

Hurricane Active Life Center

March 2023 Newsletter



Taxes!! Every Wednesday 9:00. Appointments are required.

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.

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 \$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-: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 Mon & Wed @ 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

Writing Group – Temp. Cancelled

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 – see Activity Schedule

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!



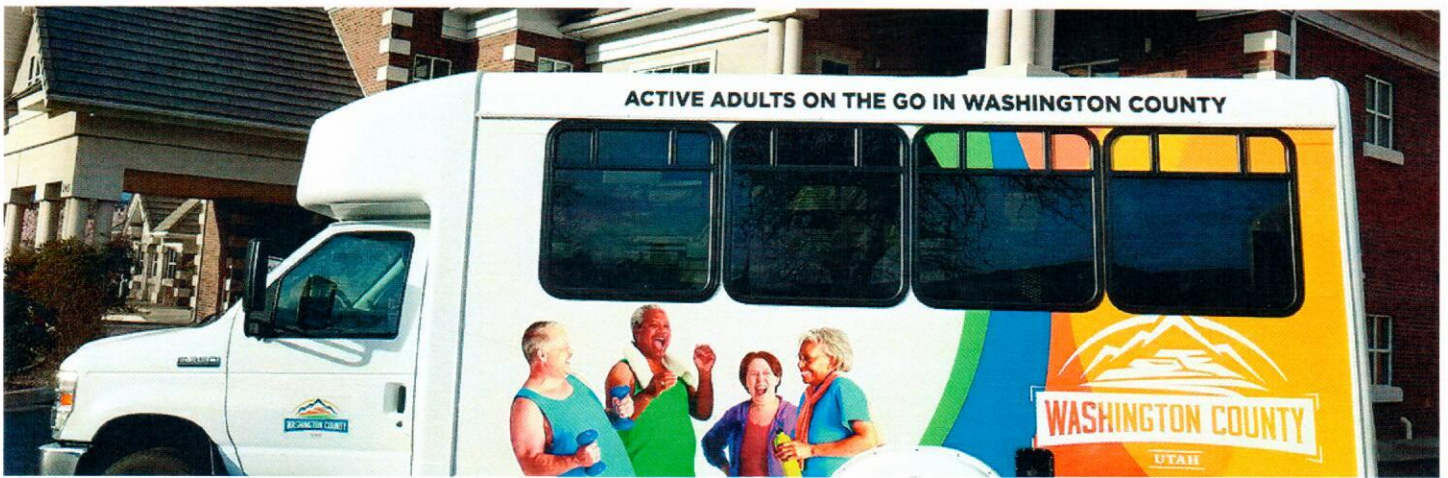
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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!

Hurricane Active Life Center | March 2023

435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older. 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 Cordon Bleu Texas Bread Mashed Potatoes Green Peas Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing</p>	<p>2</p> <p>Beef Chili Baked Potato Half Wheat Bread Mixed Vegetables Parslied Carrots Seasonal Fruit Vanilla Pudding <i>Diet - Sugar-Free Pudding</i> Milk Sour Cream</p>
6	7	8	9
<p>Hawaiian Chicken Haystack White Rice Wheat Bread Japanese Vegetable Blend Cabbage & Carrots Pineapple Tidbits Milk Margarine</p>	<p>Beef Taco Soup (Mixed Vegetables in Soup) Tortilla Chips Spanish Brown Rice Mixed Green Salad Seasonal Fruit Milk Shredded Cheese Ranch Salad Dressing</p>	<p>Pork w/Cranberry Apple Sauce Au Gratin Potatoes Cornbread Brussels Sprouts Beet Salad Seasonal Fruit Milk Margarine</p>	<p>Cheesy Pizza Bake Noodles Dinner Roll Winter Vegetable Blend Corn Fruited Gelatin <i>Diet - Fruit Cocktail</i> Milk Margarine</p>
13	14	15	16
<p>Creamy Paprika Chicken Penne Pasta Garlic Texas Bread California Vegetable Blend Green Peas Ambrosia Salad <i>Diet - Fruit Cocktail</i> Milk</p>	<p>Homemade Meatloaf w/Gravy Dinner Roll Mashed Potatoes Parslied Carrots Brussels Sprouts Seasonal Fruit Milk Margarine</p>	<p>Turkey Breast w/Gravy Confetti Rice Wheat Bread Green Beans & Onions Mixed Green Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>St. Patrick's Day Meal Corned Beef Rye Bread Red Potatoes Parslied Carrots Cabbage Fruited Gelatin <i>Diet - Fruit Cocktail</i> Milk Margarine</p>
20	21	22	23
<p>Hearty Tomato Soup (Mixed Vegetables in Soup) Ham & Cheese Slider Brioche Roll Spinach Salad Seasonal Fruit Milk Lettuce & Tomato Mustard Ranch Salad Dressing</p>	<p>Salisbury Steak w/Gravy Roasted Red Potatoes Wheat Bread Green Peas Stewed Tomatoes Fluffy Fruit Salad <i>Diet - Mixed Fruit</i> Milk Margarine</p>	<p>Potato Crusted Pollock Tortilla Fiesta Rice Broccoli Coleslaw Seasonal Fruit Milk Taco Sauce</p>	<p>BBQ Breaded Chicken Sandwich Hamburger Bun Baked Beans Corn Sliced Pears Milk</p>
27	28	29	30
<p>Onion Smothered Beef Dinner Roll Mashed Potatoes Mixed Vegetables Mixed Green Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>Enchilada Pie Tortilla Spanish Rice Fiesta Vegetable Blend Cucumber Salad Seasonal Fruit Milk</p>	<p>Turkey Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Hot Cinnamon Applesauce Milk Ketchup Mustard</p>	<p>Meatball Stew Rotini Pasta Garlic Texas Bread Mixed Vegetables Spring Vegetable Blend Seasonal Fruit Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i> Milk</p>

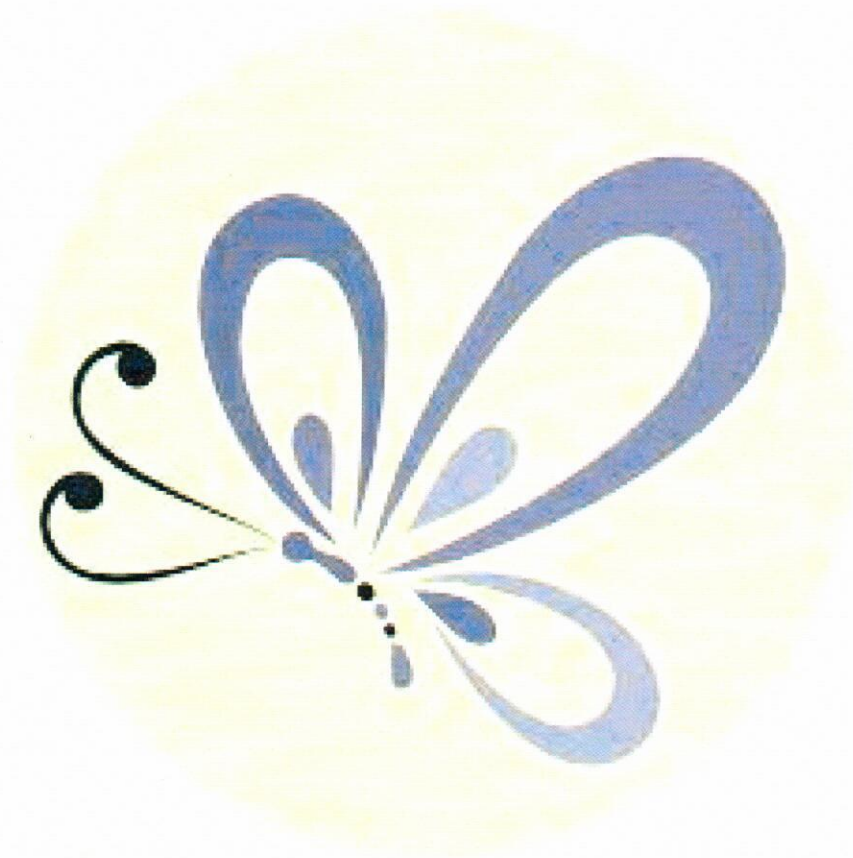
March Activities

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



		1-Mar	2-Mar
		Taxes 9:00 Billiards 9:00-3:00 Dixie Can Do's to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Video Sit Fit 11:00 Drawing 101 1:00
6-Mar	7-Mar	8-Mar	9-Mar
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Grief Support Group 1:00 Mimi Hansen to entertain @ lunch Hand & Foot Cards	Taxes 9:00 Billiards 9:00-3:00 Crafts 1:00	Video Chair Yoga 10:00 Video Sit Fit 11:00 Drawing 101 1:00 Knitting/Crochet 1:00
13-Mar	14-Mar	15-Mar	16-Mar
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch	Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Grief Support Group 1:00 Hand & Foot Cards	Taxes 9:00 Dixie Can Do's to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Video Sit Fit 11:00 Drawing 101 1:00
20-Mar	21-Mar	22-Mar	23-Mar
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00	Video Tai Chi 10:00 Nail-trim for feet 10:00 Mimi Hansen to entertain @ lunch Grief Support Group 1:00	Taxes 9:00 Billiards 9:00-3:00 Crafts 1:00	Video Chair Yoga 10:00 Video Sit Fit 11:00 Knitting/Crochet 1:00 Drawing 101 1:00
27-Mar	28-Mar	29-Mar	30-Mar
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch	Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Grief Support Group 1:00 Hand & Foot Cards	Taxes 9:00 Billiards 9:00-3:00 Crafts 1:00	Video Chair Yoga 10:00 Video Sit Fit 11:00 Rob Goulding to entertain @ lunch Drawing 101 1:00 Birthday Celebration

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



6 week Grief Support Group
starting March 7, 2023.

Tuesday @ 1:00pm

Sponsored by:
Utah Home & Hospice



AARP Tax Aide Service Starts February 1

And we're back – in person! The AARP Tax Aide volunteers are looking forward to meeting our clients face to face at the Hurricane Senior Center. We will be preparing taxes on Wednesday from 9:00 AM to 2:00 PM, beginning February 1 and ending April 12.

Tax preparation this season will be by appointment. The appointment book will be at the front desk of the Senior Center beginning Monday, January 23. Drop by any time the Center is open, sign up for an open appointment slot, provide a telephone number and a reminder preference, and pick up the required Intake/Interview sheet so you can have it completed when you arrive for your appointment.

For our clients who travel from outside Hurricane City, you can call 385-215-9915 and leave a message. Someone will call you the next Wednesday and schedule an appointment for you.

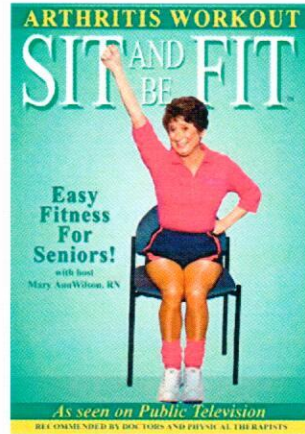
Please be aware of the following limitations in our service for this season. We cannot prepare:

- Any return with cryptocurrency, even in a brokerage statement
- Any California or New York returns. Other states can be prepared but we won't be able to complete them same-day.

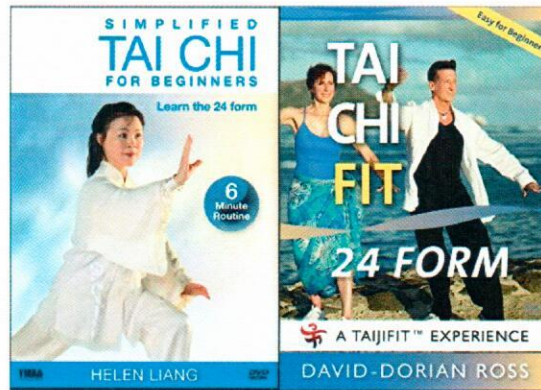
Again, we are delighted to be able to offer our services in person this year, and remain ever grateful to the Hurricane Sr. Center for their support. Please feel free to call 385-215-9915 with any questions you may have. We will do our best to accommodate any special needs.

Exercise Classes

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



TAI-CHI — Tuesday's @ 10:00am



YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

Medicare and Home Health Care

What home health care does Medicare cover?

Home health care includes health and social services that you receive in your home to treat an illness or injury. Medicare covers the following home health care:



Skilled nursing services: Services performed by or under the supervision of a licensed or certified nurse to treat your injury or illness. For example, a nurse may come to your home to administer medication through an IV or injection.



Skilled therapy services: Physical, speech, and occupational therapy services that are reasonable and necessary for treating your illness or injury. They must be performed by or under the supervision of a licensed therapist.



Home health aide: Medicare pays for an aide if you require skilled nursing or therapy services. A home health aide provides personal care services, including help with bathing, toileting, and dressing. Medicare will not pay for an aide if you only require personal care and do not need skilled nursing or therapy services in the first place.



Medical social services: If you qualify for home health care, Medicare pays for services ordered by your doctor to help you with social and emotional concerns related to your illness. This may include counseling or help finding resources in your community.



Medical supplies: Medicare pays in full for certain medical supplies, such as wound care, dressings, and catheters, when provided by a Medicare-certified home health agency (HHA).



Durable medical equipment (DME): Medicare pays 80% of its approved amount for certain pieces of medical equipment, such as a wheelchair or walker. You pay a 20% coinsurance charge as long as your home health agency accepts Medicare's approved amount for your DME item as payment in full.

Medicare's home health benefit does not cover:

- 24-hour a day care at home
- Prescription drugs (enroll in a Part D plan if you need prescription drugs)
- Meals delivered to your home
- Homemaker services, called "custodial care." (However, home health aides may perform some homemaker services, such as light housekeeping, when visiting to provide other health related services.)

Medicare home health care fraud



If you have Original Medicare, you should receive a Medicare Summary Notice (MSN). If you have a Medicare Advantage Plan, you should receive an Explanation of Benefits (EOB). To prevent and detect home health fraud, you should read these Medicare notices thoroughly when you receive them. You should report any suspicious charges. You should also protect your Medicare number and only share it with health care providers and other trusted individuals.

Here are some examples of potential home health fraud or abuse to watch for:



You see charges on your MSN or EOB for services that you did not receive, that were not prescribed by your doctor, or when you do not meet Medicare's homebound criteria.



You are enrolled in home health services by a doctor you do not know.



A home health agency offers you "free" groceries or "free" transportation in exchange for personal information or to switch to a different home health agency.

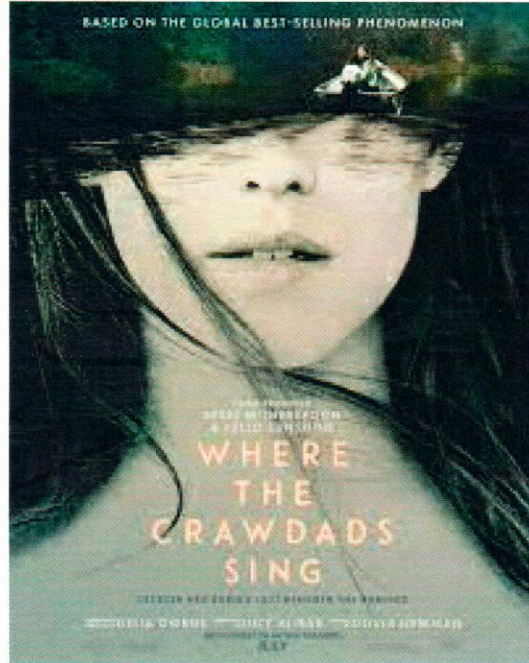


You are charged a copayment for home health services.



You are asked to sign forms saying that you received home health services that you did not receive.

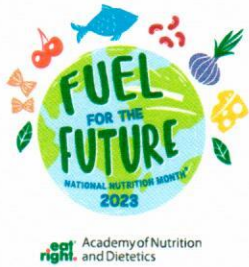
Movie of the Month:



Cast

- Daisy Edgar-Jones●Taylor John Smith●Harris Dickonson
- David Strathairn●Michael Hyatt●

Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, when one of them is found dead, Kya immediately becomes the main suspect. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets.



NATIONAL NUTRITION MONTH® 2023

FUEL FOR THE **FUTURE**



Fueling your body with nutrient-dense, sustainable food is important throughout all life stages. Nutrients are critical for living a healthy life. Sustainability is essential to meeting the growing demand for food without compromising adequate food for future generations. Choosing foods that are high in nutrition, but also good for the planet is the key to fueling the future.

CARBOHYDRATES

are essential as an energy source for everything our bodies do – from walking to breathing to thinking and even digesting food.

Best Wellness Choices for Living Sustainably:

Vegetables, fruits, legumes, whole grains and low-fat dairy.

VITAMINS AND MINERALS

are needed for most every bodily process, keep you healthy and prevent disease.

Best Wellness Choices for Living Sustainably:

Vegetables, fruits, legumes, whole grains, nuts, seeds, low-fat dairy, eggs, and seafood.

PROTEINS

are the building blocks of life and essential for cell and tissue growth. *Best Wellness Choices for Living Sustainably:* Poultry, seafood, low-fat dairy, eggs, tofu, tempeh, legumes, nuts, seeds and quinoa. Choose plant-based proteins more often as they have less impact on the environment.

FIBER

is a type of carbohydrate that helps reduce cholesterol, control blood sugar and aid in digestion and gives a feeling of fullness in the stomach. *Best Wellness Choices for Living Sustainably:* Vegetables, fruits, legumes, whole grains, nuts and seeds.

FATS

give our body energy, support cell function, help absorb some nutrients and produce important hormones. *Best Wellness Choices for Living Sustainably:* Unsaturated fats from plant sources like those found in oils such as olive, canola, sunflower, and peanut, avocados, nuts and seeds and omega 3 fats from fatty fish like salmon and tuna.

WATER

is essential to keeping our bodies working as they should. *Best Wellness Choices for Living Sustainably:* Water is the best choice but use reusable bottles versus single-use plastic water bottles to avoid harmful environmental waste.

Tip Sheet: Home Safety Tips For Older Adults

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.

Keep emergency numbers handy

Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 911
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider's office

Prevent falls

- If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- Ask your provider if you would benefit from an exercise program to prevent falls.
- If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.
- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.

Safety-proof your home

- Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.
- Tape all area rugs to the floor so they do not move when you walk on them.

Protect against fire and related dangers

- If there is a fire in your home, don't try to put it out. Leave and call 911. Know at least two ways to get out of your apartment or home.
- When you're cooking, don't wear loose clothes or clothes with long sleeves
- Replace appliances that have fraying or damaged electrical cords.
- Don't put too many electric cords into one socket or extension cord.
- Install a smoke detector and replace the battery twice a year.
- Never smoke in bed or leave candles burning, even for a short time, in an empty room.

- Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding, or furniture. Turn off space heaters when you leave the room.

Avoid bathroom hazards

- Set the thermostat on the water heater no higher than 120° F to prevent scalding.
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

Prevent poisoning

Carbon Monoxide

- Never try to heat your home with your stove, oven, or grill since these can give off carbon monoxide-- a deadly gas that you cannot see or smell.
- Make sure there is a carbon monoxide detector near all bedrooms, and be sure to test and replace the battery two times a year.

Medications

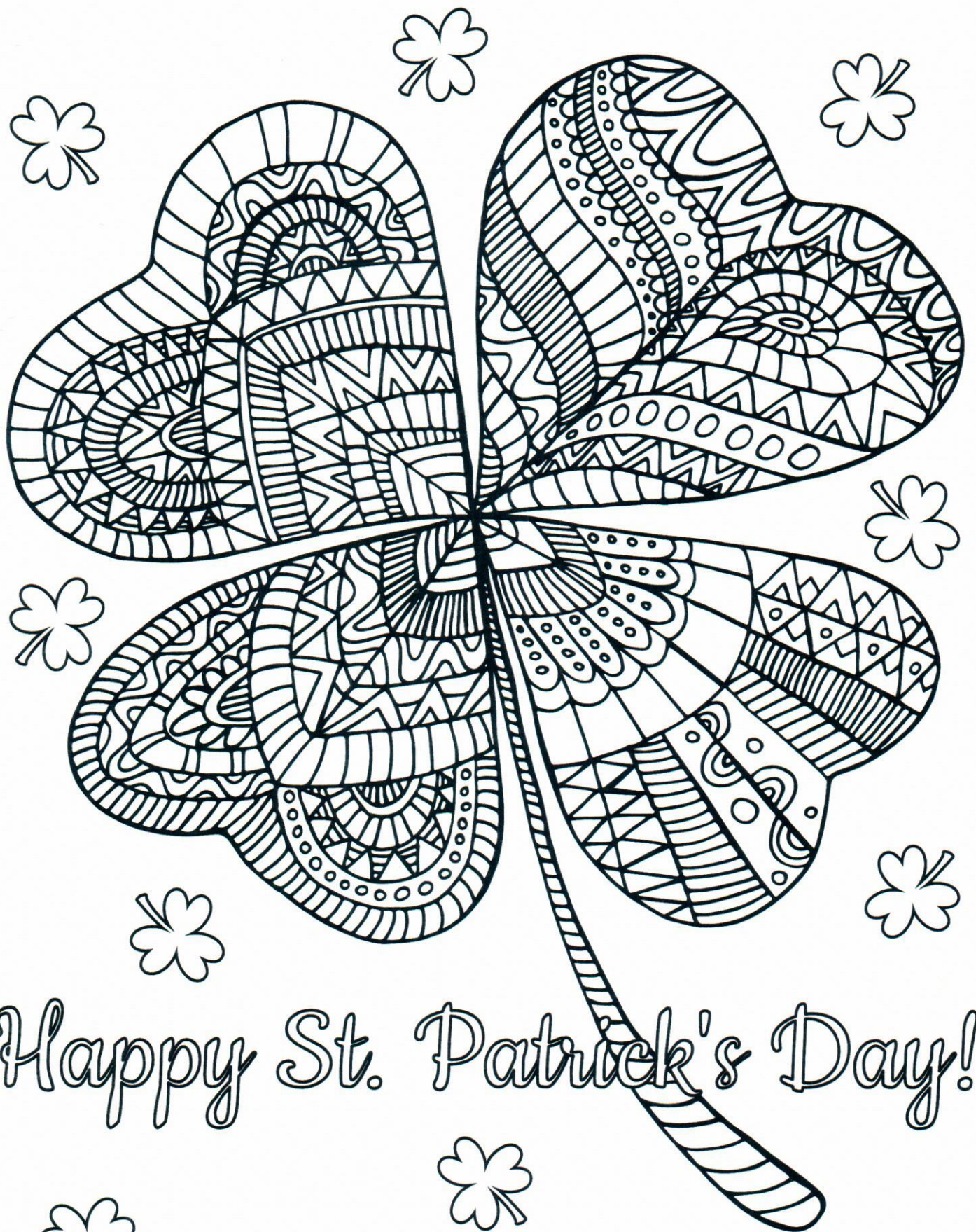
- Keep all medications in their original containers so you don't mix up medicines.
- Ask your pharmacist to put large-print labels on your medications to make them easier to read.
- Take your medications in a well-lit room, so you can see the labels.
- Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.

Cleaning products

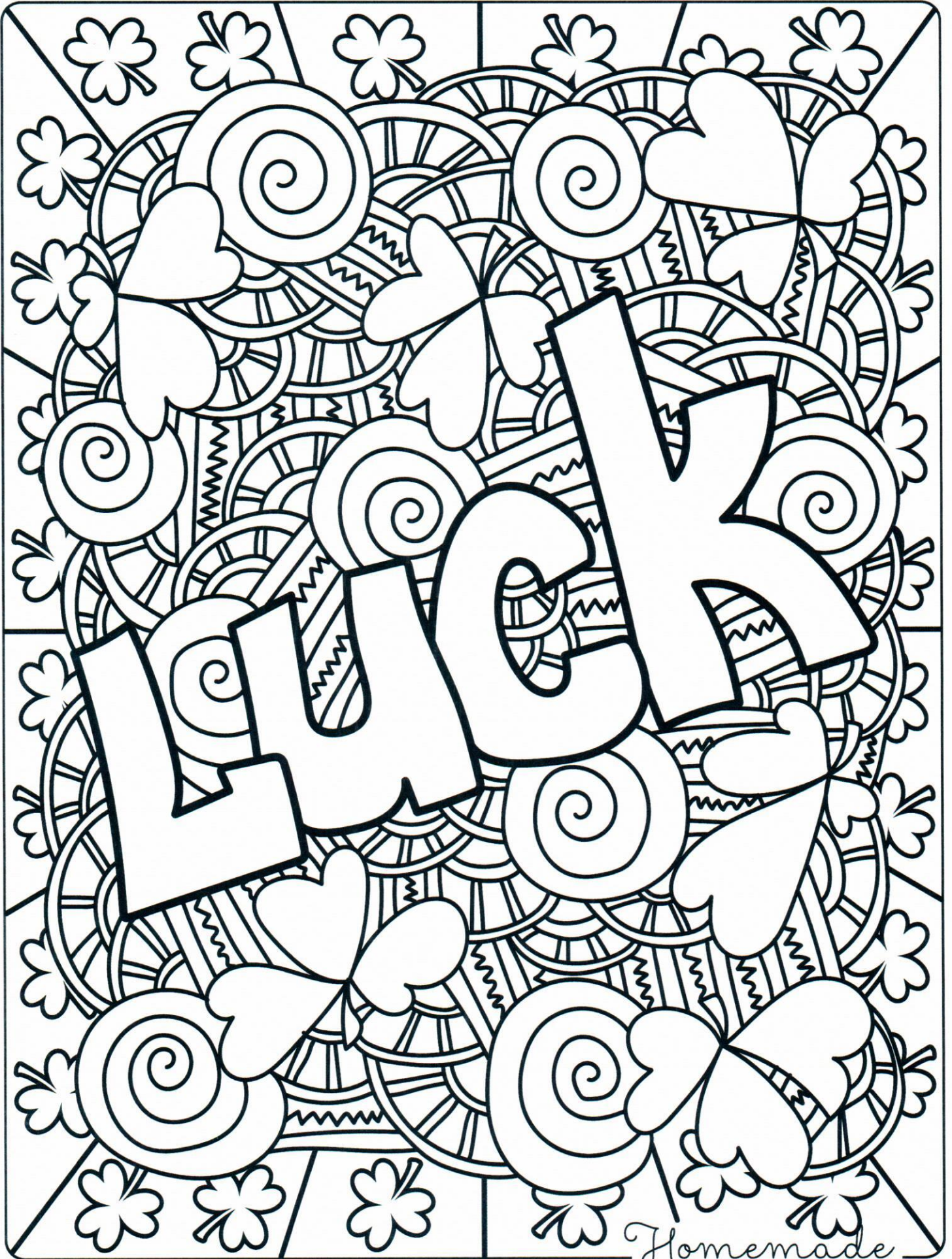
- Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases.

Protect against abuse

- Keep your windows and doors locked at all times.
- Never let a stranger into your home when you are there alone.
- Talk over offers made by telephone salespeople with a friend or family member.
- Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know who contact you.
- Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.



Happy St. Patrick's Day!



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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Ale	Elf	Leprechaun
Bagpipe	Fairy	Lucky
Banshee	Gold	Parade
Blarney	Green	Pub
Bog	Irish	Rainbow
Brogue	Jig	Shamrock
Clover	Keg	Tricky