

Hurricane Senior Center

February 2020 Newsletter

♥ **HAPPY**
Valentine's
DAY ♥

Feb 3 – Dixie Can Do's to perform

Feb 5 – Advisory Board Meeting

Feb 5, 12, 19, 26 – AARP Tax Help

Feb 5 & 19 – Blood Pressure Screening

Feb 6 & 18 – Roger Dean to Perform

Feb 13 – Zions Way Hand &

Neck Massage @ 11:00

Feb 17 – Closed for Holiday

Feb 19 – Family Pharmacy Presentation

Feb 24 – Virginia Bandy to perform

Feb 27 – Happy Birthday/Anniversary Celebration

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

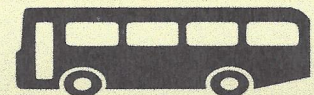
Dial-A-Ride Program

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

Dixie-Can-Do's Entertain -1st & 3rd Monday

Encompass Home & Healthcare – Blood Pressure checks – 1st & 3rd Wednesday @ 11:00am-12:00pm

Hurricane Family Pharmacy – Presentation 3rd Wednesday @ 12:00pm

Zions Way – Hand and Neck Massages – 2nd Thursday @ 11:00am – 12:00pm

Tai Chi Class – every Tues & Thurs @ 10:00am

Writing Group – 2nd & 4th Mon @ 12:30pm

Yoga Class – every Mon @ 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 – every Wed @ 1:00pm

Bereavement Support Group– Last Wed @ 2:30

Bingo 60+ Only – every Thursday @ 12:30pm

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

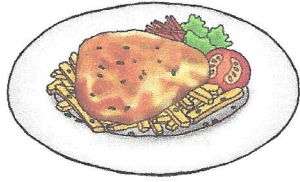
Bridge Group – every Monday @ 12:30

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

Billiards – Open daily 9am – 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.
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. 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.

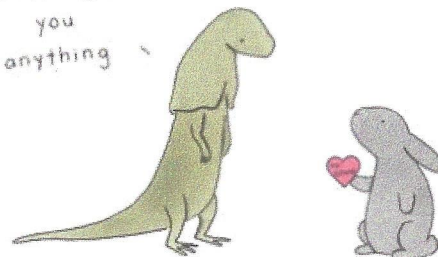
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

HURRICANE SENIOR CENTER FEBRUARY 2020

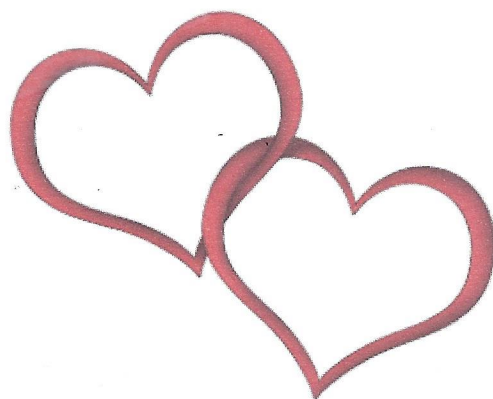
TRIO Community
Nutrition

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|
| 3 Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Wheat Roll Peaches Milk Margarine | 4 Roasted Turkey Breast Turkey Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Wheat Roll Grapes Milk Margarine Ranch Salad Dressing | 5 Homemade Meatloaf Brown Gravy Country Potatoes Capri Vegetable Blend Carrot Raisin Salad Wheat Roll Seasonal Fruit Milk Margarine | 6 Pulled BBQ Chicken Baked Beans Coleslaw Whole Wheat Hamburger Bun Apple Raisin Compote Milk Diet - Hot Sliced Apples |
| 10 Pork Carnitas California Vegetables Refried Beans Mexican Corn Salad Flour Tortilla Applesauce Milk Taco Sauce | 11 Beef Lasagna Italian Vegetable Blend Mixed Green Salad Garlic Texas Bread Pears Milk Margarine Ranch Salad Dressing | 12 Sliced Turkey Pastrami Sliced Swiss Cheese Lettuce and Tomato Minestrone Soup Cucumber Salad Whole Wheat Hamburger Bun Seasonal Fruit Milk Mustard Mayonnaise | 13 Valentine's Day Roast Beef with Gravy Whipped Potatoes Sliced Carrots Mixed Green Salad Dinner Roll Cranapple Crisp Milk Margarine Ranch Salad Dressing Diet - Hot Sliced Apples |
| 17 Closed for Presidents' Day | 18 Potato Crusted Pollock Crinkle Cut Fries Key Largo Vegetables Coleslaw Wheat Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup | 19 Ground Beef Stroganoff over Egg Noodles Brussels Sprouts Parslied Carrots Cornbread Seasonal Fruit Chocolate Chip Cookie Milk Margarine Diet - Vanilla Crème Cookies | 20 Sweet Chili Coconut Chicken Breast Jasmine Rice Whole Kernel Corn Mixed Green Salad Wheat Roll Tropical Fruit Cocktail Milk Margarine Ranch Salad Dressing |
| 24 Hawaiian Chicken Haystack Buttered Rice Oriental Vegetables Pineapple Tidbits Milk | 25 Beef Taco Soup Baked Potato Mixed Green Salad Tortilla Chips Mango Milk Sour Cream/Margarine Ranch Salad Dressing | 26 Glazed Ham Sweet Potato Hash Cabbage Sliced Beets Cornbread Fluffy Fruit Salad Milk Margarine | 27 Beef Shepherd's Pie Mixed Green Salad Dinner Roll Hot Spiced Fruit Milk Margarine Ranch Salad Dressing |

aw. I feel
terrible. I
didn't get
you
anything



OH WAIT
YES I
DID



February Activities

| 95 N. 300 W. Hurricane 435-635-2089 | | | |
|--|---|---|---|
| 3-Feb | 4-Feb | 5-Feb | 6-Feb |
| Billiards 9:30-3:30 Yoga 10:00 Dixie Can Do's to perform @ Lunch Bridge 12:30 Writing Group 12:45 | Billiards 9:30-3:30 Tai Chi 10:00 Chyrrel Maupin to perform @ Lunch Painting 1:00 Hand & Foot Cards after lunch | Taxes 9:00-2:00 Billiards 9:30-3:30 Blood Pressure 11:00-12:00 Craft Class 1:00 | Billiards 9:30-3:30 Tai Chi 10:00 Bingo after Lunch |
| 10-Feb | 11-Feb | 12-Feb | 13-Feb |
| Billiards 9:30-3:30 Yoga 10:00 Bridge 12:30 Writing Group 12:45 | Billiards 9:30-3:30 Tai Chi 10:00 Chyrrel Maupin to perform @ Lunch Painting 1:00 Hand & Foot Cards after lunch | Taxes 9:00-2:00 Billiards 9:30-3:30 Craft Class 1:00 | Billiards 9:30-3:30 Tai Chi 10:00 Zions Way Hand & Neck Massage @ 11:00 Bingo after Lunch Knitting/Crochet 1:00 |
| 17-Feb | 18-Feb | 19-Feb | 20-Feb |
| Billiards 9:30-3:30 Yoga 10:00 Dixie Can Do's to perform @ Lunch Bridge 12:30 Writing Group 12:45 | Billiards 9:30-3:30 Tai Chi 10:00 Chyrrel Maupin to perform @ Lunch Painting 1:00 Hand & Foot Cards after lunch | Taxes 9:00-2:00 Billiards 9:30-3:30 Blood Pressure 11:00-12:00 Hurricane Family Pharmacy @ Lunch Craft Class 1:00 | Billiards 9:30-3:30 Tai Chi 10:00 Bingo after Lunch |
| 24-Feb | 25-Feb | 26-Feb | 27-Feb |
| Billiards 9:30-3:30 Yoga 10:00 Virginia Bandy to perform @ Lunch Writing Group 12:45 Bridge 12:30 | Billiards 9:30-3:30 Tai Chi 10:00 Chyrrel Maupin to perform @ Lunch Painting 1:00 Hand & Foot Cards after lunch | Taxes 9:00-2:00 Billiards 9:30-3:30 Craft Class 1:00 | Billiards 9:30-3:30 Tai Chi 10:00 Happy Anniversary/Birthday Celebration @ Lunch Bingo after Lunch Knitting/Crochet 1:00 |

Medigaps

Medicare Supplement Insurance policies, commonly known as Medigaps, are health insurance policies that offer standardized benefits to fill some of the cost-sharing and coverage gaps in Original Medicare. Medigaps only work with Original Medicare. If you have a Medicare Advantage Plan, you cannot buy a Medigap. Medigaps are sold by private insurance companies. If you have a Medigap, it pays part or all of certain remaining costs after Original Medicare pays first. Medigaps may cover outstanding deductibles, coinsurance, and copayments. Medigaps may also cover health care costs that Medicare does not cover at all, like care received while traveling abroad. In Utah, you have 10 types of Medigap policies to choose from, each one identified by a different letter. Each policy type offers a different set of standardized benefits. Though policies with the same name must offer the same standardized benefits, premiums vary from company to company.



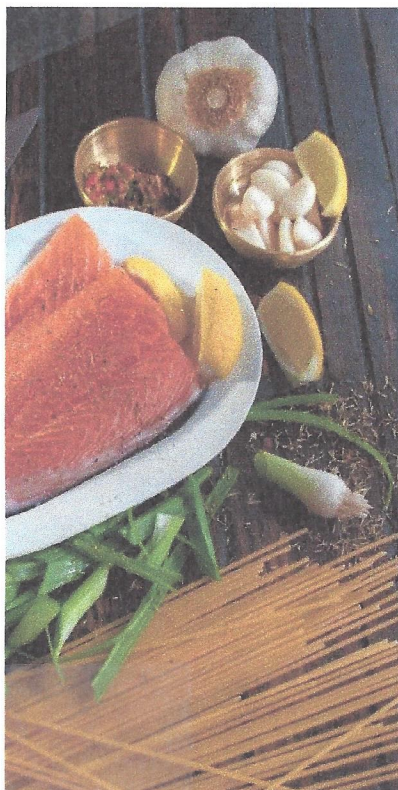
February 3rd-6th
1/2 Off All Clothing in
Thrift Store



Free In-Person Tax Preparation Service
AARP Foundation Tax-Aide offers free tax preparation to anyone of any age – especially if you are 50 or older or can't afford paid tax preparation.

Wednesdays Only @ Hurricane
Senior Center

February 5-April 15
9:00 am to 2:00 pm



Become a Healthier You

FREE FORUM

HEART HEALTHY EATING WITH DIABETES

THURSDAY, FEB 13TH

6:00-6:50 PM

Public Health Department
620 South 400 East, St George

Presentation by

Mallory Spendlove, MDA, RDN, CD
SWUPHD Project Coordinator

Hosted by



swuhealth.org/diabetes

How Older Adults Can Beat The Winter Blues

1. Daylight exposure:

Sunlight is one of the most effective remedies for winter depression. It has been shown to improve the body's circadian rhythm and boost serotonin levels. Many seniors can benefit from spending just a few hours a day outside. Those who can't make it out can open the blinds in their home and sit near a window.

2. Light therapy:

Light therapy, also referred to as phototherapy, is a common treatment for SAD (Seasonal affective disorder). During light therapy, seniors sit by a light box when they wake up. The light box mimics natural light, stimulating the part of the brain that controls circadian rhythm. By sitting near the light, the body knows it's daytime, and it stops producing melatonin.

3. Alcohol abstinence:

It's common to use alcohol to cope with depression. However, alcohol can worsen depression in the long run. It can also negatively affect medications, brain functioning, and sleep. When the winter blues hit, it's better to deal with sadness through healthier methods like exercise or socializing with loved ones.

4. Exercise:

Exercise can be a useful tool for managing symptoms of SAD. Research shows it can be just as effective as many antidepressants. Exercise reduces stress hormones and increases feel-good hormones like endorphins and serotonin. By working out daily, seniors can heighten their mood, increase their energy levels, and reduce their risk of falling.

5. Respite care:

Respite care can be an excellent option for seniors struggling with the winter blues. Older adults who have mobility challenges or are afraid to leave home during dangerous weather can benefit significantly from respite care. Not only does it provide a safe place to stay during the winter months, but it also provides social opportunities.

<https://www.seniorhousingnet.com/advice-and-planning/5-ways-seniors-can-beat-the-winter-blues>

President's Day Fun Facts

In honor of President's Day we've put together some of our favorite fun facts about presidents:

- George Washington was the only president unanimously elected. Meaning all of the state representatives voted for him.
- John Adams died on the same day as Thomas Jefferson, July 4th, 1826. This day was also the 50th anniversary of the approval of the Declaration of Independence!
- Thomas Jefferson was also an accomplished architect. He designed his famous home at Monticello as well as buildings for the University of Virginia.
- James Madison and George Washington are the only presidents who signed the Constitution.
- James Madison was the shortest president at 5 feet 4 inches tall and weighed 100 pounds. Abraham Lincoln was the tallest president at 6 feet 4 inches tall, Lyndon B. Johnson was also 6' 4".
- James Monroe was the 5th president, but the 3rd to die on the 4th of July.
- On the day he was shot, Lincoln told his bodyguard that he had dreamt he would be assassinated.
- Abraham Lincoln often stored things like letters and documents in his tall stove-piped hat.
- Franklin D. Roosevelt met President Grover Cleveland when he was five years old. Cleveland said "I am making a wish for you. It is that you may never become president of the United States".
- Franklin D. Roosevelt was the first president to appear on television during a 1939 broadcast from the World's Fair.
- At 42 years, 10 months, 18 days old Teddy Roosevelt was the youngest man to hold the office of president. Ronald Reagan was the oldest at 69 years 11 months. John F. Kennedy was the youngest to be elected president.
- Teddy Roosevelt was blind in his left eye due to an injury in a boxing match.
- When Ronald Reagan was shot by an assassin in 1981, he joked "I forgot to duck".
- The "S" in Harry S. Truman does not stand for anything.
- John F. Kennedy was the first president who was a Boy Scout.
- Woodrow Wilson was buried at the Washington National Cathedral. He is the only president buried in Washington D.C.
- Andrew Jackson was shot in the chest during a gun duel, but managed to stay standing and shoot and kill his opponent. The bullet could not be safely removed and remained in his chest for the next 40 years.
- George W. Bush and Donald Trump are the only presidents to have earned a Master of Business Administration (MBA) degree.
- Barack Obama won a Grammy Award in 2006 for his voice on the audio book Dreams From My Father.
- After working at a Baskin-Robbins as a teen, President Obama no longer likes ice cream.
- Bill Clinton enjoys playing the saxophone and was a member of a band called "Three Blind Mice" in high school.
- Martin Van Buren was the first president to be born as a citizen of the United States. The presidents before him were born as British subjects.
- Martin Van Buren was the only president to speak English as a second language. His first language was Dutch.
- William Henry Harrison was the 9th president. His grandson, Benjamin Harrison, was the 23rd president.
- John Tyler had 15 children.
- James K. Polk was the first president to have his photograph taken while in office.
- William Henry Harrison died just 32 days after becoming president. He died from a cold he got while standing in the rain giving his inauguration speech.

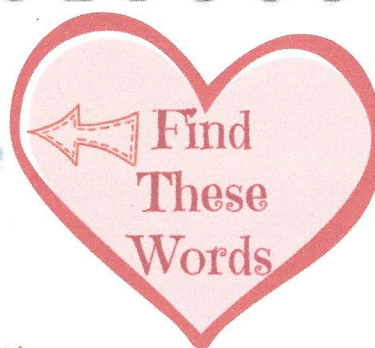
https://www.ducksters.com/biography/uspresidents/president_fun_facts.php

Valentine's Day Word Search

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

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG



JINXYKIDS.COM

Presidents of the United States

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

Find the last names of America's presidents:

Washington

Adams

Jefferson

Madison

Monroe

Adams

Jackson

Van Buren

Harrison

Tyler

Polk

Taylor

Fillmore

Pierce

Buchanan

Lincoln

Johnson

Grant

Hayes

Garfield

Arthur

Cleveland

Harrison

Cleveland

McKinley

Roosevelt

Taft

Wilson

Harding

Coolidge

Hoover

Roosevelt

Truman

Eisenhower

Kennedy

Johnson

Nixon

Ford

Carter

Reagan

Bush

Clinton

Bush

Obama

