

Hurricane Active Life Center

February 2024 Newsletter



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

Center closed on February 19 for Holiday.

Taxes! Starting February 7th. Must call 385-215-9915 for Appointment.

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 \$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

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

Video Tai Chi – every Tues @ 10:00am

Video Jumpstart to Fitness – every Thurs @ 10:00am

Movie – see Activity Schedule
** Free ** Popcorn **

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Card Making Class– 5th Monday @ 1:00pm

Hand & Foot Cards – 2nd & 4th Wed @ 1:00pm

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

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

Drawing 101 – Thursday @ 1:00pm

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

Craft Class – see Activity Schedule

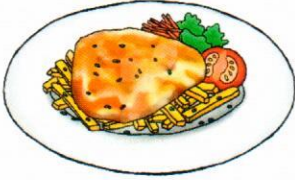
Neck/Shoulder Massage – see Activity Schedule

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!

COME JOIN US!



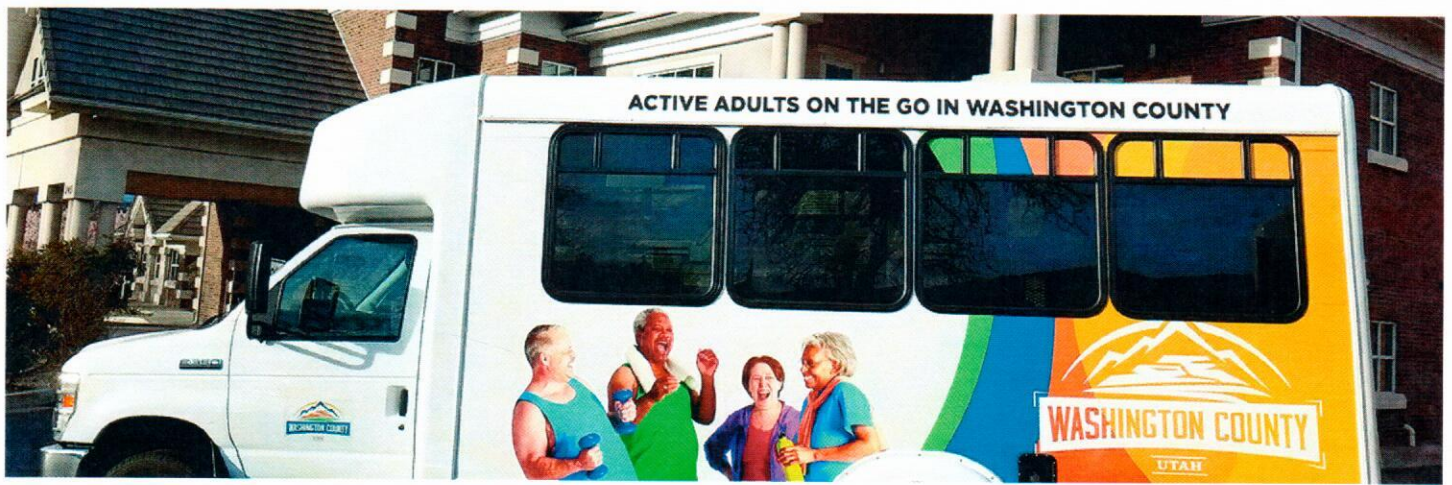
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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***

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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 Active Life Center | February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>A suggested donation of \$4.00 is requested from seniors 60 and older. 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>			<p>Cheesy Pizza Bake Noodles Winter Vegetable Blend Whole Kernel Corn Wheat Bread Fruited Gelatin Diet - Fruit Cocktail Milk Margarine</p>
5	6	7	8
<p>Creamy Paprika Chicken Penne Pasta California Vegetable Blend Green Peas Garlic Texas Bread Ambrosia Salad Diet - Mixed Fruit Milk</p>	<p>Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Brussels Sprouts Multi-Grain Bread Seasonal Fruit Milk Margarine</p>	<p>Turkey Breast w/Gravy Dressing Green Beans & Onions Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>Cuban Shredded Pork Spanish Rice Black Beans Corn Salad Corn Tortilla Seasonal Fruit Milk</p>
12	13	14	15
<p>Country Fried Chicken Country Gravy Broccoli Glazed Beets Biscuit Seasonal Fruit Milk</p>	<p>Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Stewed Tomatoes Wheat Bread Fluffy Fruit Salad Diet - Mixed Fruit Milk Margarine</p>	<p>Valentine's Day Meal Lasagna California Vegetable Blend Mixed Green Salad Garlic Texas Bread Seasonal Fruit Strawberry Swirl Pudding Diet - Sugar-Free Pudding Milk Ranch Salad Dressing</p>	<p>BBQ Breaded Chicken Sandwich Baked Beans Whole Kernel Corn Hamburger Bun Applesauce Milk</p>
19	20	21	22
<p><i>Closed</i></p>	<p>Pork Carnitas Spanish Rice Fiesta Vegetable Blend Cucumber Salad Corn Tortilla Seasonal Fruit Milk Taco Sauce</p>	<p>Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Hot Cinnamon Applesauce Milk Ketchup Mustard</p>	<p>Meatball Stew Rotini Pasta Mixed Vegetables in Stew San Francisco Vegetable Blend Texas Bread Seasonal Fruit Milk</p>
26	27	28	29
<p>Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Roll Seasonal Fruit Milk Tartar Sauce</p>	<p>Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit Milk Ranch Salad Dressing</p>	<p>Beef Chili Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Pudding Milk Sour Cream & Margarine</p>

February Activities

95 N. 300 W. Hurricane 435-635-2089 <https://coa.washco.utah.gov/hurricane/>



1-Feb

Billiards 9:00-3:00
Jumpstart to Fitness 10:00

Birthday Celebration
Arthur Whitney to
entertain @ lunch
Drawing 101 1:00

5-Feb

Billiards 9:00-3:00
Video Sit Fit 10:00
Health Screening 11:00

6-Feb

Billiards 9:00-3:00
Video Tai Chi 9:00
Dementia Education
10:00-11:30
Neil Petty to
entertain @ lunch

7-Feb

Billiards 9:00-3:00
Taxes 9:00-2:00
Dixie Can Do's
to entertain @ lunch

8-Feb

Billiards 9:00-3:00
Jumpstart to Fitness 10:00
Drawing 101 1:00
Knitting/Crochet 1:00

12-Feb

Billiards 9:00-3:00
Video Sit Fit 10:00
Health Screening 11:00
Bingo after lunch

13-Feb

Billiards 9:00-3:00
Video Tai Chi 9:00
Nail-trim for feet 10:00

14-Feb

Billiards 9:00-3:00
Taxes 9:00-2:00
Hand & Foot
after lunch

15-Feb

Billiards 9:00-3:00
Jumpstart to Fitness 10:00
Health Screening 11:00
Arthur Whitney
to entertain @ lunch
Drawing 101 1:00

19-Feb

Closed for
Holiday

20-Feb

Billiards 9:00-3:00
Video Tai Chi 9:00
Nail-trim for feet 10:00
Rob Goulding
to entertain @ lunch

21-Feb

Billiards 9:00-3:00
Taxes 9:00-2:00
Dixie Can Do's
to entertain @ lunch

22-Feb

Billiards 9:00-3:00
Jumpstart to Fitness 10:00
Drawing 101 1:00
Knitting/Crochet 1:00

26-Feb

Video Sit Fit 10:00
Health Screening 11:00
Neil Petty to
entertain @ lunch
Bingo after lunch
Card Class 1:00

27-Feb

Billiards 9:00-3:00
Video Tai Chi 9:00

28-Feb

Billiards 9:00-3:00
Taxes 9:00-2:00
Hand & Foot
after lunch

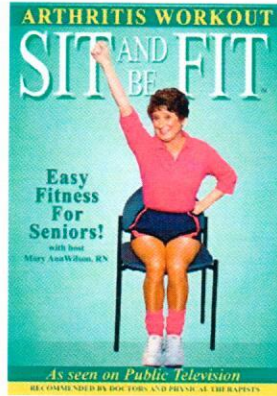
29-Feb

Billiards 9:00-3:00
Jumpstart to Fitness 10:00
Drawing 101 1:00

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

Exercise Classes

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



VIDEO TAI-CHI — Tuesday's @ 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

AARP Tax Aide Service Starts February 7

We're back for another tax season! The AARP TaxAide volunteers are looking forward to meeting our clients at the Hurricane Senior Center. We will be preparing taxes on Wednesdays from 9:00 AM to 2:00 PM, beginning February 7 and ending April 10.

Tax preparation this season will be by appointment. Text or call 385-215-9915 to schedule your appointment. Your appointment time allows for 15 minutes to complete the required intake form. The forms will be at the front desk at the Senior Center if you want to get a head start on filling it out.

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

- Any return with active trades in cryptocurrency. If you have cryptocurrency in your portfolio but did not trade it, we can still prepare your return.
- Any California or New York returns. Other states can be prepared but we won't be able to complete them same-day.

If you're not sure whether or not you need to file taxes this year, please come in any time on a Wednesday during tax season. Bring your documents with you. A certified tax counselor will take a look, and if you have a filing requirement, we'll set up an appointment for you at that time.

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.

CARD-MAKING CLASS



**Monday, Feb. 26th
@ 1:00pm**

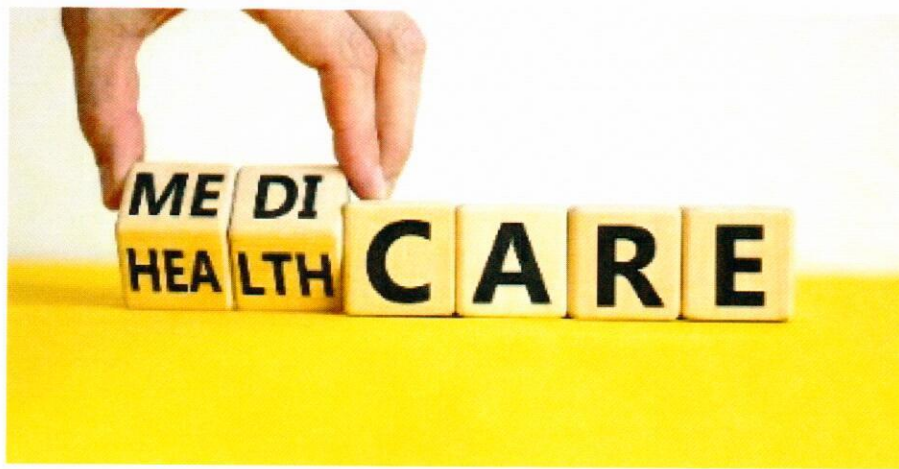
Hurricane Senior Center

**\$3.00 for 2 cards
Envelopes Provided**

*Come join a fun group of ladies,
we would love to have you!*

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.

Hosted by Division of Services of the Deaf and Hard of Hearing

How to Thrive with Hearing Loss

FREE!

Get back into conversations!

Learn how to handle those inevitable misunderstandings.
Strengthen relationships when hearing loss is a factor - yours and theirs.

Thursdays,
February 8 - March 14, 2024
10:00 - 11:00 AM Mountain Time
Class limit to 10 people

Online via Google Meet
Must register, info below



During this course, we will cover the following:

- * Statistics, myths and goals
- * Common barriers for those with hearing loss
- * Changing communication habits for those
Hard of hearing and hearing
- * Guidelines for the speaker and listener

Adjusting to life with hearing loss can be easier when you are equipped with strategies and knowledge.

This is a six week class for anyone interested in improving relationships when hearing loss is involved.

Registration info: <https://jobs.utah.gov/usor/dhh/events/registration.html>

For more info contact DSDHH.hoh@utah.gov



Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.



AMERICAN
HEART
HEALTH
MONTH

EAT CLEAN for a Healthy Heart

Clean eating is a buzz word that people like to use to describe a diet pattern that is focused on eating foods in their most natural state as much as possible. However, with lots of different information available and no true definition, it can be hard to decipher what exactly eating clean means. So, what does clean eating for a healthy heart look like? Read on to learn more.



EAT MORE

Vegetables and Fruits – Eat the rainbow! Eat a variety of different colors of vegetables and fruits to get all essential vitamins and minerals. Vegetables and fruits can be fresh, frozen, canned, or dried.

Whole Grains – Choose whole grains to increase fiber intake and regulate blood pressure. Swap out white bread, pasta, and rice with whole grain versions. Stock your pantry with oatmeal, quinoa, and farro.

Healthy Fats – Reduce your blood cholesterol and lower your risk of coronary artery disease by choosing more healthy fats. Eat more nuts, seeds, avocados, and vegetable oils like canola and olive.

Lean Animal and Plant-based Proteins – Choose high protein foods that are low in fat and cholesterol like lean, skinless meats, fish, low-fat dairy products, eggs, and legumes. Certain types of fish are also high in heart healthy omega-3 fatty acids. Choose plant-based proteins most often to support a healthy heart.



EAT LESS

Salt or Sodium – Be mindful while shopping; items like bread, canned soup, deli meats, and salad dressings typically contain more sodium than you may think. Use the saltshaker sparingly and try herbs and spices instead.

Sugary Drinks, Sweets, and Processed Meats – Try to substitute one sugary beverage for a glass of water and swap out a sugary dessert for some fruit. Choose less processed meats or try hummus, vegetables, legumes, or tofu instead.

Saturated and Trans Fats – Higher food sources of saturated fat include meats and dairy. Trans-fat may be found in foods such as, fried foods, commercial baked goods, and stick margarine. Choose lean meats, low-fat dairy, and less processed whole foods most often.

Alcohol – Even as little as one alcoholic drink per day may raise your blood pressure and stroke risk. Try making a fun non-alcoholic drink instead with seltzer water, 100% fruit juice, and sliced oranges or limes.

Fun Presidential Trivia

President **John Quincy Adams** had a pet alligator?

President **Martin Van Buren** had two tiger cubs.

President **George W. Bush** (first term) and **Benjamin Harrison** were two presidents elected without the majority of the people (they had the most electoral votes but not the most popular votes).

President **McKinley**'s pet parrot could whistle, "Yankee Doodle".

Did you know that President **Franklin D. Roosevelt** served HOT DOGS to the King of England?

Did you know that President **Garfield** could write with both his right and left hand at the SAME time?

The teddy bear is named for President **Theodore Roosevelt**.

Franklin D. Roosevelt was the only president elected to FOUR terms in office.

President **George Washington** was a spelunker (someone that likes to search inside caves).

President **Ronald Reagan** had jelly beans on his desk in the oval office.

President **William Henry Harrison** was only president for 31 DAYS!

President **John Quincy Adams** was known to swim naked in the Potomac River.

President **Grover Cleveland** was elected President twice but not consecutively. He first served in 1885-1889 and then again, 1893-1897.

President **Bill Clinton** likes to play the Saxophone. President **Ronald Reagan** played the harmonica.

Before President **Thomas Jefferson** started shaking hands with visitors, visitors used to "bow" to the president of the United States!

President **George Washington** is the only president who did not live in the White House. (It wasn't built yet)

President **Gerald Ford** is the only president who was not "elected" by the people of the United States. When President **Richard Nixon** resigned, as Vice President, he became president.

President **Barack Obama** likes to eat chili.

President **Ulysses S. Grant** got a speeding ticket for driving his horse drawn buggy too fast down a street in Washington, D.C. He was charged \$20.

President **Martin Van Buren** is credited with first using the word, "OK".

American Heart Month

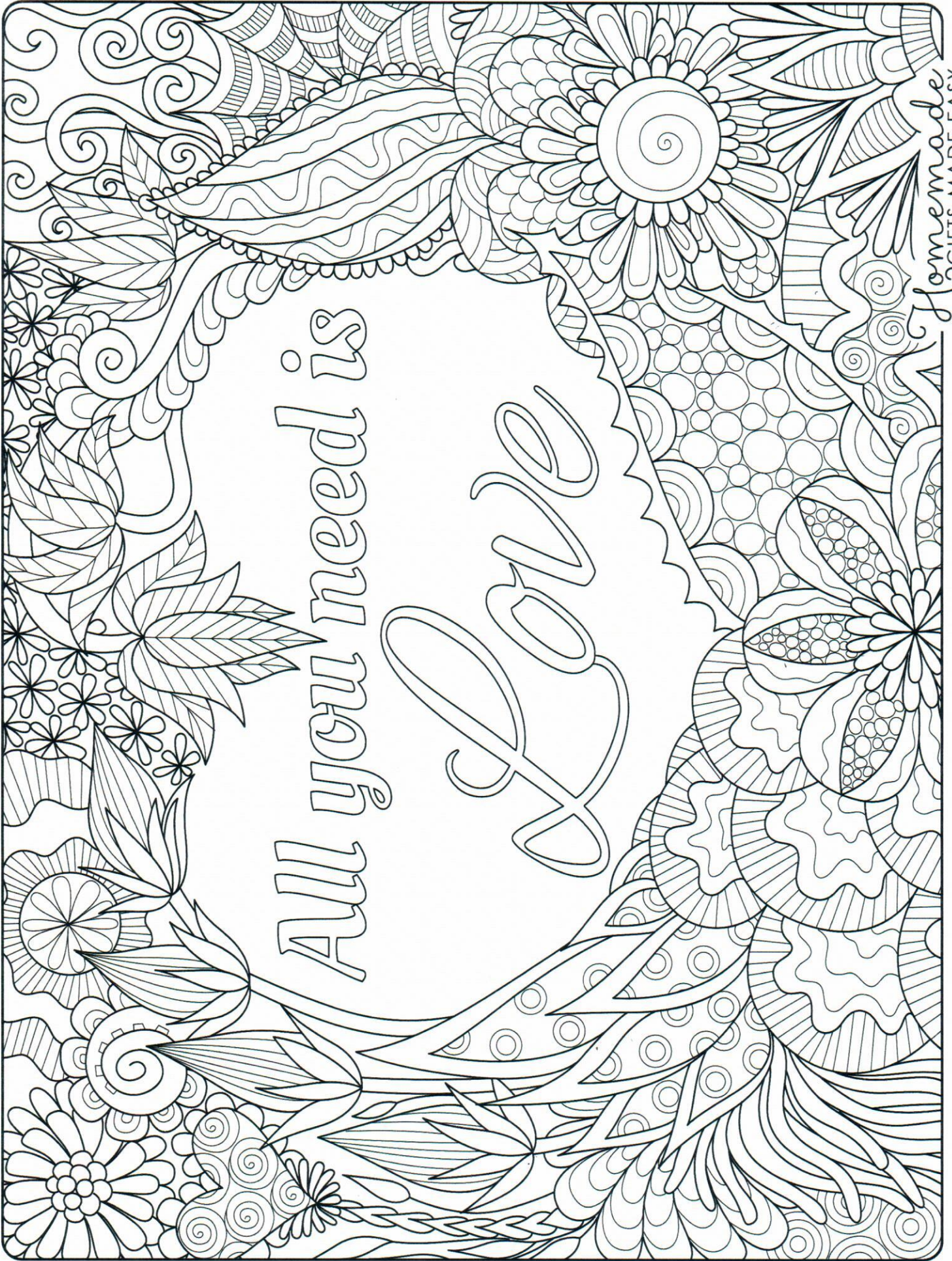
According to the Centers for Disease Control and Prevention (CDC): Heart disease is the leading cause of death in the United States, causing one in four deaths each year. Several health conditions, your lifestyle, and your age and family history can increase your risk for heart disease. About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking. Obesity can lead to high blood pressure and diabetes as well as heart disease. February is American Heart Month, a time when all people can focus on their cardiovascular health. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being. Consider making one, or several, of the below lifestyle changes. Here's how to start:

Move more: Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

Eat healthy foods: A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Such as eating vegetables, fruits, whole grains (high in fiber), vegetable oils, and fat-free or low-fat dairy products. Limiting foods sugar and other sweeteners. Do not drink too much alcohol, which can raise your blood pressure.

Quit smoking: The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard, but many people have succeeded, and you can too. Ask your family and friends for support in your effort.

Reduce stress and improve sleep: Stress can contribute to high blood pressure and other heart risks. Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–9 hours of sleep a night.



All you need is
Love

Homemade
GIFTS MADE EASY

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

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