

Hurricane Active Life Center

October 2021 Newsletter



We are excited to be able to have the center open again. We have missed all your smiling faces!!

We will be continuing normal activities and opening the thrift store as allowed by guidelines. Please be patient with us as some changes are necessary for the safety of our clients.

Our Dial-A-Ride Program is operating as usual.

Lunch will be 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.

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

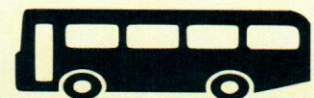
Dial-A-Ride Program

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/\$3 one way

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

11:00 AM – 2:30 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– every Tues @ 1:00pm

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

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

Craft Class – every Wed @ 1:00pm

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

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

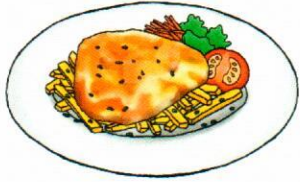
Paint Group – Tuesdays @ 1:00pm (Not during summer months)

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

Billiards – Open daily 9:30am – 3:30pm

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

COME JOIN US!



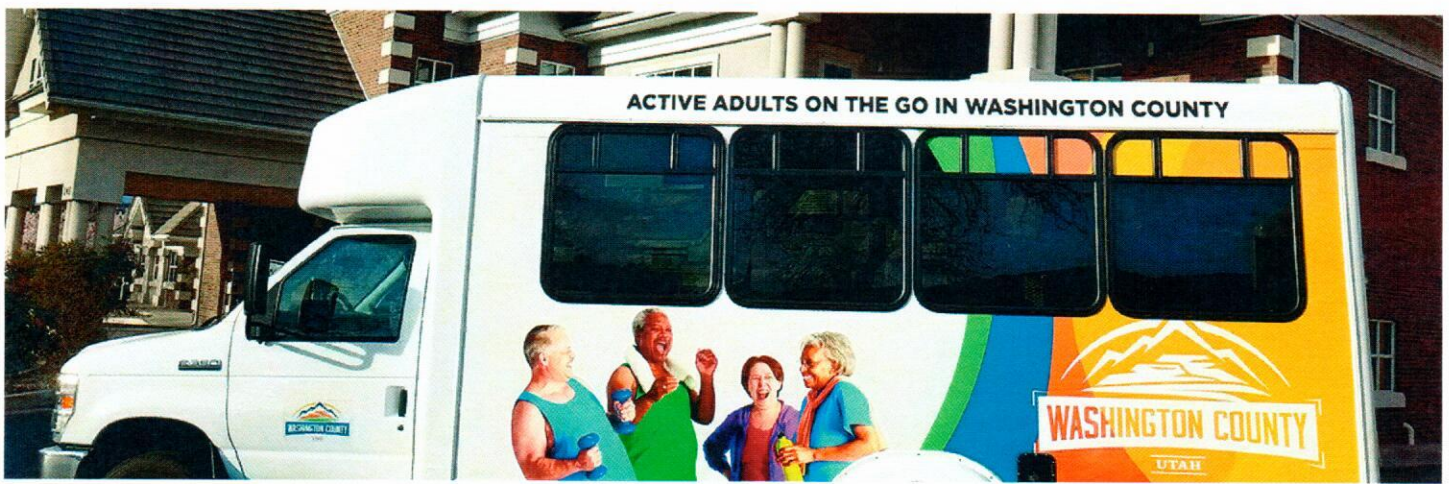
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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-Currently cancelled.
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 also goes to St. George on Wednesday's from 12:30 pm to 4:00 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.

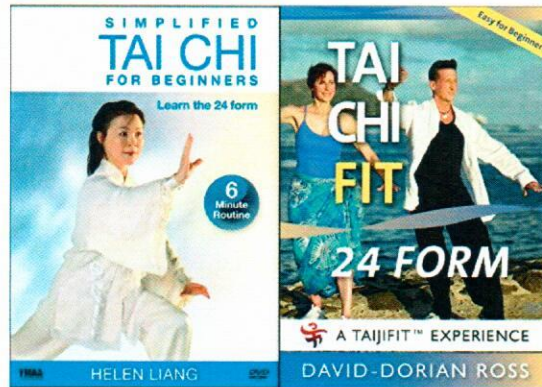
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

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

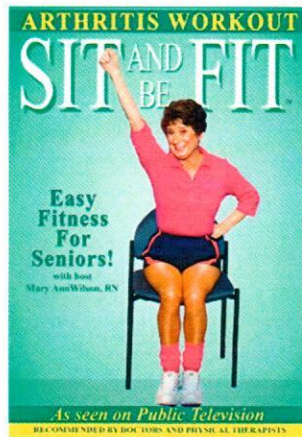
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Exercise Classes

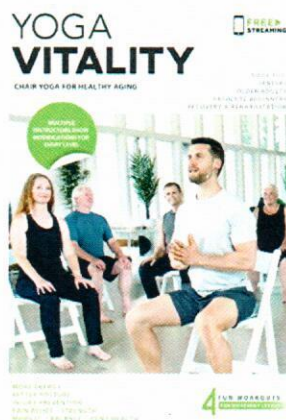
TAI-CHI — Tuesday's @ 10:00am



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.

Hurricane Active Life Center

435-635-2089

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
Chicken Parmesan Italian Veg Blend Garden Veg Blend Penne Pasta Texas Bread Citrus Fruit Cup Milk Margarine	Minestrone Sausage Soup Fresh Spinach Salad Broccoli Dinner Roll Ambrosia Fruit Salad Milk Margarine Salad Dressing	Homemade Meatloaf w/Gravy Parslied Carrots Green Beans Mashed Potatoes Wheat Bread Seasonal Fruit Milk Margarine	BBQ Pork Rib Patty Mixed Vegetables Coleslaw Potato Wedges Whole Wheat Hamburger Bun Tropical Fruit Milk
11	12	13	14
Salisbury Steak w/Gravy Green Peas Glazed Baby Carrots Brown Rice Dinner Roll Seasonal Fruit Milk Margarine	Potato Crstd Pollock w/Dill Sauce California Veg Blend Cucumber Salad Buttered Rice Wheat Bread Red Grapes Milk Margarine Chocolate Chip Cookie Diet - Vanilla Wafers	Beef Chili Baked Potato Brussels Sprouts Cornbread Shredded Cheese Seasonal Fruit Milk Sour Cream	Glazed Ham Garden Veg Blend Mixed Green Salad Cut Yams Texas Bread Applesauce Milk Margarine Salad Dressing
18	19	20	21
Cheese Ravioli Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Parmesan Cheese Salad Dressing	Beef Patty w/Cheese Tater Tots Carrot Slaw Whole Wheat Hamburger Bun Hot Spiced Apples Milk Mayonnaise Ketchup Mustard	Chicken Breast w/Alfredo Sauce Fettuccini Noodles California Veg Blend Cucumber Salad Wheat Bread Peach Crisp Milk Diet - Hot Peaches Margarine	Pork Fried Rice Japanese Veg Blend Cabbage & Carrots Dinner Roll Pineapple Tidbits Milk Margarine
25	26	27	28
Swedish Meatballs California Veg Blend Green Peas Penne Pasta Dinner Roll Seasonal Fruit Milk Margarine	Cheese Omelet Capri Veg Blend Hash brown Potatoes Croissant Applesauce Milk Assorted Jelly Ketchup	Herb Roasted Pork Loin Green Beans & Onions Glazed Baby Carrots Brown Rice Garlic Texas Bread Fruited Gelatin Milk Diet - Sugar-Free Gelatin w/ Fruit	Halloween Meal BBQ Pulled Pork Baked Beans Coleslaw Whole Wheat Hamburger Bun Seasonal Fruit Baked Cookie Milk Diet - Vanilla Wafers

A suggested donation of \$3.00 is requested from seniors 60 and older.

Persons under 60 can enjoy a meal for \$7.00

Milk and Bread served with all meals.

Follow Us on Facebook @triocommunitymeals

Support Your Immunity



Through Food

Key Immune-Supporting Nutrients

Your immune system is critical to fighting off disease and microbes, so give it the nutrition it needs to stay strong. While there is no one specific food that will boost your immunity, you can start with building a well-balanced plate to keep your immune system function in tip-top shape. Include immune-supportive nutrients and foods on your well-balanced plate daily.

Key Immune-Supporting Nutrients with Healthiest Food Sources

Protein – Seafood, poultry, lean meat, eggs, nuts, seeds, tofu, beans & peas

Omega-3s - Fatty fish (salmon, trout, tuna or sardines) flaxseed, chia seeds, walnuts, soy foods & canola oil

Vitamin A & C - Citrus fruits, kiwi, mangos, guavas, papaya, berries, dried apricots, bell peppers, dark leafy greens, broccoli, sweet potatoes, squash, tomatoes & snap peas

Vitamin D - Fortified cow's milk and non-dairy foods, egg yolks, mushrooms with exposure to UV, fatty fish, cod liver oil & sunlight

Iron - Lean red meat, poultry, fish, shellfish, legumes, nuts, seeds, cruciferous vegetables & dried fruit



Magnesium - Whole grains, dark chocolate, almonds, pumpkin seeds, tuna, avocados, legumes, green leafy vegetables & potatoes

Selenium - Seafood, brazil nuts, whole grains, poultry, lean red meat, eggs & cottage cheese

Zinc - Lobster, crab, lean red meat, poultry, dairy products, nuts, seeds, chickpeas & baked beans

Probiotics - Sauerkraut, fermented pickles, yogurt, kefir, buttermilk, kimchi, tempeh, miso & kombucha

Herbals - Garlic, ginger, turmeric & green tea catechin

October Activities

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

4-Oct	5-Oct	6-Oct	7-Oct
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Movie after lunch
11-Oct	12-Oct	13-Oct	14-Oct
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Bingo after lunch	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00
18-Oct	19-Oct	20-Oct	21-Oct
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00	HEAT Assistance 9-12 Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch
25-Oct	26-Oct	27-Oct	28-Oct
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Bingo after lunch	Billiards 9:30-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:30-3:00 Video Sit & Be Fit 10:00 Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Division of Deaf & Hard of Hearing Presentation Happy Anniversary/Birthday Celebration @ Lunch



Thrift Store is Open Mon-Thurs 11:00 am to 2:30 pm

Common Medicare Notices

Open Enrollment is just around the corner and to get ready for it, you may start to see more Medicare notices in your mailbox. It is important to read and understand these notices, as they can help you decide if you should make changes during Open Enrollment.

In **October**, you will receive notification if your plan is not renewing its contract with Medicare. They will notify you if they are automatically moving you to a new plan or if you need to choose a new plan. You may also receive a Consistent Poor Performance Notice if your plan has received less than 3 stars for three years in a row. This notice encourages you to consider other options but does not end your coverage.

During Open Enrollment, you will likely see marketing materials from plans available in your area. Medicare has strict marketing rules that plans must follow, including restrictions on in-person, phone and email marketing. If you believe a plan is not following marketing rules, the SMP program can help! If you would like assistance understanding Medicare notices or comparing plans, contact the SHIP program at (435)673-3548.

Recognizing Scam Emails

With almost 85% of Older Adults using email, it's important to recognize a scam email. Scammers use email to trick you into giving them your personal information. They may try to steal your passwords, account numbers, or Social Security numbers. If they get that information, they could gain access to your email, bank, or other accounts. Scammers launch thousands of phishing attacks like these every day — and they're often successful. The FBI's Internet Crime Complaint Center reported that people lost \$57 million to phishing schemes in one year.

Scammers often update their tactics, but there are some signs that will help you recognize a phishing email.

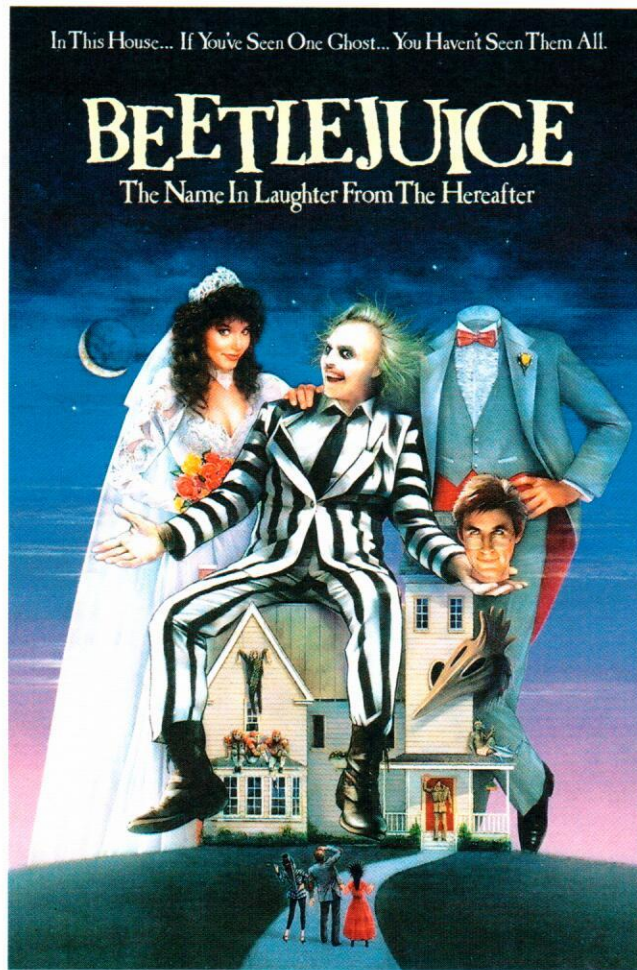
Phishing emails may look like they're from a company you know or trust. They may look like they're from a bank, a credit card company, a social networking site, an online payment website or app, or an online store.

Phishing emails often tell a story to trick you into clicking on a link or opening an attachment. They may

- say they've noticed some suspicious activity or log-in attempts
- claim there's a problem with your account or your payment information
- say you must confirm some personal information
- include a fake invoice
- want you to click on a link to make a payment
- say you're eligible to register for a government refund
- offer a coupon for free stuff

If you receive emails that may be scams, ask yourself one question, Do I have an account with this company? If the answer is Yes, contact the company using a phone number or website you trust. Never click on the link from an email or download attachments. If the answer is No, report the message and then delete it.

Movie of the Month:



It's show time! Thursday, October 7th, 12:45 PM, free popcorn!

We're showing a classic (1988) Halloween movie this month, starring Michael Keaton, Alec Baldwin, Geena Davis, Catherine O'Hara, and Winona Ryder. The spirits of a deceased couple are harassed by an unbearable family that has moved into their home, and hire a malicious spirit (Beetlejuice) to drive them out, with hilarious results.

Apply Online at: jobs.utah.gov



H.E.A.T. PROGRAM

Home Energy Assistance Target

In partners with



We will be at HURRICANE SENIOR CENTER on Tuesday October 12TH from 9AM-12 PM. No appointment required, will serve first come until 12PM

Required HEAT Documents:

- ID
- Social Security Cards
- Utility bills
- Income for September
- Medical expenses paid in September

Household Size	100% of Poverty	150% of Poverty HEAT/HELP
1	1,073	1,610
2	1,452	2,178
3	1,830	2,745
4	2,208	3,313
5	2,587	3,880
6	2,965	4,448
7	3,343	5,015

The total household income must be at or below 150% of the federal poverty.

HEAT Program is now taking applications for 2021-2022 Program Year from October 1st, 2021, to September 30th, 2021.
for questions call: 435-652-9643

For more information visit: fivecountyheat.org



Medicare Open Enrollment 2021

w/Tom Everett

Monday, November 1st

Hurricane Senior Center

11:00am to 1:00pm

Walk In Appointments

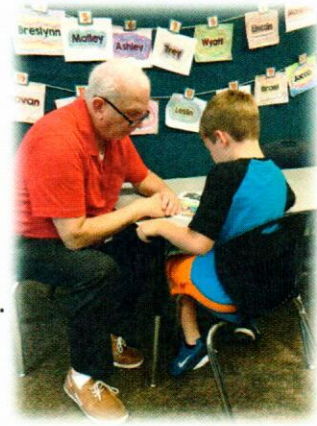
HELP WANTED!

Earn \$200 per month! We need you! Become a **Foster Grandparent**; assisting children with reading and math skills in your local schools.

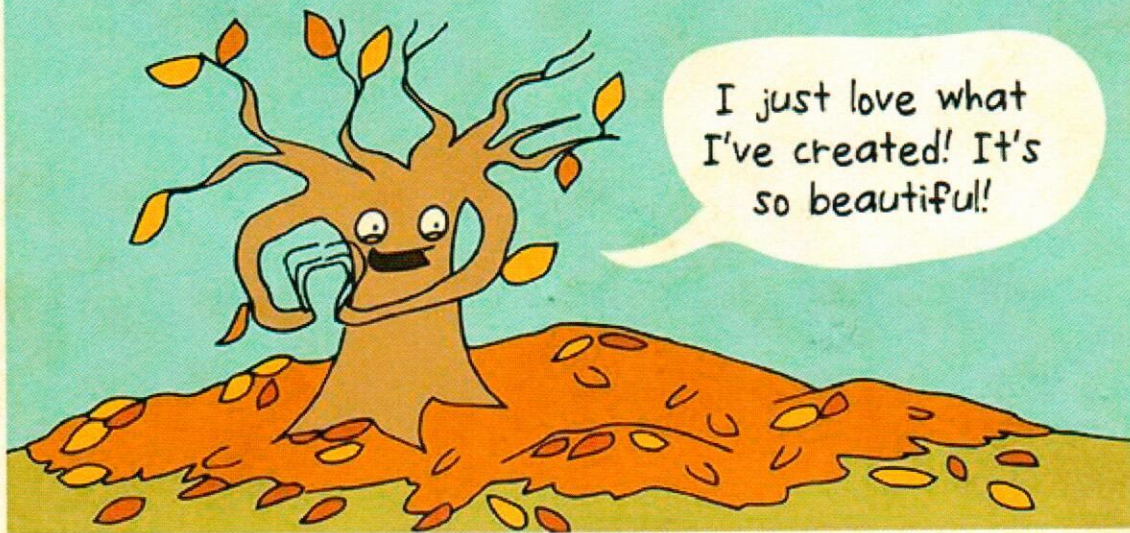
You will receive a stipend, mileage and meal reimbursement. To qualify you must be 55 or older and be income eligible. (Income must be less than \$2,200 a month for a single person).



You will receive a small stipend, but the real reward is the fulfillment that comes from fostering hope in the hearts of children. You are older, wiser—and **you are needed!**

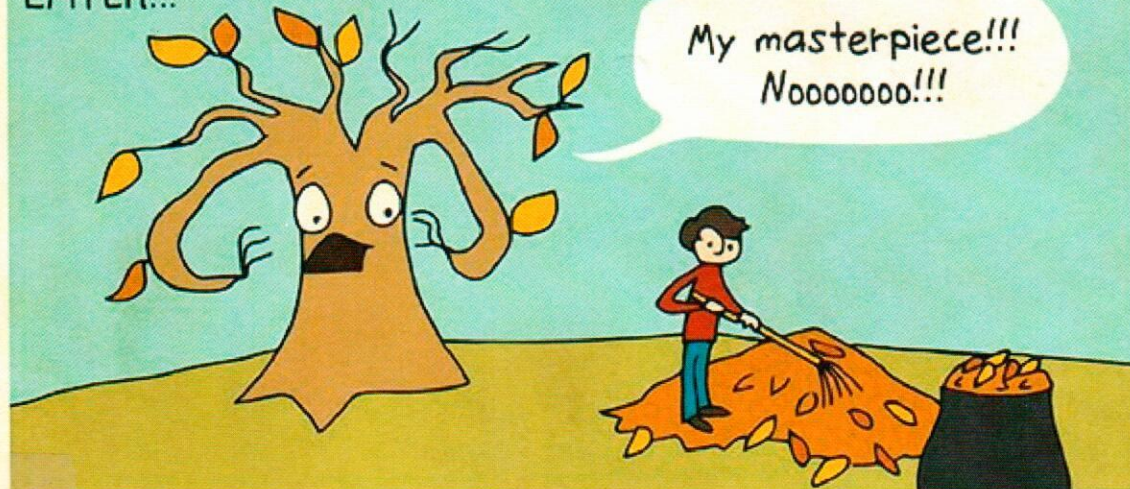


Call Joni at, **435-673-3548 x122**, to be part of the Foster Grandparent Program!

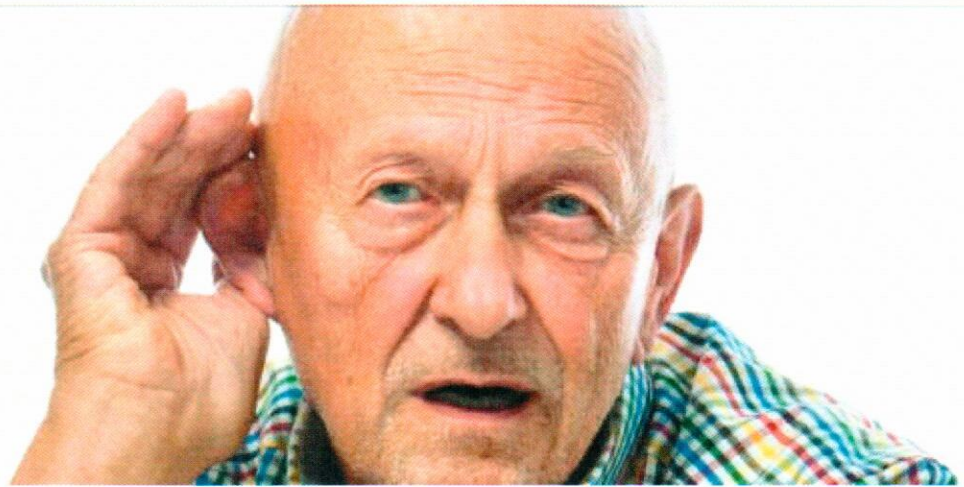


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LATER...



Presentation from Diane Stidman from Division of Services of the Deaf & Hard of Hearing on October 28th. 11:30-12:30



"I want to take the opportunity to introduce myself to you. My name is Diane Stidham and I am working as a Hard of Hearing Specialist for the state of Utah in St George and surrounding communities. I want you to know about the many free services the state has to support those with all levels of hearing loss.

"Here is a short list:

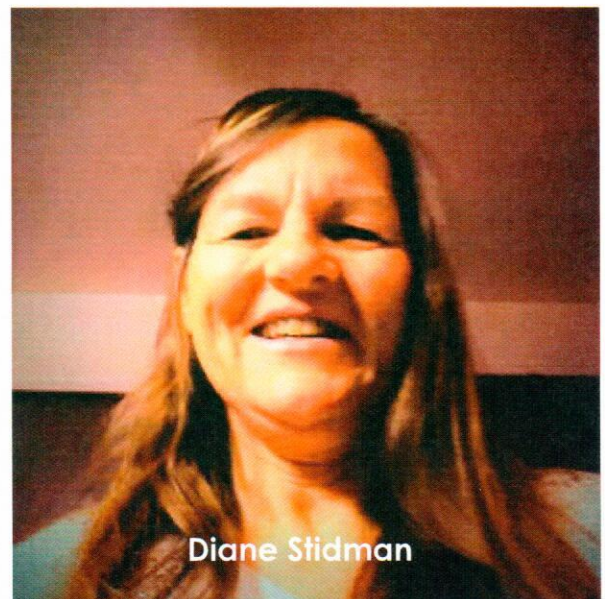
- Classes on topics such as:
 - ~ Thriving with Hearing Loss (4 weeks)
 - ~ Lipreading (4 - 18 weeks)
 - ~ Hearing aid education - what to expect and support
 - ~ Hearing loss and Grief
 - ~ Let's support each other in our hearing loss journey (support group format intended to create strength and gather ideas for coping)
- Online conversational sign language classes
- We also loan out for a thirty day trial hearing assistive listening devices such as: personal amplifiers, landline amplified telephones, bed shakers, TV headset/amplifiers etc.
- Educational experiences in our office with guest speakers.
- We have a demo room where you can come in and try out several different amplified and captioning phones and ask questions. I can also help with apps for cell phones to assist those with hearing loss.

"I am all about giving personal help and providing resources as our world is changing rapidly along with the

assistive listening technologies in our world. Please give me a call, and we can do a one on one session in my office or in your home to see what can benefit you in learning about hearing loss. Again, every service is free and your families and friends are welcome to participate along with you!!

"My contact info:

Diane Stidham
dstidham@utah.gov
435-216-8608 (text and voice)
1067 East Tabernacle Street suite 10
St George, UT 84770



"Hopefully we'll meet soon!"

No matter where you are in Utah, you can join us!

COFFEE CHATS



For Individuals with Hearing Loss

Hearing loss can be isolating - especially now with social distancing due to COVID-19.

Let's be socially responsible and enjoy each other's company online with real-time captioning.

**Every Friday
10 am - 11:30 am**

- Connect with others who have hearing loss
- Discussions on hearing loss
- Supportive atmosphere with accommodations



We use Google Meet which provides you with a free link to connect with, no extra downloading!

All email accounts are welcome, not just Google. Webcams are recommended for a better participation experience, but not a must have.

To be added to the event invites, contact Sue Ordonez at sordonez@utah.gov

Halloween Trivia

- 1-In what country did Halloween originate?
- 2-Which Catholic Church holiday is Halloween linked to?
- 3-What was the name of Dracula's sidekick?
- 4-From which words did 'bonfire' originate?
- 5-What does the name Dracula mean?
- 6-Who was the first actor to play Wolf Man?
- 7-Which phobia means you have an intense fear of Halloween?
- 8-Out of which vegetable were Jack O'Lanterns originally made?
- 9-What was Dracula's real name?
- 10-Every Halloween, Charlie Brown helps his friend Linus wait for what character to appear?

Answers:

- | | | |
|-----------------------|-----------------------------|---------------------|
| 1. Ireland | 2. All Saints (Hallows) Day | 3. Renfield |
| 4. Bone and fire | 5. Son of the Devil | 6. Lon Chaney |
| 7. Samhainophobia | 8. Turnips | 9. Vlad the Impaler |
| 10. The Great Pumpkin | | |

HALLOWEEN

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 T S O H G K G R A N N D
M C A N D Y S N O T I H E
K W I T C H A E I K R P R
E C B A T T M E P G C N G
N D A R S U S M N A H O R
H E E L T D U E T R C T A
O A Y S B P E E S E A E V
T N O K T W ' T K B C L E
N C O W O R W H O O K E S
Y O U L N O I A R T L K T
E O L O N H P C A C E S O
L A O L O W E S K O E N N
H M Y R A C S B O O L B E

By Evelyn Johnson - www.qets.com

Bat	Ghost	Pumpkin
Black	Gravestone	Scary
Boo	Halloween	Skeleton
Cackle	Mask	Spooky
Candy	Moon	Treat
Cat	Night	Trick
Costume	October	Witch