

Hurricane Senior Center

January 2021 Newsletter



Due to the continual increase of COVID cases throughout the Southern Utah communities and to adhere to the Governor's mandate for the limiting of social gatherings, the Active Life Center will be **CLOSED UNTIL FURTHER NOTICE.**

Meals can still be purchased for a \$3.00 donation from 11:30-12:30 at the North-west side of the building. No need to exit your vehicle, we will bring the meals out to you. Lunch includes a frozen entrée and a cold side (salad, fruit, etc.) We accept checks or cash (exact change would be helpful). The Dial-A-Ride and Meals on Wheels program will continue to function as usual.

Thank you for your understanding and patience.

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

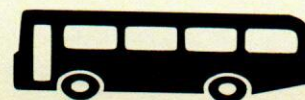
Dial-A-Ride Program

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/\$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 & Health and
Pressure checks – 1st & 3rd Monday @
11:00am-12:00pm

Hurricane Family presentation 3rd
Wednesday @ 11:00am

Zions Way 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

Bereavement Supp last Wed @ 2:30

Bingo 60+ Only every Friday @ 12:30pm

*Bingo is free for **60+ only**

Bridge Gro Monday @ 12:30

Paint G every Friday @ 1:00pm (Not during
summer)

Billiards – Open daily 9am – 3:30pm

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

COME JOIN US!



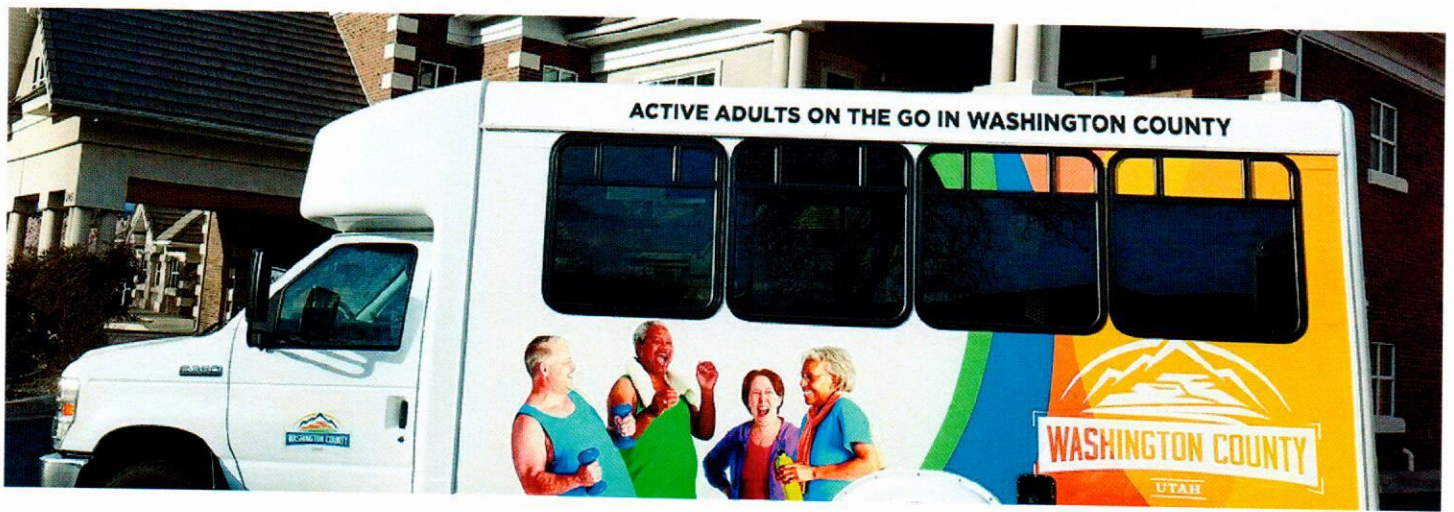
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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-Currently cancelled.
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 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

January 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and Bread served with all meals. A Salad Bar is available every day in the dining room.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>			
4	5	6	7
<p>Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Dinner Roll Peaches Milk Margarine</p>	<p>Sliced Turkey with Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing</p>	<p>Homemade Meatloaf with Brown Gravy Country Potatoes Capri Vegetables Carrot Raisin Salad Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>BBQ Chicken Baked Beans Coleslaw Hamburger Bun Apple Raisin Compote Milk Diet - Apple slices</p>
11	12	13	14
<p>Smoked Turkey and Potato Soup Half Ham and Cheese Sandwich Lettuce and Tomato Cucumber Salad Tropical Fruit Cocktail Milk Mustard</p>	<p>Beef Lasagna Italian Vegetables Mixed Green Salad Texas Bread Pears Milk Margarine Salad Dressing</p>	<p>Cheese Omelet Hashbrowns Broccoli Croissant Seasonal Fruit Milk Assorted Jelly</p>	<p>Chicken Pot Pie Club Spinach Biscuit Mandarin Oranges Milk Margarine</p>
18	19	20	21
<p>Closed MLK Day</p>	<p>Parmesan Chicken Penne Pasta Garden Vegetables Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine</p>	<p>Country Fried Steak with Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing</p>	<p>Cheese Enchiladas Enchilada Sauce Spanish Rice Black Beans Mixed Green Salad Seasonal Fruit Milk Salad Dressing</p>
25	26	27	28
<p>Chicken Cordon Bleu Parslied Rice Green Peas Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing</p>	<p>Potato Crusted Fish Crinkle Cut Fries Mixed Vegetables Coleslaw Dinner Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup</p>	<p>Sweet and Sour Chicken Jasmine Rice Whole Kernel Corn Mixed Green Salad Dinner Roll Tropical Fruit Cocktail Milk Margarine Salad Dressing</p>	<p>Beef Chili with Beans Baked Potato Half Shredded Cheese Mixed Green Salad Parslied Carrots Seasonal Fruit Corn Chips Milk Salad Dressing</p>



Everyone is hopeful that 2021 will be a bright new year, but for people with limited income and resources, a new year often brings the same financial struggles. Concerns about how to pay for healthcare costs often top the list of financial concerns. But for people with Medicare, there are programs available to help with the rising cost of healthcare. Three programs are available to assist with different healthcare costs. Low-income subsidy (Extra Help): Helps cover costs of prescription medications by lowering Part D plan premiums and reducing copays on prescriptions. Medicare Savings Programs: Cover the cost of the Medicare Part B premium and in some cases, cover deductibles and co-insurance. Medicaid: Covers medical costs after Medicare has paid its portion and in some cases, covers services not normally covered by Medicare (like Long-Term Care and personal care). Eligibility for each of these programs is different. If you would like to find out more about these programs or need help applying, contact the Area Agency on Aging – Five County at (435) 673-3548.

Cold Weather Safety for Older Adults



Winter can be a precarious time for people over the age of 65. It's important to know what the risks are and how to address them so you and your loved one can get the most out of the season. When the temperatures drop and conditions become snowy or icy, a few cold weather safety precautions can make sure older adults stay safe.

Hypothermia

Older adults are especially susceptible to hypothermia because their bodies lose heat more quickly than they used to. Hypothermia sets in when the body temperature drops below 95°, which can occur even in 60° weather. The threat of hypothermia is doubly dangerous, because when the blood vessels and arteries narrow, blood flow is restricted and can trigger heart attacks, kidney problems and liver damage. What to do: The most important winter weather safety advice: Keep warm. Make sure the temperature in the house stays around 68° F or 70° F and there aren't any significant drafts from windows and doors. Dress warmly in loose layers, wear socks and slippers inside, and don't stay immobile for very long — keep the blood flowing.

Falls

Falls are always a concern for older adults, due to the loss of muscle, vision problems, and decreased balance that are natural side effects of aging. During the winter, however, snow and ice can dramatically increase the risk of falls. What to do: Staying inside when possible is one of the most straightforward tips for cold weather safety for seniors to avoid slippery conditions. But when seniors do venture out, they should wear supportive footwear with good traction; take wide, short steps; keep hands out of pockets; and always use support when it's available.

Flu

Seniors should be especially careful during flu season because, as people age, it becomes more difficult for their immune systems to fight the virus. Older adults are also more vulnerable to potential complications from the flu, especially respiratory issues like pneumonia. What to do: Get a flu shot every year and encourage people around your loved one to get the shot as well. Wash hands regularly and drink plenty of fluids. If possible, stay away from large crowds.

Frostbite

According to Advantage Home Care, the risk of frostbite increases for people who are already living with certain chronic illnesses, like diabetes, vascular disease and COPD, and for people taking specific medications, like beta blockers and certain sleeping pills. What to do: Strategies for avoiding frostbite are very similar to those for avoiding hypothermia. Dress in loose, warm clothing and limit time outdoors, especially in extreme cold. If the temperature drops below 0°, frostbite can set in within 30 minutes. In cold and windy conditions, protect extremities. Wear a hat, mittens and warm socks.

Carbon Monoxide Poisoning

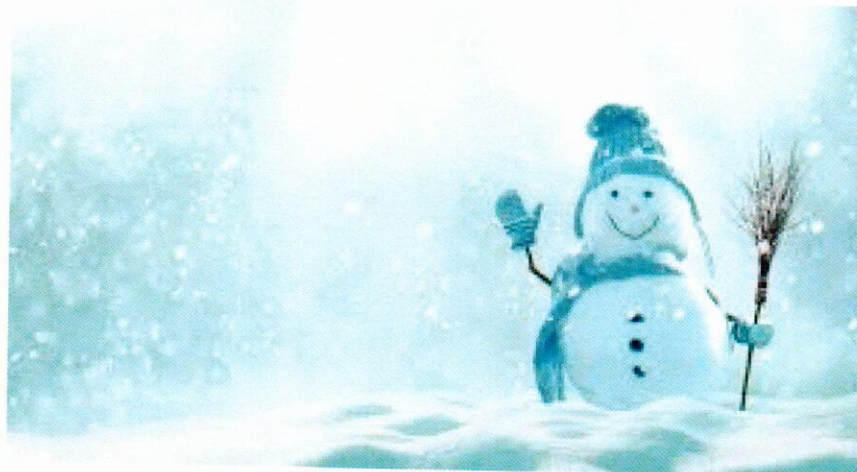
Gas-powered furnaces and alternative heating sources make winter the most dangerous time for carbon monoxide poisoning. Though it may not be the first peril you consider for winter weather safety, seniors and their families should be aware of the symptoms of CO poisoning — headaches, confusion, dizziness, nausea — and be sure they don't confuse them for the symptoms of influenza or tiredness. What to do: Have the HVAC, water heater and chimney in the house professionally inspected. Never use a gas oven to heat the home and never use a generator inside. Turn off the car right away in the garage and install CO detectors in your home.

Seasonal Affective Disorder/Social Isolation

One of the most common cold weather tips for seniors is to stay inside, and while that's very good advice to avoid illness or injury, it can also lead to other complications. Seasonal Affective Disorder (SAD) is caused by a lack of sunlight that comes with shorter days and less time spent outside. SAD can bring on symptoms of depression, including lack of energy, changing sleep patterns, irritability and self-imposed isolation. Isolation then creates its own issues, negatively affecting the immune system and heart health. What to do: A light box, mimicking natural outdoor light, can be successful in making up for decreased sunlight. Seniors can also talk to their doctor about adding a vitamin D supplement to their diet. People normally generate vitamin D as a result of exposure to sunlight, but eating salmon, eggs and cheese can also increase vitamin D levels when sunlight is scarce. Also, help seniors stay social during the winter. Families and friends can make a special effort to help their loved ones socialize by calling and visiting.

Winter is filled with fun and celebrations. Your loved one doesn't have to hide away because of the weather. Taking practical steps toward cold weather safety for seniors can help them enjoy the season.

<https://www.wherelivematters.org/cold-weather-safety-for-older-adults/>



Top 10 Healthy New Year's Resolutions for Older Adults

Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

In later life, you still need healthy foods, but fewer calories. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

Consider a multivitamin

Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.

Be active

Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.

See your provider regularly

You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. Screening tests might include checking your vision, hearing, and for other conditions such as breast cancer, colon cancer, or osteoporosis. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

Toast with a smaller glass

Excessive drinking can make you feel depressed, increase your chances of falling, trouble sleeping, interact with your medications, and can contribute to other health problems.

Guard against falls

One in every three older adults falls each year-and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Give your brain a workout

The more you use your mind, the better it will work. Read, do crossword puzzles or Sudoku. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center.

Quit smoking

Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

Speak up when you feel down or anxious

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

Get enough sleep

Older adults need less sleep than younger people, right? Wrong! Older people need just as much-at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.

<https://www.healthinaging.org/tools-and-tips/top-10-healthy-new-years-resolutions-older-adults>



Winter Compound Word Search

WY YRESUHTARNGT F
DHFEDNI IFGAPNLI
DUQKORORZMXIMUR
EAVCOFUCWDMPOUE
YOEANI KOERYJLAP
JZYRTENOENGZLBL
DDSCBSVPYFISAUA
LUATBRPEXZVPBIC
JKDUWEEVRYIAWOE
ERTNPYLGKGQIOLC
QNORMNCZNERWNFE
TAOCREVOVIHESZD
WINTERTIMEGMEEF
FMOUITGMESEOTNB
XDQGGJOYALNTTXKL

Evergreen	Peppermint
Fireplace	Pinecone
Fruitcake	Snowball
Gingerbread	Snowman
Nutcracker	Wintertime
Overcoat	

Winter S Words

SFCRA



--	--	--	--	--	--

30 11 10

SAOENS

--	--	--	--	--	--	--

21 9 13

SVEHOL

--	--	--	--	--	--	--

19 3

ESASTK



--	--	--	--	--	--

4 12 18 20

SEDL

--	--	--	--

25 7

SIGLEH BSLEL

--	--	--	--	--	--

5 29

--	--	--	--	--

NSOFEAWLK

--	--	--	--	--	--	--	--

28 1 8 15

SONNWMA

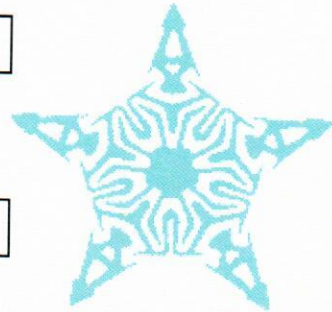
--	--	--	--	--	--

2 27 14 17 23

SORONMTWS

--	--	--	--	--	--	--	--	--

6 22 24 16 26



--	--	--

1 2 3

--	--	--	--

4 5 6 7

--	--	--	--	--

8 9 10 7

--	--	--

11 12 13

--	--	--	--

14 15 16 17

--	--	--	--	--

18 19 16 20 21

--	--	--	--	--	--

22 5 23 24 25 10

--	--	--	--	--	--

26 27 28 24 29 30

