

# Hurricane Active Life Center

## October 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.

Join us October 31 for our Halloween Celebration during lunch.

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** – 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**– 2<sup>nd</sup> Tuesday @ 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** – Wednesday @ 1:00pm

**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?

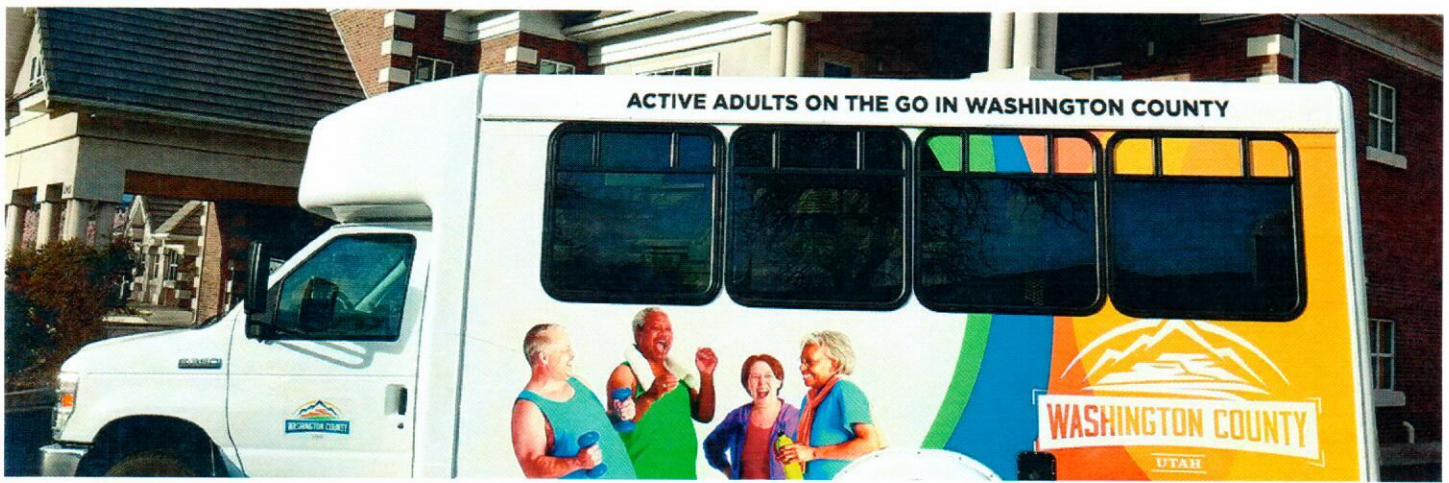
Thank you for your donation to our meal program.

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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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

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
Chicken Parmesan Penne Pasta Green Peas Garden Vegetable Blend Texas Bread Cinnamon Applesauce Milk Margarine	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Chili Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream	BBQ Pork Rib Patty Mixed Vegetables Coleslaw Hamburger Bun Tropical Fruit Milk
9	10	11	12
Salisbury Steak w/Gravy Whipped Potatoes Green Peas Cucumber Salad Wheat Bread Seasonal Fruit Milk Margarine	Chicken w/Cranberry Orange Sauce Brown Rice 3-Way Mixed Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing	Sausage Minestrone Soup Saltine Crackers Roasted Potatoes Broccoli Ambrosia Salad Milk	Glazed Ham Au Gratin Potatoes Garden Vegetable Blend Spinach Wheat Bread Applesauce Milk Margarine
16	17	18	19
Chicken Alfredo Fettuccini Noodles California Vegetable Blend Broccoli Salad Texas Bread Seasonal Fruit Milk Margarine	Hot Turkey Aioli Sandwich Wheat Bread Green Beans & Onions Glazed Beets Tropical Fruit Milk	Pork Fried Rice Japanese Vegetable Blend Cabbage Wheat Bread Fresh Mandarin Orange Fortune Cookie Milk Margarine	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickle Potato Wedges Hot Spiced Apples Milk Ketchup Mustard
23	24	25	26
Swedish Meatballs Penne Pasta Whole Kernel Corn Green Peas Wheat Bread Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Broccoli Asian Coleslaw Pineapple Tidbits Wheat Bread Milk Margarine	Loaded Potato Soup Capri Vegetable Blend Spinach Salad Cornbread Sugar Cookie Diet - Sugar Free Cookie Fresh Fruit Milk Salad Dressing & Margarine	Herb Roasted Pork Garlic Country Potatoes Brussels Sprouts Glazed Baby Carrots Garlic Texas Bread Applesauce Milk
30	31		
Stroganoff Mashed Potatoes California Vegetable Blend Spinach Salad Dinner Roll Cinnamon Applesauce Milk Ranch Salad Dressing	<b>Halloween Meal</b> BBQ Pork Sandwich Hamburger Bun Baked Beans Coleslaw Seasonal Fruit Sugar Cookie Diet - Vanilla Wafers Milk	 <p><b>TRIO</b> Community Meals Nourishment through compassionate care.</p>	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



# October Activities

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

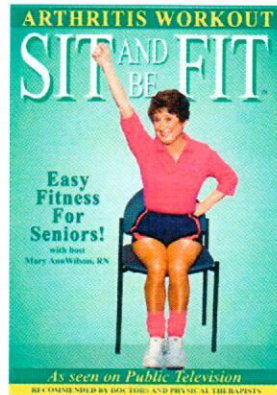
2-Oct	3-Oct	4-Oct	5-Oct
Billiards 9:00-3:00 Video Sit Fit 10:00  Wii bowling 11:00 Health Screening 11:00  Tai Chi 1:30	Billiards 9:00-3:00  Video Tai Chi 10:00	Billiards 9:00-3:00 Video Sit Fit 10:00  Dixie Can Do's to entertain @ lunch  Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Arthur Whitney to entertain @ lunch  Caregiver Group 1:00 Drawing 101 1:00
9-Oct	10-Oct	11-Oct	12-Oct
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 Card Making Class @ 1:00	Billiards 9:00-3:00  Video Sit Fit 10:00  Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neil Petty to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
16-Oct	17-Oct	18-Oct	19-Oct
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	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's to entertain @ lunch  Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Arthur Whitney to entertain @ lunch Caregiver Group 1:00 Drawing 101 1:00
23-Oct	24-Oct	25-Oct	26-Oct
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 HEAT 9:00 Dementia Class 10:00-11:30 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00  Eye Dr. Presentation during lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neil Petty to entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00
30-Oct	31-Oct		
Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Medicare Open Enroll. Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Dementia Class Mimi Hansen to entertain @ lunch Halloween Celebration		

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

# Exercise Classes

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

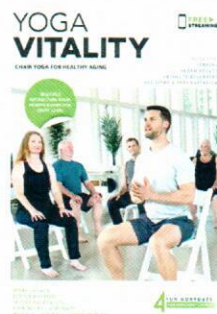
**\*VIDEO SIT & BE FIT\*** — Monday's & Wednesday's @ 10:00am



**\*VIDEO TAI-CHI\*** — Tuesday's @ 10:00am



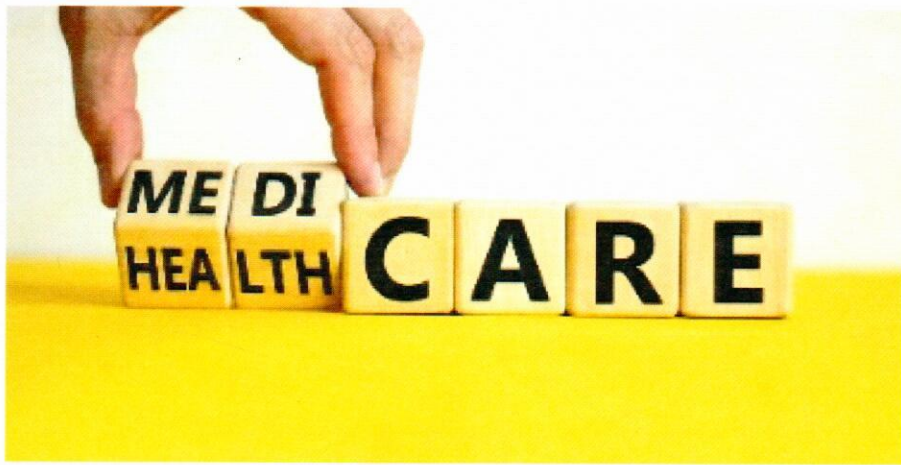
**\*VIDEO YOGA\*** — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.





## **Utah DHHS warns of phone scam**

Salt Lake City—DHHS has become aware of several phone scams targeting Utah's elderly population. Often, the caller impersonates an employee of the Utah Department of Health and Human Services (DHHS).

The caller then tries to collect personal information from individuals, such as Social Security Number, Medicare number, age, and full name. They may try to sell products or services. DHHS employees will never call to promote services or products for sale.

If such calls are received, we advise Utahns to hang up immediately. The caller is not from DHHS. They are trying to steal personal information.

Utah DHHS does conduct some official business over the phone, including official surveys, but our callers do not ask for Social Security Numbers.

The Biden administration unveiled Tuesday the names of the first 10 drugs subject to price negotiations in Medicare, including several popular blood thinners and diabetes medications. They are: Eliquis, Jardiance, Xarelto, Januvia, Farxiga, Entresto, Enbrel, Imbruvica and Stelara, as well as Fiasp and certain other insulins made by Novo Nordisk, including NovoLog.

These ten drugs are among those with highest total spending in Medicare Part D. Millions of Part D enrollees depend on these vital treatments to treat life-threatening conditions including diabetes, heart failure, and cancer, but many struggle to access their medications because of prohibitive costs.

Medicare drug price negotiations will result in lower out-of-pocket costs for seniors and will save money for American taxpayers. Negotiations for the first group of selected drugs will begin in 2023 with negotiated prices going into effect in 2026.



# MEDICARE OPEN ENROLLMENT

**OCT. 15 - DEC. 7**

## 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 to 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: Iron county 435-263-3568 or Washington  
County 435-673-3548**





## Getting to Know Dementia

6-part Community Education Series (1.5 hour sessions)

We will discuss what happens when a brain is changing due to some form of dementia, versus other factors, such as normal aging or a high-stress lifestyle. By learning about brain function and changes during dementia, we can begin to understand not only what is lost, but what is retained, to effectively provide that just right support.

We will introduce the GEMS<sup>®</sup> State model of the progression of dementia and learn how we can adapt our approach to create positive relationships. The concept of using visual, verbal, and touch cues to approach and connect with a person living in any state of dementia through the Positive Physical Approach<sup>™</sup> will be demonstrated and practiced.

Finally, we conclude with learning about how we, as care partners, can become advocates for people, as relationships and tasks of daily living are impacted.

Part 1: What is Dementia, Really?

Part 2: What Brain Changes and Shifts in Ability are Noticed When Dementia Happens?

Part 3: Looking at Progression and Seeing More than Loss: The GEMS<sup>®</sup> State Model

Part 4: The GEMS<sup>®</sup> State Model: In the Right Setting with the Right Care, all GEMS Can Shine

Part 5: New Skills for Helping and Supporting

Part 6: Being an Advocate and Building a Support Team

Email: [dementiagility@gmail.com](mailto:dementiagility@gmail.com)

Phone: 435-268-2313

Fax 435-466-5420

Mailing Address: PO Box 232 Toquerville, Utah 84774



# 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

Amount Per Serving	
Calories	200
Calories from Fat 150	
% Daily Value*	
Total Fat	17g
Saturated Fat	2.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	120mg
Total Carbohydrate	0g



## 3 Steps to Healthy Aging

How do you see yourself as you age? Some seniors see themselves as being healthy and active. Others may not have such an outlook and instead might feel frail and weak. Regardless of how you may feel right now, there are many simple things you can do to help minimize your risk of future illness and improve your overall health. Here are three of them:

### Enjoy some playtime

Doing more of the things you love can increase your lifespan, improve your memory, and help battle the negative effects of depression. What your playtime consists of is up to you – time with grandkids, travel, music, volunteering, learning, etc. - the important thing is that you love what you are doing. Retirement communities like Primrose provide a carefree atmosphere that makes it easy to engage in these kinds of activities with friends and family.

### Stay connected

As we age, it is not unusual to see close friends pass away. Oftentimes their loss, or the loss of a spouse, can leave a void that causes depression and seclusion. It is important to stay connected and continue to develop a network of friends that you can spend time with. Perhaps that involves joining a senior bible study at your church or plugging into your local senior center. Retirement communities like Primrose are a great place for seniors to connect. It is easy to get to know the person in the apartment next to yours, and there are many different social opportunities available throughout the week as well.

### Be proactive

Regularly scheduled checkups with your doctor may not be the things you look forward to the most, but they can help to improve – or even save – your life. As we age, we become more prone to certain illness and disease. Being proactive with your health will help to uncover warning signs and allow you to take corrective action before there is a problem rather than waiting until there is something wrong.

At Primrose, part of our mission is to provide a healthy, happy environment for seniors. To find out what we can do for you or your loved ones, visit [www.primrosetirement.com](http://www.primrosetirement.com) for more info or to contact the Primrose closest to you.







Autumn has arrived and with it comes falling leaves and cooler days. Although this seasonal change will be bringing most of us indoors, there are still some safety hazards that need to be addressed when it comes to senior health. We have compiled a list of tips to promote senior wellness this fall to help keep you and your loved ones safe and healthy.

- Rake the leaves and maintain your outdoor space: Falling leaves are inevitable during Autumn and can be slippery and very dangerous for seniors when they're on sidewalks, roads, and walkways. Be sure to rake up the leaves and other fallen debris in these areas to prevent falls. Installing handrails and non-skid surfaces to stairs can also help prevent unwanted falls. If you are a senior and continue to maintain your own outdoor area, don't forget to stretch before and use your legs to prevent injury when bending and picking up things.
- 
- Stock up on warm clothing: The cooler weather will be upon us before we know it. So it's important to stock up with socks, warm hats and gloves, comfortable house shoes, long sleeve shirts, warm pants, coats, and sweaters. It can also be a good idea to leave some of these warm articles of clothing in your vehicle in case your vehicle breaks down or has another emergency during cold weather.
- 
- Invest in some waterproof, slip-resistant shoes: It would be a great idea to invest in some good waterproof, slip-resistant shoes. These can be used outdoors or indoors. They are very useful on slippery leaves or icy sidewalks or walkways. They can also help prevent accidental falls indoors caused by poor lighting, water, or other trip hazards.
- 
- Prevent sickness: The cooler weather brings with it more opportunities to get sick. Keeping your immune system healthy is important to staying healthy during this time. Take vitamins like; vitamin C and zinc, make sure to wash your hands often especially after being in a public space or handling money, and get your flu and/or COVID-19 vaccines. When you are sick, make sure to stay home, cover your mouth and nose when you cough and sneeze, and wear a mask to prevent getting others sick.
- 
- Get plenty of exercise and sleep: Exercise and a good amount of sleep are also important to maintaining a healthy immune system and preventing sickness during the cooler months. Since we will be spending more time indoors, it's important to find exercises you can enjoy inside. You can find many videos online for yoga or other exercises that are created for older bodies, if you have a treadmill you can take a walk on the



treadmill, or bundle up and go for a walk in the chilly air. Many senior or community center have indoor pools that offer water aerobics and other exercises geared towards seniors, this exercises are easier on the joints. Exercising regularly will help you sleep better. There are many benefits that come with exercise and good sleep; better balance, fall prevention, faster recovery and repair, and promotes strong muscles and healthy joints.

- 
- Maintain your vehicle: Keeping your vehicle maintained can prevent many emergency situations in extreme weather. An oil change and a tire rotation are good things to start with for maintaining your vehicle for the fall. Also, you'll want to top off all fluids, check tire air pressure, and make sure that all exterior lights are functioning. This is also a good time to make sure that the heater and AC are working properly.
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- Maintain your home: Insure that your heating unit, furnace, fireplace, or chimney are all in working order. Test and replace batteries for your carbon monoxide and fire alarms. Replace light bulbs that have dimmed or gone out, poor lighting has been found to be a contributing factor to senior falls. Stock up on batteries, lightbulbs, and candles.
- 
- Don't leave candles unattended: It almost doesn't feel like fall without a pumpkin spice candle burning, so stay aware and never leave a candle burning unattended. There is always an uptick in the cooler months of house fires caused by improper candle use. Keep lit candles away from high traffic areas and pets, and don't forget to blow them out before going to sleep.
- 
- Consider a PERS device: a PERS device is a Personal Emergency Response System or medical alert device. These can be worn around the neck or on a belt clip or hung in an easily accessible area in the home. They're small, water-resistant, and can fit into a bag or purse. With a push of a button you can be in contact with family, friends, or even 911 after a fall or other accident. A PERS device can save you or your loved ones life.
- 
- Don't forget Daylight Savings Time: Daylight Saving is Sunday, November 5th, this year. With that change in time will come shorter days, so the sun will start going down much earlier than it's been over the summer. It's important to keep this in mind when you need to drive anywhere in the evenings. Take evaluation of yourself or the seniors in your life to make sure that their eyesight is still sufficient to drive at night.

<https://www.superiorseniorcare.com/10-senior-autumn-safety-tips/>







Homemade  
GIFTS MADE EASY



# 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.

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

By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

Black  
Boogeyman  
Candy  
Cat  
Costume  
Ghost  
Ghoulish

Gravestone  
Halloween  
Monster  
Mummy  
October  
Pumpkin  
Scary

Skeleton  
Spirit  
Spooky  
Treat  
Trick  
Witch  
Zombie