



# 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/](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 (through April)

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

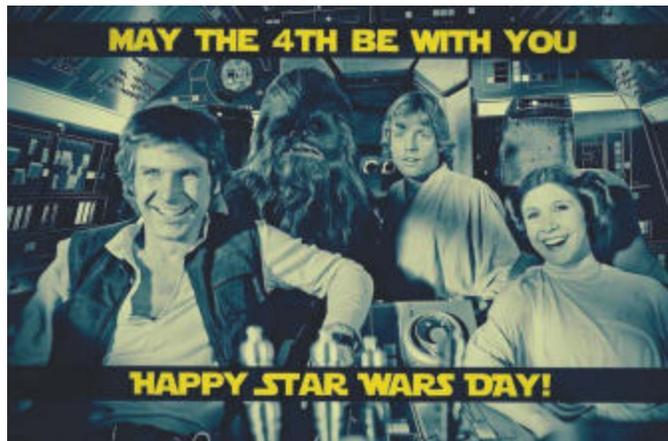
Dial-a-Ride: Deanna Bringham

Director: Jacob Browning



## April 2021

MAY THE FOURTH BE WITH YOU. AND YOU. AND YOU, TOO. MAY THE FOURTH BE WITH EVERYONE!



Or, more precisely, come be with us on May the 4th. Yep, that's right, folks. We are reopening! No more lonely light saber practice sessions at home. No more asking the Wookiee to fix your lunch. No more missing the friends you made in

the Jedi training academy. We've spent the last two months helping the Southwest Utah Public Health Department ensure that seniors who want the vaccine were able to get it, and now we're going to reap the benefits of all that hard work.

Most of our instructors will be returning, something we're very grateful for, so we should start up with an almost full bank of classes and activities. It may be necessary to rearrange the class schedule to ensure we are still able to socially distance so please be patient with us if you find your favorite class has moved to a different time slot.

If you're excited to come have lunch again, we will likely be having two seating's so that social distancing is possible there as well. We'll finalize that plan later this month so watch our Facebook page, our website, and the May newsletter for that announcement. Dust off your dance shoes, dig out your key tags, and we'll see you in a few weeks!

## IN THIS ISSUE

<b>Page 3</b>	Dial-a-Ride Information	<b>Page 14</b>	Home & Lifestyle
<b>Page 4</b>	For Your Health	<b>Page 18</b>	Food & Nutrition
<b>Page 7</b>	Medicare Info	<b>Page 19</b>	Art Therapy
<b>Page 8</b>	Activities List	<b>Page 20</b>	Monthly Lunch Menu
<b>Page 10</b>	Fun & Games		



## 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!*



134 W 2025 S • St. George, UT 84770  
435-628-1117 • [www.stellarliving.com](http://www.stellarliving.com)



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

**CALL DIAL-A-RIDE**

**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:

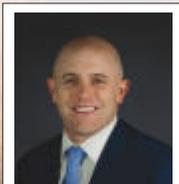
**\$3.00 ONE WAY, or \$5.00 ROUND TRIP.**



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



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



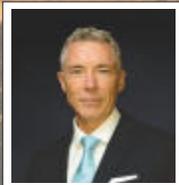
**Derrek Denney, M.D.**  
*Cataract/Lasik Surgeon*



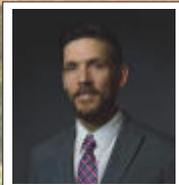
**Joshua Schliesser, M.D.**  
*Pediatric Eye Specialist/ Surgeon*



**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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**Rick Nordgren, M.D.**  
*Vitreoretinal Surgeon*

**435-656-2020**

**www.zioneye.com**



## HEART FAILURE IDENTIFICATION AND MANAGEMENT



It's an undeniable, irreversible truth: Death comes to us all. In fact, we can now reasonably predict what will take your life, and for Americans, the leading cause of death for decades has been heart disease. In an age where Western medicine has made incredible advances, why are so many people continuing to suffer from a disease that if not prevented, can at least be well-managed? Dixie Palliative Care believes that patient education and routine monitoring are paramount to conquering this disease that steals quality of life from so many people in our community.

For hundreds of years, man has romanticized the idea of a broken heart. Countless poems, songs, and movies have been dedicated to the subject. While heart failure in the medical setting is not as romantic as the undying love story portrayed on the big screen, it is equally as dramatic. The heart, like characters in a movie, is affected by choices made in the past. In a typical storyline, good decisions have happy outcomes, and poor decisions have negative outcomes. The same concept applies to the heart. Heart failure is a multifaceted and challenging process, and this diagnosis can seem overwhelming. However, being aware of risk factors, signs of new disease, and education on how to manage the disease process will make all the difference.

Heart disease is an insidious process, which is why routine assessments from your primary care physician are important to detect changes in your heart's function. Essentially, heart failure occurs when the heart muscle can no longer pump efficiently enough to deliver blood and oxygen to the body. The heart does have several compensatory mechanisms to maintain function, but these are temporary measures. The good news is there are several tell-tale signs that identify a worsening condition, and by in-

tervening early, heart function can be salvaged. Common early symptoms include persistent shortness of breath with activity, especially while lying down; buildup of fluid in lower legs; feeling tired while completing routine daily activities; and a racing sensation in your heart.

Once diagnosed, there are multiple interventions that can be implemented to improve negative symptoms. These options will always be the most effective if you are actively engaged in making lifestyle changes. The American Heart Association states the following are important issues to address:

- Eating a heart-healthy diet
- Reducing stress
- Quitting smoking and limiting alcohol intake
- Being physically active
- Maintaining or losing weight
- Managing stress
- Following medication regimens recommended by your physician

These suggestions are healthy advice for any person, but especially important for those with heart disease. If you or a loved one are experiencing symptoms of heart failure, notify your physician for a more in-depth evaluation. People diagnosed with chronic heart failure are eligible for services with Dixie Palliative Care, which includes routine nursing visits and monthly visits from a nurse practitioner, all in the comfort of your own home. Dixie Palliative Care even has a nurse practitioner who specializes in cardiology on staff to provide the most comprehensive care possible. Please contact Dixie Palliative Care at (435) 673-2051 with questions or for a free consultation.

Logan Winterton, RN, BSN

## COVID-19 VACCINATION INFORMATION FROM THE HEALTH DEPARTMENT

People aged 16 and over can register starting March 24th to get their first dose of COVID-19 vaccine. They can sign up at <https://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. Staff at the St. George Active Life Center can assist seniors who cannot access the internet to schedule an appointment. Please call 435-634-5743 to speak with center staff. Local pharmacies in Washington County are also giving vaccinations. Please contact them directly. More information can be found at <https://>

[vaccinefinder.org/](https://vaccinefinder.org/).

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

A second dose (for Moderna and Pfizer shots) 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, the website at [swuhealth.org/covid](https://swuhealth.org/covid), or social media at [swuhealth](https://swuhealth.org/covid) for COVID-19 updates and vaccine eligibility announcements. Or text SWUHEALTH to 888777 to get clinic updates via text message.

**MY CHOICE IS**



**summit**  
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**(435) 359-4599**

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- Communicate with physician, patients and caregiver

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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.



**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](http://www.cdc.gov/vsafe)

### 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)



[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

## Medicare Message

Depression is the leading cause of disability in the world, affecting one out of every 6 adults. Now more than ever, it's important to know the signs of depression and when to get help. There are many different depression symptoms, like feelings of sadness or guilt, loss of interest in activities, change in weight, being more or less active than usual, trouble sleeping or sleeping too much, trouble concentrating, suicidal thoughts.

If you're experiencing any of these symptoms, talk to your doctor about getting a depression screening. Medicare covers a depression screening once per year, and you pay nothing if your doctor accepts assignment. Medicare also covers other mental health services, so get the care you need. If you have questions about Medicare coverage of Mental Health services, contact the SHIP program at (435)673-3548.



- 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

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BEST OF BROADWAY 2

MAR. 4TH - APR. 10TH

HIGH SCHOOL MUSICAL

AUG. 19TH - SEPT. 18TH

39 STEPS

OCT. 7TH - OCT. 30TH

ANNIE GET YOUR GUN

APR. 29TH - MAY. 29TH

SOUTH PACIFIC

JUNE 24TH - JULY 24TH

WHITE CHRISTMAS

NOV. 18TH - DEC. 18TH

PURCHASE TICKETS AT [SGMT.ORG](http://SGMT.ORG)

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) 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 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
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$1.00

# Activities List

LASS	DESCRIPTION	DAY(S)	TIME	DONATION
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	Will resume in September	<del>Wednesday</del>	<del>12:30—1:30</del>	<del>\$1.00</del>
Tap—Intermediate	Will resume in September	<del>Wednesday</del>	<del>1:30—2:30</del>	<del>\$1.00</del>
Tap—Advanced	Will resume in September	<del>Wednesday</del>	<del>2:30—3:30</del>	<del>\$1.00</del>
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

*Classes will be restarting in May*

### ACROSS

- 1) Dog tag datum
- 6) Sanctified (var.)
- 11) Summon a genie, in a way
- 14) French wine region
- 15) 4:1, e.g.
- 16) Metal-in-the-raw
- 17) Occurs
- 19) Like a burning candle
- 20) Bog
- 21) Sound of impact
- 23) Clad
- 26) Cause of concern at the polls
- 27) One of the friends on "Friends"
- 28) Altogether
- 30) Does some tailoring
- 31) Condescending one
- 32) Furry household member
- 35) Bank offering, for short
- 36) Sgts., e.g.
- 38) Type of lab
- 39) The Tigers, on scoreboards
- 40) Birdlike
- 41) Accomplishment
- 42) Pieces for eight
- 44) Cascades peak
- 46) Noisy toy
- 48) Hunter, to the prey
- 49) Broadcasting
- 50) Old Turkish coins
- 52) Fleur-de-\_\_\_
- 53) Focus on satisfaction
- 58) Columbus Day mo.
- 59) University in Beaumont, Texas
- 60) "Falstaff" composer
- 61) "Comprende?"
- 62) Bullpen sound
- 63) Shortsighted one

### DOWN

- 1) Mythical monster
- 2) First name in comedy?
- 3) \_\_\_ de plume
- 4) Adversaries
- 5) Soak up again
- 6) Like some humor
- 7) Pool exercises
- 8) Flight data, briefly
- 9) " boom bah!"
- 10) Drunkards
- 11) Slatted furniture item
- 12) Bathsheba's first husband
- 13) Legendary TV actress White
- 18) Birch or banyan
- 22) Butter unit
- 23) Ladybug's snack
- 24) "So \_\_\_!"
- 25) Sauce ingredient, sometimes
- 26) Molecular bit
- 28) Ancient Peruvians
- 29) Twelve, half of the time
- 31) Agitated state
- 33) Related maternally
- 34) Golden Horde member
- 36) Innately gifted ones
- 37) Kitchen appliance
- 41) One way to be accused
- 43) Certain special effect, in movies
- 44) Short stride
- 45) Globetrotter's home
- 46) Some shirts
- 47) Chilled
- 48) Badminton or tennis
- 50) BBs, e.g.
- 51) Antares, for one
- 54) "At Seventeen" singer Janis
- 55) "Long \_\_\_ and far away ..."
- 56) Maple product
- 57) "... \_\_\_ he drove out of sight"

### HIGH AND INSIDE

By Agnes Brown

1	2	3	4	5		6	7	8	9	10		11	12	13	
14						15						16			
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49								50	51						
52							53	54					55	56	57
58							59					60			
61							62					63			



## APRIL FOOL'S DAY

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.

```

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

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

Absurd	Gag	Prank
Amuse	Gullible	Ruse
April	Hoax	Silly
Comical	Humor	Spoof
Deceive	Joke	Stunt
Fool	Nonsense	Unwitting
Fun	Outrageous	Wild

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Trevor's NMLS #267962

\*homeowner is responsible for paying normal home expense for Taxes, Insurance, HOA, etc.



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**Dixie Palliative** bridges the gap between home health and hospice.  
We work closely with patients' physicians to coordinate optimal and  
ongoing treatment for serious, chronic, and life-threatening illnesses.

Phone: 435-673-2051

**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

Phone: 435-627-2724



For ad info. call 1-800-950-9952 • [www.lpseniors.com](http://www.lpseniors.com)

St. George Utah Senior, St. George, UT

F 4C 05-1049

## THE NO SUGAR LIFESTYLE



The American Heart Association suggests that women consume no more than six teaspoons (tsp), or 24 grams of added sugar daily, and men consume no more than 9 tsp, or 36g daily. Regardless of your age, removing sugar from your diet can offer many benefits and contribute to an overall healthier lifestyle. Whether you choose to go “sugar-free” for a specific period, such as a temporary sugar fast, or make this a permanent change to your diet, the health benefits exist. However long you choose to abstain from sugar, there are a few essential things to consider before jumping in with your eliminations.

### Keep Your Eyes Open for “Hidden Sugar”

Finding hidden sugar can be the key to succeeding in following this type of diet. It is easy to read the label and determine the amount of sugar found in food items such as cereals, cookies, or candy; recognizing the effect of sugar hiding in carbohydrates, condiments, and even naturally occurring in some foods can be tricky.

A no sugar or sugar-free diet does not mean swapping out sugar for a sugar substitute or finding sugar-free options for your favorite treats. This awareness is particularly important if you are removing sugar to aid with weight loss. Some studies indicate that sugar substitutes may be less effective in weight loss because even though they offer no additional calories, they may have the exact opposite result.

### Artificial Sweetener Has Its Downsides

Artificial sweeteners are significantly sweeter than table sugar and may cause a desensitization to sweetness. In response, artificial sweetener users often find healthful but not-so-sweet foods such as fruits and vegetables unappetizing by comparison. Calories removed from

the diet by swapping sugar for sweeteners may re-enter in the form of refined carbohydrates such as crackers, chips, pastries as well as unhealthy saturated and trans fats.

The key to healthy eating is moderation and balance, especially when contemplating the naturally occurring sugars in fruits, vegetables, and milk. Although some can be high in sugar, they are also excellent sources of fiber, vitamins, and minerals. With natural sugars like those found in fruit, it is vital to be aware of the calorie count. For instance, a glass of fruit juice may have as many calories as the same size glass of sugary soft drink, but the juice containing vitamins and minerals can be part of a healthy diet.

### Not All Sugar is Found in Food

American Diabetes Association warns about other sources of hidden sugar in food, sugar alcohols. Sugar alcohols are a type of sugar substitute that have fewer calories per gram than sugars and starches. Sorbitol, xylitol and mannitol are examples of sugar alcohols. These ingredients are typically listed on the label under Total Carbohydrate. Not all foods that contain sugar alcohols are necessarily low in carbohydrate or calories. A “sugar-free” label does not always translate to calorie or carbohydrate-free, so be mindful of the grams of total carbohydrate and calories.

Take heart; there are easy ways to include the good stuff in your diet, even if you are on the go. Though we typically consider sneaking veggies into children’s food, such as adding shredded carrots to sauces or mashed bananas into waffles, these work for adults looking to balance their diet as well. Consider investing in a juicer (though a regular blender works as well) and creating your own fruit and vegetable drinks, occasionally adding low-fat or sugar-free yogurt for a treat.

## FOUR USEFUL DRIVING AIDS FOR OLDER ADULTS

Getting your driver's license represents a rite of passage to adulthood. Throughout life, adults often feel a sense of independence from being able to drive, especially those who reside in cities and towns that lack safe, accessible public transportation. There are undeniable physical changes caused by aging, however, that can make driving more difficult and less safe.

From a loss of flexibility to slower reflexes, the issue of senior driving can be contentious in many families. Older adults who aren't willing to acknowledge the changes taking place put themselves at risk for an accident. For example, arthritis may impede an older driver's ability to reach over their shoulder and pull the seat belt without pain. This limitation might lead them to skip wearing a seat belt altogether.

Fortunately, there are driving aids that can help keep senior drivers safe behind the wheel of their car.

Here are a few tools that can make driving a little easier as you grow older:

1. Swivel seat: One challenge senior drivers cite is getting safely in and out of their vehicles. It is a task that can lead to falls. That's because loss of flexibility combined with balance problems, make it more difficult to rotate the body and slide behind the wheel of a car.

A solution that older adults might find helpful is an inexpensive aid known as a swivel seat cushion. They typically cost less than \$30 at most home improvement and big box stores. The aid allows a senior to sit down and then swivel the cushion to face forward.

2. Seat belt pull: Another common struggle older drivers face is reaching behind them to grab the seat belt and pull it forward. It can be difficult and even painful to reach across the opposite shoulder and pull the seat

### 4 Adaptive Aids for Older Drivers

*(Continued on page 17)*

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## FIVE WAYS TO SNEAK FRUITS AND VEGGIES INTO YOUR DIET



As Ferris Bueller would say, “The world moves pretty fast.” As busy as life gets, it’s sometimes hard to keep up and get much needed nutrition into our active lives. Picky eaters can be especially difficult when it comes to eating healthy foods like fruits and vegetables. So how do you sneak those servings in while moving at the speed of life and keeping fuss to a minimum? Here are five tips for amping up fruit and veggie eating.

#### 1. The Power of the Baked Good

Baked delights have been sneaking fruit and vegetables into our lives since our mother’s banana bread. Whether it’s banana chocolate chip muffins or pumpkin pancakes for breakfast, banana bread spread with peanut butter for a snack, or chocolate zucchini cake for dessert (check out the recipe on the page 17), it’s easy to pack a lot of nutrition in a small and tasty package. Most of these quick bread style recipes take only a few minutes to mix up and under an hour to bake. Make a double batch when you have time and freeze half for easy access when you’re really in a time crunch.

#### 2. The Magic of Dip

A doctor once suggested that a little ranch dip can go a long way to making crunchy crudité bites irresistible. Use a prepared dip or make your own with a mix and low-fat sour cream or yogurt. You could even try a flavored cream cheese! It’s easy to mow down a plate of carrots and peppers, scooping a bit of dairy in with each bite. Don’t forget that crunchy food helps relieve stress and increases the volume of our satiety cues.

#### 3. Keep Them in Sight

It sounds a little silly, but keeping easy to eat fruits and veggies in sight will help you remember to eat them.

Clementine’s, the easy to peel tiny oranges that are sweet as sugar, are a perfect example. Don’t forget that grapes and most berries can be popped into mouths with very little trouble. In the summer, freeze your grapes for a natural way to cool down!

#### 4. The One-pot Meal

Quick dinners are a must for busy families and sometimes taking the time to put together a spread with enough servings of all the correct food groups can seem impossible. This is where the one-pot meal can save your week. Put together a soup by sautéing veggies and adding store bought bone broth. Add the meat from a rotisserie chicken and some noodles and you’ve got the kind of meal where it’s tough to keep ALL the veggies from getting in — even if they try. Use leftover rice to make a “fried rice” skillet dish with peas and carrots or use a frozen stir-fry vegetable blend.

#### 5. The Hidden Secret of Italian Food

You might not think of it normally, but spaghetti and meatball night can pack a veggie punch. That red sauce is loaded with tomatoes, and who’s to stop you from blending some spinach into those meatballs? Don’t forget you can sub-in spaghetti squash for noodles or turn zucchini into boats to hold your sauce and cheese. Lasagna? Oh yes, you can hide zucchini “planks” and spinach in those layers. Or try a quick skillet dish with a can of diced tomatoes, some fresh spinach and sliced chicken Italian sausage for something lighter.

Just remember, keep it easy and creative and pretty soon you won’t have to sneak in those servings anymore.

(Continued from page 15)

belt with enough force to snap it closed. A tool that makes the process easier is a seat belt pull. This handle-like device provides up to 6 more inches of reach to use when pulling the seat belt closed.

3. Mirror adaptors: Another helpful set of aids for drivers whose flexibility is diminished are mirror adaptors. They are a good way to allow senior drivers to better view their surroundings. You can purchase them for the car's rearview mirror, as well as side mirrors. Once installed, they help prevent blind spots on both sides of the vehicle, as well as give drivers a panoramic view of what is behind them.

4. Pedal extender: While it's an issue older adults often joke about, research shows that seniors often become shorter by several inches as they age. This can make it tough to reach the pedals of the car. An inexpensive driving aid that might help is a pedal extender. These allow older drivers to reach the car pedals without sitting too close to the steering wheel. Proximity to the

steering wheel can be dangerous if an air bag deploys. Pedal extenders have a non-skid surface and are installed on top of the existing pedal.

#### Exercises for Driving Safety

Another way seniors can improve their driving safety is exercise. The Hartford Center for Mature Market Excellence worked with MIT's Age Lab to create a series of exercises for older drivers. These include strength training, range of motion, and flexibility exercises geared toward the unique challenges of older drivers. You can download a copy of the guide, *Exercise for Mature Drivers*, to use at home.

#### Transportation Options for Seniors

If you decide it might be time to hang up the car keys for good, you might need help investigating other ways to get around. *Transportation Options for Seniors* has some good suggestions for starting your search. Remember that the St. George Active Life Center has a Dial-a Ride program. See page 3 for details!



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## Chocolate Zucchini Cake (Recipe from Sally's Baking Addiction)



*This super rich and moist chocolate zucchini cake is topped with milk chocolate fudge frosting- you won't even taste the vegetables!*

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 3 hours, 30 minutes

Yield: serves 10-12

- 2 cups (250g) all-purpose flour (spoon & leveled)
- 3/4 cup (63g) unsweetened natural cocoa powder
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon espresso powder (optional)
- 1/2 teaspoon salt
- 1 cup (240ml) canola or vegetable oil
- 1 cup (200g) granulated sugar
- 3/4 cup (150g) packed light or dark brown sugar
- 4 large eggs, at room temperature
- 1/3 cup (80g) sour cream or plain yogurt, at room temperature
- 2 teaspoons pure vanilla extract
- 3 cups shredded zucchini (about 3 medium)\*
- 1 cup (180g) semi-sweet chocolate chips
- chocolate frosting or vanilla frosting

Preheat oven to 350°F (177°C). Grease two 9×2 inch cake pans. (Make sure they're at least 2 inches high, deep dish style.) Set aside.

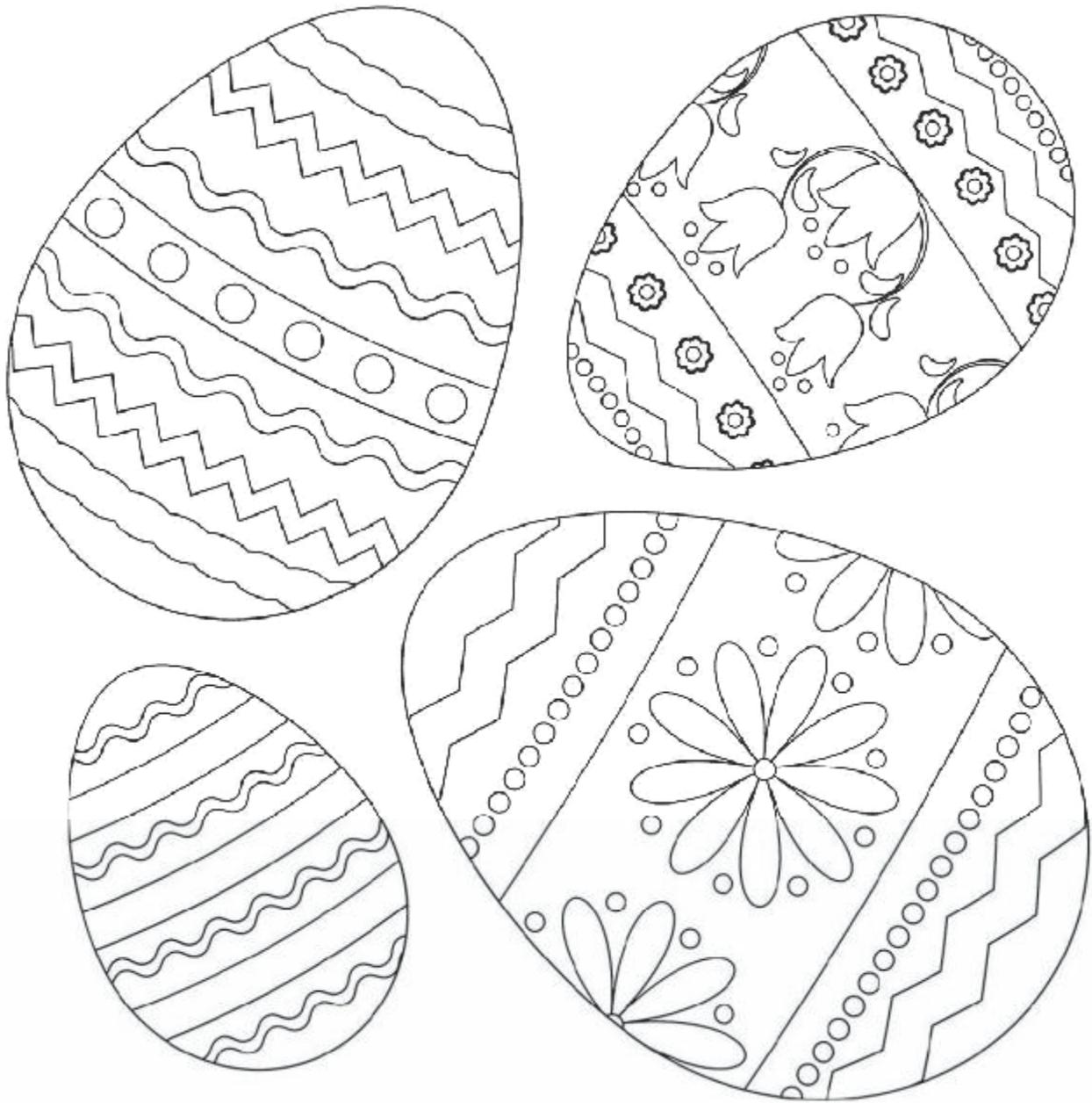
Make the cake: Whisk the flour, cocoa powder, baking soda, baking powder, espresso powder (if using), and salt together in a large bowl. In another large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the oil, granulated sugar, brown sugar, eggs, sour cream, vanilla, and zucchini together until combined. Pour into dry ingredients and beat on medium speed until completely combined. Beat in the chocolate chips. Batter will be slightly thick.

Pour batter evenly into cake pans. Bake for around 25-32 minutes or until the cakes are baked through. To test for doneness, insert a toothpick into the center of the cake. If it comes out clean, it is done. Allow cakes to cool completely in the pans set on a wire rack. The cakes must be completely cool before frosting and assembling.

Assemble and frost: First, using a large serrated knife, slice a thin layer off the tops of the cakes to create a flat surface. Discard (or crumble over ice cream!). Place 1 cake layer on your cake stand or serving plate. Evenly cover the top with frosting. Top with 2nd layer and spread the remaining frosting all over the top and sides. Pipe any leftover frosting on top, if desired. Decorate with chocolate sprinkles or mini chocolate chips if desired. Slice and serve.

Cover any leftover cake and store at room temperature for 2-3 days or in the refrigerator for up to 5 days.

More info and tips at <https://sallysbakingaddiction.com/chocolate-zucchini-cake/>.



# 20 Monthly Menu

## ST. GEORGE ACTIVE LIFE CENTER April 2021

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and Bread served with all meals.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>			<b>Easter Day Meal</b>
		Country Fried Steak with Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Glazed Ham Green Beans Yams Carrot Raisin Salad Dinner Roll Rocky Road Pudding Milk Margarine Diet - SF Chocolate Pudding
6	7	8	9
Smothered Chicken Au Gratin Potatoes Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine	Spaghetti and Meatballs Broccoli Mixed Green Salad Dinner Roll Grapes Milk Margarine Salad Dressing	BBQ Pulled Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk	Roast Beef with Au Jus Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit Dinner Roll Milk
13	14	15	16
Swedish Meatballs Egg Noodles Green Peas Parslied Carrots Texas Bread Seasonal Fruit Milk Margarine	Baked Fish with Creamy Dill Sauce Twice Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk	Beef Patty Lettuce   Tomato   Onion   Pickles Crinkle Cut French Fries Hamburger Bun Hot Spiced Apples Milk Mustard   Ketchup	Cheese Ravioli with Marinara Sauce California Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Salad Dressing
20	21	22	23
Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Pineapple Slaw Biscuit Milk Sugar Cookie Diet - Vanilla Wafers	Minestrone with Italian Sausage Soup Mixed Green Salad Fluffy Fruit Salad Dinner Roll Chocolate Chip Cookies Milk Diet - Vanilla Wafers Salad Dressing	Bratwurst Sauerkraut Herb Potato Salad Hot Dog Bun Hot Pineapple Tidbits Milk Mustard	Tater Tot Casserole Parslied Carrots Mixed Green Salad Garlic Texas Bread Peach Crisp Milk Salad Dressing Diet - Hot Peaches
27	28	29	30
Open Faced Turkey Sandwich with Poultry Gravy Mashed Potatoes Green Beans and Onions Mixed Green Salad Texas Bread Ambrosia Salad Milk Salad Dressing	Swiss Steak Confetti Rice Bahamas Vegetables Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Chicken Fajitas Shredded Cheese Lettuce & Tomato Black Beans Fiesta Vegetables Flour Tortilla Peaches Milk Taco Sauce	Homemade Meatloaf with Au Jus Scalloped Potatoes Green Peas Spinach Salad Dinner Roll Tropical Fruit Cocktail Milk Margarine Salad Dressing