



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/](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



February 2021

THE CURRENT STATE OF AFFAIRS AT THE CENTER

To answer the big question right away, we are still closed and we do not know when we will reopen. That also means that AARP will not be doing taxes in our building this year, although they will still be assisting with tax preparation. You can find additional information at https://www.aarp.org/money/taxes/aarp_taxaide/, or you may contact AARP representative Nancy Norbeck at 435-703-9995 for more information.

In other news, our garden area at the back of our property is coming along nicely. Here are some photos of what we have in place so far. We're excitedly shopping for seeds to plant soon.



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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.**



As always, if you're interested in getting involved, please call Jeanie Johnson at 435-634-5743.

We hope to see you in person very soon! In the meantime, stay safe, happy, and healthy!



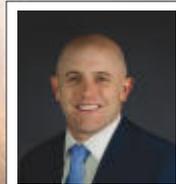
ZION EYE INSTITUTE



Jason Ahee, M.D.
Cataract/Lasik Surgeon



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



Derrek Denney, M.D.
Cataract/Lasik Surgeon



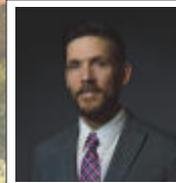
Joshua Schliesser, M.D.
Pediatric Eye Specialist/ Surgeon



Jeffrey Ricks, O.D.
Optometrist



Jason Hauck, O.D.
Optometrist



Matheson Harris, M.D.
Oculofacial/Reconstructive Surgeon



Jason Wickens, M.D.
Vitreoretinal Surgeon

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HEALING THROUGH ART



For seniors dealing with memory loss, stress or pain, coloring, drawing, painting or sculpting may be a beneficial activity. It may be a surprise to many that artistic activities can help keep the mind sharp and promote dexterity, especially in a backdrop that is fun, casual and social. No matter the age of the participant, artistic interests can become a treasured hobby, and each gathering is an opportunity to reap the rewards of this fun form of therapy.

What is Art Therapy?

According to the American Art Therapy Association, art therapy is a mental health profession which provides a unique approach to improving psychological health, cognitive abilities, and sensory-motor functions. Practitioners have an understanding of human development and psychological theories and techniques that use the visual arts and the creative process as tools. The process of creating artwork can help people express their feelings while reducing anxiety and stress.

There are many different types of art therapy. In fact, all forms of art offer therapeutic benefits. Painting and drawing, writing, knitting, crocheting, and sewing are common creative outlets. Even music can be a part of art therapy. The creative process in itself is extremely beneficial, but for many people, the finished product is what instills a sense of self-worth and accomplishment.

Most often, patients are guided by a professional art therapist who assists them in utilizing various art forms while addressing their mental, physical, and emotional health concerns at the same time.

Benefits of Art Therapy

- Increased motor skills and coordination — participants focus on a single task such as painting, drawing, sculpting or another project. These activities help to improve coordination and increase blood flow, which may increase dexterity in the hands, wrists and fingers — helping to alleviate chronic pain and inflammation.
- Cognitive function and stimulation — learning a new skill helps stimulate healthy brain activity, which may reduce the rate of developing memory issues such as Alzheimer's disease.
- Better mood and mental health — participating in artistic endeavors, even adult coloring, can reduce feelings of anxiety, depression, and stress in seniors. In one study, seniors who participated in artistic activities experienced less loneliness, depression, and had a better outlook on life.
- Social Outreach — Because art therapy most often occurs in a social environment, participants naturally socialize and communicate with one another. For some seniors, who may struggle with loneliness or isolation, art therapy provides them the opportunity to socialize and make friends in a relaxing and casual setting.

Art therapy is a terrific way to communicate your thoughts, process your feelings, and find much-needed relief from the stresses of everyday life. By utilizing it to the fullest, you are making the choice to work on yourself in some of the best ways possible.

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

People aged 70 and over can register starting Monday, January 18th to get their first dose of COVID-19 vaccine. They can sign up at 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 starting on Tuesday, January 19th. 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. It will take many weeks to schedule and vaccinate the 70+ age group.

The SWUPHD will continue vaccinating previous priority groups as well, including non-hospital healthcare workers, first responders, K-12 school staff. Eligibility for other age groups and health conditions will be announced at a later time.

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 for COVID-19 updates and vaccine eligibility announcements.

<p>Cynthia Stewart Licensed Agent 435-862-7153</p> <p>Solutions For Seniors 169 West 2710 South Circle #202 Saint George, UT 84790 solutions4LTC@gmail.com</p>	 <p>CORAL DESERT REHABILITATION</p> <p>Our Care is St. George's Hidden Gem 435-674-5195</p> <p>Nursing Care • Orthopedics • Private Rooms Pulmonary Patients • Wound Care Aqua Pool Therapy • Physical Therapy Occupational Therapy • Speech Therapy</p> <p>1490 E. Foremaster Dr., Bldg B • St. George, UT www.coraldesertrehabilitation.com</p>
<p>Welcome NEIGHBOR!</p> <p>You should REVIEW your HEALTH coverage if:</p> <ul style="list-style-type: none"> • You're 65 this year or next • You've MOVED to the area recently • You're RETIRING and leaving your employer coverage <p>Get the BENEFITS that work for YOU!</p>	<p>PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM</p> <p>\$29.95/MO PLUS SPECIAL OFFER BILLED QUARTERLY</p>  <p>CALL NOW! 1.877.801.5055 WWW.24-7MED.COM</p>
 <p>Come home to Primrose!</p> <p>Community isn't part of our name by accident. Primrose Retirement Community is where your neighbors are your friends.</p> <p>Give us your to do list so you can experience retirement as it should be. Enjoy the Primrose lifestyle with a variety of activities and maintenance free living!</p> <p>It's much more than a retirement community, it's home.</p> <p>COMING SOON to the beautiful Stucki Farms Development!</p> <p>PRIMROSE RETIREMENT COMMUNITIES</p> <p>Call now to reserve your home! (435) 565-4197 PrimroseRetirement.com</p>	



Some Thoughts on Aging Well

I asked a friend who has crossed 70 and is heading towards 80 what sort of changes he is feeling in himself. He sent me the following:

1. After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
2. I have realized that I am not Atlas. The world does not rest on my shoulders.
3. I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane and relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
7. I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."
8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
9. I walk away from people who don't value me. They might not know my worth, but I do.
10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.
11. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
13. I have learned to live each day as if it's the last. After all, it might be the last.
14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

(from Facebook.com/LifeLooker)



The best defense against Medicare fraud, errors, and abuse is you. Checking your MSNs (Medicare Summary Notices) when they come in the mail is an important habit to start. Here are just three things you can look for when reviewing your MSNs to spot potential fraud.

Check the location of the provider: Is there a claim on your summary where the provider is from a different city or state? That's a major red-flag.

Check the date of service: Are there claims for services on days you weren't seen by a provider? Keeping a calendar of your appointments can help you confirm this.

Check for duplicate billing: Are there multiple claims for the same or similar services? This could be an example of error or abuse.

If you have questions about how to review your MSNs or discrepancies you may find, contact your local Senior Medicare Patrol to help. Call (435)673-3548 to get started.



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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	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) Tue/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

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	2:00—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

ACROSS

- 1) Karate blows
- 6) Column type
- 11) Bug spray no more
- 14) City in Morocco
- 15) Cause of employee elation
- 16) "Yay!"
- 17) Washer's site
- 19) Sailor's "si"
- 20) Some precious stones
- 21) Space to maneuver
- 23) Feisty
- 26) The human race
- 27) Spanish restaurant staple
- 28) Obviously decayed
- 29) Ticked off
- 30) Screen personas
- 31) "Golly!"
- 34) List-heading
- 35) Nutritionist's topics
- 36) Refrain syllables
- 37) Inventor Whitney
- 38) Some mediums read them
- 39) Entranceways
- 40) With precision
- 42) Channel surfer's need
- 43) Some cats
- 45) Wise king of Israel
- 46) Wilde of old Hollywood
- 47) Step in a flight
- 48) As well
- 49) Place to talk and relax
- 54) A Beatle wife
- 55) "Love Boat" bartender
- 56) Mobile mob
- 57) Sleep lab study
- 58) "I told you so!" smile
- 59) Use Twitter

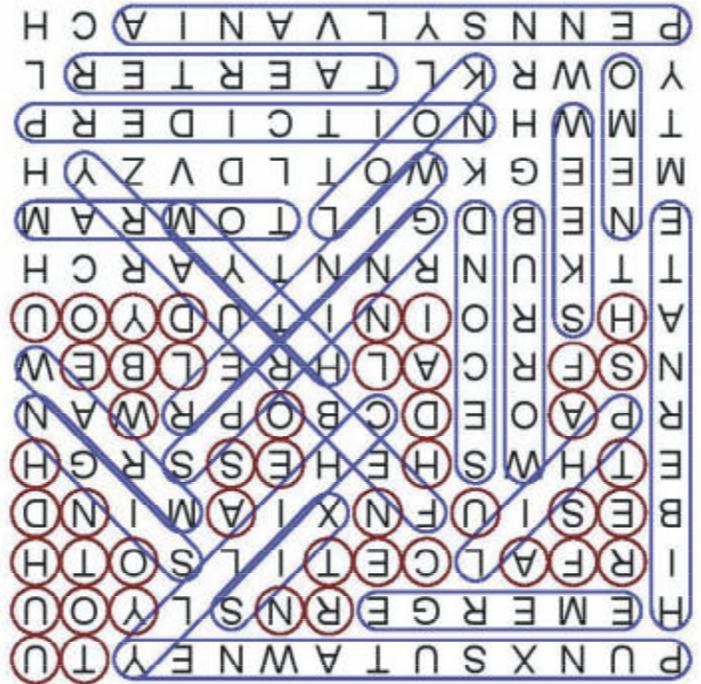
DOWN

- 1) French wine classification
- 2) Head topper
- 3) Japanese waist-cincher
- 4) City near San Francisco
- 5) Dot painting
- 6) Without any pizzazz
- 7) Dinghy directors
- 8) ___ de Janeiro
- 9) Sets aside from the others
- 10) Makes sidewalks
- 11) Formal reception area
- 12) Onetime Israeli leader Moshe
- 13) "Holy cow! ___ never believe it ..."
- 18) ___ keg (get the beer flowin')
- 22) Just manage (with "out")
- 23) "Cut off your nose to ___ your face"
- 24) Christmas tune
- 25) Library area
- 26) Jell-O formers
- 28) Like this puzzle's theme?
- 30) Restaurant freebies
- 32) Keep your ___ the ground
- 33) German industrial center of the Ruhr
- 35) Submissive mental attitude
- 36) "Annie" showstopper
- 38) Slight paralysis
- 39) Thrill to pieces
- 41) One billion years, in geology
- 42) Sorrel-colored horse
- 43) Thespian
- 44) Nary a soul
- 45) Cinnamon unit
- 47) Night sight in the sky
- 50) ___-chi
- 51) Smelter input
- 52) Emotion-filled poem
- 53) One who once played at Shea

BUT HOW MANY BATHS?

By Rob Lee

1	2	3	4	5	6	7	8	9	10	11	12	13	
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57					58					59			



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GROUNDHOG 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.

```

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

```

By Evelyn Johnson - www.qets.com

Burrow	Myth	Second
Chilly	Omen	Sign
Emerge	Pennsylvania	Six
February	Phil	Spring
Hibernate	Prediction	Warm
Look	Punxsutawney	Weeks
Marmot	Retreat	Winter

A man decided his wife was getting hard of hearing. He called her doctor to make an appointment to have her hearing checked. The doctor said he could see her in two weeks, and meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening, the wife was in the kitchen cooking dinner, and the man was in the living room, and he said

to himself, "I'm about 40 feet away, let's see what happens."

"Honey, what's for supper?" No response. So he moves to the other end of the room, about 30 feet away.

"Honey, what's for supper?" No response. So he moves into the dining room, about 20 feet away.

"Honey, what's for supper?" No response. On to the kitchen door, only 10 feet away.

"Honey, what's for supper?" No response. So he walks right up behind her. "Honey, what's for supper?"

"For the fifth time, CHICKEN!"

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THINK SQUASH ISN'T FOR YOU? THINK AGAIN.



Seniors with healthy eating habits may be able to fight off illnesses quicker than those who don't. From cancer prevention and heart health to keeping Alzheimer's disease at bay, bringing vegetables like squash into your diet may help.

True to their name, winter squashes are ideal foods to have on hand during the cooler months. They not only are packed with immune-enhancing nutrients but also work well in heartier dishes and can last a long time in your kitchen.

While you may only think about squash in the fall, adding these dense veggies will pack a punch when it comes to fighting disease and many are available year-round.

Most Popular Types of Squash

Zucchini — This slender (or if forgotten in the garden, enormous) green vegetable is part of the squash family and is a popular veggie well-known for its proven nutritive properties. It's low in carbohydrates, calories, and contains healthy fats. It is great fried, added to casseroles or snuck into baked goods.

Yellow — Besides the color, yellow squash differs from zucchini with a larger bottom and more tapered neck. The nutty flavor contrasts well with zucchini's more cucumber-like taste. Eating yellow squash can lower cholesterol levels, provides antioxidant benefits, lowers blood pressure and more.

Pumpkin — This slightly sweeter winter squash is used both in savory dishes and sweet desserts. Pumpkin has exceptional antioxidant properties due to the presence of alpha and beta carotenes.

Spaghetti — oval-shaped, spaghetti squash is yellow or orange colored, and after cooking can be separated

into long, thin strands that look similar to spaghetti (hence the name!). It is often used as a healthy substitute to traditional spaghetti.

Butternut — This winter squash is larger in size and often roasted whole with its seeds and rind. It adds a nice flavor to chili and pasta dishes and is great roasted with a small amount of butter and cinnamon.

Acorn — aptly named because when fully grown, they look quite similar to large acorns, with a delicious twist of being green and heavily ridged around the exterior. Acorn squash is a winter squash, meaning that it grows longer on the vine before harvest. Besides the delicious taste, it is also more nutrient-dense than any of its summer squash relatives, making it an invaluable part of a healthy and balanced diet.

Patty pan — Also known as scallop squash due its scalloped edges, patty pan squash is a small, brightly colored, summer variety. It is a good source of folate, manganese and vitamin C, and ranks extremely low in calorie count. Patty pan tastes great roasted, grilled or fried.

Benefits of Adding Squash to Your Diet

- Strengthen bones with valuable trace elements such as calcium and zinc.
- Regulate blood sugar as a good source of fiber and vitamin B, which help stabilize insulin and glucose levels.
- Boost immunity with antioxidants such as vitamin C.
- Prevent heart disease with cholesterol-lowering pectin.
- Fight lung cancer and other respiratory illnesses with high amounts of vitamin A.
- Support Eye health with vitamins and minerals good for preserving eyesight.

See Pumpkin Sausage Pasta recipe on the next page!

Pumpkin Sausage Pasta

- 1 lb. penne pasta
- 1 lb. sweet Italian sausage, casings removed
- 1 med. onion, finely chopped
- 4 cloves minced garlic
- 1 bay leaf
- 2 Tbsp fresh sage
- 1 cup white wine or chicken broth
- 1 cup cooked and pureed pumpkin or other winter squash
- 1 cup chicken broth
- ½ cup evaporated milk
- 1/8 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- Salt and pepper to taste

- *Fresh sage leaves
- * Parmesan cheese

Cook pasta according to package directions and set aside.

In large frying pan, brown sausage over medium high heat. When cooked, remove meat and set aside. Drain fat from pan and return pan to stove.

Sauté onion and garlic in pan for 3-5 minutes. Add bay leaf, sage and wine. Cook until half the liquid evaporates — about 2 minutes. Mix in chicken broth and pumpkin. Continue stirring until sauce begins to bubble. Reduce heat and add sausage.

Stir in milk. Add seasonings and simmer 5-10 minutes to thicken. Remove bay leaf. Combine sauce and pasta and toss over low heat for about a minute. Garnish with freshly grated Parmesan or Romano cheese and fresh sage leaves (optional).

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16 Monthly Menu

ST. GEORGE ACTIVE LIFE CENTER

February 2021



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5
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
9	10	11	12
Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Dinner Roll Peaches Milk Margarine	Sliced Turkey with Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing	Homemade Meatloaf with Brown Gravy Country Potatoes Capri Vegetables Carrot Raisin Salad Dinner Roll Seasonal Fruit Milk Margarine	Valentine's Day Meal Roast Beef with Gravy Mashed Potatoes Sliced Carrots Mixed Green Salad Dinner Roll Baked Cookie Milk Margarine Salad Dressing Diet - Vanilla Wafers
16	17	18	19
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
23	24	25	26
Hamburger Patty Lettuce Tomato Onion Pickle Tater Tots Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mustard	Parmesan Chicken Penne Pasta Garden Vegetables Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine	Country Fried Steak with Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Cheese Enchiladas Enchilada Sauce Spanish Rice Black Beans Mixed Green Salad Seasonal Fruit Milk Salad Dressing

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.

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