

Hurricane Active Life Center

February 2023 Newsletter

Happy
Valentine's
Day

Scam/Fraud Prevention Presentation on February 8th @ 12:00pm.

The center will be closed Monday, February 20th to celebrate President's Day.

Taxes!! Starting February 1st. Appointments are required.

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

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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.

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 2nd & 4th 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 – see Activity Schedule
** 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 – 2nd & 4th Thurs @ 1:00pm

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

Drawing 101 – Thursday @ 1:00pm

Caregiver Support – 1st & 3rd Wed @ 1:00pm

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!



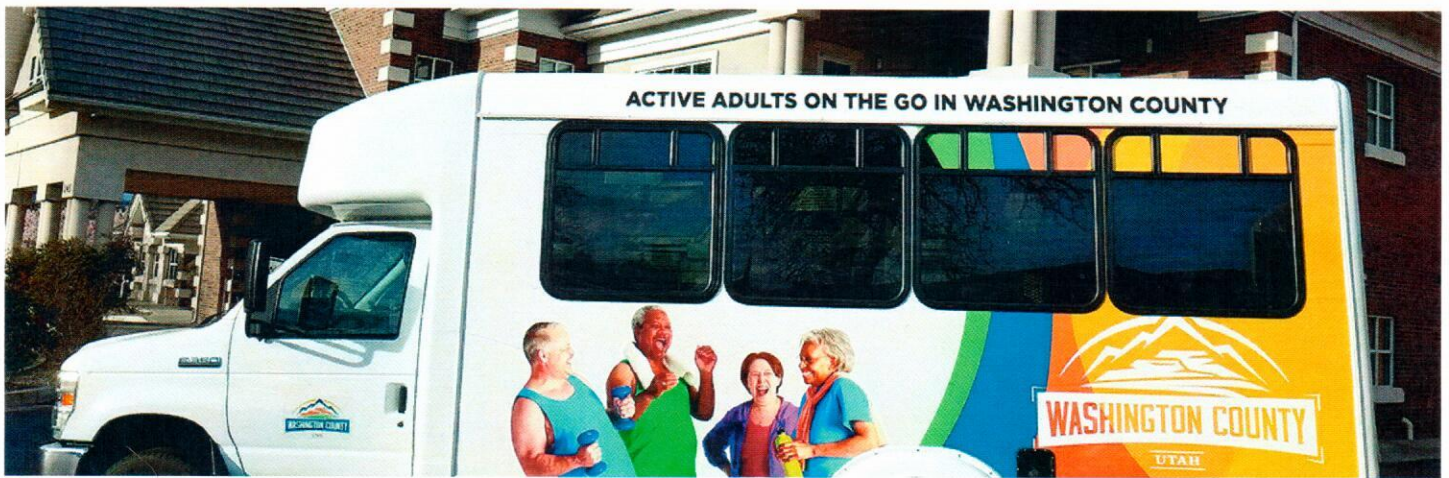
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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 \$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!

SCAM! Alert!

WHAT YOU NEED TO KNOW!

Scams on Senior Citizens are
at an all-time high!

Join us Wednesday, February 8th @ 12:00pm for
an informational presentation from the
Hurricane Police Department

- Protect Yourself
 - Be on Guard
 - Stay Informed

Don't become a victim!

Hurricane Active Life Center | February 2023


435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
		Pork w/Cranberry Apple Sauce Au Gratin Potatoes Cornbread Brussels Sprouts Beet Salad Seasonal Fruit Milk Margarine	Cheesy Pizza Bake Noodles Dinner Roll Winter Vegetable Blend Corn Fruited Gelatin <i>Diet - Fruit Cocktail</i> Milk Margarine
6	7	8	9
Creamy Paprika Chicken Penne Pasta Garlic Texas Bread California Vegetable Blend Green Peas Ambrosia Salad <i>Diet - Fruit Cocktail</i> Milk	Homemade Meatloaf w/Gravy Dinner Roll Mashed Potatoes Parslied Carrots Brussels Sprouts Seasonal Fruit Milk Margarine	Turkey Breast w/Gravy Confetti Rice Wheat Bread Green Beans & Onions Mixed Green Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Cuban Shredded Pork Tortilla Fiesta Rice Black Beans Corn Salad Fresh Grapes Milk Taco Sauce
13	14	15	16
Hearty Tomato Soup Ham & Cheese Slider Brioche Roll Mixed Vegetables Spinach Salad Seasonal Fruit Milk Lettuce & Tomato Mustard Ranch Salad Dressing	Valentine's Day Meal Lasagna Garlic Texas Bread Noodles California Vegetable Blend Spinach Salad Seasonal Fruit Strawberry Swirl Pudding <i>Diet - Sugar-Free Pudding</i> Milk Ranch Salad Dressing	Potato Crusted Pollock Tortilla Fiesta Rice Broccoli Coleslaw Seasonal Fruit Milk Taco Sauce	BBQ Breaded Chicken Sandwich Hamburger Bun Baked Beans Corn Sliced Pears Milk
20	21	22	23
CLOSED President's Day	Enchilada Pie Tortilla Spanish Rice Fiesta Vegetable Blend Cucumber Salad Seasonal Fruit Milk	Turkey Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Hot Cinnamon Applesauce Milk Ketchup Mustard	Meatball Stew Rotini Pasta Garlic Texas Bread Mixed Vegetables Spring Vegetable Blend Seasonal Fruit Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i> Milk
27	28		
Country Fried Chicken w/Gravy Biscuit Broccoli Glazed Beets Seasonal Fruit Milk	Sweet & Sour Pork Jasmine Rice Dinner Roll San Francisco Vegetable Blend Green Beans & Onions Fresh Grapes Milk Margarine	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Menu subject to change based on availability. Follow Us on Facebook @triocommunitymeals	

February Activities

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

Happy Valentine's Day

		1-Feb	2-Feb
		Taxes 9:00 Billiards 9:00-3:00 Caregiver Support Group 1:00 Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Video Chair Yoga 10:00 Video Sit Fit 11:00 Grief Support Group 1:00 Drawing 101 1:00
6-Feb	7-Feb	8-Feb	9-Feb
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 Hansen to entertain @ lunch Hand & Foot Cards	Taxes 9:00 Billiards 9:00-3:00 Scam/Fraud Presentation @ 12 Crafts 1:00	Video Chair Yoga 10:00 Video Sit Fit 11:00 Neck/Shoulder Massage Grief Support Group 1:00 Drawing 101 1:00 Knitting/Crochet 1:00
13-Feb	14-Feb	15-Feb	16-Feb
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 Hansen to entertain @ lunch Hand & Foot Cards	Taxes 9:00 Dixie Can Do's to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Video Sit Fit 11:00 Drawing 101 1:00
20-Feb	21-Feb	22-Feb	23-Feb
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Nail-trim for feet 10:00 Mimi Hansen to entertain @ lunch Hand & Foot Cards	Taxes 9:00 Billiards 9:00-3:00 Crafts 1:00	Video Chair Yoga 10:00 Video Sit Fit 11:00 Knitting/Crochet 1:00 Drawing 101 1:00 Rob Goulding to entertain @ lunch Birthday Celebration
27-Feb	28-Feb		
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 Hansen to entertain @ lunch Hand & Foot Cards		

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



AARP Tax Aide Service Starts February 1

And we're back – in person! The AARP Tax Aide volunteers are looking forward to meeting our clients face to face at the Hurricane Senior Center. We will be preparing taxes on Wednesday from 9:00 AM to 2:00 PM, beginning February 1 and ending April 12.

Tax preparation this season will be by appointment. The appointment book will be at the front desk of the Senior Center beginning Monday, January 23. Drop by any time the Center is open, sign up for an open appointment slot, provide a telephone number and a reminder preference, and pick up the required Intake/Interview sheet so you can have it completed when you arrive for your appointment.

For our clients who travel from outside Hurricane City, you can call 385-215-9915 and leave a message. Someone will call you the next Wednesday and schedule an appointment for you.

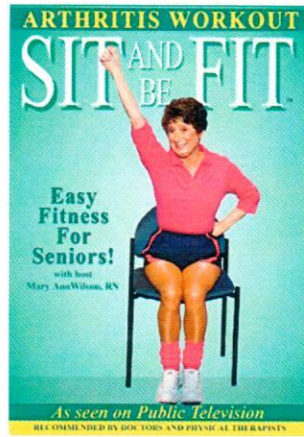
Please be aware of the following limitations in our service for this season. We cannot prepare:

- Any return with cryptocurrency, even in a brokerage statement
- Any California or New York returns. Other states can be prepared but we won't be able to complete them same-day.

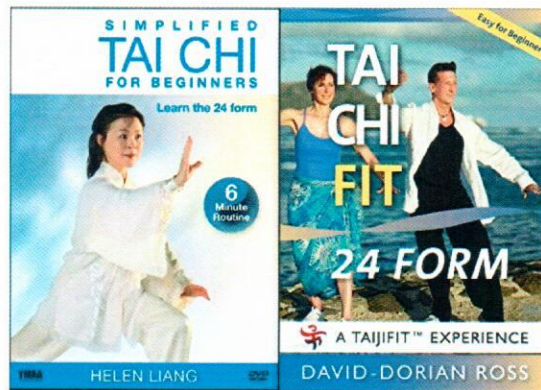
Again, we are delighted to be able to offer our services in person this year, and remain ever grateful to the Hurricane Sr. Center for their support. Please feel free to call 385-215-9915 with any questions you may have. We will do our best to accommodate any special needs.

Exercise Classes

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



TAI-CHI — Tuesday's @ 10:00am



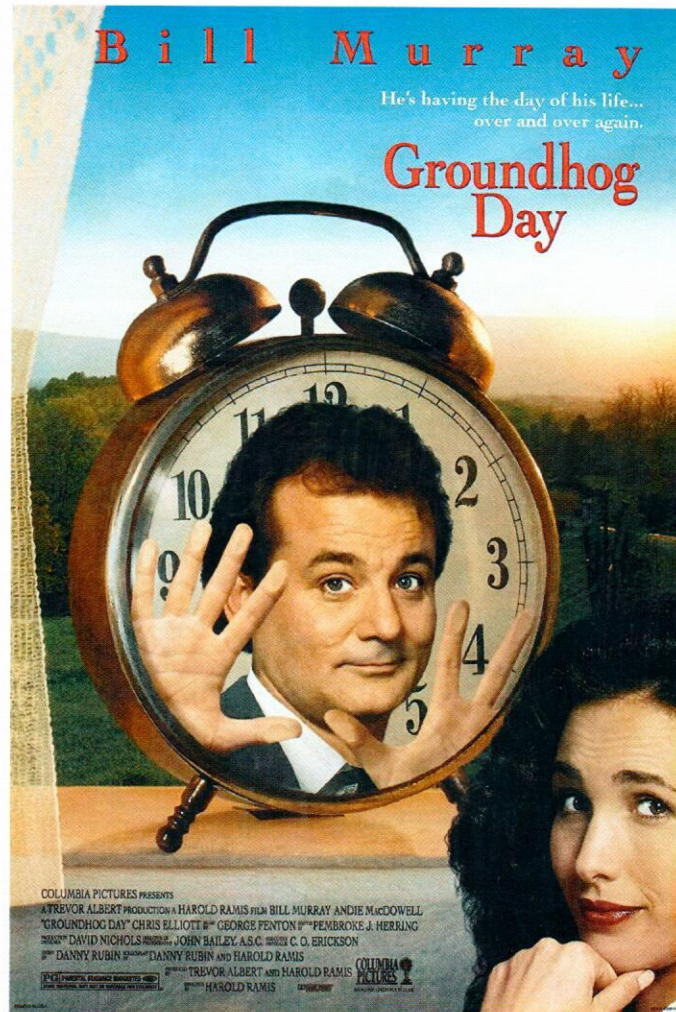
YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

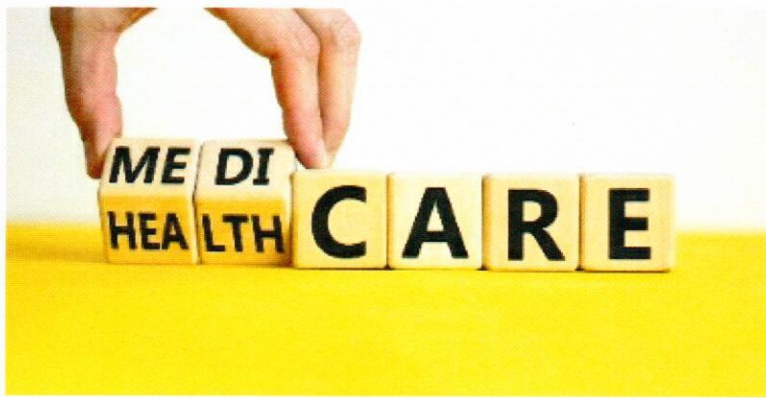
Movie of the Month:



Cast

- Bill Murray ● Andie MacDowell ● Harold Ramis
- Chris Elliott ● Brian Doyle-Murray ●

A cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he sees a way of turning the situation to his advantage.



Medicare's coverage of Hospice care

You qualify for hospice care if you have Medicare Part A (Hospital Insurance) and meet all these conditions:

- Your hospice doctor and your regular doctor (if you have one) certify that you're terminally ill (with a life expectancy of 6 months or less).
- You accept comfort care (palliative care) instead of care to cure your illness.
- You sign a statement choosing hospice care instead of other Medicare-covered treatments for your terminal illness and related conditions.

Medicare-certified hospice care is usually given in your home or other facility where you live, like a nursing home. You can also get hospice care in an inpatient hospice facility. Original Medicare will still pay for covered benefits for any health problems that aren't part of your terminal illness and related conditions, but this is unusual. Once you choose hospice care, your hospice benefit will usually cover everything you need.

Your costs in Original Medicare

- You pay nothing for hospice care.
- You pay a copayment of up to \$5 for each prescription for outpatient drugs for pain and symptom management. In the rare case the hospice benefit doesn't cover your drug, your hospice provider should contact your plan to see if Part D covers it. The hospice provider will inform you if any drugs or services aren't covered, and if you'll be required to pay for them.
- You may pay 5% of the Medicare-Approved Amount for inpatient respite care.
- You may have to pay for room and board if you live in a facility (like a nursing home) and choose to get hospice care.

Things to Know

Only your hospice doctor and your regular doctor (if you have one) can certify that you're terminally ill and have a life expectancy of 6 months or less. After 6 months, you can continue to get hospice care as long as the hospice medical director or hospice doctor recertifies (at a face-to-face meeting) that you're still terminally ill.

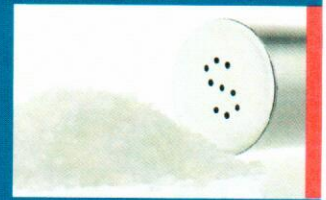
Medicare **won't** cover any of these once your hospice benefit starts:

- **Treatment intended to cure your terminal illness and/or related conditions.** Talk with your doctor if you're thinking about getting treatment to cure your illness. As a hospice patient, you always have the right to stop hospice care at any time.
- **Prescription drugs to cure your illness** (rather than for symptom control or pain relief).
- **Care from any hospice provider that wasn't set up by the hospice medical team.** You must get hospice care from the hospice provider you chose. All care that you get for your terminal illness must be given by or arranged by the hospice team. You can't get the same type of hospice care from a different hospice, unless you change your hospice provider. However, you can still see your regular doctor or nurse practitioner if you've chosen him or her to be the attending medical professional who helps supervise your hospice care.
- **Room and board.** Medicare doesn't cover room and board if you get hospice care in your home or if you live in a nursing home or a hospice inpatient facility. If the hospice team determines that you need short-term inpatient or respite care services that they arrange, Medicare will cover your stay in the facility. You may have to pay a small copayment for the respite stay.
- **Care you get as a hospital outpatient (like in an emergency room), care you get as a hospital inpatient, or ambulance transportation,** unless it's either arranged by your hospice team or is unrelated to your terminal illness and related conditions.

Contact your hospice team **before** you get any of these services or you might have to pay the entire cost.



CHANGE YOUR SALTY WAYS



The Dietary Guidelines for Americans recommends limiting your sodium intake to 2,300 mg per day. Most Americans consume more than 3,400 mg of sodium per day and about 70% of that is found in processed and restaurant foods. While your body needs a small amount of sodium (AKA salt) to function, over consumption of sodium can lead to high blood pressure putting you at risk for heart attack, heart failure and stroke.

Tips to Lower Your Daily Salt Intake

- 1. Read Labels.** Check the nutrition facts label to see how much sodium the product contains.
- 2. Reset Your Salty Taste Bud Baseline.** Commit to one to two weeks of reducing your salt intake and your taste buds for salt will adjust.
- 3. Eat More Vegetables and Fruits.** Fill up on more vegetables and fruits while decreasing the portion of salty foods.
- 4. All Salt is Salt.** Sea salt, Kosher salt and Himalayan salt contain sodium too.
- 5. Shop Smart.** Look for “low sodium”, “reduced sodium” or “no salt added” on the label.
- 6. Spice Up Your Life.** Instead of seasoning with salt try other spices, herbs, citrus juice and garlic or make your own low salt seasoning mixes. **Bonus:** Herbs and spices contain antioxidants that support health.

SPICE	BEST USES
Basil	Pesto, salad dressings, salads, soups, pasta, pizza, tomatoes
Cinnamon	Cakes, cookies, pies, custard, sauces, oatmeal, smoothies
Clove	Cakes, cookies, quick breads, fruit pies, sauces
Cumin	Soups, stews, corn, Mexican dishes, hummus
Dill	Cole slaw, salads, chicken dishes, fish, dips, dressings, soups, stews
Garlic	Meats, soups, stews, dips, sauces, breads, potatoes, vegetables, stir-fry
Mint	Chutney, salads, dressings, beverages, melons
Oregano	Mexican dishes, mixed rice, soups, pastas, pizza, tomatoes
Paprika	Chili, soups, stews, vegetables
Parsley	Soups, stocks, cream & tomato sauces, dressings, vegetables
Rosemary	Meats, potatoes, mushrooms, stuffing
Sage	Stuffing, pastas, chicken, pork, sausage

Older Adults and Extreme Cold

Older adults are more sensitive to cold (and heat) than younger adults. Body temperature below 95°F, or hypothermia, increases their risk of heart disease and kidney or liver damage, especially if they have a history of low body temperature or have had hypothermia in the past.

What is Hypothermia?

- Hypothermia is often caused by being in very cold temperatures. When you are cold, you begin to lose heat faster than your body can produce it. Eventually, you will use up your stored energy, causing your body temperature to go down.
- Hypothermia affects the brain, making it hard to move or think clearly. That's why it's dangerous—because you may be unaware of what's happening and how to stop it.
- While hypothermia is most common at very cold temperatures, it can occur even at cool temperatures (above 40°F) if you become chilled from rain, sweat, or being in cold water.
- If you have a chronic condition such as diabetes, Parkinson's, memory loss, or thyroid problems, you may take medicines that make it hard to regulate your body temperature. Ask your doctor if this is an issue for you or any questions you might have about hypothermia.

How to tell if someone has Hypothermia and what to do?

- Early signs include cold feet or hands, swollen face, slower-than-normal speech, and feeling sleepy, angry, or confused. The person's skin may become pale, and they may begin shivering.
- Later signs include jerking movements that the person can't control in their arms and legs, slow heartbeat, slow, shallow breathing, and going in and out of consciousness.
- If you see someone showing signs of hypothermia, call 911. While waiting for 911:
 - Move the person to a warmer place.
 - Wrap them in warm, dry clothes,
 - If necessary, remove all clothing and make skin-to-skin contact with the person to transfer body heat. Wrap yourself and the person in dry blankets to stay warm.
 - Give them something warm to drink (no alcohol or caffeine).

How to avoid Hypothermia at home when it's very cold outside?

You can get hypothermia while indoors if outside cold weather persists or when you are working in cold environments, such as a storage freezer. Use the steps below to prevent hypothermia while indoors.

- Eat a healthy diet every day to make sure your body has enough energy to keep you warm.
- Make sure to stay hydrated
- Limit your alcohol intake.

- Wear warm, thick clothing, including a hat and scarf if needed. Try to keep a blanket nearby.
- If you live alone, ask friends and family to check on you.

- Check your thermostat or an easy-to-read indoor thermometer often. If you don't have an easy-to-read thermometer, try to have one installed if possible.
 - Keep the house around 68°F to 70°F.
 - Maintain your heating and air conditioning system.
 - Block off any unused rooms and drafts from windows and doors.
 - If you use a fireplace or wood stove as your main heating source, have your chimney or flue inspected every year.
 - If your home doesn't hold heat well, have the insulation checked.

Financial help is sometimes available for people who can't afford to weatherize their home or pay their heating bills. For financial help getting your windows, doors, and furnace checked to make sure they are cold-weather-ready, or for other weather-related changes to your home, contact your local Weatherization Assistance Program.

How to avoid Hypothermia if you go outside during cold weather?

- Wear warm, thick clothing, including a hat, scarf, and gloves, as well as loose layers to increase the amount of body heat.
- Change your clothes as soon as you get inside. Wearing wet clothes causes your body temperature to drop. Dry clothes allow your body to warm itself.
- If you drive somewhere, be prepared in case you get stranded.
 - Keep warm blankets and clothing in your car.
 - Keep food and water in your car.
 - Keep a phone charger in your car.
 - Take any necessary medicines with you.
 - Create a winter emergency supply kit to keep in your car.

How to avoid falling if you go outside in icy weather?

During the winter months, it's important to make sure that surfaces are dry and safe for walking to reduce the risk of falling. These tips can you help prevent falls in icy and snowy weather:

- Make sure there is enough lighting outdoors, especially near walkways and stairs. Low lighting is a major cause of falls. Motion-sensor lights might be useful.
- Keep outside walkways and steps clear of snow, ice, and any objects
- If your home's main entrance is often icy during the winter months, use a different entrance if you can.
- Make sure your steps are sturdy and have textured grip to reduce falls if the weather is icy or wet.
- If you use walking aids such as a cane, walker, or a wheelchair, dry the wheels or tips of each before entering your home.
- Keep a small table or shelf near the entry door to put items while unlocking the door. This reduces distractions and dangers of slipping or tripping while trying to enter your home.



VALENTINE'S DAY

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Admire	Chocolate	Hearts
Amorous	Cupid	Kiss
Arrow	Embrace	Love
Bouquet	February	Ribbons
Bow	Flowers	Roses
Candy	Friend	Sweetheart
Cards	Happy	Valentine

FEBRUARY

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.

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

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Arrow	Friend	Message
Card	Groundhog	Presidents
Chilly	Heart	Shadow
Chocolate	Kiss	Snowy
Cupid	Lincoln	Valentine
Flowers	Love	Washington
Football	Mail	Winter