



## Beat ongoing health conditions with self-management

Davis County Health Department is promoting an evidence-based Chronic Disease Self-Management Program called Living Well with Chronic Conditions.

Living Well with Chronic Conditions is a fun, interactive six week workshop to help you:

- Manage pain & fatigue
- Lessen depression & frustration
- Increase fitness & self-confidence
- Other subjects covered include:
  - Techniques for frustration & isolation
  - Appropriate exercise to maintain & improve strength
  - Appropriate use of medications & proper nutrition
  - Communicating effectively with family, friends, & health professionals
  - How to evaluate new treatments

### Who Should Come?

Anyone with an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, chronic pain or others. Family and friends of those with chronic conditions are also encouraged to attend.

Healthy snacks are provided, along with an incentive gift which is given at the last class for completing 4 out of 6 classes of the workshop.

Upcoming workshops starting up are as follows:

- Friday, March 9, 10 a.m.-noon at Davis Hospital's Diabetes Care Center of Utah, 2132 N 1700 W, Ste B150, Layton (basement level of Bitner Medical Office Building)
- Tuesday, Apr. 10, 10 a.m.-noon at Lakeview Hospital, 630 East Medical Drive, Bountiful (first floor board room through main entrance of hospital)

This workshop also is available online for those who are not able to attend in person. For more information or to register for a workshop, call Jessica Hardcastle at 801-525-5087. Registration is required. Call today. Workshops fill up fast.

## 2011 tax filing requirements for seniors

Jim Miller, [www.SavvySenior.org](http://www.SavvySenior.org)

According to the Tax Policy Center, 56 percent of retirees will not have to file or pay federal income taxes this year mainly because their incomes are under the IRS filing threshold. Here's a breakdown of the 2011 filing requirements along with a few other tax tips to help you determine if you need to file.

### IRS Requirements

If your gross income is below the IRS filing limits, you probably won't have to file a federal tax return this year. Gross income includes all the income you receive that is not exempt from tax, not including Social Security benefits,

unless you are married and filing separately.

You probably don't have to file this year if:

- You are single and your 2011 gross income was less than \$9,500 (\$10,950 if you're 65 or older).
- You are married filing jointly and your gross income was under \$19,000. If you or your spouse is 65 or older, the limit increases to \$20,150. And if you're both over 65, your income must be under \$21,300 to not file.
- You are head of household and your gross income was below \$12,200 (\$13,650 if age 65 or older).
- You are married filing separately and

your income was less than \$3,700.

- You are a qualifying widow(er) with a dependent child and your gross income was less than \$15,300 (\$16,450 if age 65 or older).

### Special Situations

You also need to be aware that there are some special financial situations that require you to file a tax return, even if your gross income falls below the IRS filing requirement. For example, if you had net earnings from self-employment in 2011 of \$400 or more, or if you owe any special taxes to the IRS such as alternative minimum tax or

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## Stepping On



Photo by Jessica Hardcastle, DCHD

Participants of Stepping On, a new evidence-based fall prevention program held at Golden Years Senior Activity Center, practice specific fall prevention exercises with Amanda Thompson. Thompson is a physical therapist from PerformanceWest Physical Therapy and is one of the local professionals who have partnered with Davis County Health Department to present this program to older adults in the county. Stepping On will be held at different locations throughout the county. For more information, call Jessica Hardcastle at 801-525-5087.

## Myths and facts about sleep – Part 2

National Sleep Foundation

There are many common myths about sleep. We hear them frequently, and may even experience them far too often. Sometimes they can be characterized as "old wives tales," but there are other times the incorrect information can be serious and even dangerous. The National Sleep Foundation has compiled this list of common myths about sleep, and the facts that dispel them. This month we'll look at the remaining 5 myths out of 10.

### 6. Daytime sleepiness always means a person isn't getting enough sleep.

Excessive daytime sleepiness is a condition in which an individual feels very drowsy during the day and has

an urge to fall asleep when he/she should be fully alert and awake. The condition, which can occur even after getting enough nighttime sleep, can be a sign of an underlying medical condition or sleep disorder such as narcolepsy or sleep apnea. These problems can often be treated, and symptoms should be discussed with a physician. Daytime sleepiness can be dangerous and puts a person at risk for drowsy driving, injury, and illness and can impair mental abilities, emotions, and performance.

### 7. Health problems such as obesity, diabetes, hypertension, and depression are unrelated to the amount and quality of a person's sleep.

Studies have found a relationship between the quantity and quality of

one's sleep and many health problems. For example, insufficient sleep affects growth hormone secretion that is linked to obesity; as the amount of hormone secretion decreases, the chance for weight gain increases. Blood pressure usually falls during the sleep cycle; however, interrupted sleep can adversely affect this normal decline, leading to hypertension and cardiovascular problems. Research also has shown that insufficient sleep impairs the body's ability to use insulin, which can lead to the onset of diabetes. More and more scientific studies are showing correlations between poor and insufficient sleep and disease.

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Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Family Health & Senior Services Division.

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All issues of Senior Scoop are available at  
[http://www.daviscountyutah.gov/senior\\_scoop](http://www.daviscountyutah.gov/senior_scoop)



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<b>1</b> AG – Card Games 10 Wear a Dr. Seuss Hat 11:30 GY – Senior Tap 8:15 Shopping 12:30 Stepping On 1 ND – Porcelain 9 Pinochle 12:15	<b>2</b> AG – Silver Sneakers Presentation 11:30 GY – Caregiver Class 11:30 Movie 12:45 ND – Bingo 12:15 Balance Presentation 11:30	<b>3</b>
<b>4</b>	<b>5</b> AG – **Water Exercise 9 Plano Performance 11:30 GY – Aerobics 8:30 Yoga 10 ND – Exercise Class 10:30 Texas Hold 'Em 12	<b>6</b> AG – Her Story: Woman's History 11:30 Square Dancing 12:30 GY – **Wendover Trip Lapidary/Silversmith 8 Sit n Fit 8:30 ND – Lapidary 8:30 Blood Pressure Clinic 10:30	<b>7</b> AG – Pur Hearing Presentation 11:30 **Water Exercise 9 Ceramics 12 GY – Soft Aerobics 8:30 Ceramics 9 ND – "Healthy Mind Body & Spirit" 11:30	<b>8</b> AG – **Wendover Trip **Let's Eat Out GY – **55 Alive Driving Class Hearing Loss Clinic 10 ND – **Wendover Trip Hand & Foot Card Game 12:15	<b>9</b> AG – Choir Practice 10:15 Lucky Bingo 12 GY – Water Color 9 Line Dancing 9:30 ND – **Medicare Counseling Paper Quilling 9	<b>10</b>
<b>11</b>	<b>12</b> AG – Oil Painting 9 Bingo 10:30 GY – Beginning Line Dance 10 Bingo 12:30 ND – Bingo 12:15	<b>13</b> AG – **Medicare Counseling Shopping 12 GY – Senior Tap 8 "Healthy Mind Body & Spirit" 12 ND – "The Oldies" Perform 11 Skip Bo 12:15	<b>14</b> AG – Scavenger Hunt 11:30 GY – **Medicare Counseling Blood Pressure 10:30 ND – Art Class 9 Texas Hold 'Em 12	<b>15</b> AG – **55 Alive Driving Class Fraud Presentation 11:30 GY – Lapidary/Silversmithing 8 Strength Training 10:30 ND – Movie & Popcorn 12:15	<b>16</b> AG – Free Medical "Fix-It" 10 Bingo 10:30 GY – Stained Glass 9 Tai Chi 9:30 ND – **St. Patrick's Day Party Exercise Class 10:30	<b>17</b>
<b>18</b>	<b>19</b> AG – **Podiatrist Lifetime Fitness 9 GY – Senior Tap 8 Oil Painting 1 ND – Exercise Class 10:30	<b>20</b> AG – Quilting Bee 9 Spring Gardening 11:30 GY – **V Chocolate Factory Tour ND – China Painting 9 Blood Pressure Clinic 10:30	<b>21</b> AG – Silversmith 9 Water Color 9:30 GY – Line Dancing 10 Bingo 12:30 ND – Breakfast for Your Brain 10 Bingo 12:15	<b>22</b> AG – **Mystery Trip "Healthy Mind Body & Spirit" 11:30 **Wire-wrapping 9 GY – Sit n Fit 8:30 Bill Curtis Band 10:30 ND – Pinochle 12:15	<b>23</b> AG – Movie & Popcorn 12 GY – Video Aerobics 8:30 Old Time Combo Band 10:30 ND – Texas Hold 'Em 12	<b>24</b>
<b>25</b>	<b>26</b> AG – **Water Exercise 9 Trivia of the Day 11:30 GY – New Family History 9:30 Bingo 12:30 ND – **Podiatrist Texas Hold 'Em 12	<b>27</b> AG – Lapidary 8 Something on a Stick 11:30 GY – Senior Tap 8:15 Woodcarving 9 ND – **55 Alive Driving Class Pinochle 12:15 Line Dancing 1	<b>28</b> AG – Card Making 9:30 Line Dancing 1 GY – Senior Tap 8 Grief Support 11 ND – Exercise Class 10:30	<b>29</b> AG, GY, ND Closed @ 2:30 AG – Shopping 12 GY – **Kingsbury Hall Trip Senior Tap 8 ND – Hand & Foot Card Game 12:15	<b>30</b> **AG, GY, ND Mar. Birthday Party AG – Lapidary 8 Computer 9:30 GY – Senior Tap 8:15 ND – Exercise Class 10:30 Ceramics 12	<b>31</b>

\*\* Call Senior Activity Center to Make Reservation  
 (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

<b>AG – Autumn Glow</b> (801) 544-1235 81 East Center Street Kaysville, UT 84037	<b>GY – Golden Years</b> (801) 295-3479 726 South 100 East Bountiful, UT 84010	<b>ND – North Davis</b> (801) 525-5080 42 South State Street Clearfield, UT 84015
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# Maintain your brain seminars offered in Davis County

The Alzheimer's Association Northern Utah office will host three Brain Seminars in Davis County during the month of March. The classes are free and will offer a light meal, however an RSVP is required.

**Dates and locations are:**

- Tuesday, March 13, 5:30-7 p.m., Golden Years Senior Activity Center, 726 South 100 East, Bountiful. RSVP to 801-295-3479.
- Wednesday, March 14, 5:30-7 p.m., Autumn Glow Senior Activity Center, 81 East Center Street, Kaysville. RSVP to 801-544-1235.
- Thursday, March 15, 5:30-7 p.m., North Davis Senior Activity Center, 42 South State Street, Clearfield. RSVP to 801-525-5080.

According to Laura Owen-Keirstead, Area Manager and Family Services Counselor for the Alzheimer's Association, there is growing evidence that lifestyle can affect brain health and risk for dementia. "When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do," she said. "The good news is there are

things you can do to help keep your brain healthier as you age through diet, exercise, mental and social activity."

The Northern Utah office serves Davis, Weber, Morgan, Rich, Box Elder, and Cache counties. Core services offered to individuals, caregivers, and families include: care consultation, information and referral, education, support groups and the safe return identification program. Office hours are Monday, Tuesday, Wednesday, and Friday from 8:30 a.m. to 5 p.m. and appointments can be made at 801-525-5057. The 24-Hour Alzheimer's hotline number is 800-272-3900 and is staffed 7 days a week.

The Alzheimer's Association, Utah Chapter is the leading voluntary health organization in Alzheimer's care, support and research. Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. For more information, visit [www.alz.org/utah](http://www.alz.org/utah).

## Myths

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### 8. The older you get, the fewer hours of sleep you need.

Sleep experts recommend a range of seven to nine hours of sleep for the average adult. While sleep patterns change as we age, the amount of sleep we need generally does not. Older people may wake more

frequently through the night and may actually get less nighttime sleep, but their sleep need is no less than younger adults. Because they may sleep less during the night, older people tend to sleep more during the day. Naps planned as part of a regular daily routine can be useful in promoting wakefulness after the person awakens.

### 9. During sleep, your brain rests.

The body rests dur-

ing sleep; however, the brain remains active, gets "recharged," and still controls many body functions including breathing. When we sleep, we typically drift between two sleep states, REM (rapid eye movement) and non-REM, in 90-minute cycles. Non-REM sleep has four stages with distinct features, ranging from stage one drowsiness, when one can be easily awakened, to "deep sleep" stages three and

four, when awakenings are more difficult and where the most positive and restorative effects of sleep occur. However, even in the deepest non-REM sleep, our minds can still process information. REM sleep is an active sleep where dreams occur, breathing and heart rate increase and become irregular, muscles relax and eyes move back and forth under the eyelids.

### 10. If you wake up in the middle of the night, it is

### best to lie in bed, count sheep, or toss and turn until you eventually fall back asleep.

Waking up in the middle of the night and not being able to go back to sleep is a symptom of insomnia. Relaxing imagery or thoughts may help to induce sleep more than counting sheep, which some research suggests may be more distracting than relaxing. Whichever

er technique is used, most experts agree that if you do not fall back asleep within 15-20 minutes, you should get out of bed, go to another room and engage in a relaxing activity such as listening to music or reading. Return to bed when you feel sleepy. Avoid watching the clock.

For more information, visit <http://www.sleepfoundation.org/>.

## Taxes

Continued from Page S1

penalties, you'll probably need to file.

To figure this out, the IRS offers a page on their website called "Do You Need to File a Federal Income Tax Return?" that includes a list of financial situations and a series of questions that will help you determine if you're required to file, or if you should file (if you're due a refund). You can access this page at [www.irs.gov](http://www.irs.gov).

[doyouneed2file.info](http://www.doyouneed2file.info), or you can get help over the phone by calling the IRS helpline at 800-829-1040.

### Check Your State

Even if you're not required to file a federal tax return this year, it doesn't necessarily mean you're also excused from filing state income taxes. Check on that with your state tax agency before concluding you're entirely in the clear. For links to state and local tax agencies see [taxadmin.org](http://taxadmin.org) – click on "Links."

### Tax Help

If you do need to file a tax return this year, you can get help through the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TEC provides free tax preparation and counseling to middle and low income taxpayers, age 60 and older. Call 800-829-1040 to locate a service near you.

Also check with AARP, a participant in the TCE program that provides free

tax preparation at around 6,100 sites nationwide. To locate an AARP Tax-Aide site call 888-227-7669 or visit [aarp.org/findtaxhelp](http://aarp.org/findtaxhelp).

Three AARP volunteers will be on hand at Autumn Glow Senior Activity Center, 81 E. Center St in Kaysville, to handle 2011 tax questions. Appointments are available Wednesdays and Thursdays. Contact the center at 801-544-1235 for appointments and more information.

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# Medicare Part B deadline approaching

Mickie Douglas, State Social Security Public Affairs Specialist

If you didn't sign up for Medicare Part B medical insurance when you first became eligible for Medicare, you now have an opportunity to apply — but time is running out. The deadline for applying during the general enrollment period is March 31. If you miss the deadline, you may have to wait until 2013 to apply.

Medicare Part B covers some medical expenses not covered by Medicare Part A (hospital insurance), such as doctors' fees, outpatient hospital visits, and other medical supplies and services.

When you first become eligible for hospital insurance (Part A), you have a seven-month period in which to sign up for medical insurance (Part B). After that, you may have

to pay a higher premium — unless you were covered through your current employer's group health plan or a group health plan based on a spouse's current employment. You are given another opportunity to enroll in Part B during the general enrollment period, from January 1 to March 31 of each year. But each 12-month period that you are eligible for Medicare Part B and do not sign up, the amount of your monthly premium increases by 10 percent.

There are special situations in which you can apply for Medicare Part B outside the general enrollment period. **For example, you should contact Social Security about applying for Medicare if:**

- You are a disabled widow or widower between age 50 and age 65, but have not applied for disability benefits because you are already getting another kind of Social Security ben-

efit;

- You worked long enough in a government job where Medicare taxes were paid and you meet the requirements of the Social Security disability program and became disabled before age 65;
- You, your spouse, or your dependent child has permanent kidney failure;
- You had Medicare medical insurance (Part B) in the past but dropped the coverage; or
- You turned down Medicare medical insurance (Part B) when you became entitled to hospital insurance (Part A).

Learn more about Medicare by reading our electronic booklet, Medicare at [www.socialsecurity.gov/pubs/10043.html](http://www.socialsecurity.gov/pubs/10043.html). Or visit the Medicare website at [www.medicare.gov](http://www.medicare.gov). Also, you may call Medicare at 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

## True love for 66 years



Photo by Megan Forbush, DCHD

Marvin and Elizabeth Neeley celebrated 66 years of marriage on Valentine's Day. They were married when they were 18 years old and everyone told them it wouldn't last. Elizabeth said, "We showed them, didn't we?" They, along with many other couples in love, enjoyed a romantic evening full of dinner and dancing at Golden Year's Senior Activity Center on Feb. 14th.

## Exercises that can help ease arthritis pain

Lots of seniors who have arthritis believe that exercise will worsen their condition, but that's not true. Study after study has shown that exercise is actually one of the best treatments for osteoarthritis.

Proper and careful exercises can help reduce joint pain and stiffness, strengthen muscles around the joints and increase flexibility. It also helps manage other chronic conditions

that are common among seniors with arthritis, such as diabetes, heart disease, and obesity. Here are some tips to help you get moving.

**Exercises for Arthritis**  
Determining exactly which types of exercises are best for you depends on the form and severity of your arthritis, and which joints are involved. It's best to work with your doctor or a physical therapist to help you develop an exercise

program that works for you.

The different types of exercises that are most often recommended to seniors with arthritis include:

- Range-of-motion exercises
- Strengthening exercise
- Aerobic exercises

It's also important to keep in mind that when you first start exercising, you need to go slow to give your body time to adjust. If you push yourself too hard you can aggravate your joint

pain, however, some muscle soreness or joint achiness in the beginning is normal.

To help you manage your pain, start by warming up with some simple stretches or range of motion exercises for five to 10 minutes before you move on to strengthening or aerobic exercises.

Another tip is to apply heat to the joints you'll be working before you exercise, and use cold packs after exercising to reduce inflammation.

If you're experiencing a lot of pain while you exercise, you may need to modify the frequency, duration, or intensity of your exercises until the pain improves. Or you may need to try a different activity — for example switching from walking to water aerobics. But if you're having severe, sharp or constant pain, or large increases in swelling or your joints feel hot or red, you need to stop and see your doctor.

The Arthritis Foundation conducts exercise and aquatic programs for people with arthritis in many communities throughout the U.S. Contact your local branch (see [arthritis.org/chaptermap.php](http://arthritis.org/chaptermap.php), or call 800-283-7800 for contact information) to find out what may be available near you. Also see [fightarthritispain.org](http://fightarthritispain.org) for more tips.

### ADVERTORIAL

## Give feet a new lease on life with Priority

BY MELINDA WILLIAMS

Clipper Staff Writer

**BOUNTIFUL** — Foot problems are among the biggest problems diabetics face.

And diabetics aren't the only people with foot problems. Nearly everyone will experience some kind of foot problem in their lifetime, according to a local business owner whose job it is to alleviate those problems.

Priority Foot Wear and Pedorthic Services, 45 N. Main in Bountiful, can provide solutions to alleviate foot pain/damage caused by disease, such as diabetes, overwork or injury.

The store, right next door to Barton Comfort Shoes, is run by Bruce Barton, a certified pedorthist, trained to help people with specialized shoes, orthotics and custom inserts, shoe modifications/aids splints and braces.

"I liken it to being a foot pharmacist," Barton said.

The store offers a variety of styles of pedorthic shoes for men and women in a wide range of styles. But Barton can also modify or rebuild shoes to build up the heel or sole, provide stabilization, or provide extra room for those with hammer toes.

The store carries a number of brands and styles.

"We try to get the best styles, and make them work the best we can," for specific foot prob-



**PRIORITY FOOT WEAR** salesman Scott Phillips and owner Bruce Barton discuss features of one of the shoes offered for sale at the speciality shoe store next to Barton Comfort Shoes.

Photo by Melinda Williams

lems, he said.

Barton Shoes has been affiliated with Priority Foot Wear for about five years. Back then, the company had no representatives in Utah and after meeting with Barton, the company made him the Priority Foot Wear representative for Utah.

Barton now covers the Wasatch Front, often with a mobile service in which a company representative will travel

to the home of the person needing specialized shoes before coming back to Bountiful to build the shoes.

Priority specializes in shoes for diabetics, working with Medicare on billings for those with diabetes.

Barton explained how important it is for diabetics to take care of their feet.

"It costs Medicare \$1,600 a day for foot-related problems

in diabetics requiring hospitalization. Most hospitalizations are four or five days, so you see, the yearly cost of a pair of shoes designed for diabetics is a drop in the bucket for Medicare.

Barton went on to say that there's an 80 percent drop in the rate of amputations among diabetics who care for their feet.

And, it's important diabet-

ics have their feet checked by a professional, because the disease can alter the circulation in the feet and can sometimes cause neuropathy, (damage to the nerve which reduces sensation) which means the patient may not even be able to tell he's having a problem.

He said that with diabetics especially, it's important a shoe fits well, not compressing the toes or providing too much room. The shoe should be made of leather, or some other breathable fabric, absorb shock and have an adequate depth.

"They should also be pleasing to the eye or people won't wear them," he said.

Barton works with area physicians and podiatrists in getting just the right shoe prescription for patients. He said it's his job to make the shoe fit the foot to enhance a person's comfort.

"A lot of podiatrists used to dispense pedorthic shoes in their offices," Barton said. But with more people needing pedorthic shoes, it became more work than they could devote to it. Now doctors and podiatrists often fax the forms for a shoe prescription straight to Barton who works with the client and reports back to the doctor when the patient has been fitted.

Barton said, "The environment we walk in is terrible for feet. People develop all kinds of problems."