

Hurricane Active Life Center

September 2022 Newsletter



The center will be closed Monday Sept. 5th.

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 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

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

Speech Reading Class – Temp. Cancelled

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!



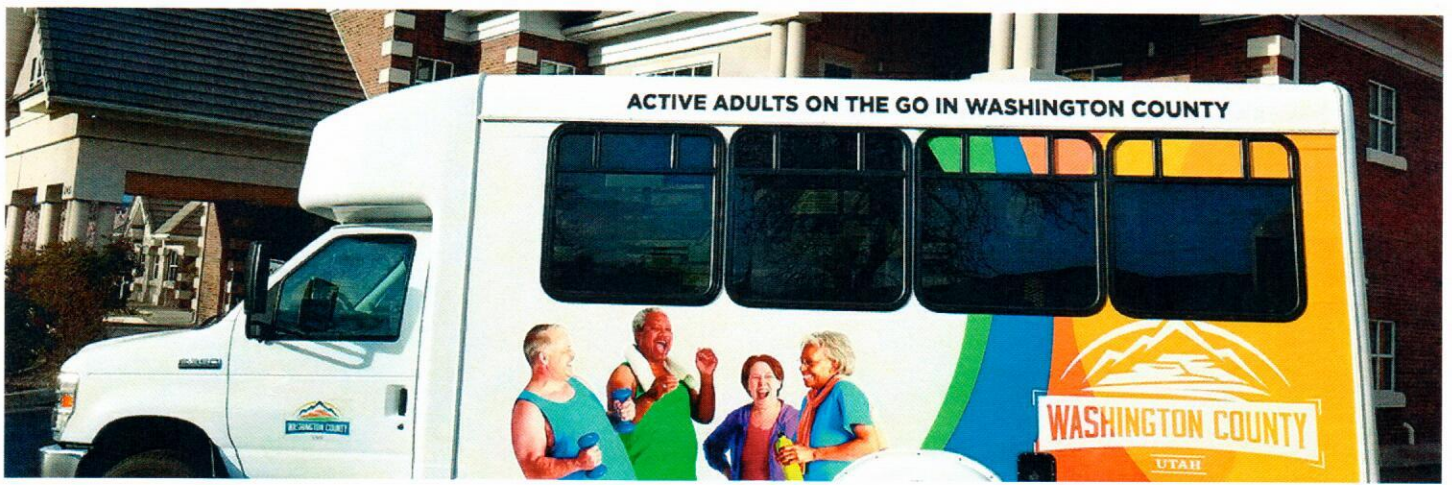
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

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!

Hurricane Active Life Center

435-635-2089

September 2022

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>Menu subject to change based on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>			<p>Labor Day Meal Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles French Fries Watermelon Chocolate Pudding Diet-Sugar-Free Chocolate Pudding Milk Ketchup Mustard</p>
5	6	7	8
<p>CLOSED Labor Day</p>	Meatballs in Marinara Sauce Pasta Parslied Carrots Brussels Sprouts Garlic Texas Bread Seasonal Fruit Milk	Hawaiian Chicken Haystack White Rice Japanese Vegetable Blend Cucumber Salad Pineapple Tidbits Saltine Crackers Milk	Turkey Breast w/Gravy Au Gratin Potatoes Green Beans w/Onions Spinach Salad Wheat Bread Peach Crisp Diet - Sliced Peaches Milk Margarine Ranch Salad Dressing
12	13	14	15
Chicken Cordon Bleu Biscuit Green Beans Parslied Carrots Tropical Fruit Milk	Sloppy Joe Hamburger Bun French Fries Carrot Raisin Salad Hot Spiced Apples Sugar Cookie Diet - Vanilla Wafers Milk Ketchup	Glazed Ham Cut Yams Mixed Vegetables Macaroni Salad Dinner Roll Seasonal Fruit Milk Margarine	Swiss Steak Egg Noodles California Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine
19	20	21	22
Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Pineapple Milk Ketchup Mustard	Fish Vera Cruz Spanish Rice Black Beans Coleslaw Whole Wheat Tortilla Applesauce Milk	Cheesy Pizza Bake Italian Vegetable Blend Garden Tossed Salad Garlic Texas Bread Tropical Fruit Milk Ranch Salad Dressing	Chicken Fried Rice Broccoli Cabbage & Carrots Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine
26	27	28	29
Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Beef & Turkey Chili w/Beans Baked Potato Half California Vegetable Blend Tropical Fruit Wheat Bread Milk Margarine Sour Cream Shredded Cheese	Chicken Salad Sandwich w/Celery & Grapes Brioche Bun Lettuce/Tomato/Onion Coleslaw Mandarin Oranges Oatmeal Raisin Cookie Diet - Vanilla Wafers Milk	Salisbury Steak w/Gravy Au Gratin Potatoes Parslied Carrots Green Peas Garlic Texas Bread Seasonal Fruit Milk

September Activities

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

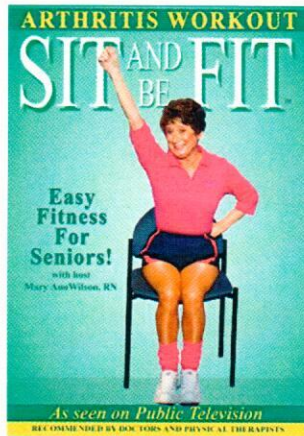


<p>1-Sep</p> <p>Billiards 9:00-3:00 Video Chair Yoga 10:00</p> <p>Movie after lunch Drawing 101 1:00</p>			<p>1-Sep</p> <p>Billiards 9:00-3:00 Video Chair Yoga 10:00 Health Screening 11:00 Neck & Shoulder Massage Chyrrel & Terry Maupin Knitting/Crochet 1:00 Drawing 101 1:00</p>	
			<p>8-Sep</p> <p>Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's entertain @ lunch Crafts 1:00 Caregiver Support Group 1:00</p>	
<p>Closed for Holiday</p> <p>Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards</p>	<p>12-Sep</p> <p>Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Hurr. Fam. Pharmacy Bingo after lunch</p>	<p>13-Sep</p> <p>Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards</p>	<p>14-Sep</p> <p>Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00</p>	<p>15-Sep</p> <p>Billiards 9:00-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Drawing 101 1:00</p>
<p>19-Sep</p> <p>Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00-12:00 Wii bowling 11:00</p>	<p>20-Sep</p> <p>Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards</p>	<p>21-Sep</p> <p>Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's Crafts 1:00 Caregiver Support Group 1:00</p>	<p>22-Sep</p> <p>Billiards 9:00-3:00 Video Chair Yoga 10:00 Health Screening 11:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00</p>	
<p>26-Sep</p> <p>Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00-12:00 Bingo after lunch</p>	<p>27-Sep</p> <p>Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi to entertain @ lunch Hand & Foot Cards</p>	<p>28-Sep</p> <p>Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00 Caregiver Support Group 1:00</p>	<p>29-Sep</p> <p>Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Birthday Celebration Knitting/Crochet 1:00 Drawing 101 1:00</p>	

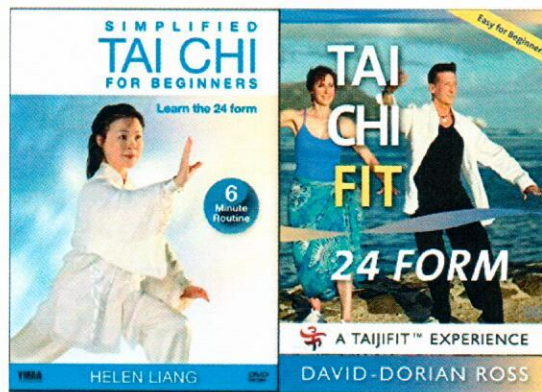
Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm

Exercise Classes

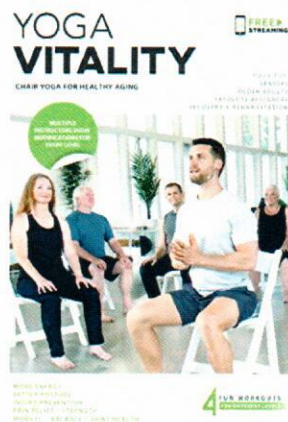
SIT & BE FIT — Monday's & Wednesday's @ 10:00am



TAI-CHI — Tuesday's @ 10:00am



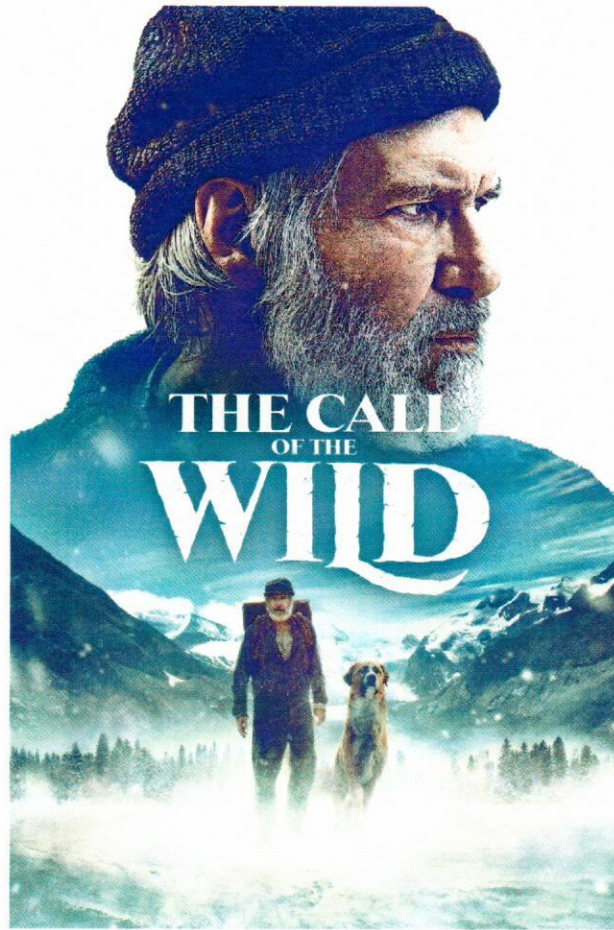
YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

Movie of the Month:



Cast

•Harrison Ford•Omar Sy•Cara Gee

Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world.



NATIONAL FRUITS & VEGGIES MONTH:

MORE MATTERS

September is National Fruits & Veggies Month – a time to focus on eating more vegetables and fruits. Vegetables and fruits are loaded with nutrition that may lower the risk of chronic diseases and certain cancers. According to the Dietary Guidelines for Americans 2020-2025, you should consume minimum of 2½ cups of vegetables and 2 cups of fruit daily. Eat a variety of colorful veggies and fruits to get the most nutritional benefits. Some key nutrients in vegetables and fruits include:

- ✓ **Fiber:** promotes healthy digestive system
- ✓ **Calcium:** supports healthy bones and teeth
- ✓ **Iron:** helps maintain healthy blood
- ✓ **Magnesium:** supports overall good health
- ✓ **Potassium:** helps maintain healthy blood pressure
- ✓ **Folate:** supports healthy growth and development
- ✓ **Vitamin A:** supports healthy eyes, skin, and immune system
- ✓ **Vitamin C:** helps heal cuts and wounds
- ✓ **Antioxidants (thousands!):** protect the body against cell damage from free radicals

All forms of fruits and vegetables matter and count towards a healthy diet.

Fresh: Choose fresh vegetables and fruits when in season. They are higher in quality and cost less.

Hint: Darker pigment in color usually means the item holds more nutrients.

Frozen: Keep frozen produce on hand for quick preparation of meals, especially for mixed dishes.

Hint: Choose unsweetened fruit with no sugar added and avoid vegetables with added sauce or cheese.

Canned: Buying canned produce can be a great money-saving choice and go great in soups, stews, and casseroles.

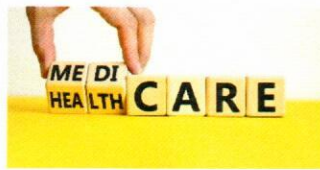
Hint: Try low sodium or no salt added vegetable options, drain and rinse with water before use. Choose unsweetened fruit packed in 100% juice.

Dried: Dried fruit makes a great on-the-go snack and adds sweetness to trail mix. Try dried cranberries, apricot, raisins, figs, mango, or berries to your trail mix.

Hint: Keep in mind that a serving size of dried fruit is smaller than other forms of fruit. Choose ones without added sugar to get the most benefit.

Juice: 100% fruit or vegetable juice is a convenient way to get a serving of vegetables and fruits in your diet.

Hint: Limit your juice intake to one serving per day. Make whole forms of vegetables and fruits your first choice for the most nutritional benefits.



What is an Annual Notice of Change (ANOC)?

When you have Medicare, the amount of mail you receive can feel overwhelming at times. Sorting out what is important from what is marketing can be confusing. Sometimes important information can slip through the cracks. One important document that can slip through the cracks is the Annual Notice of Change or ANOC. The ANOC is sent out by Medicare Advantage Plans or Part D plans each fall to announce any changes to the plan for the following year. These notices must be sent out to enrollees before the end of September so that enrollees can make changes during the Annual Open Enrollment Period.

The ANOC is one of the most important notices sent by Medicare because it will help you know if your current plan will meet your needs in the following year. It will include any provider, formulary, or network changes. It will outline any changes to copayments, deductibles, out-of-pocket maximums and premiums. When you receive your ANOC, you will know if you need to consider changing your coverage for the following year. Even if you don't see anything concerning in the ANOC, you may want to consider reviewing your coverage anyway. Reviewing Part D and Medicare Advantage Plan coverage only takes a few minutes and could result in significant savings. The SHIP program is available to assist in this review. SHIP counselors are unbiased and do not sell plans but can review all options and help enroll into any Part D or Medicare Advantage Plan. In addition to reviewing coverage, SHIP counselors can determine if you qualify for assistance programs and educate about preventing healthcare fraud. To schedule a review, contact the SHIP program at (435)673-3548.



Guard Your Card

Prevent healthcare fraud by protecting your medical identification cards and numbers. Treat your Medicare card and number like you would a credit card. Only share Medicare and other health care identification cards and numbers with trusted sources who need that information to serve you, such as your health care providers.

This information should not be provided to a stranger who calls, visits, or approaches you in a public setting. Medicare already has your Medicare number. They will not call you to ask for it, and they certainly don't need your bank account number. If you call 1-800-Medicare (1-800-633-4227) for assistance, they will ask for your Medicare number, however.

Treat any offer of free services in exchange for your Medicare or health care identification number with caution.

Rely on your doctors for medical advice and prescriptions, not advice or offers of medical services from unknown persons who call, visit, or approach you in public.

Never sign a blank medical or insurance form. Always read and make sure you understand the content before you sign. Request a copy of a form or document you sign for your own records.

REMEMBERING 9-11:

Honoring First Responders
and Their Families

*Everyone is invited to this
patriotic event to
commemorate the anniversary
of the attacks of 9/11, which
includes musical
performances, speakers, kids
activities and field of heroes
flag display.*

911



SATURDAY, SEPT. 10
9:30-11:00 A.M.

Historic Town Square

50 South Main

Free Event



St. George





H.E.A.T. PROGRAM

Home Energy Assistance Target

In partners with



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.

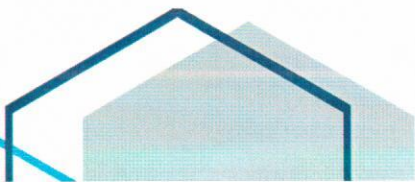
We will need the following documentation:

- 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



Food Safety Education Month

September is National Food Safety Education Month (FSEM). It's a great time to freshen up on food safety and educate others about preventing food poisoning.

Take Steps to Prevent Food Poisoning

As you prepare and handle food, follow these four steps to help prevent foodborne illness (also called food poisoning):

- **Clean:** Wash your hands, utensils, and surfaces often when you cook.
- **Separate:** Raw meat, chicken, turkey, seafood and eggs can spread germs. Separate them from cooked food and fresh produce.
- **Cook:** Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- **Chill:** Refrigerate perishable foods (foods likely to spoil or go bad quickly) and leftovers within 2 hours, or within 1 hour if the food is exposed to temperatures above 90° F (like a hot car or summer picnic).

Anyone can get sick from food poisoning. But some groups of people are more likely to get sick and to have a more serious illness:

- Adults aged 65 and older
- Children younger than 5
- People with weakened immune systems (for example, people with diabetes, liver or kidney disease, alcoholism, or HIV, or people who receive chemotherapy or radiation therapy)
- Pregnant people

Salmonella: A Prevention Priority

CDC estimates that Salmonella is responsible for more foodborne illnesses in the United States than any other bacteria. Though Salmonella can be found in a variety of foods, chicken is a major source of these illnesses. Ground beef has also been linked to large Salmonella outbreaks in recent years. CDC and partners are working along the food chain to prevent Salmonella illnesses associated with chicken and ground beef.

When you cook chicken or ground beef, follow the above four steps to food safety to help protect you and your family from Salmonella and other germs.



Avoid injuries in the garden with these simple tips

Whether you're a weekend gardener or spend time in the dirt daily, you have probably experienced working too hard and feeling sore. Soreness can stem from exerting a new or weak muscle, and it subsides after a few days. But pain that lingers can occur from overworking or doing something incorrectly. These types of injuries can be serious, such as a rotator cuff injury, or they can be a repetitive strain injury, which occurs in muscles, tendons and nerves in hands, wrists, shoulders, elbows, knees and lower back.

These injuries are caused by doing the same movement for an extended period and can lead to pain or weakness.

Consider these tips to prevent injuries and minimize pain while gardening.

Adapt the garden. Create a garden that promotes healthy posture, movement and maintenance. Incorporate raised beds and vertical gardens to avoid hunching over and kneeling. Carefully place stepping stones, pottery and other gardening hardscapes so you can work around them without twisting, over-reaching or pulling.

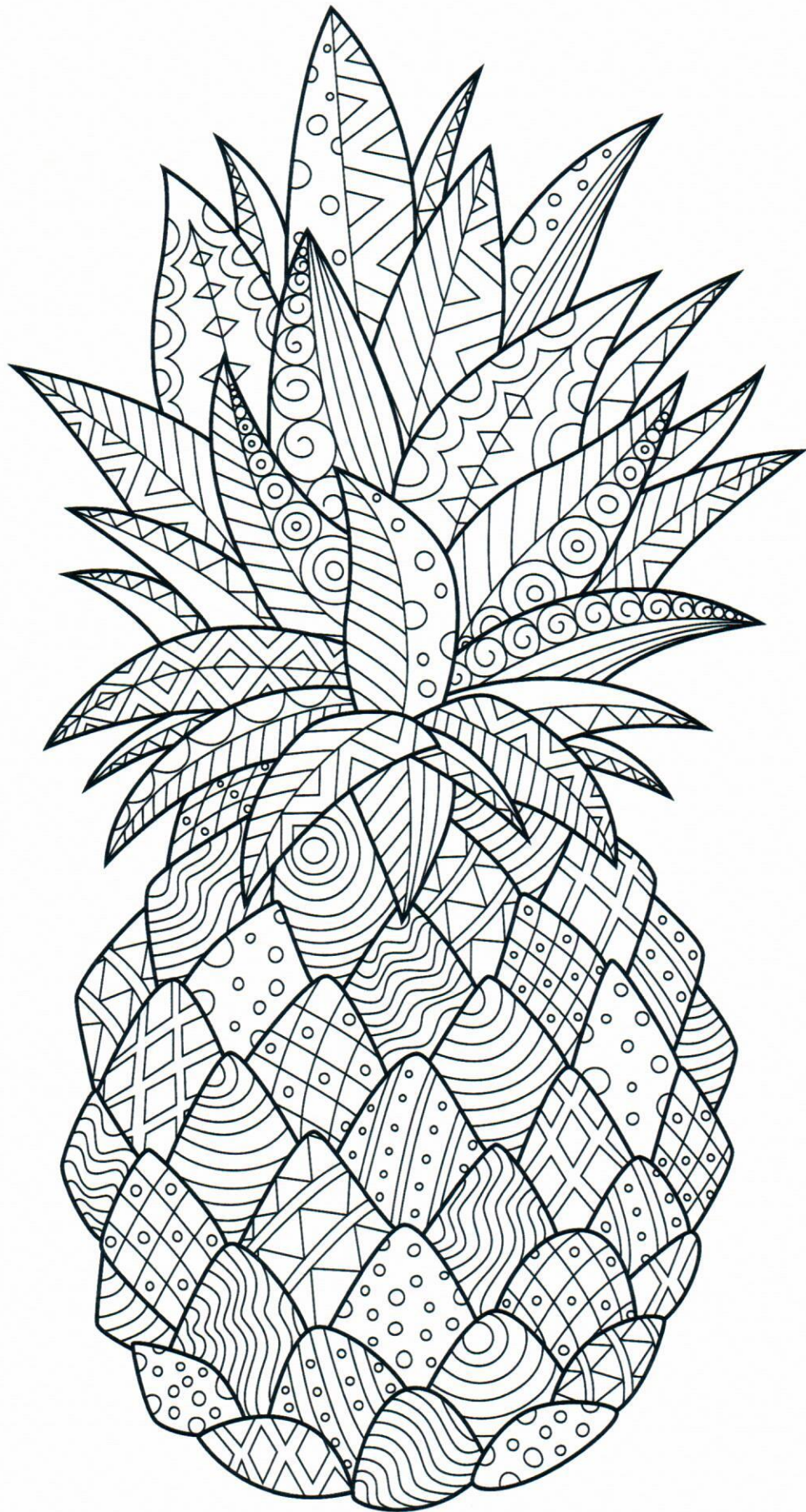
Adapt the tools. Use tools that are appropriate for the job and that fit your abilities. Tools with ergonomic handles and attachments provide a comfortable

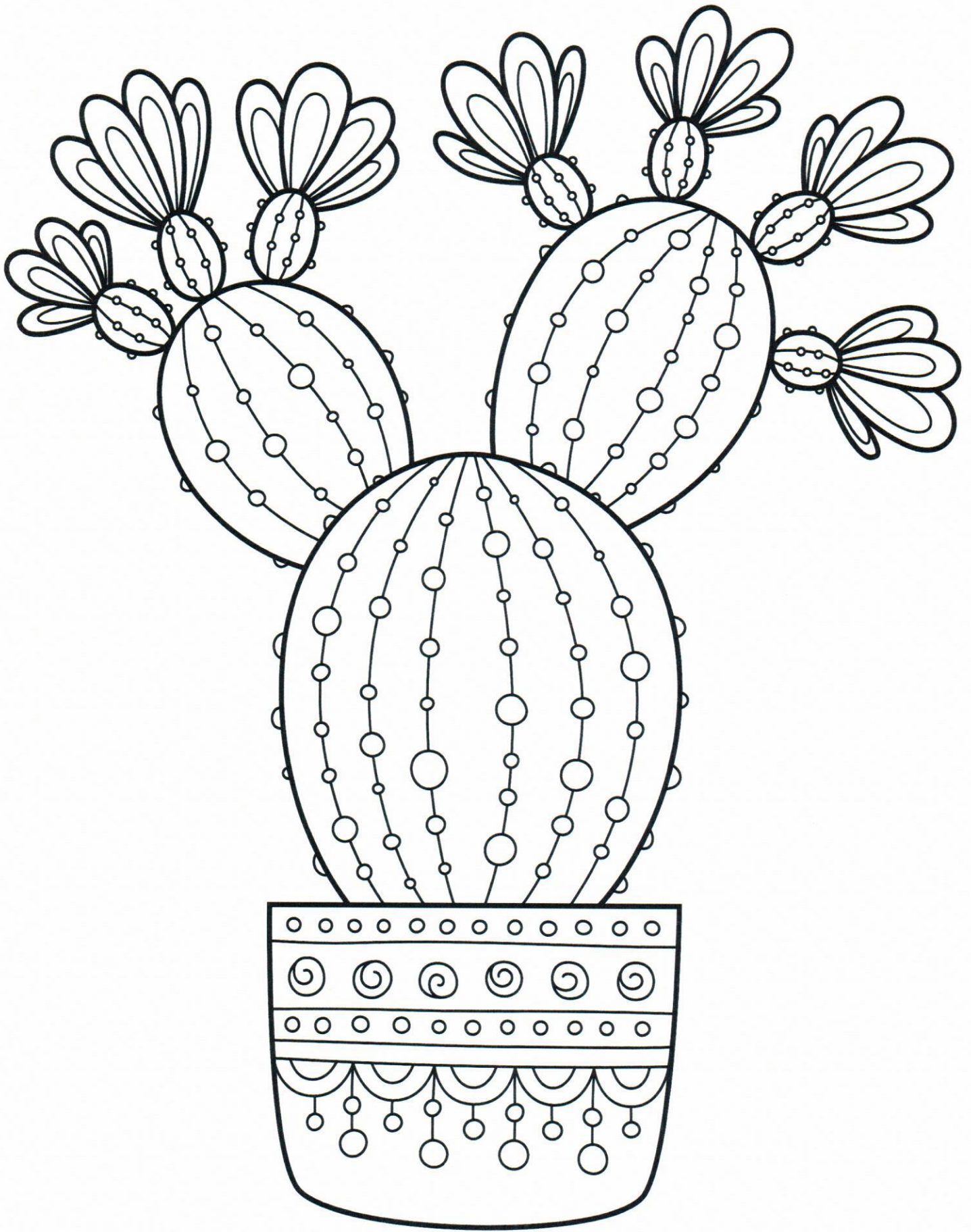
grip and help keep the wrist straight. Rakes and shovels with height-appropriate handles help you maintain a straight back and avoid hunching over.

Adapt yourself. Be prepared and use safe movements.

- Wear comfortable, breathable clothing and closed-toed shoes with ankle support. Even if it's cloudy outside, wear sunscreen, a hat and sunglasses if needed.
- Drink water before, during and after gardening. Start out hydrated, drink every 15-20 minutes while gardening, then drink after to replace what you may have lost through sweat.
- Keep your tools and other essentials (trash bags, water bottle, cell phone, snacks, etc.) in a bucket or cart nearby while you work.
- Work during cooler times of the day, and break tasks into shorter activities. If possible, avoid gardening for more than 1 1/2 hours at a time.
- Change tasks every 20 minutes to use alternate muscles and intensities (e.g., change from standing to kneeling). Remember to take breaks to stretch your muscles and hydrate.
- Engage your leg muscles rather than your arms and back when lifting, carrying, setting items down, changing directions and moving back and forth (e.g., raking and shoveling).
- When working low to the ground, kneel rather than crouching or squatting, and use a foam mat or knee pads. Kneel on one knee while keeping the other foot on the ground for support. This helps avoid hunching while keeping your back straight. Alternate legs every few minutes.
- Stretch before, during, and after gardening. Gardening is a physical activity, so treat it like any other exercise. Warm up your muscles first, then as you take breaks, stretch the used muscles. At the end, do whole-body stretches.

The more you practice safety in the garden, the more it becomes part of your routine and the less likely you will be to experience soreness and pain.





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

Achievement

AFL

American

Economic

Education

Family

First

Holiday

Industry

Labor

Monday

Movement

National

Parade

Picnic

Progress

September

Social

Speeches

Unions

Workers