



ST. GEORGE ACTIVE LIFE CENTER

For Active Adults | 60+ Forever Young

CENTER INFORMATION

245 N. 200 W.

St. George, UT 84770

phone: 435.634.5743

web: <http://>

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

Facebook: <https://>

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

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

HOURS

Tuesday -Friday

9:00 am - 4:00 pm

(Closed Saturday thru Monday)

LUNCH

BEGINNING MAY 4TH

Tuesday -Friday

11:30 am -12:30 pm

Suggested Donation \$3.00

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



May 2021

ON THE FOURTH, THE THINGS YOU WILL SEE. OTHER PLACES. THE FUTURE. THE PAST. - YODA (SORT OF)

**A LONG TIME AGO,
IN A GALAXY FAR, FAR AWAY,
THE ST. GEORGE ACTIVE LIFE CENTER
WAS FORCED TO CLOSE THEIR DOORS
DUE TO AN EVIL ILLNESS THAT WAS
SPREADING THROUGHOUT THE STAR SYSTEM.
FEW HAD HOPE THAT THERE WOULD EVER BE A TIME
WHEN THE CENTER WOULD OPEN AGAIN. HOWEVER, AFTER
BATTLING THE FORCES OF DARKNESS WITH SOCIAL DISTANC-
ING, MASK WEARING, AND VACCINATIONS, THE LIGHT OF
HOPE RETURNED TO THE GALAXY.**

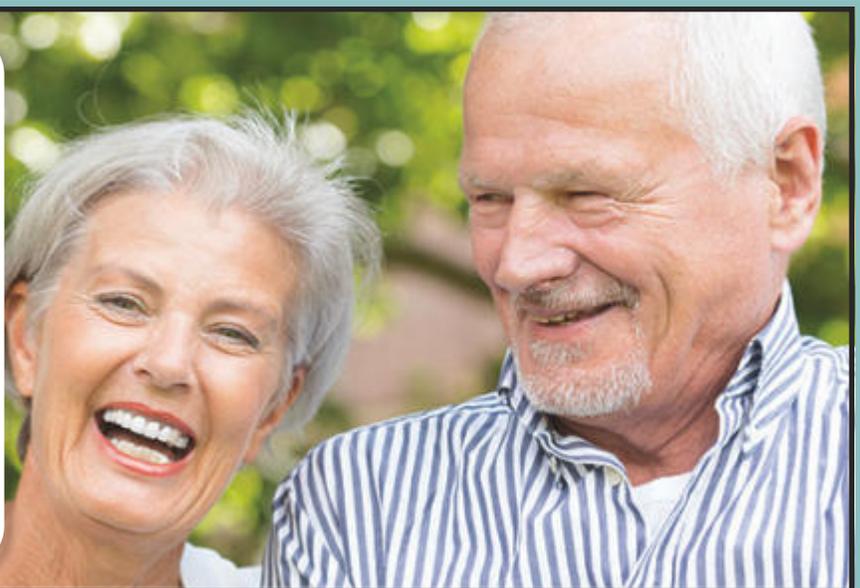
AND THERE WAS MUCH JOY. AND LUNCH. AND YOGA.

May 4th is OPENING DAY, ya'll! Business as usual, for the most part. Almost all classes are back (check the schedule to see if your favorites have changed days or times), and lunch will be served in the dining room (with fewer seats, spaced further apart). Please be patient as the staff and instructors work through the technical details that may arise. We are so excited to see everyone!

P.S. We need some volunteers to help out in the Thrift Shoppe on Wednesday or Thursday, and in the dining room during lunch. Please contact Jeanie Johnson at 435-634-5743 for more information.

IN THIS ISSUE

Page 3	Dial-a-Ride Information	Page 10	Fun & Games
Page 4	For Your Health	Page 14	Home & Lifestyle
Page 5	Medicare Info	Page 16	Food & Nutrition
Page 7	Monthly Events	Page 19	Art Therapy
Page 8	Activities List	Page 20	Monthly Lunch Menu



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

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:

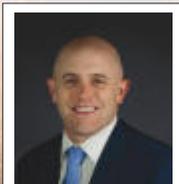
\$3.00 ONE WAY, or \$5.00 ROUND TRIP.



Jason Ahee, M.D.
Cataract/Lasik Surgeon



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



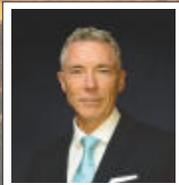
Derrek Denney, M.D.
Cataract/Lasik Surgeon



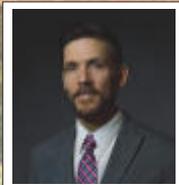
Joshua Schliesser, M.D.
Pediatric Eye Specialist/ Surgeon



Jeffrey Ricks, O.D.
Optometrist



Jason Hauck, O.D.
Optometrist



Matheson Harris, M.D.
Oculofacial/Reconstructive Surgeon



Jason Wickens, M.D.
Vitreoretinal Surgeon

Zion Eye Institute
New Full-Time
Retinal Specialist

Accepting New Patients

At Our St. George, Cedar City, and Mesquite Locations.



Rick Nordgren, M.D.
Vitreoretinal Surgeon

435-656-2020

www.zioneye.com



MANAGING CHRONIC ILLNESS—DEMENTIA

Understanding Dementia

Each evening, as the sun goes down, I watch as my grandmother transforms into a different person. She becomes restless, anxious, and paranoid; she is convinced we are stealing from her and that we are untrustworthy. In these moments, Grandma no longer recognizes me and I have difficulty reassuring her. These symptoms are the calling cards of dementia, a disease that is heart-breaking and overwhelming for both the person affected and their caregivers.

What is Dementia?

Dementia is a broad term that encompasses several types of brain diseases, of which Alzheimer's disease is the most common. It is degenerative, which means it becomes worse with time, and there is no cure. Healthy brains rely on nerve cells (neurons) to communicate and transmit signals that allow us to think, learn, problem-solve, and make memories. With dementia, these connections are damaged by the build-up of beta-amyloid protein fragments outside of the neuron, and by accumulation of twisted strands of tau protein inside of the neurons¹. These plaques and tangles eventually cause the death of neurons and damage brain tissue.

Prevention

There is no single specific activity that will protect you from developing dementia, but research indicates that keeping cognitively, physically, and socially active in midlife and later life is important. Those with depression are at a higher risk for cognitive impairment, and should have routine screenings for changes. Controlling other known risk factors, including high blood pressure, diabetes, high cholesterol, and obesity, have been implicated in delaying disease development². Some studies also indicate a link between gut health and brain health, and suggest that having a less diverse gut microbiome can contribute to amyloid plaques depositing in the brain more easily³.

Management

The number of people living with dementia approximately doubles every five years⁴ and the majority live in their homes with family, so support and education for caregivers is vital. Behavioral and psychological symptoms are common in dementia, and management can be difficult. The most successful programs utilize multiple

interventions, tailored to the unique needs of the person with dementia and their caregivers. Generally, clinicians prefer to try non-pharmacological approaches first, to avoid or delay the use of medications. People with dementia also have more hospital admissions than other older adults, including for illnesses that are potentially manageable at home⁵, so routine assessments from skilled providers are key.

Who Can Help?

Dixie Home Rehab, Palliative, and Hospice knows that caring for someone with dementia is no easy task, and it is important to surround yourself with as much support as possible. They can provide you with the needed education, skills training, and clinical support to give your loved one the highest quality of life. Dixie Home Rehab, Palliative, and Hospice has services to assist at any stage of a dementia diagnosis, in the convenience of your home. Please call (435) 628-8347 for a free consultation.

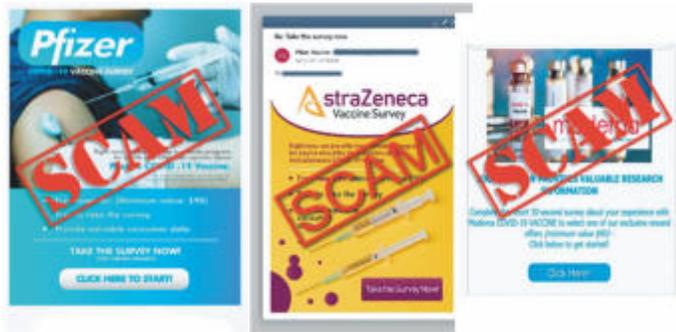
Logan Winterton, RN, BSN



1. 2020 Alzheimer's disease facts and figures. (2020, March 1). Alzheimer's Association. <https://alz-journals.onlinelibrary.wiley.com/doi/full/10.1002/alz.12068>
2. Middleton, L. E. (2009, October 1). *Promising Strategies for the Prevention of Dementia*. Dementia and Cognitive Impairment | JAMA Neurology | JAMA Network. <https://jamanetwork.com/journals/jamaneurology/article-abstract/798129>
3. Saji, N. (2019, January 30). *Analysis of the relationship between the gut microbiome and dementia: a cross-sectional study conducted in Japan*. Scientific Reports. https://www.nature.com/articles/s41598-018-38218-7?error=cookies_not_supported&code=be389ec5-d52a-42c4-a645-f507c2ccfc41
4. Cao, Q. (2020, January 1). *The Prevalence of Dementia: A Systematic Review and Meta-Analysis* - IOS Press. IOS Press Content Library. <https://content.iospress.com/articles/journal-of-alzheimers-disease/jad191092>
5. Livingston, G., Huntley, J., Sommerlad, A., Ames, D., Ballard, C., Banerjee, S., Brayne, C., Burns, A., Cohen-Mansfield, J., Cooper, C., Costafreda, S. G., Dias, A., Fox, N., Gitlin, L. N., Howard, R., Kales, H. C., Kivimäki, M., Larson, E. B., Ogunniyi, A., . . . Mukadam, N. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*, 396(10248), 413–446. [https://doi.org/10.1016/s0140-6736\(20\)30367-6](https://doi.org/10.1016/s0140-6736(20)30367-6)
6. Brodaty, H., & Arasaratnam, C. (2012). Meta-Analysis of Nonpharmacological Interventions for Neuropsychiatric Symptoms of Dementia. *American Journal of Psychiatry*, 169(9), 946–953. <https://doi.org/10.1176/appi.ajp.2012.11101529>

Scammers are using a new trick to steal your money and personal information: a bogus COVID vaccine survey. People across the country are reporting getting emails and texts out of the blue, asking them to complete a limited-time survey about the Pfizer, Moderna, or AstraZeneca vaccine. (And no doubt, there may be one for Johnson & Johnson, too.) In exchange, people are offered a free reward, but asked to pay shipping fees.

If you get an email or text like this, STOP. It's a scam.



No legitimate surveys ask for your credit card or bank account number to pay for a "free" reward.

If you get an email or text you're not sure about:

- Don't click on any links or open attachments. Doing so could install harmful malware that steals your personal information without you realizing it.
- Don't call or use the number in the email or text. If you want to call the company that supposedly sent the message, look up its phone number online.

Remember:

- Don't give your bank account, credit card, or personal information to someone who contacts you out of the blue.
- You can filter unwanted text messages on your phone, through your wireless provider, or with a call-blocking app.
- If you get an email or text that asks for your personal information and you think it could be a scam, tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

MY CHOICE IS



summit
HOME HEALTH & HOSPICE

CALL TODAY FOR A FREE ASSESSMENT

- Allow patient to remain at home
- Physical and psychosocial care
- Communicate with physician, patients and caregiver

(435) 359-4599

Serving Washington and Iron County

O V A T I O N[™]
by AVAMERE

Sienna Hills

You Deserve an Ovation

Now Accepting Reservations
Villas | Independent | Assisted | Memory Care

OvationSiennaHills.com | 435.429.0000

4 LEADING HIP FRACTURE RISKS FOR OLDER ADULTS



Experiencing a broken hip is painful at any age. It often requires surgery to repair the damage and can even result in life-threatening health complications. The hip fracture itself isn't usually the real problem. The culprit is the chain reaction of health issues older adults often experience after breaking a hip.

The risk for losing your life after a hip fracture increases even for adults as young as age 50. From infections to pneumonia, 1 in 3 people who break a hip will die from complications within a year. Almost everyone knows an older adult who never really recovered after they broke a hip.

Here's a look at what we know about hip fractures, and how you can lower your risk for suffering one.

The Facts About Hip Fractures

The statistics on broken hips among adults over the age of 65 are eye opening. According to the Centers for Disease Control and Prevention (CDC), adults over the age of 65 don't fare well if they experience a fall or other accident that results in a hip fracture:

- 300,000 seniors a year experience a broken hip
- 75 percent of hip fractures occur in women
- 95 percent of hip fractures are the result of a fall
- 50 percent of these falls happen at home

What can you do to prevent a hip fracture?

We have some suggestions that might help lower your odds of a broken hip.

4 Tips for Reducing the Risk for a Hip Fracture

1. Get screened for osteoporosis

The risk for developing osteoporosis increases with age. It's a condition many people aren't aware they have until they experience a fracture of some kind. There are screening tests your physician can order to identify if you have osteoporosis or the precursor for it known

as osteopenia. By undergoing routine bone density screenings, you may be able to avoid osteoporosis. Diet, exercise, and other lifestyle choices can all play a role.

2. Schedule a home safety audit

Falls are the leading cause of broken hips, and most happen in a senior's private residence. That's why it's a good idea to take an objective look at your home — inside and out — to identify potential hazards. If you aren't sure how to do this, ask your primary care physician for advice. They may have a checklist or online tool you can use. A physician may also recommend a physical or occupational therapist who offers this service to older adults. Check with your insurance provider to see if it is covered.

3. Have regular vision exams

Another risk factor for experiencing a broken hip is a vision impairment. Vision loss increases the odds for a fall, which in turn increases the risk for experiencing a broken hip. Whether it's glaucoma, cataracts, or another issue, vision changes are common with aging. That's why it's important to see the eye doctor regularly. By undergoing a yearly vision exam, you give the eye doctor an opportunity to identify and intervene in problems early.

4. Engage in strength and balance exercises

Core strength and good balance keep you limber and flexible no matter what your age. Both help lower your risk for a disabling fall. If you don't already exercise on a regular basis, talk with your physician for advice on getting started. They'll likely recommend a program that incorporates both aerobic activities, as well as strength training. The article "Seven Kinds of Exercise for Seniors" on page 14 has some ideas to consider.

AARP Driver Safety Class—Driving class has been canceled until September 2021.

9:00 am—1:00 pm. For more information, contact Victor Lorch at (435) 772-5620. Class size is limited. NO WALK INS!

Dixie Poets

1st and 3rd Tuesdays at 1:30—3:30pm

Free Attorney Service

Wednesday, May 5th at 2:00 pm; Thursday, May 13th at 1:30 pm; Thursday, May 27th at 1:30 pm. Please make an appointment with Linda.

Ladies Bridge

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

Parkinson’s Meeting

For caregivers and people with Parkinson’s. 3rd Wednesday of the month at 10:30 am.

LECTURES AND EVENTS

Love One Another Class

Taught by Pat Sapio, this event will be held May through August. Starting Thursday May 6th @10:00 -11:30 am. More information on page 15.



CARE FOR ALL SEASONS
Healthcare & Rehabilitation
★★★★★
5-STAR MEDICARE RATING 2018

- 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

CONVENIENTLY LOCATED IN DOWNTOWN ST. GEORGE
242 N. 200 WEST • 435-628-1601
www.seasonshealthgroup.com



ST. GEORGE Musical Theater
2021 SEASON

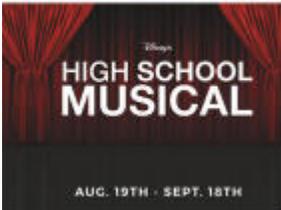
SOUTHERN UTAH’S PREMIER COMMUNITY THEATER
Showtimes at 7:30pm, Matinee at 2pm
Historic Opera House 212 N. Main St. • St. George, UT.



THE SECRET GARDEN
JAN. 14TH - FEB. 20TH



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
THE MUSICAL
NOV. 18TH - DEC. 18TH

PURCHASE TICKETS AT 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	10:45-12:00	\$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—3:55	\$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	Canceled Until Further Notice Please be fasting for sugar screening test..	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.	Tuesday (instructor) Wed/Thurs/Fri (open)	12:30—3:30 10:00—3:30	\$2.00
Computer Support	This is a drop-in clinic for anyone that needs help with computers.	Tuesday—Friday	9:00—11:30	\$2.00
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

9

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Long-term Medical Question	Get some answers to your questions regarding long term medical care and insurance,	1ST Wednesday of month	12:30	\$1.00
Mat-less Yoga	This seated class offers range of motion exercises, working on flexibility, balance, and breathing.	Tuesday (new day starts in June)	10:30—11:30	\$1.00
Oil Painting	This class is for all levels of painters. Work on projects, learn new techniques.	Tuesday	9:00—3:00	\$2.00
Party Bridge	A trick-taking game using a standard 52-card deck.	Wednesday & Friday	12:00—3:00	\$1.00
Pickleball	Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis.	Wednesday—Friday	1:30—4:00	\$1.00
Pinochle	A trick-taking card game typically for two to four players and played with a 48 card deck.	Wednesday & Thursday	12:30—3:00	\$1.00
Social Singles	This is a group for planning friendship-based outings with other seniors.	Friday	12:30—1:30	\$1.00
Stretch Class	Gentle stretching for the entire body, head to feet.	Thursday	10:00—11:00	\$1.00
Table Tennis	Paddles are provided. We have 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	Wednesday	12:30—1:30	\$1.00
Tap—Intermediate	Will resume in September	Wednesday	1:30—2:30	\$1.00
Tap—Advanced	Will resume in September	Wednesday	2:30—3:30	\$1.00
Ukulele Class	Learn to play the ukulele with an experienced instructor.	Thursday	2:00-3:00	\$1.00
Watercolor Painting	From beginner to advanced painters are welcome in this class.	Thursday	11:30—3:30	\$2.00
Wii Bowling	Players interact with the gaming system by a remote control to simulate playing sports or engaging in exercise.	Thursday	1:00—2:00	\$1.00
Yoga	Yoga combines physical and mental disciplines to achieve a peaceful and strong body and mind.	Tuesday	9:00—10:30	\$1.00
Yoga (Gentle Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	9:00-10:00	\$1.00

ACROSS

- 1) Completely wreck
- 6) Hindu melody
- 10) Like khakis
- 14) Walled city of Spain
- 15) Airline with a King David Club
- 16) avis
- 17) "Olympia" painter Edouard
- 18) Pear-shaped instrument
- 19) Has a mortgage, e.g.
- 20) Atlas map data
- 22) Confined, with "up"
- 23) Henhouse raider
- 24) Carmen of jazz
- 25) Called a game
- 29) Golden State region, for short
- 32) Love dearly
- 33) Yellow or orange blooms
- 37) Get pooped out
- 38) Had the blahs
- 39) Short blast
- 40) Jamaican band instrument
- 42) Be rude in line
- 43) Was helpful to
- 44) Treat as a pet
- 45) Play area?
- 48) Stroke's need
- 49) Manner of expression
- 50) Vietnam-era naval vessels
- 57) Father of Thor
- 58) Navel fluff
- 59) Borden "spokescow"
- 60) Far-reaching
- 61) Penny, maybe
- 62) Champion's claim
- 63) Keeps a watch on
- 64) Lowly type
- 65) Foul moods

DOWN

- 1) Pack tightly
- 2) Amphitheater shape
- 3) Fcy of "30 Rock"
- 4) Baldwin of "30 Rock"
- 5) Library assessment
- 6) Kick back
- 7) Reunion attendee
- 8) Scandal suffix
- 9) Hoppy brews
- 10) Painters' protective measures
- 11) Less polished
- 12) Fight site
- 13) Keep from drying out
- 21) Gesture of concession
- 24) Kiosk item, for short
- 25) Charlie Brown epithet
- 26) Make cuts, say
- 27) Yell after a slice, perhaps
- 28) Those not under contract
- 29) Toast word
- 30) City near Provo
- 31) Spanish hero El __
- 33) Mucky stuff
- 34) London lavatories
- 35) Bird on Woodstock posters
- 36) "Leave it," to a proofreader
- 38) Use a postscript
- 41) Doctored account
- 42) Light frozen desserts
- 44) Scratching post user
- 45) Potbelly, for one
- 46) Right now
- 47) Biscotti flavoring
- 48) "Come here __?"
- 50) High five sound
- 51) Sommelier's suggestion
- 52) Division word
- 53) Lena of "Havana"
- 54) Sparkling wine, informally
- 55) Pinball flub
- 56) Goes out with

KICKSTARTERS

By Fred Piscop

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20						21					22				
				23						24					
25	26	27	28					29	30	31					
32						33						34	35	36	
37						38					39				
40				41							42				
			43							44					
45	46	47							48						
49						50	51	52				53	54	55	56
57						58					59				
60						61					62				
63						64					65				

MEMORIAL 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.

```

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

```

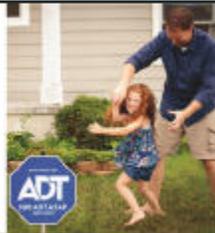
By Evelyn Johnson - www.qets.com

Ancestors	Duty	Holiday
Band	Emotional	Liberty
Banner	Family	Memorial
Bravery	Flags	Parade
Celebration	Flowers	Tribute
Celebration	Grave	Veteran
Cemetery	History	Worship

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



SPRING GARDENS St. George

An Avista Senior Living Community

A vibrant community where kindness is at the core

2654 E Red Cliffs Drive • St. George, UT 84790

435-236-6144



ASSISTED LIVING • MEMORY CARE • INDEPENDENT LIVING

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Bill Clough** to place an ad today!
wclough@4LPi.com or (800) 950-9952 x2635

Is a Reverse Mortgage Right for You?

Call **TODAY FOR A FREE DVD**
on the facts about Reverse Mortgages



Call today 435-359-9000
or visit us at
www.heritagereversemortgage.com

Trevor Carlson



Heritage NMLS#1497455
Trevor's NMLS #267962

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



Learn About
THE New REVERSE MORTGAGE

HERITAGE
REVERSE MORTGAGE



Personalized care, education,
and solutions for patients, family
members, and caregivers all
within the comfort of your home.

Our services are 100% paid by
Medicare or insurance.
No out-of-pocket expenses, ever!

Locally Owned and Operated &
Available 24/7

www.dixiecare.com



Dixie Home Rehab offers skilled home health services and is the only company in Southern Utah that specializes in therapy-driven care for orthopedic patients. We are the area's highest-rated rehab service and employ the most experienced staff in the region.

Phone: 435-628-8347

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.lpicommunities.com

St. George Utah Senior, St. George, UT

F 4C 05-1049

SEVEN KINDS OF EXERCISE FOR SENIORS



Exercise is important at every stage in life. It is essential for cardiovascular fitness, diabetes prevention or management, and maintaining muscle tone and core strength. Working out has proven benefits for not only your physical health but also your mental and emotional well-being. Regular exercise allows you to sleep better, manage stress, maintain stronger bones, and protect brain health. It also helps promote better balance, which results in fewer falls among older adults. What types of exercise should you explore if you are a senior?

We have a few suggestions for you to consider and learn more about.

1. Walking. While walking may not seem like a very strenuous fitness activity, it is an excellent form of exercise. It can decrease stress and improve balance and cardiovascular health. And it requires only a pair of sturdy walking shoes to get started. Check the walking tips website listed at the bottom of this article as you begin your walking program.

2. Go4Life. If you prefer a more goal-oriented, structured exercise program, consider Go4Life. This free program, created by the National Institute on Aging at NIH, makes it easier to focus on fitness. It offers a variety of fitness resources for seniors, from workout videos to tools for tracking goals and progress.

3. Swimming. Another great form of exercise for older adults is swimming. If your local fitness center offers what is referred to as a warm therapy pool, all the better. It is easy on older joints and may be especially beneficial for those who suffer from osteoarthritis. Swimming also helps you relax and sleep better.

4. Yoga. One of the best things about yoga for seniors is how easy it is to practice from a seated position. Chair yoga helps build strength and endurance, while also protecting balance and mobility. Each of these is es-

sential for avoiding falls.

5. Tai Chi. Tai chi is an exercise that combines slow, graceful movements with breath control. Because it is gentle, it is an excellent option for seniors who are just starting to incorporate exercise into their routine.

6. SilverSneakers. Participating in a fitness class designed for seniors can be less intimidating than exercising on your own, especially when you are first getting started. Many insurance companies offer their clients memberships to local fitness centers through a program known as SilverSneakers. Visit the SilverSneakers website to instantly check your eligibility and learn more.

7. Cycling. One final suggestion to explore is bike riding. It's a terrific way to enjoy the great outdoors. But for days when it's rainy or snowing, an alternate solution is an exercise bike. You can likely find a good used one for a reasonable price.

Talk with Your Doctor First

If you've been living a fairly sedentary life, we suggest you discuss each of these options with your primary care physician. They can help you set safe, realistic goals for beginning your exercise program.

RESOURCE LINKS:

Walking Tips: <https://uhs.berkeley.edu/health-topics/exercise-starting-walking-program>

SilverSneakers: <https://tools.silversneakers.com/>

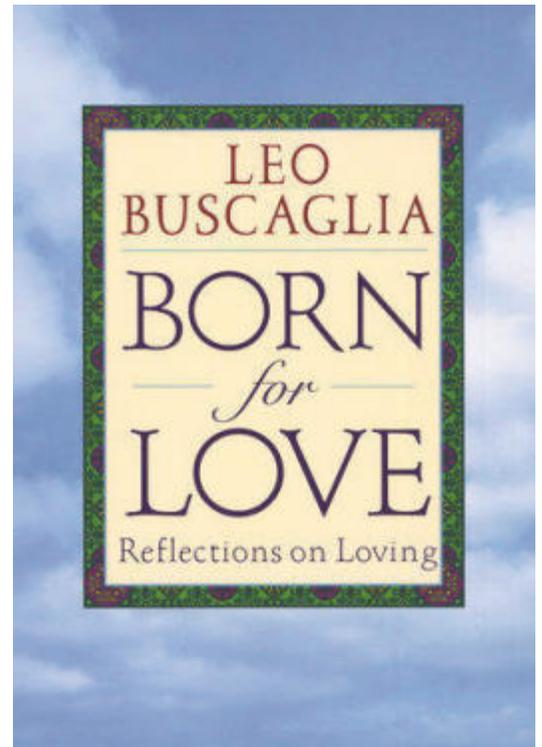
Go4Life: <https://www.nia.nih.gov/health/exercise-physical-activity>

LOVE ONE ANOTHER CLASS—STARTING IN MAY

Our class is a continuation of get-togethers where we each have an opportunity to listen and to share responses to pages from the book, "Born for Love," by Leo Buscaglia.

Our class will be facilitated by Patrick Sapio, who has been involved with this class since September of 2003.

We will not talk about religion or politics. Participants can remain quiet and not talk, even though we encourage sharing. Come check in on us every Thursday, May through August, from 10:00—11:30 am.



<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>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  <p>CORAL DESERT REHABILITATION</p> </div> <div style="border: 1px solid gray; padding: 5px;"> <p>Nursing Care • Orthopedics • Private Rooms Pulmonary Patients • Wound Care Aqua Pool Therapy • Physical Therapy Occupational Therapy • Speech Therapy</p> </div> </div> <p style="text-align: center;">Our Care is St. George's Hidden Gem 435-674-5195</p> <p style="text-align: right;">1490 E. Foremaster Dr., Bldg B • St. George, UT www.coraldesertrehabilitation.com</p>
---	--

Welcome NEIGHBOR!

You should REVIEW
your HEALTH coverage if:

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

Get the BENEFITS that work for YOU!



**The Wentworth
at The Meadows**
Assisted Living & Memory Care

Personalized Living to Meet Your Needs!

950 S. 400 E. • St George, UT
435-628-0090 • www.meadowsstgeorge.com





Come home to Primrose!

Community isn't part of our name by accident. Primrose Retirement Community is where your neighbors are your friends.

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!

It's much more than a retirement community, it's home.

COMING SOON to the beautiful Stucki Farms Development!



PRIMROSE
RETIREMENT COMMUNITIES

Call now to reserve your home!
(435) 565-4197
PrimroseRetirement.com

ARE VEGAN AND VEGETARIAN DIETS HEALTHY AT ALL AGES?



Safety and Plant-Based Diets

Are vegan and vegetarian diets safe? It's a question asked by more older adults than younger ones. Most health experts believe adopting a completely plant-based diet is healthy for most people. The exception is growing children — that's because these diets can come up short in a few key nutrients.

Those who limit food intake to fruits and vegetables may develop deficiencies in protein, iron, calcium, and vitamin B12 over the long run. This is especially true for growing children. If you are considering adding more plant-based meals to your diet, or completely switching to vegan or vegetarian meals, it may help to know which foods meet vegan requirements while still being good sources of protein, calcium, iron, and vitamin B12, such as:

- **Calcium:** With thoughtful planning, you can still serve plant-based meals that are rich in calcium. Foods with a good amount of calcium include fortified milk alternatives, such as soy milk, almond milk, and cashew milk. Fortified orange juice is another, as is tofu. Calcium is naturally found in few foods, but those that do contain it are broccoli, beans, leafy greens, almonds, sesame seeds, and soybeans.
- **Iron:** You can add iron to your menus by incorporating soy nuts, tofu, kale, spinach, and beans into the soups and salads you serve. Peanut butter is also high in iron and easy to add to snacks.
- **Protein:** If you want to increase protein in plant-based menus, good choices to include are lentils, beans, quinoa, oatmeal, buckwheat, tofu, whole grains, nuts, and nut butters.

- **Vitamin B12:** This one is a little tougher. It's why vegans and vegetarians often need to take a vitamin B12 supplement. But you can increase B12 by utilizing nutritional yeast and serving fortified foods and beverages like soy or almond milk, orange juice, and cereals.

Benefits of Plant-Based Meals

When your diet is free from fast foods, trans fats, and animal products, and rich with fruits and vegetables, you consume more fiber, vitamins, and minerals. It's a combination that promotes a healthier heart. Vegans tend to reap more health benefits than vegetarians.

According to research published in the American Journal of Clinical Nutrition, vegans are less likely to be obese and more likely to have healthier cholesterol levels and lower blood pressure. Because vegans don't eat meat products and tend to consume more fiber, it's believed they are at lower risk for many kinds of cancer, including colorectal and prostate cancer.

ForksOverKnives (www.forksoverknives.com/recipes/) and EatingWell (www.eatingwell.com) both have recipes and meal plans you might find useful as you explore the idea of adding more vegan and vegetarian options to your menus.

(Article courtesy of <https://www.lpicommunities.com/blog>)

Check out the plant-based recipes on the following two pages! They're delicious!

BERRY BANANA SMOOTHIE BOWLS (recipe and photo from ForksOverKnives.com)

INGREDIENTS

- ½ to ¾ cup unsweetened, unflavored plant milk, such as almond, oat, soy, cashew, or rice
- 1 tablespoon pure maple syrup
- 1 cup fresh spinach
- 1½ cups frozen blueberries
- 2 bananas, peeled, sliced, and frozen
- ½ cup fresh blueberries
- 1 kiwifruit, peeled and sliced
- 2 tablespoons chopped toasted walnuts
- 1 tablespoon bran flakes
- 1 tablespoon unsweetened coconut flakes, toasted
- 2 teaspoons chia seeds

INSTRUCTIONS

In a blender place ½ cup milk, the maple syrup, spinach, frozen blueberries, and bananas in order given. Cover and blend until smooth, adding more milk if needed to reach desired consistency. Pour into serving bowls. Top with remaining ingredients.



Independent Living ❖ Assisted Living ❖ Memory Care




**LEGACY
 VILLAGE**
St. George

Call for more information
 and reserve your place today!
Jill Roundy
(435) 669-1677



COMING FEBRUARY 2022 TO ST. GEORGE, UTAH

www.legacyvillagestgeorge.com



SLOW-COOKER VEGAN CHILI (Recipe and photo from EatingWell.com)



Grab your crock pot for this hearty and easy vegan chili, which is chock-full of great-tasting and good-for-you ingredients, including pinto and black beans, red pepper, tomatoes and butternut squash. Once a little chopping is done, all you have to do is dump the ingredients in the slow cooker, making this colorful veggie chili the perfect weeknight dinner. A garnish of fresh avocado and chopped cilantro is a nice touch.

Ingredient Checklist

- 4 cups 1/2-inch-diced butternut squash (about 1 small) (fresh or frozen)
- 1 large onion, chopped
- 1 medium red bell pepper, diced
- 4 cloves garlic, minced
- 2 cups low-sodium no-chicken broth
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 1 (15 ounce) can no-salt-added pinto beans, rinsed
- 1 (15 ounce) can no-salt-added petite-diced tomatoes
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 teaspoons smoked paprika
- ¾ teaspoon salt
- 2 medium avocados, sliced
- Chopped fresh cilantro for garnish

Directions

Combine squash, onion, bell pepper, garlic, broth, black beans, pinto beans, tomatoes, chili powder, cumin, paprika and salt in a 6-quart slow cooker. Cook for 4 hours on High or 8 hours on Low. Mash some of the squash to thicken the broth. Serve topped with avocado and garnish with cilantro, if desired.

Tips and Tricks

- Pre-peeled and chopped squash is usually available in the produce section of your grocery store or in the frozen vegetable aisle.
- Dried beans are economical and sometimes easier to find than canned beans. Use your Instant Pot or multi-cooker to precook the beans and then add the other ingredients.

Nutrition Facts

Serving Size: 1 1/2 Cups

Per Serving:

314 calories; protein 10.8g; carbohydrates 45.8g; dietary fiber 15.6g; sugars 8g; fat 11.8g; saturated fat 1.5g; vitamin a iu 12215.2IU; vitamin c 68.3mg; folate 94.2mcg; calcium 160.4mg; iron 4.6mg; magnesium 111.5mg; potassium 1102.7mg; sodium 454.1mg; thiamin 0.2mg.

Exchanges:

2 Fat, 2 Starch, 1 1/2 Vegetable, 1 Lean Protein



20 Monthly Menu

ST. GEORGE ACTIVE LIFE CENTER May 2021

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7
<p>Creole Steak Okra & Tomatoes Buttermilk Potatoes Cornbread Seasonal Fruit Milk Margarine</p>	<p>Cinco De Mayo Chicken Enchilada Enchilada Sauce Spanish Rice Fiesta Vegetables Mixed Green Salad Apple Crisp Milk Sour Cream Salad Dressing Diet - Apple Slices</p>	<p>Salisbury Steak Mashed Potatoes Spinach Beet Salad Saltine Crackers Strawberry Fruited Gelatin Milk</p>	<p>Mother's Day Meal Baked Chicken with Spinach Cream Sauce Buttered Rice Garden Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Strawberry Shortcake Cookie Milk Margarine Diet - Vanilla Wafers Salad Dressing</p>
11	12	13	14
<p>Smothered Chicken Au Gratin Potatoes Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine</p>	<p>Spaghetti and Meatballs Broccoli Mixed Green Salad Dinner Roll Grapes Milk Margarine Salad Dressing</p>	<p>BBQ Pulled Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk</p>	<p>Roast Beef with Au Jus Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit Dinner Roll Milk</p>
18	19	20	21
<p>Swedish Meatballs Egg Noodles Green Peas Parslied Carrots Texas Bread Seasonal Fruit Milk Margarine</p>	<p>Baked Fish with Creamy Dill Sauce Twice Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk</p>	<p>Beef Patty Lettuce Tomato Onion Pickles Crinkle Cut French Fries Hamburger Bun Hot Spiced Apples Milk Mustard Ketchup</p>	<p>Cheese Ravioli with Marinara Sauce California Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Salad Dressing</p>
25	26	27	28
<p>Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Pineapple Slaw Biscuit Milk Sugar Cookie Diet - Vanilla Wafers</p>	<p>Minestrone with Italian Sausage Soup Mixed Green Salad Fluffy Fruit Salad Dinner Roll Chocolate Chip Cookies Milk Diet - Vanilla Wafers Salad Dressing</p>	<p>Bratwurst Sauerkraut Herb Potato Salad Hot Dog Bun Hot Pineapple Tidbits Milk Mustard</p>	<p>Memorial Day Meal Chili Cheese Beef Hotdog Baked Beans Potato Salad Hot Dog Bun Peach Crisp Milk Mustard Ketchup Diet - Hot Peaches</p>
			<p>A suggested donation of \$9.00 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 @stgeorgeactivelife</p>

