



# 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/](http://coa.washco.utah.gov/st-george/)

Facebook: [https://  
www.facebook.com/  
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



## November

### NEW HOLIDAY TRADITION?



## HAPPY THANKSGIVING

Do you remember last year, when the dining room was crowded with so many lovely people, enjoying their Thanksgiving dinner and catching up with friends, both old and new? Yep. So do we. And we miss it, a lot. This year, we knew we had to find a new way to celebrate one of our favorite events. Sadly, we still can't gather together, but we CAN provide a delicious Thanksgiving dinner that you can pick up here and then enjoy in the comfort of your home. We're going to require reservations this year, so we know just how many to-go meals to make. So, if you want to pick up a Thanksgiving meal, please call 435-922-2755 and leave a message with your name and phone number and the number of meals you want to pick up. We will need to have the final count by Friday, November 20th, at 12:00 PM. Pick-up will be Wednesday, November 25th, 11:30-1:00 PM.

We are grateful for all the great Thanksgiving memories we have shared with you and hope that next year will find us gathering together again. Be well and stay safe.

## IN THIS ISSUE

<b>Page 2</b>	Monthly Events	<b>Page 8</b>	Activities List
<b>Page 3</b>	Cover Story Continued	<b>Page 10</b>	Fun & Games
<b>Page 4</b>	Your Health	<b>Page 14</b>	Home & Lifestyle
<b>Page 6</b>	Recipe	<b>Page 16</b>	Monthly Lunch Menu
<b>Page 7</b>	Medicare Info		

## 2 This Month

AARP Driver Safety Class has been canceled indefinitely.

### Chair Massage

SUSPENDED UNTIL FURTHER NOTICE

1st & 3rd Friday of the month from 11:00 am—12:00 pm, Front Lobby.

### Dixie Poets

1st and 3rd Tuesdays at 1:30—3:30pm

### Free Attorney Service

Wednesday, November 4th at 2:00 pm; Thursday, November 12th at 1:30 pm; Thursday, November 19th at 1:30 pm. Please make an appointment with Linda.

### Ladies Bridge

3rd Thursday of each month from 12:00—4:00 pm.

### Parkinson's Caregivers Group

Second Friday of the month from 11:30—12:30 pm.

### Parkinson's Meeting

For caregivers and people with Parkinson's. 3rd Wednesday of the month at 11:00 am.

## Monthly Events

### Medicare Open Enrollment Appointments

Friday, November 6, 11AM—1PM, By appointment only. Call 435-634-5743 to get on the schedule.

## Dial-A-Ride

Need a ride to a medical appointment, to pick up a prescription, shopping or to come to the Senior center for lunch?

### CALL DIAL-A-RIDE

**435-256-6343**

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

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.

Transportation Available

Tuesday through Friday

9:30 am—2:30 pm

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



## Dixie Palliative Care

Palliative care is healthcare's latest buzzword, but the term remains poorly defined to the general public. Most people associate it with end-of-life care, like hospice, but it covers a much broader spectrum of services. Palliative care focuses on providing relief from troubling symptoms and improving overall quality of life for those struggling with a chronic disease. It can be started during any point of an illness, and you can receive this type of care while you receive curative treatment.

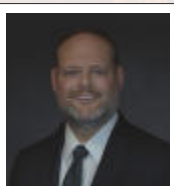
The Dixie Palliative Care team is composed of a Nurse Practitioner, Nurse Navigator, and Social Worker. They work with each patient's existing care team to offer additional support and to ensure the following goals are met:

- Provide education to help you better understand your disease and prognosis
- Relieve troublesome symptoms like shortness of breath, pain, nausea, etc.
- Help clarify your treatment goals and options
- Support you and your family to cope during difficult times
- Coordinate with your other physicians

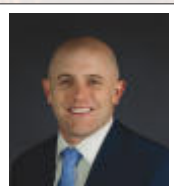
This care is provided in the patient's home to reduce visits to a clinic or lab. According to the National Health Council, by the end of 2020 approximately 157 million Americans will be living with a chronic disease, with 81 million having multiple conditions. Conditions that qualify someone to receive Dixie Palliative Care include Alzheimer's disease, cancer, chronic obstructive pulmonary disease (COPD), heart failure, kidney failure, Parkinson's, and many more. Please reach out to Dixie Home Rehab, Palliative, and Hospice at or a free consultation or with further questions. Let us help you improve your quality of life so you have more time to spend with your loved ones.



**Jason Ahee, M.D.**  
Cataract/Lasik  
Surgeon



**Jayson Edwards, M.D.**  
Corneal/LASIK/Cataract  
Surgeon



**Derrek Denney, M.D.**  
Cataract/Lasik  
Surgeon



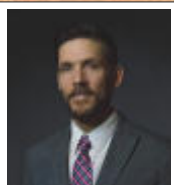
**Joshua Schliesser, M.D.**  
Pediatric Eye Specialist/  
Surgeon



**Jeffrey Ricks, O.D.**  
Optometrist



**Jason Hauck, O.D.**  
Optometrist



**Matheson Harris, M.D.**  
Oculofacial/Reconstructive  
Surgeon



**Jason Wickens, M.D.**  
Vitreoretinal  
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A 4C 05-1049



## BUSTING THE MYTHS ABOUT FLU SHOTS FOR OLDER ADULTS



While much of the world's focus this year has been on the coronavirus, it's once again time for the influenza virus to begin making the rounds. Like COVID-19, older adults are at higher risk for contracting it. According to the Centers for Disease Control and Prevention (CDC), older adults account for 70% to 85% of seasonal flu-related deaths in the United States during a typical flu season. They also make up between 50% and 70% of flu-related hospital admissions.

With startling statistics like those, it's surprising how many older adults resist having an annual influenza vaccine. In a typical year, only 65% of older adults receive the influenza vaccine, which is considered one of the best prevention steps you can take to avoid catching the flu.

If you or a senior loved one is among the 35% of older adults who refuse the vaccine, your worries might be linked to one of these popular myths. Unfortunately, it could be putting your health at serious risk. Here are five popular flu shot myths, debunked!

**Myth #1:** Flu shots work by giving you a small dose of the flu. This popular myth is a persistent one. Many seniors think the flu shot contains an active virus. They incorrectly believe that exposure to the flu is how you build antibodies to it. According to the CDC, the flu shot contains only inactive virus. You can't get the flu from getting the vaccine. The most common side effect is muscle soreness near the injection site.

**Myth #2:** The flu shot is basically the same every year. Some older adults believe the vaccine is largely the same from one year to the next. Those who hold on to that belief say they only need a flu shot every few years.

The reality is that new strains of the flu occur every year. Scientists develop vaccines that target those strains predicted to be predominant during that year's flu season. While you should talk with your own physician about when to have your flu shot, the general recommendation is early October, before flu season begins.

**Myth #3:** The regular flu isn't all that serious. Seniors sometimes confuse a cold with the flu. They view the illness as an inconvenience, not a serious health risk. This is a dangerous myth to believe. Every year, more than 200,000 people are admitted to hospitals with the flu. Another 36,000 people lose their lives because of flu-related complications. Older adults comprise the bulk of those numbers.

**Myth #4:** The flu shot hurts! Those who suffer from a fear of needles might avoid getting vaccinated. If you've never had a flu shot before, you might be surprised to learn how little pain is involved. Experts advise relaxing and taking deep breaths while you are being vaccinated. That keeps your muscles from getting stiff, which can make the needle more painful. Also, by getting the shot in your non-dominant arm, you'll be less likely to aggravate it afterward.

**Myth #5:** Seniors who are healthy don't need a flu shot. While we know some members of our population, such as children, pregnant women, and people aged 40 or older, are at higher risk for the flu and its complications, anyone can catch it. Even if you don't feel sick, you might be. You can spread the virus to people you come in contact with who may have a weaker immune system.

## Celebrating a 10-year Anniversary

Joy Burraston has been coming to the St. George Active Life Center for 10 years! TEN! We sat down with her this week to chat about what keeps her coming back, and the changes that she's seen over the years.

A long-time exercise enthusiast, Joy checked out the local gyms after moving to St. George 10 years ago. Not finding exactly what she wanted, she eventually found her way to the center and decided that this was a perfect fit for her. She regularly attends classes here. When we had to shut down in March, Joy found herself without access to her regular workouts and did a lot of walking, but she said it just wasn't the same. So, now that we're open



again, she shows up on a regular basis.

Over the years, Joy has made a lot of good friends that she spends time with outside of the classes at the center.

Joy has observed an increase in classes and activities over the years, along with the availability of more instructors. When she meets new people 60 and over, she always suggests that they take advantage of all the fabulous activities that are available at the St. George Active Life Center, where she says, "Life doesn't get much better with the great senior center than we have in St. George!"

We agree, Joy!!

➤ Reach the Senior Market

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## Seven Tips for Making Healthy Smoothies



Smoothies can be a quick and delicious way to add fruits, vegetables, and protein to your daily diet. On a hot day, a frozen smoothie can be refreshing. For cold days, you can opt for comfort foods, such as chocolate, bananas, and oatmeal. The downside is that smoothies can also be high in sugar, calories, and carbs. Full-fat yogurt, ice cream, and sugar-laden fruit juices are just a few of the ingredients that can make these tasty treats a lot less healthy. With careful planning, however, you can make smoothies at home that taste delicious while still being good for you. Here are a few tips for doing so.

### 7 Ways to Make Your Favorite Smoothie Healthier

1. **Freeze fresh fruit:** Instead of relying on packaged smoothies or bags of frozen fruit that may contain added sugar, slice and freeze fresh fruit. Create combinations that you store in a freezer bag you can pull out and throw in the blender. Berries, bananas, pineapple, blueberries, grapes, peaches, and mangos are a few fruits that taste great in smoothies.
2. **Sweeten with care:** Skip sweetened yogurt, store-bought fruit juices, and honey which can increase calories as well as sugar. Instead, opt for natural sweeteners like dates, avocados, agave, or pure maple syrup. Bananas in moderation can work too.
3. **Don't overlook veggies:** You can also sneak some fresh veggies into your smoothies to enhance the nutrients without changing the taste. Spinach is a popular choice. As are beets, sweet potato, and carrots. Experiment with a few combinations until you find one you like.
4. **Pump up the protein:** Seniors often struggle to eat an adequate amount of protein each day. Those who live with a chronic illness or who are recovering from surgery need more protein than they did in younger days. Adding protein to your smoothies is one way to do it. Greek yogurt, walnuts, almond butter, chia seeds, natural peanut butter, almond milk, and protein powder are a few ways to include this important nutrient in your diet.
5. **Inflammation fighters:** You can increase the benefits a smoothie provides by adding a few inflammation-fighting ingredients. Fresh ginger, turmeric root, whole flax seed, cinnamon, and cherries are all known to help.
6. **Increase hydration:** Adding a little extra hydration to your smoothie can help prevention dehydration, which seniors are at greater risk for than younger people. Most fruit is naturally hydrating. You can also make ice cubes out of coconut water or throw a few cucumber slices into your blender.
7. **Focus on fiber:** Many of the ingredients listed above, such as berries, flax seed, walnuts, uncooked oatmeal, and spinach, all contain fiber. Making sure you incorporate some into your smoothie can help improve the regularity of your digestive system, as well as aid in managing cholesterol.



## Medicare Open Enrollment

Before making a decision about your 2021 Medicare coverage, consider the Medicare health and drug plan options in your area.

You may be able to receive better health and/or drug coverage at a more affordable price. If your plan is making changes to your coverage, you may be able to find a plan that better meets your needs. Even if you are satisfied with your current Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that covers your health care and/or drugs at a better price.

Contact your State Health Insurance Assistance Program (SHIP) for unbiased assistance reviewing your choices.

Five County staff will be at the St. George Active Life Center on Friday, November 6, from 11 AM to 1 PM. Consultations will be in person BY APPOINTMENT ONLY. Call 436-634-5743 to get your name on the schedule.



**SHIP** state health insurance assistance programs

***It pays to compare.***

You may be able to receive better health and/or drug coverage at a more affordable price.

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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 include endurance building activities, balance exercises and relaxation techniques.	Wednesday	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	9:00—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 (NEW)	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

CLASS	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	\$1.00

1st November

freedailycrosswords.com

## ACROSS

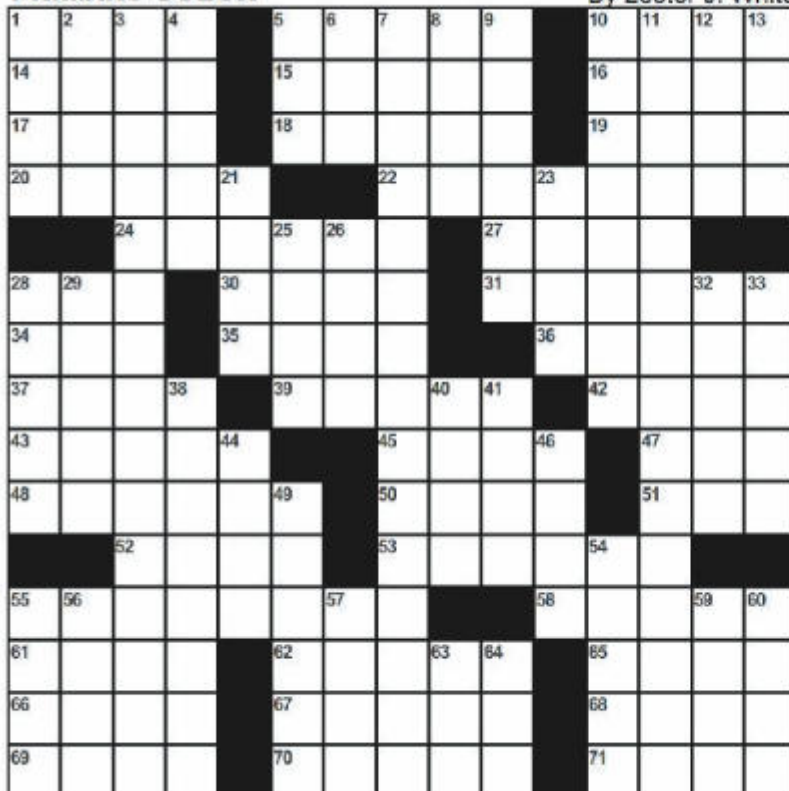
- |                                     |                                |
|-------------------------------------|--------------------------------|
| 1) Goes after an apple              | 42) Delta material             |
| 5) Put off, in a way                | 43) Succumb to the sea         |
| 10) Cookbook abbr.                  | 45) Umps call them             |
| 14) Competent and skilled           | 47) Adjust the alarm clock     |
| 15) Ration out                      | 48) Breathing stoppages        |
| 16) Skating gold medalist Kulik     | 50) Cover a present            |
| 17) Defeat decisively and then some | 51) Blubber                    |
| 18) Chestnut kin                    | 52) Sandcastle builder's need  |
| 19) "___ digress"                   | 53) Rotten to the core         |
| 20) Borscht basics                  | 55) Sole, e.g.                 |
| 22) Spent the cold season (in)      | 58) Queen of Hearts specialty  |
| 24) Baroque style                   | 61) ___ Star state             |
| 27) Microscopic amount              | 62) Haunted-house inmate       |
| 28) Trident-shaped Greek letter     | 65) USS Enterprise captain     |
| 30) Having common ancestors         | 66) Computer operator          |
| 31) Kindergarten implement          | 67) Israeli round dance        |
| 34) Clerical gown                   | 68) Eye feature                |
| 35) London gallery                  | 69) Electrifying fish          |
| 36) Home of the Taj Mahal           | 70) 1,000 kilograms, to a Brit |
| 37) Pencil remains                  | 71) Make the acquaintance of   |
| 39) "Oui" and "si"                  |                                |

## DOWN

- 1) Biting remark
- 2) Bassoon's cousin
- 3) Select group?
- 4) Brief quarrel
- 5) File folder feature
- 6) Amber drink
- 7) Boastfully performed in a concert?
- 8) Sets of mathematical points
- 9) Like some cuisine
- 10) Lamas, usually
- 11) Component of some laptops
- 12) Piece of land for building
- 13) No longer owing
- 21) Run a cat off
- 23) TV actress Spelling
- 25) "Sure, why not?"
- 26) Refer to, as a research paper
- 28) "Bear" that's not a bear
- 29) Drink noisily
- 32) Exxon Valdez, for one
- 33) Dressed to kill
- 38) Chilly-weather garments
- 40) Continental monetary unit
- 41) For guys only
- 44) Babe in the woods
- 46) "X marks the \_\_\_"
- 49) Minor insult
- 54) Hemp fiber used in caulking
- 55) Smoke passage
- 56) Get checkmated
- 57) "Beat it, fly"
- 59) It's made of wood
- 60) Three-handed card game
- 63) "The Bridge of \_\_\_ Luis Rey"
- 64) Common article

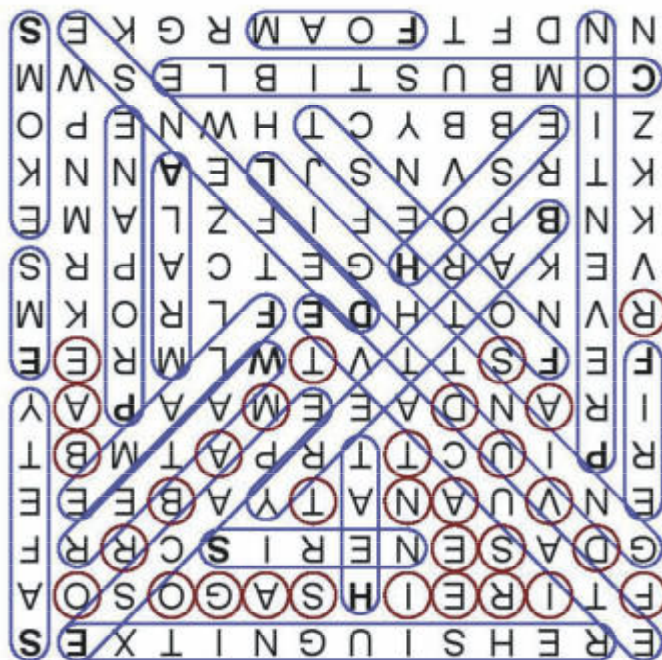
## PRIMARY COLOR

By Lester J. White



Solution on page 11





D 4C 05-1049



## FIRE PREVENTION

Solution on page 11

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.

```

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

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

Alarm	Extinguisher	Lightning
Battery	Fire	Prevention
Combustible	Flame	Propane
Defense	Foam	Safety
EMS	Forest	Siren
Escape	Heat	Smoke
Evacuate	Hose	Water

## Ponderings and Observations

1. If poison passes its expiration date, is it more poisonous or is it no longer poisonous?
2. Which letter is silent in the word "Scent," the S or the C?
3. Do twins ever realize that at least one of them is unplanned?
4. Why is the letter W, in English, called double U? Shouldn't it be called double V?
5. Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
6. Every time you clean something, you just make something else dirty.
7. The word "swims" upside-down is still "swims"
8. 120 years ago, almost everyone owned a horse and only the rich had cars. Today, almost everyone has cars and only the rich own horses.
9. If you lie to the government, it's a felony. If the government lies to you, it's politics.

### 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 may qualify for a  
**Special Enrollment Period**  
to change your health plan or  
enroll in a new one if:

- You're turning 65 soon
- You've recently moved to the area and your plan is ending
- You're leaving your employer or union coverage

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### Dixie Hospice

provides complete and uninterrupted home health care  
for as long as the patient requires.

#### Signs that hospice may be needed:

Weight Loss • Terminal Illness • Rapid Physical and/or Functional Decline & Disease Progression • Increased Visits to the ER, Hospital or Doctor • Increased Dependence for ADLs (at least 2) • Progression of Cognitive Impairment • Progression Pressure Ulcers in Spite of Optimal Care • Recurrent UTIs & Other Infections • Recurrent Falls

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## ONLINE SAFETY FOR HOLIDAY SHOPPING



Black Friday seems to have lost some of its luster, especially with the pandemic affecting in-person shopping this year. But even before COVID came to visit, the biggest shopping day of the year has morphed into a week of discounts and promotions as online retailers such as Amazon lure customers away from the chaos of brick-and-mortar stores. The benefits of online holiday shopping provide consumers with the opportunity to shop in their pajamas, avoiding traffic and saving time (and frustration) battling the crowds.

As shoppers are quarantined at home, online purchases are likely going to replace a lot of brick-and-mortar store purchases. That surge in e-commerce makes it even more important to take steps to keep holiday shopping safe and secure. While quick and convenient, online shopping does provide openings for fraud. The Federal Trade Commission (FTC) advises consumers to watch out for traps left by cybercriminals looking to empty your wallet while you fill your cart.

Scams often target the hottest gift items. Criminals use fake websites, social media posts, and text and email messages to trick you into providing your personal or banking information. Beware of unrealistic offers, coupons, and other enticements — especially from sites with which you are not familiar.

Keep your online shopping experience safe and secure by following these simple tips.

#### Shop Secure Sites

Always use a secure internet connection when making a purchase. Reputable companies use technologies such as SSL (Secure Socket Layer) that encrypt data during transmission. Look for the small padlock in the address bar or URL that begins with “https” instead of “http,” as the “s” stands for “secure.” Also look for sites that have security labels, such as DigiCert, VeriSign, and other seals.

#### Make Secure Payments

Steer clear of websites that only take money orders, wire transfers, and checks. Shop sites that offer secure payment methods such as credit cards, PayPal, Google Pay, or Venmo because they will likely offer buyer protection in case of a dispute or fraudulent charges.

#### Other Tips

- To protect your home connection from identity thieves and hackers, update your operating system and anti-virus software before you start shopping.
- Make sure a website is legitimate prior to ordering. Check for the company's name, phys-



ical location, and contact information. Identity thieves can create websites that mimic a legitimate company's site, so don't trust a site based solely on appearance.

- Avoid social media posts or emails that appear to offer free vouchers or gift cards. They frequently lead to online surveys designed to steal personal information.
- When purchasing gift cards online, be wary of auction sites selling discounted or bulk gift cards. You may end up with cards that have been tampered with, have been used, or expired.
- Even when you're shopping with a well-known online retailer, carefully check return policies and restocking fees and find out who is responsible for any return shipping costs before submitting your order.

- Pay by prepaid debit card or credit card. With a prepaid debit card, potential losses are limited to the amount of money loaded on the card. If you use a credit card, federal law gives you the right to dispute charges if you report them to the credit card company within 60 days of receiving the statement.
- Keep a paper trail or save records of online transactions and review credit card statements after the holidays to look for unauthorized charges.

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# 16 Monthly Menu



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6
Turkey Pot Pie Whole Kernel Corn Buttered Rice Mixed Green Salad Biscuit Seasonal Fruit Milk Margarine Ranch Salad Dressing	Vegetable Lasagna Bake Capri Vegetables Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Buffalo Chicken Lettuce and Tomato Sweet Potato Fries Coleslaw Hamburger Bun Cinnamon Applesauce Milk Ranch Dressing	Country Fried Steak with Country Gravy Mashed Potatoes Sliced Carrots Green Peas Dinner Roll Fluffy Fruit Salad Milk Margarine Diet - Mix Fruit
10	11	12	13
Cacciatore Chicken Penne Pasta Italian Vegetables Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine Ranch Salad Dressing	<b>Closed Veteran's Day</b>	Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Gelatin Milk Margarine Diet - Sugar-Free Gelatin	Baked Chicken with Creamy Paprika Sauce Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
17	18	19	20
Salisbury Steak with Brown Gravy Brown Rice Green Peas Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine	Sliced Ham Mashed Spiced Yams Winter Vegetables Beet Salad Wheat Bread Tropical Fruit Cocktail Milk Margarine	Beef Chili with Beans Shredded Cheese Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Alfredo Chicken Fettuccini Noodles Garden Vegetables Mixed Green Salad Garlic Texas Toast Apple Crisp Milk Margarine Ranch Salad Dressing Diet - Hot Peaches
24	25	26	27
Cilantro Lime Chicken Spanish Rice Black Beans Corn Relish Tortilla Peaches Milk	<b>Thanksgiving Day Meal</b> Turkey Breast with Gravy Cranberry Sauce Stuffing Green Beans Mashed Potatoes Mixed Green Salad Dinner Roll Milk Margarine Ranch Salad Dressing Diet - Mix Fruit	<b>Closed Thanksgiving Day</b>	<b>Closed Thanksgiving Holiday</b>

A suggested donation of \$3.00 is requested from seniors 60 and older.

Persons under 60 can enjoy a meal for \$7.00.

Milk is served with home-delivered meals only.  
Bread is served with all meals.