

# Hurricane Senior Center

## June 2020 Newsletter

Happy  
Father's  
Day! 

Our Center is closed but we are still doing:

Meals on Wheels

Dial-a-ride

Frozen grab and go meals (curbside delivery)

Limited staff will be available to run critical programs.

Please call the center with any questions.

All activities cancelled until further notice.

The decision to re-open the center will be evaluated on a daily basis.

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 \$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** -1<sup>st</sup> & 3<sup>rd</sup> Monday

**Encompass Home & Healthcare – Blood Pressure checks** – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday @ 11:00am-12:00pm

**Hurricane Family Pharmacy** – Presentation 3<sup>rd</sup> Wednesday @ 12:00pm

**Zions Way** – Hand and Neck Massages – 2<sup>nd</sup> Thursday @ 11:00am – 12:00pm

**Tai Chi Class** – every Tues & Thurs @ 10:00am

**Writing Group** – 2<sup>nd</sup> & 4<sup>th</sup> Mon @ 12:30pm

**Yoga Class** – every Mon @ 10:00am

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

**Crochet Class** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Craft Class** – every Wed @ 1:00pm

**Bereavement Support Group**– Last Wed @ 2:30

**Bingo 60+ Only** – every Thursday @ 12:30pm

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

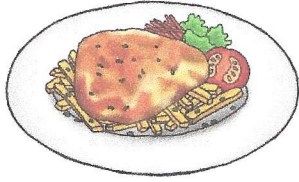
**Bridge Group** – every Monday @ 12:30

**Paint Group** – Tuesdays @ 1:00pm (Not during summer months)

**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](http://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 \$3.00 one way or \$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 ACTIVE LIFE CENTER

June 2020



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   |
|---|---|---|--|
| 1<br>Creamy Paprika Chicken<br>Scalloped Potatoes<br>Key Largo Vegetables<br>Mixed Green Salad<br>Wheat Roll<br>Seasonal Fruit<br>Milk<br>Margarine<br>Ranch Salad Dressing | 2<br>Lemon Pepper Tilapia<br>Buttered Rice<br>Capri Vegetables<br>Cucumber Tomato Salad<br>Texas Bread<br>Seasonal Fruit<br>Milk<br>Margarine                     | 3<br>Fajita Chicken<br>Lettuce & Tomato<br>Black Beans<br>Fiesta Vegetable Blend<br>Flour Tortilla<br>Peaches<br>Milk<br>Taco Sauce<br>Sour Cream   | 4<br>Homemade Meatloaf w/Brown Gravy<br>Whipped Potatoes<br>Green Beans<br>Spinach Salad<br>Wheat Roll<br>Seasonal Fruit<br>Milk<br>Margarine<br>Ranch Salad Dressing                            |
| 8<br>Salisbury Steak with Onion Gravy<br>Mashed Potatoes<br>Spinach<br>Three Bean Salad<br>Wheat Roll<br>Applesauce<br>Milk<br>Margarine<br>Ranch Salad Dressing            | 9<br>Hawaiian Chicken Haystack<br>Japanese Vegetables<br>Pineapple Tidbits<br>Milk  | 10<br>Beef Spaghetti Sauce<br>Spaghetti<br>Italian Vegetable Blend<br>Mixed Green Salad<br>Garlic Bread<br>Hot Spiced Apples<br>Milk<br>Margarine<br>Ranch Salad Dressing   | 11<br>Shredded Pork with Sweet Thai Chili Sauce<br>Jasmine Rice<br>Brussels Sprouts<br>Mixed Green Salad<br>Wheat Roll<br>Seasonal Fruit<br>Milk<br>Margarine<br>Ranch Salad Dressing            |
| 15<br>BBQ Pork<br>Baked Beans<br>Coleslaw<br>Hamburger Bun<br>Hot Cinnamon Applesauce<br>Milk   | 16<br>Crispy Baked Chicken<br>Au Gratin Potatoes<br>Green Beans<br>Mixed Green Salad<br>Wheat Roll<br>Seasonal Fruit<br>Milk<br>Margarine<br>Ranch Salad Dressing | 17<br>Beef Lasagna Bake<br>Broccoli<br>Mixed Green Salad<br>Garlic Bread<br>Grapes<br>Milk<br>Margarine<br>Ranch Salad Dressing   | 18<br><i>Father's Day</i><br>Roast Beef with Gravy<br>Baked Potato/Sour Cream<br>Cabbage with Carrots<br>Corn Salad<br>Dinner Roll<br>Sugar Cookie<br>Milk<br>Margarine<br>Diet - Vanilla Wafers |
| 22<br>Potato Crusted Fish<br>Tater Tots<br>Green Pea Salad<br>Wheat Roll<br>Pears<br>Milk<br>Tartar Sauce<br>Ketchup  | 23<br>Meatballs w/Cranberry Sauce<br>Brown Rice<br>Cabbage<br>Carrots<br>Wheat Roll<br>Mandarin Oranges<br>Milk<br>Margarine                                      | 24<br>Bratwurst<br>Sauerkraut<br>German Potato Salad<br>Hot Dog Bun<br>Apple Blueberry Crisp<br>Milk<br>Mustard<br>Diet - Spiced Apples   | 25<br>Parmesan Chicken<br>Penne Pasta<br>Capri Vegetables<br>Spinach Salad<br>Breadstick<br>Seasonal Fruit<br>Milk<br>Margarine<br>Ranch Salad Dressing  |
| 29<br>Country Fried Steak with Country Gravy<br>Whipped Potatoes<br>Stewed Tomatoes<br>Coleslaw<br>Texas Bread<br>Mixed Fruit<br>Milk<br>Margarine                          | 30<br>Glazed Ham<br>Yams<br>Garden Vegetable Blend<br>Mixed Green Salad<br>Wheat Roll<br>Seasonal Fruit<br>Milk<br>Margarine<br>Ranch Salad Dressing              | <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>Milk and Bread served with all meals.</p> <p>A Salad Bar is available every day in the dining room.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p> |  |

## History of Father's Day in the United States

Father's Day was inaugurated in the US in the early 20th century to complement Mother's Day in celebrating fathers, fathering, and fatherhood.

Father's Day was founded in Spokane, WA at the YMCA in 1910 by Sonora Dodd, who was born in Arkansas. Its first celebration was in the Spokane YMCA on June 19, 1910. Her father, the Civil War veteran William Jackson Smart, was a single parent who raised his six children there. After hearing a sermon about Anna Jarvis's Mother's Day at Central Methodist Episcopal Church in 1909, she told her pastor that fathers should have a similar holiday honoring them. Although she initially suggested June 5, her father's birthday, the pastors did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday of June.

It did not have much success initially. In the 1920s, Dodd stopped promoting the celebration because she was studying in the Art of Inst. of Chicago, and it faded into relative obscurity, even in Spokane. In the 1930's Dodd returned to Spokane and started promoting the celebration again, raising awareness at a national level. She had the help of those trade groups that would benefit most from the holiday, for example the manufacturers of ties, tobacco pipes, and any traditional present to fathers. Since 1938 she had the help of the Father's Day Council, founded by the NY Associated Men's Wear Retailers to consolidate and systematize the commercial promotion. Americans resisted the holiday during a few decades, perceiving it as just an attempt by merchants to replicate the commercial success of Mother's Day, and newspapers frequently featured cynical and sarcastic attacks and jokes. But the trade groups did not give up: they kept promoting it and even incorporated the jokes into their adverts, and they eventually succeeded. By the mid-1980s the Father's Council wrote that "(...) [Father's Day] has become a Second Christmas for all the men's gift-oriented industries."

A bill to accord national recognition of the holiday was introduced in Congress in 1913. In 1916, President Wilson went to Spokane to speak in a Father's Day celebration and wanted to make it official, but Congress resisted, fearing that it would become commercialized. US President Coolidge recommended in 1924 that the day be observed by the nation, but stopped short of issuing a national proclamation. Two earlier attempts to formally recognize the holiday had been defeated by Congress. In 1957, Maine Senator Margaret Smith wrote a proposal accusing Congress of ignoring fathers for 40 years while honoring mothers, thus "[singling] out just one of our two parents". In 1966, President Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Nixon signed it into law in 1972.

[https://en.wikipedia.org/wiki/Father%27s\\_Day\\_\(United\\_States\)](https://en.wikipedia.org/wiki/Father%27s_Day_(United_States))

# "TEATIME" WITH SHERI



A WEEKLY SUPPORT  
GROUP:

PLEASE COME  
PREPARED TO:

*Be Encouraged &  
encourage others.*

*Provide support as well  
as receive support!*

*-Learn new information*

*Gain HOPE!*

*- Help others*

*- Stay connected*

**WHEN: THURSDAYS**

**TIME: 1:00-1:30 PM**

**WHERE: THE COMFORT OF YOUR HOME!**

**HOW TO:**

Contact: Sheri Reber  
[sreber@fivecounty.utah.gov](mailto:sreber@fivecounty.utah.gov)

to register. She will provide further  
instructions.



[areaagencyonagingfivecounty.org](http://areaagencyonagingfivecounty.org)



[facebook.com/AgingFiveCountyUtah/](https://facebook.com/AgingFiveCountyUtah/)



AAA Five County



[pinterest.com/fivecountyaging/](https://pinterest.com/fivecountyaging/)





# ALZHEIMER'S & BRAIN AWARENESS MONTH

## HEALTHY *Me,* HEALTHY *Mind*

Alzheimer's disease and dementia impacts every 1 in 10 Americans over the age of 65 or approximately 5.7 million Americans. The development of Alzheimer's disease and dementia occurs over many years; therefore, chances of developing the disease increases over the age of 65. While age, gender, genetics, and environment contribute to risk of Alzheimer's disease and dementia, **many risk factors are tied to lifestyle factors**, such as smoking, unhealthy diet, lack of exercise, and social isolation. Cardiovascular disease, diabetes, depression, and obesity are also risk factors which have significant lifestyle associations as well. Making healthy choices now will help support your mental health today and into the future. Follow the tips below to better mental health.

### EAT MINDfully

The MIND diet may reduce your risk of Alzheimer's disease, up to 53%. The MIND diet is a combination of the Mediterranean diet principles with the DASH (Dietary Approaches to Stop Hypertension) diet. Follow the tips below to eat more MINDfully.

- Be picky about what you feed your body and mind.
- Aim for at least 3+ servings of whole grains per day.
- Consume 6+ servings of leafy greens per week—think salads, sautéed greens, green smoothies.
- Berries are delicious on top of cereals, salads, or alone as a snack—aim for 2+ servings weekly.
- Plan out your lunch and dinner meals to have at least 1–2 servings of fish per week.
- Nuts are a perfect snack—portion out 5 servings in snack bags to take to work.
- Substitute unsaturated oils, like olive oil, instead of butter and margarine for most recipes.
- Spare your mind from fried or fast foods—aim for less than 1x per week.
- The MIND diet recommends less than one serving per week of cheese.
- Switch your sweets from cakes, cookies and pies to fresh fruits and berries.

### LIVE HAPPILY

Being happy is critical to mental health. Incorporate the following tips into your life to help you live more happily.

- Avoid too much alone time. Stay in touch with family and friends.
- Join community organizations and clubs to reduce risk of boredom and depression.
- Make exercise a priority and perform physical activities that bring you joy.
- Strive to obtain seven to eight hours of sleep each night.
- Avoid excessive alcohol consumption. Practice alcohol moderation with only one glass of wine per day.
- Spend time journaling a few times per week to keep your mind engaged with your goals.
- Use motivational daily calendars to set yourself up with positivity each day.
- Hang around friends and coworkers that are also working to live healthfully.
- Reach out to a smoking cessation program to help live a tobacco free life.

During this time of social distancing and staying home, pull out your photographs! You can organize them, label with names and share stories with your loved ones.



# Father's Day Word Search

**Instructions:** Try to find all of the hidden Father's Day words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



## Word List

|           |             |         |
|-----------|-------------|---------|
| CONFIDENT | GIVING      | RESPECT |
| FAMILY    | INSIGHTFUL  | SHARES  |
| FRIEND    | INSPIRATION | SMILES  |
| GENEROUS  | NURTURING   | TALK    |

