

# Hurricane Active Life Center

## December 2023 Newsletter



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

Nutrition Class Tuesday's @ 10:00am.

Join us December 21 for our Christmas lunch.

New Year's Celebration on December 28.

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 – Blood Pressure/Sugar checks** – every Monday 11:00am

**Tai Chi** – w/Instructor-every Monday @ 1:30pm

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

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

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

**Movie** – see Activity Schedule

\*\* Free \*\* Popcorn \*\*

**Billiards** – Daily 9:00am – 3:00pm

**Wii Bowling** – Monday @ 11:00am

**Card Making Class**– 3rd Monday @ 1:00pm

**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> Thurs @ 1:00pm

**Craft Class** – see Activity Schedule

**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!

**COME JOIN US!**





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

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# Hurricane Active Life Center

December 2023 435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <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 on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>			
4	5	6	7
Stroganoff Mashed Potatoes California Vegetable Blend Spinach Salad Dinner Roll Cinnamon Applesauce Milk Ranch Salad Dressing	Turkey Pot Pie w/Biscuit Top Whole Kernel Corn Broccoli Fruited Gelatin Diet - Sugar-Free Fruited Gelatin Milk	Potato Crusted Fish Roasted Potatoes Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Salad Dressing Tartar Sauce	Meatballs w/Spaghetti Sauce Pasta Sliced Carrots Green Peas Garlic Bread Seasonal Fruit Milk Margarine Margarine
11	12	13	14
Chicken Parmesan Penne Pasta Green Peas Garden Vegetable Blend Texas Bread Cinnamon Applesauce Milk Margarine	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Chili w/Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream	BBQ Pork Rib Patty Mixed Vegetables Coleslaw Hamburger Bun Tropical Fruit Milk
18	19	20	21
Salisbury Steak w/Gravy Whipped Potatoes Green Peas Cucumber Salad Wheat Bread Seasonal Fruit Milk Margarine	Chicken w/Cranberry Orange Sauce Brown Rice 3-Way Mixed Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing	Sausage Minestrone Soup Saltine Crackers Roasted Potatoes Broccoli Ambrosia Salad Milk	<b>Christmas Meal</b> Roast Beef w/Gravy Whipped Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Strawberry Poke Cake Milk Margarine Ranch Salad Dressing
25	26	27	28
Closed	Chicken Alfredo Fettuccini Noodles California Vegetable Blend Broccoli Salad Texas Bread Seasonal Fruit Milk Margarine	Hot Turkey Aioli Sandwich Wheat Bread Green Beans & Onions Glazed Beets Tropical Fruit Milk	<b>New Year's Meal</b> Glazed Ham Au Gratin Potatoes Garden Vegetable Blend Spinach Wheat Bread Applesauce Milk Margarine



# December Activities

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

4-Dec	5-Dec	6-Dec	7-Dec
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 Exercise 10:00  Nutrition Class 10:30-11:30	Billiards 9:00-3:00 Video Sit Fit 10:00  Free Gift Wrapping 11:00-1:00  Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Video Exercise 10:00  Birthday Celebration Arthur Whitney to entertain @ lunch Caregiver Group 1:00 Drawing 101 1:00
11-Dec	12-Dec	13-Dec	14-Dec
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 Exercise 10:00 Nutrition Class 10:30-11:30  Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00  Video Sit Fit 10:00  Dr. Stirland Audiologist Presentation @ lunch	Billiards 9:00-3:00 Video Exercise 10:00  Neil Petty to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
18-Dec	19-Dec	20-Dec	21-Dec
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Rob Goulding @ lunch Card Making Class @ 1:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Exercise 10:00 Nail-trim for feet 10:00 Nutrition Class 10:30-11:30 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00  Video Sit Fit 10:00  Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Video Exercise 10:00 Arthur Whitney to entertain @ lunch  Caregiver Group 1:00 Drawing 101 1:00
25-Dec	26-Dec	27-Dec	28-Dec
Closed for Holiday	Billiards 9:00-3:00  Video Exercise 10:00	Billiards 9:00-3:00  Video Sit Fit 10:00	Billiards 9:00-3:00 Video Exercise 10:00 Neil Petty to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00

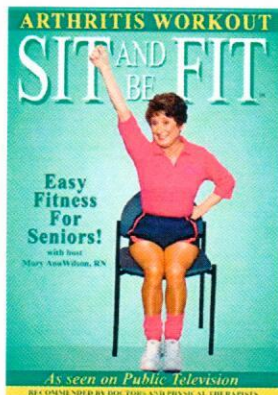
\*Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm\*

\*Thrift Store will be closed Dec. 25th to Jan. 8th\*

# Exercise Classes

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

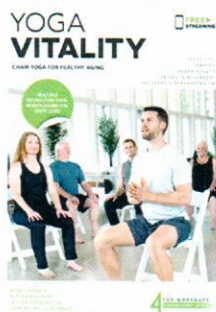
**\*VIDEO SIT & BE FIT\*** — Monday's & Wednesday's @ 10:00am



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



**\*VIDEO EXERCISE\*** — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.





Free Gift Wrap Service  
Wednesday, December 6<sup>th</sup>.  
11:00am-1:00pm

Sponsored by:  
Rocky Mountain Care



# YOU'RE INVITED

## #1 Most Modifiable Risk Factor for Preventing Dementia

The Early Treatment of Hearing Loss and Tinnitus with Modern Treatment Plans

Cookies  
after  
Lecture

**December 13th, 2024**  
**Lunch and Learn**  
**11:30 A.M.**

Bring a  
Friend Who  
Could Benefit  
from  
Treatment

### Who This Event Is For:

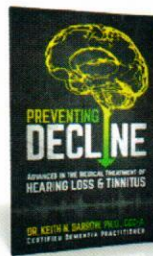
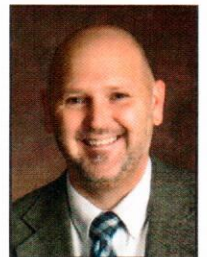
- If you are over the age of 50
- If you have experienced Tinnitus, or ringing/buzzing/chirping in the ears
- If your doctor has ever told you that you were diabetic
- If you have high blood pressure
- If you sometimes have difficulty hearing
- If you are retired without a driving purpose
- If you forget more than you used to, or are having more 'Senior Moments'
- If any of the above apply to you, a loved one, or neighbor we look forward to seeing you and them at this Dementia Education Event

**Learn From Guest Lecturer  
and Leading Expert on the  
Cognitive Benefits of Medically  
Treating Hearing Loss & Tinnitus.**

### Dr. Spencer Stirland, AuD

Doctor of Audiology  
Hearing and Brain Centers of America

Dr. Stirland works and studies closely with Dr. Keith Darrow, PhD, the Only Harvard and M.I.T. Trained Neuroscientist practicing audiology in America and the Amazon Best-Selling Author of "Stop Living In Isolation" and "Preventing Decline."

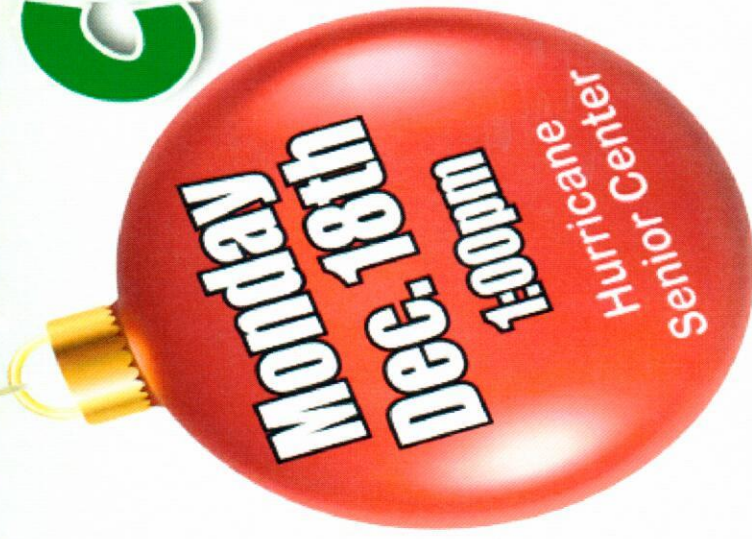


**FREE GIFT FOR  
ALL ATTENDEES**

**FREE Copy of Dr. Darrow's Best Selling Book,  
'Preventing Decline'**



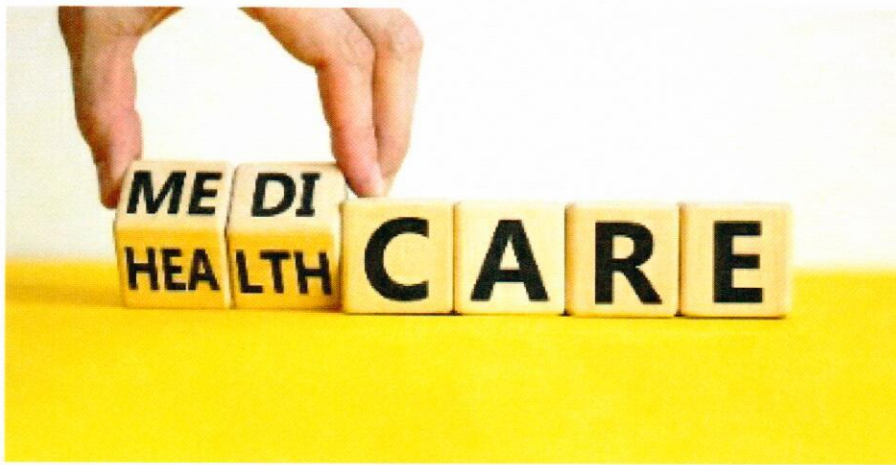
# CARD-MAKING CLASS



Call Kari for details

# 435-635-2089





### **Know the type of providers you should see.**

You pay nothing for most preventive services if you see the right type of provider. If you have **Original Medicare**, you should receive preventive services from providers who accept assignment. These providers accept Medicare's approved amount as payment in full. For preventive services that Medicare covers at 100%, you owe no deductible or coinsurance when you see a provider who accepts assignment. And if you receive services that do have a cost, these providers cannot charge you more than the Medicare-approved deductible and coinsurance. If you are in a **Medicare Advantage Plan**, you should not be charged for preventive care services that are free for people with Original Medicare, as long as you see providers who are in-network for your plan.

If you see other types of providers, such as one who is out-of-network or one who does not accept assignment, then charges may apply to preventive care services that otherwise would not have cost you anything.

### **Know how to prepare for your Welcome to Medicare and Annual Wellness Visits.**

Medicare covers one Welcome to Medicare preventive visit in your first year of having Medicare Part B, then one Annual Wellness visit per year after that, with zero cost-sharing as long as you see the appropriate providers. Keep in mind that these visits are not head-to-toe physicals. During the Welcome to Medicare Visit, your provider will review your medical and social history as well as your health status and risk factors. Your provider will then give you resources related to your risk factors and health needs and will give you a checklist or written plan with information about other preventive services you may need. Annual Wellness Visits, which Medicare will cover once you have had Part B for 12 months, are yearly appointments with your primary care provider to create or update a personalized prevention plan. This plan can help prevent illness based on your current health and risk factors. For both kinds of preventive visits, be prepared with information about your medical history, family history, the providers you see, durable medical equipment you use, and medications you take.





## Getting to Know Dementia

6-part Community Education Series (1.5 hour sessions)

We will discuss what happens when a brain is changing due to some form of dementia, versus other factors, such as normal aging or a high-stress lifestyle. By learning about brain function and changes during dementia, we can begin to understand not only what is lost, but what is retained, to effectively provide that just right support.

We will introduce the GEMS® State model of the progression of dementia and learn how we can adapt our approach to create positive relationships. The concept of using visual, verbal, and touch cues to approach and connect with a person living in any state of dementia through the Positive Physical Approach™ will be demonstrated and practiced.

Finally, we conclude with learning about how we, as care partners, can become advocates for people, as relationships and tasks of daily living are impacted.

January 2<sup>nd</sup> - Part 1: What is Dementia, Really? Typical vs a-typical aging

January 9<sup>th</sup> - Part 2: What Brain Changes and Shifts in Ability are Noticed When Dementia Happens?

January 16<sup>th</sup> - Part 3: Looking at Progression and Seeing More than Loss: The GEMS® State Model

January 23<sup>rd</sup> - Part 4: The GEMS® State Model: In the Right Setting with the Right Care, all GEMS Can Shine

January 30<sup>th</sup> - Part 5: New Skills for Helping and Supporting

February 6<sup>th</sup> - Part 6: Being an Advocate and Building a Support Team

Email: [dementiagility@gmail.com](mailto:dementiagility@gmail.com)

Phone: 435-268-2313

Fax 435-466-5420

Mailing Address: PO Box 232 Toquerville, Utah 84774



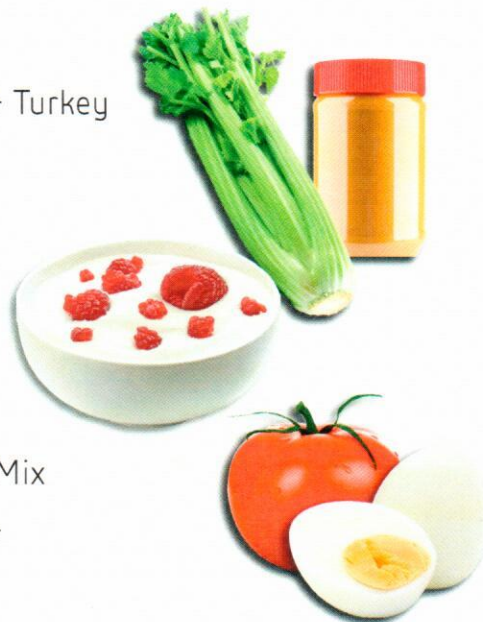
# BUILD A Balanced Snack

Snacks provide energy and nutrition to keep you fueled and focused throughout the day. The five food groups - vegetables, fruits, grains, protein, and dairy/dairy alternatives - provide unique health benefits that are part of a balanced diet. Try including foods from two or three food groups to create a delicious balanced snack combo.

Food Group	Why Important
<b>Vegetables</b>	Contain key nutrients, like potassium, dietary fiber, folate, vitamin A, vitamin C, and numerous antioxidants
<b>Fruits</b>	Provide essential nutrients, such as potassium, fiber, vitamin C and folate, and numerous antioxidants
<b>Whole Grains</b>	Whole grains are shown to reduce the risk of some diseases and provide complex carbohydrates, dietary fiber, B vitamins and minerals like magnesium and selenium
<b>Protein</b>	Functions as building blocks for bones, muscles, cartilage, skin, and blood. Choose lean animal protein and plant-based options to lower saturated fat intake
<b>Dairy/Dairy Alternatives</b>	Build and maintain strong bones due to containing calcium, Vitamins A & D, phosphorous, riboflavin, protein, potassium, and zinc

## Simple Snack Combo Ideas

- Whole Grain Crackers + Avocado + Turkey
- Greek Yogurt + Berries + Granola
- Carrots + Hummus
- Apple + String Cheese
- Tomato + Hardboiled Eggs
- Celery + Peanut Butter + Raisins
- Dried Fruit + Nut + Popcorn Trail Mix
- Tortilla + Banana + Almond Butter
- Granola Bar + Orange Slices



## Be Aware of Added Sugar and Salt

When choosing a premade or packaged snack food, be sure to read the nutrition facts label for added sugar and salt. Too much added sugar and salt puts you at risk for disease. Aim for the lowest amount of each when selecting a snack.





# 8 Holiday Safety for Seniors

Remove excess decorations & clutter from the floor.

Keep extension cords out of the way.

Use battery-powered candles instead of real.

Make sure there is ample lighting in the home.

Avoid step-stools & ladders when putting up decorations.

Arrange furniture so there is plenty of room to move around.

Apply non-slip pads under rugs.

Keep pets & young children out of the way.





Merry Christmas





# 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.

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

By Jimmy and Evelyn - [www.qets.com](http://www.qets.com)

Bells	Mistletoe	Snow
Candle	Nuts	Spirit
Decorate	Ornaments	Star
Gifts	Reindeer	Tidings
Holly	Santa	Toys
Laughter	Sharing	Travel
Lights	Sled	Tree