

Hurricane Active Life Center

January 2022 Newsletter



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.

Thrift Store hours are Mon-Thurs 10:00am-2:00pm

We will be closed January 3rd to celebrate New Year's Eve and January 17th for Martin Luther King Jr. Day

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

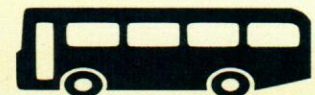
Dial-A-Ride Program

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

10:00 AM – 2:00 PM

DONATIONS ACCEPTED!

Monthly Events

Pathway Healthcare – Blood Pressure/Sugar checks – every Monday 11:00am-12:00pm

Video Tai Chi – every Tues @ 10:00am

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

Video Yoga – every Thurs @ 10:00am

Hand & Foot Card Game– every Tues @ 1:00pm

Writing Group– every Monday @ 12:30pm

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

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

Drawing 101 – every Thursday @ 1:00pm

Caregiver Support – every Tuesday @ 1:00pm

Craft Class – every Wed @ 1:00pm

Bingo 60+ Only – 2nd & 4th Monday after lunch

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

Movie – first Thursday of every month after lunch **Free popcorn**

Wii Bowling – every Monday @ 11:00am

Billiards – Open daily 9:30am – 3:30pm

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

COME JOIN US!



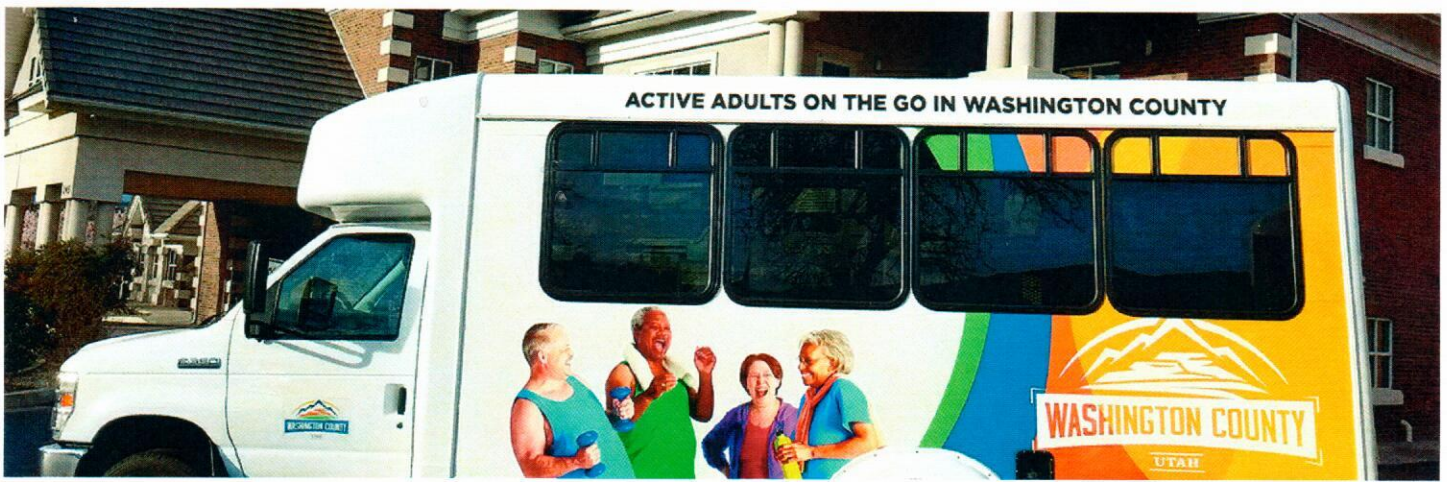
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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.

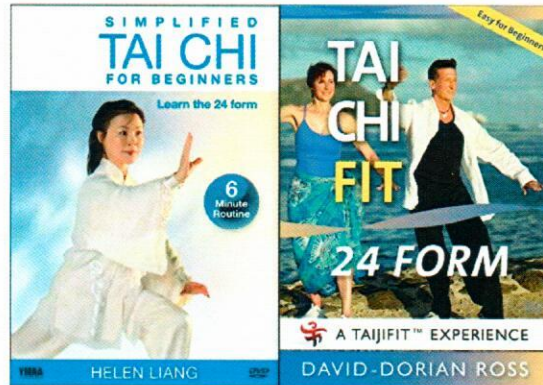
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

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

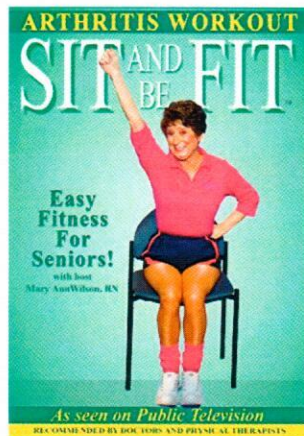
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Exercise Classes

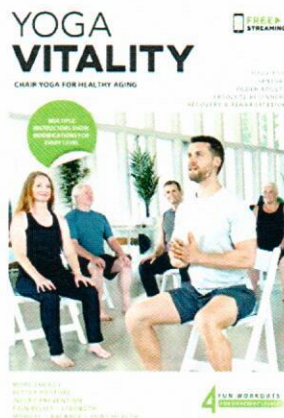
TAI-CHI — Tuesday's @ 10:00am



SIT & BE FIT — Wednesday's @ 10:00am



YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

Hurricane Active Life Center

January 2022

435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Creamy Paprika Chicken California Veg Blend Green Peas Penne Pasta Texas Bread Ambrosia Salad Milk	Sliced Turkey Breast w/Gravy Green Beans & Onions Mixed Green Salad Confetti Rice Wheat Bread Seasonal Fruit Milk Margarine Salad Dressing	Homemade Meatloaf w/Gravy Brussels Sprouts Parslied Carrots Mashed Potatoes Dinner Roll Seasonal Fruit Milk Margarine	BBQ Chicken Sandwich Baked Beans Coleslaw Potato Wedges Whole Wheat Hamburger Bun Fresh Grapes Milk
10	11	12	13
Calico Soup Ham & Cheese Slider Mixed Vegetables in Soup Spinach Salad Seasonal Fruit Milk Mustard Lettuce & Tomato Salad Dressing	Salisbury Steak w/Onion Gravy Stewed Tomatoes Green Peas Buttered Rice Wheat Bread Sliced Pears Milk Margarine	Cheese Omelet Broccoli Glazed Beets Croissant Hash Brown Patty Seasonal Fruit Milk	Creamy Chicken & Gnocchi Mixed Vegetables Mixed Green Salad Dinner Roll Fluffy Fruit Salad Milk Margarine Salad Dressing
17	18	19	20
<p style="text-align: center;">CLOSED</p> Martin Luther King Jr. Day	Chicken Brunswick Stew Garden Veg Blend Cucumber Salad Buttered Rice Texas Bread Seasonal Fruit Milk	Turkey Burger w/Red Pepper Aioli Lettuce/Tomato/Onion/Pickle Five Bean Salad Potato Wedges Whole Wheat Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mustard	Bean & Cheese Enchilada Pie w/Tortilla Fiesta Veg Blend Mixed Green Salad Spanish Rice Seasonal Fruit Milk Salad Dressing Taco Sauce
24	25	26	27
Fish Taco Coleslaw Mixed Vegetables Flour Tortilla Fiesta Rice Pineapple Tidbits Milk Taco Sauce	Breaded Chicken w/Cordon Bleu Green Peas Spinach Salad Parslied Whipped Potatoes Texas Bread Seasonal Fruit Milk Salad Dressing	Roast Pork w/Sweet & Sour Sauce San Francisco Veg Blend Green Beans & Onions Jasmine Rice Dinner Roll Tropical Fruit Milk Margarine	Sloppy Joe Sandwich Parslied Carrots Broccoli Whole Wheat Hamburger Bun Potato Salad Seasonal Fruit Milk
31	<p>A suggested donation of \$3.00 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>		

January Activities

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

3-Jan	4-Jan	5-Jan	6-Jan
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Movie after lunch Drawing 101 1:00
10-Jan	11-Jan	12-Jan	13-Jan
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
17-Jan	18-Jan	19-Jan	20-Jan
Closed for Holiday	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Drawing 101 1:00
24-Jan	25-Jan	26-Jan	27-Jan
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Roger Dean to entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
31-Jan			
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 1:00			

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

NEW / NEW YEAR / YOU

EAT LIKE A CENTENARIAN

Across the world, several communities are known as blue zones or a set of characteristics that have produced the world's longest-lived people. Many live to a healthy 100 because their surroundings nudge them to practice the healthiest behaviors: moderate exercise, stress management, social connection and eating well. While each blue zone eats different regionally-based foods, they have many commonalities that contribute to their health and longevity. If you want to live to a healthy 100, include the following tips in your diet pattern.

BLUE ZONES

IKARIA, GREECE
LOMA LINDA, CALIFORNIA
NICOYA PENINSULA, COSTA RICA
OKINAWA, JAPAN
SARDINIA, ITALY

1 EAT A 90–100% PLANT-BASED DIET.

People in blue zones consume about 10 ounces of meat per month, in 2-ounce portions. Fish is consumed in 3-ounce portions up to 3 times per week. Cow's milk does not factor into many blue zone diets and eggs are eaten only two to four times per week. Be sure to choose whole foods versus highly processed food, like sweet potatoes, walnuts or kale.

2 GET A DAILY DOSE OF BEANS!

Beans are nature's perfect package - naturally low in fat and high in protein, fiber and phytonutrients. People in blue zones eat a half cup per day. Try lentils, chickpeas, black-eyed peas, cannellini beans or soybeans!

3 SLASH YOUR SUGAR INTAKE.

People in blues zones eat sugar intentionally, not out of habit or accident. They consume 7 teaspoons (28 gm) or less of added sugar daily.

4 MUNCH ON NUTS.

Nuts contain good-for-you fats and antioxidants. People in blue zones report eating up to 2 ounces (about 2 handfuls) of nuts per day.

5 CHOOSE WHOLE GRAIN OR SOURDOUGH BREAD.

These blue zone bread choices may promote healthy blood sugar levels and digestion due to the fiber in whole grains and the fermentation process in sourdough.

6 DRINK MOSTLY WATER

Water provides the proper hydration our bodies need. Unsweetened coffee and tea are also good blue zone beverage choices.



Medicare Advantage Plan Advertising

For the last several months, you've seen commercials for Medicare Advantage Plans promising low costs, extra benefits (like vision and dental) and even a reduction of your Part B premium. The only disclaimer they offer is "depending on your zip code." But in our area, that disclaimer is bigger than they want you to believe. While most counties in Southwest Utah offer at least one Medicare Advantage plan, not everyone even has access to these plans. And the plans we do have don't offer all the benefits they advertise in the commercials. There are no Medicare Advantage Plans in our region that offer a Part B premium reduction AND prescription drug coverage. And \$0 premium doesn't mean Medicare costs go away. There are still many services that require copays, sometimes at higher costs than with Traditional Medicare.

With a new Medicare Advantage Enrollment Period from now to the end of March, you are going to keep seeing these commercials. So, the next time you see your favorite celebrity advertising a Medicare Advantage Plan, stop and think, "does this sound too good to be true?" If the answer is yes, it probably is. Before making any decision about a Medicare Advantage Plan, it's important to talk with someone who can give you unbiased information about the pros and cons of Medicare Advantage Plans. The Area Agency on Aging-SHIP program is a free service available to assist you. For more information or assistance, contact (435)673-3548.

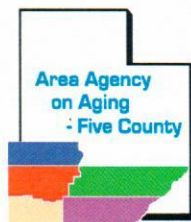
Hospice Fraud

Be on the lookout for hospice schemes that are on the rise. Review your Medicare statements for any charges that look suspicious.

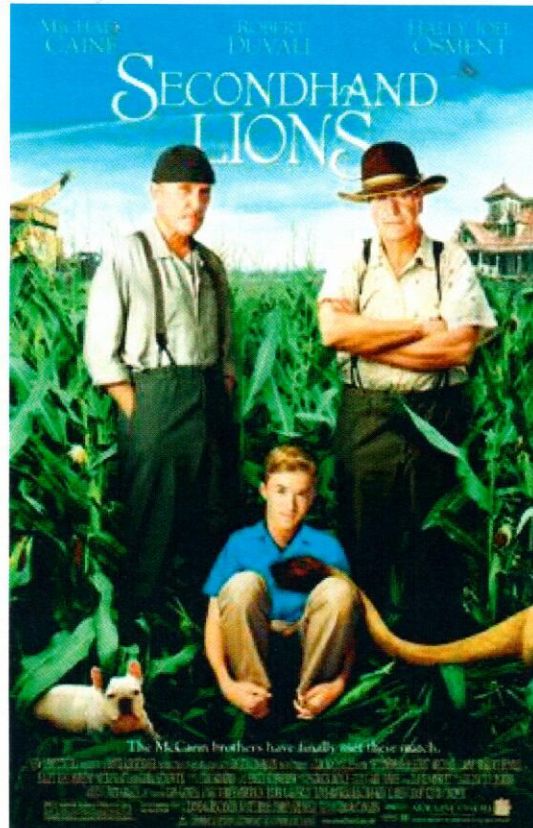
The Senior Medicare Patrol has been getting reports of beneficiaries signing up for offers, like supplies, like gloves or lotions, or Ensure shakes, while not realizing they are actually being tricked into signing up for hospice benefits.

This can be detrimental to a beneficiary who needs medical care as once they are on hospice, they cannot receive certain medical interventions.

If you find that you have been signed up for hospice services against your will, please contact the SMP at (435) 673-3548



Movie of the Month:



Cast

●Michael Caine●Robert DuVall●Haley Joel Osment●Kyra Sedgwick●Josh Lucas

A shy adolescent boy, Walter, is taken by his greedy mother to spend the summer with his two hard-boiled great-uncles, Hub & Garth, who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.

Seniors beware: The FBI says these are the 10 biggest online scams

It's the season of giving, but for scam artists the holidays are all about taking. Taking your money, your identity, taking whatever they can profit off.

As usual in this coverage, online scams are often the fastest way criminals can rip you off. The Federal Bureau of Investigation says its Internet Crime Complaint Center is bracing for an uptick in crimes this year, by thugs who will say or do whatever it takes to rip you off.

"The best thing you can do to be a savvy shopper is to know what scams are out there and take some basic precautions," says Kieran L. Ramsey, special agent in charge of the FBI in Portland, Ore.

Read: The quick and easy way to lose your life savings

Confidence fraud and romance scams

This is the biggest type of online crime of all, says the FBI's annual "Elder Fraud Report," which accounted for some \$281 million in losses last year (2021's final data will be released early next year). The true figure is certainly higher, given that barely a quarter of all online scams are even reported.

These types of scams happen when a victim, likely a widow or widower, receives romantic attention from someone online. The crooks slowly win the trust of their victims, pulling their heartstrings and eventually convincing them to send money under false pretenses to the scammer. Here's some really good advice from the FBI on how to protect yourself.

What does the news mean for your wallet? Sign up for Personal Finance Daily to find out

Compromised emails

This is the second single-biggest source of scams against older Americans, the FBI says. You might see an email that appears to be from your bank or a store you shop at. The message line might say: "Action Needed" or "Take Our Survey"—anything to get you to open the email and click on a link or attachment. That's when they've got you. Scammers can see your account numbers, passwords, birth dates and more—all of which can be used to steal money, or even your identity.

A separate federal agency, the Federal Trade Commission, says identity theft more than tripled between 2018 and 2020, driven in no small part by scams related to aid programs related to the Covid-19 pandemic. Never click on attachments from a "government agency," bank or store—just don't.

'Tech support'

These scams have proliferated during the pandemic, taking advantage of the fact that we're spending more time at home, isolated and in front of our computer screens. The FBI defines these crimes as occurring when you get an email or popup notice saying that your computer has a virus or some other problem that needs immediate attention. To fix it, just click on this attachment! This is, again, just an attempt to access your computer to steal personal and financial information. Again: Don't click on anything, don't call any toll free "Help Desk" number. If you have a problem with your computer, contact Apple Support — I can assure you that these links ARE safe — Apple support and Microsoft support.

One way to tell if a website is legitimate, by the way: Go to the address bar and look for this:



<https://support.microsoft.com>

The lock symbol and an address that starts with <https://>. Meanwhile, BeenVerified also offers advice on how to ensure that a website is safe.

Other online crimes against seniors that make the FBI's top 10 include:

- **Investment.** When you're tricked into putting money into a stock, crypto-currency, or "hot IPO" that really doesn't exist.
- **Real estate/rental.** The real estate market is hot. Wanna get in on the ground floor of a new development? Uh, no you don't.
- **Government impersonation.** The IRS, Social Security or Medicare doesn't call people. It doesn't send "agents" or "representatives" to your door. Period. They do send letters. But if there's an issue, call them. You can also visit their websites—again, these are safe: the IRS website, the Social Security Administration website and the Medicare website.
- **Spoofing.** (When someone or something pretends to be something else in an attempt to gain our confidence). This is similar to government impersonation, but in this case a crook may pretend to be, say, a doctor with a miracle cure for COVID-19. Just send in your money! Of course, there *is* a miraculous way to prevent COVID-19: it's called a vaccine.
- **Non-delivery.** The supply chain's all gummed up because of the pandemic. But wait! This company says it has a few (name a toy) – exactly what you'd like to give your grandchildren for a holiday gift. But hurry! Supplies are limited. Order now. Then, it never shows up. During the early stages of the pandemic, crooks made oodles of money on non-delivery of things that were in short supply, like toilet paper and masks.
- **Identity theft.** You know how this works. The bad guys get a hold of sensitive info—your birthdate, Social Security number, bank account info, etc., and are off to the races. In terms of the sheer number of seniors affected, the FBI says this is the fourth biggest online crime. This has gotten worse during the pandemic because folks have been posting their vaccination cards on Facebook and elsewhere. Please don't do this—unless you want crooks to know your birth date, or patient number.
- **Lottery / sweepstakes /inheritance.** Wow! You've won the lottery! Or have inherited a bunch of money! It's your lucky day. But to process your winnings, or to verify that it's really you, we'll need your Social Security number, date of birth—and a fee to process your winnings. Don't be fooled.

"Each year, millions of elderly Americans fall victim to some type of financial fraud or internet scheme, such as romance scams, tech support fraud, and lottery or sweepstake scams," says Calvin Shivers, who at the time the report came out, was assistant director of the FBI's Criminal Investigative Division. "Criminals gain their targets' trust or use tactics of intimidation and threats to take advantage of their victims" he said, adding that Americans over 60 are the group most likely to be victimized.

https://fox24x7.com/seniors-beware-the-fbi-says-these-are-the-10-biggest-online-scam/?utm_source=rss&utm_medium=rss&utm_campaign=seniors-beware-the-fbi-says-these-are-the-10-biggest-online-scam

HAPPY
NEW
YEAR!



HAPPY NEW YEAR

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.

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

By Evelyn Johnson - www.qets.com

Baby
Calendar
Champagne
Cheer
Clock
Confetti
Dance

Family
Fireworks
First
Football
Happy
Hat
January

Kiss
Midnight
Music
Parade
Party
Resolution
Year