

# Hurricane Active Life Center

## September 2021 Newsletter



Welcome back!

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*

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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/\$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** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Craft Class** – (Not during summer months)

**Bingo 60+ Only** – 2<sup>nd</sup> & 4<sup>th</sup> Monday @ 1:00pm

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

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

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

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

**COME JOIN US!**



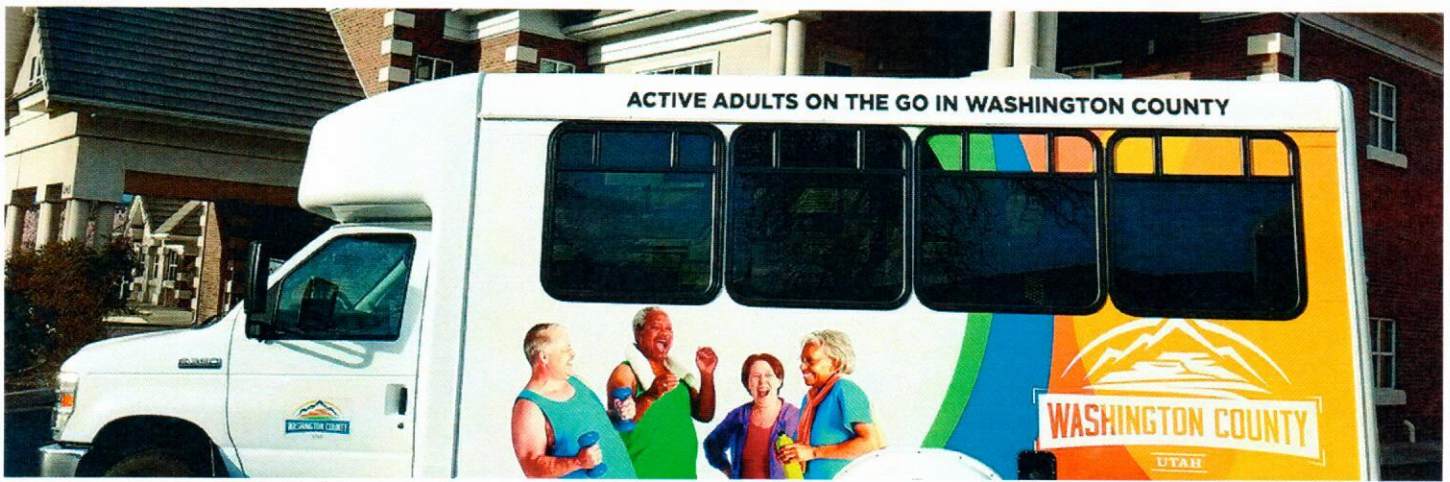
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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](http://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.

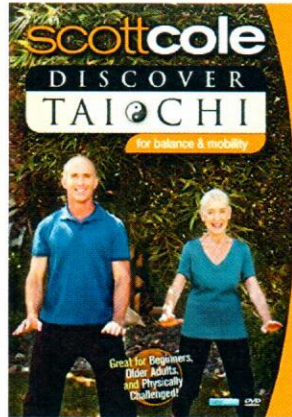
1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

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

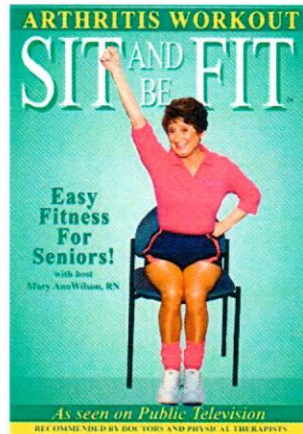
If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

# Exercise Classes

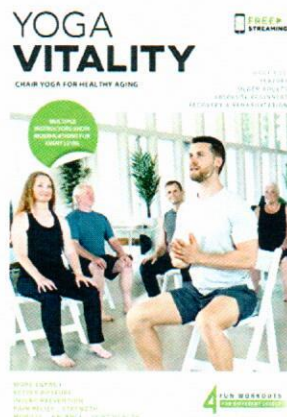
\*TAI-CHI\* — Tuesday's @ 10:00am



\*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

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and Bread served with all meals. Lunch served 11:30 am -12:30 pm Follow Us on Facebook @triocommunitymeals.com</p>		<p>Pork Roast w/Lemon Caper Sauce Glazed Beets Green Beans Brown Rice Dinner Roll Fresh Seasonal Fruit Milk Margarine</p>	<p>Teriyaki Chicken Breast Japanese Veg Blend Napa Cabbage Jasmine Rice Dinner Roll Ambrosia Salad Milk Margarine</p>
6	7	8	9
<p><b>CLOSED</b> <i>Labor Day</i></p>	<p><b>Labor Day Meal</b> Beef Patty Hamburger Bun Crinkle Cut Fries Fresh Watermelon Milk Ketchup   Mustard Lettuce   Tom   Onion   Pickle</p>	<p>Cheesy Pizza Bake Italian Veg Blend Spinach Salad Garlic Texas Bread Tropical Fruit Milk Salad Dressing</p>	<p>Glazed Ham Cut Yams Mixed Vegetables Macaroni Salad Dinner Roll Fresh Seasonal Fruit Milk Margarine</p>
13	14	15	16
<p>Breaded Chicken Cordon Bleu Green Beans Spinach Salad Rice Pilaf Wheat Bread Tropical Fruit Milk Margarine Salad Dressing</p>	<p>Sloppy Joe Tater Tots Coleslaw Whole Wheat Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup Diet - Vanilla Wafers</p>	<p>Chicken Fajitas Shredded Cheese Lettuce &amp; Tomato Black Beans Fiesta Vegetables Tortilla Peaches Milk Taco Sauce</p>	<p>Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Creamed Peas Dinner Roll Pineapple Tidbits Milk Margarine</p>
20	21	22	23
<p>BBQ Pork Spinach Greens Coleslaw Macaroni and Cheese Cornbread Strawberry Gelatin w/ Fruit Milk Margarine Diet - Fruited Gelatin</p>	<p>Honey Lime Chicken Breast Cabbage and Carrots Sugar Snap Peas Buttered Rice Dinner Roll Grapes Milk Margarine</p>	<p>Swiss Steak California Veg Blend Whole Kernel Corn Egg Noodles Wheat Bread Fresh Seasonal Fruit Milk Margarine</p>	<p>Turkey Shepherd's Pie Garden Vegetable Blend Spinach Salad Dinner Roll Hot Spiced Apples Milk Margarine Salad Dressing</p>
27	28	29	30
<p>Hawaiian Chicken Haystack White Rice Tomatoes and Green Peppers Cucumber Salad Pineapple Tidbits Milk</p>	<p>Pot Roast w/Gravy Mixed Vegetables Spinach Salad Mashed Potatoes Wheat Bread Fresh Seasonal Fruit Milk Salad Dressing Margarine</p>	<p>Potato Crusted Pollock Black Beans Coleslaw Corn Tortilla Spanish Rice Applesauce Milk Taco Sauce</p>	<p>Meatballs w/Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Texas Bread Peach Crisp Milk Diet - Hot Peaches</p>

# September Activities

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

		1-Sep	2-Sep
		Billiards 9:30-3:30  Video Sit & Be Fit 10:00  Crafts 1:00	Billiards 9:30-3:00  Video Chair Yoga 10:00  Chyrrel & Terry Maupin entertain @ lunch
6-Sep	7-Sep	8-Sep	9-Sep
Closed for Holiday	Billiards 9:30-3:00  Video Tai Chi 10:00  Hand & Foot Cards after lunch	Billiards 9:30-3:30  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
13-Sep	14-Sep	15-Sep	16-Sep
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  Hand & Foot Cards after lunch	Billiards 9:30-3:30 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  RRCI Presentation
20-Sep	21-Sep	22-Sep	23-Sep
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Love Your Limbs Circulation Presentation @ lunch	Billiards 9:30-3:00  Video Tai Chi 10:00  Hand & Foot Cards after lunch	Billiards 9:30-3:30  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
27-Sep	28-Sep	29-Sep	30-Sep
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  Hand & Foot Cards after lunch	Billiards 9:30-3:30  Video Sit & Be Fit 10:00  Crafts 1:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Happy Anniversary/Birthday Celebration @ Lunch

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



# WHOLE GRAINS MONTH

discover whole grains



Celebrate Whole Grains Month by learning more about whole grains. A whole grain contains the whole grain kernel – the bran, germ and endosperm. While refined grains, such as white bread, pasta or rice contain only the endosperm. Most of the nutrition is found in the bran and germ, such as fiber, vitamins, minerals and phytochemicals, making whole grains a more nutrient-dense choice. Examples of whole grains are brown rice, buckwheat, corn, farro, millet, oats, sorghum, wild rice, wheat berries and foods like bread and pasta made with whole grain flours.

## WHAT ARE THE HEALTH BENEFITS?

- May reduce the risk of heart disease, type 2 diabetes and certain cancers
- Increased fiber can support healthy digestion and helps you feel full and satisfied
- May help with weight management due to the satiating effect of fiber

## HOW MUCH DO I NEED?

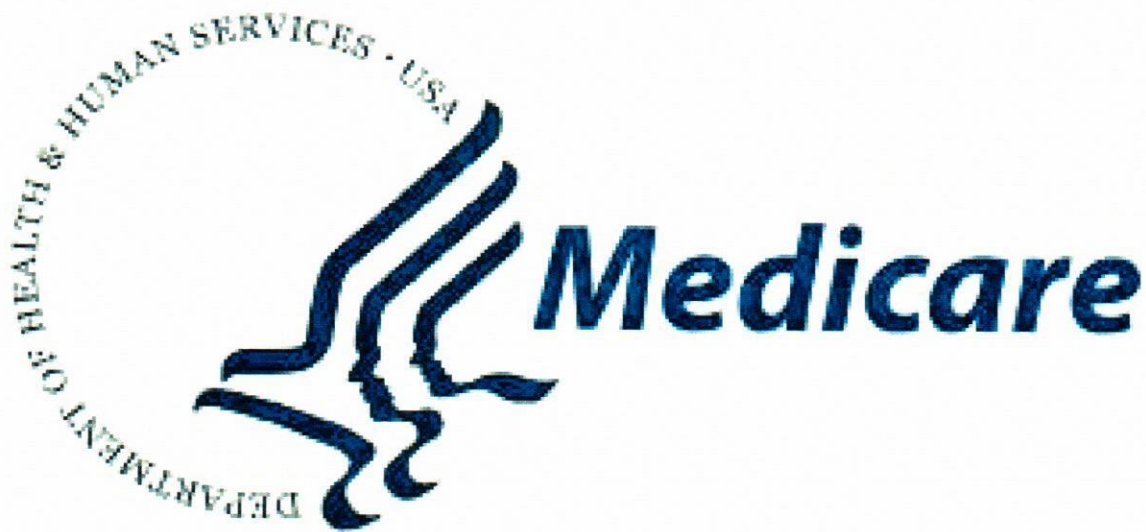
Your recommended daily intake of grains depends on your age, sex, and level of physical activity. This can be anywhere between 3 and 8 ounce-equivalents each day. Make sure that at least half of your daily grain intake is from whole grains. A 1 ounce-equivalent equals 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal.

## HOW DO I ADD MORE TO MY DIET?

- Try whole-grain cereal, shredded wheat or oatmeal for breakfast.
- Use whole-grain bread or tortillas for sandwiches.
- Replace white rice with quinoa, brown rice, wild rice, barley or bulgur.
- Make your salad a grain bowl by adding quinoa or farro.
- Snack on popcorn that is not doused in butter and salt.
- Swap out your flour tortilla for a corn tortilla.
- Look for the Whole Grain Stamp on packaged foods.







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 **September**, you should receive the 2022 Medicare and You handbook. If you don't receive one, you can download it online as well. Also, if you have a Medicare Part D plan or Medicare Advantage plan, you should receive an Annual Notice of Change and an Evidence of Coverage. These notices list any changes coming to your plan in 2022. They include cost changes (deductibles, premiums, copays), network changes and formulary changes.

#### How to spot Medicare fraud

Review your Medicare Summary Notices for errors and report anything suspicious to Medicare.

Compare the dates and services on your calendar with the statements you get from Medicare to make sure you got each service listed and that all the details are correct.

These include the "Medicare Summary Notice" (MSN) if you have Original Medicare, or similar statements from your plan if you're in a Medicare Advantage Plan. They list the services you got or prescriptions you filled.

Check your claims early—the sooner you see and report errors, the sooner you can help stop fraud. Log into (or create) your secure Medicare account to view your Original Medicare claims as soon as they're processed, or call us at 1-800-MEDICARE (1-800-633-4227).

Check the receipts and statements you get from providers for mistakes.

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

If you've contacted the provider and you suspect that Medicare is being charged for health care you didn't get, or you don't know the provider on the claim, contact the Senior Medicare Patrol at (435)673-3548.

## Medicare Preventive Benefits

Benjamin Franklin's adage, "an ounce of prevention is worth a pound of cure," is as true today as it was when he first wrote it in 1735. And Medicare has included a variety of preventive benefits to keep older adults healthy, with many of them covered without the normal Medicare cost sharing.

While a routine physical exam is only covered once during the first 12 months of signing up for Part B (called a Welcome to Medicare visit), Medicare introduced Annual Wellness visits in 2011 in an effort to help beneficiaries have important health conversations with their doctors. The aim of these visits is to create or update personalized prevention plans. In addition to these visits, many common preventive services are covered by Medicare.

Annual benefits include depression screenings, diabetes screenings, flu shots, HIV screenings, mammograms, PSA screenings for prostate cancer, alcohol misuse screenings, lung cancer screenings, though some benefits are based on risk and may not be covered annually for everyone. Other benefits, like colonoscopies, cervical cancer screenings, bone mass measurements, cardiovascular disease screenings and others are covered at no cost but are not covered annually. Medicare also covers certain one-time preventive benefits, like pneumococcal shots, hepatitis B shots and more.

Recently, there has been an increase in questions about DNA testing and whether it is a Medicare approved preventive benefit. DNA testing is NOT a Medicare preventive benefit and should only be conducted after consultation with your primary care physician. If you have questions about Medicare preventive health benefits, contact the SHIP program at (435)673-3548.



**MEDICARE  
& YOU**



**Preventing Medicare Fraud**

# HELP WANTED!

Earn an extra **\$200** per month

Become a **Foster Grandparent** Today!

## What is a Foster Grandparent?

- ❖ A senior who helps in local schools working one-on-one with children who need a little extra assistance with reading and math skills.
- ❖ A role model, mentor, and friend to our youth.
- ❖ They help children learn to appreciate and respect the senior population.
- ❖ Foster Grandparents share their wisdom today to shape tomorrow's citizens!



## BENEFITS

- ❖ Stipend of about \$200 per month (Does not affect your Social Security benefits, low-income housing, HEAT, food stamps, etc.)
- ❖ Transportation reimbursement
- ❖ Meal reimbursement
- ❖ Vacation, Sick and Holiday pay
- ❖ The satisfaction that comes from serving others

## REQUIREMENTS

- ❖ Be age 55 or older
- ❖ Commit to serving 15+ hours per week
- ❖ Be income eligible
  - ✓ Single - less than \$2,100 per month
  - ✓ Married - less than \$2,900 per month



## JOIN FOSTER GRANDPARENTS

1070 W. 1600 S., Bldg. B  
St. George, Utah 84770

**Call Joni at 435-673-3548 x-122**



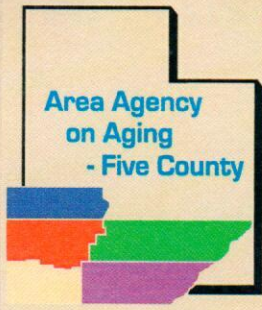
Funded by AmeriCorps Seniors



Sponsored by AAA-Five County

Supported by United Way





AAA- FIVE COUNTY PRESENTS

# SOUTHERN UTAH SENIORS LECTURE SERIES

ONGOING EDUCATION FOR OLDER ADULTS

Register for this webinar, or others in the series at [areaagencyonagingfivecounty.org](http://areaagencyonagingfivecounty.org)

## PROTECTING YOURSELF ONLINE

BRITTA CLARK, BBB

September 15, 2021 1PM



The Center for Victim Research estimates that 7-10% of Americans are victims of identity fraud each year. Scammers are either trying to steal your money or your identity in order to steal your money later and they have all kinds of techniques to collect personally identifiable information. Learning what makes us vulnerable to which kinds of scams will reduce the chances of losing big. In this lecture, Better Business Bureau Communications Director Britta Clark will provide information to help protect Personally Identifiable Information and cover what to do if your information has been compromised.



Britta Clark is the Director of Communications for BBB Serving Northern Nevada and Utah. Britta Clark attended Utah Valley University focusing on her degree in Political Science. From North Carolina originally, Britta enjoys writing, reading, and spending time with her husband and her rescue dog.

Register online at: [www.areaagencyonagingfivecounty.org](http://www.areaagencyonagingfivecounty.org)



TO LEARN MORE ABOUT  
ONGOING AND  
UPCOMING EVENTS

435-673-3548

[www.areaagencyonagingfivecounty.org/events](http://www.areaagencyonagingfivecounty.org/events)

# SEPTEMBER EVENTS

Sponsored by the Area Agency on Aging -  
Five County

## SOUTHERN UTAH SENIORS LECTURE SERIES

September's lecture will be presented by Better Business Bureau Communications Director Britta Clark will provide information to help protect Personally Identifiable Information and cover what to do if your information has been compromised.

Sep 15, 1:00 PM – 2:00 PM MDT

## ONGOING EVENTS

- ✓ AFEP
- ✓ TAI CHI FOR ARTHRITIS
- ✓ TEA TIME WITH SHERI
- ✓ WALK WITH EASE

## OTHER WAYS TO CONNECT WITH US THIS MONTH



VISIT OUR WEBSITE

[www.areaagencyonagingfivecounty.org](http://www.areaagencyonagingfivecounty.org)



CONNECT WITH US ON  
FACEBOOK

[www.facebook.com/AgingFiveCountyUtah](http://www.facebook.com/AgingFiveCountyUtah)



VOLUNTEER YOUR TIME

Find opportunities  
on our website or  
give us a call!



## 8 Fun Labor Day Facts

- In the late 19<sup>th</sup> century, the average working day consisted of 12 hours.
- Some retailers claim that Labor Day is one of the largest sale dates of the year, second only to Black Friday.
- Labor Day marks the unofficial last day of summer and the unofficial first day of NFL season.
- More than 7 billion hot dogs are eaten by Americans between Memorial Day and Labor Day.
- Labor Day is the second most dangerous holiday weekend to drive on US highways.
- The first American Labor Day occurred in NY City on September 5<sup>th</sup>, 1882 but the holiday was made official by Oregon in 1887.
- In some fashion circles Labor Day is considered the last acceptable day of the year to wear white.
- One of the reasons for choosing to celebrate Labor Day the first Monday of September was to add a holiday in the long gap between Independence Day and Thanksgiving.

<https://www.familyinsurancenc.com/blog/celebrate-labor-day>



## HOW TO BUILD HEALTHIER SLEEP RITUALS

Many people have heard that getting a good night's sleep is important, but few understand just why that is. Good sleep has many health benefits ranging from lowering the risk for depression and high blood pressure to preventing poor eating habits. Some research even links poor sleep to dementia and heart disease. The science is undeniably clear on why you need to get a full night of quality sleep. But how much sleep each night is enough? Unfortunately, there's no right answer because the range for "normal" sleep duration varies widely. Older adults are more likely to experience sleep issues. Some struggle to fall asleep, and others have a tough time staying asleep. Sleep experts say the key to quality sleep often lies in developing healthy, consistent bedtime rituals.

### WAYS TO IMPROVE SLEEP QUALITY AND DURATION

Cut the caffeine: A cup of coffee in the morning to get you up and running is generally not going to disrupt your sleep. But consuming too much coffee or having it late in the day likely will. Try to avoid caffeinated foods and beverages in the afternoon or evening.

Avoid liquids late in the day: Another issue that can contribute to poor sleep is drinking too many liquids in the evening. This will likely increase the number of times you have to get up and use the bathroom during the night.

Limit alcoholic beverages: It is a myth that a glass of wine or other type of alcohol after dinner will help you sleep better. While it might make you drowsy at first, after a few hours it acts as a stimulant that can actually prevent you from sleeping.

Exercise early in the day: Getting plenty of exercise during the day also can help you get a good night's rest. It's generally best to work fitness activities into your schedule early in the day.

Try a "cat" nap: Some people find taking a 20-minute nap early in the afternoon keeps them from becoming overly tired later in the day. That might make it easier to relax in the evening and drift off to sleep.

Explore relaxation techniques: From counting backwards from 1,000 to practicing deep breathing, your nights might improve if you are able to relax and unwind. *Relaxation Exercises to Help Fall Asleep* (see page 6) has different techniques you can try.

Create a positive sleep environment: One final suggestion is to take a look at your sleeping area. Do you have curtains that block out light? Is the space quiet during the overnight hours? Are you keeping televisions, tablets, and devices turned off and out of reach? Having a peaceful environment is important for preventing insomnia and other sleep problems.

### SEEK PROFESSIONAL HELP

If you've tried all of the suggestions listed above and still find sleep to be elusive, it's probably time to get some professional assistance. The next step should be to schedule an appointment with your primary care physician. They can help identify if your insomnia is an issue such as a thyroid problem or a side effect of a medication. Your family doctor can also refer you to a specialist for a sleep study if they are unable to find another cause of the problem. The bottom line is to not accept that poor sleep is just a normal part of aging.







# LABOR 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.

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

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

Achievement

AFL

American

Economic

Education

Family

First

Holiday

Industry

Labor

Monday

Movement

National

Parade

Picnic

Progress

September

Social

Speeches

Unions

Workers