increase the frequency of power outages. Make sure you have several flashlights in easily accessible areas such as your nightstand, kitchen counter or coffee table. Avoid candles at all costs! Open flames are dangerous and carrying them around with limited visibility is an even greater risk.

## **13. Stay Connected**

In the event of an emergency, make sure you have the ability to call for help, even if the power goes out. In this day and age, where many households are cord cutting, this is especially important. You can do this by ensuring your cell phone is charged, you're wearing your life alert and your landline phone is on the hook.

## **14. Dress Warmly When You Go Outside**

With lower blood circulation, seniors are particularly susceptible to frost bite and hypothermia in cold weather. Make sure you're wearing a hat that covers your ears, insulated gloves, a warm jacket and a scarf to protect your neck and face from the cold. In inclement weather, you may be forced to wait for the bus or taxi a little longer. Be prepared.

# Conclusion

With winter comes extreme cold, ice and snow - all challenges regardless of age, but especially to seniors. Preparation can avoid many of winter's biggest risks. Get your furnace, fireplace and wood stove checked in the fall, keep your walkway and driveway clear from snow and ice, buy proper winter clothing, get winter tires, eat well and you'll be able to enjoy the wonders of winter with a warm and cozy smile.

<https://www.seniorsafetyreviews.com/13-tips-to-help-seniors-stay-safe-in-the-winter/>









# 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.gets.com](http://www.gets.com)

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