

# Hurricane Active Life Center

## March 2024 Newsletter



Lunch is served in the dining room Monday-Thursday 11:30 to 12:30.

Join us March 14<sup>th</sup> for our St. Patrick's Day Celebration.

Our Easter Luncheon is on March 28<sup>th</sup>.

Taxes! Must call 385-215-9915 for Appointment.

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 – Blood Pressure/Sugar checks** – every Monday 11:00am

**Blood Pressure/Sugar checks** – every 3<sup>rd</sup> Thursday 11:00am

**Video Sit & Be Fit** – every Mon & Wed @ 10:00am

**Video Tai Chi** – every Tues @ 10:00am

**Movie** – see Activity Schedule  
\*\* Free \*\* Popcorn \*\*

**Billiards** – Daily 9:00am – 3:00pm

**Wii Bowling** – Monday @ 11:00am

**Card Making Class** – last Monday @ 1:00pm

**Hand & Foot Cards** – 2<sup>nd</sup> & 4<sup>th</sup> Wed @ 1:00pm

**Crochet Class** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Drawing 101** – Thursday @ 1:00pm

**Toe Nail Trimming** – 3<sup>rd</sup> Tuesday 10:00am

**Quilt Guild** – see Activity Schedule

**Bingo 60+ Only** – 2<sup>nd</sup> & 4<sup>th</sup> Monday after lunch  
\*Bingo is free to play\* **For 60+ only**

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

**COME JOIN US!**



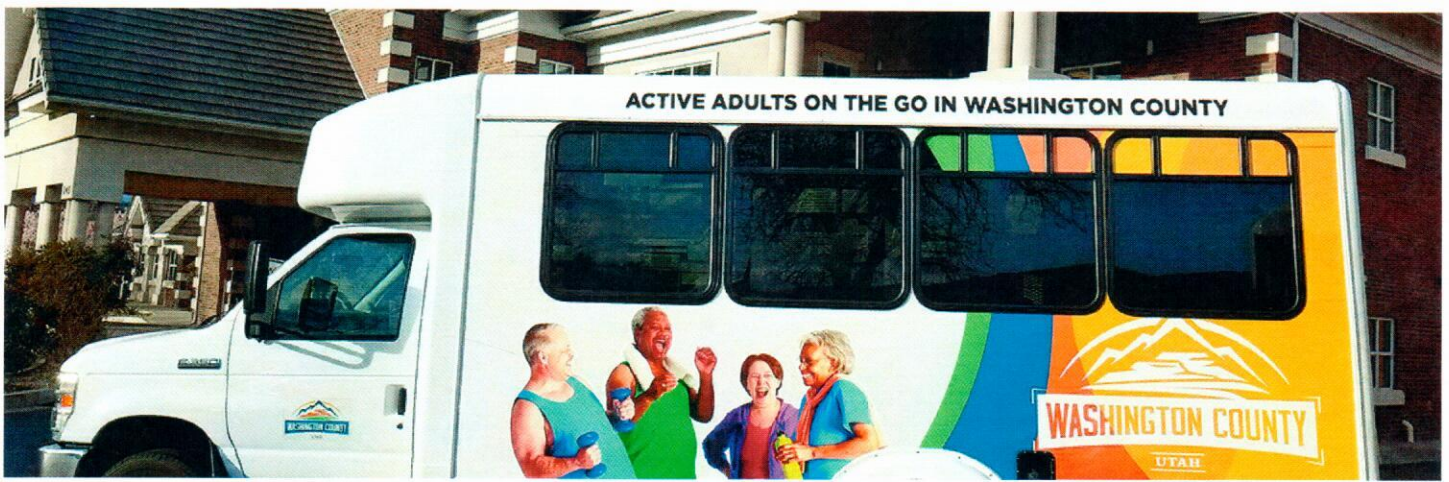
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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](http://www.stg.coa.washco.utah.gov)



### FOCUS ON \*\*\*DIAL A RIDE\*\*\*

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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 435-635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

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3. Complete name and address of your destination.
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**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 2024



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</p> <p>Menu subject to change based on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>		 <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p>	
4	5	6	7
Beef Taco Soup Spanish Brown Rice Mixed Vegetables in Soup Mixed Green Salad Tortilla Chips Seasonal Fruit Milk Ranch Salad Dressing	Pork w/Cranberry Apple Sauce Au Gratin Potatoes Brussels Sprouts Beet Salad Cornbread Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Japanese Vegetable Blend Cabbage & Carrots Wheat Bread Pineapple Tidbits Milk Margarine	Cheesy Pizza Bake Noodles Winter Vegetable Blend Whole Kernel Corn Wheat Bread Fruited Gelatin Diet - Fruit Cocktail Milk Margarine
11	12	13	14
Creamy Paprika Chicken Penne Pasta California Vegetable Blend Green Peas Garlic Texas Bread Ambrosia Salad Diet - Mixed Fruit Milk	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Brussels Sprouts Multi-Grain Bread Seasonal Fruit Milk Margarine	Turkey Breast w/Gravy Dressing Green Beans & Onions Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	<b>St. Patrick's Day Meal</b> Corned Beef Red Potatoes Parslied Carrots Cabbage Wheat Roll Fruited Gelatin Diet - Fruited Gelatin Milk Margarine
18	19	20	21
Country Fried Chicken Country Gravy Broccoli Glazed Beets Biscuit Seasonal Fruit Milk	Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Stewed Tomatoes Wheat Bread Fluffy Fruit Salad Diet - Mixed Fruit Milk Margarine	Hearty Tomato Soup Ham & Cheese Slider Mixed Vegetables in Soup Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing Mustard	BBQ Breaded Chicken Sandwich Baked Beans Whole Kernel Corn Hamburger Bun Applesauce Milk
25	26	27	28
Onion Smothered Beef Mashed Potatoes Mixed Vegetables Spinach Salad Multi-Grain Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Pork Carnitas Spanish Rice Fiesta Vegetable Blend Cucumber Salad Corn Tortilla Seasonal Fruit Milk Taco Sauce	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Hot Cinnamon Applesauce Milk Ketchup Mustard	<b>Easter Meal</b> Glazed Ham Whipped Potatoes Carrots Broccoli Dinner Roll Seasonal Fruit Chocolate Pudding Diet - Sugar-Free Pudding Milk Margarine

# March Activities

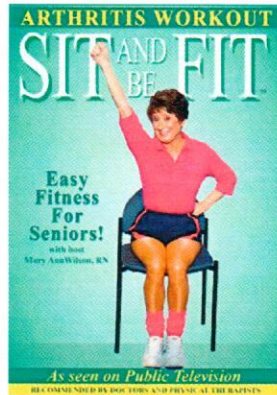
95 N. 300 W. Hurricane 435-635-2089 <https://coa.washco.utah.gov/hurricane/>

4-Mar	5-Mar	6-Mar	7-Mar
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Neil Petty to entertain @ lunch	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Taxes 9:00-2:00 Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Birthday Celebration Arthur Whitney to entertain @ lunch Drawing 101 1:00
11-Mar	12-Mar	13-Mar	14-Mar
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Taxes 9:00-2:00 Rob Goulding to entertain @ lunch Hand & Foot after lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild
18-Mar	19-Mar	20-Mar	21-Mar
Billiards 9:00-3:00 Video Sit Fit 10:00 Nail-trim for feet 10:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Taxes 9:00-2:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Arthur Whitney to entertain @ lunch Drawing 101 1:00 Quilt Guild
25-Mar	26-Mar	27-Mar	28-Mar
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Bingo after lunch Card Class 1:00 Neil Petty to entertain @ lunch	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Taxes 9:00-2:00 Hand & Foot after lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Drawing 101 1:00 Knitting/Crochet 1:00 Quilt Guild

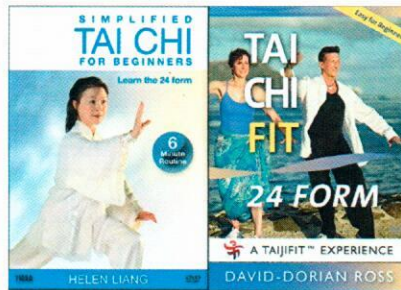
\*Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm\*

# Exercise Classes

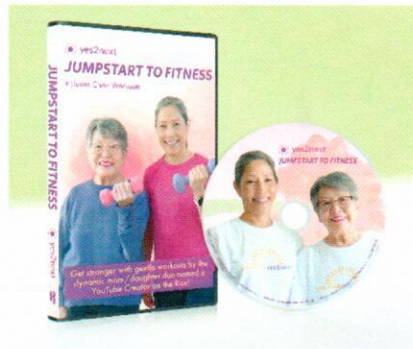
\*VIDEO SIT & BE FIT\* — Monday's & Thursday's @ 10:00am



\*VIDEO TAI-CHI\* — Tuesday's @ 10:00am



\*VIDEO JUMPSTART TO FITNESS\* — See Schedule



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

## AARP Tax Aide Service Starts February 7

We're back for another tax season! The AARP TaxAide volunteers are looking forward to meeting our clients at the Hurricane Senior Center. We will be preparing taxes on Wednesdays from 9:00 AM to 2:00 PM, beginning February 7 and ending April 10.

Tax preparation this season will be by appointment. Text or call 385-215-9915 to schedule your appointment. Your appointment time allows for 15 minutes to complete the required intake form. The forms will be at the front desk at the Senior Center if you want to get a head start on filling it out.

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

- Any return with active trades in cryptocurrency. If you have cryptocurrency in your portfolio but did not trade it, we can still prepare your return.
- Any California or New York returns. Other states can be prepared but we won't be able to complete them same-day.

If you're not sure whether or not you need to file taxes this year, please come in any time on a Wednesday during tax season. Bring your documents with you. A certified tax counselor will take a look, and if you have a filing requirement, we'll set up an appointment for you at that time.

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.





Join us in celebrating St. Patrick's Day!  
March 14<sup>th</sup>

Lunch 11:30 am to 12:30 pm.

Menu:

Corned Beef  
Red Potatoes  
Parslied Carrots  
Cabbage  
Wheat Roll  
Fruited Gelatin





# Card Making Class

March 25, 2024 1:00 p.m.

Come join a fun group!!!

We'd love to have you!!!

\$3.00 for 2 Cards with Envelopes





Join us in celebrating Easter!  
March 28<sup>th</sup> 11:30am to 12:30pm.

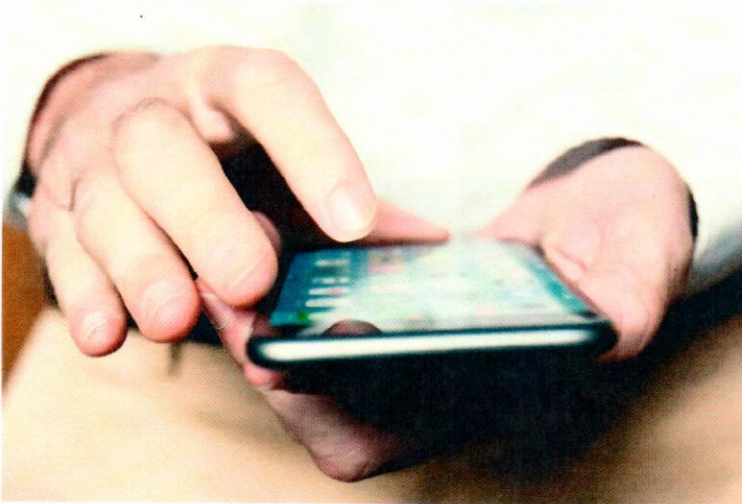
Menu:

Glazed Ham  
Whipped Potatoes  
Carrots  
Broccoli  
Dinner Roll  
Fruit  
Chocolate Pudding

*Hosted by the Division of Services of Deaf and Hard of Hearing*

# SPRINGING FORWARD WITH TECHNOLOGY - PHONE APPS

Learn about different phone apps available.



**Tuesday**

**March 19, 2024**

**6:30 p.m. - 8:00 p.m.**

**Via Google Meet**

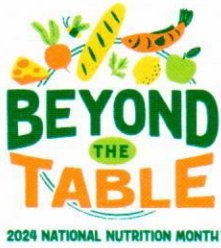


**Must register by March 19, 2024 at:**

**<https://jobs.utah.gov/usor/dhh/events/registration.html>**

**For more information, contact Hard of Hearing program at**

**[DSDHH.hoh@utah.gov](mailto:DSDHH.hoh@utah.gov)**



# BEYOND THE TABLE

NATIONAL NUTRITION MONTH® 2024

Did you know that food production is responsible for nearly one-third of total greenhouse gas (GHG) emissions and uses a massive amount of energy? This National Nutrition Month let's move Beyond the Table by learning more about the food supply chain and its opportunities to be more sustainable. **Show your support by making healthy and sustainable food decisions with your fork and wallet.** By choosing healthy, sustainable food, you are affecting the direction of our food system by influencing the bottom line of farmers, food companies, and retailers.

**PRODUCTION.** Farmers grow crops and raise livestock. Sustainable farming practices: no-till or reduced-till, cover crops, crop rotation, crop diversity, livestock integration, agroforestry, water conservation, integrative pest management, and nutrient management

**PROCESSING.** Raw products from farms undergo initial processing such as cleaning, sorting, and packaging. Food manufacturing combines and transforms ingredients into various food products through processing, cooking, and packaging. Food manufacturing relies mostly on non-renewable energy sources. Sustainable manufacturing solutions: reducing GHG, using renewable energy, saving water, decreasing food waste, and using more sustainable packaging

**DISTRIBUTION.** Processed food products are transported from manufacturing facilities to distribution centers or directly to retailers, which has a sizeable impact on GHG emissions and energy usage because food is often shipped long distances and needs to be climate controlled. Greener distribution solutions: optimizing transportation routes using data analytics & technology, improving the efficiency of cold storage & transportation, and sourcing ingredients locally

**RETAIL.** Food products are made available to consumers through grocery stores, supermarkets, or other retail outlets and may be distributed to restaurants, cafes, and other food service establishments. Sustainable retail solutions: food waste reduction strategies, energy-efficient lighting, heating & cooling systems, and product sourcing from sustainable & ethical suppliers

**KITCHEN.** Every kitchen has an environmental opportunity to reduce food waste, which releases methane (a more potent GHG than carbon) as it decomposes. Food waste solutions: proper meal planning, purchasing smaller quantities, using most of the produce when cooking, and composting and food donations when food waste does occur

**TABLE.** What's on your plate impacts the environment too. Where it came from, what it is, and the season make a difference. Healthy, sustainable diet solutions: choose whole foods vs processed foods, eat smaller portions, reduce meat & dairy consumption, replace animal-based foods with plant-based foods, choose local foods, and eat seasonally

Sources: [https://css.umich.edu/sites/default/files/2023-10/Food%20Systems\\_CSS01-06.pdf](https://css.umich.edu/sites/default/files/2023-10/Food%20Systems_CSS01-06.pdf), <https://www.nifa.usda.gov/grants/programs/sustainable-agriculture-programs>, <https://www.usda.gov/foodwaste/faqs#:~:text=In%20the%20United%20States%2C%20food,percent%20of%20the%20food%20supply,> <https://www.eatright.org/food/planning/food-security-and-sustainability/sustainable-eating-1>, <https://www.wri.org/research/shifting-diets-sustainable-food-future>, <https://www.nature.com/articles/s43016-021-00225-9>

ELIOR NORTH AMERICA





### **Know the type of providers you should see.**

You pay nothing for most preventive services if you see the right type of provider. If you have **Original Medicare**, you should receive preventive services from providers who accept assignment. These providers accept Medicare's approved amount as payment in full. For preventive services that Medicare covers at 100%, you owe no deductible or coinsurance when you see a provider who accepts assignment. And if you receive services that do have a cost, these providers cannot charge you more than the Medicare-approved deductible and coinsurance. If you are in a **Medicare Advantage Plan**, you should not be charged for preventive care services that are free for people with Original Medicare, as long as you see providers who are in-network for your plan.

If you see other types of providers, such as one who is out-of-network or one who does not accept assignment, then charges may apply to preventive care services that otherwise would not have cost you anything.

### **Know how to prepare for your Welcome to Medicare and Annual Wellness Visits.**

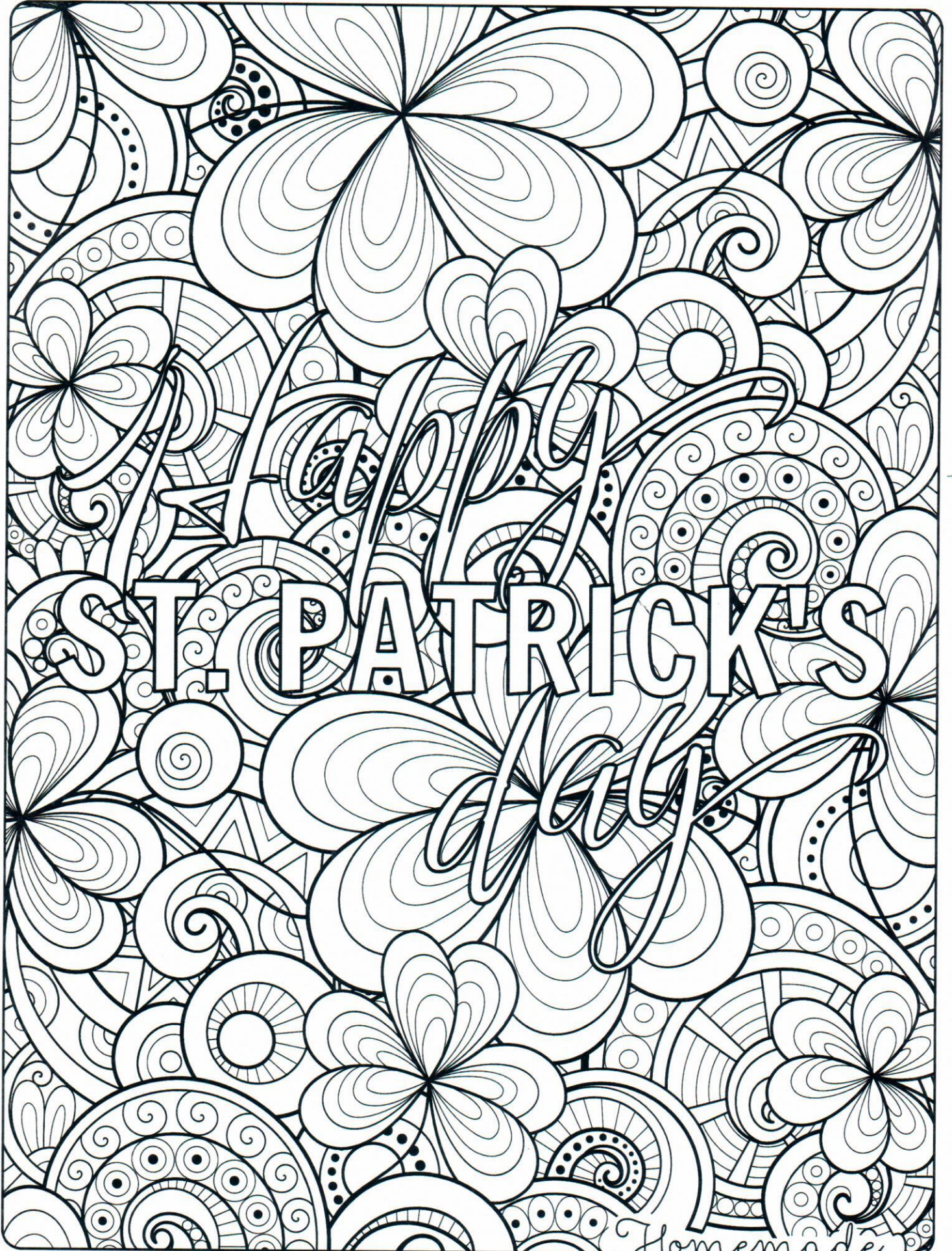
Medicare covers one Welcome to Medicare preventive visit in your first year of having Medicare Part B, then one Annual Wellness visit per year after that, with zero cost-sharing as long as you see the appropriate providers. Keep in mind that these visits are not head-to-toe physicals. During the Welcome to Medicare Visit, your provider will review your medical and social history as well as your health status and risk factors. Your provider will then give you resources related to your risk factors and health needs and will give you a checklist or written plan with information about other preventive services you may need. Annual Wellness Visits, which Medicare will cover once you have had Part B for 12 months, are yearly appointments with your primary care provider to create or update a personalized prevention plan. This plan can help prevent illness based on your current health and risk factors. For both kinds of preventive visits, be prepared with information about your medical history, family history, the providers you see, durable medical equipment you use, and medications you take.

# 7 Simple Spring Cleaning Tips for Seniors

- 1. Work in small chunks of time...** Throughout the week, weeks, or month, this will make cleaning up much more manageable and motivating.
- 2. Clean your dishwasher & washing machine...** Purchase specialty dishwasher cleaner and follow directions. For your washing machine, just add hot water, white vinegar & baking soda, let it sit for 30 to 60 minutes, restart your machine and let it drain and dry.
- 3. Leave the heavy lifting to someone else...** Ask friends and family to help you move heavy objects so you aren't risking your wellbeing.
- 4. Check your medicine cabinets...** If you find expired medications or medications you no longer need, properly dispose of them.
- 5. Don't forget the detectors...** Make sure you have fresh batteries in all your smoke and carbon monoxide detectors & that they are functioning properly.
- 6. Give your kitchen a refresher...** Clean out your fridge and pantry. Make sure no old, expired food items have not been pushed to the back and forgotten.
- 7. Make getting rid of clutter a priority...** Decluttering helps free up space, decrease stress, and reduce your risk of tripping and falling.

\*\*If you have any clothing, purses, jewelry, shoes or houseware items you no longer need, the Thrift Store at the Hurricane Senior Center is in need of donations. All proceeds benefit the Senior Center. \*\*









# 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](http://www.qets.com)

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