

Hurricane Active Life Center

June 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 June 19th to celebrate Juneteenth.

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 – 1st & 3rd Wed @ 1:00pm

Craft Class – Wednesday @ 1:00pm

Neck/Shoulder Massage – 2nd Thurs 10:00am

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

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Hurricane Active Life Center | June 2023

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>A suggested donation of \$4.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00. Lunch is served 11:30-12:30.</p> <p>Menu subject to change based on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>			<p>Herb Roasted Pork Loin Creamy Dijon Sauce Mixed Vegetables Brussels Sprouts Potatoes Au Gratin Cornbread Fresh Grapes Milk</p>
5	6	7	8
<p>Breaded Fish Sandwich Green Peas Garden Vegetable Blend Hamburger Bun Seasonal Fruit Milk Tartar Sauce</p>	<p>Smothered Chicken Thigh Whole Kernel Corn Carrots Texas Bread Buttered Rice Seasonal Fruit Milk Margarine</p>	<p>Sloppy Joe Baked Beans Broccoli Hamburger Bun Cinnamon Applesauce Milk</p>	<p>Sweet & Sour Chicken Japanese Vegetable Blend Cucumber Salad Jasmine White Rice Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine</p>
12	13	14	15
<p>Baked Chicken w/Gravy Stuffing California Vegetable Blend Carrot Raisin Salad Wheat Bread Seasonal Fruit Milk Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i></p>	<p>Meatballs w/Marinara Sauce Mixed Vegetables Mixed Green Salad Penne Pasta Garlic Texas Bread Fresh Grapes Milk Margarine Ranch Salad Dressing</p>	<p>Turkey Melt Sandwich Hearty Tomato Soup Potato Wedges Wheat Bread Seasonal Fruit Milk Mayonnaise Mustard Ketchup</p>	<p>Father's Day Meal Meatball Sub Red Potatoes Glazed Carrots Hot Dog Bun Fruited Gelatin <i>Diet - Canned Fruit</i> Milk</p>
19	20	21	22
<p>Closed for Holiday</p>	<p>Panko Crusted Pollock w/Creamy Dill Sauce Mixed Vegetables Broccoli Brown Rice Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>Cheeseburger Lettuce/Tomato/Onion/Pickles Potato Wedges Hamburger Bun Peach Crisp <i>Diet - Canned Peaches</i> Milk Ketchup Mustard</p>	<p>Chicken w/Alfredo Sauce Garden Vegetable Blend Spinach Salad Rotini Pasta Wheat Bread Seasonal Fruit Milk Ranch Salad Dressing</p>
26	27	28	29
<p>Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce</p>	<p>Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake <i>Diet - Sugar-Free Cookie</i> Milk Ranch Salad Dressing</p>	<p>Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing</p>

June Activities

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



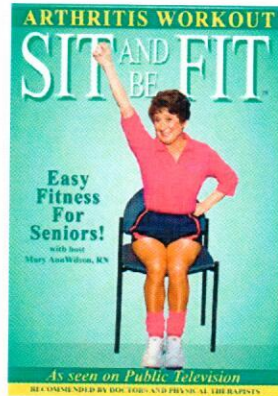
			1-Jun
			Billiards 9:00-3:00
			Video Chair Yoga 10:00
			Drawing 101 1:00
5-Jun	6-Jun	7-Jun	8-Jun
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot Cards 1:00	Billiards 9:00-3:00 Video Sit Fit 11:00 Nutrition Class 11:00 Dixie Can Do's Caregiver Support Group 1:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neck & Shoulder Massage Drawing 101 1:00 Knitting/Crochet 1:00
12-Jun	13-Jun	14-Jun	15-Jun
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch 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 Drawing 101 1:00
19-Jun	20-Jun	21-Jun	22-Jun
Closed for Holiday	Video Tai Chi 10:00 Nail-trim for feet 10:00 Medicare 101 presentation @ lunch Hand & Foot Cards 1:00	Video Sit Fit 11:00 Health Screening 11:00 Dixie Can Do's Caregiver Support Group 1:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00 Knitting/Crochet 1:00
26-Jun	27-Jun	28-Jun	29-Jun
Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30 Mesquite Trip	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Hand & Foot Cards 1:00	Billiards 9:00-3:00 Video Sit Fit 11:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00 Birthday Celebration

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

Exercise Classes

****With Instructor** TAI-CHI*** — Monday's @ 1:30pm

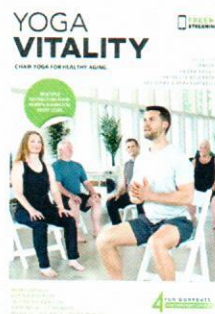
VIDEO SIT & BE FIT — Monday's & Wednesday's @ 10:00am



VIDEO TAI-CHI — Tuesday's @ 10:00am

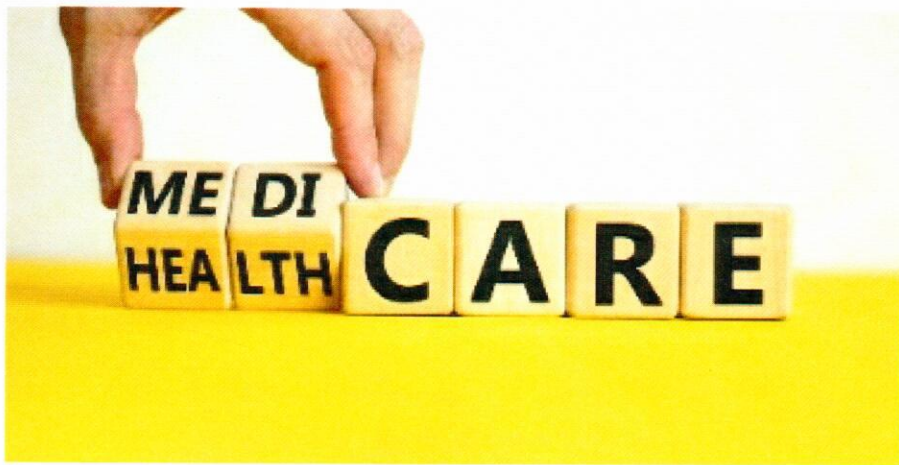


VIDEO YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.



Understand the Extra Help program and if you may be eligible.

Extra Help is a federal program that helps pay for your out-of-pocket costs with Medicare prescription drug coverage. Your income and assets determine if you are eligible. The monthly income limit is around \$1,800 for individuals and around \$2,500 for couples. The asset limit is nearly \$17,000 for individuals and around \$33,000 for couples. Even if you think your income or assets are above the eligibility limits, you could still qualify for Extra Help because certain types of income and assets may not be counted. You automatically qualify for Extra Help if you have Medicaid, Supplemental Security Income, or a Medicare Savings Program.

Extra Help can save you money in many ways. The Extra Help program pays for your Part D premium up to an amount determined by your state. It lowers the costs of your prescription drugs. If you delayed Part D enrollment and have a late enrollment penalty, Extra Help eliminates your Part D late enrollment penalty. Finally, people with Extra Help can change their Part D plans more often, if needed, such as to lower costs.

Remember that Extra Help is not a replacement for Part D. It is also not a plan. It is a cost assistance program. To be eligible, you must have a Part D plan to receive Medicare prescription drug coverage. If you do not choose a plan, you will in most cases be automatically enrolled in one.

Be aware of pharmacy and prescription drug fraud.

Just as it's important to get assistance with your drug costs, it's also important to protect yourself from potential fraud, errors, and abuse. There are many types of prescription drug schemes. A common pharmacy and prescription drug fraud scheme could be when Medicare is billed for a medication that you did not receive. Another type of scheme could occur if you are given a different prescription than what you were prescribed. It's so important to read your Medicare statements to check for errors or suspicious charges. This would include checking your statements to ensure that the medications you pick up from the pharmacy are the type and quantity of medication you were prescribed.

If you notice anything suspicious with your Medicare statements or medications, contact your local Senior Medicare Patrol, or SMP for short. Your SMP can help report the incident to the correct authorities.

If you have any questions contact your local SMP:

Iron, Beaver, Garfield- 435-263-3568

Washington, Kane- 435-673-3548



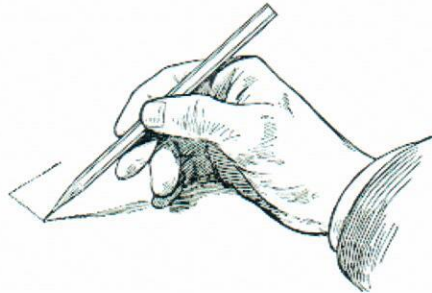
ART SHOW



Join us for a Drawing
Class Art Show.

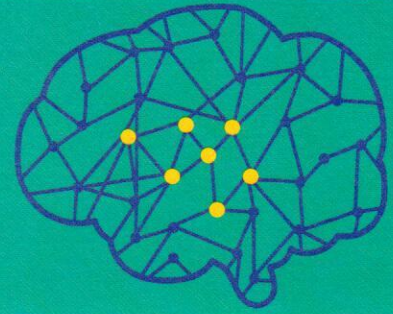
June 12th-15th

Art work may be dropped off June 5th-8th.



ALZHEIMER'S & BRAIN AWARENESS MONTH:

COMBAT THE AGING BRAIN



Brain volume declines five percent after age 40. While age, gender, genetics and environment contribute to the 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. In fact, 40% of dementia cases can be prevented or delayed. Some foods in the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet have been linked to improved cognitive function and memory. Eat these **4 Brain Power Foods** to support your cognitive health today and into the future.

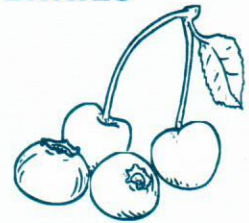
1. EAT YOUR GREENS.

Try kale, spinach, cooked greens and salads. Aim for six or more servings per week. Try adding a kale side salad or spinach to your next sandwich. Greens contain nutrients that support cognitive function such as iron, vitamin K, vitamin E and folate.



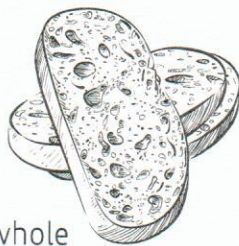
2. GET SWEET ON BERRIES AND CHERRIES.

Cherries and dark colored berries, like blackberries and blueberries, are rich in antioxidants that support brain and memory function, particularly anthocyanins. Eat berries at least twice per week to receive these brain benefits. They make the perfect snack on the go, topping to cereal or yogurt or addition to a light dessert.



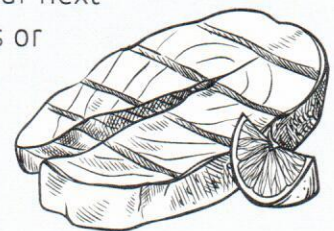
3. CHOOSE WHOLE GRAINS.

Studies have shown that those that eat more whole grains have higher cognitive function scores. Aim for three or more servings of whole grains daily. Choose whole grains like oatmeal, quinoa, brown rice, farro and whole grain bread and pasta. Whole grains are a good source of fiber and many other brain-friendly nutrients like vitamins B & E, antioxidants, zinc and magnesium.



4. THINK FISHY.

Choose omega-3-rich fish like salmon, sardines, trout and tuna at least one time a week to help improve memory. Fish can be grilled, baked or broiled and can replace another meat at your next meal. Try fish tacos or baked salmon with Swiss chard and ancient grains.



SPRING CLEANING?

WHAT ABOUT GENERAL SAFETY?

- Change the batteries in your smoke detectors and carbon monoxide detectors.
- Replace burned out lightbulbs.
- Clear walkways of any overgrown vegetation or debris.
- Go through your closets and discard/donate clothes and shoes you have not worn and that no longer fit.
- Discard anything that is broken.
- Shred old magazines, newspapers, and junk mail.
- Make sure exits, windows and doorways can be easily opened and used in case of an emergency.
- Remove clutter in your home, yard and garage.
- Remove throw rugs.

<https://staysafe.org/best-safe-home-security-ideas-for-seniors/>



June is National Safety Month – Fall Into Summer With These Tips

HOW TO CELEBRATE NATIONAL SAFETY MONTH

1. *Conduct a home fire drill*

Fire is highly likely. However, taking precautionary measures can prevent severe damage. And what better time than National Safety Month to practice a fire drill. Select a safety point that's close to your house. Test your fire alarms and perform the drill.

2. *Update your first-aid kit*

Keeping an updated professional first aid kit is a simple yet effective way to keep yourself prepared for unforeseen emergencies. Make sure to stock it with dressings, bandages, tape, ointments, wipes, aspirin, gloves, scissors, and gauze pads. Make sure to check the first-aid kit regularly and remove ointments and medications that have reached their expiration dates.

3. *Practice self-defense*

It's always good to be mentally and physically prepared to face any unforeseen harm or danger. The best part about self-defense is that anyone can learn it. Anyone who needs to improve their strength and agility can practice different techniques like karate, boxing, and jiu-jitsu.

<https://nationaltoday.com/national-safety-month/>



Father's Day Trivia

1. When was the word "dad" first recorded?
2. What is the most popular day to call your dad?
3. What is the most popular gift to give dads on Father's Day?
4. What day is Father's Day celebrated on every year?
5. What is the traditional flower for Father's Day?
6. Approximately how many fathers are there in America?
7. What is the average age of first-time fathers in America?
8. Who is the "Founding Father" of the United States?
9. A man in India is considered to be the oldest first-time father in 2010. How old was he?
10. Who was the first Father's Day celebration organized by?
11. This U.S. President issued the first proclamation recognizing Father's day in 1966.
12. What U.S. President made Father's Day a permanent federal holiday in 1972?





Happy Father's Day!

Father's Day Trivia Answers:

1. In the 1500s.
2. On Father's Day of course!
3. A Necktie
4. The third Sunday of June.
5. The rose.
6. 72 million.
7. 30.9 years.
8. George Washington.
9. 96 years old.
10. Sonora Smart Dodd
11. Lyndon B. Johnson.
12. Richard Nixon.





Happy
FLAG
Day

14th JUNE

Do you know the meaning of our Flag?
*50 Stars stand for 50 States in
the United States of America!

*13 Stripes stand for the
13 Original Colonies!

RED

Stands for Courage
And Bloodshed

WHITE

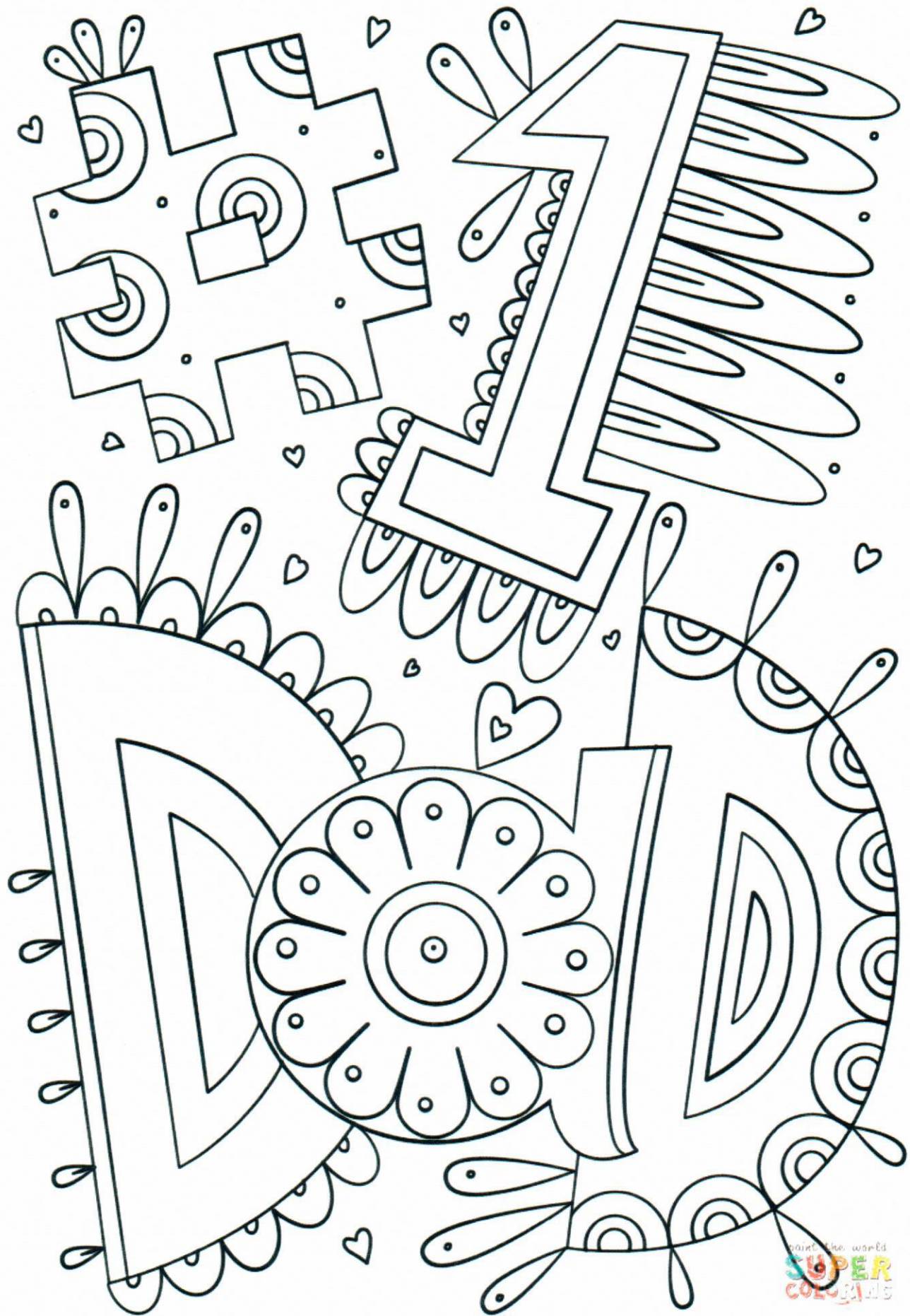
Stands for Purity
And Courage

BLUE

Stands for Justice
And Freedom



CELEBRATE FLAG DAY!



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.

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

By Evelyn Johnson - www.qets.com

Appreciated

Attentive

Capable

Caring

Courageous

Devoted

Father

Friend

Giving

Hardworking

Honest

Inspirational

Intelligent

Loving

Loyal

Positive

Provider

Respected

Responsible

Supportive

Wise