



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

## HOURS

Tuesday -Friday  
9:00 am - 4:00 pm  
(Closed Saturday thru Monday)

## LUNCH SERVED

Tuesday -Friday  
11:30 am - 12:30 pm  
Suggested Donation \$3.00

## THRIFT SHOPPE' AND BOUTIQUE

Tuesday -Friday  
9:30 am - 1:30 pm  
(Closed Saturday thru Monday)  
We take donations!

## CENTER STAFF

Supervisor: Jeanie Johnson  
Meals on Wheels: Linda  
Dial-a-Ride: Deanna Bringhurst  
Director: Jacob Browning



## April

### PREVENT IDENTITY THEFT DURING TAX SEASON



Identity theft is a topic that continues to garner media attention, largely because it is a form of crime that is difficult to detect and prevent. New scams pop up before old ones are conquered. Tax season is a time when identity theft typically peaks, and older adults are at higher risk than younger ones.

The Federal Trade Commission (FTC) says that 13% of seniors were victims of identity theft in 2016. For 29% of them, their personal identity was used to commit tax fraud.

While identity theft varies widely, many types of scams share similarities. Learning more about these may help you or a senior loved one avoid becoming a victim.

#### Protecting Seniors from Identity Theft During Tax Season

1. **Sign up with a credit monitoring service:** People who have their identities stolen often don't realize they've become a victim. Some discover it only when applying for a credit card or receiving a bill for an account they have never applied for. Enrolling in a credit monitoring service that provides an alert about new credit activity (i.e. applying for a car loan or credit card) is essential. Most of these have monthly or yearly fees. Consumers Advocate (<https://www.consumersadvocate.org/id-theft-protection>) suggests exploring services such as LifeLock, ProtectMyID.com, and MetLife Defender.

*(Continued on page 7)*

## IN THIS ISSUE

<b>Page 2</b>	Monthly Events	<b>Page 8</b>	Activities List
<b>Page 3</b>	Movie Day!	<b>Page 10</b>	Fun & Games
<b>Page 4</b>	Your Health	<b>Page 13</b>	Congratulations
<b>Page 6</b>	Photo Fun	<b>Page 14</b>	Home & Lifestyle
<b>Page 7</b>	Cover Story Continued	<b>Page 16</b>	Monthly Lunch Menu

## 2 This Month

**AARP Driver Safety Class—Driving class has been canceled until May.**

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

### Chair Massage

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

### Dixie Poets

1st and 3rd Tuesdays at 1:30—3:30pm

### Free Attorney Service

Wednesday, April 1st at 2:00 pm; Thursday, April 9th at 1:30 pm; Thursday, April 23rd at 1:30 pm. Please make an appointment with Linda.

### Ladies Bridge

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

### Parkinson's Caregivers Group

PLEASE NOTE NEW DAY AND TIME! For caregivers only, please. 2nd Friday of the month at 11:30 am.

### Parkinson's Meeting

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

## LECTURES AND EVENTS

### 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

**435-634-5743 OPT 1**

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!**



## Our Feature Film

**Thursday, April 9th, 12:45 pm**

A shy adolescent boy, Walter (Haley Joel Osment), is taken by his greedy mother (Kyra Sedgwick) to spend the summer with his two hard-boiled great-uncles, Hub (Robert Duvall) and Garth (Michael Caine), who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.



Closed captioning!



## 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

## 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](http://www.zioneye.com)**



## ARE VIRTUAL PHYSICIAN VISITS A GOOD OPTION FOR SENIORS?



These days, patients can wait an hour or more in a physician's office for a scheduled appointment. Older adults might resist going because they don't want to be stuck sitting around waiting for the doctor.

Seniors who live in rural communities may put off going to their doctor because the drive is too long or because it means driving in traffic during the most congested times of day. Bad weather can also impact an older adult's willingness to drive to a physician's office.

These are just a few reasons why a senior might not be visiting their physician as often as they should.

Fortunately, technology is making it easier to access a physician. And that access can happen from the privacy of your own living room. It's called a virtual physician visit, and here's what seniors should know.

### Advantages of Virtual Physician Visits

Why should you consider a virtual physician visit for yourself or a senior loved one? Here are a few of the advantages.

**Convenience factor:** There's no doubt about it, virtual physician visits are just more convenient. This is especially true for seniors who have given up driving and those

who live in a rural community without a physician's office nearby. Easy-to-use technology allows the patient and physician to talk face-to-face from a distance.

**No contact with sick people:** Physician waiting rooms can be a source of germs, especially during cold and flu season. For an older adult with a chronic health condition, being exposed to those bugs can be dangerous. Virtual physician visits can prevent a senior from being subjected to harmful viruses.

**More attention from the doctor:** Patients who've utilized virtual visit options say they feel like they get more of their doctor's attention. It may be that the physician has fewer distractions when they are connecting via video, allowing them to focus more fully on their patient.

**No more waiting:** If you feel like your physician is always running late, you aren't alone. It can be stressful and aggravating to be stuck sitting in the waiting room for a long period of time. When you schedule a virtual physician visit, you do the waiting at home where you can watch television, read a book, or just relax.

**Access to more physicians:** Another advantage of a virtual physician visit is greater access to doctors. A sen-

*(Continued on page 5)*

(Continued from page 4)

ior who has a chronic health condition that requires a specialist might not have access to one nearby and may need to travel a great distance to see that doctor. A virtual visit can help bring the patient and the physician together more often.

## Disadvantages of Virtual Physician Visits

While the benefits of virtual physician visits for seniors are numerous, there are a few disadvantages to know about. Here are a few factors to take in to consideration.

**Technology requirements:** What technology is required and how expensive is it? Also, ask the physician's staff what happens if you run in to technical issues. Is someone available to help?

**Internet access:** While most urban communities have a variety of internet service providers, that might not be true for seniors in rural communities. Make sure you understand what is available and if it meets the virtual physician visit technology requirements.

**Limited examination:** Although virtual visits work well for minor conditions, they may not be helpful enough for more serious problems or for when lab work is needed. Also, some doctors may not feel comfortable making a



definitive diagnosis without seeing the patient in person.

Article courtesy of <https://www.lpiseniors.com/blog/>.

<p><b>St. George Community Church</b> (Corner of 100 S. &amp; 800 E.) <b>435-673-2302</b></p> <ul style="list-style-type: none"> <li>• Traditional worship &amp; hymns</li> <li>• Preaching from the bible</li> <li>• Worship 11am</li> <li>• Adult class 9:30am</li> </ul> <p>“...in Christ Alone...”</p>	<p>➤ Reach the Senior Market <b>ADVERTISE HERE</b></p> <p><b>CONTACT</b></p> <p><b>Bill Clough to place an ad today!</b> <b>wclough@lpiseniors.com or (800) 950-9952 x2635</b></p>					
<table border="1"> <tr> <td data-bbox="68 1333 966 1971"> <p><i>Celebrate St. Patrick's Day</i> WITH A <b>HOME LOAN OR REFINANCE</b> FROM <b>BAY EQUITY!</b></p> </td> <td data-bbox="966 1333 1554 1971"> <p><b>LET US SHOW YOU THE WAY</b> <i>Contact us today!</i></p> <div> <div> <p><b>SUE POTTER</b> Senior Loan Officer   NMLS #301667 spotter@bayeq.com 20 N Main St, Suite 205, St. George, UT <b>Bayeq.com/Sue-Potter</b> <b>801.599.8111</b></p> </div> <div> <p><b>JULIE JORDAN</b> Realtor julie@pradorealestate.com 21 N Main St, St. George, UT <b>StgHomesByJulie.com</b> <b>435.862.1046</b></p> </div> </div> <p><b>bay equity</b> <small>HOME LOANS</small></p> <p><b>PRADO</b> <small>REAL ESTATE</small></p> <p>Don't forget to ask about <b>Reverse Mortgage</b> options!</p> </td> </tr> <tr> <td colspan="2"> <p><small>Ⓜ LENDER This is not a commitment to lend or extend credit. Restrictions may apply. Rates may not be available at time of application. Information and/or data are subject to change without notice. All loans are subject to credit approval. Not all loans or products are available in all states. Bay Equity LLC, 770 Tamalpais Drive Suite 207, Corte Madera, CA 94925; NMLS ID#76988. Utah DRE Mortgage Entity #7953347. NMLS consumer access: www.nmlsconsumeraccess.org BECH-200212-4.0</small></p> </td> </tr> </table>			<p><i>Celebrate St. Patrick's Day</i> WITH A <b>HOME LOAN OR REFINANCE</b> FROM <b>BAY EQUITY!</b></p>	<p><b>LET US SHOW YOU THE WAY</b> <i>Contact us today!</i></p> <div> <div> <p><b>SUE POTTER</b> Senior Loan Officer   NMLS #301667 spotter@bayeq.com 20 N Main St, Suite 205, St. George, UT <b>Bayeq.com/Sue-Potter</b> <b>801.599.8111</b></p> </div> <div> <p><b>JULIE JORDAN</b> Realtor julie@pradorealestate.com 21 N Main St, St. George, UT <b>StgHomesByJulie.com</b> <b>435.862.1046</b></p> </div> </div> <p><b>bay equity</b> <small>HOME LOANS</small></p> <p><b>PRADO</b> <small>REAL ESTATE</small></p> <p>Don't forget to ask about <b>Reverse Mortgage</b> options!</p>	<p><small>Ⓜ LENDER This is not a commitment to lend or extend credit. Restrictions may apply. Rates may not be available at time of application. Information and/or data are subject to change without notice. All loans are subject to credit approval. Not all loans or products are available in all states. Bay Equity LLC, 770 Tamalpais Drive Suite 207, Corte Madera, CA 94925; NMLS ID#76988. Utah DRE Mortgage Entity #7953347. NMLS consumer access: www.nmlsconsumeraccess.org BECH-200212-4.0</small></p>	
<p><i>Celebrate St. Patrick's Day</i> WITH A <b>HOME LOAN OR REFINANCE</b> FROM <b>BAY EQUITY!</b></p>	<p><b>LET US SHOW YOU THE WAY</b> <i>Contact us today!</i></p> <div> <div> <p><b>SUE POTTER</b> Senior Loan Officer   NMLS #301667 spotter@bayeq.com 20 N Main St, Suite 205, St. George, UT <b>Bayeq.com/Sue-Potter</b> <b>801.599.8111</b></p> </div> <div> <p><b>JULIE JORDAN</b> Realtor julie@pradorealestate.com 21 N Main St, St. George, UT <b>StgHomesByJulie.com</b> <b>435.862.1046</b></p> </div> </div> <p><b>bay equity</b> <small>HOME LOANS</small></p> <p><b>PRADO</b> <small>REAL ESTATE</small></p> <p>Don't forget to ask about <b>Reverse Mortgage</b> options!</p>					
<p><small>Ⓜ LENDER This is not a commitment to lend or extend credit. Restrictions may apply. Rates may not be available at time of application. Information and/or data are subject to change without notice. All loans are subject to credit approval. Not all loans or products are available in all states. Bay Equity LLC, 770 Tamalpais Drive Suite 207, Corte Madera, CA 94925; NMLS ID#76988. Utah DRE Mortgage Entity #7953347. NMLS consumer access: www.nmlsconsumeraccess.org BECH-200212-4.0</small></p>						



# 6 Photo Fun

Quilt display courtesy of Dixie Quilt Guild





(Continued from page 1)

2. **Keep personal information locked up:** Many of us carry important documents around every day. Whether it's a Social Security card or a health insurance card, we do so out of convenience. But this is a behavior that puts our personal information at risk. A safer option is to purchase an in-home safe to store documents when we aren't using them. Be sure to take them out only on the days they are required for use.
3. **Protect against computer viruses:** While an increasing number of seniors are filing their income taxes online, not everyone is aware of how essential virus protection software is. Once installed, it's vital that antivirus programs be updated frequently. Along those same lines, be sure email, apps, and other online platforms have a secure password that includes letters, numbers, and characters.
4. **Sign up to block mail solicitations:** Unsolicited direct mail from credit card companies can put personal information at risk. Seniors can make it harder for identity thieves to steal those solicitations from their mailbox by signing up to block direct mail campaigns. Visit the Direct Marketing Association website ([https://dmachoice.thedma.org/static/learn\\_more.php](https://dmachoice.thedma.org/static/learn_more.php)) and update all direct mail preferences. Another option is to call 1-888-5-OPTOUT.
5. **Monitor financial accounts online:** It is also helpful for seniors to take time to monitor financial statements on a regular basis. Doing so helps to spot small issues before they become big ones. Be sure to check your credit report, too. The Federal Trade Commission (<https://www.ftc.gov/faq/consumer-protection/get-my-free-credit-report>) requires each of the big three credit agencies to provide a free copy once every 12 months.

### Scams Targeting Seniors

The National Council on Aging has more information you can read to protect yourself or an older family member. "Top 10 Financial Scams Targeting Seniors" (<https://www.ncoa.org/economic-security/money-management/scams-security/top-10-scams-targeting-seniors/>) covers topics ranging from counterfeit prescription drugs to common internet scams.

Article courtesy of <https://www.lpiseniors.com/blog>.

SUPPORT THE **ADVERTISERS**  
THAT SUPPORT OUR COMMUNITY

LET US *carry*  
YOUR MESSAGE  
TO *Senior*  
THE *Community*

For advertising  
info call:  
1-800-950-9952

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed  
to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



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	10:30—11:30	\$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 Dance	This is an aerobic-style class with low-impact dance moves.	Tuesday	1:30—2:30	\$1.00
Cardio Drumming	This fun class is a full-body cardio and core strengthening workout, complete with rhythmic drumming.	Friday	9:15—10:15	\$1.00
Cardio Fit	Cardiovascular fitness moves with basic dance steps and light hand weights.	Thursday	9:15—9:45	\$1.00
Ceramics	Bring your own bisque or green ware, or purchase items in class. We have our own kiln. All levels welcome.	Wednesday (instructor) Tues/Thurs/Fri (open)	12:30—3:30 10:00—3:30	\$2.00
Chess Club	Our new chess club welcomes every player of any skill.	Friday	1:00 —4:00	\$1.00
Circle of Friends	Circle of Friends is a discussion group. Taboo subjects are politics & religion.	Thursday	10:00—11:00	\$1.00
Computer Support	This is a drop-in clinic for anyone that needs help with computers.	Tuesday—Friday	9:00—11:30	\$2.00
Drawing with Pencil	This group uses graphite and color pencils. There is no instructor for the course currently.	Thursday	9:30—11:30	\$1.00
Drawing Technique for Painters	This group uses graphite pencil and paper. Instruction and exercises will improve drawing or painting ability.	Friday,	10:00—12:00	\$1.00
Five Crowns Card Game	Five Crowns is a progressive rummy-style game that has five suits.	Wednesday	12:30—2:00	\$1.00
Grief Support Group	A safe place to express feelings and thoughts as well as learn healthy coping mechanisms.	Wednesday	2:30—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
Knitting and Crocheting	Meet other like-minded people and turn your yarn into something spectacular. Any Handiwork.	Tuesday	1:00—3:00	\$1.00
Line Dancing— Advanced	This is the most difficult level of line-dancing classes we offer.	Thursday	1:30—3:30	\$1.00
Line Dancing— Beginning	We do all kinds of line dances to all different kinds of music. Tempos range from the cha-cha to the waltz.	Wednesday	9:00—10:30	\$1.00



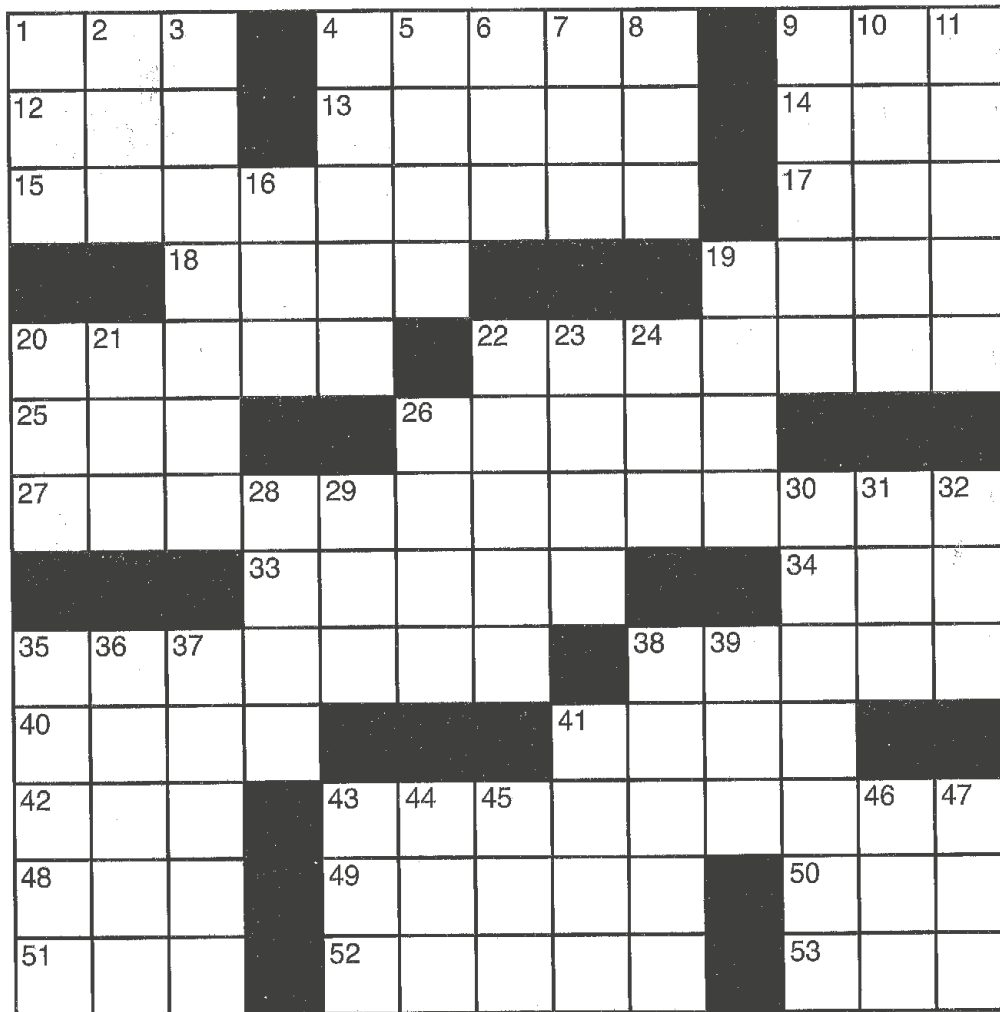
# Activities List

9

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$1.00
Long-term Medical Question	Get some answers to your questions regarding long term medical care and insurance.	Tuesday	12:30	\$1.00
Mahjong	Learn to play Mahjong, the ancient Chinese tile game.	Tuesday	1:00	\$1.00
Mat-less Yoga Stretch	This seated class offers range of motion exercises, working on flexibility, balance, and breathing.	Thursday	10:00—10:45	\$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 No Tuesday play	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
Strength Training	This class is a cardio routine broken up with sections of weights	Tuesday	2:30—3:30	\$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.	Wednesday Friday	9:00—10:00 10:15—11:15	\$1.00
Table Tennis	No class 3rd Tuesday of the month. 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	12:00—1:00	\$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	1:00—2:00	\$1.00
Tap—Advanced	A more advanced level than Basic. Participants in this class need a prerequisite knowledge of tap dancing.	Wednesday	2:00—4:00	\$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 & Thursday	9:00—10:30	\$1.00
Yoga (Gentle Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	8:15—9:10	\$1.00

Solution on page 11

## Feets Don't Fail Me Now



### DOWN

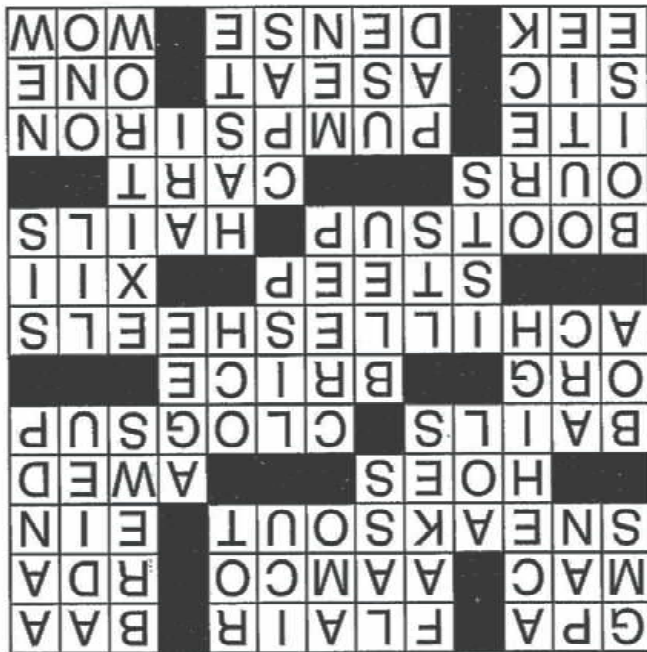
1. Baseball execs.
2. Egg fryer
3. A pair of deuces beats it
4. Charlatans
5. Young girl
6. "I love," to Ovid
7. ER venue
8. Wither
9. Bar orders
10. "Arrivederci!"
11. 1961 John Updike story set in a grocery store
16. Internet provider abbr.
19. "A Death in the Family" author
20. Accessory for Mae West or Miss Piggy
21. Curve
22. Advance gradually
23. Speech impediment
24. "And," in Spanish
26. "Sacre \_\_\_\_!"
28. Adherents' ending
29. M\*A\*S\*H ranks: abbr.
30. Plane seating specification
31. "Diamond \_\_\_\_"
32. "boom-bah" lead-in
35. A state capital
36. Belly button type
37. Big name in vacuums
38. Axiomatic waste maker
39. "All Things Considered" reporter Shapiro
41. Tax experts
43. Reinforce
44. Take advantage of
45. "12 Angry \_\_\_\_"
46. Lennon's Yoko
47. "Brave \_\_\_\_ World"

### ACROSS

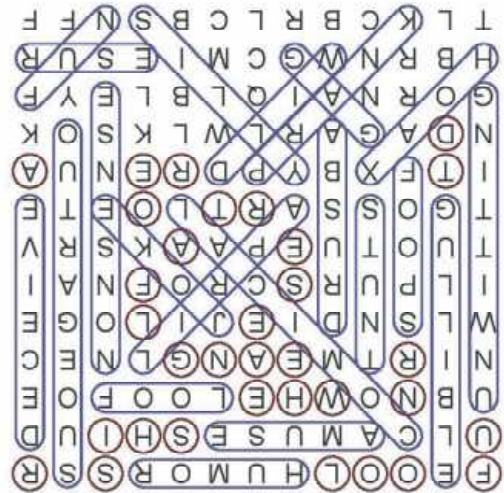
1. School stat.
4. Aptitude
9. Sheep peep
12. Big name in makeup
13. "The Transmission Experts"
14. "% Daily Value" precursor
15. Leaves without permission
17. "Ich bin \_\_\_\_ Berliner" (JFK quote)
18. Digs out weeds
19. Stunned
20. Scoops water
22. Gets blocked
25. .com alternative
26. "Funny Girl" Fanny
27. Fatal weaknesses
33. Rising sharply
34. 12, in old Rome
35. Starts, as a laptop
38. Acclaims
40. Yours and mine
41. Shopping transport

42. Muslim branch, with "shi"
43. Lifts weights
48. "Attack!" (to a dog)
49. "Save me \_\_\_\_!"
50. The loneliest number
51. "A cockroach!"
52. Thick
53. "Amazing!"





FEETS DON'T FAIL ME NOW (pages 50-51)



APRIL FOOL'S DAY  
HIDDEN QUOTATION  
BY  
Alexander Pope

**Medicare**  
**Medigap**

Mary Bundy Insurance can help you answer those questions that everyone seems to have this time of year.

For a full description or comparison you may call for an appointment. Or, if you think you are paying too much for you current coverage, contact information is below.

**bridge**  
insurance

CALL FOR  
APPOINTMENT

7 a.m. - 7 p.m.



MARY BUNDY

(435) 429-9490  
(Cell)

Society Center 671 S 1000 E  
St. George, UT 84790

WE WILL COME TO YOU!

NOW  
OPEN!



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](http://www.meadowsstgeorge.com)

**AFFORDABLE**  
FUNERALS & CREMATIONS

"SERVICE ABOVE PROFITS."

BETTER VALUE & PERSONAL SERVICE

- > Free Preplanning Consultation
- > Quality Full Service Funerals Starting at \$4000 (Includes casket & vault)
- > Funerals are Expensive, but We are Affordable
- > Let Us Help Honor You or Your Loved One

WINNER  
BEST OF STATE



UTAH 2018

157 E. RIVERSIDE DR #3A

435-680-7035

## APRIL FOOL'S 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.

```

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

Amuse

April

Comical

Deceive

Fool

Fun

Gag

Gullible

Hoax

Humor

Joke

Nonsense

Outrageous

Prank

Ruse

Silly

Spoof

Stunt

Unwitting

Wild



When I hear somebody sigh, "Life is hard," I'm always tempted to ask, "Compared to what?"

- Sydney Harris

I made a huge to-do list for today. Now I just need to figure out who is going to do it all.

## Cynthia Stewart Licensed Agent

435-862-7153

### Solutions for Seniors

169 West 2710 South Circle #202  
Saint George, UT 84790  
solutions4LTC@gmail.com

### Welcome NEIGHBOR!

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

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

**FREE!**  
Savings Include an American Standard Right Height Toilet  
FREE! (\$500 Value)



*American Standard*  
Walk-In Tubs

**WALK-IN BATHTUB SALE! SAVE \$1,500**

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

**844-889-2321**

Or visit: [www.walkintubinfo.com/safety](http://www.walkintubinfo.com/safety)



**CORAL DESERT**  
REHABILITATION

Our Care is St. George's  
Hidden Gem  
435-674-5195

Nursing Care • Orthopedics • Private Rooms  
Pulmonary Patients • Wound Care  
Aqua Pool Therapy • Physical Therapy  
Occupational Therapy • Speech Therapy

1490 E. Foremaster Dr., Bldg B • St. George, UT  
[www.coraldesertrehabilitation.com](http://www.coraldesertrehabilitation.com)



**DIXIE HOME**  
REHAB & HOSPICE  
*The Meaning of Care*

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

### Dixie Home Rehab

specializes primarily in therapy-driven rehabilitation care for joint replacement patients.

#### What sets us apart?

- Most home health agencies are nursing based with therapy assist, our agency is rehab/therapy based with nursing assist
- We provide the most efficient rapid joint recovery methods available
- We are the only in-home joint specific rehab specialists in So. Utah
- We have rehabilitated thousands of joint patients

Phone: 435-628-8347 | [www.dixiecare.com](http://www.dixiecare.com)

### 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 | [www.dixiecare.com](http://www.dixiecare.com)

## GRATITUDE IS ABOUT ATTITUDE



Taking time to smell the flowers may seem cliché, but being grateful while rushing through the daily grind or disappointments in life may be a good way to begin the day.

It isn't easy to be grateful all the time, especially when navigating through life's challenges, but learning to be grateful for even the smallest things in our lives — and living in the moment and noticing all the reasons to be thankful — can do wonders for mental health and make it more bearable to get through the tough times.

It is understandable when seniors are overwhelmed with the adverse aspects of their lives, such as the loss of loved ones, diminished health, and little to do after a lifetime of caring for children or navigating a busy career. These things can take a toll on a senior's feeling of self-worth and mental health. Countless articles about striving for happiness abound, but being happy is not a one-size-fits-all cure.

### Gratitude Benefits

Many studies demonstrate that gratitude has a distinctively influential connection between health and happiness, and for seniors, it can be a means to cope with dark days. Practicing gratitude is easy to do once the individual begins to make a habit of it — and the benefits can be enormous.

The list is long, but some of the many benefits of living a grateful life include:

- Greater happiness
- Improved health
- Strengthened relationships
- Increased spiritualism

- More contentment
- Better sleep
- Increased energy

### Develop an Attitude of Gratitude

While encouraging seniors to be grateful is great, being grateful together is much more powerful and effective. When we collaborate with elderly loved ones or friends, it benefits everyone.

While aging can be challenging and often devastating, it can be a wonderful time in life, with the help of some simple tools to maneuver through the challenges. Gratitude is a great tool that can make a difference in the senior's quality of life.

Think about developing a habit of practicing gratitude. The results may be surprising and life-changing!

- List three things you are grateful for each day. This quickly puts life into perspective.
- Send thank you cards to old friends, family, acquaintances, or caregivers, thanking them for their care and friendship.
- Keep a gratitude journal to help focus on the wonderful aspect of the day and to provide a reference for those times when life is hard.
- Say thank you when you wake up. A new day is never promised, so being grateful every morning starts the day off on the right foot.
- Find the light in the dark. Think of the good during the bad times to help refocus your attitude.
- Take a few minutes each day to focus on gratitude. It can be through prayer, meditation, or just thinking



about who or what makes you grateful. Try to keep a regular time so it becomes a habit.

- Share your life by volunteering and giving your time and talent to benefit others. No matter our age, we all have talents we can share!

## The Power of Practicing Gratitude

At any age, life is challenging, so everyone can benefit from having a grateful heart. Pain, loneliness, feelings of abandonment, and struggling with usefulness can be debilitating for seniors. But being grateful every day for small things can make the pain easier to handle. Learning to appreciate all we have at any given time can help boost our mood and turn a bad day around.

Here are some links that may help in developing a "gratitude attitude:"

- <https://greatergood.berkeley.edu/images/application/uploads/Emmons-CountingBlessings.pdf>
- <https://www.happierhuman.com/benefits-of-gratitude/>
- <https://greatergood.berkeley.edu/article/item/>

[tips for keeping a gratitude journal](#)

- <https://positivepsychology.com/gratitude-journal/>



Free printable gratitude journals:

- <https://heartandgratitude.com/wp-content/uploads/2015/10/Gratitude-Journal-for-Mom.pdf>
- <https://www.beneathmyheart.net/wp-content/uploads/2016/11/30-Days-of-Gratitude-Printable.jpg>
- [https://www.thehousewifemodern.com/wp-content/uploads/2018/04/Gratitude-Journal1\\_pdf.pdf](https://www.thehousewifemodern.com/wp-content/uploads/2018/04/Gratitude-Journal1_pdf.pdf)

Article courtesy of <https://www.lpiseniors.com/blog>.

**Call today to connect with a SENIOR LIVING ADVISOR**  
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

*There's no cost to you!*  
**(888) 672-0689**  
We're paid by our partner communities



**O V A T I O N™**  
by AVAMERE

*Sienna Hills*

Villas | Independent | Assisted | Memory Care

**You Deserve an Ovation**

Opening Fall 2020 | Now Accepting Reservations  
OvationByAvamere.com | 435.429.0000



**Hughes McArthur**  
MORTUARY & CREMATION CENTER

We accept all pre-arranged funeral plans from any mortuary, potentially saving you thousands of dollars

**Cremation Packages** Starting At **\$795\***  
\*Prices subject to change. Certain Restrictions Apply.

**Complete Traditional Funeral Package** **\$4,495\***  
Includes: Casket, Vault, Services, Programs & Digital Recording  
\*Prices subject to change. Certain Restrictions Apply.

Quality funeral care at affordable prices  
St. George (435) 674-5000 | Cedar City (435) 867-5566

## ST. GEORGE ACTIVE LIFE CENTER

April 2020


 TRIO Community Meals  
 an elie company

Tuesday	Wednesday	Thursday	Friday
7	8	9	10
BBQ Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk	Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Beef Lasagna Bake Broccoli Mixed Green Salad Garlic Bread Grapes Milk Margarine Ranch Salad Dressing	<b>Easter Day Meal</b> Glazed Ham or Potato Crusted Pollock Green Beans Au Gratin Potatoes Carrot Raisin Salad Wheat Roll Frosted Coconut Cake Milk Margarine Tartar Sauce Diet - Vanilla Wafers
14	15	16	17
Potato Crusted Fish Tater Tots Green Pea Salad Wheat Roll Pears Milk Tartar Sauce Ketchup	Meatballs w/Cranberry Sauce Brown Rice Cabbage Carrots Wheat Roll Mandarin Oranges Milk Margarine	Bratwurst Sauerkraut German Potato Salad Hot Dog Bun Apple Blueberry Crisp Milk Mustard Diet - Spiced Apples	Parmesan Chicken Penne Pasta Capri Vegetables Spinach Salad Breadstick Seasonal Fruit Milk Margarine Ranch Salad Dressing
21	22	23	24
Country Fried Steak Country Gravy Whipped Potatoes Stewed Tomatoes Coleslaw Texas Bread Mixed Fruit Milk Margarine	Glazed Ham Yams Garden Vegetable Blend Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Beef Frito Pie Shredded Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit Milk Taco Sauce Ranch Salad Dressing	Tater Tot Casserole Parslied Carrots Mixed Green Salad Garlic Bread Peach Crisp Milk Margarine Ranch Salad Dressing Diet - Hot Peaches
28	29	30	
Creamy Paprika Chicken Scalloped Potatoes Key Largo Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Lemon Pepper Tilapia Buttered Rice Capri Vegetables Cucumber Tomato Salad Texas Bread Seasonal Fruit Milk Margarine	Fajita Chicken Lettuce & Tomato Black Beans Fiesta Vegetable Blend Flour Tortilla Peaches Milk Taco Sauce Sour Cream	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. A Salad Bar is available every day in the dining room. Follow Us on Facebook @triocommunitymeals.com