

Hurricane Active Life Center

January 2024 Newsletter



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

Center closed on January 1 for Holiday.

Dementia Education Class Tuesday's @ 10:00am.

Center closed on January 15 for Holiday.

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 \$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

Tai Chi – w/Instructor-every Monday @ 1:30pm

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

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!



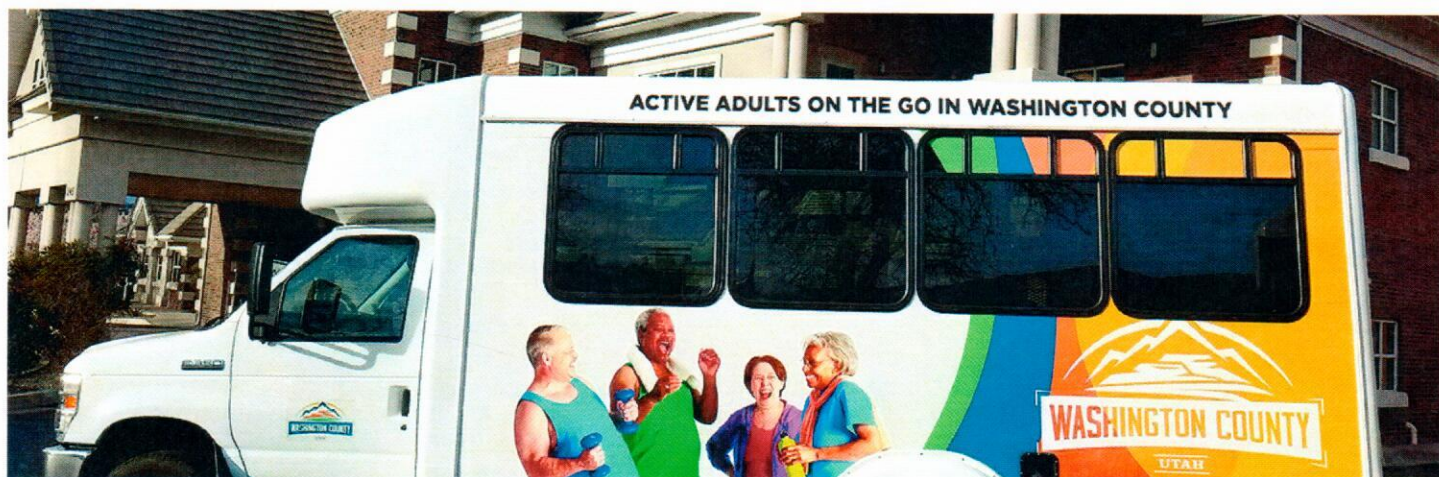
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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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435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
<i>Closed</i>	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Brussels Sprouts Multi-Grain Bread Seasonal Fruit Milk Margarine	Turkey Breast w/Gravy Stuffing Green Beans & Onions Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Cuban Shredded Pork Spanish Rice Black Beans Corn Salad Corn Tortilla Seasonal Fruit Milk
8	9	10	11
Country Fried Chicken Country Gravy Broccoli Glazed Beets Biscuit Seasonal Fruit Milk	Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Stewed Tomatoes Wheat Bread Fluffy Fruit Salad Diet - Mixed Fruit Milk Margarine	Hearty Tomato Soup Ham & Cheese Slider Mixed Vegetables in Soup Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing Mustard	BBQ Breaded Chicken Sandwich Baked Beans Whole Kernel Corn Hamburger Bun Applesauce Milk
15	16	17	18
<i>Closed</i>	Pork Carnitas Spanish Rice Fiesta Vegetable Blend Cucumber Salad Corn Tortilla Seasonal Fruit Milk Taco Sauce	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Hot Cinnamon Applesauce Milk Ketchup Mustard	Meatball Stew Rotini Pasta Mixed Vegetables in Stew San Francisco Vegetable Blend Texas Bread Seasonal Fruit Milk
22	23	24	25
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll Seasonal Fruit Milk Tartar Sauce	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit Milk Margarine	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit Milk Ranch Salad Dressing	Beef Chili Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Pudding Milk Sour Cream & Margarine
29	30	31	
Beef Taco Soup Spanish Brown Rice Mixed Vegetables in Soup Mixed Green Salad Tortilla Chips Seasonal Fruit Milk Ranch Salad Dressing	Pork w/Cranberry Apple Sauce Au Gratin Potatoes Brussels Sprouts Beet Salad Cornbread Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Japanese Vegetable Blend Cabbage & Carrots Wheat Bread Pineapple Tidbits Milk Margarine	A suggested donation of \$4.00 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

January Activities

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

1-Jan	2-Jan	3-Jan	4-Jan
Closed for Holiday	Billiards 9:00-3:00 Video Exercise 10:00 Dementia Education 10:00-11:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Jumpstart to Fitness 10:00 Birthday Celebration Arthur Whitney to entertain @ lunch Caregiver Group 1:00 Drawing 101 1:00
8-Jan	9-Jan	10-Jan	11-Jan
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Exercise 10:00 Dementia Education 10:00-11:30	Billiards 9:00-3:00 Video Sit Fit 10:00	Billiards 9:00-3:00 Jumpstart to Fitness 10:00 Neil Petty to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
15-Jan	16-Jan	17-Jan	18-Jan
Closed for Holiday	Billiards 9:00-3:00 Video Exercise 10:00 Nail-trim for feet 10:00 Dementia Education 10:00-11:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Jumpstart to Fitness 10:00 Health Screening 11:00 Arthur Whitney to entertain @ lunch Caregiver Group 1:00 Drawing 101 1:00
22-Jan	23-Jan	24-Jan	25-Jan
Video Sit Fit 10:00 Health Screening 11:00 Rob Goulding to entertain @ lunch Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Exercise 10:00 Dementia Education 10:00-11:30	Billiards 9:00-3:00 Video Sit Fit 10:00	Billiards 9:00-3:00 Jumpstart to Fitness 10:00 Neil Petty to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
29-Jan	30-Jan	31-Jan	
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Card Making Class Tai Chi 1:30	Billiards 9:00-3:00 Video Exercise 10:00 Dementia Education 10:00-11:30	Billiards 9:00-3:00 Video Sit Fit 10:00	

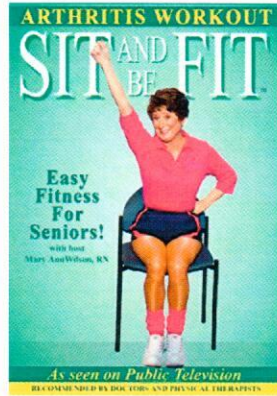
Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm

Thrift Store will be closed Dec. 25th to Jan. 8th

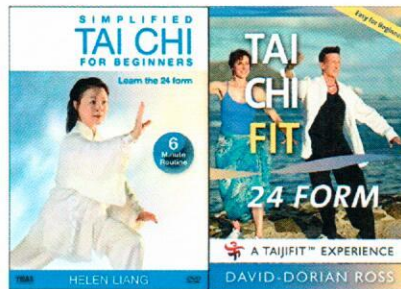
Exercise Classes

****With Instructor** TAI-CHI*** — Monday's @ 1:30pm

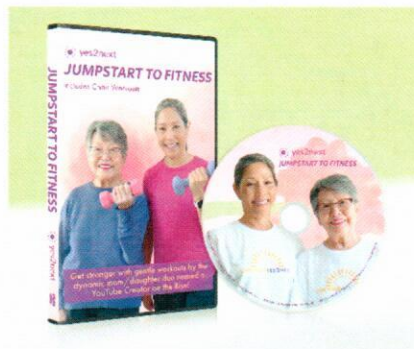
VIDEO SIT & BE FIT — Monday's & Wednesday's @ 10:00am



VIDEO TAI-CHI — Tuesday's @ 10:00am



VIDEO JUMPSTART TO FITNESS — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.



Getting to Know Dementia

6-part Community Education Series (1.5 hour sessions)

We will discuss what happens when a brain is changing due to some form of dementia, versus other factors, such as normal aging or a high-stress lifestyle. By learning about brain function and changes during dementia, we can begin to understand not only what is lost, but what is retained, to effectively provide that just right support.

We will introduce the GEMS® State model of the progression of dementia and learn how we can adapt our approach to create positive relationships. The concept of using visual, verbal, and touch cues to approach and connect with a person living in any state of dementia through the Positive Physical Approach™ will be demonstrated and practiced.

Finally, we conclude with learning about how we, as care partners, can become advocates for people, as relationships and tasks of daily living are impacted.

January 2nd - Part 1: What is Dementia, Really? Typical vs a-typical aging

January 9th - Part 2: What Brain Changes and Shifts in Ability are Noticed When Dementia Happens?

January 16th - Part 3: Looking at Progression and Seeing More than Loss: The GEMS® State Model

January 23rd - Part 4: The GEMS® State Model: In the Right Setting with the Right Care, all GEMS Can Shine

January 30th - Part 5: New Skills for Helping and Supporting

February 6th - Part 6: Being an Advocate and Building a Support Team

Email: dementiagility@gmail.com

Phone: 435-268-2313

Fax 435-466-5420

Mailing Address: PO Box 232 Toquerville, Utah 84774

CARD-MAKING CLASSES

Monday
January 29th - 1:00pm
Hurricane Senior Center



Get ready for
Valentine's
Day!

\$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

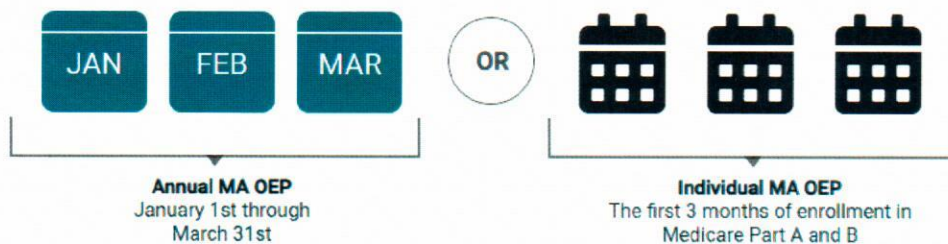
Should I switch Medicare plans? Is it too late to change Medicare plans?

For Medicare Advantage (Part C) users, questions like these are common. Your healthcare requirements are likely to change over time. That's why it's important to review your plan each year to ensure it still meets your needs.

So, when can you enroll in or change Medicare plans? The answer is during the Medicare Advantage Open Enrollment Period (MA OEP).

When is the Medicare Advantage Open Enrollment Period?

As long as you are enrolled in a Medicare Advantage plan on January 1, the Medicare Advantage Open Enrollment Period gives you an additional opportunity to change plans outside the Annual Election Period (October 15 – December 7). The annual Medicare Advantage Open Enrollment Period runs from January 1 to March 31 each year.



If you're a new Medicare beneficiary who has Medicare Part A and Part B, and you enrolled in an MA plan during your initial coverage election period, you can also participate in an individualized Medicare Advantage Open Enrollment Period. You have a three-month period during which you can switch plans.

Both the annual and the individual Medicare Advantage Open Enrollment Period allow Medicare beneficiaries already enrolled in a Medicare Advantage plan a one-time election to either:

- Switch to a different Medicare Advantage plan, OR
- Switch from a Medicare Advantage plan to Original Medicare with or without a Part D prescription drug plan.

This enrollment period does not allow for Part D changes for individuals enrolled in Original Medicare. Changes to your enrollment will take effect on the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage plan on Jan. 15, coverage will take effect on Feb. 1.

Fake Shipping notification email and text messages: What you need to know

When you order something online, you might get several emails or text messages about your order: Confirming your order. Telling you it shipped. Saying it's out for delivery. Notifying you about delivery. Did you know that scammers send fake package shipment and delivery notification to steal people's personal information- not just at the holidays, but all year long. Here's what you need to know to protect yourself from these scams.

The bogus stories that scammers deliver.

The scammers send bogus messages by email or text. The message might say that you missed a delivery attempt and ask you to click on a link to re-schedule the delivery. Or it

could say that your item is ready to ship but you need to update your shipping preferences. Some create a sense of urgency by saying if you don't respond right away, they'll return your package to the sender.

They want you to click on the link without thinking about it and enter your personal or financial information, but the site is fake. A look-alike of a real website. And it'll capture all the information you enter. The link could also install harmful malware on your phone or your computer that steals your information. Things like your usernames and passwords to your online banking, email, or social media accounts that scammers could use to steal your identity and open a new account in your name.



NEW / NEW YEAR / YOU

EAT WITH PURPOSE

Mindful eating is a non-judgmental practice that examines awareness of your natural hunger and satiety cues as well as the look, smell, taste and feel of food. This practice requires you to be present in the moment and acknowledge your thoughts and feelings in response to food. Mindful eating is not a diet but an eating approach that complements any dietary pattern.

Benefits of Mindful Eating

- Connects with your body's inner ability to feel hunger and satiety.
- Helps you accept your current relationship to food, allowing you to be present.
- Brings awareness to thoughts, feelings and physical sensations when eating.
- Teaches you to select food choices that both nourish your body and satisfy.
- May break less healthy eating patterns such as overeating or having dessert after every meal.

Tune Into Internal Factors

Increasing awareness around food includes noticing hunger and satiety cues along with acknowledging how food looks, smells, tastes, and feels to the touch.

- **Hunger Cues:** irritability, growling stomach, headache, fatigue, shakiness
- **Looks:** color, texture, shape
- **Smells:** fragrant, woody, fruity, chemical, minty, sweet, pungent
- **Tastes:** sweet, savory, sour, salty, umami
- **Touch:** soft, squishy, hard, brittle, coarse, smooth
- **Satiety Cues:** thoughts of food subside, feeling of contentment

Tune Out External Factors

Pay attention while eating and be present without judgment or distractions.

- Turn off screens
- Avoid standing
- Reduce multitasking, such as reading while eating
- Do not compare your plate to others
- Pause and consider before you purchase after viewing food marketing

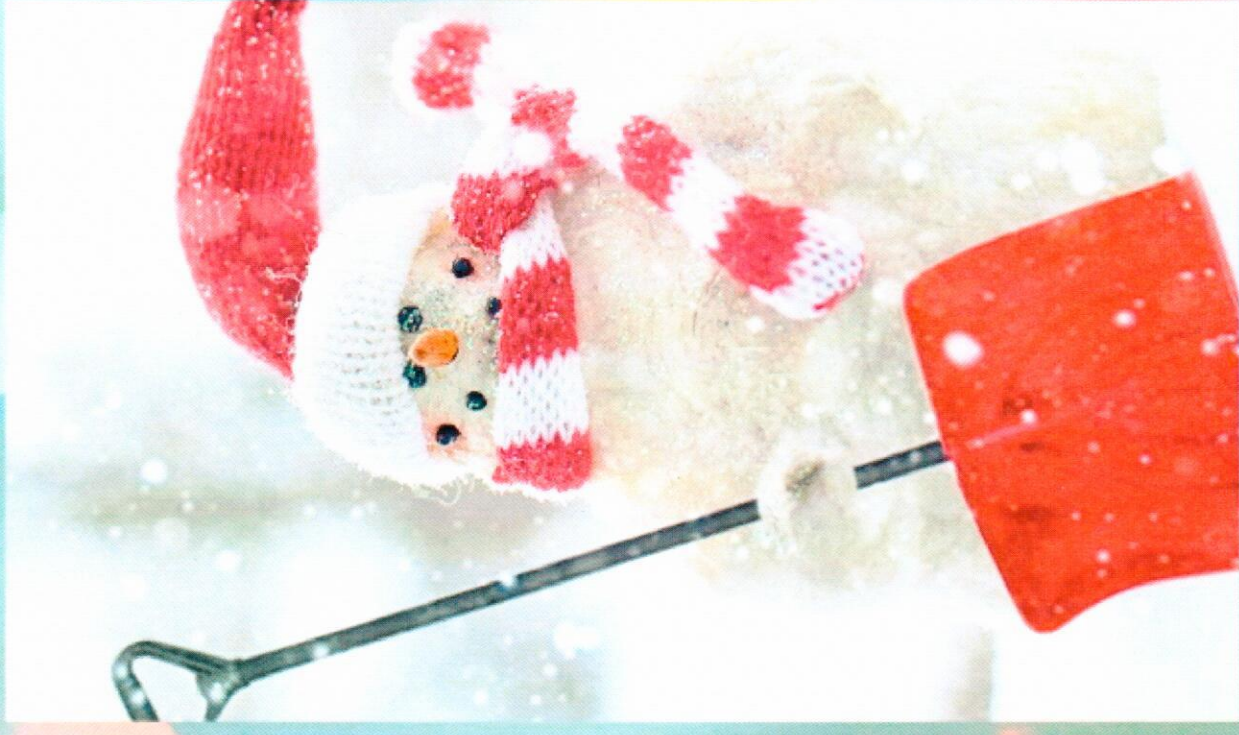
Putting into Practice: Peeling an Orange

Mindful eating takes practice. Start with this exercise.

1. Focus on your physical hunger, your stomach may be growling, or you may feel irritable.
2. Look at your orange. Take in the color. Notice the texture: is it smooth or bumpy?
3. Smell the fruity or bitter elements of the orange as you peel the rind.
4. Taste the sweet and sour bites of each slice.
5. Notice the touch of each segment, the smooth covering with a squishy pulp.
6. Stop when you are satisfied by slowing down to acknowledge your contentment and avoid passing judgement.

Winter Safety - Falls Prevention

1. Be aware of your surroundings- scan ahead for hazards.
2. Use mobility devices, ie: cane, walking sticks, etc.
3. Use sunglasses to reduce glare from snow and rain.
4. Wear appropriate clothing and footwear.
5. Be aware of bringing wet debris into your home making floors slippery.
6. Try not to go out alone, take your cell phone and at night take a flashlight.
7. Be careful getting in and out of your vehicle.
8. Keep driveways and walkways clear.



Funny New Year's Resolutions for Senior Citizens

Here are some New Year's resolution ideas that can help you you're your best life.

- Eat dessert first at every meal.
- Do not act your age.
- Use every single senior discount offered.
- Do something crazy & daring to scare your family.
- Adopt five cats and become a crazy cat person.
- Go out dancing every night.
- Masquerade as your favorite celebrity while out shopping.
- Binge-watch your favorite show while eating a pint of ice cream.
- Share inappropriate jokes at the most awkward moments possible.



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.

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R E S O L U T I O N S I Y A
P P T S A O T R O K E T R A
C Y F A M I L Y R H N T A T
H E A N E W Y O E Y G E U K
A R W D F I W T E H A F N I
C R E S I E D A R A P N A S
O A L V R L R E H T M O J S
Y O L I S Y O A F T A C I N
D P F E T T N H A H H E O P
C P P R N G S H O R C T U N
I L A A O D M I D N I G H T
T P O V H I A E N S H I D D
E N E C I N E R A G C H N E
W R D A K Y S P A R K L E R
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By Jimmy and Evelyn Johnson - www.qets.com

Calendar
Champagne
Clock
Confetti
Family
Fireworks
First

Hangover
Happy
Hat
Holiday
January
Kiss
Midnight

Parade
Party
Resolution
Sing
Sparkler
Toast
Year

