

Hurricane Active Life Center

May 2023 Newsletter



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

Beginning April 1st, the Suggested donation for lunch is now \$4.00 per meal. Under 60 clients are welcome for \$7.00 per meal.

Create Better Health Classes starting May 10th.

The center will be closed May 29th to celebrate Memorial Day.

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 \$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 & Horizon – Blood Pressure/Sugar checks – every Monday & Every 3rd Wednesday 11:00am-12:00pm

Tai Chi – every Monday @ 1:30pm

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

Video Tai Chi – every Tues @ 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

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 – 2nd Thurs 10:00am

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!



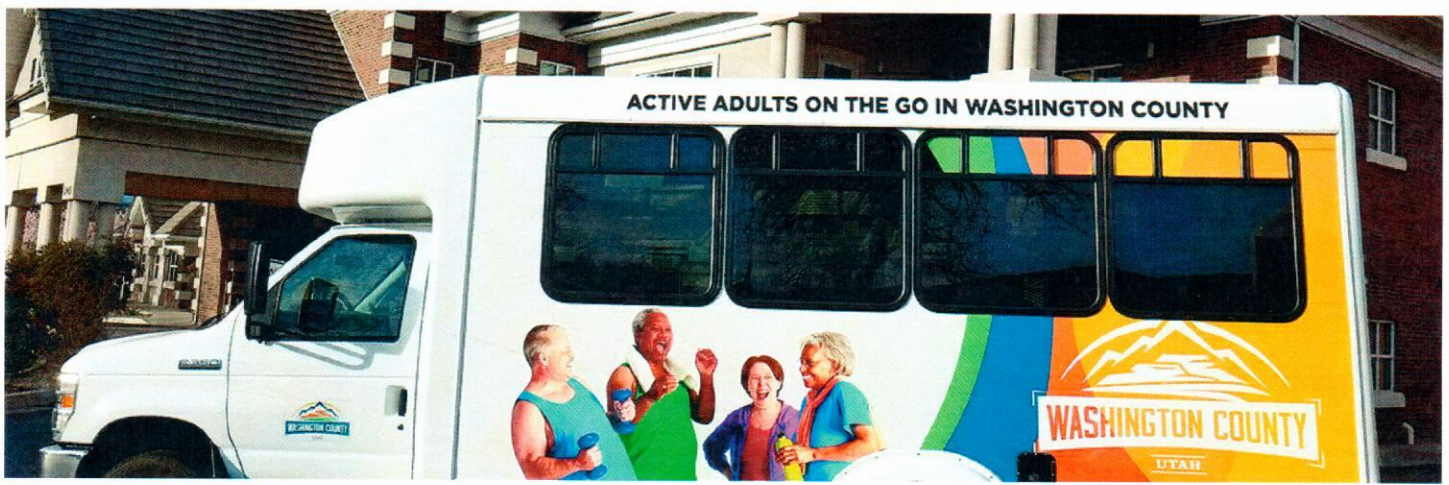
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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



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 | May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
Breaded Fish Sandwich Green Peas Garden Vegetable Blend Hamburger Bun Seasonal Fruit Milk Tartar Sauce	Smothered Chicken Whole Kernel Corn Carrots Texas Bread Buttered Rice Seasonal Fruit Milk Margarine	Sloppy Joe Baked Beans Broccoli Hamburger Bun Cinnamon Applesauce Milk	Cinco de Mayo Meal Chicken Enchiladas Shredded Lettuce & Tomato Fiesta Vegetable Blend Corn Tortillas Spanish Rice Seasonal Fruit Milk Sour Cream
8	9	10	11
Baked Chicken w/Gravy California Vegetable Blend Carrot Raisin Salad Stuffing Wheat Bread Seasonal Fruit Milk Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i>	Meatballs w/Spaghetti Sauce Mixed Vegetables Mixed Green Salad Penne Pasta Garlic Texas Bread Fresh Grapes Milk Margarine Ranch Salad Dressing	Turkey Melt Sandwich Hearty Tomato Soup Potato Wedges Wheat Bread Seasonal Fruit Milk Mayonnaise Mustard Ketchup	Mother's Day Meal Baked Chicken w/Spinach Sauce Garden Vegetable Blend Mixed Green Salad Dinner Roll Buttered Rice Seasonal Fruit Sugar Cookie <i>Diet - Sugar-Free Cookie</i> Milk Margarine Ranch Salad Dressing
15	16	17	18
Swedish Meatballs Parslied Carrots Green Beans with Onion Penne Pasta Garlic Texas Bread Seasonal Fruit Milk	Panko Crusted Pollock w/Creamy Dill Sauce Mixed Vegetables Broccoli Brown Rice Dinner Roll Seasonal Fruit Milk Margarine	Cheeseburger Lettuce/Tomato/Onion/Pickles Potato Wedges Hamburger Bun Peach Crisp <i>Diet - Canned Peaches</i> Milk Ketchup Mustard	Chicken w/Alfredo Sauce Garden Vegetable Blend Spinach Salad Rotini Pasta Wheat Bread Seasonal Fruit Milk Ranch Salad Dressing
22	23	24	25
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake <i>Diet - Sugar-Free Cookie</i> Milk Ranch Salad Dressing	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine	Memorial Day Meal BBQ Chicken Sandwich Baked Beans Potato Salad Hamburger Bun Seasonal Fruit Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i> Milk
29	30	31	
Closed for Holiday	Homemade Meatloaf w/Brown Gravy Creamed Peas Spinach Salad Garlic Whipped Potatoes Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Chicken Fajita Fiesta Vegetable Blend Black Bean & Corn Salad Flour Tortilla Spanish Brown Rice Seasonal Fruit Milk Taco Sauce	A suggested donation of \$4.00 is requested from seniors 60 and older. 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

1-May	2-May	3-May	4-May
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot 12:30	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 Drawing 101 1:00
8-May	9-May	10-May	11-May
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Hand & Foot 12:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Nutrition Class 11:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neck & Shoulder Massage Health Presentation @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
15-May	16-May	17-May	18-May
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Nail-trim for feet 10:00 Hand & Foot 12:30	Video Sit Fit 10:00 Nutrition Class 11:00 Health Screening Dixie Can Do's Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00
22-May	23-May	24-May	25-May
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Hand & Foot 12:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Nutrition Class 11:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00 Knitting/Crochet 1:00 Birthday Celebration
29-May	30-May	31-May	
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot 12:30	Billiards 9:00-3:00 Video Sit Fit 10:00 Nutrition Class 11:00 Crafts 1:00	

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

Southern Utah Seniors Conference 2023

AMERICAN BANDSTAND

We'll have a rockin' good time!

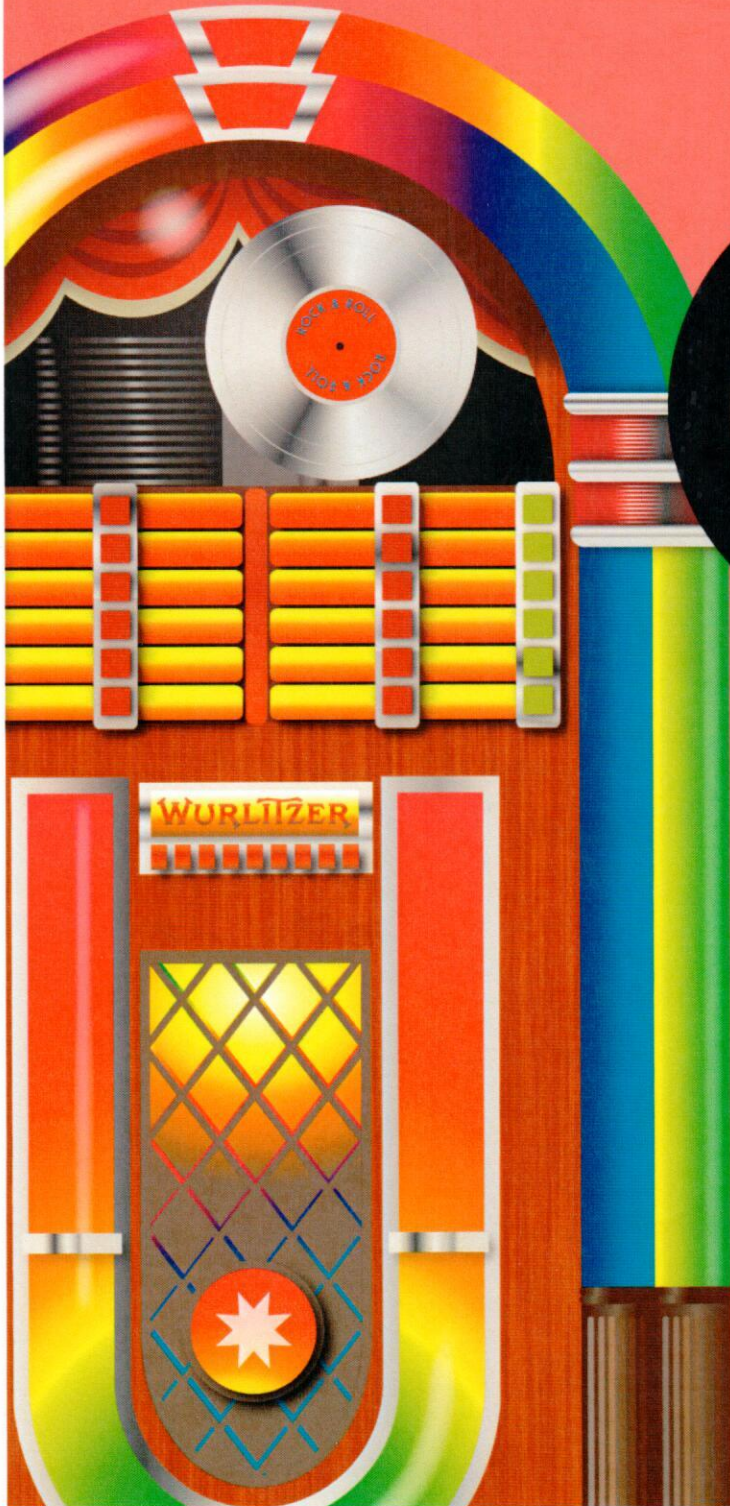
**Heritage Hall
105 N 100 E
Cedar City**

**May 5, 2023
9:00-2:00**

**Register for
lunch with
Elvis**

**Call Five
County/AAA
435-673-3548
for info**

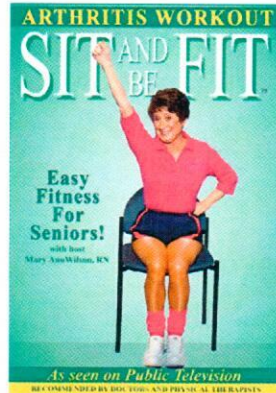
**Register at Southern Utah
Seniors Conference.org**



Exercise Classes

****With Instructor** TAI-CHI*** — Monday's @ 1:30pm

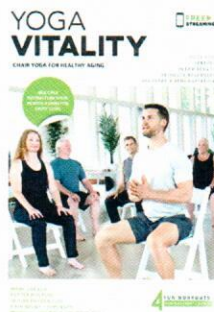
VIDEO SIT & BE FIT — Monday's & Wednesday's @ 10:00am



VIDEO TAI-CHI — Tuesday's @ 10:00am

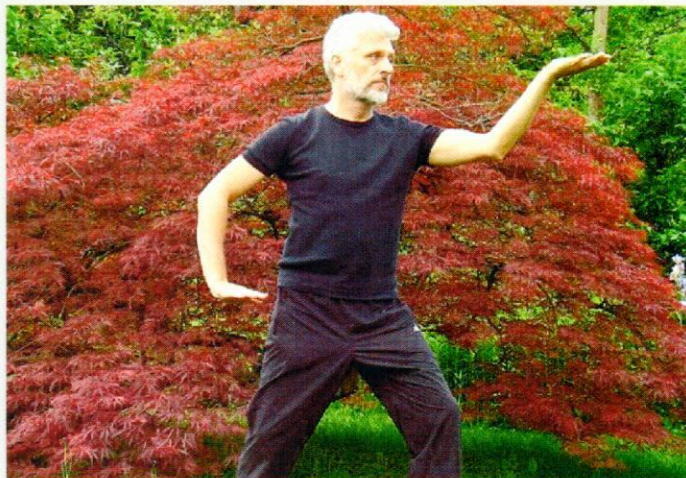


VIDEO YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.



THE AREA AGENCY ON AGING- FIVE COUNTY
RSVP PROGRAM PRESENTS:

TAI CHI

Starts
April 10th, 2023

A FREE class for Older Adults

MONDAYS 1:30 PM TO 2:30 PM

HURRICANE CITY SENIOR CENTER
95 N. 300 W.
HURRICANE, UTAH

This class for beginners teaches the basic elements of Tai Chi, helping with coordination, balance, flexibility and more. To register call contact Maria Bailey at (435)673-3548 or Hurricane Senior Center at (435) 635-2089

Free classes on how to prepare delicious food and be active on a budget.

CREATE SNAP-ED BETTER HEALTH™



Hurricane Active Life Center - Seniors 95 N. 300 W. Hurricane, UT

Cost is **FREE!**

DATE	TIME	CLASS
Wednesday, May 10	11:00 AM	MyPlate - overview of 5 food groups & Physical Activity
Wednesday, May 17	11:00 AM	Meal Planning, Grocery Shopping, and Goal Setting
Wednesday, May 24	11:00 AM	Fruits & Vegetables, Overcoming barriers to Physical Activity
Wednesday, May 31	11:00 AM	Protein needs, Food Safety, Making Movement Fun
Wednesday, June 7	11:00 AM	Dairy, Healthy Eating Patterns, Flexibility and Balance
Wednesday, June 14	11:00 AM	Grains and Healthy Snacks

For more information, contact, shelly.scoresby@usu.edu

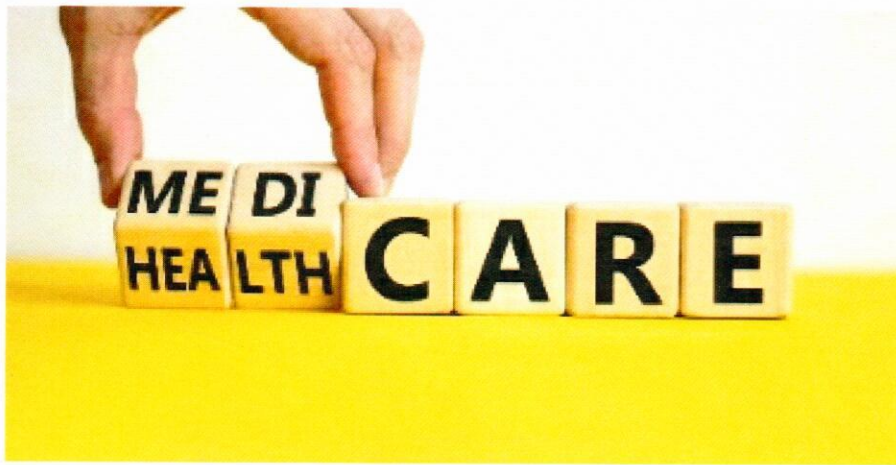


Scan me

Extension
UtahStateUniversity.



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Saving money with the prescription drug law

More vaccines covered

People with Medicare Part D drug coverage now pay nothing out-of-pocket for even more vaccines. Your Part D plan won't charge you a copayment or apply a deductible for vaccines that the Advisory Committee on Immunization Practices recommends, including the vaccines for shingles, whooping cough, and more.

Lower costs for insulin

- Your Medicare drug plan **can't charge you more than \$35** for a one-month supply of each Part D-covered insulin, and you don't have to pay a deductible for your insulin.
- If you get a 2- or 3-month supply of insulin, your costs can't be more than \$35 for each month's supply of each covered insulin.
- If you take insulin through a traditional pump that's covered under Medicare's durable medical equipment benefit, that insulin is covered under Medicare Part B — these benefits go into effect on July 1, 2023.

Please make sure that you are checking Medicare Summary Notices.

There have been a lot of reports to the SMPs across the country about diabetic supply charges being found on Medicare statements when the beneficiary doesn't have diabetes. Have you read your most recent statement? If not, be sure to and see if you find any charges that look suspicious. There could also be other charges for services that you did not receive. If you see something that looks suspicious, Please Report it!





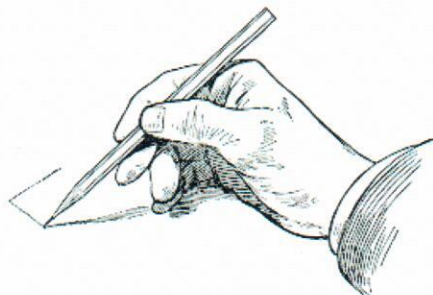
ART SHOW



Join us for a Drawing
Class Art Show.

June 12th-15th

Art work may be dropped off June 5th-8th.



HEALTHY VISION MONTH

SEE THE WORLD WITH A NEW FOCUS

Our eyes allow us to see the world, and it is our job to keep them healthy. We can do this through nutrition. Start with a well-balanced plate. Then, focus on getting the critical vision-supporting nutrients listed below through your food choices.

VITAMIN/ MINERAL	FOOD SOURCES	BENEFITS
VITAMIN A	Sweet potatoes, carrots, pumpkin, winter squash, summer squash, leafy greens, tomatoes, low-fat milk, herring, fortified cereal, cantaloupe, red bell peppers, eggs, black-eyed peas, apricots, broccoli, mangoes	Keeps eyes lubricated and supports the retina which turns light rays into the vision we see
VITAMIN C	Citrus fruits (oranges, grapefruits, tangerines), strawberries, tomatoes, bell peppers, cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts), white potatoes	Known for its immune-boosting properties and lowering the risk for cataracts
VITAMIN E	Almonds, sunflower seeds, sunflower oil, hazelnuts, peanuts, peanut butter, spinach, collard greens, avocado, mango, asparagus, red bell peppers, safflower oil, wheat germ oil, fortified cereals	Contains antioxidant properties that prevent free radicals from causing eye damage
LUTEIN & ZEAXANTHIN	Green vegetables (such as spinach, kale, broccoli, parsley, peas and lettuce) egg yolks, red bell peppers, grapes, kiwi, and honeydew melon	Antioxidants related to supporting the macula which is responsible for providing detailed vision
OMEGA 3 FATTY ACIDS	Salmon, tuna, sardines, anchovies, halibut, mussels, oysters, trout	Important for vision development and absorbing nutrients involved with eye care
ZINC	Shellfish (oysters, crab), nuts, seeds, lean beef, lean pork, poultry, legumes, whole grains, fortified cereals	May lower your risk of age-related macular degeneration, an eye disease which can blur your vision

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6771137/>, <https://www.aoa.org/healthy-eyes/caring-for-your-eyes/diet-and-nutrition?ss=y>, <https://www.eatright.org/health/wellness/preventing-illness/5-top-foods-for-eye-health>, <https://www.aao.org/eye-health/tips-prevention/fabulous-foods-your-eyes>, <https://www.aoa.org/healthy-eyes/caring-for-your-eyes/eye-exams?ss=y>

ELIOR NORTH AMERICA



4 R's

For fighting Medicare Fraud

You're the first line of defense against Medicare Fraud & Abuse. Follow the 4 R's to protect your loved ones, yourself, and Medicare from fraud:

1. Record

- Record the dates of your doctor appointments on a calendar. Note the tests and services you get, and save the receipts and statements from your providers. If you need help recording the dates and services, ask a friend or family member.

2. Review

- Compare the dates and services on your calendar with the statements you get from Medicare or your Medicare plan to make sure you got each service listed and that all the details are correct. If you see items listed in your claims that you don't have a record of, it's possible you or Medicare may have been billed for services you didn't get.

-Look for signs of fraud, including claims you don't recognize on your "Medicare Summary Notices" (MSNs) if you have Original Medicare, or similar statements from your plan if you're in a Medicare Advantage or Medicare drug plan.

-Check your claims early—the sooner you see and report errors, the sooner you can help stop fraud. You can log into [MyMedicare.gov](https://www.mymedicare.gov) or create an account to view your Original Medicare claims as soon as they're processed, or call us at 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

- Check the receipts and statements you get from providers for mistakes. If you think a charge is incorrect and you know the provider, you may want to call their office to ask about it. The person you speak to may help you better understand the services or supplies you got, or they may realize a billing error was made.

- Get help from your local SMP program checking your Medicare statements for errors or suspected fraud.

3. Report

- Report suspected Medicare fraud by calling 1-800-MEDICARE. Have your Medicare card or Number and the claim or MSN ready.
- You can also report fraud to the Office of the Inspector General by visiting tips.oig.hhs.gov or by calling 1-800-HHS-TIPS (1-800-447-8477). TTY users can call 1-800-377-4950.
- If you identify errors or suspect fraud, the SMP program can also help you make a report to Medicare.

4. Remember

- Protect your Medicare Number. Don't give it out, except to people you know should have it, like your doctor or other health care provider.
- Never let someone use your Medicare card, and never use another person's card.
- Census takers may ask about your home life or relatives, but will never ask you for your Social Security Number, Medicare Number, or any health insurance information.

To learn more about Medicare fraud, and how to protect yourself and loved ones, visit [Medicare.gov/fraud](https://www.Medicare.gov/fraud). You can also think about volunteering with the SMP program to help other people with Medicare and their caregivers identify and report suspected fraud and abuse.

<https://www.washingtoncountyny.gov/DocumentCenter/View/15348/4Rs-for-Fighting-Medicare-Fraud>



7 Fun Spring Activities For Seniors

**Take a walk: Studies have shown that even 10 minutes of walking each day can help older adults maintain strength and agility. Many local parks and nature trails have options for people with varying levels of mobility. Even a simple stroll around the neighborhood to take in the scenery can be just the right change of pace.*

**Visit a farmers market: There's so much to see and sample at a farmers market. Plus, you can take home some fresh veggies for a healthy meal. Check out the [National Farmers Market Directory](#) for a location near you.*

**Go on a picnic: A little creativity can turn even the most routine activities into adventures. Try turning your next meal into a picnic. Grab a blanket and head to your favorite park. Bring a friend and share a meal together in the fresh air.*

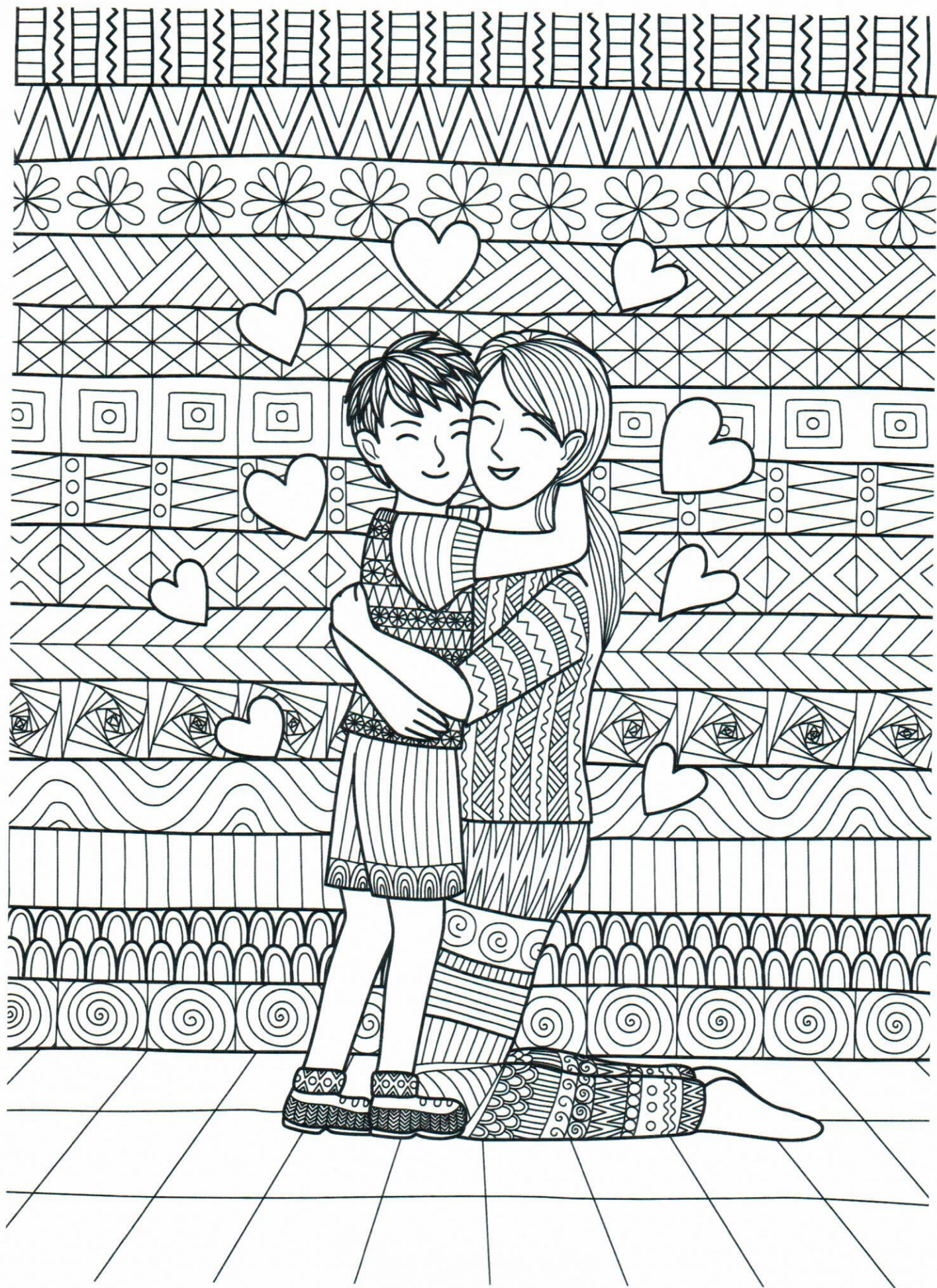
**Eat outdoors at your favorite restaurant: If a picnic in the park doesn't appeal to you, how about dinner at a nice restaurant that offers outdoor seating? Add good company, delicious food and ambiance, and you've got the recipe for a lovely night out.*

**Install a bird feeder: Once the birds start chirping, you know spring has arrived. An abundant food source will help attract these feathered friends to your yard. Buy a bird feeder (or if you're handy, build one) and install it near a window.*

**Plant a garden: If you like to get your hands dirty, consider planting a garden. Aside from being able to reap what you sow, gardening is a great form of exercise and can reduce stress.*

**Get some exercise: Exercise doesn't have to be strenuous; low-impact activities like walking, yoga, swimming and water aerobics can help with flexibility, balance and strength. The [National Institute on Aging](#) offers a guide that can help you get started.*





MOTHER'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.

```
A M K I S S O T M O D S I W
H E G N I R P S F F O R S A
M E M O R I E S R M E L S A
R E G C A R D M E M L A D E
S S R E W O L F O A O F F T
E D A N D E I H C M A R E D
R E N N E W S S A M A N R A
E D D E C C H I I L R Y O U
M D M I I R H L E M E N D G
E S O L R R Y E O E T T A H
M E T P S P F T R O S F U T
B N H D L Y H I N I I I T E
E H E E M E R D T N S G Z R
R L R L R Z G T L R D H T Z
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By Jimmy and Evelyn Johnson - www.qets.com

Adore	Friends	Mother
Call	Gift	Offspring
Card	Grandmother	Pride
Cherish	Home	Remember
Daughter	Kiss	Sister
Family	May	Wife
Flowers	Memories	Wisdom