

# SENIOR SCOOP

The magazine for and about the active generation of Davis County

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# Welcome!

The Davis County Clipper has teamed up with the Davis County Health Department's Senior Services to produce a magazine that will appear monthly in the Clipper and be available for pickup throughout the county. Its focus is on the active 50+ generation and features timely articles on events, people, places and health issues.

How was the name *Senior Scoop* chosen? Find the answer on this page!

We hope you find *Senior Scoop* informative. If you have any thoughts to improve it, please e-mail Nicole Harvey at [nharvey@daviscountyutah.gov](mailto:nharvey@daviscountyutah.gov).

Look for *Senior Scoop* every month in the Clipper.

## Davis County Caregiver Night Out

Davis County Senior Services is sponsoring a Caregiver Night Out at the Davis County Memorial Courthouse (28 E. State Street, Farmington) on Wednesday, Nov. 14 at 6:00 p.m. The evening will include a light dinner, entertainment, and prizes. This is a free event and is for those who take care of elderly family members and reside in the Davis County area. Space is limited. To make a reservation con-

tact Megan Forbush at (801) 451-3506. Reservations must be made by Monday, Nov. 12, 2007.

Other sponsors for this event include Community Nursing Services, Legacy House of Bountiful, Hospice for Utah, Legacy Healthcare, Apple Village, Apple Tree, Rescue Alert, Applegate Home Care and Hospice, Do It For You, Be At Home, Caregiver Support Network, At Home Services, and Country Niche Adult Day Center.

# Name the newsletter

We would like to thank everyone who participated in the Name the Newsletter contest. Garvene Slaugh turned in the winning newsletter name of Senior Scoop.

Garvene was born in Manti, Utah on January 11, 1930. She grew up and attended school in this small country town of about 2,500 people. She graduated from Snow College, which was a Junior College at the time, in June 1950.

In the fall of 1950, Garvene headed for the big city as she had a job working for the Genealogical Society. She lived for a time at the Bee Hive House on South Temple. It was a "home away from home" at that time for girls working in Salt Lake City.

Garvene has always been interested in music and plays the Lowrey Organ during lunch at the Golden Years Senior Activity Center. This is a special time for her and the seniors love to hear her play.

Garvene has always had an interest in entering contests of various kinds. At home she watches "Wheel of Fortune" and "Jeopardy". She feels it keeps her on track and helps keep her mind working. She just wishes she could remember everything she has learned from watching the



**Garvene Slaugh**  
Winner of the  
"Name the Newsletter"  
contest

shows. She has solved several of the final Jeopardy questions just from remembering back to her school days and what she learned then.

She is not quite sure just what spiked her interest in the latest contest; to name the Senior newsletter, but she took a chance and used the first name that came to her mind! Was it inspiration or what? Maybe so. What do you think?

Listed below are some of the suggested newsletter names we received:

- Ageless Times
- Autumn Glow Today
- Davis County Senior Connection
- Davis County Senior Spiel
- DC Sage
- Friendship Senior
- Golden Gazette
- Golden Goodies
- I Heard a Rumor
- Nifty News: For the Young at Heart
- Nothing but the Truth
- Senior Bull Sheet
- Senior Buzz
- Senior Hubbub
- Senior Moment
- Senior News
- Senior Scuttlebutt
- Senior Sentinel
- Senior Sign Post
- Senior Stuff
- Talk of the Town
- The Announcer
- The Elder Skelter
- The Geezer's Gazette of Davis County
- The Golden Herald
- Ya, Ya, Ya from Senior Activity Center

## The power of a simple gift.

**This Christmas brighten the life of a child in a needy country by donating a shoebox full of needed items.**

### Items can include:

**School Supplies:** Pens, Pencils, Sharpeners, Crayons or Markers, Paper.

**Toys:** Small Cars, Balls, Dolls, Stuffed Animals Etc.

**Hygiene Items:** Toothbrush, Toothpaste, Mild Bar Soap, Comb, Wash Cloth.

**Other:** Hard Candy, Lollipops, Mints, Gum, T-Shirts, Socks Etc.

Drop off items no later than Nov. 19 at Life Care Center of Bountiful. For shoebox labels, visit [www.samaritanspurse.org](http://www.samaritanspurse.org). For more details, please call Life Care Center of Bountiful.



**295-3135**  
**460 W. 2600 S.**  
**Bountiful, UT**  
**84010**





# November 2007

**8**  
AG – Wendover Trip  
For more information or  
to sign up call 544-1235  
HC- Wendover Trip  
For more information or  
to sign up call 773-7065

**9**  
AG, GY, HC - Salt Lake  
trip to see The New  
Orleans Jazz Orchestra,  
Trolley Square for lunch  
and shopping – Space is  
limited, sign up now  
AG – Veterans Day  
Program 11:30 a.m.

**12**  
GY - Veterans Day  
Celebration  
21 Gun Salute 8:30  
Breakfast 9:00  
Bring Memorabilia  
to Display & Share  
Center Closes 11:00 a.m.  
HC, AG – Closed for  
Veterans Day

**13**  
AG, GY, HC - Memory  
Screening by  
Appointment  
AG – Blood Pressure  
Clinic 10:30-11:30 a.m.  
Diabetes & Blood Sugar  
Education, 10:30  
GY – Foot Clinic 11:00  
Diabetes & Blood Sugar  
Education, 12:30  
HC – Old Timers Sing  
Blood Pressure Clinic  
10:30 a.m.

**14**  
AG – Pit Your Wits with a  
Quiz 11:30 a.m.  
GY – Mystery Trip  
Call 295-3479 to RSVP

**15**  
AG – Alive Mature  
Driving Class \$10  
10:00-2:00 RSVP by  
calling 544-1235  
Case Manager Mike  
Hanney will discuss  
senior issues and answer  
questions. 11:30 a.m.  
HC – Foot Clinic by  
Appointment –\$15.00

**16**  
AG – Alive Mature  
Driving Class \$10  
10:00-2:00 RSVP by  
calling 544-1235  
Medicare Part D Clinic  
9:00-3:00 Appointments  
Dance 3:00-5:00  
HC – Winter Driving Tips  
with Rhonda Smith from  
the County Sheriff's  
Office

**19**  
AG – Did you know?  
11:30 a.m.  
HC – Medicare Part D  
Clinic 10:00-12:30  
by Appointment

**20**  
HC - Old Timers Sing  
Blood Pressure Clinic  
10:30 a.m.

**21**  
AG, GY, HC –  
Thanksgiving Meal  
Celebration at 11:30 a.m.  
Please make RSVP by  
November 19.



**26**  
GY – Picture Frame  
Decorating 10:00 a.m.  
HC – Thanksgiving Word  
Search

**27**  
GY – Chevron Retirees  
1:00  
HC - Old Timers Sing  
Blood Pressure Clinic  
10:30 a.m.

**28**  
GY – Blood  
Pressure/Oxygen Clinic  
10:30

**29**  
GY - Medicare Part D  
Clinic 10:00-1:00  
by Appointment

**30**  
AG, GY, HC - November  
Birthday Party with treats  
11:30 a.m. Please RSVP  
by the 28<sup>th</sup>

**AG ~ Autumn Glow**  
(801) 544-1235  
81 East Center Street  
Kaysville, UT 84037

**GY ~ Golden Years**  
(801) 295-3479  
726 South 100 East  
Bountiful, UT 84010

**HC ~ Heritage Center**  
(801) 773-7065  
140 East Center Street  
Clearfield, UT 84015

Growing old is inevitable.

# Aging ~~≠~~ Pain

Contrary to popular belief, getting older  
doesn't have to be painful.

Reverse the effects of aging and gravity and take back your active life  
with our specialized program featuring:

## Disc Decompression & Core Strengthening

We also offer the latest in chiropractic, physical therapy, massage therapy,  
digital orthotics, nutrition counseling, and lifestyle education.

Take advantage of our

## FREE BIOMECHANICAL AND POSTURAL ANALYSIS

to see if decompression therapy would be right for you.



Call today!  
135 South 500 West, Bountiful  
**292-WELL**  
thewellgroup.com

Feeling old is optional.

# Caregiver Education Classes

Davis County Senior Services is offering classes for caregivers every Thursday through December 13. This is a free service to the public. No registration is required. Classes will be offered in two locations:

## Locations and Times:

Heritage Senior Activity Center  
140 East Center Street, Clearfield  
Thursdays at 1:30 p.m.

Legacy House of Bountiful  
79 East Center Street, Bountiful  
Thursdays at 6 p.m.

## Class Schedule:

November 15 – A Guide to Enjoying Yourself  
November 29 – Coping and Caring for Seniors  
December 13 – Emergency Preparedness Tips

November 8 – Medication Precautions  
November 22 – No Class (Holiday)  
December 6 – Nutrition for Seniors

Any questions or concerns please call 801-451-3377

## CONTINUING EDUCATION

### THE UNIVERSITY OF UTAH YOUR FRIENDLY NEIGHBORHOOD UNIVERSITY

*Even in Bountiful, The University of Utah is only a few steps away with a full lineup of credit and noncredit courses.*

Work towards your degree, further your professional development, upgrade your computer skills or dive into a hands-on learning course.

Bountiful is home to expert ceramics instructors and one of the best pottery learning facilities in the state.

Bountiful is also home to the Osher Lifelong Learning Institute, a place to expand your mind and explore your interests along with your peers. For learners 50 or over.



For more information, go to [continue.utah.edu/sites/btfl.php](http://continue.utah.edu/sites/btfl.php)

or call: (801) 581-8821

or stop by: 75 East 200 South



Gloria Barraclough, Shirley Carruthers and Virginia Erickson enjoy the Golden Years Harvest Party held Oct. 30, 2007.



John Reese dressed as a wolfman for the Halloween festivities at Heritage Center on Oct. 31 this year.





Gordon Douglass receives a flu shot vaccination by Betty Gelinias Oct. 17, 2007.

# The time is now to get flu shots

## Influenza ("flu") is a contagious disease.

It is caused by the influenza virus, which spreads from infected persons to the nose or throat of others. Other illnesses can have the same symptoms and are often mistaken for influenza. For most people, it lasts only a few days. It can cause:

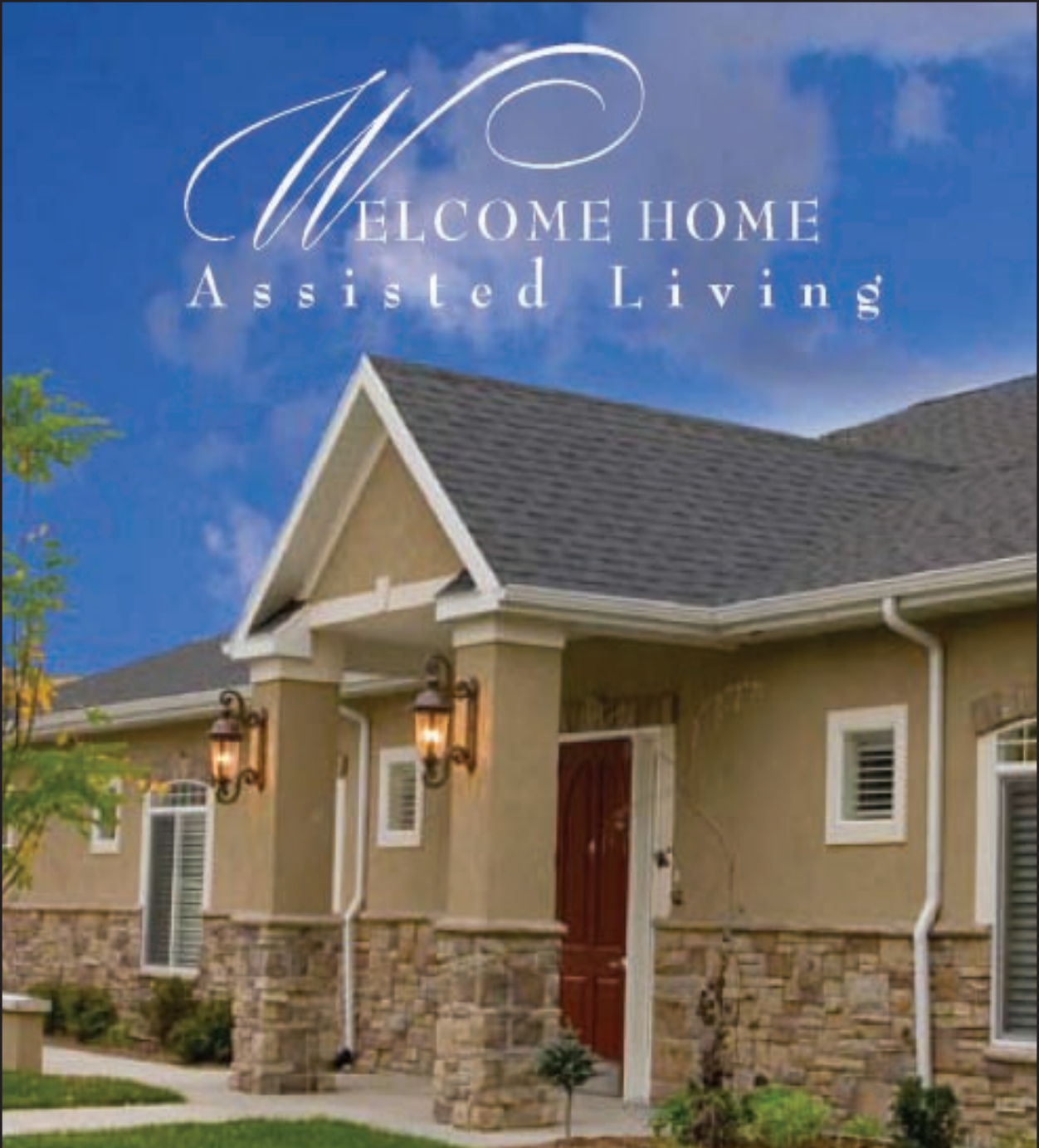
- Fever
- Sore throat
- Chills
- Fatigue
- Cough
- Headache
- Muscle aches

Some people get much sicker. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. On average, 226,000 people are hospitalized every year because of influenza – mostly elderly.

**When to get vaccinated**

October or November is the best time to get vaccinated, but you can still get vaccinated in December and later. Flu season has begun and lasts as late as May.

For questions concerning flu vaccination call (801) 451-3315.



# WELCOME HOME Assisted Living

A Touch of Home in Assisted Living



633 MEDICAL DRIVE, BOUNTIFUL, UTAH 84010  
(801) 298-4969

10873

# Review B 4 U Renew!

**Y**ou already have Medicare D coverage right? The thought of wading through the Medicare D information again is enough to give the hardiest among us cold sweats. However, it is something **every-one** should do.

Every year your current provider will send out an “**annual notice of change letter**” alerting you to changes in your policy. These changes can range from not covering certain drugs to no gap coverage. Even if you are tempted to get it and forget it — **DON'T**. Specialists will be available on various days in Davis County (see calendar at right). Review your coverage yearly to take advantage of plans better suited to your needs.

**Open Enrollment Nov. 15 through Dec. 31.**

Medicare D Schedule					
Date	Place	Time	Date	Place	Time
November 15 <sup>th</sup>	Farmington	1-5	December 5 <sup>th</sup>	Farmington	1-5
November 16 <sup>th</sup>	Autumn Glow	9-3	December 6 <sup>th</sup>	Golden Years	10-1
November 19 <sup>th</sup>	Heritage Center	10-12:30	December 7 <sup>th</sup>	Autumn Glow	9-3
November 20 <sup>th</sup>	Farmington	1-5	December 11 <sup>th</sup>	Farmington	1-5
November 27 <sup>th</sup>	Farmington	1-5	December 13 <sup>th</sup>	Farmington	1-5
November 29 <sup>th</sup>	Golden Years	10-1	December 18 <sup>th</sup>	Farmington	1-5
November 30 <sup>th</sup>	Farmington	1-5	December 19 <sup>th</sup>	Farmington	1-5
December 4 <sup>th</sup>	Heritage Center	10-12:30	To Schedule an Appointment Please Call: Autumn Glow, Kaysville: 544-1235 Golden Years, Bountiful: 295-3479 Heritage Center, Clearfield: 773-7065 Farmington: 451-3533		
	Farmington	1-5			



## Medicare drug plan updates:

*No late enrollment penalty if you qualify for Extra Help*

**M**illions of people who qualify for Extra Help (Low-Income Subsidy) with the Medicare drug benefit have yet to sign up. If you qualify for Extra Help you can still enroll in a Medicare prescription drug plan through December 31, 2007, and pay no late enrollment penalty.

Extra Help is available for those who meet certain income and asset criteria and, if you are eligible can mean significant cost savings on your prescription drugs.

To determine if you or someone you know is eligible, visit [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) or [socialsecurity.gov](http://socialsecurity.gov), or call Social Security at 1-800-772-1213/1-800-325-0778 (TTY).

## Test your meds IQ

**1. Which medicines should you tell your doctor you are taking?**

- A. Prescription medicines
- B. Over-the-counter medicines
- C. Dietary supplements (such as vitamins and herbs)
- D. All of the above

**2. Which of the following does NOT need to be included in your personal medication record?**

- A. Your pharmacy contact information, including address and hours
- B. Your Social Security number
- C. The name of your medication(s), reason for use, form (e.g., pill, liquid), dose and start/stop date
- D. Any drug allergies or side effects you have

**3. If you need to save money, is it safe to occasionally take fewer Rx drugs than prescribed by your doctor?**

Yes  No

**4. There are many options when it comes to your health and medications. Which of the following could help you save money?**

- A. Ask your doctor to prescribe generic drugs when available
- B. Get prescription assistance through national, state or local pharmacy assistance programs
- C. Enroll in a Medicare Part D prescription drug program
- D. Fill your prescription online or through mail order programs
- E. All of the above

**5. Everyone misses the occasional medication dose. If that happens, it is best to:**

- A. Consult your doctor, pharmacist or other health professional
- B. Take the missed medication immediately upon discovering the oversight
- C. Wait for the next scheduled dose
- D. Double the next scheduled dose

**6. The bathroom medicine cabinet is the best place to store medications.**

True  False

**Answers:**

**1) D. All of the above.** Many health studies have asked medical professionals and their patients to each list what medicines the patient is taking. About 9 times out of 10, they don't agree! This is dangerous for your health because of potential drug-drug interactions. To avoid health risks, it's important for you to tell your doctor the truth about all the medicines you take — prescriptions, over-the-counter drugs and dietary supplements.

**2) B. Your Social Security number.** Your record does not need to include your Social Security number, but it should include your doctor and pharmacy contact information and the names and details of all the medicines you take, including over-the-counter drugs and dietary supplements. You should also include whether you have any drug allergies or side effects from certain medicines.

**3) No. Skipping doses of your medication is unsafe.** You should always follow

the instructions that your doctor and pharmacist provide. A safe way to look for cost savings is to explore your drug choices to see whether or not a lower-cost brand name or generic medicine is available to treat your condition.

**4) E. All of the above.** Asking your doctor to prescribe generic drugs, getting prescription assistance through pharmacy assistance programs, enrolling in a Medicare Part D prescription drug program, and filling your prescription online or through mail-order programs are all legitimate ways to save money.

**5) A. Consult your doctor, pharmacist or other health professional.** It's easy to forget to take a pill, especially if it is a new prescription. But missing a dose can harm your health. If you miss a dose or more than one, talk to your doctor or pharmacist to get advice on how to continue your regimen.

**6) False.** The chemical elements of a medication change more quickly when stored in a hot, moist or sunny place. Even using the hot water in a sink can be harmful to drugs you keep in the medicine cabinet. A drawer in your bedroom will be cooler, drier, darker and, therefore, safer than your medicine cabinet.

**Score:**

**6 correct:** Congrats, you're med-wise!

**4-5 correct:** Good work, you're pretty med-savvy.

**3 or less:** It's time to get med-wise! Start by exploring some resources at [www.aarp.org/walgreens](http://www.aarp.org/walgreens).



# November is American Diabetes Month

## What is Diabetes?

Diabetes is a chronic disease in which the body does not make or properly use insulin. Insulin is a hormone the body makes to convert sugar, starches and other food into energy. Without proper levels or use of insulin sugar builds up in the bloodstream and damages the heart, eyes, feet, kidneys and blood vessels.

## Types of Diabetes

**Type 1 Diabetes** – usually diagnosed in children and young adults. The body does not produce insulin.

**Type 2 Diabetes** – the most common form of diabetes. The body does not produce enough insulin or the cells ignore the insulin.

**Gestational Diabetes** – pregnant women who have never had diabetes before but who have high blood sugar levels during pregnancy are said to have gestational diabetes.

## Symptoms

Blurry vision, tingling or numbness in the hands and feet, frequent urination, excessive thirst, extreme hunger, very dry skin, more infections than usual, feeling tired often, unexplained weight loss

## Risk Factors

A family history of diabetes; African American, Hispanic/Latino, Asian, Pacific Islander or Native American; 45 years of age or older; overweight; physical inactivity. For women, a prior history of gestational diabetes or a baby weighing more than nine pounds at birth; pre-diabetes

For more information call the Utah Department of Health Resource Line toll-free at 1-888-222-2542

American Diabetes Association: Toll-free 1-888-DIABETES (342-2383), [www.diabetes.org](http://www.diabetes.org)

# Upcoming senior activities



## Farmington City Senior Activity

Wednesday, November 28, 2007

The activity is from 6-7:30 p.m. and includes light refreshments. Activities range from music, singing, dancing acts and games. It is free and held at the Farmington Community Arts Center 120 South Main Street, Farmington



## Syracuse City Senior Activities

Birthday Celebration – Friday, November 30, 2007

Lunch begins at 12:30 followed by bingo

Please bring a \$2.50 donation per person for lunch.

Reserve your lunch by leaving a message at 614-9658 before November 28



Christmas Lights Tour – Tuesday, December 4, 2007

In order to hold this activity at least 40 people need to register. Interested in going, please call 614-9658 and leave a message



Christmas Shopping – December 6, 7 and 14, 2007

Transportation is FREE from the Syracuse Community Center. Call 614-9658 to make your reservation

Syracuse Community Center  
1912 W. 1900 S.  
Syracuse, UT 84075

As a member of H2U, you will have access to the most up-to-date health information and interactive health tools available. These informative resources include:



- A monthly newsletter to keep you informed of screenings, activities and services that are available to H2U members here in the Davis County area, through H2U @ Lakeview.
- Discounts on Rescue Alert, a security system for those who are home alone. An opportunity for members to have the help they need in case of any type of emergency and a peace of mind for both client and family members.
- A foot screening twice monthly, including nail trimming and foot massage discounted for H2U members.
- FREE - complete blood work up, including PSA for men, and FLU SHOT, once each year.
- Many opportunities for day and extended trips.
- Receive a gift and visit from the H2U

office if you make an extended stay at the hospital, as well as a meal ticket for family or friends during your stay.

- Monthly meeting for members with informative speakers concerning health related issues, travel information, and other timely information for adults in the community.
- Discounts on the "punch pass" at Lakeview's Physical Therapy department for the Water Aerobics class.
- Discounts on meals in our cafeteria.
- The H2U web site ([www.h2u.com](http://www.h2u.com)), with more than 2 million searchable pages of health information.
- The H2U Health Assessment, which creates a personalized set of health recommendations, so you can manage your health and live a healthy lifestyle.

Yearly membership is \$15. Available to any adult.

For further information contact H2U @ Lakeview Hospital  
**299-2217**

**Lakeview Hospital**  
MOUNTAIN STAR HEALTHCARE  
630 East Medical Drive ★ Bountiful, Utah 84010  
[www.lakeviewhospital.com](http://www.lakeviewhospital.com)

# “Car Accident Victims Seldom Know What They’re Entitled To!!!”

## Free Report Reveals Important Information That Every Accident Victim Should Know!

Davis Co. After an accident, most victims spend more time figuring out how they are going to fix their car and what they are going to drive than on their options and possible hidden injuries. There are currently thousands of auto accident victims who are living a life of misery and pain because they did not learn what to do as an auto accident victim. Don't let this happen to you or your loved one. This FREE REPORT reveals closely guarded secrets you need to know before you settle your case or speak to anyone. If you have been in an auto accident in the last 3 months don't let another day go by until you call The Spinal Center at (801) 298-0073 and talk to Cher. The Call is easy and the report is FREE.

# The Inn On Barton Creek

Independent & Assisted Living



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Promise For A  
Fulfilling Lifestyle

499 East 500 South  
BOUNTIFUL, UTAH  
801-298-4200



**Unforgettable  
Beauty**

Unequaled  
Service

**Call Today For A Tour**