

Hurricane Active Life Center

July 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.

We will be closed July 4th to celebrate Independence Day & July 25th for Pioneer Day.

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

We are looking to volunteers to help in the kitchen & the thrift store.

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.

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 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 Mon & Wed @ 10:00am

Video Yoga – every Thurs @ 10:00am

Movie – first Thursday of every month after lunch ****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 – Wednesday @ 1:00pm

Craft Class – Wednesday @ 1:00pm

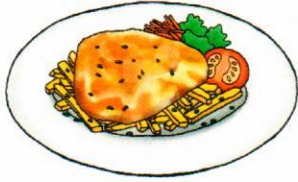
Speech Reading Class – **Temp. Cancelled**

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!



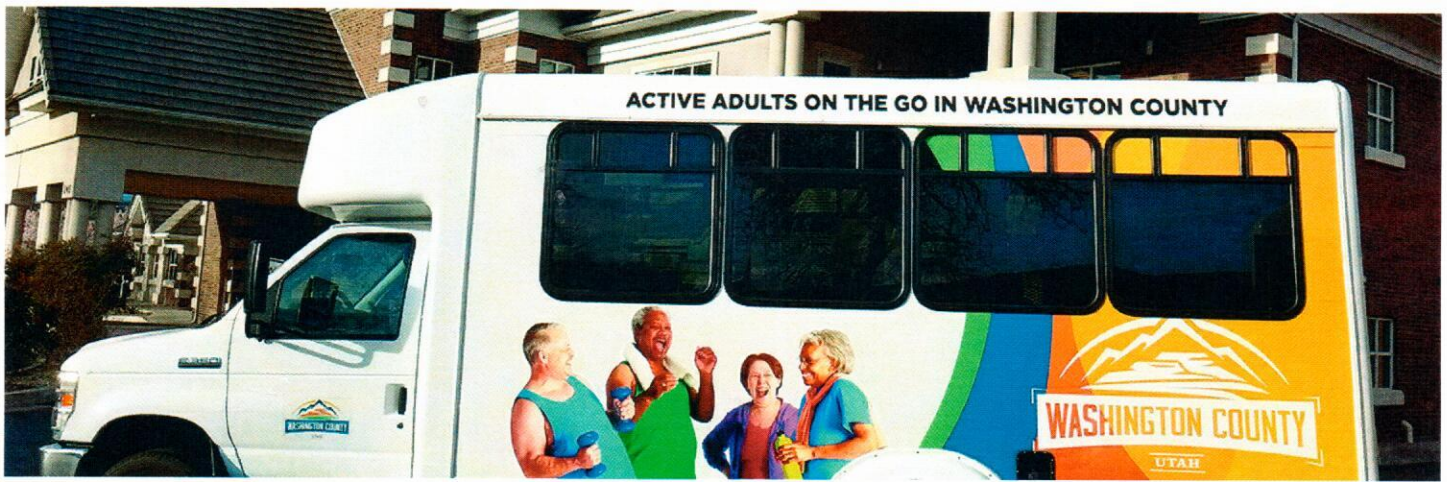
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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.

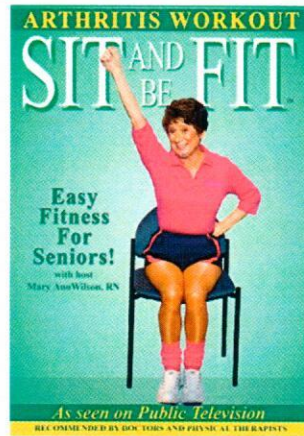
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

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

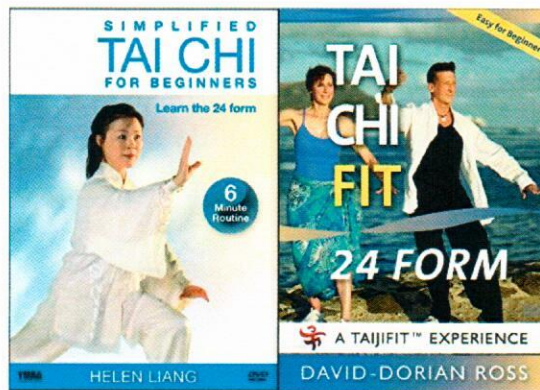
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Exercise Classes

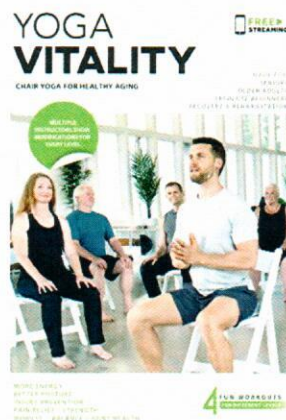
SIT & BE FIT — Monday's & Wednesday's @ 10:00am



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.



Hurricane Active Life Center

435-635-2089

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
CLOSED Independence Day	<i>Independence Day Meal</i> BBQ Chicken Sandwich Hamburger Bun Whole Kernel Corn Coleslaw Seasonal Fruit Cherry Cake Lettuce & Tomato Milk	Glazed Ham Cut Yams Macaroni Salad Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	Swiss Steak Egg Noodles Wheat Bread California Vegetable Blend Whole Kernel Corn Seasonal Fruit Milk Margarine
11	12	13	14
Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Pineapple Milk Ketchup Mustard	Fish Vera Cruz Whole Wheat Tortilla Spanish Rice Black Beans Coleslaw Applesauce Milk	Cheesy Pizza Bake Garlic Texas Bread Italian Vegetable Blend Garden Tossed Salad Tropical Fruit Milk Ranch Salad Dressing	Chicken Fried Rice Wheat Bread Broccoli Cabbage & Carrots Seasonal Fruit Fortune Cookie Milk Margarine
18	19	20	21
Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Dinner Roll Spinach Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Beef & Turkey Chili w/Beans Wheat Bread Baked Potato Half California Vegetable Blend Tropical Fruit Milk Margarine Sour Cream Shredded Cheese	Chicken Salad Sandwich w/Celery & Grapes Brioche Bun Lettuce/Tomato/Onion Coleslaw Mandarin Oranges Oatmeal Raisin Cookie <i>Diet - Vanilla Wafers</i> Milk	<i>Pioneer Day Meal</i> Chili Cheese Dog Hot Dog Bun French Fries Coleslaw Seasonal Fruit Chocolate Chip Cookie <i>Diet - Vanilla Wafers</i> Milk Ketchup
25	26	27	28
CLOSED in observance of Pioneer Day	Honey Lime Chicken Buttered Rice Wheat Bread Brussels Sprouts Cabbage & Carrots Tropical Fruit Milk Margarine	Homemade Meatloaf w/Brown Gravy Au Gratin Potatoes Parslied Carrots Green Peas Dinner Roll Cinnamon Applesauce Milk Margarine	Bratwurst Hot Dog Bun Sauerkraut Baked Beans Seasonal Fruit Milk Ketchup Mustard

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

July Activities

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

4-Jul	5-Jul	6-Jul	7-Jul
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's @ lunch Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Movie after lunch Drawing 101 1:00
11-Jul	12-Jul	13-Jul	14-Jul
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Katelyn Gutierrez to entertain @ lunch Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neck & Shoulder Massage @ 11:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
18-Jul	19-Jul	20-Jul	21-Jul
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Wii bowling 11:00 Hurr. Family Pharm. Presentation @ lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Closed after lunch
25-Jul	26-Jul	27-Jul	28-Jul
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00	Video Chair Yoga 10:00 Neck & Shoulder Massage Chyrrel & Terry Maupin entertain @ lunch Birthday Celebration Knitting/Crochet 1:00 Drawing 101 1:00

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



Medicare Coverage of Ambulance Services

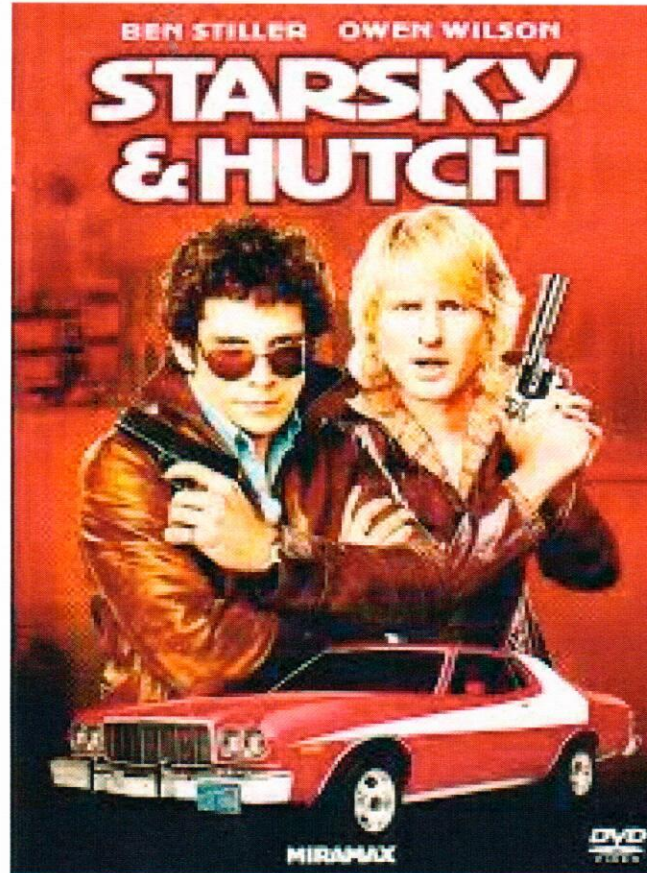
Medicare covers ground ambulance services under Part B. Your ride will be covered when traveling in any other vehicle could endanger your health and you need medically necessary services from a hospital or skilled nursing facility. The reason for your trip must also be for a Medicare-covered service. In extreme cases, Medicare will also pay for ambulance transportation in an airplane or helicopter if ground travel is deemed a danger to your health. This may include scenarios in which your location can't be reached easily by ground transportation, or if obstacles like distance or traffic are likely to put your health in danger by delaying your arrival at a care facility. Keep in mind that Medicare will only pay for an ambulance to the nearest medical facility that can provide the care you need. If you need care beyond what your local hospital can provide, Medicare will cover the cost of medically necessary transportation to another facility. But if your local hospital can provide the care you need, transportation to another hospital will not be covered.

Billing mistakes are fairly common with ambulance transportation. Medicare will often conditionally approve transportation and make a final decision later. If you have billing issues related to ambulance transportation, the SHIP program can help! Contact your local SHIP at (435)673-3548.



Wheelchair scams are a common type of durable medical equipment (DME) fraud. You've probably seen commercials on TV offering wheelchairs at "little or no cost to you." Be aware; the Medicare rules stipulate that you must have a legitimate need before obtaining these devices, and a Certificate of Medical Necessity must be signed by your doctor. Do not let anyone talk you into stockpiling equipment for later use. If you do need the equipment, it should only be ordered through your regular family physician. If someone calls and tries to threaten or pressure you into something, simply hang up the phone. Contact your Senior Medicare Patrol to report this or other scams.

Movie of the Month:



Cast

•Ben Stiller•Owen Wilson

•Snoop Dogg•Vince Vaughn

Two streetwise cops bust criminals in their red and white Ford Gran Torino, with the help of a police snitch called “Huggy Bear”.

beat the summer heat

STAY

Hydrated!

Good hydration is one of the most important aspects of a healthy diet. Drinking enough fluid allows our bodily functions to take place as they should. Water is the best source of fluid but most all fluid counts. Read on to learn more.

7 Health Benefits of Proper Hydration

- Support a healthy immune system
- Maximizes physical performance and brain function
- Improves energy levels
- Supports digestion
- May Help Relieve Constipation
- May prevent kidney stones
- Decreases joint pain

8 Ways to Drink More Water:

1. Know Your Fluid Needs First

Women need about 11.5 cups of fluids per day. How much you need depends on your environment, diet, the season, activity level and overall health. A general guideline: women need about 11.5 cups of fluids per day and men need about 15.5 cups of fluids per day. 20% of your fluid intake should come from food.

2. Set a Daily Water Intake Goal

Record your progress to help keep you on track.

3. Always Have Water with You

Keep a water bottle within reach throughout the day.

4. Set Reminders

Use an app or an alarm to remind yourself to drink water.

5. Drink One Glass of Water Before Each Meal

This habit may add up to 3 extra cups to your daily water intake.

6. Choose Water When Eating Out

You'll save money and reduce calories.

7. Flavor Your Water

Add fruits like lime, lemon, strawberries and kiwi for a boost in flavor.

8. Eat More Hydrating Foods

Try watermelon, strawberries, cabbage, cucumbers, grapefruit, soup, plain yogurt and cottage cheese.

Summer safety tips for seniors: How to help older adults stay healthy when it's hot outside

Summer safety tips for seniors: Tips for (safely) having fun in the sun.

Boost their hydration: Seniors are more susceptible to dehydration than younger people because they don't sweat or recognize thirst as effectively as they used to. To prevent dehydration, caregivers make sure seniors drink plenty of water before heading outdoors and throughout any time spent in the sun.

Slather on sunblock and dress for success: The fatty layer below our skin gets thinner with age, says Healy, making seniors more sensitive to the dehydrating effects of sun exposure.

Know when to stay inside: Exercising outdoors is wonderful: It's proven to boost one's mood, and it's a great way for older adults, who might have suffered from loneliness and isolation during the pandemic, to safely spend time with friends and neighbors.

Keep medications up to date and properly stored: Managing prescriptions may require extra care during the summer, especially if you or your loved one is planning a vacation. If they take more than a couple of meds, ask them to carry a list in their wallet, including dosages and frequency.

Prevent trips and falls: People usually think about falls during the winter, when it's icy outside, but in summer, seniors are spending more time outdoors, often in unfamiliar terrain, so we still have to be careful.

Follow COVID-19 protocols: After staying home for much of the past two years, many seniors are now vaccinated and excited about seeing family and friends. Try to hold big events outdoors, and avoid gatherings if any guests are currently ill or have tested positive.

Take frequent travel breaks: Seniors are at an increased risk of getting DVT due to their age, and summer travel can further heighten that risk. That's because sitting for long periods of time — as we might on a crowded airplane or in the backseat of a car — can cause blood clots to form.

Watch out for telltale hyperthermia symptoms: During the summer, caregivers should watch for a range of symptoms associated with hyperthermia, an umbrella term for heat-related illnesses.

Stay in touch: Ultimately, summer calls for being especially vigilant in looking out for your older loved one.

This summer, many seniors looking forward to traveling, seeing friends and family, and enjoying warm weather. Giving your aging loved one a little extra TLC will ensure they, and you, can enjoy all the benefits of the season while staying safe and healthy.

Protect yourself from Scams and Fraud



Block unwanted calls and texts.
You won't fall victim to a scam
call you never get!



Never buy a gift card as a
payment method. Scammers
love gift cards because
once they have the card
number, it's difficult to trace.



Don't give out your
personal information to
a request you didn't
expect.



Stop and talk to someone
you trust before you act.
Talking things through
can help you recognize
a scam.

For more information visit: <https://www.consumer.ftc.gov/articles/how-avoid-scam>



INDEPENDENCE 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.

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

Created by Evelyn Johnson - www.qets.com

America	Flag	Liberty
Ancestor	Forefathers	Nation
Band	Fourth	Parade
Blue	Freedom	Patriot
Celebration	Heritage	Red
Constitution	Holiday	Republic
Fireworks	July	White