

Hurricane Active Life Center

March 2022 Newsletter



Happy
St. Patrick's
Day

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.

Taxes! Same-day drop-off service. Appointments
must be made by calling 385-215-9915.

Pool Tournament on March 3rd. Fun prizes!

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/\$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

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

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

Writing Group– every Monday @ 12:30pm

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

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

Drawing 101 – every Thursday @ 1:00pm

Caregiver Support – every Tuesday @ 1:00pm

Craft Class – every Wed @ 1:00pm

Speech Reading Class – every Thurs @ 10:30am

Bingo 60+ Only – 2nd & 4th Monday after lunch

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

Movie – first Thursday of every month after lunch **Free popcorn**

Wii Bowling – every Monday @ 11:00am

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

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

COME JOIN US!



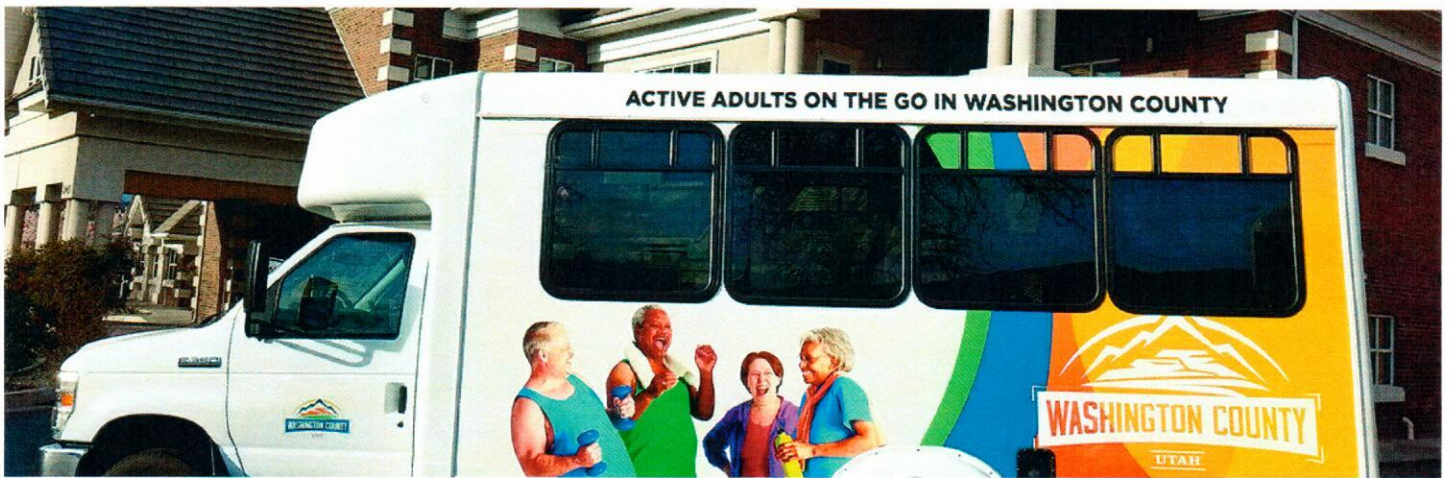
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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:

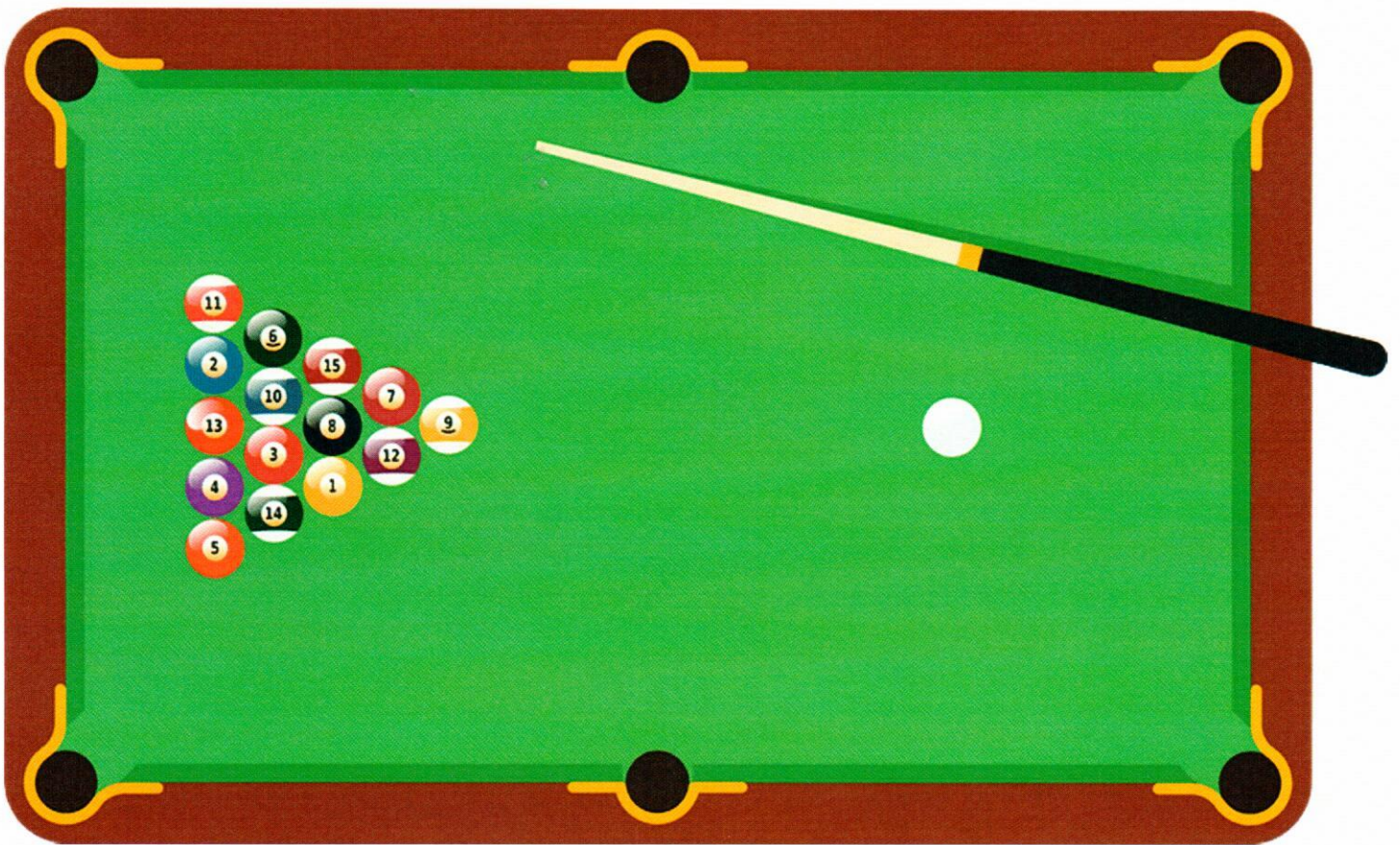
1. Lunch at our Senior Citizens Center
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$5.00 round trip. The bus runs from 9:30 am to 2:30 pm Monday through Thursday. The bus also goes to 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!



Join us for our Pool Tournament!

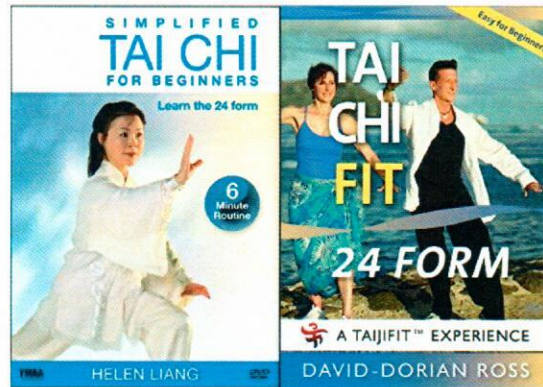
Thursday, March 3rd.

9:00am-2:00pm

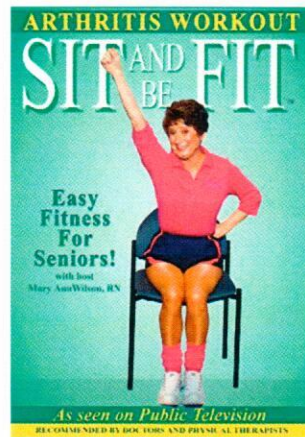
Please sign up @ front desk.

Exercise Classes

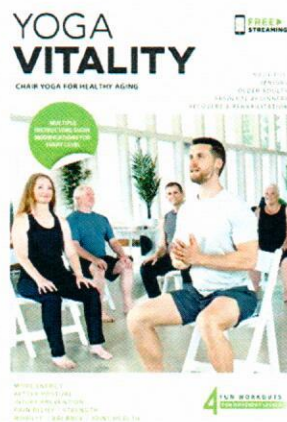
TAI-CHI — Tuesday's @ 10:00am



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

March 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>			
	1	2	3
	Chicken w/Cordon Bleu Sauce Green Peas Spinach Salad Parslied Whipped Potatoes Texas Bread Seasonal Fruit Milk Salad Dressing	Roast Pork w/Sweet & Sour Sauce San Francisco Veg Blend Green Beans & Onions Jasmine Rice Dinner Roll Tropical Fruit Milk Margarine	Sloppy Joe Sandwich Parslied Carrots Broccoli Whole Wheat Hamburger Bun Potato Salad Seasonal Fruit Milk
7	8	9	10
Hawaiian Chicken Haystack Japanese Veg Blend Cabbage & Carrots White Rice Wheat Bread Pineapple Tidbits Milk Margarine	Beef Taco Soup Mixed Vegetables Mixed Green Salad Spanish Brown Rice Tortilla Chips Seasonal Fruit Milk Salad Dressing	Roast Pork w/Cranberry Apple Sauce Brussels Sprouts Glazed Beets Mashed Potatoes Cornbread Seasonal Fruit Milk Margarine	Cheesy Pizza Bake Parslied Carrots Spinach Salad Egg Noodles Dinner Roll Fruited Gelatin Milk Margarine Salad Dressing
14	15	16	17
Creamy Paprika Chicken California Veg Blend Green Peas Penne Pasta Texas Bread Ambrosia Salad Milk	Turkey Breast w/Poultry Gravy Green Beans & Onions Mixed Green Salad Confetti Rice Wheat Bread Seasonal Fruit Milk Margarine Salad Dressing	Homemade Meatloaf w/Brown Gravy Brussels Sprouts Parslied Carrots Mashed Potatoes Dinner Roll Seasonal Fruit Milk Margarine	St. Patrick's Day Meal Corned Beef Parslied Carrots Cabbage Roasted Red Potatoes Rye Bread Fruited Gelatin Milk Margarine
21	22	23	24
Calico Soup Ham & Cheese Slider Mixed Vegetables Spinach Salad Dinner Roll Seasonal Fruit Milk Mustard Lettuce & Tomato Salad Dressing	Salisbury Steak w/Onion Gravy Stewed Tomatoes Green Peas Buttered Rice Wheat Bread Sliced Pears Milk Margarine	Cheese Omelet Broccoli Glazed Beets Croissant Hashbrown Patty Seasonal Fruit Milk	Creamy Chicken & Gnocchi Mixed Vegetables Mixed Green Salad Dinner Roll Fluffy Fruit Salad Milk Margarine Salad Dressing
28	29	30	31
Country Fried Steak w/Gravy Mixed Vegetables Spinach Salad Mashed Potatoes Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Chicken Brunswick Stew Garden Veg Blend Cucumber Salad Buttered Rice Texas Bread Seasonal Fruit Milk	Turkey Burger w/Red Pepper Aioli Lettuce/Tomato/Onion/Pickle Five Bean Salad Potato Wedges Whole Wheat Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mustard	Bean & Cheese Enchilada Pie Fiesta Veg Blend Mixed Green Salad Tortillas in Entrée Spanish Rice Seasonal Fruit Milk Salad Dressing Taco Sauce

March Activities

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



	1-Mar	2-Mar	3-Mar
	Billiards 9:30-3:00 Video Tai Chi 10:00 Caregiver Support Group 1:00	Taxes Billiards 9:30-3:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Pool Tournament Drawing 101 1:00
7-Mar	8-Mar	9-Mar	10-Mar
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Taxes Billiards 9:30-3:00 Roger Dean entertain @ lunch Crafts 1:00	Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
14-Mar	15-Mar	16-Mar	17-Mar
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Taxes Billiards 9:30-3:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Drawing 101 1:00
21-Mar	22-Mar	23-Mar	24-Mar
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Taxes Billiards 9:30-3:00 Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
28-Mar	29-Mar	30-Mar	31-Mar
Billiards 9:30-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch Writing Group 1:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Caregiver Support Group 1:00	Taxes Billiards 9:30-3:00 Crafts 1:00	Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Drawing 101 1:00 Birthday Celebration

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



NATIONAL NUTRITION MONTH® 2022

CELEBRATE A WORLD OF FLAVORS



Happy National Nutrition Month! National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. This year's theme is Celebrate a World of Flavors. Build a healthy plate by embracing global cultures, cuisines and inclusivity. Take a trip around the world and learn about how the countries listed below include a variety of diverse foods and flavors on their healthy plates.

JAPAN

Food in Japan symbolizes joy, celebration and connection to nature and people equally. Meals are not just about the ingredients, but the practice of food to best support the body and overall health. Nutritious Japanese food choices: edamame, fish, octopus, squid, shrimp, clams, fermented foods like sake, rice vinegar, miso and shoyu.

ZIMBABWE

A Zimbabwean-style meal means sitting on reed mats, taking turns washing hands in a hollowed gourd basin and then digging into the metal communal platters full of delicious food harvested from ancestral land. Crops consist of colorful vegetables, gourds, melons and indigenous grains such as millet, sorghum and corn. Nutritious Zimbabwean food choices: millet, sorghum, corn, okra, wild mushrooms, curry powder and insects (sustainable source of lean protein). Nutritious Zimbabwean food choices: sadza (millet-, sorghum- or corn-based thick porridge), okra, wild mushrooms, curry powder and insects (locusts, flying ants and mopane worms).

VENEZUELA

Venezuelan cuisine is centered around full and hearty produce, accompanied with robust and fascinating flavors. Cuisines have a lot of European influences, specifically Spanish, French, and Italian, as well as Indian, Dutch Caribbean, and African in some areas. Nutritious Venezuelan food choices: corn, beans, papaya, mango, watermelon, orange, tangerine, cantaloupe, pineapple, sweet chili peppers, limes, cilantro, spearmint, parsley and green onion.

SWEDEN

Swedish dishes are heavily influenced by seasonal and local food availability. The northern region experiences cold temperatures making rye, barley, root vegetables like potatoes, rutabagas and parsnips, and cruciferous vegetables easiest to grow. The forest also influences Swedish cooking – game meat, berries and mushrooms are staple ingredients in many recipes. Nutritious Swedish food choices: blueberries, raspberries, lingonberries, cloudberries, blackberries, root vegetables, cod, herring, shrimp, salmon, trout, perch and pike.

What is Palliative Care?

Palliative care is a term for specialized care for people with serious conditions, like cancer, heart failure, Parkinson's disease, and many others. In addition to treatment of the condition, the medical team works to provide medical, social, emotional, and practical support. A palliative care team can include doctors, nurses, social workers, nutritionists, and chaplains. Medicare doesn't always cover all the services recommended by a palliative care team, so it is important to check with providers to find out which services will be covered.

Similar to palliative care is hospice care. Hospice care is end of life care, typically provided when someone has less than six months to live. Like palliative care, hospice care aims to provide medical, social, emotional, and practical support. The biggest difference is that hospice care is focused on comfort care and not on treatment of the condition. To be eligible for hospice coverage with Medicare, the patient must opt out of treatment for their terminal condition and transition solely to hospice benefits. Medicare covers most hospice services with no costs to the beneficiary though there are some small copays for prescriptions.

Unfortunately, there is a significant amount of fraud related to hospice care. Because Medicare covers many services on hospice that are not covered under other circumstances, scammers will offer these benefits to people who are not terminally ill, without telling the patient they are enrolling them in hospice. They may not even provide the services but just take the payments from Medicare. Victims of this scam often don't realize there is a problem until they go for regular medical treatment and have the service denied by Medicare.

If you or your loved one has questions about palliative care or hospice, the SHIP program is here to help! We can also assist with applications for benefits for those struggling to pay for healthcare. For assistance, contact the SHIP program at (435)673-3548.

DNA Testing

Over the past several years, we've offered a lot of information about Medicare and DNA testing. Medicare does cover some genetic testing under specific circumstances and when ordered by a beneficiary's physician but most of the time, these tests are not covered by Medicare. Yet, some companies still try to scam people out of personal information offering these services. If you get a phone call, mail or meet someone offering these services, you can help bring them to justice! Get as much information as you can about the representative or company and contact the Senior Medicare Patrol. We can report these companies to the Office of Inspector General and help stop scams like this in the future. To report a genetic testing scam, contact (435)673-3548.

St. Patrick's Day Trivia



1. Who was Saint Patrick?
2. Where is believed to be Saint Patrick's place of birth?
3. According to historians, what was Saint Patrick's name at birth?
4. Where and when was the first Saint Patrick's Day Parade held in America?
5. What is the significance of the green shamrock?
6. Which city celebrated Saint Patrick's Day for the first time in 1813 and since has turned it into a huge Saint Patrick's Day Parade?
7. What is the meaning of the phrase "Erin go Bragh"?
8. What is a culinary tradition of St Patrick's Day?
9. When is Saint Patrick's Day celebrated?
10. Which Italian historic site has been lit up in recent years as part of St Patrick's Day celebrations?

St. Patrick's Day Trivia Answers

1. He was a missionary who is credited with bringing Christianity to areas of Ireland.
2. Britannia.
3. Maewyn Succat
4. It was held in New York in 1762.
5. Saint Patrick used the green shamrock to explain the Holy Trinity (the father, the Son and the Holy Spirit).
6. Savannah, Georgia.
7. Ireland until eternity.
8. Eating corned beef and cabbage.
9. 17 March.
10. The Leaning Tower of Pisa.
11. 13 million.





ST. PATRICK'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 O S U H P L S C C E E S D
I I N L R S H U J I G I H F
M E S A , A I Y C O U R I Y
N I H L M E Y R E K C A L K
D T S R E E L H I O Y I L C
R E O C N E E T V E D N E I
H C H R H I P E N P L B L R
K S A F A I R Y G I A O A T
S L I G R E E N A P R W G W
B I S N H B C F O G E N H E
A B A C A K H B O A M N E D
H C N I P V A A N B E D L A
F U N N Y B U O N E G O F B
E D A R A P N T L T G M K L

By Evelyn Johnson - www.qets.com

Bagpipe

Blarney

Cover

Emerald

Fairy

Gold

Green

Harp

Irish

Isle

Jig

Leprechaun

Lucky

Mischief

Parade

Pinch

Rainbow

Shamrock

Shillelagh

Tricky

Vanish