

# Hurricane Active Life Center

## November 2023 Newsletter



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

Beginning October 24, a 6-part Community Education Series on Dementia will be held 10:00am-11:30am.

Nutrition Class Starting on November 14<sup>th</sup> 10:00am.

Join us November 21 for our Thanksgiving lunch.  
\*Reservations are required.\*

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

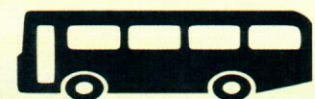
### **Dial-A-Ride Program**

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

**Tai Chi** – w/Instructor-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

**Card Making Class**– 3rd Monday @ 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

**Caregiver Support** – 1<sup>st</sup> & 3<sup>rd</sup> Thurs @ 1:00pm

**Craft Class** – see Activity Schedule

**Neck/Shoulder Massage** – see Activity Schedule

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

**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?

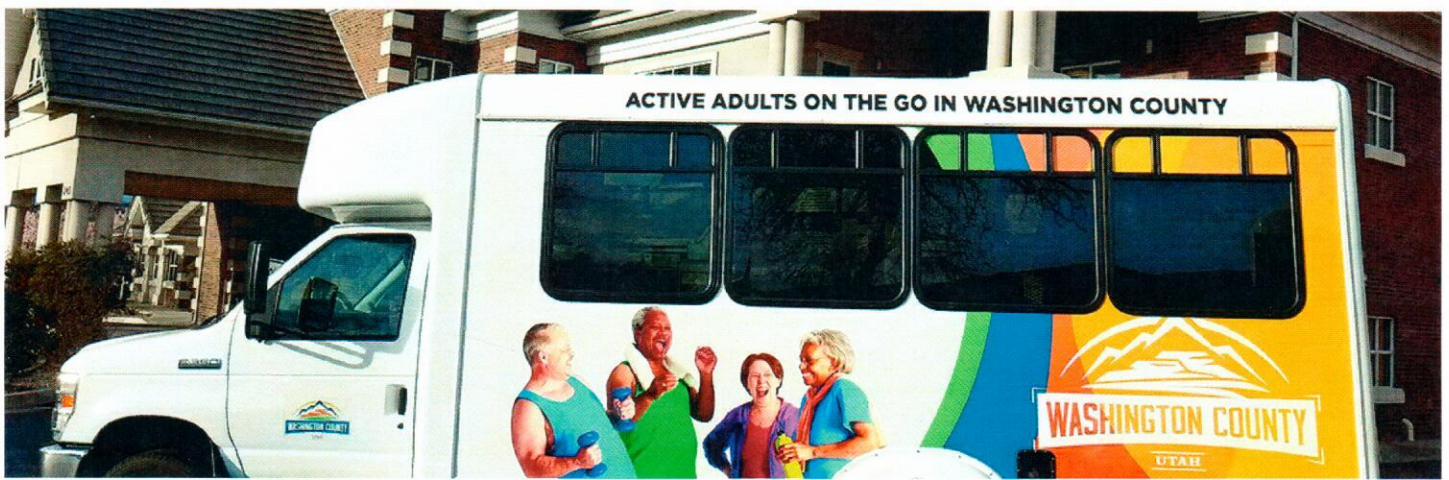
Thank you for your donation to our meal program.

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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**NOTE: Please allow a 15 minute window on either side of your requested Pickup time.**

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# Hurricane Active Life Center

November 2023

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>A suggested donation of \$4.00 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
		<p>Potato Crusted Fish Roasted Potatoes Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Salad Dressing Tartar Sauce</p>	<p>Meatballs w/Spaghetti Sauce Pasta Sliced Carrots Green Peas Garlic Bread Seasonal Fruit Milk Margarine</p>
6	7	8	9
<p>Chicken Parmesan Penne Pasta Green Peas Garden Vegetable Blend Texas Bread Cinnamon Applesauce Milk Margarine</p>	<p>Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>Chili w/Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream</p>	<p>BBQ Pork Rib Patty Mixed Vegetables Coleslaw Hamburger Bun Tropical Fruit Milk</p>
13	14	15	16
<p>Salisbury Steak w/Gravy Whipped Potatoes Green Peas Cucumber Salad Wheat Bread Seasonal Fruit Milk Margarine</p>	<p>Chicken w/Cranberry Orange Sauce Brown Rice 3-Way Mixed Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing</p>	<p>Sausage Minestrone Soup Saltine Crackers Roasted Potatoes Broccoli Ambrosia Salad Milk</p>	<p>Glazed Ham Au Gratin Potatoes Garden Vegetable Blend Spinach Wheat Bread Applesauce Milk Margarine</p>
20	21	22	23
<p>Chicken Alfredo Fettuccini Noodles California Vegetable Blend Broccoli Salad Texas Bread Seasonal Fruit Milk Margarine</p>	<p><b>Thanksgiving Meal</b> Sliced Turkey Breast w/Gravy Cranberry Sauce Dinner Roll Stuffing &amp; Mashed Potatoes Green Beans Glazed Baby Carrots Margarine Pumpkin Pie ***Reservations Needed***</p>	<p>Pork Fried Rice Japanese Vegetable Blend Cabbage Wheat Bread Fresh Mandarin Orange Fortune Cookie Milk Margarine</p>	<p><b>CLOSED</b> Thanksgiving</p>
27	28	29	30
<p>Swedish Meatballs Penne Pasta Whole Kernel Corn Green Peas Wheat Bread Seasonal Fruit Milk Margarine</p>	<p>Hawaiian Chicken Haystack White Rice Broccoli Asian Coleslaw Pineapple Tidbits Wheat Bread Milk Margarine</p>	<p>Loaded Potato Soup Capri Vegetable Blend Spinach Salad Cornbread Sugar Cookie Diet - Sugar Free Cookie Seasonal Fruit Milk Salad Dressing &amp; Margarine</p>	<p>Herb Roasted Pork Garlic Country Potatoes Brussels Sprouts Glazed Baby Carrots Garlic Texas Bread Applesauce Milk</p>



# November Activities

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

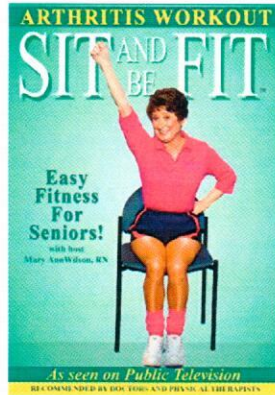
		1-Nov	2-Nov
		Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Exercise Video 10:00 Arthur Whitney to entertain @ lunch Birthday Celebration Caregiver Group 1:00 Drawing 101 1:00
6-Nov	7-Nov	8-Nov	9-Nov
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Dementia Class 10:00-11:30	Billiards 9:00-3:00 Video Sit Fit 10:00	Billiards 9:00-3:00 Exercise Video 10:00 Neil Petty to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
13-Nov	14-Nov	15-Nov	16-Nov
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 Dementia Class 10:00 Nutrition Class 10-11:30 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's to entertain @ lunch	Billiards 9:00-3:00 Exercise Video 10:00 Arthur Whitney to entertain @ lunch Caregiver Group 1:00 Drawing 101 1:00
20-Nov	21-Nov	22-Nov	23-Nov
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Card Making Class @ 1:00	Billiards 9:00-3:00 Nail-trim for feet 10:00 Dementia Class 10:00-11:30 *Thanksgiving Lunch* *Need Reservations*	Billiards 9:00-3:00 Video Sit Fit 10:00 Closed after lunch	Closed for Holiday
27-Nov	28-Nov	29-Nov	30-Nov
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Wii bowling 11:00 Bingo after lunch	Video Tai Chi 10:00 Dementia Class 10:00 Nutrition Class 10-11:30 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00	Billiards 9:00-3:00 Exercise Video 10:00 Drawing 101 1:00

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

# 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.



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
Tuesday, Nov. 14	10:30 AM	MyPlate & Dietary Guidelines & Physical Activity Guidelines
Tuesday, Nov. 28	10:30 AM	Nutrition Fact Labels & Overcoming Barriers to Physical Activities.
Tuesday, Dec. 5	10:30 Am	Meal Planning, Grocery shopping, Increasing Fruit and Veggies in your diet.
Tuesday, Dec. 12	10:30 AM	Healthy Eating Patterns & Physical Activity Review



For more information, contact, [shelly.scoresby@usu.edu](mailto:shelly.scoresby@usu.edu)

Scan me

Extension  
UtahStateUniversity.



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# CARD-MARKIN CLAS



*Come join a fun group  
of ladies, we would love  
to have you!*

**\$3.00 for 2 cards  
Envelopes provided**

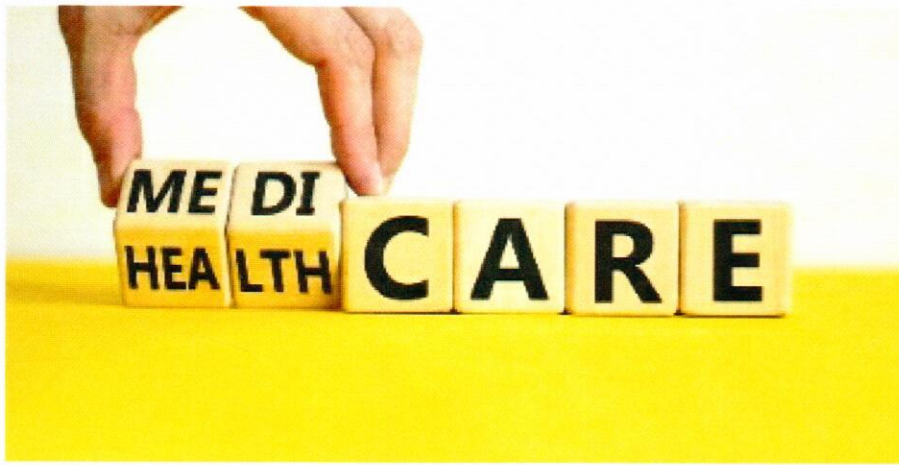




Free Gift Wrap Service  
Wednesday, December 6<sup>th</sup>.  
11:00am-1:00pm

Sponsored by:  
Rocky Mountain Care





Medicare Open Enrollment  
October 15<sup>th</sup> – December 7<sup>th</sup>

Did You Know?

Medicare coverage changes from year to year. Changing your plan could save you money.

Our SHIP Counselors and volunteers can help you compare plans and enroll into a new plan. We suggest beneficiaries bring the following:

- Your Medicare Card
- List of your Prescriptions
- Medicare account login if you have one

To set up a personal appointment call your local SHIP: Washington County 435-673-3548.





# MAKE THE MOST OUT OF YOUR MEALS

# CHOOSE NUTRIENT-DENSE FOODS

## Nutrient-Dense Foods Explained

“Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium.” (Dietary Guidelines for Americans, 2020).

## Fill Your Plate with Nutrient-Dense Choices

**Vegetables & Fruits:** fresh, frozen, low sodium canned

**Whole Grains:** oats, rice, ancient grains (like quinoa and barley), pasta, bread

**Lean Animal or Plant-based Proteins:** seafood, fish, poultry, eggs, legumes, nuts, seeds, tofu, tempeh

**Nuts and Seeds:** tree nuts, peanuts, all seeds (like sunflower, pumpkin and chia)

**Beans, Peas, and Lentils:** all beans, split peas, lentils

**Fat-free and Low-fat Dairy or Plant-based Alternatives:** unsweetened milk, low-sugar yogurt, cheese

## Benefits of Eating Nutrient-Dense Foods

- **FUEL.** Instead of receiving a boost of energy and crashing after a meal, nutrient-dense foods provide sustained energy, powering us through our day.
- **SATISFACTION.** Nutrient-dense foods make us more satisfied and comfortably full instead of thinking about our next meal.
- **DISEASE PREVENTION.** Nutrient-dense foods may decrease the risk of various health conditions and diseases including heart disease, obesity, and cancer.

## Quick Guide for Choosing More Nutrient-Dense Foods

Nutrient-dense foods such as oatmeal, yogurt, and trail mix can quickly lose their nutrient-dense value when food companies add other ingredients. To avoid being fooled, be sure to read the nutrition facts label. The Percent Daily Value (%DV) for each nutrient provides quick insight to help you determine if a serving of food is high or low in a nutrient.

**5% DV** or less of a nutrient per serving is considered **low**. Choose foods **lower in %DV** for saturated fat, sodium, and added sugars

**20% DV** or more of a nutrient per serving is considered **high**. Choose foods **higher in %DV** for dietary fiber, vitamin D, calcium, iron, and potassium





## *Falls and Fractures in Older Adults: Causes and Prevention*

A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.

If you or an older adult in your life has fallen, you're not alone. More than one in four people age 65 years or older fall each year. The risk of falling — and fall-related problems — rises with age. However, many falls can be prevented. For example, exercising, managing your medications, having your vision checked, and making your home safer are all steps you can take to prevent a fall.

Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, or taking part in social activities. But staying active is important to keeping your body healthy and actually helps to prevent falls. So don't let a fear of falling keep you from being active! Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active.

What causes falls in older adults?

Many things can cause a fall.

- Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
- Certain conditions, such as diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and lead to a fall.
- Conditions that cause rushed movement to the bathroom, such as incontinence, may also increase the chance of falling.
- Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.
- Age-related loss of muscle mass (known as sarcopenia), problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension) are all risk factors for falling.
- Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels, can also increase your risk of falling.
- Some medications can increase a person's risk of falling because they cause side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.
- Safety hazards in the home or community environment can also cause falls.
- 

Steps to take to prevent falls.

If you take care of your overall health, you may have a lower chance of falling. Most of the time, falls and accidents don't just happen for no reason. Here are a few tips to help lessen your risk of falls and broken bones, also known as fractures:

- Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. Exercise also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis, a disease that makes bones weak and more likely to break.
- Try balance and strength training exercises. Yoga, Pilates, and tai chi can all improve balance and muscle strength. You can also try lifting weights or using resistance bands to build strength. Learn more about different types of exercises to improve balance and strength.
- Fall-proof your home.
- Have your eyes and hearing tested. Even small changes in sight and hearing are linked to an increased risk for falls. When you get new eyeglasses or contact lenses, take time to get used to



them. Wear your glasses or contacts as your eye doctor advises. If you have a hearing aid, be sure it fits well and wear it.

- Find out about the side effects of any medicines you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep. If you are tired, you are more likely to fall.
- Avoid or limit alcohol. Too much alcohol can lead to balance problems and falls, which can result in hip or arm fractures and other injuries.
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.
- Use an assistive device if you need help feeling steady when you walk. Using canes and walkers correctly can help prevent falls. If your doctor tells you to use a cane or walker, make sure it's the right size for you. Walker wheels should roll smoothly. If you borrow walking support equipment from a friend, ask your health care provider to make sure the equipment is the correct size and is safe to use. This is exceptionally important when you're walking in areas you don't know well or where the walkways are uneven. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely.
- Take extra caution when walking on wet or icy surfaces. These can be very slippery! Use an ice melt product or sand to clear icy areas by your doors and walkways.
- Keep your hands free. Use a shoulder bag, fanny pack, or backpack to leave your hands free to hold on to railings.
- Choose the right footwear. To fully support your feet, wear nonskid, rubber-soled, low-heeled shoes. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- Consider staying inside when the weather is bad. Some community services provide 24-hour delivery of prescriptions and groceries, and many take orders over the phone.
- Always tell your doctor if you have fallen since your last check-up, even if you did not feel pain when you fell. A fall can alert your doctor to a new medical problem or issues with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

What to do if you fall.

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and take the following steps:

- Breathe. Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you are hurt. Getting up too quickly or in the wrong way could make an injury worse.
- Crawl to a sturdy chair. If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Slowly sit down in the chair. Put your hands on the chair seat and slide one foot forward so that it's flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- Get help. If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive. Prepare for a fall by keeping a well-charged cordless or mobile phone with you at all times and arrange for daily contact with a family member or friend. Emergency response systems are another option: These systems enable you to push a button on a special necklace or bracelet to call for help. Some smartwatches also have this feature.



Keep your bones strong to prevent fall-related fractures.

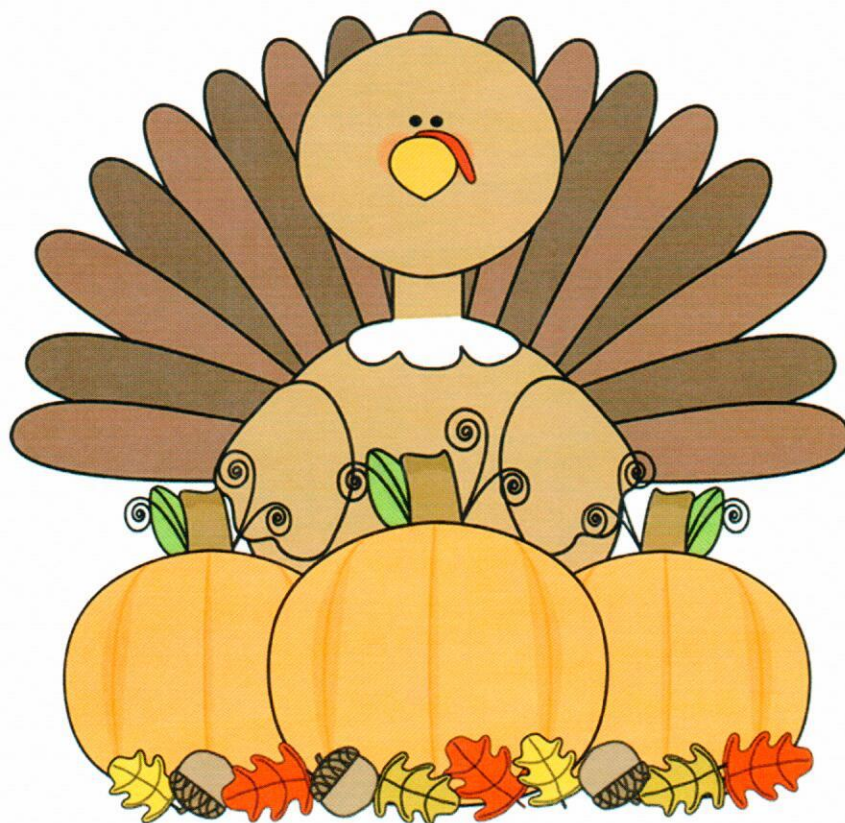
Having healthy bones won't necessarily prevent a fall, but if you do fall, healthy bones may help prevent serious injury, such as breaking a hip or other bone. Bone breaks and fracture can lead to a hospital or nursing home stay, long-term disability, or even death. Getting enough calcium and vitamin D can help keep your bones strong. So can staying active. Try to get at least 150 minutes per week of physical activity.

Other ways to maintain bone health include quitting smoking and avoiding or limiting alcohol use. Tobacco and alcohol use may decrease your bone mass and increase your chance of fractures. Additionally, try to maintain a healthy weight. Being underweight increases the risk of bone loss and broken bones.

Osteoporosis is a disease that weakens bones, making them thin and brittle. For people with osteoporosis, even a minor fall may be dangerous. Talk to your doctor about osteoporosis.

Falls are a common reason for trips to the emergency room and for hospital stays among older adults. Many of these hospital visits are for fall-related fractures. You can help lower your risk of fractures by keeping your bones strong and following the tips above to avoid falls.

<https://www.nia.nih.gov/health/falls-and-fractures-older-adults-causes-and-prevention>





# THANKSGIVING 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.

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

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Celebrate  
Cranberries  
Drumstick  
Feast  
Football  
Giblets  
Grateful

Holiday  
Indians  
Leftovers  
November  
Pie  
Pilgrims  
Platter

Pumpkin  
Stuffing  
Thanksgiving  
Thursday  
Tradition  
Turkey  
Yams