

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/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 Bringhurst
Director: Jacob Browning



January 2021

6 TIPS TO START THE NEW YEAR OFF RIGHT



The start of a new year can be a time of renewal. It offers each of us an opportunity to reflect, set new goals, and start over. For many seniors, living a healthier life is a popular New Year's resolution. If it's one of yours, we have some suggestions to help you live better in 2021.

6 Healthy Resolutions to Make in 2021

1. Improve your diet

Cooking for one or two during retirement can seem like more work than it is worth. Unfortunately, seniors often turn instead to convenience foods or fast food. Most are loaded with sodium, carbs, and calories. If you just aren't interested in preparing foods on your own, consider a meal delivery service.

2. Get moving

A sedentary lifestyle is now believed to be as bad for your health as smoking! It contributes to a variety of health concerns, ranging from obesity to diabetes and high blood pressure. Try to limit the amount of time you spend sitting and get up and move around throughout the day. It may help to invest in a fitness device that sends you an alert if it's been too long since you've moved.

(Continued on page 3)

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2 This Month

All activities that would normally take place inside our building are on hold until further notice. Dial-a-Ride, Meals on Wheels, and frozen lunch pickup are still up and running. Give us a call if you have questions! And be sure to check our website and Facebook page for current information, project updates, and announcements (see cover page for URL information).

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!**

SUGGESTED DONATION: **\$3.00 ONE WAY, or \$5.00 ROUND TRIP.**



3. Connect with an exercise program

Another resolution to make in the new year is to exercise 30 minutes a day. Talk with your doctor for advice about the best types of exercise for you, and how much to do at first. While many seniors are sticking close to home because of concerns about COVID-19, there are plenty of options to exercise in the privacy of your own home. If you're just getting started, set a goal that feels achievable, like walking on a treadmill for 15 minutes in the morning and practicing chair yoga for 15 minutes in the evening.

4. Learn to manage stress

From political strife to the coronavirus pandemic, 2020 has been a year like no other. It has been stressful for almost everyone. But living with chronic stress is bad for physical and emotional well-being. Try to learn a few stress-management techniques you can turn to in the new year. Journaling, music, art projects, and meditation are a few to explore.

5. Laugh more

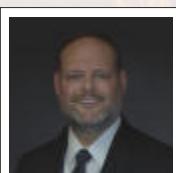
If you've been feeling lonely and isolated, resolve to laugh more. Laughter is not only fun, it's also good for your health. It helps lower blood pressure and decrease the risk for depression. Remind yourself that laughter is the best medicine, whether it is talking with a funny friend on FaceTime, watching a comedy series on television, or streaming a new romantic comedy.

6. Have a physical

If you've been putting off seeing your primary care physician, commit to scheduling an appointment in January. They can evaluate your health status and help schedule routine screenings that might be due. The good news is that Medicare pays for an annual wellness visit, so you won't incur any out-of-pocket expenses unless your physician orders additional testing.



Jason Ahee, M.D.
Cataract/Lasik Surgeon



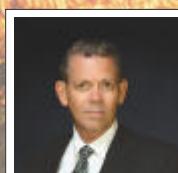
Jayson Edwards, M.D.
Corneal/LASIK/Cataract Surgeon



Derrek Denney, M.D.
Cataract/Lasik Surgeon



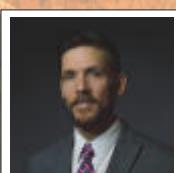
Joshua Schliesser, M.D.
Pediatric Eye Specialist/Surgeon



Jeffry Ricks, O.D.
Optometrist



Jason Hauck, O.D.
Optometrist



Matheson Harris, M.D.
Oculofacial/Reconstructive Surgeon



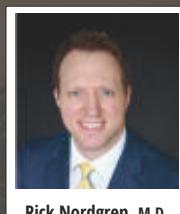
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4 For Your Health

WHY THE HEALTH OF YOUR GUT IS IMPORTANT



Aging causes the body to go through all types of changes, and unfortunately, most of them seem to be more unpleasant than enjoyable. As we age, caring for ourselves becomes more important. We can no longer get by with some of the life choices we used to pull off such as lack of sleep, poor eating habits, and so on. While the subject of our digestive system may not be the most exhilarating of topics, taking care of it needs to become more of a priority during the aging process.

Home to numerous species of microorganisms known as microbiota, paying attention to what lives in your gut is necessary for maintaining good health.

- Microbiota consists of trillions of cells, including bacteria, viruses, and fungi.
- The biggest number of microbes reside in the gut. Next up are the skin and genitals.
- Microbial cells and their genetic material, the microbiome, live with humans from the moment they're born.
- The microorganisms living inside the gastrointestinal tract amount to around four pounds of biomass or feces.
- The microbiota is important for nutrition, immunity, and effects on the brain and behavior. It is implicated in several diseases that cause a disturbance in the normal balance of microbes.

Managing gut health is an important facet in longevity. One way to stay healthy is to reduce inflammation, which is the body's natural response to something going wrong. Inflammation is closely connected to the gut microbiome as 70% of the immune system resides in the gut, near the microbiome. They are in constant communication, so when one is off, the other is as well.

While there is no way to prevent the gut microbiome from aging, we offer five things you can do to prolong

the inevitable.

- Eat better. Focusing on consuming a healthy diet is the first natural step to take. We need to stop eating processed food rich in sugar and dense in calories, and focus on fresh fruits, vegetables, and foods high in fiber.
- Add a probiotic or a prebiotic supplement to your diet or ingest fermented foods such as sauerkraut, kombucha, or kefir.
- Stay active, physical exercise is another way to improve gut health (not to mention general health) and getting older is no excuse to stop taking care of our bodies.
- Be careful with antibiotics. If you need them, also consider a probiotic to restore healthy gut bacteria.
- Accept lifestyle changes. Though it might sound a bit harsh, accepting the simple fact that you are getting older can also help your gut health. Instead of trying to prevent something that can't be avoided and behaving as you used to a couple of decades ago, embrace the fact that your body is now older, and needs to be taken care of differently.

Keeping the gut healthy is important for reducing obesity and diabetes, which is demonstrated in the different composition of gut flora in those who are obese and diabetic from those who are of normal weight with no metabolic issues.

An unhealthy gut not only speeds up the aging process, but it can also disturb the efficiency of the immune system, meaning that prioritizing it as we age shouldn't be optional. While making the necessary nutritional and lifestyle changes may not be easy, it is essential. When premature aging and illness are the prices for sticking to unhealthy choices, giving up excessive sugar and fast food is definitely the right way to go.

DIXIE PALLIATIVE CARE

After 2020 delivered everything from a pandemic, natural disasters, and even murder hornets, people deserve a calm, uneventful 2021. The best way to set yourself up for success in the new year is to invest in your health, and Dixie Palliative Care is prepared to help!

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 improving overall quality of life for those struggling with a chronic disease. 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 disease, and many more.

Navigating the healthcare system has become increasingly more complicated. It is not uncommon for patients to see a primary care physician and also specialist physicians for specific conditions or procedures. This causes

many patients to feel overwhelmed and unsure of options. Dixie Palliative Care will not make you feel like another number being rushed through the system. They understand the value of building a relationship with each client and their family to deliver real, meaningful care. When patients understand their diagnosis and are involved in their care, there are better outcomes.

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 coordinate care between physicians, provide education to the patient and family, and establish goals of care. This care is provided in the patient's home to reduce visits to a clinic or lab.

Please reach out to Dixie Home Rehab, Palliative, and Hospice at (435) 628-8347 for 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.



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6 Photos

ROTARY CLUB BRINGS GIFTS FOR MEALS ON WHEELS CLIENTS

We are so grateful to the members of the Rotary Club for providing these fabulous gift bags for our Meals on Wheels clients. Special thanks to Dave "The Good Dave" Nielson, Dave "The Bad Dave" Higbee, Pam Harrison, Mario Buonafede, and Art Haines for delivering them to our building.



Everyone is hopeful that 2021 will be a bright new year, but for people with limited income and resources, a new year often brings the same financial struggles. Concerns about how to pay for healthcare costs often top the list of financial concerns. But for people with Medicare, there are programs available to help with the rising cost of healthcare. Three programs are available to assist with different healthcare costs.

- Low-income subsidy (Extra Help): Helps cover costs of prescription medications by lowering Part D plan premiums and reducing copays on prescriptions.
- Medicare Savings Programs: Cover the cost of the Medicare Part B premium and in some cases, cover deductibles and co-insurance.
- Medicaid: Covers medical costs after Medicare has paid its portion and in some cases, covers services not normally covered by Medicare (like Long-Term Care and personal care).

Eligibility for each of these programs is different. If you would like to find out more about these programs or need help applying, contact the Area Agency on Aging – Five County at (435) 673-3548.

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8 Activities List

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	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) Tuesday/Thursday/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

A c t i v i t i e s L i s t

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	1:00—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 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	You combine 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 (NEW TIME!)	9:00-10:00	\$1.00

 FreeDailyCrosswords.com

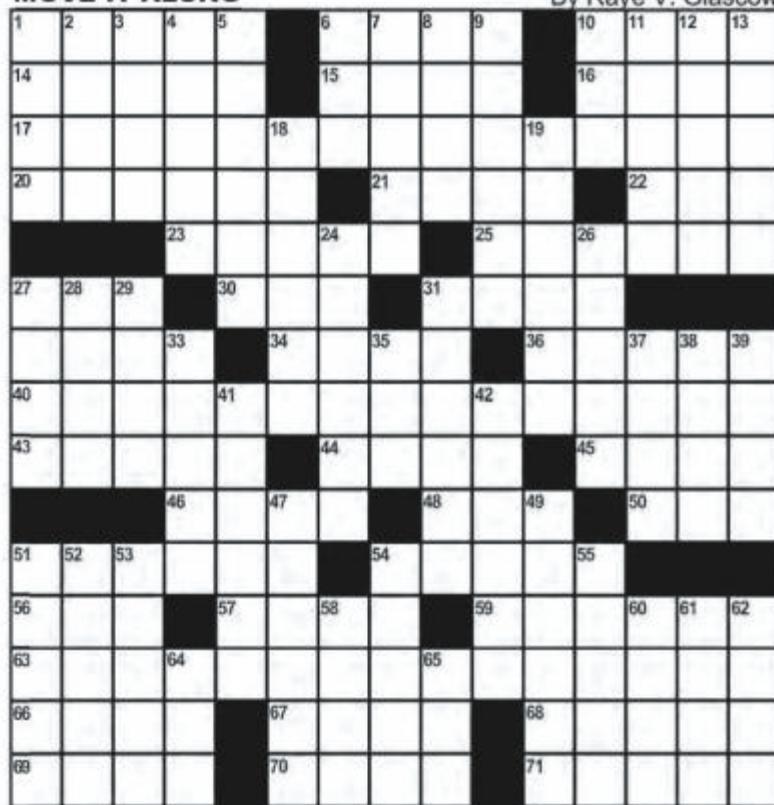
Solution on page 11

ACROSS

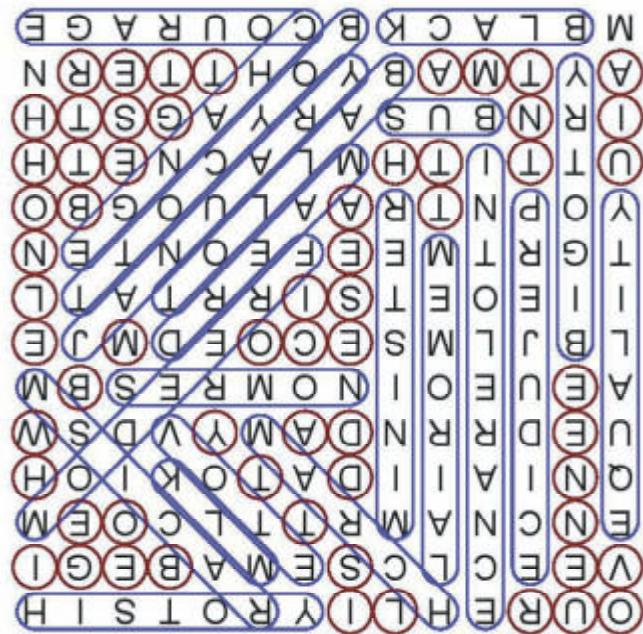
- 1) Springfield, for one
- 6) Former ruler of Iran
- 10) One and the other
- 14) Earthenware stew pots
- 15) It may follow a million
- 16) Distinctive atmosphere about someone
- 17) Playing hooky
- 20) In the back of the boat
- 21) Horseshoe site
- 22) Part of a swap?
- 23) Has trouble with S's
- 25) Dependable
- 27) Dream-time acronym
- 30) Three times, in Rx lingo
- 31) ___-friendly (simple to operate)
- 32) "Famous" cookie maker
- 34) Officers in blue
- 36) Strong rope fiber
- 40) Eagerly seize an opportunity
- 43) Item in black
- 44) Edible root of taro plants
- 45) Geiger of radiation detection
- 46) First half of the alphabet?
- 48) Prominent rock on a hill
- 50) Acquire
- 51) Europe's ___ Peninsula
- 54) Automaton of Jewish legend
- 56) Brouhaha
- 57) Highlands family
- 59) Ducks and dodges
- 63) Short distance
- 66) It's known by its fruit
- 67) Basketball Hall of Famer Archibald
- 68) One mother
- 69) Dry to the bone
- 70) "Born Free" lioness
- 71) Does a nightly ritual, for some

MOVE IT ALONG

By Raye V. Glasgow

**DOWN**

- 1) Santa ___, Calif.
- 2) Types
- 3) Move like a hummingbird
- 4) Place for a boutonniere
- 5) ___ de corps (morale)
- 6) Start of several California city names
- 7) Weather map notations
- 8) With the bow, musically
- 9) They were bound to the land
- 10) Common college degrees, briefly
- 11) Tosses from office
- 12) Halloween choice
- 13) Premature, as a decision
- 18) Fly or mosquito, e.g.
- 19) From the beginning
- 24) For an interim
- 26) Dickens character Heep
- 27) Rani's spouse
- 28) Birds as tall as people
- 29) Two mothers
- 31) Quite familiar with
- 33) Express aloud
- 35) Advanced college deg.
- 37) Knit goods problem
- 38) Teen spots?
- 39) Obsolete "for fear that"
- 41) "Sic 'em, Spot!"
- 42) Put in the fridge
- 47) Like some banking
- 49) Organize anew
- 51) Thai money
- 52) Just love to pieces
- 53) One running casually
- 54) Irksome swarm
- 55) The main course?
- 58) "Be ___!" ("Help me out, friend")
- 60) Russian legislative assembly
- 61) TV award
- 62) Aquatic resorts
- 64) Use one's peepers
- 65) Largest U.S. union



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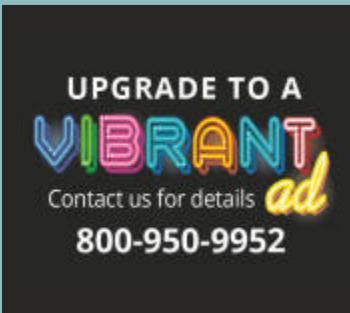
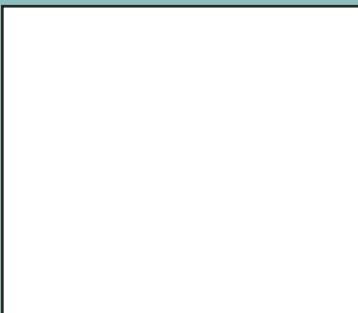
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Solution on page 11

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

By Evelyn Johnson - www.qets.com

Ballot	Dream	Memorial
Bigotry	Equality	Minister
Black	Freedom	MLK
Boycott	History	Prejudice
Bus	Intolerance	Racism
Change	January	Sermon
Courage	March	Vote

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and they say just put a
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SWITCH OUT THE SALT!



As we age, our metabolism slows down, senses weaken, and chronic health conditions are more apt to surface. While we can't control our genes, we can control what we put in our bodies and good, healthy eating is the first step to aging gracefully. The good news is that it's a snap to make smart, healthy eating choices to help ensure overall wellbeing. A great place to start is reducing the amount of salt in your diet.

What's the deal with salt?

The recommendation for salt intake for adults, according to the American Heart Association, is about 1,500 mg per day. Following this guideline can have a huge impact on reducing the risk of high blood pressure (hypertension) and on overall heart health. This is particularly important for older adults who are at higher risk for heart disease and hypertension.

But reducing our salt intake can be challenging. First of all, we're used to salt, which is no surprise. It is one of the oldest flavoring agents and has been used for hundreds of years as a preservative. In addition, because some salt is necessary for our bodies to function properly, and in our deep human past it was hard to come by, we're born programmed to enjoy and seek out salt.

Ditch the salt, but not the flavor

Substituting other ingredients, such as herbs and spices, for salt will go a long way to keeping your body and brain healthy. Many herbs and spices have added health benefits, like bumping up nutritional components such as vitamins and minerals. They can add life to a bland dish, which can have the added side effect of helping seniors regain their appetites.

The Herbs

Rosemary packs a flavor punch. It is an extremely aromatic herb with a strong woodsy smell that some liken to pine and lemon. Add rosemary to soups, meat, and potatoes, and pair it with garlic and olive oil for a classic and flavorful combination. A hidden benefit to using rosemary in your cooking could be improved memory and the prevention of dementia and Alzheimer's disease. Rosemary is a popular aromatherapy oil and is also used in alternative medicines.

Your new love affair with green herbs doesn't have to stop at rosemary – think oregano, thyme, chives, basil, tarragon, sage, and mint! Oregano is often used in Mexican and Italian cooking. Thyme pairs well with chicken dishes, as does tarragon, and both work well with potatoes. Sage is typically found in poultry seasoning, but its homey scent can warm any dish. Mint is most often seen in Greek cuisine. If you don't have your own herb garden, these bright herbs can be found in the produce section of most major grocery stores.

The Rhizomes

Turmeric and Ginger are in the same plant family, these spicy roots can add zing and brightness to your dishes. Found often in curries, turmeric is brilliantly colored orange and has an earthy flavor, and is often praised for its anti-inflammatory properties.

Ginger is not just for Christmas cookies! A cuisine rebel, ginger can be used in both sweet and savory dishes. Ginger paired with garlic will add an Asian flavor to stir fries, rubs, and marinades for meat. Try crystallized ginger chopped and added to cookies for real punch. Ginger's hidden superpower is its long history of being used

to combat motion sickness and upset stomachs. Both ginger and turmeric are widely available in grocery stores.

Easy to Find Salt-Free Seasonings

In addition to fresh herbs and spices, there are a number of salt-free blends to try. A simple shake can perk up any dish without any chopping and breaking the bank.

- Mrs. Dash

Anyone who has shopped in the spice aisle of the local grocery store will recognize this long-standing bastion of the salt-free seasoning world. These days, there's a Mrs. Dash for just about any cooking style and flavor profile.

- Make Your Own

Why not put your own blend together? Here's a simple recipe: 1 teaspoon each dried basil, marjoram, parsley flakes, thyme, and savory, 1 tablespoon garlic powder, 1 teaspoon onion powder, 1 teaspoon rubbed sage, 1 teaspoon ground mace, 1 teaspoon pepper, 1/8 teaspoon cayenne pepper.

- Add an Acid

The sharp taste of salt can be mimicked by acids like fresh lemon or grapefruit juice, and various vinegars. Infused and balsamic vinegars add a bumped-up flavor. Try champagne or prosecco vinegar in salad dressings, with sautéed beans and even potato salad! A peach balsamic vinegar is also a perfect topping for a summer salad.

- Olive Oil

Olive oil has a lovely fruity and sometimes peppery flavor on its own, but an infused oil can add even more "oomph." Try a lemon infused oil with a quinoa and tomato salad, or drizzle fish or steak with a garlic infused oil.

- Salt-free Blends

Of course, there are many blends of herbs and spices that skip the salt to try. Check your local purveyor of spices for their recommendations or explore your local grocery store aisles. An extensive collection is available online through many spice companies – there is a style for every taste, savory and sweet!

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16 Monthly Menu

ST. GEORGE ACTIVE LIFE CENTER January 2021



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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.			CLOSED
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5 Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Dinner Roll Peaches Milk Margarine	6 Sliced Turkey with Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing	7 Homemade Meatloaf with Brown Gravy Country Potatoes Capri Vegetables Carrot Raisin Salad Dinner Roll Seasonal Fruit Milk Margarine	8 BBQ Chicken Baked Beans Coleslaw Hamburger Bun Apple Raisin Compote Milk Diet - Apple slices
12 Smoked Turkey and Potato Soup Half Ham and Cheese Sandwich Lettuce and Tomato Cucumber Salad Tropical Fruit Cocktail Milk Mustard	13 Beef Lasagna Italian Vegetables Mixed Green Salad Texas Bread Pears Milk Margarine Salad Dressing	14 Cheese Omelet Hashbrowns Broccoli Croissant Seasonal Fruit Milk Assorted Jelly	15 Chicken Pot Pie Club Spinach Biscuit Mandarin Oranges Milk Margarine
19 Hamburger Patty Lettuce Tomato Onion Pickle Tater Tots Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mustard	20 Parmesan Chicken Penne Pasta Garden Vegetables Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine	21 Country Fried Steak with Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	22 Cheese Enchiladas Enchilada Sauce Spanish Rice Black Beans Mixed Green Salad Seasonal Fruit Milk Salad Dressing
26 Chicken Cordon Bleu Parslied Rice Green Peas Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing	27 Potato Crusted Fish Crinkle Cut Fries Mixed Vegetables Coleslaw Dinner Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup	28 Sweet and Sour Chicken Jasmine Rice Whole Kernel Corn Mixed Green Salad Dinner Roll Tropical Fruit Cocktail Milk Margarine Salad Dressing	29 National Corn Chip Day Beef Chili with Beans Baked Potato Half Shredded Cheese Mixed Green Salad Parslied Carrots Seasonal Fruit Corn Chips Milk Salad Dressing

