

Hurricane Senior Center

March 2021 Newsletter



Due to the continual increase of COVID cases throughout the Southern Utah communities and to adhere to the Governor's mandate for the limiting of social gatherings, the Active Life Center will be **CLOSED UNTIL FURTHER NOTICE.**

Meals can still be purchased for a \$3.00 donation from 11:30-12:30 at the North-west side of the building. No need to exit your vehicle, we will bring the meals out to you. Lunch includes a frozen entrée and a cold side (salad, fruit, etc.) We accept checks or cash (exact change would be helpful). The Dial-A-Ride and Meals on Wheels program will continue to function as usual.

Thank you for your understanding and patience.

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

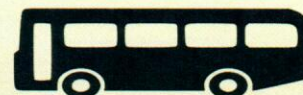
Dial-A-Ride Program

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/\$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 -1st & 3rd Monday

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

Hurricane Family Pharmacy – Presentation 3rd Wednesday @ 12:00pm

Zions Way – Hand and Neck Massages – 2nd Thursday @ 11:00am – 12:00pm

Tai Chi Class – every Tuesday @ 10:00am

Writing Group – 2nd & 4th Thurs @ 12:30pm

Yoga Class – every Monday @ 9:00am

Hand & Foot Massage – every Tues @ 1:00pm

Crocheting – 4th Thurs @ 1:00pm

Beginner Sewing – 2nd & 4th Thurs @ 1:00pm

Craft Club – 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



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

March 2021

435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
Chicken Cordon Bleu Parslied Rice Green Peas Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing	Potato Crusted Fish Crinkle Cut Fries Mixed Vegetables Coleslaw Dinner Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup	Beef Chili with Beans Bake Potato Half Shredded Cheese Mixed Green Salad Parslied Carrots Seasonal Fruit Saltine Crackers Milk Salad Dressing	Sweet and Sour Chicken Jasmine Rice Whole Kernel Corn Mixed Green Salad Dinner Roll Tropical Fruit Cocktail Milk Margarine Salad Dressing
8	9	10	11
Hawaiian Chicken Haystack White Rice Peas & Carrots Chow Mein Noodles Japanese Vegetables Pineapple Tidbits Milk	Beef Taco Soup Whole Kernel Corn Mixed Green Salad Tortilla Chips Seasonal Fruit Milk Salad Dressing	Glazed Ham Sweet Potato Hash Cabbage Glazed Beets Cornbread Fluffy Fruit Salad Milk Margarine	Shepherd's Pie Mixed Green Salad Dinner Roll Hot Spiced Fruit Milk Margarine Salad Dressing
15	16	17	18
Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Dinner Roll Peaches Milk Margarine	Sliced Turkey with Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing	St. Patrick's Day Meal Corned Beef Roasted Red Potatoes Green Cabbage Parslied Carrots Dinner Roll Tropical Fruit Cocktail Milk Margarine Mustard	BBQ Chicken Baked Beans Coleslaw Hamburger Bun Apple Raisin Compote Milk Diet - Apple slices
22	23	24	25
Smoked Turkey and Potato Soup Half Ham and Cheese Sandwich Lettuce and Tomato Cucumber Salad Tropical Fruit Cocktail Milk Mustard	Beef Lasagna Italian Vegetables Mixed Green Salad Texas Bread Pears Milk Margarine Salad Dressing	Cheese Omelet Hashbrowns Broccoli Croissant Seasonal Fruit Milk Assorted Jelly	Chicken Pot Pie Club Spinach Biscuit Mandarin Oranges Milk Margarine
29	30	31	
Hamburger Patty Lettuce Tomato Onion Pickle Tater Tot Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mustard	Parmesan Chicken Penne Pasta Garden Vegetables Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine	Country Fried Steak with Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	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. A Salad Bar is available every day in the dining room. Follow Us on Facebook @triocommunitymeals.com

AARP Foundation
TAX-AIDE

This year's AARP Tax Aide service will be at the

Hurricane City Library

36 South 300 West, Hurricane, Utah

On Wednesdays starting **February 17**

By Appointment Only:

Call **385-215-9915** for appointments
and/or questions.

****Masks are Required****

Because of limited capacity scope is limited as follows:

No itemized deductions

No self-employment or rental income

No sales of stocks/bonds through brokerage

No returns prior to 2019

No amended returns

No out-of-state income (Utah State Taxes only)

SMP SCAM WATCH: COVID-19 VACCINE

Be on the lookout for COVID-19 scams:

- ✓ You will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- ✓ You cannot pay to put your name on a list to get the vaccine early.
- ✓ No one from Medicare or the Health Department will contact you.
- ✓ Beware of providers offering other products, treatments, or medicines to prevent the virus.
- ✓ No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.



**Contact the SMP to
report Medicare fraud,
errors, or abuse at
877.808.2468 or
at [smpresource.org](https://www.smpresource.org).**

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

Medicare fraud is a multi-billion-dollar industry and scammers are always coming up with new ways to try and get your Medicare number. The latest scam relates to new Medicare Cards. Since the new Medicare Cards were issued a few years ago, scammers have been trying to get their hands on those new Medicare numbers. Scammers are playing on people's desire for plastic Medicare cards. Scammers reach out, telling you that you can get a plastic Medicare card, all you have to do is provide them with your name, Date of Birth, address and Medicare number. This is a scam. Medicare is not currently, nor are they planning to, issue plastic Medicare cards. So laminate your card if you wish and protect it like you would a credit card, but don't give your number to anyone offering a plastic Medicare card.

Self-Care: The Most Important Part Of Being A “Good” Caregiver

Self-care is something that many of us struggle with, and the holiday season or special occasions can add an extra layer of stress. It's so easy to get so wrapped up in being a “good” caregiver that we forget, that the most important part of being a “good” caregiver, is taking care of ourselves. We all want to take the time, but we just can't seem to justify or find time to do so. Before we say we don't have the time, let's think about this: If you don't find the time to take care of yourself and you fall ill, end up in the hospital or a rehab stay, who is going to take care of your loved one? I know, you're thinking easier said than done. It is true! However, I have been a caregiver and watched other family members be caregivers and the toll it takes on you is real. So, I want to share with you some ideas that worked for me. I realize this won't work for everyone, but hopefully one of these ideas will help you find what works for you. First, I love music and so I utilized that to make different play lists. When I'm feeling low energy I use a playlist to get me moving (great to vacuum to by the way). When I feel drained, I have a different play list that gives me inspiration and hope. Music is an easy tool to use and always available for most people. Another tool I use is sleep. As caregivers, we must make sleep a priority, even a short nap during the day. Sleep is when our body heals and regenerates. Without this our immune systems weaken and it is harder to fight off illness and irritability. Finally, I practice “being present.” So often we are there in body but our mind is elsewhere and this actually causes more stress since we know that we're not present, and we might miss important things like that smile or a laugh, or something that was said. Being present is hard to do, it takes practice, but it makes me feel more at peace and less stressed in the long run. So, try it! Take a deep breath, stay focused and in the moment.

For more like this, visit our blog www.areaagencyonagingfivecounty.org/blog

9 Interesting St. Patrick's Day Facts



Happy St. Patrick's Day!

Every March 17, countries around the world celebrate St. Patrick's Day in observance of the death of St. Patrick, the patron saint of Ireland credited for bringing Christianity to the country. Initially a religious feast day in the 17th century, St. Patrick's Day has evolved into a day of celebrating Irish culture with parades, music, dancing, special foods, and of course, a lot of green. In honor of St. Patrick's Day, here are a few interesting St. Patrick's Day facts!

- Saint Patrick didn't wear green. His color was "Saint Patrick's blue." The color green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the late 18th century.
- Despite his Irish notoriety, Saint Patrick was British. He was born to Roman parents in Scotland or Wales in the late fourth century.
- According to Irish legend, Saint Patrick used the shamrock as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.
- Saint Patrick is credited for driving the snakes out of Ireland, but according to the fossil record, Ireland has never been home to snakes as it was too cold to host reptiles during the Ice Age. The surrounding seas have kept snakes out since.
- There isn't any corn in the traditional St. Patrick's Day meal of corned beef and cabbage. The name is a reference to the large grains of salt historically used to cure meats, which were also known as "corns."
- Saint Patrick was born "Maewyn Succat" but changed his name to "Patricius" after becoming a priest.
- Irish immigrants began observing St. Patrick's Day in Boston in 1737 and the first St. Patrick's Day parade in America was held in New York City in 1766.
- In Chicago, the Plumbers Local 110 union dyes the river Kelly green. The dye lasts for around five hours.
- On or around St. Patrick's Day, the Irish Taoiseach, or prime minister, presents the U.S. president with a crystal bowl of live shamrocks as a symbol of the close ties between the two countries.

Saint Patrick's Day Word Search

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



CELTIC
IRELAND
LEPRECHAUN
POTOFGOLD
SHAMROCK

DUBLIN
IRISH
LIMERICK
RAINBOW
SNAKES

GREEN
LEGEND
PATRICK
SAINT

