



ST. GEORGE ACTIVE LIFE CENTER

For Active Adults | 60+ Forever Young

CENTER INFORMATION

245 N. 200 W.

St. George, UT 84770

phone: 435.634.5743

web: <http://>

coa.washco.utah.gov/st-george/

Facebook: <https://>

[www.facebook.com/](https://www.facebook.com/StGeorgeActiveLifeCenter/)

[StGeorgeActiveLifeCenter/](https://www.facebook.com/StGeorgeActiveLifeCenter/)

HOURS

Tuesday -Friday

9:00 am - 4:00 pm

(Closed Saturday thru Monday)

LUNCH AVAILABLE FOR PICKUP

Tuesday -Friday

11:30 am - 12:30 pm

Suggested Donation \$3.00

Call 435-922-2755 to reserve

THRIFT SHOPPE' AND BOUTIQUE

Tuesday -Friday

9:30 am - 1:30pm

We take donations!

CENTER STAFF

Supervisor: Jeanie Johnson

Meals on Wheels: Linda

Dial-a-Ride: Deanna Bringham

Director: Jacob Browning



March 2021

HERE WE ARE, ONE YEAR LATER...

It's been a year since we first closed our doors when the pandemic hit southwestern Utah. We miss everyone so much. It's so quiet and dark in the building most days. When the health department is holding their vaccine clinics here, we love seeing some of our favorite folks coming through. Be sure to wave to us as you walk by! The energy in the center feels happy and full of excitement as people are getting vaccinated. Everyone is wearing masks, and socially distancing as much as possible. It's these steps that will allow us to open again, hopefully soon. Meanwhile, we're still busy planting our garden in the back. We could use a few more helping hands, if you're up for it. Many hands make light work, right?



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INDEPENDENT * ASSISTED * MEMORY CARE

Our community features an environment rich in daily activities; all day restaurant style dining; 24-hour staffing & emergency response; shuttle and appointment transportation; housekeeping & laundry services; beauty salon & barber shop; gym & exercise programs; library & garden areas!



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Need a ride to a medical appointment, to pick up a prescription or groceries?

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435-256-6343

Between 8:00 am—12:00 pm, or
leave a message anytime!

Transportation Available
Tuesday through Friday
9:30 am—2:30 pm

Please State Clearly

- 1) First & last name, telephone number, and home address.
- 2) Date & time you would like to be picked up at home.
- 3) Destination name, with complete address.
- 4) Appointment time (if applicable).
- 5) Time you would like to be picked up and taken home.
- 6) Any special condition such as mobility aids or personal attendant travelling with you.

**PLEASE SCHEDULE AT LEAST
THREE DAYS IN ADVANCE!**

SUGGESTED DONATION:

\$3.00 ONE WAY, or \$5.00 ROUND TRIP.

Cynthia Stewart
Licensed Agent

435-862-7153

Solutions For Seniors

169 West 2710 South Circle #202
Saint George, UT 84790
solutions4LTC@gmail.com

Welcome NEIGHBOR!

You should REVIEW
your HEALTH coverage if:

- You're 65 this year or next
- You've MOVED to the area recently
- You're RETIRING and leaving your employer coverage

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HOW TO ADOPT A HEART-SMART LIFESTYLE DURING RETIREMENT



Heart disease is the leading cause of death for both men and women worldwide. Research shows that 1 in 4 deaths can be attributed to heart disease. Experts say it doesn't have to be this way. Many risk factors that contribute to cardiac diseases can be controlled with a healthy lifestyle.

In honor of National Heart Month, recognized in February each year, we are sharing steps you can take to lower your risk for heart disease.

9 Steps to Promote Heart Health

1. Eat a healthy breakfast: Start the day off right with a well-balanced breakfast. This sets the tone for the food choices you'll make all day. A breakfast high in fiber and protein, such as a bowl of oatmeal or a smoothie, will also keep you feeling full longer. That makes you less likely to reach for sugary treats midmorning.

2. Sweets in moderation: Everyone likes a sweet treat now and then. The key is to indulge only in moderation. Elevated blood sugar levels are linked to heart disease, especially for women. The American Heart Association guidelines recommend no more than 6 teaspoons per day of added sugar for women, and 9 teaspoons for men.

3. Skip processed foods: Western diets are often filled with packaged and processed foods. Though they may be convenient, most are high in sodium, trans fat, and calories. Too much sodium increases blood pressure putting you at a high risk for cardiac-related illnesses. The added calories and fat can also contribute to weight gain and obesity.

4. Limit alcohol: You may be surprised to learn that over-indulging in alcohol can increase your risk for heart disease. While some studies seem to indicate red wine is good for your heart, it's important to limit how much you consume. Ask your physician for advice on how much alcohol is safe considering your personal medical history.

5. Stay active: A sedentary lifestyle, especially when combined with a lack of exercise, also raises your risk for heart disease. In fact, researchers say sitting too much can be as dangerous for your health as smoking! Lower your risk by exercising at least 150 minutes a week and avoid sitting for long periods of time. It might help to invest in a fitness tracker that counts the steps you take, as well as alerts you if you've been sedentary for too long.

6. Sleep well: Many adults underestimate the importance of a good night's rest. Too little sleep leaves you tired and groggy. That can cause you to make bad choices during the day, such as watching too much television or indulging in too many carbohydrates. If you aren't able to sleep well or if you feel tired when you wake up, talk to your physician. You might have a medical issue that needs to be addressed.

7. Manage stress: Finding positive ways to manage stress is another important factor in maintaining a healthy heart. Walking, cycling, swimming, and yoga are a few types of exercise that help. Spending time enjoying friends and family is another stress-buster. Keeping a daily journal may also be a good idea. Documenting the day's ups and downs can help you find perspective that you might not otherwise.

8. See the doctor: Having a physician you can count on and feel comfortable with is important. You are more likely to stay on track with preventative tests and screenings when you have a doctor you see on a regular basis.

9. Stop smoking: If you are a smoker, find a cessation program that will allow you to kick the habit. Smoking is a leading cause of heart disease. One out of five heart-related deaths in this country can be linked to smoking.

Learn More about Heart Health

Visit the American Heart Association online where you will find a variety of resources ranging from recipes to exercise tips!

COVID-19 VACCINATION INFORMATION FROM THE HEALTH DEPARTMENT (SWUPD)

People aged 65 and over (and 18 and over with certain medical conditions) can register starting March 1st to get their first dose of COVID-19 vaccine. They can sign up at www.swuhealth.org/covid-vaccine to set up a time at their nearest clinic. A consent form can also be printed from the website to fill out and bring to the appointment. Picture ID and a short-sleeved shirt will also be required. There is no cost for the vaccine although insurance information may be requested. Both full and part-time residents are eligible.

People who don't have a computer or access to the internet can call to register by phone. The number will be 435-986-2549. Whether online or by phone, residents may need to keep trying to get through since there is a high demand for vaccines that are shipped to the Southwest Utah Public Health Department (SWUPHD) in limited amounts. Smith's pharmacies

and the Walmart pharmacy in Washington will also be giving vaccinations. Please contact them directly.

The SWUPHD will continue vaccinating previous priority groups as well, including non-hospital healthcare workers, first responders, K-12 school staff.

A second dose is needed about a month after the first COVID-19 shot for the best protection against the disease. The state of Utah is recommending that people who have tested positive for COVID-19 wait for 90 days after the positive test to get vaccinated.

Please follow local news sources, our website at swuhealth.org/covid, or social media at swuhealth.org for COVID-19 updates and vaccine eligibility announcements.

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What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is ____°F or ____°C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: _____

Healthcare provider phone number: _____

Medication (if needed):

Take _____ every _____ hours as needed.
(type and dose or amount)



Ask your healthcare provider about getting started with v-safe

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose.

Learn more about v-safe.
www.cdc.gov/vsafe



cdc.gov/coronavirus

Medicare's Coverage of Mental Health

Original Medicare is made up of Part A (hospital insurance) and Part B (medical insurance), and includes certain coverage for mental health care when the care comes from a Medicare-assigned health-care provider. Annual depression screenings are free if you get them from a Medicare-assigned health-care provider.

Medicare Part A covers hospital inpatient mental health care, including room, meals, nursing, and other related services and supplies. This care can be received in a general hospital or a psychiatric hospital. Medicare has a lifetime limit of 190 days of inpatient care in a psychiatric hospital. Medicare uses benefit periods for hospital coverage. A benefit period begins the day you're admitted as a hospital inpatient, and ends when 60 days in a row have passed since you have received inpatient care.

Medicare Part B covers mental health services usually given outside a hospital, including visits with health professionals such as doctors, clinical psychologists, and clinical social workers. Some of the other mental health services that Medicare Part B may cover include, but aren't limited to:

- Annual depression screenings
- Psychiatric evaluation
- Certain diagnostic tests your provider orders
- Partial hospitalization (a structured program of outpatient psychiatric services as an alternative to inpatient mental health care)
- Individual and group psychotherapy by licensed professionals permitted by the state where therapy takes place
- Medication management
- Family counseling as part of your treatment

For more information, contact our SHIP counselors at 435-673-3548.

 <p>5-STAR MEDICARE RATING 2018</p>	<ul style="list-style-type: none"> • Certified • Most insurances accepted, including Medicaid • Private rooms and bath • Physical, occupational and speech therapy in a rehabilitation-oriented setting • 24-hr. nursing care • Wound care certified • Therapeutic Recreational Activities <p>CONVENIENTLY LOCATED IN DOWNTOWN ST. GEORGE 242 N. 200 WEST • 435-628-1601 www.seasonshealthgroup.com</p>
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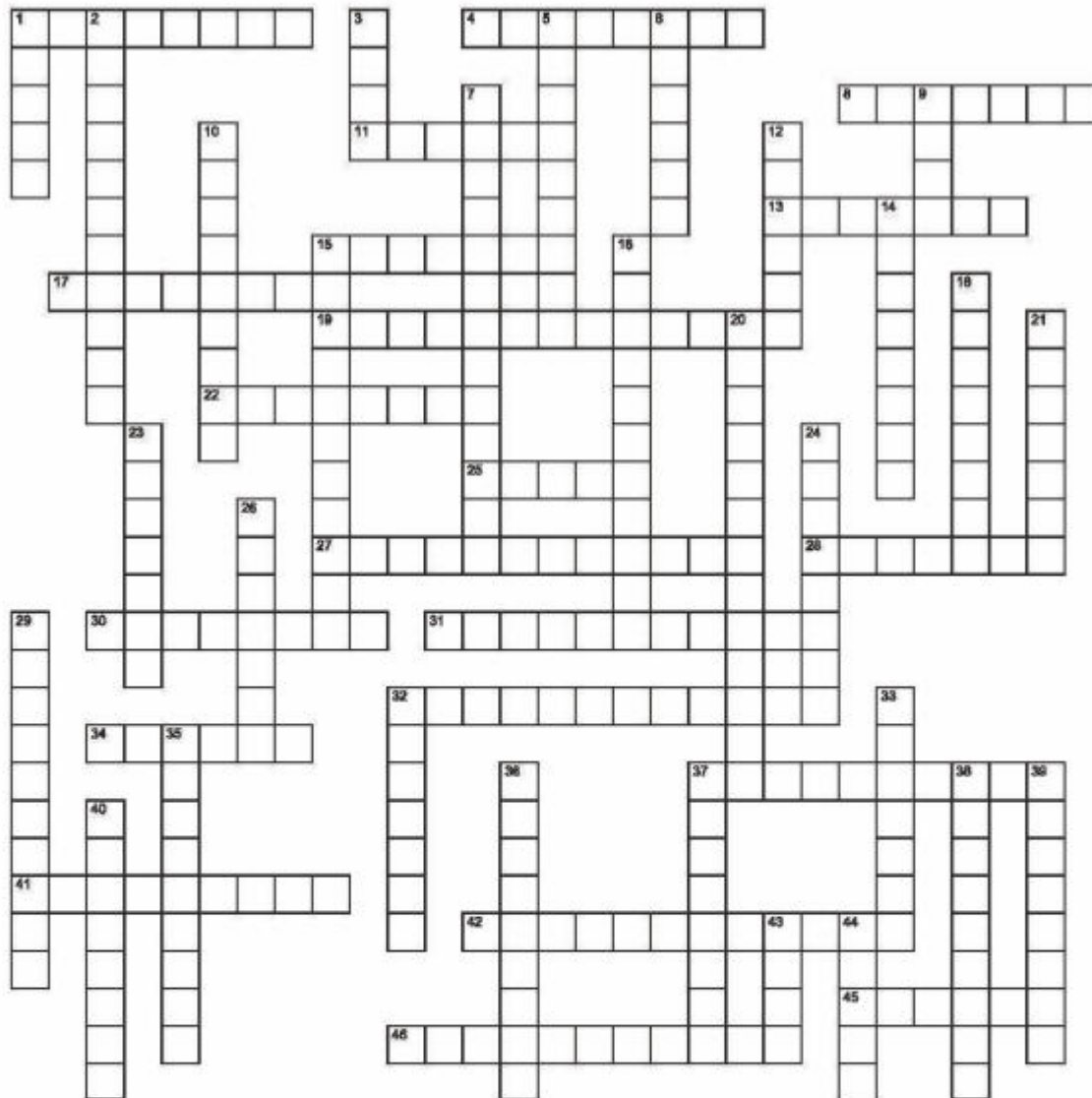
CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Acrylics Painting	Learn interesting techniques to paint photo-realistic style art, using acrylic paints. All levels welcome.	Wednesday	1:00—3:30	\$2.00
Arthritis Foundation Exercise Program	Activities also include endurance-building activities, balance exercises, and relaxation techniques.	Tuesday	11:00—12:15	\$1.00
Ballet	Beginning ballet consists of barre exercises to improve core strength, flexibility, and coordination.	Thursday	11:00—12:15	\$1.00
Billiards (open play)	We have two billiards tables available.	Tuesday—Friday	12:00—4:00	\$1.00
Bingo (60+ only)	Join us for fun rounds of bingo! You must be 60 or older to play.	Friday	10:00—11:30	—
Blood Pressure/ Sugar Screening	Please be fasting for these tests.	Thursday	9:00—11:00	—
Cardio Drumming	This fun class is a full-body cardio and core strengthening workout, complete with rhythmic drumming.	Thursday	9:00—10:00	\$1.00
Cardio Floor & Strength Training	Cardiovascular fitness moves with basic dance steps and light hand weights.	Tuesday	1:30-2:25	\$1.00
Ceramics	Bring your own bisque or green ware, or purchase items in class. We have our own kiln. All levels welcome.	Wednesday (instructor) Tues/Thurs/Fri (open)	12:30—3:30 10:00—3:30	\$2.00
Chess Club	Our new chess club welcomes every player of any skill.	Friday	1:00 —4:00	\$1.00
Circle of Friends	Circle of Friends is a discussion group. Taboo subjects are politics & religion.	Thursday	10:00—11:00	\$1.00
Computer Support	This is a drop-in clinic for anyone that needs help with computers.	Tuesday—Friday	9:00—11:30	\$2.00
Drawing with Pencil	This group uses graphite and color pencils. There is no instructor for the course currently.	Thursday	9:30—11:30	\$1.00
Drawing Technique for Painters	This group uses graphite pencil and paper. Instruction and exercises will improve drawing or painting ability.	Friday,	10:00—12:00	\$1.00
Five Crowns Card Game	Five Crowns is a progressive rummy-style game that has five suits.	Wednesday	12:00—1:30	\$1.00
Grief Support Group	A safe place to express feelings and thoughts as well as learn healthy coping mechanisms.	Wednesday	2:00—3:30	\$1.00
Hand and Foot Card Game	A Canasta variant involving four to six decks rather than two and is played by teams of two players.	Wednesday and Friday	9:00—11:30	\$1.00
Healthy Posture	This is an exercise class to help with good posture.	Tuesday	2:30—3:30	\$1.00
Knitting and Crocheting	Meet other like-minded people and turn your yarn into something spectacular. Any handiwork.	Tuesday	1:00—3:00	\$1.00
Line Dancing— Advanced	This is the most difficult level of line-dancing classes we offer.	Thursday	1:30—3:30	\$1.00
Line Dancing— Beginning	We do all kinds of line dances to all different kinds of music. Tempos range from the cha-cha to the waltz.	Wednesday	9:00—10:30	\$1.00

Activities List

9

LASS	DESCRIPTION	DAY(S)	TIME	DONATION
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$1.00
Long-term Medical Question	Get some answers to your questions regarding long term medical care and insurance.	Tuesday	12:30	\$1.00
Mahjong	Learn to play Mahjong, the ancient Chinese tile game.	Tuesday	1:00	\$1.00
Mat-less Yoga	This seated class offers range of motion exercises, working on flexibility, balance, and breathing.	Wednesday (NEW DAY AND TIME)	10:30—11:30	\$1.00
Oil Painting	This class is for all levels of painters. Work on projects, learn new techniques.	Tuesday	9:00—3:00	\$2.00
Party Bridge	A trick-taking game using a standard 52-card deck.	Wednesday & Friday	12:00—3:00	\$1.00
Pickleball	Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis.	Wednesday—Friday	1:30—4:00	\$1.00
Pinochle	A trick-taking card game typically for two to four players and played with a 48 card deck.	Wednesday & Thursday	12:30—3:00	\$1.00
Social Singles	This is a group for planning friendship-based outings with other seniors.	Friday	12:30—1:30	\$1.00
Stretch Class	Gentle stretching for the entire body, head to feet.	Thursday	10:00—11:00	\$1.00
Table Tennis	Paddles are provided. We have three tables available.	Tuesday	9:00—12:00	\$1.00
Tai Chi	This is a great class for beginners and involves gentle stretching, breathing, and meditation in motion.	Wednesday	10:30—11:30	\$1.00
Tap—Beginning	This class is for beginners and people who have never taken a tap class.	Wednesday	12:30—1:30	\$1.00
Tap—Intermediate	This class covers the basic steps of tap dancing, combinations of basic steps used in floor work, and floor exercises.	Wednesday	1:30—2:30	\$1.00
Tap—Advanced	A more advanced level than Basic. Participants in this class need a prerequisite knowledge of tap dancing.	Wednesday	2:30—3:30	\$1.00
Ukulele	Learn to play the ukulele with an experienced instructor.	Thursday	2:00-3:00	\$1.00
Watercolor Painting	From beginner to advanced painters are welcome in this class.	Thursday	11:30—3:30	\$2.00
Wii Bowling	Players interact with the gaming system by a remote control to simulate playing sports or engaging in exercise.	Thursday	1:00—2:00	\$1.00
Yoga	Yoga combines physical and mental disciplines to achieve a peaceful and strong body and mind.	Tuesday	9:00—10:30	\$1.00
Yoga (Gentle Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	9:00-10:00 (NEW TIME!)	\$1.00

Solution on page 11

US State Nicknames**Across**

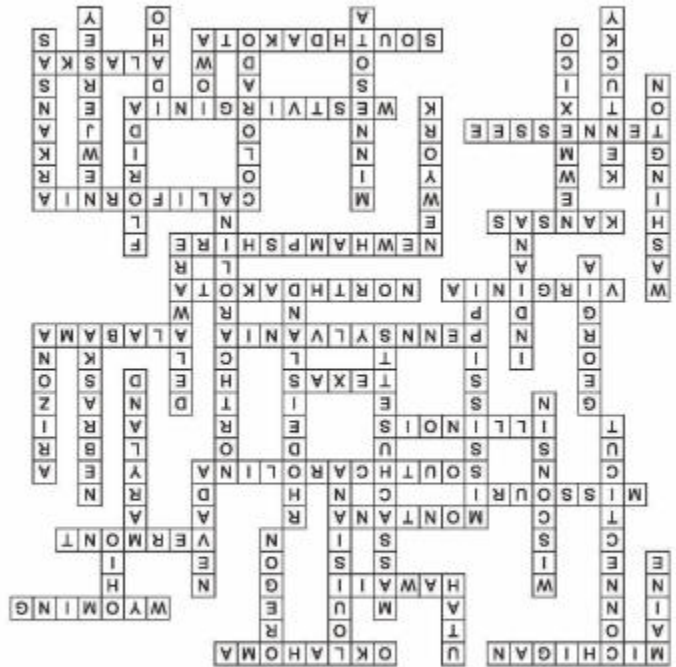
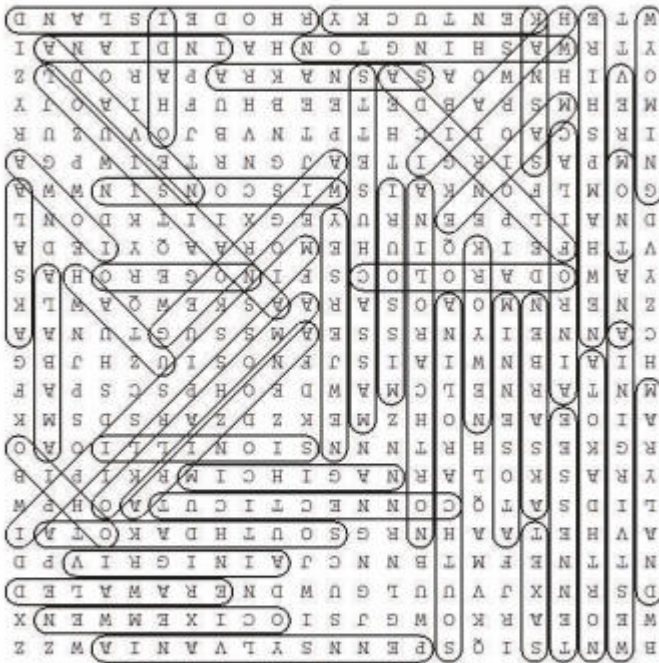
1. Great Lakes State
4. Sooner State
8. Equality or Cowboy State
11. Aloha State
13. Green Mountain State
15. Treasure State
17. Show Me State
19. Palmetto State
22. Prairie State
25. Lone Star State
27. Keystone State
28. Yellowhammer State
30. Old Dominion State

Down

31. Peace Garden State
32. Granite State
34. Sunflower State
37. Golden State
41. Volunteer State
42. Mountain State
45. Last Frontier
46. Mount Rushmore State

6. Beaver State
7. Bay State
9. Buckeye State
10. Badger State
12. Silver State
14. Old Line State
15. Magnolia State
16. Ocean State
18. Cornhusker State
20. Tar Heel State
21. Grand Canyon State
23. Peach State
24. First State
26. Hoosier State

29. Evergreen State
32. Empire State
33. Sunshine State
35. Land of Enchantment
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38. Garden State
39. Natural State
40. Bluegrass State
43. Hawkeye State
44. Gem State



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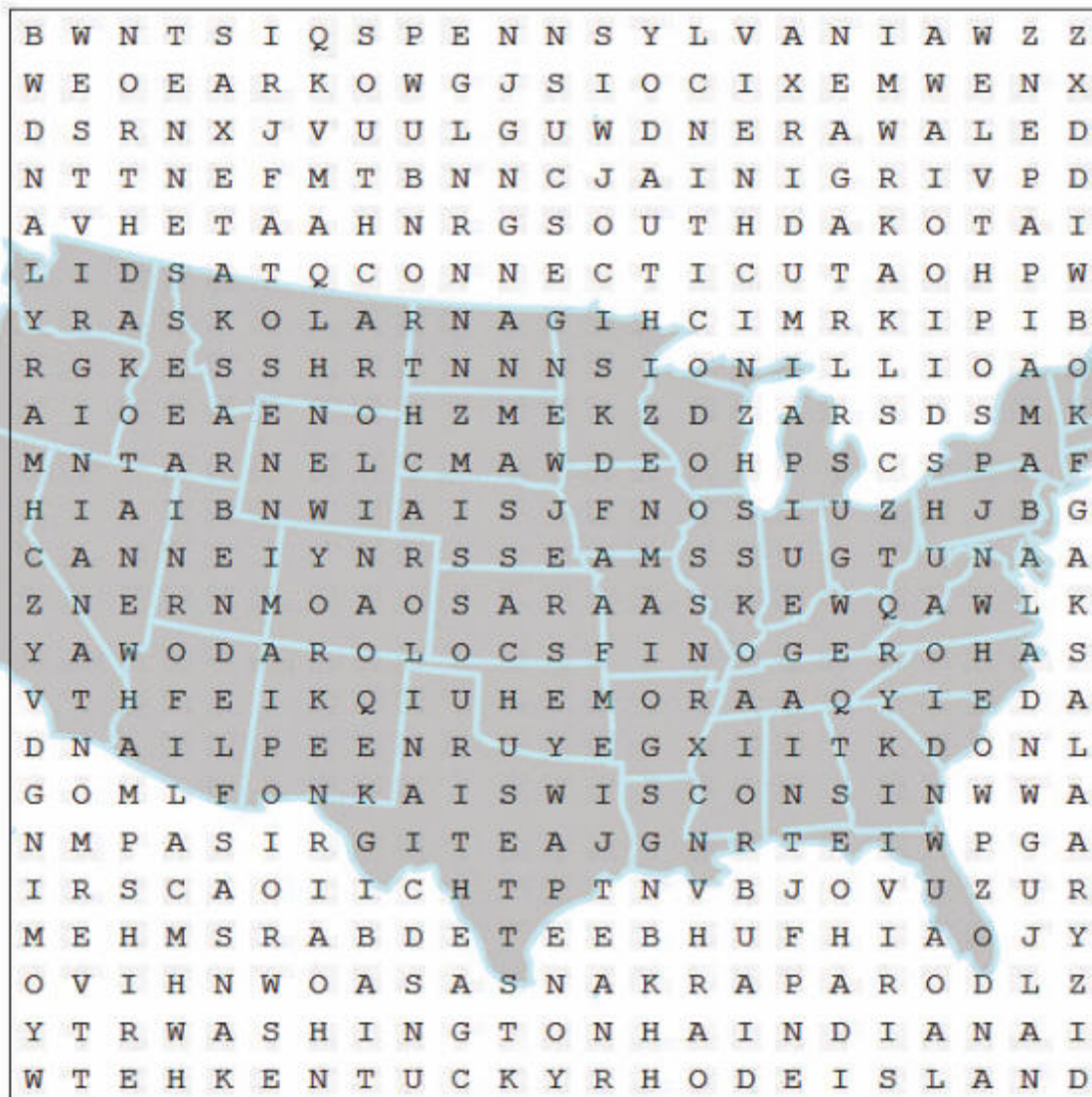
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50 State Word Search

Solution on page 11



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St. George Utah Senior, St. George, UT

F 4C 05-1049

USING TECHNOLOGY TO CONNECT AND COMBAT LONELINESS



For better or worse, technology is here to stay. Nearly extinct are letters written between family and friends or lengthy phone conversations while tethered to a coiled phone cord. In its place are emoticons, text messages, emails, Messenger, Twitter, Facebook, video chatting, and a plethora of other avenues to connect.

While older adults are the fastest growing segment of the online population (and utilizing Facebook, Google, YouTube and Instagram), nearly a third of adults ages 65 and older say they've never used the internet and half don't have internet access at home. And that number grows exponentially after age 75.

This digital divide increases social isolation among adults as we grow older. Research demonstrates that chronic loneliness is as hazardous to the health as smoking. Those who experience chronic loneliness are 50 percent more likely to die prematurely due to cardiovascular disease, stroke, and dementia than those with healthy social relationships.

Thankfully, connecting with family and friends is not as overwhelming as it may appear. There is help. Senior centers, local Eldercare Centers, and public libraries often offer computer labs and technology classes that encourage active aging. These are a great means to gather stress-free support in learning to safely navigate cell phones and computers as well as understanding the ins and outs of search engines, news sites, email, and social media.

Various forms of technology can help seniors combat isolation by easily connecting them to friends and family.

Smartphones: Smartphones can serve as a useful part of anyone's daily life. Apps such as Google Maps, travel and transportation reservation apps, grocery and other retail shopping apps, Medisafe, Airbnb, and gaming apps such as Luminosity can keep individuals informed,

as well as boost cognitive function for aging adults, and make it easier to get out.

Video Chat: With a larger geographical distance between families, busy schedules, and job requirements, visiting in person might be difficult on a regular basis. Video chat is the next best option to a face-to-face conversation because it allows users to hold conversations with and to see each other in real time. This is a great option for extended family such as grandparents and aunts and uncles wanting to visit. This feature comes standard on many phones, tablets, and laptops. Skype, FaceTime, or Messenger are very popular and user friendly.

Social Networking: Facebook remains the top social networking site and is easy to stay connected with family and friends. This medium allows us to see photos of loved ones as well as comment on posts and exchange messages privately through Messenger. Instagram is another medium where people can share and comment on photos with loved ones, as well as send private messages.

Blogging: Another great way to stay connected with others is through blogging. Normally, blogs are maintained by an individual and offer the opportunity for followers to comment. Various websites offer free, easy-to-use blogs, such as blogger.com, wordpress.com, and livejournal.com. Youtube.com is a video-sharing website where individuals can view, upload, and share videos with friends and family and start a video blog (or Vlog).

Whether it's emailing, texting, blogging, or talking, making use of technology has a positive impact because we communicate more frequently with family, reconnect with loved ones, combat loneliness, keep up with community developments, and manage health issues.

TIME TO GET YOUR HANDS DIRTY



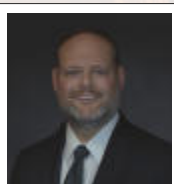
If you're like us, you are itching to get your hands in some soil and plant some green and growing things. Whether it's a huge vegetable garden, or a miniature patio garden, do it! Studies have shown that gardening is good for your health and your happiness. We found a fun website for people who just have a small amount of space, or perhaps no desire to spend hours bent over pulling weeds. You can plant an herb garden, or maybe a fairy garden. Here's the link to the website with some info and ideas to get you started: minigardener.wordpress.com/. (images from diynetwork.com, sunset.com, homelysmart.com)



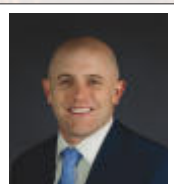
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Jason Ahee, M.D.
Cataract/Lasik
Surgeon



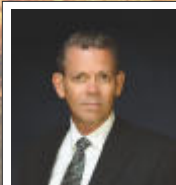
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Corneal/LASIK/Cataract
Surgeon



Derrek Denney, M.D.
Cataract/Lasik
Surgeon



Joshua Schliesser, M.D.
Pediatric Eye Specialist/
Surgeon



Jeffrey Ricks, O.D.
Optometrist



Jason Hauck, O.D.
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INCORPORATING CYCLING INTO YOUR LIFE



World Bicycle Day (celebrated on April 19) is a great time to dust off the bike helmet, shake off the winter doldrums, and breathe in some fresh air! Biking rates among people are soaring, especially for those between the ages of 50 and up, an analysis of federal data shows. In fact, new trips by seniors account for approximately 20% of the nation's growth, according to [Statista](#), a national research site.

Biking is a great form of exercise for individuals of all ages. Cycling is generally a safe activity, but there are a few things to consider before taking up cycling.

Get Your Doctor's OK

Cycling is a low impact but highly aerobic activity. In other words, it keeps the heart rate up, yet doesn't wear down the body. But before beginning any new exercise, it's always important to get an OK from the doctor to see if it's a good fit.

Select the Right Bike

For those getting back into biking, city bikes, which position the rider upright, are easier for comfort and transportation compared to racing bikes. Additionally, many manufacturers offer bicycles specific for seniors and those with physical limitations.

If lifting a leg over a bicycle frame proves to be uncomfortable and difficult, a step-through bike is handy for riders of either gender.

As we get older, it is easier for knee cartilage to become inflamed. For those with osteoporosis, it's more important to protect against inflammation. Keeping knees straight while pedaling can prevent movement

or wobbling, creating less stress on kneecaps and cartilage.

Sitting properly on the bike seat offers less stress on knees and feet. Positioning the body back in the seat — and not too close to the handlebars — offers a more comfortable ride.

Add Safety Features

Before venturing out, check the brakes, tires, and overall condition of the bike. Make sure the bike is equipped with reflectors on the rear, front, pedals, and spokes. A horn or bell and a rear-view mirror, as well as a bright headlight, are also recommended.

Wear bright clothing and ride during the day. If night riding can't be avoided, choose reflective clothing.

Wear a Helmet

One of the most important safety features is a federally approved, properly fitting helmet. According to the National Safety Council, cyclists who wear a helmet reduce their risk of head injury by about 60% and brain injury by 58%. That statistic makes sense when considering that the first body part to fly forward in a collision is usually the head, and with nothing but skin and bone to protect the brain, the results can be fatal.

Road Rules

Ride single-file in the direction of traffic, and watch for opening car doors and other hazards. Use hand signals when turning. Biking on familiar roads or well-lit trails and bike paths will improve safety.

Now get out there and ride!

The Benefits of Strawberries



In many states across the country, May signals the start of the strawberry picking season. Not only do the delicious, heart-shaped red berries bring brightness to a table that may have lacked color through a cold and drab winter, they are packed full of vitamins and nutrients.

Health Benefits

Low in calories and rich in fiber, strawberries are bursting with vitamins and minerals such as vitamins C (more than an orange!) and K, folate, potassium, and magnesium. One cup of strawberries contains 49 calories, 3 grams of fiber, and 12 grams of carbohydrates.

Strawberries are also known to help protect against heart disease, cancer, high blood pressure, and diabetes and can boost brain function, immunity, and your mood. Plus, the berry's antioxidants detoxify the body and reduce inflammation, which helps people suffering from arthritis.

Storage Tips

Strawberries are a fragile, very perishable fruit that should be consumed or frozen within a few days of purchase.

Before refrigerating, remove any strawberries that are molded or damaged so that they will not contaminate others. It's important to keep them cool and dry. So place the unwashed, un-hulled berries in a paper towel-lined container; cover and chill. Strawberries should not be stored at room temperature. Wash with cool, running water (do not soak) and hull them just before using.

If you have a bumper crop of berries, they can be fro-

zen whole and used in such things as smoothies, cobblers, and sauces. Place rinsed, dried, and stemmed whole berries, cut sides down, in a single layer on a parchment paper-lined cookie sheet. Freeze, uncovered, until solid. Transfer berries to a resealable freezer bag. You can store whole berries in the freezer for up to three months.

Strawberry Avocado Salsa

Here's a great recipe that fabulously features fresh strawberries, along with mango and avocado. Include the jalapeno for a little zip, or skip it for a milder flavor. This salsa tastes terrific over grilled chicken and fish or as a snack with tortilla chips.

- 1 cup diced strawberries
- 1 firm, ripe avocado, diced
- 1/2 jalapeno, seeded and minced, optional
- 1/3 cup diced mango
- 1/4 cup diced red onion
- 2 tablespoons fresh lime juice
- 1 tablespoon minced fresh cilantro
- 1 tablespoon minced fresh mint
- 1 to 2 teaspoons honey
- 1 teaspoon lime zest
- 1/4 teaspoon salt, optional

In a large bowl, combine all ingredients; toss gently. Serve immediately or cover and refrigerate.

Yield: 2 cups.

Breakfast Cookies—Nutritious and Delicious! (Recipe from Sally's Baking Addiction)

Hearty and healthy breakfast cookies are naturally gluten free, vegan, low in sugar, and not only taste good—they taste incredible. Made in one bowl and ready in 30 minutes, these easy oatmeal cookies will become your new favorite healthy breakfast. Check out the substitution ideas below, too.

While called *breakfast* cookies, they're great all day, every day, as an afternoon snack, for breakfast on the go, or even dessert. Each batch yields 12 cookies depending how large you make them—sometimes make a double batch in advance and keep them in the freezer for readily accessible healthier options.

To freeze these cookies, let the baked cookies cool completely. Place them in an airtight container or zipped-top bag and freeze for up to 3 months. Thaw before serving, or microwave for a few seconds.

Ingredients

2 cups (160g) quick oats or old-fashioned whole oats
 1/2 teaspoon salt
 1 teaspoon ground cinnamon
 1 cup (250g) almond butter, peanut butter, or sunflower seed butter
 1/4 cup (60ml) pure maple syrup (or honey)
 1/3 cup (60g) apple butter*
 1 large banana, mashed (about 1/2 cup)
 1/2 cup (75g) dried cranberries
 1/2 cup (70g) pepitas (pumpkin seeds)
 1/2 cup (75g) raisins
 optional: 1/4 cup (28g) ground flax

Instructions

Preheat oven to 325°F (163°C). Line 2 large baking sheets with parchment paper or silicone baking mats. Set aside.

Combine all of the ingredients into a large bowl of a stand mixer (or use a hand mixer). Mix until all of the ingredients are combined. The dough is thick and heavy.

Using a 1/4 cup measuring cup, portion 1/4 cup mounds of cookie dough onto prepared cookie sheet. Use the back of a spoon to slightly flatten out into a cookie shape. (The cookies will not spread in the oven.)

Bake for 16-18 minutes or until the edges are slightly brown. Cool cookies on the baking sheets for 10 minutes, then transfer to a wire rack to cool completely.

Cover leftover cookies and store at room temperature for up to 5 days or in the refrigerator for up to 10 days.

* Substitutions and Add-ins

Oats: Use either type of oats—quick or whole.

Nut Butter: Instead of almond butter, try peanut butter, cashew butter, or sunflower seed butter for a naturally nut-free option.

Apple Butter: While apple butter adds unbeatable flavor, you could also use the same amount of unsweetened applesauce.

Banana: Instead of mashed banana, you can use 1/2 cup of apple butter or applesauce (or any other fruit butter).

Sweetener: You can use honey instead of maple syrup, keeping in mind these cookies would no longer be vegan.

Add-Ins: Up to you! Use about 1 and 1/2 cups total of your favorites, like dried cranberries, raisins, pumpkin seeds, sesame seeds, honey-roasted peanuts, pecans, sunflower seeds, dried apples, or chocolate chips.





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20 Monthly Menu

ST. GEORGE ACTIVE LIFE CENTER

March 2021

TRIO Community Meals
seniors | cancer | diabetes

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5
Chicken Cordon Bleu Parslied Rice Green Peas Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing	Potato Crusted Fish Crinkle Cut Fries Mixed Vegetables Coleslaw Dinner Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup	Beef Chili with Beans Bake Potato Half Shredded Cheese Mixed Green Salad Parslied Carrots Seasonal Fruit Saltine Crackers Milk Salad Dressing	Sweet and Sour Chicken Jasmine Rice Whole Kernel Corn Mixed Green Salad Dinner Roll Tropical Fruit Cocktail Milk Margarine Salad Dressing
9	10	11	12
Hawaiian Chicken Haystack White Rice Peas & Carrots Chow Mein Noodles Japanese Vegetables Pineapple Tidbits Milk	Beef Taco Soup Whole Kernel Corn Mixed Green Salad Tortilla Chips Seasonal Fruit Milk Salad Dressing	Glazed Ham Sweet Potato Hash Cabbage Glazed Beets Cornbread Fluffy Fruit Salad Milk Margarine	Shepherd's Pie Mixed Green Salad Dinner Roll Hot Spiced Fruit Milk Margarine Salad Dressing
16	17	18	19
Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Dinner Roll Peaches Milk Margarine	St. Patrick's Day Meal Corned Beef Roasted Red Potatoes Green Cabbage Parslied Carrots Dinner Roll Tropical Fruit Cocktail Milk Margarine Mustard	Homemade Meatloaf with Brown Gravy Country Potatoes Capri Vegetables Carrot Raisin Salad Dinner Roll Seasonal Fruit Milk Margarine	BBQ Chicken Baked Beans Coleslaw Hamburger Bun Apple Raisin Compote Milk Diet - Apple slices
23	24	25	26
Smoked Turkey and Potato Soup Half Ham and Cheese Sandwich Lettuce and Tomato Cucumber Salad Tropical Fruit Cocktail Milk Mustard	Beef Lasagna Italian Vegetables Mixed Green Salad Texas Bread Pears Milk Margarine Salad Dressing	Cheese Omelet Hashbrowns Broccoli Croissant Seasonal Fruit Milk Assorted Jelly	Chicken Pot Pie Club Spinach Biscuit Mandarin Oranges Milk Margarine
30	31	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and Bread served with all meals. A Salad Bar is available every day in the dining room. Follow Us on Facebook @triocommunitymeals.com	
Hamburger Patty Lettuce Tomato Onion Pickle Tater Tot Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mustard	Parmesan Chicken Penne Pasta Garden Vegetables Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine		

TRIO Community Meals
seniors | cancer | diabetes