

Hurricane Active Life Center

July 2023 Newsletter



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

Beginning April 1st, the Suggested donation for lunch is now \$4.00 per meal. Under 60 clients are welcome for \$7.00 per meal.

The center will be closed July 4th & July 24th to celebrate Independence Day & Pioneer Day.

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 & Horizon – Blood Pressure/Sugar checks – every Monday & Every 3rd Wednesday 11:00am-12:00pm

Tai Chi – every Monday @ 1:30pm

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

Video Tai Chi – every Tues @ 10:00am

Video Yoga – every Thurs @ 10:00am

Movie – see Activity Schedule

** Free ** Popcorn **

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Hand & Foot Card Game– Tues @ 12:30pm

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

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

Drawing 101 – Thursday @ 1:00pm

Caregiver Support – will resume in Sept.

Craft Class – Wednesday @ 1:00pm

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!



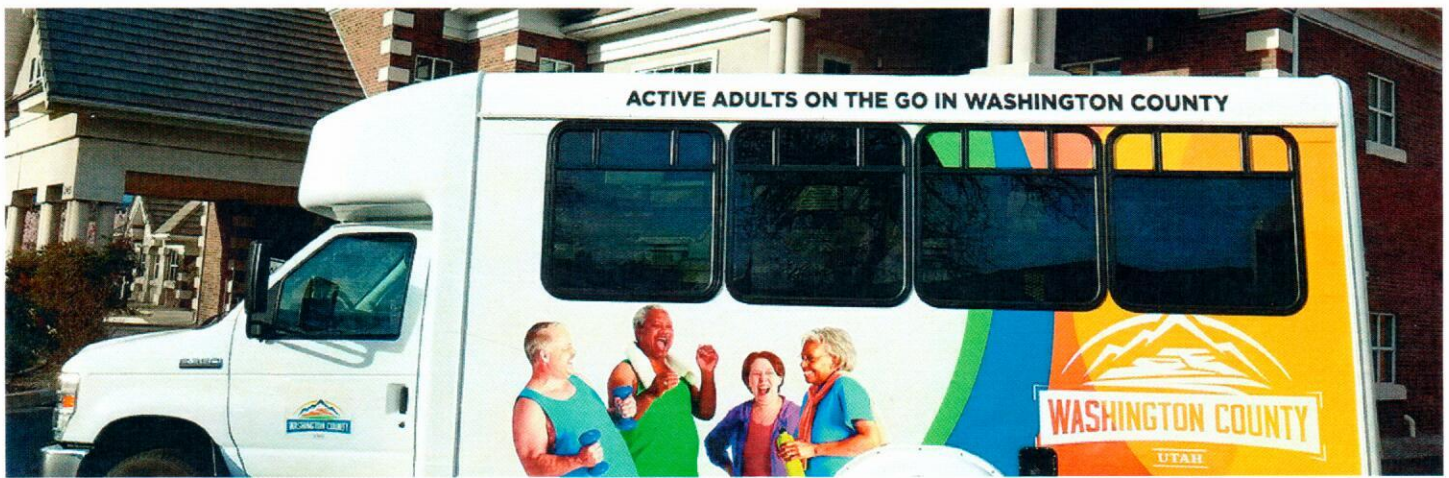
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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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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.

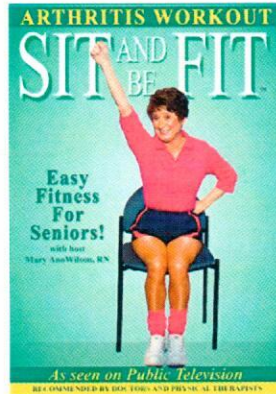
NOTE: Please allow a 15 minute window on either side of your requested Pickup time.

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

****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 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 2023

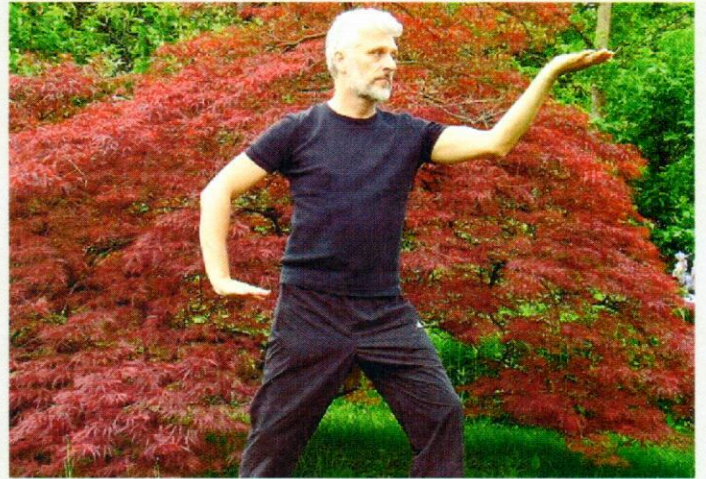
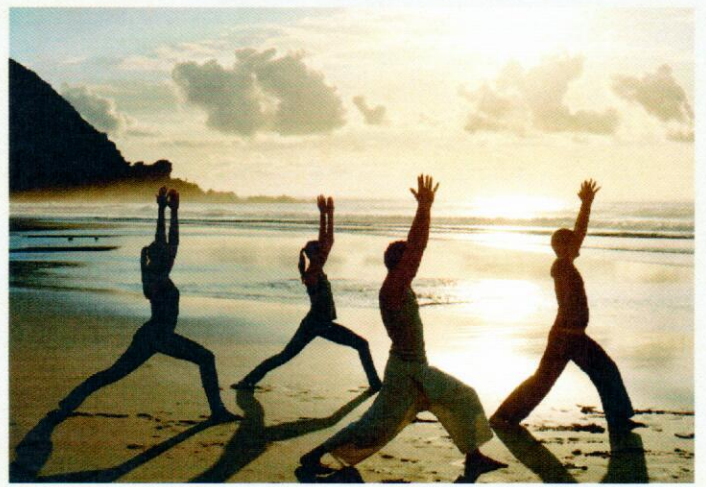
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Independence Day Meal BBQ Chicken Sandwich Lettuce & Tomato Whole Kernel Corn Coleslaw Seasonal Fruit Cherry Cake Milk	Closed for Holiday	Glazed Ham Cut Yams Pasta Salad Mixed Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Swiss Steak Egg Noodles California Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine
10	11	12	13
Cheeseburger Lettuce/Tomato/Onion Potato Wedges Hamburger Bun Pineapple Milk Ketchup Mustard	Taco Spanish Rice Pinto Beans Coleslaw Flour Tortilla Applesauce Milk Taco Sauce	Cheesy Pizza Bake Italian Vegetable Blend Garden Tossed Salad Texas Bread Tropical Fruit Milk Salad Dressing	Chicken Fried Rice Broccoli Cabbage & Carrots Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine
17	18	19	20
Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Beef Chili w/Beans Shredded Cheese Baked Potato Half California Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine Sour Cream	Chicken Salad Sandwich Lettuce/Tomato/Onion Coleslaw Hamburger Bun Fresh Grapes Sugar Cookie Milk <i>Diet - Vanilla Wafers</i>	Pioneer Day Meal Chili Cheese Dog French Fries Coleslaw Hot Dog Bun Seasonal Fruit Chocolate Chip Cookie Milk Ketchup Diet - Vanilla Wafers
24	25	26	27
Closed for Holiday	Homemade Meatloaf Brown Gravy Au Gratin Potatoes Carrots Brussels Sprouts Dinner Roll Fruited Gelatin Milk Diet-Sugar-Free Fruited Gelatin Margarine	Honey Lime Chicken Buttered Rice Green Peas California Vegetable Blend Wheat Bread Tropical Fruit Milk Margarine	Beef Hot Dog Crinkle Cut Fries Baked Beans Hot Dog Bun Seasonal Fruit Milk Ketchup Mustard
31			
Sliced Turkey Breast Gravy Au Gratin Potatoes Green Beans w/Onions Spinach Salad Wheat Bread Tropical Fruit Milk Salad Dressing	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		

July Activities

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

3-Jul	4-Jul	5-Jul	6-Jul
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Closed for Holiday	Billiards 9:00-3:00 Video Sit Fit 11:00 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00
10-Jul	11-Jul	12-Jul	13-Jul
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Joint/Knee Presentation Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 11:00 Nutrition Class 11:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neck & Shoulder Massage Drawing 101 1:00 Knitting/Crochet 1:00
17-Jul	18-Jul	19-Jul	20-Jul
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Nail-trim for feet 10:00 Hand & Foot Cards 1:00	Video Sit Fit 11:00 Health Screening 11:00 Nutrition Class 11:00 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Rob Goulding to entertain @ lunch Drawing 101 1:00
24-Jul	25-Jul	26-Jul	27-Jul
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot Cards 1:00	Billiards 9:00-3:00 Video Sit Fit 11:00 Nutrition Class 11:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Knitting/Crochet 1:00 Drawing 101 1:00 Birthday Celebration
31-Jul			
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30			

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



THE AREA AGENCY ON AGING- FIVE COUNTY
RSVP PROGRAM PRESENTS:

TAI CHI

Starts
April 10th, 2023

A FREE class for Older Adults

MONDAYS 1:30 PM TO 2:30 PM

HURRICANE CITY SENIOR CENTER
95 N. 300 W.
HURRICANE, UTAH

This class for beginners teaches the basic elements of Tai Chi, helping with coordination, balance, flexibility and more. To register call contact Maria Bailey at (435)673-3548 or Hurricane Senior Center at (435) 635-2089

Free classes on how to prepare delicious food and be active on a budget.



CREATE SNAP-ED
BETTER HEALTH™



Hurricane Active Life Center - Seniors
95 N. 300 W. Hurricane, UT

Cost is **FREE!**

DATE	TIME	CLASS
Wednesday, July 12	10:30 AM	MyPlate - overview of 5 food groups & Physical Activity
Wednesday, July 19	10:30 AM	Meal planning, Grocery shopping, Nutrition facts labels
Wednesday, July 26	10:30 AM	Fruits & Vegetables, Overcoming barriers to Physical Activity
Wednesday, Aug 2	10:30 AM	Establishing healthy eating patterns
Wednesday, Aug 9	10:30 AM	Healthy snacks and Healthy hydration
Wednesday, Aug 16	10:30 AM	MyPlate review, food safety, Making movement fun




For more information, contact, shelly.scoresby@usu.edu, 435-375-8939

Scan me

Extension
Utah State University.



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ALZHEIMER'S  ASSOCIATION®
EDUCATION SERIES

**HURRICANE ACTIVE LIFE CENTER
95 NORTH 300 W
HURRICANE UTAH**

**ALL CLASS TIMES
ARE 1:00 PM**

Tuesday August 15, 2023
**Understanding Alzheimer's and
other Dementia**

Tuesday August 22, 2023
10 Warning Signs of Alzheimer's

Tuesday August 29, 2023
**Healthy Living for Your Brain and
Body**

 To register 385-831-7123



Announcing Education Series:

Location Hurricane Active Life Center

95 N 300 W

Hurricane Utah

Preregistration is recommended: Contact Tracy HeavyRunner theavyrunner@alz.org or 385-831-7123

Time and Dates: Tuesdays at 1:00 PM 1 hour Education

Week One August 15 "Understanding Alzheimer's and Dementia:

program explains basics of Alzheimer's and dementia

In the United States alone, more than 5 million individuals are living with Alzheimer's and 16 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community. However, no one has to face this disease alone or without information.

The Alzheimer's Association® has created an education program covering the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed.

The free one-hour Understanding Alzheimer's and Dementia program:

- Explores the relationship between Alzheimer's disease and dementia.
- Examines what happens in a brain affected by Alzheimer's.
- Details the risk factors for and three general stages of the disease.
- Identifies FDA-approved treatments available to treat some symptoms.
- Looks ahead to what's on the horizon for Alzheimer's research.
- Offers helpful Alzheimer's Association resources.

Week 2

Tuesday August 22, 2023 "10 Warning Signs of Alzheimer's"

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

alzheimer's association®

The free one-hour program:

- Explores typical age-related changes.
- Describes common signs of Alzheimer's and dementia.
- Explains the importance of early detection and benefits of diagnosis.
- Details possible tests and assessments for the diagnostic process.
- Identifies helpful Alzheimer's Association resources.

Week 3 Tuesday August 29 "Healthy Living for Your Brain and Body"

Healthy Living for Your Brain and Body: Tips from the Latest Research program. This program is designed to offer you research based recommendations about taking care of our brains and our bodies in order to age as well as possible. NOTE: This program is intended for healthy individuals who are looking for ways to age well. If you have concerns about your memory or have Alzheimer's disease or dementia please contact the Alzheimer's Association to speak with someone and find out about other programs that are available.

Virtual Caregiver Support Groups

Please Contact our Helpline at 800.272.3900 or visit [communityresourcefinder.org](https://www.communityresourcefinder.org) to register before attending a support group.

1st & 3rd Weds

11:00 am - 12:00 pm

Dementia Caregiving Support

3rd Thur

10:00 am-11:00 am

Dementia Caregiving with Bonnie Shepherd

Contact: 801.231.3442

1st Thur

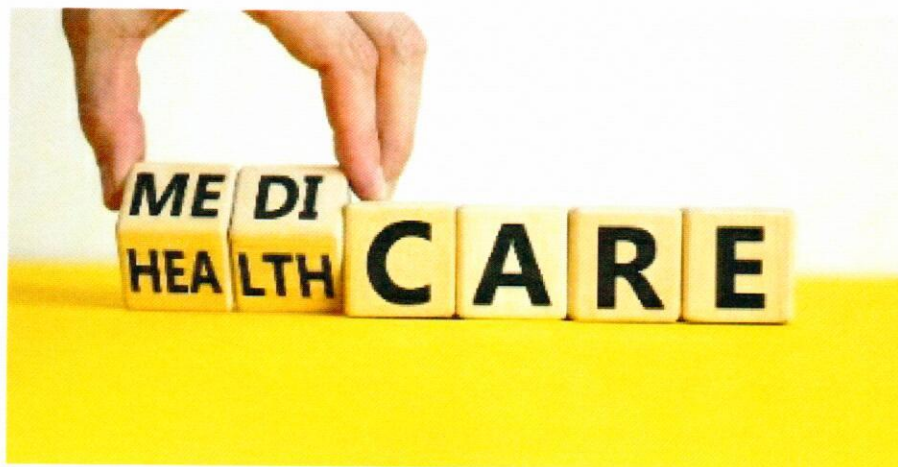
12:00 pm-1:30 pm

Dementia Caregiving Support, in partnership with University of Utah Health

Thursdays at 3:30 pm

Mindful Self-Care Practice for Caregivers

w/ Raven Albertson, CHES®



Some people with Medicare are getting unordered COVID tests in the mail — lots of tests — and Medicare is getting the bill. Others don't get tests but find charges for tests on their Medicare statements. People report that they don't remember agreeing to orders or recognize the names of the companies that charge them. Frauds like this, along with mistakes and abuse, cost Medicare an estimated \$60 billion each year and steal people's time and energy. If you have Medicare, here are some things to consider.

- Don't give anyone your Medicare number over the phone. Protect it just like you protect your credit card number. Callers who offer "free supplies," "no-cost" lab tests, or say you need a replacement Medicare card are scammers trying to get your Medicare number. Don't give them any information.

Remember: the real Medicare will never ask for your number. They already have it!

- Read your Medicare Summary Notices (MSN) and Explanations of Benefits (EOB), either on paper or at [Medicare.gov](https://www.Medicare.gov). When you read each statement, look for services, products, or equipment Medicare paid for, but you didn't get. Do the statements show any double charges, or things you or your doctor didn't ask for?

- If you suspect Medicare fraud, call your health care provider or plan and ask for an explanation. If you aren't satisfied with their response, call your local Senior Medicare Patrol to find out where to make a complaint. Or call Medicare at 1-800-MEDICARE. If you got COVID tests you didn't order, tell the Health and Human Services Office of Inspector General online or at 1-800-HHS-TIPS (1-800-447-8477).

Medicare and Transportation Services

Ambulances are vehicles that transport patients to and from medical facilities, like hospitals. Ambulances are medically equipped and staffed by professionals like EMTs or paramedics. Today we will talk about how Medicare covers transportation in ambulances.

Point 1: Understand how Medicare covers emergency ambulance transportation.

Medicare Part B covers emergency ambulance services. Medicare considers an emergency to be any situation when your health is in serious danger, and you cannot be transported safely in another way. There are certain requirements you must meet for Medicare to cover an emergency ambulance ride:

- First, the ambulance must be medically necessary. This means it is the only safe way to transport you.
- Second, the reason for your trip must be to receive or to return from receiving Medicare-covered care.
- Third, you must be transported to and from certain locations. For example, from your home to the nearest hospital, or, from a skilled nursing facility to your home. Medicare will only cover your ride to a medical facility when it's the nearest appropriate facility that's able to give you the care you need.
- Finally, the transportation supplier must meet Medicare's ambulance requirements. For example, the ambulance must be staffed by at least two people.

Point 2: Understand how Medicare covers non-emergency ambulance transportation.

Medicare Part B sometimes covers non-emergency ambulance transportation. You must meet one of two requirements to have your non-emergency ambulance ride covered:

- One, you are confined to your bed. This means you are unable to get up from bed without help, unable to walk, and unable to sit in a chair or wheelchair.
- Or two, you need vital medical services during your trip that are only available in an ambulance. For example, you may need medications administered during the trip or need your vital functions monitored.

Medicare may also cover scheduled and regular non-emergency ambulance transportation. To get this kind of transportation covered, your doctor must send the ambulance supplier a written order. The written order needs to state that the transport is medically necessary. It must also be dated no earlier than 60 days before the trip. In certain states, ambulance suppliers must also receive prior authorization from Original Medicare before providing scheduled, non-emergency transportation.

Point 3: Know how Medicare covers air ambulance transportation.

In limited cases, Medicare Part B covers transportation in an air ambulance. An air ambulance is usually a helicopter that has medical equipment and is staffed by medical professionals. For Medicare to cover an air ambulance transport, the service must be medically necessary. This means that you require immediate and rapid ambulance transportation that could not be provided by a ground ambulance. More specifically, air transportation must be needed either because ground ambulance cannot get to you where you are or there is a great distance to travel or another obstacle involved in getting you to the nearest appropriate facility.

Point 4: Recognize and report ambulance fraud, errors, or abuse.

If you believe you have experienced ambulance fraud, errors, or abuse, you should contact your local Senior Medicare Patrol, or SMP. Here are some red flags to watch for:

- You were transported in an unapproved ambulance like a taxi or rideshare.
- Your ambulance was not staffed by two EMTs.
- An ambulance company billed for more mileage than the actual distance of your ambulance trip.
- An ambulance was ordered for you, even though it wasn't medically necessary for you.
- You were transported from your house to a non-covered destination, like your doctor's office or a community health center.



NATIONAL GRILLING MONTH

MAXIMIZE FLAVOR MINIMIZE HARM

July is National Grilling Month and one of the best things about summer is firing up the grill! However, before you fire up the grill, know that grilling animal proteins can be harmful to your health when not taking proper precautions. Studies show that when exposing animal proteins to high heat from open flames on the grill, toxic chemicals are formed that negatively impact our health. The longer the meat is exposed, the greater the risk. But no need to give up grilled meat – just follow the safety tips below to maximize flavor and minimize harm.

TOXIC CHEMICALS FORMED DURING GRILLING

Carcinogens: Heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) cause changes in DNA that may increase the risk of cancer.

Other: Advanced glycation end products (AGEs) are linked to chronic disease, memory loss and premature aging.

- 1. Marinate your meat.** Marinades create a protective barrier between the meat's proteins and the grill's high heat, which may reduce the risk of toxins developing. They add flavor too!
- 2. Avoid burning.** Some char is unavoidable; however, excessive char can contain toxins. Remove all charred or burned areas off food before eating.
- 3. Continuously turn.** Turning meat often can reduce carcinogen formation.
- 4. Shorten grill time.** Use another heat source to partially cook your meat, such as a microwave, oven or pan before grilling.
- 5. Size matters.** To speed up the cooking time, cut meat into smaller pieces.
- 6. Grill lean meats or seafood instead.** Fatty pieces of meat are more likely to drip fat into the flames and create excess smoke, which contains toxins.
- 7. Clean your grill.** Scrub your grill with a brush before and after you grill to remove the buildup of toxins. Your food will taste better too.
- 8. Eat veggies with your grilled meat.** While they will not cancel out the effects of charbroiled meats completely, the antioxidants in the plant foods will work hard to reduce the harmful effects of toxins on your body.

KEEP FOOD SAFE

Grill with food safety in mind. Same kitchen rules apply at the grill. Keep animal protein separated from other food and chilled until use. Thaw and marinate food safely in the refrigerator. Avoid cross-contamination by throwing out marinade used with raw animal protein and using clean utensils. Cook animal protein to proper temperatures. Learn more about food safety at the grill by visiting www.cdc.gov.

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

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