

Hurricane Active Life Center

October 2022 Newsletter



Halloween Party!! October 31st!
Costume Parade & Fun Prizes!

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 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

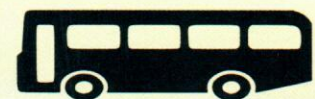
Dial-A-Ride Program

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 \$5.00. 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-12:00pm
So. UT Home Health – Blood Pressure/Sugar checks 2nd & 4th Thurs @ 11:00am

Video Tai Chi – every Tues @ 10:00am

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

Video Yoga – every Thurs @ 10:00am

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

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Hand & Foot Card Game– Tues @ 12:30pm

Writing Group – Temp. Cancelled

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

Neck/Shoulder Massage – see Activity Schedule

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!



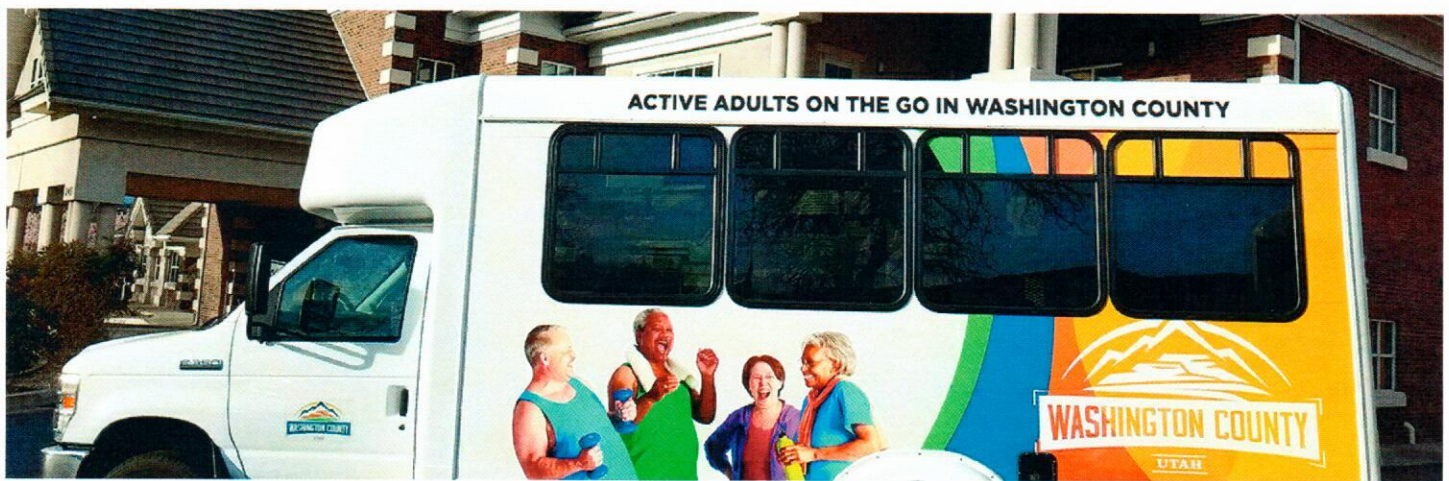
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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.

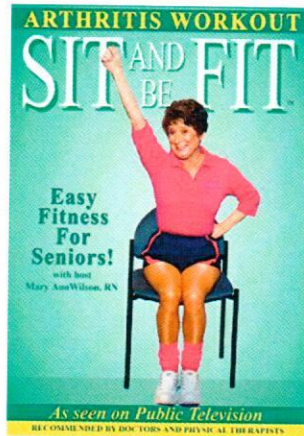
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

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

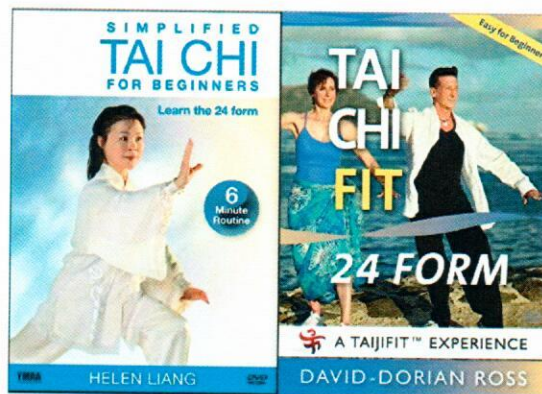
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Exercise Classes

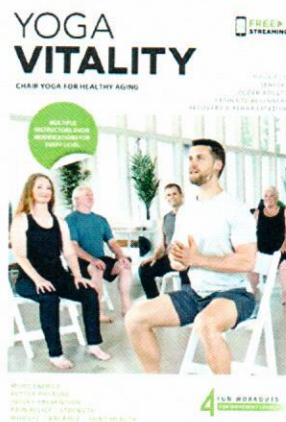
SIT & BE FIT — Monday's & Wednesday's @ 10:00am



TAI-CHI — Tuesday'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 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Chicken Parmesan Farfalle Pasta Green Peas Garden Vegetable Blend Texas Bread Cinnamon Applesauce Chocolate Chip Cookie Diet - Sugar Free Cookie Milk Margarine	Turkey Chili Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	BBQ Pork Rib Patty Hamburger Bun Mixed Vegetables Coleslaw Tropical Fruit Milk
10	11	12	13
Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Dinner Roll Cucumber Salad Seasonal Fruit Milk Margarine	Chicken w/Cranberry Orange Sauce 3-Way Mixed Vegetables Brown Rice Garlic Texas Bread Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing	Sausage Minestrone Soup Broccoli Roasted Red Potatoes Saltine Crackers Ambrosia Salad Milk	Glazed Ham Hashbrown Casserole Garden Vegetable Blend Wheat Bread Carrot Raisin Salad Applesauce Milk Margarine
17	18	19	20
Chicken Alfredo Rotini Pasta California Vegetable Blend Wheat Bread Cucumber Salad Seasonal Fruit Milk Margarine	Hot Turkey Aioli Sandwich Green Beans & Onions Beet Salad Wheat Bread Fresh Seasonal Fruit Milk	Pork Fried Rice Japanese Vegetable Blend Cabbage & Carrots Dinner Roll Pineapple Tidbits Fortune Cookie Milk Margarine	Cheeseburger Hamburger Bun Potato Wedges Coleslaw Hot Spiced Apples Milk Ketchup Mustard
24	25	26	27
Swedish Meatballs Penne Pasta Corn Green Peas Dinner Roll Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Broccoli Wheat Bread Asian Coleslaw Pineapple Tidbits Milk Margarine	Baked Potato Soup Capri Vegetable Blend Spinach Salad Cornbread Fresh Seasonal Fruit Milk Ranch Salad Dressing Sugar Cookie Diet - Sugar Free Cookie	Herb Roasted Pork Brown Rice Brussels Sprouts Glazed Baby Carrots Garlic Texas Bread Applesauce Milk
31			
Halloween Meal BBQ Pork Sandwich Hamburger Bun Baked Beans Coleslaw Seasonal Fruit Sugar Cookie Diet - Sugar Free Cookie Milk	A suggested donation of \$3.00 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		

October Activities

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

3-Oct	4-Oct	5-Oct	6-Oct
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00 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 Movie after lunch Drawing 101 1:00
10-Oct	11-Oct	12-Oct	13-Oct
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Medicare Presentation @ 12:30 Crafts 1:00 Caregiver Support Group 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Health Screening 11:00 Knitting/Crochet 1:00
17-Oct	18-Oct	19-Oct	20-Oct
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Nail-trim for feet 10:00 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 Drawing 101 1:00
24-Oct	25-Oct	26-Oct	27-Oct
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 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 Health Screening 11:00 Knitting/Crochet 1:00 Drawing 101 1:00 Birthday Celebration
31-Oct			
Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00-12:00 Medicare-5 County Open Enrollment			

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



H.E.A.T. PROGRAM

Home Energy Assistance Target

In partners with



**WORKFORCE
SERVICES**
HOUSING & COMMUNITY
DEVELOPMENT



We will be at Hurricane Senior Center on **October 11th**
9AM-11:45AM taking applications for the new HEAT
Program year. Please give us a call to schedule you a
time slot to be seen 435-652-9643.

We will need the following documentation:

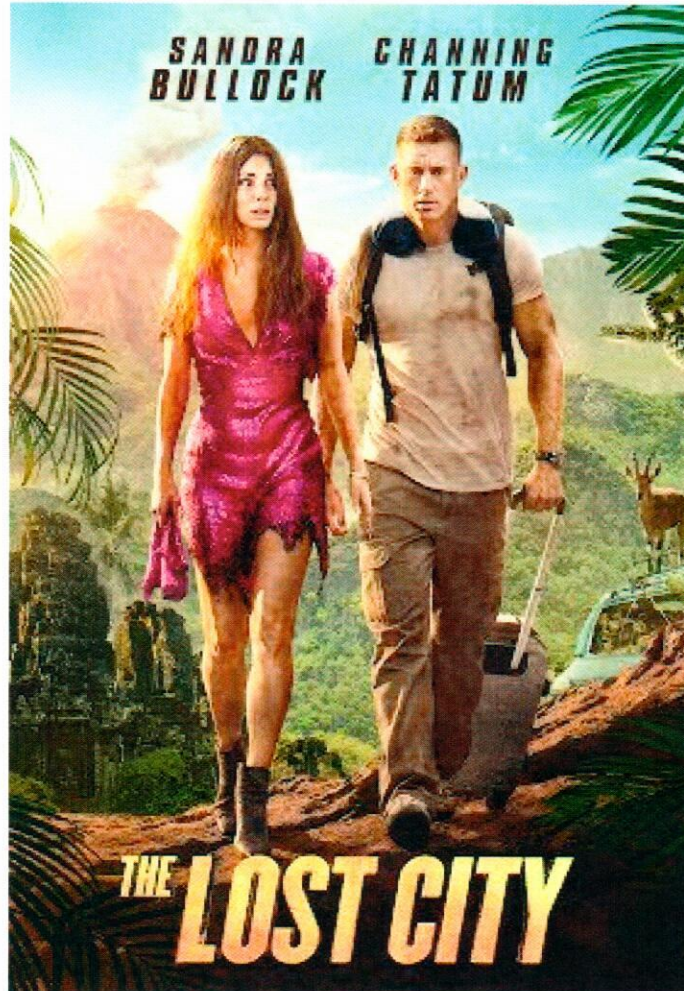
- ID & Social Security Cards
- Most recent utility bills for electricity, gas & water
- Income for the month of September
- Medical expenses paid out of pocket in September *(optional)*
- Proof of disability *(if applicable)*

Household Size	100% of Poverty	150% of Poverty
1	\$1,133	\$1,699
2	\$1,526	\$2,289
3	\$1,919	\$2,879
4	\$2,313	\$3,469
5	\$2,706	\$4,059
6	\$3,099	\$4,649
7	\$3,493	\$5,239

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

For more information visit: fivecountyheat.org

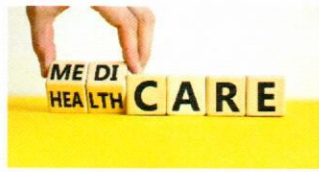
Movie of the Month:



Cast

Sandra Bullock • Channing Tatum

"Reclusive author Loretta Sage writes about exotic places in her popular adventure novels that feature a handsome cover model named Alan. While on her tour promoting her new book with Alan, Loretta gets kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her."



Flu Shots

People who are over age 65 are at high risk of serious health complications from the flu. Getting an annual flu shot helps protect you from getting the flu and spreading it to others. For people with Medicare Part B or a Medicare Advantage Plan, one flu shot is covered each year. The flu shot is considered a preventive benefit so in most cases, you'll pay nothing to receive a flu shot.

Most providers recommend getting your flu shot by the end of October. Flu shots are readily available at doctors' offices, pharmacies, hospitals and health departments. If you have Original Medicare, you may get your flu shot anywhere that accepts Medicare. If you have a Medicare Advantage Plan, be sure to check with your plan before getting a flu shot to make sure the provider will be covered.

Remember, it is safe to get the flu shot with other vaccines so you can get your flu shot with any other needed vaccines or boosters.

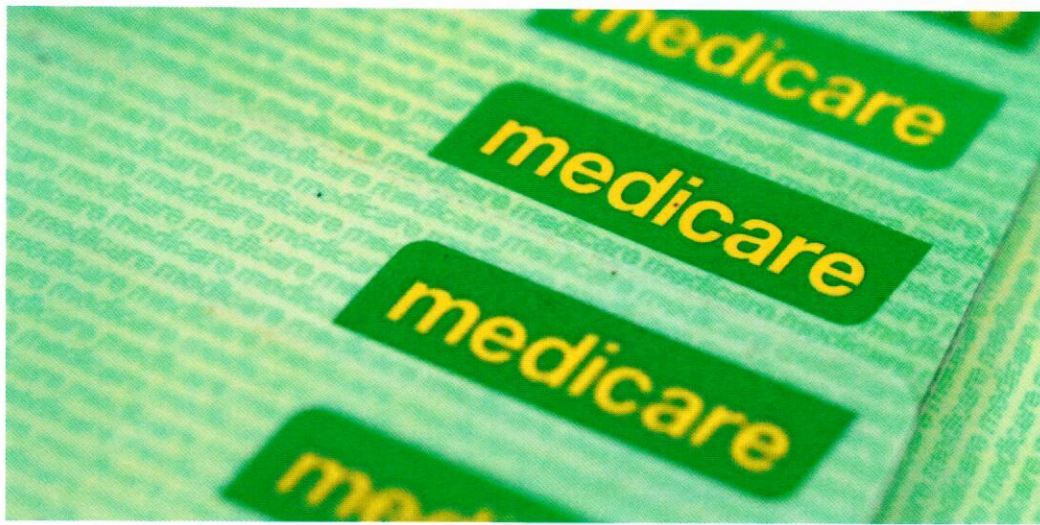
What is Medical Identity Theft?

Medical identity (ID) theft occurs when someone steals personal information – such as a beneficiary's name and Medicare number – and uses the information to get medical treatment, medical equipment, prescription drugs, surgery, or other services and then bills insurance (such as Medicare) for it. When Medicare beneficiaries fall prey to consumer scams aimed at obtaining Medicare and/or health ID numbers, their Medicare and/or health ID number is considered to be "compromised" as a result of medical identity theft.

Medical identity theft can also affect beneficiaries' medical and health insurance records. Every time a scammer uses a beneficiary's identity to receive or bill for care/supplies, a record is created with incorrect medical information about them.

Report potential medical identity theft from fraud, errors, or abuse if:

- You gave out your Medicare and/or health ID number:
- Over the phone or internet to someone offering durable medical equipment, genetic testing, COVID-19 testing/supplies, back braces, etc.
- At a fair or other gathering as a check-in or to receive free services
- In response to a television or radio commercial, Facebook ad, postcard, or print ad requesting a Medicare number
- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for medical services or equipment that you did not receive
- You are contacted by a debt collection company for a provider bill you do not owe
- You received boxes of braces, testing kits, or other medical supplies in the mail that you did not request
- A Medicare and/or a Medicare Advantage plan denies or limits your coverage or benefits because of a medical condition you do not have



Medicare Educational Event
Wednesday, Oct 12th 12:30-1:30
Get the answers to your
Medicare questions.
Sponsored by United Health.

Five County Assoc.
Open Enrollment
Informational Event
Monday, Oct 31st 11:00-1:00
Sponsored by Five County.



Free Toe Nail Clipping

3rd Tuesday

10:00 am.



HEALTHY LUNG MONTH: *Breathe Easy*

Your lungs allow you to breathe, talk, laugh, sing and much more. As a critical organ that provides life, adapt lifestyle habits to support your lung health. Start with eating a well-balanced, nutrient-dense diet. The following foods and their nutrients may be the most beneficial to lung health.

HEALTHY LUNG FOODS	NUTRIENTS AND BENEFITS
Beets, beet greens and leafy greens like kale, arugula, spinach, cabbage	Nitrates relax blood vessels, reduce blood pressure and optimize oxygen uptake
Vegetables, fruits, turmeric, green tea, soy foods	Antioxidants prevent cell damage and have been shown to improve lung function and lower risk of lung-related diseases
Brazil nuts, seafood, organ meats	Selenium enhances antioxidant defenses and immune function improving overall lung health
Whole grains, dark green leafy vegetables, low-fat milk, yogurt, legumes, nuts, seeds	Magnesium is a mineral that protects against inflammation, helping lung airways stay relaxed so you can breathe easier
Anchovies, salmon, tuna, trout, sardines	Omega-3 fatty acids reduce improve lung function
Cocoa and cacao products (like dark chocolate)	Theobromine helps relax the airways in the lungs

Additional Lifestyle Habits for Healthy Lungs

- **Quit or avoid smoking.** Cigarette smoke destroys lung tissue, depletes antioxidant stores, causes chronic inflammation and narrows the air passages in the lungs.
- **Exercise regularly.** Regular exercise strengthens your lungs and can reduce your risk of serious illness and disease.
- **Limit exposure to air pollutants.** While some pollutants are unavoidable, try to limit your exposure to secondhand smoke, chemicals, radon and outdoor air pollution.

Autumn Safety Tips

For many of us, autumn is the most beautiful time of the year. Think turning leaves, beautiful harvests, and that crisp, fall aroma that wafts through the air.

It's a wonderful time of year to enjoy indoors and out. This makes it a great time to do some preparation for the coming winter and to enjoy the beauty it brings. Below, we have come up with some autumn safety tips for your senior loved ones.

Flu Vaccination

Flu season is fast approaching. Many of us have other health concerns right now and the dangers of influenza are real. Help to limit your risk by taking advantage of the flu vaccine this year. Available at your doctor's office, pharmacies, and many other locations, often for free!

Prepare for Heating Season

Soon the days will shorten and be cooler. So you'll want to be sure you're ready to turn on the heat safely.

- **Have Your Furnace Checked**

It's a miserable feeling to notice the house getting colder and realize your furnace has failed. Save yourself from an emergency repair call and schedule an annual cleaning and maintenance checkup. Many companies are happy to provide this service, and some even offer senior discounts for it. A well-maintained furnace can save you money and keep you warmer by running more efficiently. More importantly, a properly running furnace can save your life, preventing dangerous carbon monoxide from building up in your home.

- **Replace Smoke & Carbon Monoxide Detector Batteries**

Along with proper furnace maintenance comes ensuring your safety detectors are running properly. Some people like to replace the batteries every fall, others every spring. But most people link the battery replacement schedule to daylight savings time. However you plan for it, it's crucial to have working detectors, and fall is a great time to check them.

- **Don't Be Afraid to Use the Heat**

Many seniors, especially those on fixed or limited incomes, don't like to run the heat very much to save on heating bills. Keeping the house a little cooler is fine but you should still be comfortable. Running your furnace is generally less expensive than using space heaters. Space heaters can also be very dangerous if used incorrectly. Ensure any space heaters have plenty of clear space in front of them, are on a stable surface, so they can't fall over, and that they have an automatic shutoff in case you forget that they're running or can't hear them. If you need help with your

heating bill, there are many agencies that can help and special programs designed to help seniors stay safely warm through the winter.

Clear Away Leaves for Safety

Many towns in our area have beautiful, tree-lined neighborhoods. But wet leaves can be incredibly slippery, so make sure they're cleared from your sidewalks and walkways. Piled-up leaves can also make it difficult to see the edges of steps and sidewalks, making it easier to trip or fall. If you're not up to doing it, be sure to ask for help so you and those who visit you will have a safe path to travel.

Prepare for Cold and Flu Season

The best way to combat winter colds besides not getting one is to be ready for when you do. Stock your medicine cabinet with cough drops or syrup, pain relievers, and any other medication you and your doctor agree is appropriate for you to take if you have a cold. Make sure you also have plenty of tissues and cleaning supplies, too! It's also not a bad idea to keep plenty of soup and tea bags in the cupboards. So you'll have something soothing to eat and drink if you're not feeling well.

Prepare for Cold Weather

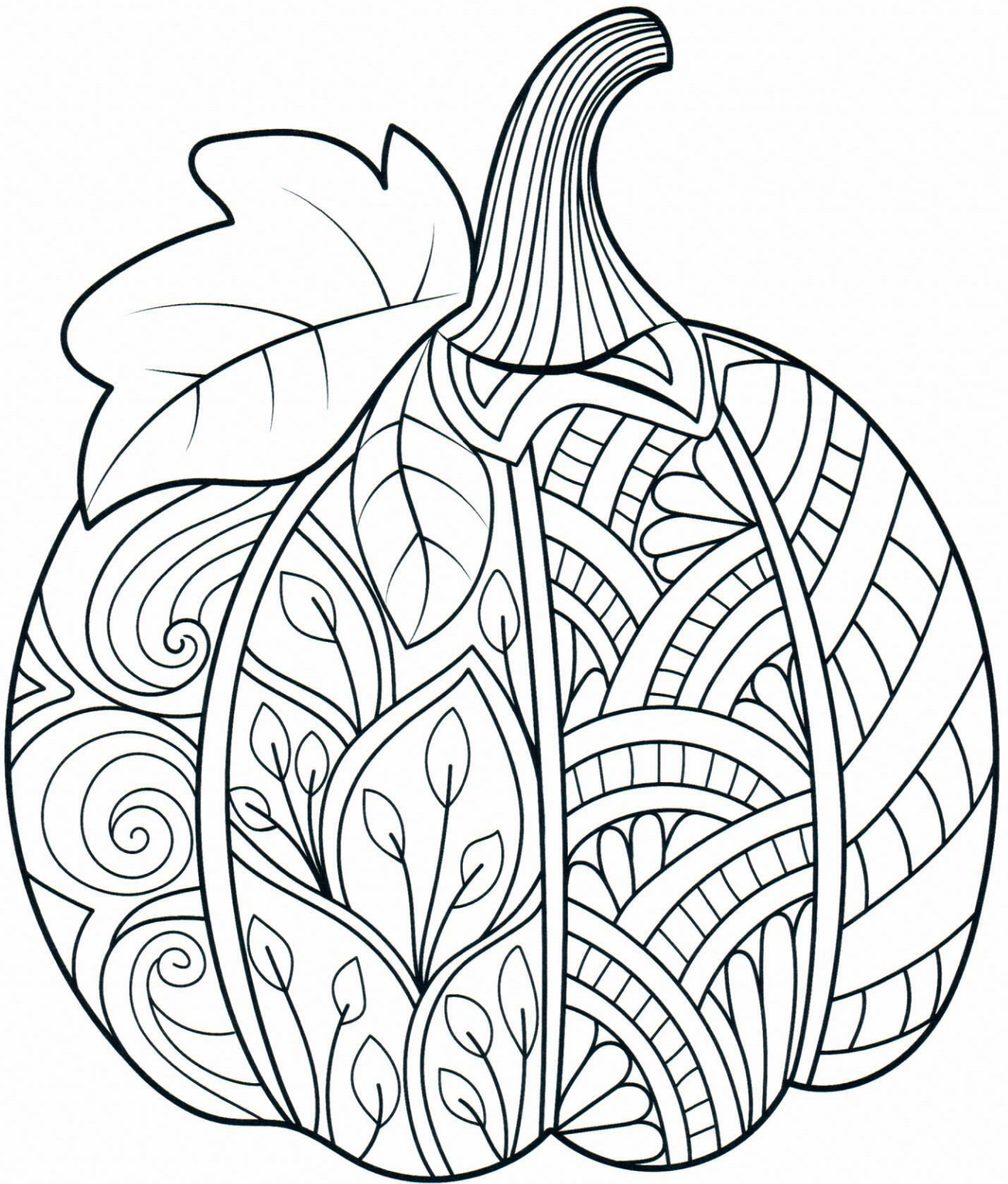
Don't let that first snow take you by surprise! Check that you have some basic winter supplies such as a snow shovel, road salt, or ice melt, and get out your winter clothing. Remember that layers are the best way to stay warm in any cool weather. If you drive, make sure your car has winter-grade oil. Keep your gas tank at least half full, and make sure you keep a snow scraper, an extra pair of gloves, and a blanket in the car just in case.

Now that you've gotten everything ready, go out and enjoy autumn. Take a walk in the glorious fall color, have some apple cider and enjoy all that the season has to offer.

<https://www.seniorhelpers.com/pa/erie/resources/blogs/autumn-safety-tips-for-seniors-senior-helpers/>







OCTOBER

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.

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

By Evelyn Johnson - www.qets.com

America	Frost	Pumpkin
Calendula	Gold	Rain
Cider	Halloween	Sea
Columbus	Harvest	Ship
Costume	Leaves	Treat
Crops	October	Trick
Explore	Opal	Windy