

Hurricane Senior Center

June 2021 Newsletter

**HAPPY
FATHER'S
DAY!**

Welcome back!

We are excited to be able to have the center open again. We have missed all your smiling faces!!

We will be continuing normal activities and opening the thrift store as allowed by guidelines. Please be patient with us as some changes are necessary for the safety of our clients.

Our Dial-A-Ride Program is operating as usual. Lunch will be 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.

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

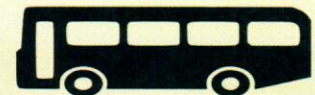
Dial-A-Ride Program

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

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

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

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

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

Craft Class – Temporarily Cancelled

Bingo 60+ Only – 2nd & 4th Monday @ 1:00pm

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

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

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

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

COME JOIN US!



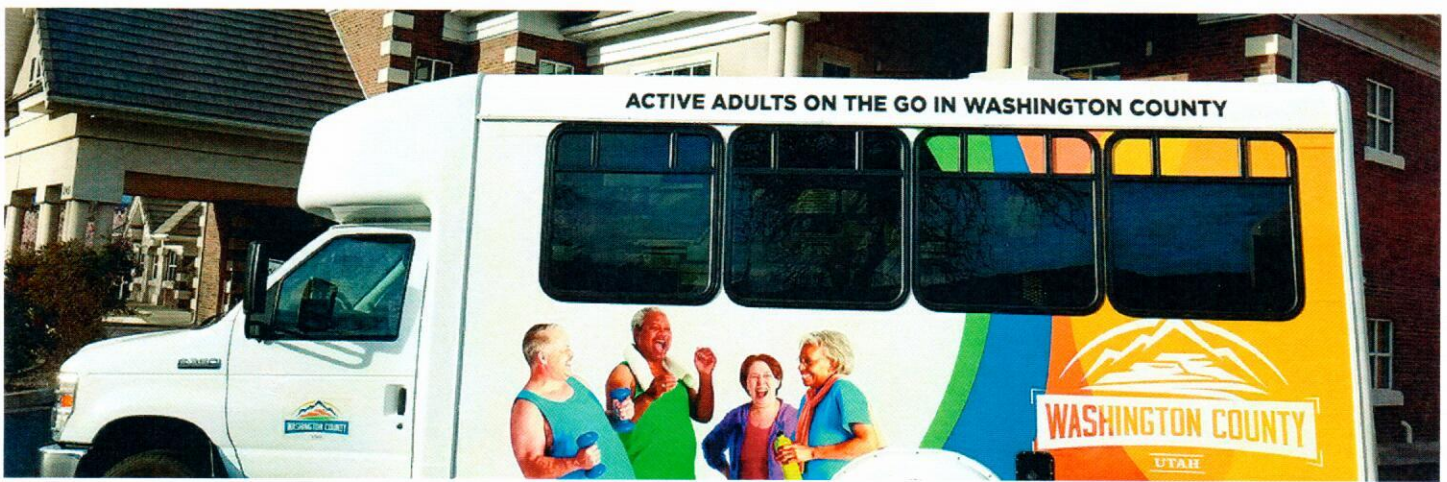
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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!

HURRICANE SENIOR CENTER

June 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1		2	
	Swiss Steak Confetti Rice Bahamas Vegetables Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Chicken Fajitas Shredded Cheese Lettuce & Tomato Black Beans Fiesta Vegetables Flour Tortilla Peaches Milk Taco Sauce	Homemade Meatloaf with Au Jus Scalloped Potatoes Green Peas Spinach Salad Dinner Roll Tropical Fruit Cocktail Milk Margarine Salad Dressing
7		8	
Creole Steak Okra & Tomatoes Buttermilk Potatoes Cornbread Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Peas and Carrots Japanese Vegetables Pineapple Tidbits Milk	Salisbury Steak Mashed Potatoes Spinach Beet Salad Saltine Crackers Strawberry Fruited Gelatin Milk	Chicken Dumplings Mixed Vegetables Mixed Green Salad Biscuit Seasonal Fruit Milk Salad Dressing
14		15	
Smothered Chicken Au Gratin Potatoes Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine	Spaghetti and Meatballs Broccoli Mixed Green Salad Dinner Roll Grapes Milk Margarine Salad Dressing	BBQ Pulled Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk	Father's Day Meal Roast Beef with Au Jus Gravy Baked Potato Whole Kernel Corn Seasonal Fruit Sugar Cookie Milk Diet - Vanilla Wafers Shredded Cheese Margarine Sour Cream
21		22	
Swedish Meatballs Egg Noodles Green Peas Parslied Carrots Texas Bread Seasonal Fruit Milk Margarine	Baked Fish with Creamy Dill Sauce Twice Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk	Beef Patty Lettuce Tomato Onion Pickles Crinkle Cut French Fries Hamburger Bun Hot Spiced Apples Milk Mustard Ketchup	Cheese Ravioli with Marinara Sauce California Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Salad Dressing
28		29	
Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Pineapple Slaw Biscuit Milk Sugar Cookie Diet - Vanilla Wafers	Minestrone with Italian Sausage Soup Mixed Green Salad Fluffy Fruit Salad Dinner Roll Chocolate Chip Cookies Milk Diet - Vanilla Wafers Salad Dressing	Bratwurst Sauerkraut Herb Potato Salad Hot Dog Bun Hot Pineapple Tidbits Milk Mustard	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com

The Area Agency on Aging is pleased to announce two upcoming events for Medicare beneficiaries.

WELCOME TO MEDICARE VIRTUAL FAIR

JUNE 23, 2021 | OPEN FROM 1:00PM TO 5:00PM

Learn about signing up for Medicare! Go to www.shiphelp.org for more details, to see the agenda, and to register.

This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time!

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.

Top Medicare and Senior Related Scams

Wednesday July 14, 2021 10:00 AM

Speakers:

- ♦ **Kerry O'Brien**, Assistant Director for the Federal Trade Commission Western Region San Francisco
- ♦ **Darren Hotton**, Utah Division of Aging and Adult Services SMP Program Director

Register in Advance for this Zoom Webinar at:

https://us02web.zoom.us/webinar/register/WN_zYYDA5aiT1ya1KziD4dlkw

If you would like more information about these events or other Medicare information, contact the Area Agency on Aging – Five County at (435)673-3548

HEALTHY me, HEALTHY mind

Alzheimer's disease and dementia impacts every 1 in 10 Americans over the age of 65. 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, **many risk factors are tied to lifestyle factors**, such as smoking, unhealthy diet, lack of exercise, and social isolation. 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.

- 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.
- Eat 1–2 servings of fish per week.
- Make nuts your snack of choice.
- Substitute unsaturated oils, like olive oil for butter or margarine.
- Spare your mind from fried or fast foods and cheese—aim for less than 1x per week.
- Switch your sweets from cakes, cookies and pies to fresh fruits and berries.

LIVE HAPPILY

Being happy is critical to mental health.

- 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.
- 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 family that are also working to live healthfully.
- Reach out to a smoking cessation program to help live a tobacco free life.

June is Alzheimer's and Brain Awareness Month

What is Alzheimer's disease? Alzheimer's disease is a progressive form of dementia. Dementia is a broader term for conditions caused by brain injuries or diseases that negatively affect memory, thinking, and behavior. These changes interfere with daily living. According to the Alzheimer's Association, Alzheimer's disease accounts for 60 to 80% of dementia cases. Most people with the disease get a diagnosis after age 65. If it's diagnosed before then, it's generally referred to as early onset Alzheimer's disease. There's no cure for Alzheimer's, but there are treatments that can slow the progression of the disease.

Alzheimer's facts. Although many people have heard of Alzheimer's disease, some aren't sure exactly what it is. Here are some facts about this condition:

- Alzheimer's disease is a chronic ongoing condition.
- Its symptoms come on gradually and the effects on the brain are degenerative, meaning they cause slow decline.
- There's no cure for Alzheimer's but treatment can help slow the progression of the disease and may improve quality of life.
- Anyone can get Alzheimer's disease but certain people are at higher risk for it. This includes people over age 65 and those with a family history of the condition.
- Alzheimer's and dementia aren't the same thing. Alzheimer's disease is a type of dementia.
- There's no single expected outcome for people with Alzheimer's. Some people live a long time with mild cognitive damage, while others experience a more rapid onset of symptoms and quicker disease progression.

Dementia vs. Alzheimer's. The terms "dementia" and "Alzheimer's" are sometimes used interchangeably. However, these two conditions aren't the same. Alzheimer's is a type of dementia. Dementia is a broader term for conditions with symptoms relating to memory loss such as forgetfulness and confusion. Dementia includes more specific conditions, such as Alzheimer's disease, Parkinson's disease, traumatic brain injury, and others, which can cause these symptoms. Causes, symptoms, and treatments can be different for these diseases.

Alzheimer's disease causes and risk factors. Experts haven't determined a single cause of Alzheimer's disease but they have identified certain risk factors, including:

- **Age.** Most people who develop Alzheimer's disease are 65 years of age or older.
- **Family history.** If you have an immediate family member who has developed the condition, you're more likely to get it.
- **Genetics.** Certain genes have been linked to Alzheimer's disease.

Having one or more of these risk factors doesn't mean that you'll develop Alzheimer's disease. It simply raises your risk level. To learn more about your personal risk of developing the condition, talk with your doctor.

Symptoms of Alzheimer's disease. Everyone has episodes of forgetfulness from time to time. But people with Alzheimer's disease display certain ongoing behaviors and symptoms that worsen over time. These can include:

- memory loss affecting daily activities, such as an ability to keep appointments
- trouble with familiar tasks, such as using a microwave
- difficulties with problem-solving
- trouble with speech or writing
- becoming disoriented about times or places
- decreased judgment
- decreased personal hygiene
- mood and personality changes
- withdrawal from friends, family, and community

Symptoms change according to the stage of the disease.

Alzheimer's stages. Alzheimer's is a progressive disease, which means the symptoms will gradually worsen over time. Alzheimer's is broken down into seven stages:

- **Stage 1.** There are no symptoms at this stage but there might be an early diagnosis based on family history.
- **Stage 2.** The earliest symptoms appear, such as forgetfulness.
- **Stage 3.** Mild physical and mental impairments appear, such as reduced memory and concentration. These may only be noticeable by someone very close to the person.

- **Stage 4.** Alzheimer's is often diagnosed at this stage, but it's still considered mild. Memory loss and the inability to perform everyday tasks is evident.
- **Stage 5.** Moderate to severe symptoms require help from loved ones or caregivers.
- **Stage 6.** At this stage, a person with Alzheimer's may need help with basic tasks, such as eating and putting on clothes.
- **Stage 7.** This is the most severe and final stage of Alzheimer's. There may be a loss of speech and facial expressions.

As a person progresses through these stages, they'll need increasing support from a caregiver.

Early onset Alzheimer's. Alzheimer's typically affects people ages 65 years and older. However, it can occur in people as early as their 40s or 50s. This is called early onset, or younger onset, Alzheimer's. This type of Alzheimer's affects about 5% of all people with the condition. Symptoms of early onset Alzheimer's can include mild memory loss and trouble concentrating or finishing everyday tasks. It can be hard to find the right words, and you may lose track of time. Mild vision problems, such as trouble telling distances, can also occur.

Certain people are at greater risk of developing this condition.

Diagnosing Alzheimer's disease. The only definitive way to diagnose someone with Alzheimer's disease is to examine their brain tissue after death. But your doctor can use other examinations and tests to assess your mental abilities, diagnose dementia, and rule out other conditions. They'll likely start by taking a medical history. They may ask about your:

- symptoms
- family medical history
- other current or past health conditions
- current or past medications
- diet, alcohol intake, or other lifestyle habits

From there, your doctor will likely do several tests to help determine if you have Alzheimer's disease.

June Trivia Quiz

1. When does the astrological summer start?
2. June was named after the Roman goddess Juno. She was the goddess of what?
3. What is the zodiac sign for the beginning of June?
4. Which saint in the Christian calendar is celebrated on the 24th of June?
5. Many countries around the world celebrate the 1st of June as...
6. Which of the following is NOT a birthstone for June – Ruby, Alexandrite or Moonstone?
7. Who wrote the book, “A girl named June”?
8. Which month of the year always starts on the same day of the week as June?
9. Who was Kamehameha, whose day is celebrated on the 11th of June in Hawaii?
10. Which of the following countries does NOT celebrate its Independence Day in June – Philippines, Slovenia or Hungary?
11. Meitheamh is the name for June in which country?
12. The first day of June in Iceland is Fisherman's Day. Who is the patron saint of fisherman?
13. What is the zodiac sign for June 22nd to July 22nd?

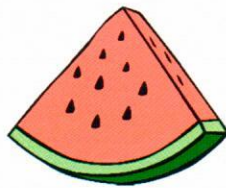
Hello
JUNE

Answers to June Trivia Quiz:

1. 22nd of June
2. Marriage and Household
3. Gemini
4. St. John
5. Children's Day
6. Ruby
7. Ernestine J. Tebo
8. No other month
9. The king of Hawaii
10. Hungary
11. Ireland
12. St. Peter
13. Cancer

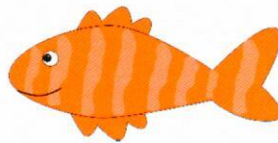
Dad Jokes!

When do you go at red and stop at green? When you're eating a watermelon!



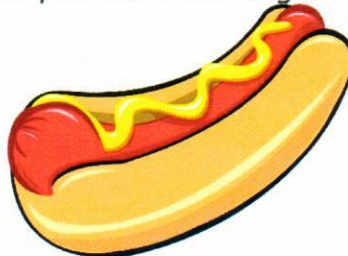
When you're eating a watermelon!

Why do fish like to eat worms?



Because they get hooked on them!

What do you call a hot dog on wheels?



Fast food!

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



FLAG 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.

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

By Evelyn Johnson - www.qets.com

Blue	June	Stars
Eagle	Lower	Stripes
Field	Patriotic	Symbol
Fifty	Pledge	Unfurl
Finial	Raise	USA
Flag	Red	Wave
Halyard	Salute	White