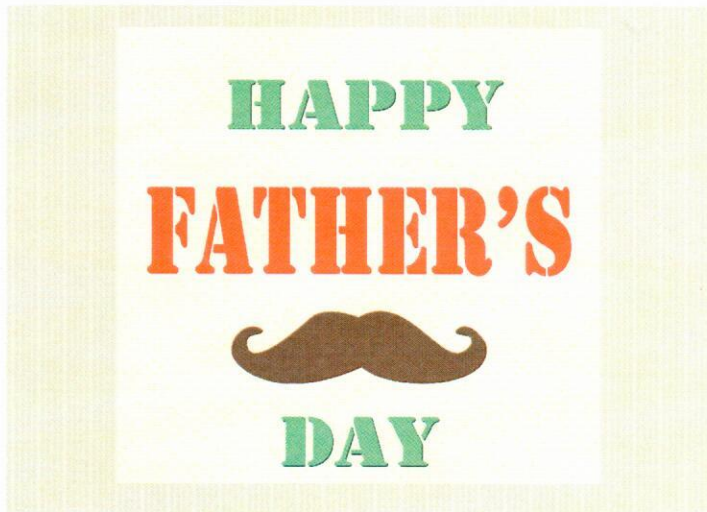


Hurricane Active Life Center

June 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.

Our Father's Day Luncheon will be on June 16th.

We will be closed June 20th to celebrate Juneteenth.

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

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 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 @ 1:00pm

Writing Group– every other Monday @ 1:00pm

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

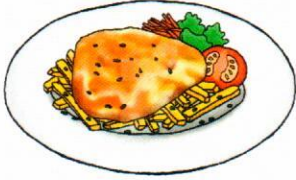
Speech Reading Class – Temp. Cancelled

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!



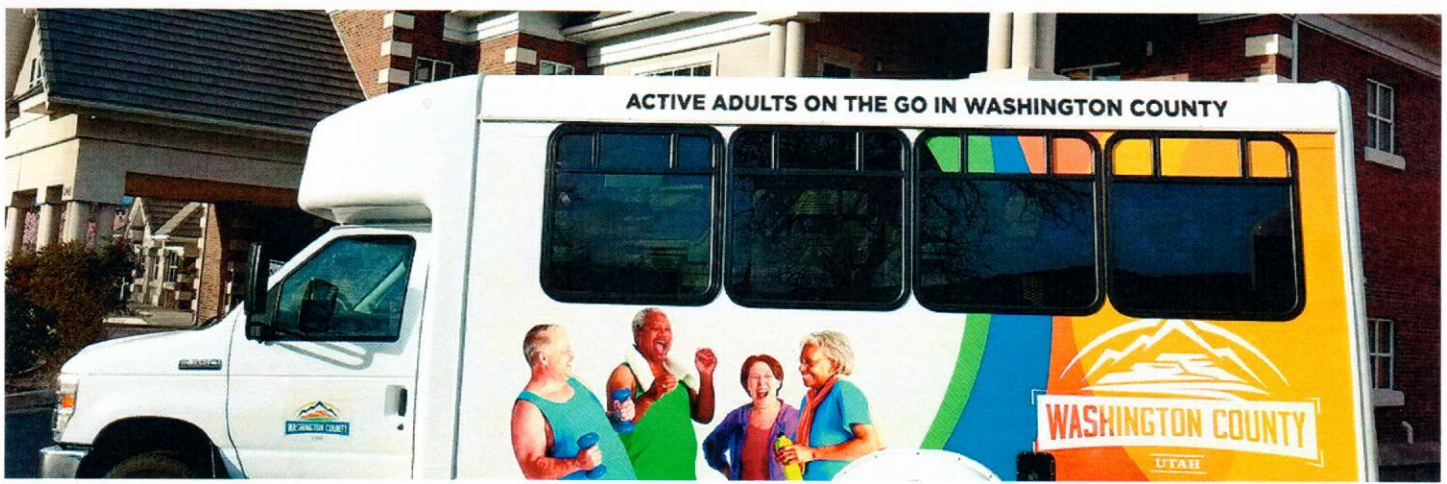
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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.

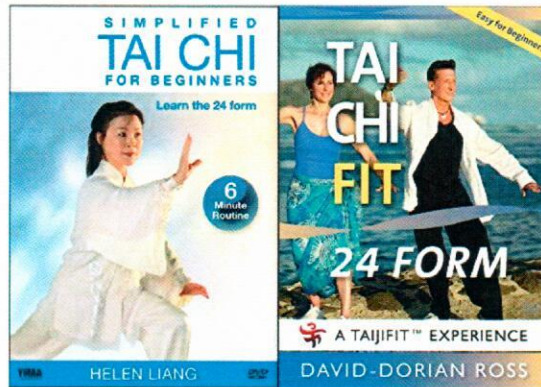
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

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

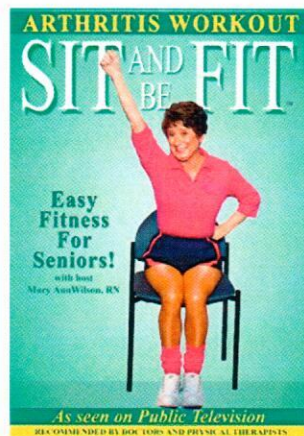
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Exercise Classes

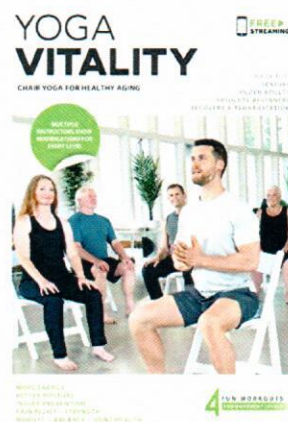
TAI-CHI — Tuesday's @ 10:00am



SIT & BE FIT — Wednesday'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

June 2022

435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<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>Menu subject to change based on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>		<p>1</p> <p>Chicken Fajita Flour Tortilla Black Bean & Corn Salad Fiesta Vegetable Blend Spanish Brown Rice Fresh Grapes Milk Taco Sauce</p>	<p>2</p> <p>Meatloaf w/Brown Gravy Garlic Whipped Potatoes Creamed Peas Spinach Salad Dinner Roll Tropical Fruit Milk Margarine Ranch Salad Dressing</p>
<p>6</p> <p>Breaded Fish Sandwich Hamburger Bun Green Peas Garden Vegetable Blend Seasonal Fruit Milk Tartar Sauce</p>	<p>7</p> <p>Smothered Chicken Breast Buttered Rice Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine</p>	<p>8</p> <p>Salisbury Steak w/Brown Gravy Roasted Red Potatoes Mixed Vegetables Beet Salad Dinner Roll Fruited Gelatin Milk Margarine <i>Diet - Sugar-Free Fruited Gelatin</i></p>	<p>9</p> <p>Sweet & Sour Chicken Japanese Veg Blend Cucumber Salad Jasmine White Rice Mandarin Oranges Milk</p>
<p>13</p> <p>Hawaiian Chicken Haystack Broccoli Cabbage & Carrots White Rice Wheat Bread Pineapple Tidbits Milk Margarine</p>	<p>14</p> <p>Meatballs w/Spaghetti Sauce Penne Pasta Mixed Vegetables Mixed Green Salad Dinner Roll Fresh Grapes Milk Margarine Ranch Salad Dressing</p>	<p>15</p> <p>Bratwurst Hot Dog Bun Sauerkraut Potato Wedges Seasonal Fruit Milk Mustard Ketchup Relish</p>	<p>16</p> <p>Father's Day Meal Roast Beef Au Jus Oven Roasted Potatoes Glazed Baby Carrots Tossed Salad w/Dressing Dinner Roll w/Margarine Seasonal Fruit Milk Chocolate Chip Cookie <i>Diet - No Sugar Added Pudding</i></p>
<p>20</p> <p>CLOSED in observance of Juneteenth</p>	<p>21</p> <p>Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>22</p> <p>Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard <i>Diet Dessert - Diced Peaches</i></p>	<p>23</p> <p>Chicken Breast w/Alfredo Sauce Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing</p>
<p>27</p> <p>Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Canned Pineapple Milk Shredded Cheese Taco Sauce</p>	<p>28</p> <p>Open Face Turkey Sandwich w/Gravy Green Beans Mashed Potatoes Spinach Salad Fresh Grapes Milk Ranch Salad Dressing Chocolate Chip Cookie <i>Diet - Sugar-Free Gelatin</i></p>	<p>29</p> <p>Sloppy Joe Hamburger Bun Baked Beans Parslied Carrots Cinnamon Applesauce Milk</p>	<p>30</p> <p>Minestrone Soup w/Sausage Baked Potato Half Mixed Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Milk Margarine & Sour Cream Ranch Salad Dressing</p>

June Activities

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



		1-Jun	2-Jun
		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
		8-Jun	9-Jun
Billiards 9:00-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Writing Group 1:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 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
13-Jun	14-Jun	15-Jun	16-Jun
Billiards 9:00-3:00 Health Screening 11:00 Wii bowling 11:00 Hurr. Family Pharm. Presentation @ lunch Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's 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
20-Jun	21-Jun	22-Jun	23-Jun
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00	Video Chair Yoga 10:00 Massage @ 11:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
27-Jun	28-Jun	29-Jun	30-Jun
Billiards 9:00-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Birthday Celebration Drawing 101 1:00

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

Preventive Cancer Screenings

Medicare pays for certain preventive health care services and some of the screening tests used to help find cancer. Many of these screenings are covered 100% with no cost to the beneficiary. Talk to your health care provider about your cancer risk and what cancer screening tests you might need.

Covered screenings include:

- Mammograms (Once per year)
- Cervical Cancer screening (every 24 months)
- Colorectal Cancer screenings (Blood or stool tests every 12-36 months)
- Colonoscopy (Every 6 years if you aren't at high risk)
- Lung Cancer Screening (Covered for people who are current or former heavy smokers)
- Prostate Cancer Screening (No cost for a yearly PSA blood test)

In the last 3 years, many companies have started to offer DNA tests to determine cancer risk. Medicare does not cover these tests for everyone. These tests, if medically necessary, should be done with your primary care doctor or oncologist. If someone offers you these tests at your door, over the phone or at a health fair, do not accept. These tests cost tens of thousands of dollars and you may be responsible for the entire cost.

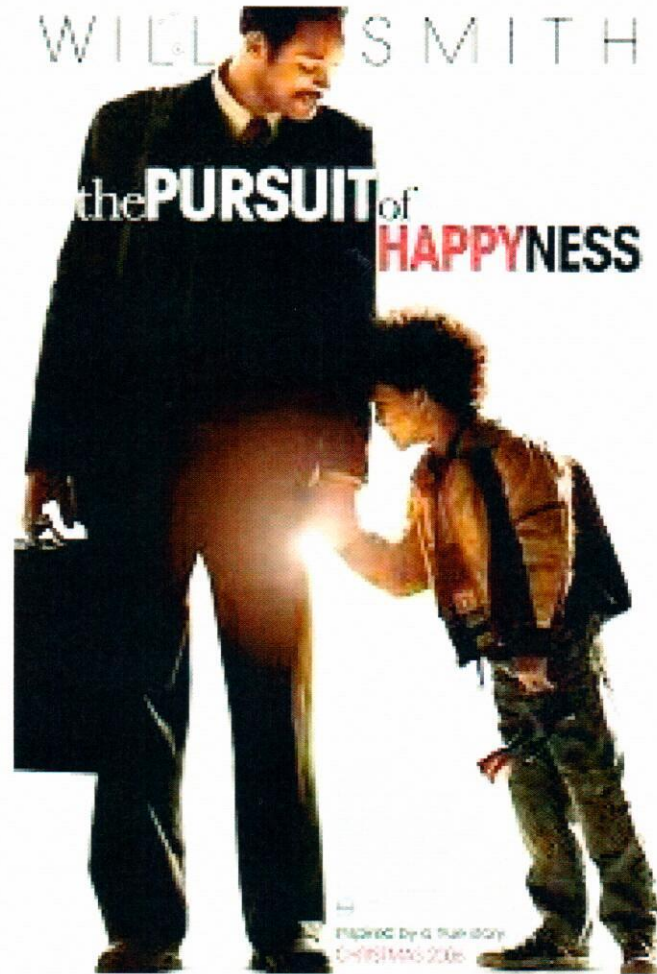
The first week of June is Medicare Fraud Prevention Week. Medicare Fraud Prevention Week focuses on the actions everyone can take to prevent Medicare fraud, errors, and abuse. Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, issues related to these concerning matters affect people across the country, often costing them money, time, and well-being. Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, a pattern of errors committed by a physician or provider could be considered a red flag of potential fraud or abuse if not corrected.

When people steal from Medicare, it hurts us all and is big business for criminals. Some common examples of fraud or abuse could include:

Charging for services or supplies that were not provided. Misrepresenting a diagnosis, a person's identity, the service provided, or other facts to justify payment. Prescribing or providing excessive or unnecessary tests and services. Falling prey to consumer scams or health care fraud may mean that your Medicare number has been "compromised" as a result of medical identity theft. Theft from Medicare leaves less available funds for those needing services now as well as those needing Medicare in the future. To learn more about Medicare fraud, contact the Senior Medicare Patrol at (435)673-3548.



Movie of the Month:



Cast

●Will Smith●Jaden Smith●Thandie Newton●Brian Howe●

“A struggling salesman takes custody of his son as he’s poised to begin a life-changing professional career.”

HEALTHY me, HEALTHY mind

Making healthy choices now will help support your cognitive health today and into the future. The four keys to supporting brain health are **EAT, EXERCISE, SLEEP** and **CONNECT**.

EAT – Follow the MIND diet principles listed below.

10 Foods to Eat on the MIND Diet:

1. Green, leafy vegetables
2. All other vegetables
3. Berries
4. Nuts
5. Olive Oil
6. Whole Grains
7. Fish
8. Beans
9. Poultry
10. Red Wine

5 Foods to Limit on the MIND Diet:

1. Butter and Margarine
2. Pastries and Sweets
3. Red meat
4. Fried Food
5. Cheese



EXERCISE - Make physical exercise a priority and perform activities that bring you joy. Regularly exercise your brain too with activities that support growth of new brain cells, such as working on puzzles, reading, drawing or completing an educational course.

SLEEP - Strive to obtain seven to nine hours of sleep each night. Sleep improves our ability to adapt to input that we receive during waking hours and it promotes the removal of waste products from brain cells.

CONNECT – Connect with people regularly. Stay in touch with family and friends. Participating in social activities is associated with a decrease risk of cognitive decline.

What is Juneteenth?

On **June 19** America celebrates Juneteenth, or Freedom Day, on the birthday of the Emancipation Proclamation that abolished slavery in Texas and other former Confederate states in 1865. Juneteenth is a federal holiday in the United States, where it is a day off for most of the population, and schools and businesses close down.

History: President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863, effectively freeing all enslaved people in the Confederate States that were fighting against the Union. This excluded five border states that were not rebelling against the Union - Missouri, Maryland, Delaware, and Kentucky. At the time, Texas was an isolated state and not a battleground for the Civil War, so there was no presence of Union soldiers. This meant that the Emancipation Proclamation didn't affect the slaves in the state. As a result, many slave owners from other confederate states moved to Texas with their slaves, increasing the enslaved population in the state by thousands.

After the surrender of General Robert E. Lee on April 9, 1865, the Civil War was officially over, and on June 19 General Gordon Granger arrived at Galveston with 1800 Union soldiers and proceeded to take control of the state and put the Emancipation Proclamation in effect, freeing the 250,000 slaves that existed in the state of Texas. The recently freed slaves took to the streets to celebrate, thus originating the holiday that would become known as Juneteenth, which literally means "June Nineteenth".

In December of 1865, the 13th Amendment was adopted and slavery was abolished in all of the United States.

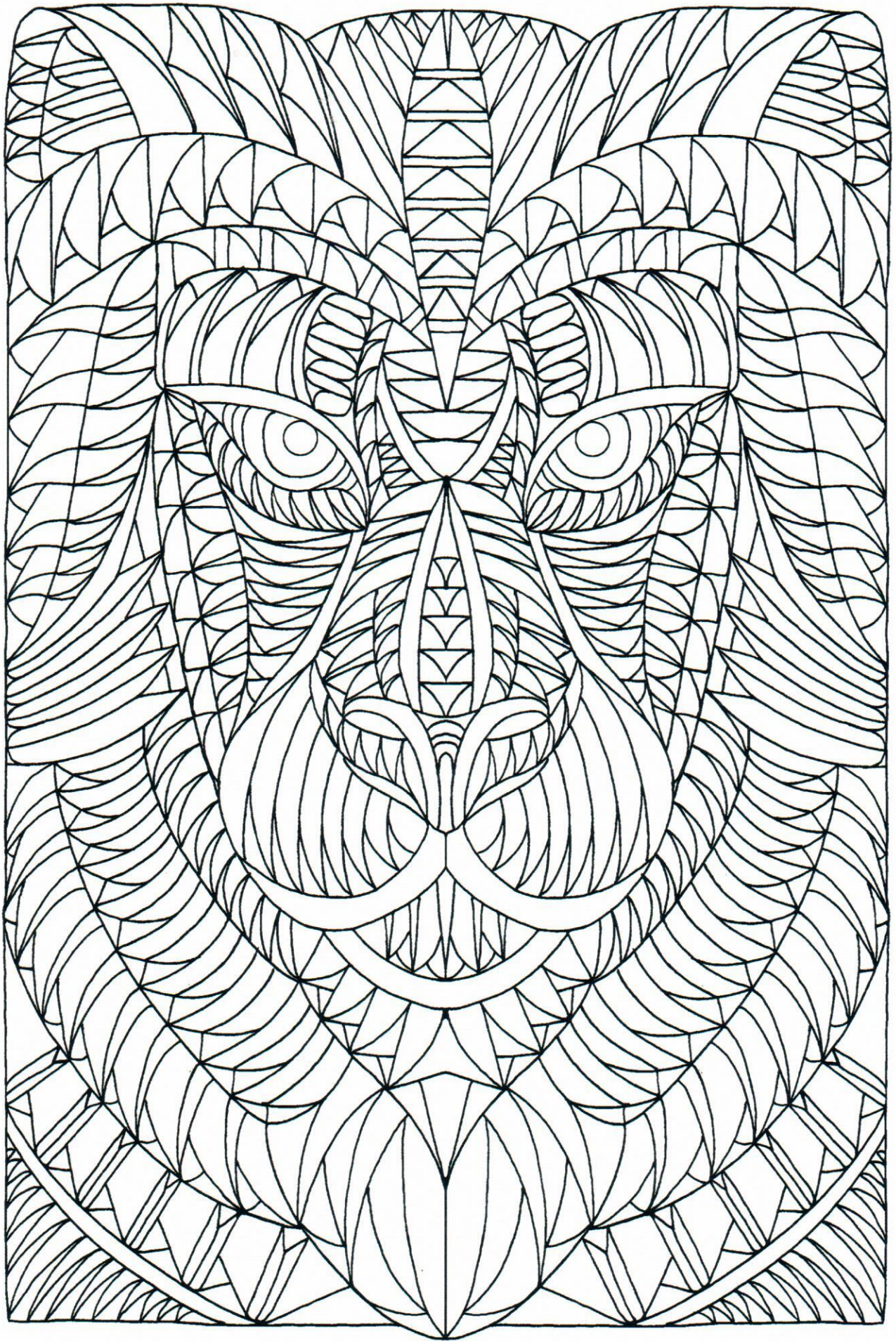
Juneteenth becomes a Federal Holiday: Juneteenth is officially known as Juneteenth National Independence Day. It was first celebrated in Galveston, Texas, in 1866, and it quickly spread across many States in the nation, to become an annual celebration. It was recognized as a holiday in some states before 2021, when it was declared an official Federal Holiday.

On June 15, 2021, the Juneteenth National Independence Day Act was passed in the Senate, and the next day it was passed through the House of Representatives, where an overwhelming majority voted for Juneteenth to be established as a Federal Holiday. President Joe Biden signed the Juneteenth National Independence Day Act into law on June 17, 2021, officially making it into a United States Federal Holiday.

to the
best

is a

in
the world



From Creative Haven Insanely Intricate Angular Animals Coloring Book, Connor Martyn,
<http://store.doverpublications.com/0486806820.html>

FATHER'S 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.

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

By Evelyn Johnson - www.qets.com

Attentive

Brother

Capable

Caring

Devoted

Father

Friend

Giving

Husband

Inspiration

Jovial

Loving

Loyal

Playful

Provider

Respected

Responsible

Son

Uncle

Unique

Wise