

Hurricane Active Life Center

May 2022 Newsletter



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 will be closed May 30th to celebrate Memorial Day.

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

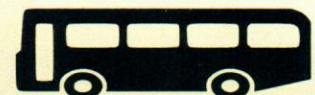
Dial-A-Ride Program

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.

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– Tues @ 1:00pm

Writing Group– every other Monday @ 1:00pm

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

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

Drawing 101 – Thursday @ 1:00pm

Caregiver Support – Wednesday @ 1:00pm

Craft Class – Wednesday @ 1:00pm

Speech Reading Class – Thursday @ 10:30am

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

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

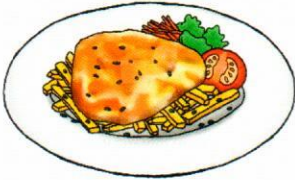
Movie – first Thursday of every month after lunch **Free popcorn**

Wii Bowling – Monday @ 11:00am

Billiards – Open daily 9:00am – 3:00pm

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

COME JOIN US!



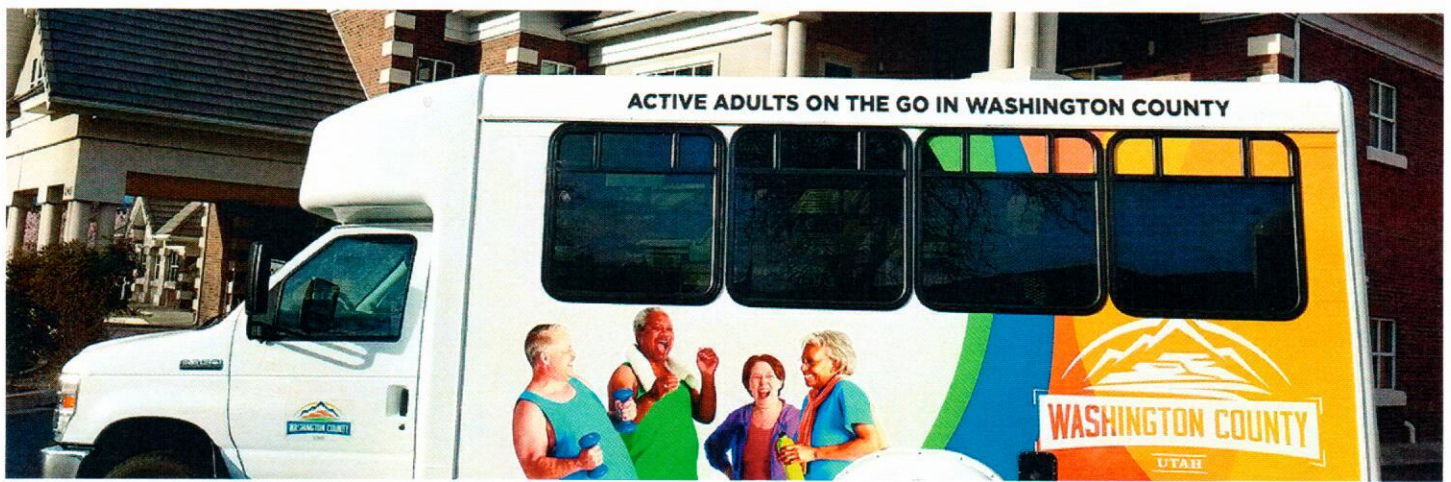
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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


435-635-2089

May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
Breaded Fish Sandwich Hamburger Bun Green Peas Garden Vegetable Blend Seasonal Fruit Milk Tartar Sauce	Smothered Chicken Breast Buttered Rice Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine	Salisbury Steak w/Brown Gravy Roasted Red Potatoes Mixed Vegetables Beet Salad Dinner Roll Fruited Gelatin Milk Margarine <i>Diet - Sugar-Free Fruited Gelatin</i>	<i>Mother's Day Meal</i> Chicken Breast w/Spinach Sauce Buttered Rice Garden Vegetable Blend Mixed Green Salad Dinner Roll w/Margarine Seasonal Fruit Milk Ranch Salad Dressing Strawberry Shortcake Cookie <i>Diet - No Sugar Added Pudding</i>
9	10	11	12
Hawaiian Chicken Haystack Broccoli Cabbage & Carrots White Rice Wheat Bread Pineapple Tidbits Milk Margarine	Meatballs w/Marinara Sauce Penne Pasta Mixed Vegetables Mixed Green Salad Dinner Roll Fresh Grapes Milk Margarine Ranch Salad Dressing	Bratwurst Hot Dog Bun Sauerkraut Potato Wedges Seasonal Fruit Milk Mustard Ketchup Relish	Cheesy Beef & Rice Casserole White Rice California Vegetable Blend Brussels Sprouts Dinner Roll Seasonal Fruit Milk Margarine
16	17	18	19
Swedish Meatballs Penne Pasta Green Peas Parslied Carrots Garlic Texas Bread Seasonal Fruit Milk	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard <i>Diet Dessert - Diced Peaches</i>	Chicken Breast w/Alfredo Sauce Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing
23	24	25	26
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Canned Pineapple Milk Shredded Cheese Taco Sauce	Open Face Turkey Sandwich w/Gravy Green Beans Mashed Potatoes Spinach Salad Fresh Grapes Milk Ranch Salad Dressing Chocolate Chip Cookie <i>Diet - No Sugar Added Pudding</i>	Sloppy Joe Hamburger Bun Baked Beans Parslied Carrots Cinnamon Applesauce Milk	<i>Memorial Day Meal</i> Chili Cheese Dog Hot Dog Bun Baked Beans Potato Salad Peach Crisp Milk <i>Diet - Diced Peaches</i>
30	31		
CLOSED Memorial Day	Herb Roasted Pork Loin w/Apricot Sauce Green Peas Brussels Sprouts Scalloped Potatoes Cornbread Seasonal Fruit Milk	A suggested donation of \$3.00 is requested from seniors 60 and older. Lunch served 11:30-12:30 Persons under 60 can enjoy a meal for \$7.00 Menu subject to change based on availability. Follow Us on Facebook @triocommunitymeals	

May Activities

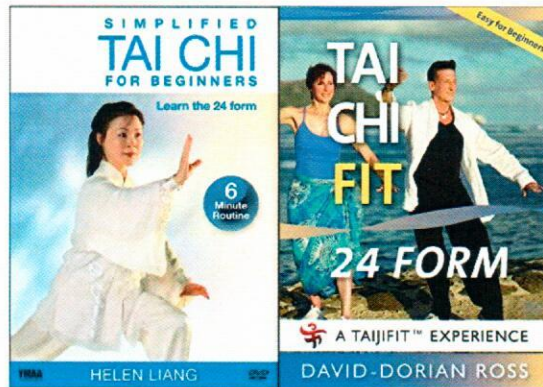
95 N. 300 W. Hurricane 435-635-2089

2-May	3-May	4-May	5-May
Billiards 9:00-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Writing Group 1:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards	Video Sit Fit 10:00 Hand & Neck Massage @ 11:00 Dixie Can Do's @ lunch Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Movie after lunch Drawing 101 1:00
9-May	10-May	11-May	12-May
Billiards 9:00-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
16-May	17-May	18-May	19-May
Billiards 9:00-3:00 Health Screening 11:00 Wii bowling 11:00 Hurr. Family Pharm. Presentation @ lunch Writing Group 1:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Drawing 101 1:00
23-May	24-May	25-May	26-May
Billiards 9:00-3:00 Health Screening 11:00-12:00 Wii bowling 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00	Video Chair Yoga 10:00 Lip Reading Class 10:30 Chyrrel & Terry Maupin entertain @ lunch Happy Birthday Party Knitting/Crochet 1:00 Drawing 101 1:00
30-May	31-May		
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards		

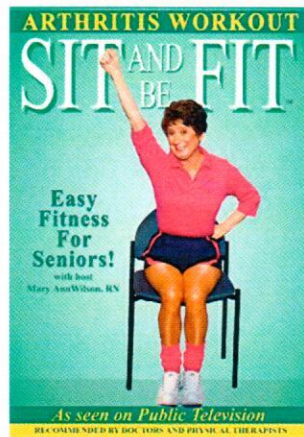
Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm

Exercise Classes

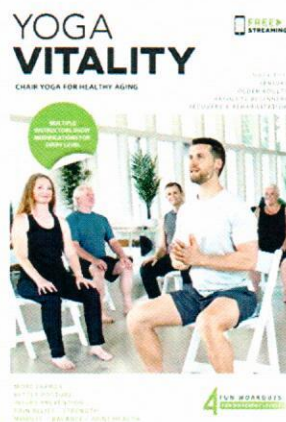
TAI-CHI — Tuesday's @ 10:00am



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.

Movie of the Month:

Disney
**SAVING
MR. BANKS**



Cast

•Tom Hanks•Emma Thompson•Colin Farrell•

“Spurred on by a promise he made to his daughters, Walt Disney embarks on what would become a 20-year quest to obtain the movie rights to “Mary Poppins.” The author, P.L. Travers, proves to be a uncompromising curmudgeon who has no intention of letting her beloved characters become tangled in the Hollywood machine.”

Medicare coverage of Oxygen

For people with severe lung disease or low blood oxygen levels, your doctor may prescribe oxygen. You may wonder how Medicare covers these supplies. Oxygen supplies are considered Durable Medical Equipment. With most Durable Medical Equipment, you rent the item from a supplier before you own the item. For oxygen supplies, the contract period is five years. During the first three years, you rent your oxygen concentrator from a supplier. For the next two years, the supplier continues to provide tanks, tubing and other supplies but you no longer pay a fee for the concentrator. If you still need oxygen at the end of 5 years, you begin a new contract. You may choose a new supplier at the start of your new contract if you wish. In most cases, Medicare covers 80% of the cost of oxygen supplies and you will be expected to pay the remaining 20%.

Many people who use oxygen wonder about portable oxygen concentrators. Medicare can cover portable concentrators, however they reimburse suppliers the same amount for portable concentrators as they do for stationary ones. Since portable concentrators are more expensive for suppliers, many Durable Medical Equipment suppliers will not accept the Medicare payment for portable concentrators.

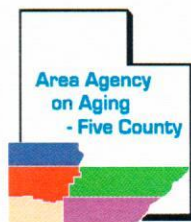
During the five-year contract on oxygen supplies, the supplier is required to provide all the maintenance and repairs for your equipment. If they do not, or they try to charge you extra for these services, they are committing Medicare fraud. If you think your supplier is not providing you with the items or services they agreed to, the SHIP program can help. Contact us at (435)673-3548 for assistance.

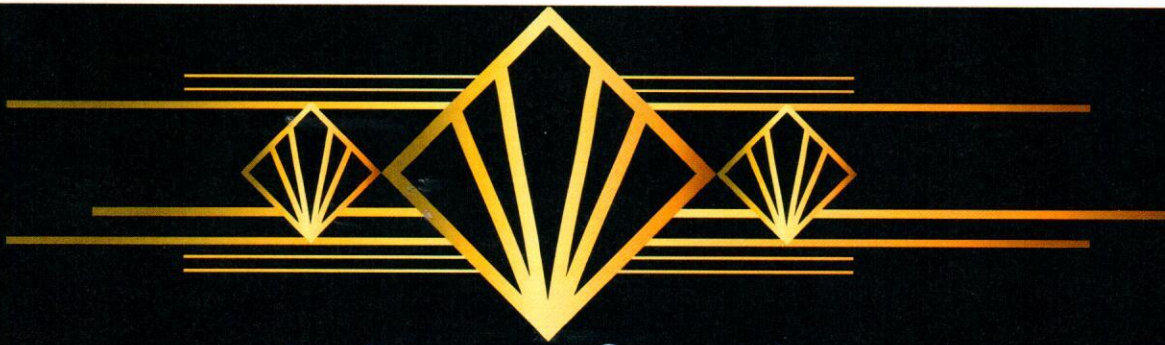
Spring is a great time to dust off your knowledge for spotting and avoiding scams. The best way to make a clean getaway from a scam? Listen to how they tell you to pay.

If someone tells you:

- “Pay us by putting money on a [gift card](#) and then give us the number on the back.” — That’s a scam.
- “We’ll send you a [check](#), deposit the check, and then send us the money.” — That’s a scam. (That check will later turn out to be fake and you will be on the hook for the money.)
- “You have to pay us by [sending money through a money transfer company](#) like MoneyGram or Western Union.” — That’s a scam.
- “Go to a store with a [cryptocurrency](#) ATM, put your money in to buy cryptocurrency, and use this QR code to send it to this address.” — That’s a scam.

Scammers have lots of stories about why you need to pay — like [pretending](#) they’re calling from the government, a business, utility, tech company, or even a charity. Or they’ll call about a family emergency. Or maybe they call with an alert about a virus on your computer that needs fixing. No matter what they say, they’ll pressure you to act immediately, and of course, pay them money. When they do, hang up and report them to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/whats-new/2019/03/report-fraud-101).





Join us for the

**SOUTHERN
UTAH
SENIORS
CONFERENCE**

20th Anniversary
9:00 AM - 3:00 PM Friday,
May 20, 2022
Heritage Center, Cedar City

HAVE A ROARING GOOD TIME!

Register at:
[www.southernutahseniors
conference.org](http://www.southernutahseniorsconference.org)

National Physical & Fitness Sports Month

Eating for Activity

The evidence is clear—a balance between regular physical activity and good nutrition is essential for everyone’s health. People of all ages and body types can be physically active and learn to adapt good nutrition habits. Choose to eat a balanced plate of whole foods every day and choose activities you enjoy and do it often!

EATING FOR ACTIVITY

Eat every 3-4 hours throughout the day and choose foods in their natural, whole state as much as possible. Focus on food variety and get a balance of carbohydrates, protein and healthy fats in each of your meals and snacks. If you work out one hour or less at a time per day, then regularly scheduled, well-balanced meals, snacks, and fluids will be nutritionally adequate.

Protein: Builds and repairs muscles. Distribute protein rich foods throughout the day. Focus on lean proteins and plant-based proteins. Examples include chicken, fish, milk, nuts/nut butters, eggs, beans, tempeh, tofu, lentils, and quinoa.

Carbohydrates: Fuel burned during exercise. Focus on complex carbohydrates, such as whole grains and legumes, starchy vegetables, and fruits throughout the day.

Fats: Fuel burned during exercise along with carbohydrates. Choose healthy fats at meals and snacks most often, such as fatty fish, nuts, seeds, olive oil, avocados, and nut and seed oils.

Fluids: Adequate hydration is essential for heart function, body temperature regulation, and prevention of injury, and will enhance performance and promote recovery from activity. Great choices include water, 100% fruit juice, sports drinks, coconut water, milk & milk alternatives. Water is the preferred choice for activities less than one hour in length.



PHYSICAL ACTIVITY RECOMMENDATIONS

Get **150 to 300** minutes a
week of moderate-intensity,
OR

75 minutes to **150** minutes a week
of vigorous-intensity aerobic physical
activity spread throughout the week. If
chronic conditions limits your activity,
you should be as physically active as
your abilities and conditions allow.

DID YOU KNOW?

Facts About your Rights in a Long Term Care Facility

Long-Term Care (LTC) Ombudsman work to resolve problems related to the health, safety, welfare, and rights of individuals who live in LTC Facilities.

At the heart of the program is a team of certified Ombudsman empowered to resolve issues surrounding the care & quality of life for residents representing the residents' interests, desires and needs.

Types of LTC Facilities:
Nursing Home
Assisted Living

Who can initiate a complaint::
Anyone (residents, relatives, friends or even staff of a facility)

Residents Rights:
Only As mutually agreed upon, between Ombudsman and the resident or his/her legal representative, the ombudsman will make every reasonable effort to assist, represent and intervene on behalf of the resident.



Spring Clean for Safety!

- Remove clutter from walkways to prevent falls.
- Change batteries in smoke alarms and carbon monoxide detectors.
- Replace any burned out lightbulbs.
- Throw away expired food.
- Make sure there are emergency exits such as accessible windows that are easy to open.

Spring Clean Your Paperwork!

- Gather & store all your important legal documents in one place, ideally in a flameproof, waterproof safe. Or at least where you can find them.

These include: advance directive, power of attorney, wills or trust paperwork, deeds to property, etc.

Host a Spring Cleaning Party!

- Invite family, friends, neighbors, church members, or hire cleaners to come join you in a spring cleaning party. Make a list of all chores you'd like done so everyone can pick up something to do. Offer treats and ask everyone to bring a cleaning supply/tool for the "cleaning potluck."
- If you have a yard, you can include yardwork or have a separate yard work party.

