

SENIOR Scoop

The magazine for and about the active generation of Davis County



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Call Today For Your Tour!



ORCHARD COVE
DEMENTIA CENTER



485 East 500 South
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Davis County's premier center for the care of older adults with dementia-related illnesses (including Alzheimer's Disease)

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AND TOUR
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All programs are designed by medical professionals who have extensive experience working with dementia-related illnesses.

OUR MISSION:
"Person-Centered" Care

10493

Volunteers needed

*Success is not built on what we accomplish for ourselves.
Its foundation lies in what we do for others.*
— *Danny Thomas*

The Senior Activity Centers need the following volunteers:

Center	Volunteer Opportunity	Time
Autumn Glow Kaysville	Meals on Wheels Driver Meals on Wheels Deliver	once a week once a week
Heritage Center Clearfield	Exercise / Dance Teacher Computer Teacher	any time any time
Golden Years Bountiful	Desk Host / Hostess	one or more days a week

If you would like to help, please contact the Davis County Health Department at 451-3377.



Senior Scoop is published by the Davis County Clipper in conjunction with the Davis County Health Department Senior Services,
50 East State Street
Farmington, UT 84025
(801) 451-3377

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Questions or comments concerning the newsletter, contact the Davis County Health Department at (801) 451-3377

Fit tips:

New Year's resolutions and exercise

It's time again for New Year's Resolutions. Franklin Covey conducted a survey of New Year's Resolutions for 2008. The top three New Year's resolutions or goals were ranked as follows:

- Get out of debt or save money
- Lose weight
- Develop a healthy habit (e.g., exercise or healthy eating)

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease or diabetes. In fact, physical activity may help. For most older adults, brisk walking, riding

a bike, swimming, weight lifting, and gardening are safe, especially if you build up slowly. But, check with your doctor if you are over 50 and you aren't use to energetic activity.

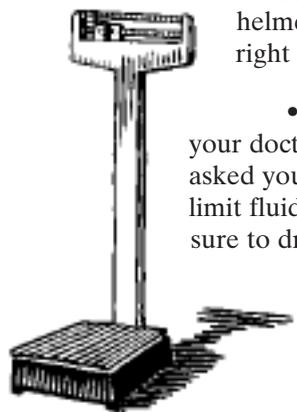
Safety Tips

Here are some things you can do to make sure you are exercising safely:

- Start slowly, especially if you haven't been active for a long time. Little by little build up your activities and how hard you work at them.
- Don't hold your breath dur-

ing strength exercises. That could cause changes in your blood pressure. Breathe out as you lift something, and breathe in as you relax.

- Use safety equipment. For example, a helmet or the right shoes.



- Unless your doctor has asked you to limit fluids, be sure to drink plenty of fluids when

you are doing activities. Many older adults don't feel thirsty even if their body needs fluids.

- Always bend forward from the hips, not the waist. If you keep your back straight, you're probably bending the right way.

- Warm up your muscles before you stretch. Try walking.

Exercise should not hurt or make you feel really tired. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain. In fact, in many ways, being active will probably make you feel better.

How's your thyroid? Who needs to know?

Every time you look in the mirror, a key to your well-being is staring back at you: your thyroid gland. The thyroid gland is a small, butterfly-shaped gland located at the base of your neck, just below your Adam's apple. Your thyroid gland makes hormones that help control the function of many of your body's organs including your heart, brain, liver, kidneys, and skin. Making sure that your thyroid gland is healthy is important to your body's overall well-being.



Some patients who have an enlarged thyroid gland may also produce too much or too little thyroid hormone. Because many symptoms of thyroid imbalance may be hard to recognize and may be mistaken for symptoms caused by other conditions, the best way to know for sure about your thyroid health is to ask your doctor for a TSH (thyroid-stimu-

lating hormone) test, a simple blood test that measures whether your thyroid gland is functioning normally. If you have a family member with thyroid disease, are over the age of 35, or have any symptoms or risk factors associated with thyroid disease, you should talk to your doctor about getting a TSH test.

It's not difficult to keep your thyroid in balance, but you need to know your numbers. If you are diagnosed with thyroid disease, be sure to take your thyroid medicine every day, as instructed by your doctor, and refill your prescription on time so that you don't miss any doses. Your doctor may want to run a TSH test every 6 to 12 months to monitor your thyroid levels to ensure that you receive the optimal dose of thyroid medicine.

For more information on symptoms and risk factors of thyroid imbalance, visit www.thyroidawareness.com.

Top 10 things people should know about thyroid disorders:

1. Up to 27 million Americans may be affected by thyroid disorders, although more than half remain undiagnosed.
2. Thyroid disorders are more common amongst women.
3. Thyroid disorders tend to run in the family.
4. Fatigue is a common complaint for under and over active thyroid conditions.
5. TSH testing is the most useful test for thyroid screening.
6. Regular check ups are the key to successfully managing a malfunctioning thyroid gland.
7. Changing brands and dosage that affect thyroid hormone levels should be followed by retesting.
8. Do not change your dose of thyroid medication without guidance from your physician.
9. Thyroid conditions in pregnancy warrant close attention.
10. Thyroid cancer is one of the fastest growing cancers in America and one of the most curable.



January



6				10 AG - Beginner Tai Chi 9 Arts & Crafts 10 Foot Care Clinic by appointment \$15 Wendover Trip 7:30 a.m. GY - Genealogy 12:30 Combo Dancing 11 HC - Wendover Trip 7:45 a.m. \$16 Porcelain Class 9 Pinochle 12:15	11 AG - Lapidary 8:30 Legacy Health Care Presentation & Free Bingo 12 GY - Line Dancing 9:30 HC - Piece of Peace 11:30 Bill Gerdman performing Bingo 12:15 Ceramics 12:30	12
13	14 AG - Beginner Tai Chi 9 Water Color/Oil Painting 9 Bingo 10:30 Crazy Auction 11:30 Computer Class 2 GY - Bingo 12:30 Beginning Line Dance 10 HC - Hales Family Musicians 11:30 Bingo 12:15	15 AG - Computer Class 9 Water Color/Oil Painting 9 Movie with popcorn 12 GY - Pancake Breakfast 8 \$3.00 Sign up by the 11 th Political Forum, meet the candidates and hear the current issues 12-12:30 HC - Lapidary Class 8:30 China Painting 8:45 Old Timers Sing 11:30 Blood Pressure Clinic 10:30 Pinochle 12:15	16 AG - Bingo 10:30 Beginners Line Dance 2 GY - Foot Clinic 9 Blood Pressure Clinic 10:30 Bingo 12:30 HC - Art Class 9 A "Wii" Bit of Exercise Not So Newlywed Game 11:30 Bingo 12:15 Utah Legal Services call for appointment 12-2	17 AG - Beginner Tai Chi 9 Arts & Crafts 10 Case Worker available for questions 10:30 55 Alive 12:30-4:30 (must attend 1/18/08) GY - Combo Dancing 11 Genealogy 12:30 HC - Porcelain Class 9 Foot Clinic by appointment ~ \$15 Pinochle 12:15	18 AG - Lapidary 8:30 55 Alive 12:30-4:30 (must attend 1/17/08) GY - Line Dancing 9:30 HC - Bingo 12:15 Ceramics 12:30	19
20	21 CENTERS CLOSED Martin Luther King Jr. Day 	22 AG - Computer Class 9 Water Color/Oil Painting 9 Movie with popcorn 12 GY - Lapidary 9 HC - Lapidary Class 8:30 China Painting 8:45 Old Timers Sing 11:30 Blood Pressure Clinic 10:30 Pinochle 12:15	23 AG - Bingo 10:30 Pit your wits quiz 11:30 Beginners Line Dance 2 GY - Blood Pressure & Oxygen Clinic 10:30 Bingo 12:30 HC - Art Class 9 Bingo 12 Annual Pool Tournament \$5 entry fee (sign up)	24 AG - Beginner Tai Chi 9 Arts & Crafts 10 GY - Genealogy 12:30 Combo Dancing 11 HC - Porcelain Class 9 Pinochle 12:15	25 AG, GY, HC - January Birthday Party. Make reservations by the 23 rd AG - Lapidary 8:30 GY - Line Dancing 9:30 HC - Bingo 12:15 Ceramics 12:30	26
27	28 AG - Beginner Tai Chi 9 Water Color/Oil Painting 9 Bingo 10:30 Computer Class 2 GY - Bingo 12:30 Beginning Line Dance 10 HC - A "Wii" Bit of Exercise: Golf 11 Crossword Puzzle Bingo 12:15	29 AG - Computer Class 9 Water Color/Oil Painting 9 Movie with popcorn 12 GY - Lapidary 9 HC - Lapidary Class 8:30 China Painting 8:45 Old Timers Sing 11:30 Blood Pressure Clinic 10:30 Pinochle 12:15 55 Alive 12:30-4:30 (must attend 1/30/08)	30 AG - Bingo 10:30 Beginners Line Dance 2 States Trivia 11:30 GY - Foot Clinic 9 Blood Pressure Clinic 10:30 Bingo 12:30 HC - Art Class 9 Bingo 12:15 55 Alive class 12:30-4:30 (must attend 1/29/08)	31 AG - Beginner Tai Chi 9 Arts & Crafts 10 GY - Genealogy 12:30 Combo Dancing 11 HC - Porcelain Class 9 Pinochle 12:15	1 AG - Lapidary 8:30 GY - Line Dancing 9:30 HC - Bingo 12:15 Ceramics 12:30	2
3	4 AG - Beginner Tai Chi 9 Water Color/Oil Painting 9 Bingo 10:30 Computer Class 2 GY - Bingo 12:30 Beginning Line Dance 10 HC - Bingo 12:15	5 AG - Computer Class 9 Water Color/Oil Painting 9 Movie with popcorn 12 GY - Lapidary 9 HC - Lapidary Class 8:30 China Painting 8:45 Old Timers Sing 11:30 Blood Pressure Clinic 10:30 Pinochle 12:15	6 AG - Bingo 10:30 Beginners Line Dance 2 GY - Foot Clinic 9 Blood Pressure Clinic 10:30 Bingo 12:30 HC - Art Class 9 Bingo 12:15	7 AG - Beginner Tai Chi 9 Arts & Crafts 10 GY - Genealogy 12:30 Combo Dancing 11 HC - Porcelain Class 9 Pinochle 12:15	8 AG - Lapidary 8:30 GY - Line Dancing 9:30 HC - Piece of Peace 11:30 Bill Gerdman performing Bingo 12:15 Ceramics 12:30	9

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

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Be on the lookout for Medicare fraud

Medicare fraud is a problem costing those who need it the most more money. You can be part of the solution. Always review charges from:

- Doctors
- Pharmacists
- Medical equipment suppliers
- Anyone who provides you with Medicare covered supplies or services

If you have any questions or concerns contact the Davis County Senior Medicare Patrol at (801) 451-3533.

Caregiver Classes

Davis County Health Department Senior Services is offering weekly classes for caregivers starting Thursday January 17th thru March 13th. 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:

January 17 – Positive Thinking
January 24 – Adult Day Care
February 7 – Assisted Living Center
February 14 – Stress Reducers

February 21 – Beauty of Aging
February 28 – When Enough is Enough
March 6 – Legal Issues
March 13 – Caregiver Social

Any questions or concerns, please call Megan at 801-451-3506.

Pertussis vaccination: It's not just for kids

Vener DeFriez
DCHD Immunization Program

Pertussis, or whooping cough is a highly contagious disease. People with a mild infection or those who do not have symptoms can transmit the disease. When an adult or adolescent acquires pertussis, it is often a milder case than that of infected infants or young children. Adolescents and adults are often the source of passing the disease to infants.

Pertussis is acquired through the transmission of respiratory droplets. In other words, if you have a pertussis infection and while visiting a grandchild you cough, the droplets from your cough may infect the child. A person is most infectious with the onset of symptoms' for up to the first two weeks after the coughing starts.

As a nurse who received training outside of the United States, I've cared for infants with pertus-

sis. I will never forget the look of the infants suffering from this disease. It is important to know that protection provided by the DTaP vaccine against pertussis decreases over 5-10 years.

A pertussis vaccine for adults and adolescents is now available. This new vaccine is called Tdap. Persons 64 years and younger may receive this vaccine. The most common reaction is similar to the tetanus shot; some people may experience soreness at the injection site with pain and swelling. This can be prevented by applying a cold compress to the site of injection.

Visit your local health department or doctor and get the Tdap vaccination today. Take the whoop from whooping cough!



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Marie Callender's - Layton
1600 Woodland Park Drive

Thursday	January 17	2 pm
Tuesday	January 29	2 pm

Reserve *your* seat and join us for refreshments by calling:

1-877-289-0221 or **TTY: 1-800-349-3538**
or your local agent

Our insurance specialists can help you sort through your Medicare options, and we'll have a sales representative present at enrollment meetings with applications. A telecommunications device for the deaf (TTY) is available to get additional information or to set up a meeting with a sales representative. For accommodation of persons with special needs at an enrollment meeting, please call 1-877-289-0221; TTY: 1-800-349-3538.

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CMS Approval Date: 10/2007 Material ID: H2905; H4449_41NVSHLD7589



Woods Cross City Senior Activity

Thursday, January 10, 2008

Activities will begin at 12:00

Bring a sandwich for lunch and white elephant gift for bingo
Guest Speaker: Attorney Robyn Walton talking about Trusts
The free activity is held at Woods Cross City Hall
1555 S. 800 W. Enter through the East doors

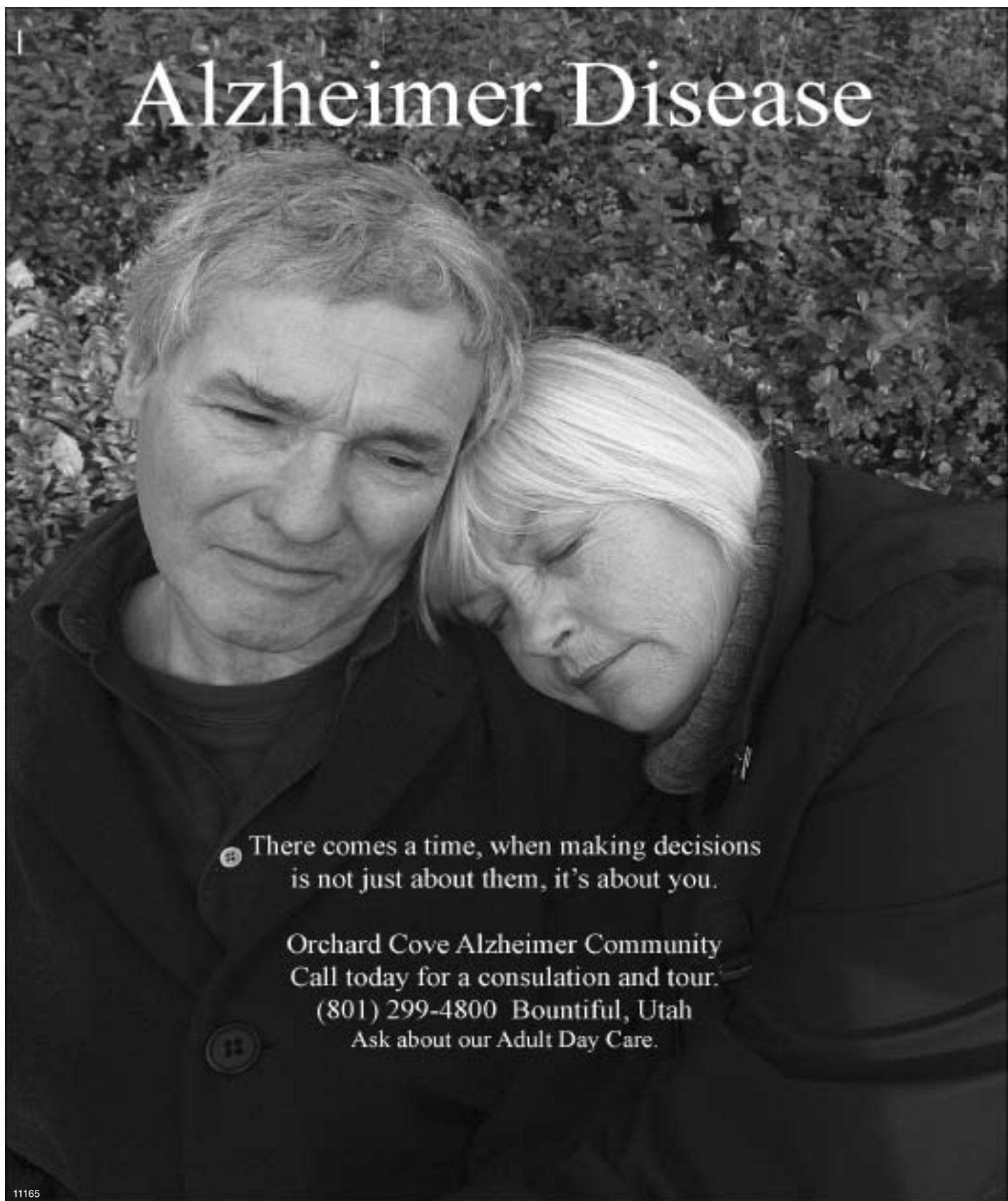


Farmington City Senior Activity

Wednesday, January 23, 2008

From 6-8 p.m., light refreshments included
The Youth City Council is putting together BINGO!
120 South Main Street, Farmington

Alzheimer Disease



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