



# SENIOR SCOOP

The publication for and about the active generation of Davis County

## Fun ideas for being active all year

**January:** Start the new year by trying out a fitness center – many offer New Year's Resolution specials.

**February:** Give your heart a Valentine's Day gift with dance lessons, such as salsa, tango, or belly dancing.

**March:** Anything can be fun with upbeat music, including spring cleaning.

**April:** Work in your garden. Bending, lifting, and stretching are all great exercises.

**May:** Build your endurance and strength with a bike ride during National Bike Month. Remember your helmet.

**June:** Once your grandchildren are out of school for the summer, ask them to teach you their favorite type of physical activity.

**July:** Cool off with a water aerobics class.

**August:** Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.

**September:** If you've heard about the benefits of yoga but haven't tried it yet, National Yoga Awareness Month is a great time to find special events and trial classes for beginners.

**October:** Take a hike to do some leaf looking. Pick apples or pumpkins. The beautiful colors are inspirational, and a brisk walk is great for your endurance!

**November:** Now that the leaves have fallen, rake and bag the leaves.

**December:** Try ice skating or building a snowman. If you have holiday shopping to do, walk the entire mall each time you're there.

## Merry and bright



Photo by Jessica Hardcastle, DCHD

Senior Services staff member, Linda Freer, distributes a holiday gift to each center patron during North Davis Senior Activity Center's Christmas party last month. Christmas music and a raffle were included in the celebration.

## Preventing falls is up to you

Has a past fall shaken your confidence? Is a threat of a fall a barrier to doing the things you want to do? Do you have a fear of falling? Perhaps you want to learn new exercises to help prevent falls from happening in your future. Davis County Health Department's Senior Services continues to offer its evidence-based workshop called *Stepping On*.

*Stepping On* is a self-confidence building, behavior changing program that is aimed at helping people sixty and over with fall prevention. The workshop is presented in a group setting for two hours, once a week, for seven weeks to help you prevent falls by:

- Providing strength and balance exercises in every class session
- Home safety check suggestions
- Partnering with health professionals such as physical therapists, phar-



Photo by Jessica Hardcastle, DCHD

**Dr. Mark Taylor, an optometrist with Wasatch Eye and Optical, helps *Stepping On* participants understand how vision can influence the ability to get around safely which can help prevent falls. Vision is one of the many topics discussed in the *Stepping On* fall prevention workshop. The next *Stepping On* workshop begins Tuesday, Jan. 8, 10:15 a.m., at Bountiful Library. Call 801-525-5087 to register or for more information.**

macists, and vision experts to deliver information on how to prevent

falls  
Subjects covered include:

- Falls and risk
- Strength and balance exercises
- Home hazards
- Safe footwear
- Vision and falls
- Safety in public places
- Community mobility
- Coping after a fall
- Understanding how to initiate a medication review

The workshop is not just for people who have fallen, but for people who fear falling. Participants will leave with more strength, better balance, and a feeling of confidence and independence as a result of performing various exercises and sharing personal fall experiences as a group.

Interested in attending? The workshop begins Tuesday, Jan. 8, 10:15 a.m.–12:15 p.m. at Bountiful Library, 725 South Main, Bountiful. For more information or to register for the workshop, call 801-525-5087 or 801-525-5076.



*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.davis-countyutah.gov/senior\\_scoop](http://www.davis-countyutah.gov/senior_scoop)

# Common eye myths

## Prevent Blindness America

It's important to separate fact from fiction, especially when the topic is eyesight. Knowing how to take good care of your eyes is the first step in protecting your sight. Don't be blind to the facts – below are 9 common myths about vision, along with the facts.

**Myth 1:** Failure to use proper glasses will hurt your eyes.

**Fact:** This statement does have some truth in it for a small number of people. Some children have eye problems that can be corrected, and it is important that they wear their glasses. But vision problems caused by heredity or physical injury do not go away, even with glasses. While corrective glasses or contacts are needed to improve eyesight, using your eyes with or without glasses will not damage your vision further.

**Myth 2:** Reading in dim light can damage your eyes.

**Fact:** Reading in dim light can cause eye strain, but it will not hurt your eyes permanently.

**Myth 3:** Watching television for too long or sitting too close can damage your eyes.

**Fact:** There is no evidence to suggest that watching television for too long or sitting too close can damage your eyes. Young children often sit close to the television screen because they have a greater ability to focus on objects closer to their eyes than adults do. Due to this, children hold their reading material close as well. However, as they grow older, these habits usually change. If not, this may be a sign of myopia (nearsightedness). To detect possible eye problems, children should have regular eye exams.

**Myth 4:** Eating carrots will improve your vision.

**Fact:** It is true that carrots, as well as many other vegetables, are rich in vitamin A, which is an essential vitamin for sight. Only a small amount is necessary for good vision. A well-balanced diet, with or without carrots, provides all the nutrients the body needs. In fact, too much vitamin A, D or E may actually be harmful.

**Myth 5:** Reading fine print for too long will wear out or damage your eyes.

**Fact:** This is one of the most widely held myths about vision. Some people are concerned that

they should not read too much because it will wear out their eyes. Although extensive or prolonged reading of fine print can cause eye strain, there is no evidence to suggest that it will damage or wear out your eyes.

**Myth 6:** Wearing contacts prevents nearsightedness from getting worse.

**Fact:** Wearing contact lenses will not permanently correct nearsightedness. Myopia or nearsightedness is usually an inherited condition, and contact lenses can only be expected to improve vision. Contact lenses cannot prevent nearsightedness from getting worse.

**Myth 7:** Cataracts can be removed with a laser.

**Fact:** A cataract is a clouded lens of the eye – this procedure cannot be performed by a laser, only by surgery. However, after the surgery, the wrapping around the lens (called the casing) is left behind. This casing can become cloudy and cause blurry vision. The casing can then be opened with a laser, but the procedure should not be confused with the surgical removal of the clouded lens.

**Myth 8:** An eye examination is necessary only if you're having problems.

**Fact:** Everyone should follow proper eye health-care, which includes regular eye exams, whether or not you are having any noticeable signs of problems. Children should be tested at birth, at 6 months of age, before entering school and periodically throughout the school years. For adults, the frequency depends on your doctor's advice and may be every two years or more often. If you have diabetes or an eye disease, you should go every year for a comprehensive eye exam.

**Myth 9:** There's nothing you can do to prevent vision loss.

**Fact:** More than 90% of eye injuries can be prevented, when simple and relatively inexpensive safety precautions are followed. That means choosing the correct eye safety glasses for the job and wearing them 100% of the time. Regular eye exams can help save your sight. Early detection of vision problems is crucial to preventing vision loss from many eye diseases – especially diabetic retinopathy and glaucoma.

For more information, visit [www.preventblindness.org](http://www.preventblindness.org).

# Want help keeping your New Year's resolution?

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 also are 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.

There are a few separate workshops starting up in January. Dates and locations are:

- Wednesday, Jan. 9, 2:30-4:30 p.m., at Davis Hospital's Diabetes Care Center of Utah, 2132 N 1700 W, Ste B150, Layton (basement level of Bitner Medical Office Building).
- Wednesday, Jan. 23,

1:30-3:30 p.m., at Legacy Village of Layton, 1205 North Fairfield Road, Layton (Assisted Living entrance)

- \*Spanish work shop\* Thursday, Jan. 24, 9:30-11:30 a.m., at North Davis Senior Activity Center, 42 South State Street, Clearfield.
- The workshop also is available online for those who are not able to attend a workshop in-person. For more information or to register for a workshop, call Jessica Hardcastle at 801-525-5087. Registration is required.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <h1 style="font-size: 2em; margin: 0;">JANUARY</h1>			<b>3</b> <b>AG</b> – Arts & Crafts 10 Visiting Angels Presentation 11:30 <b>GY</b> – Strength Training 10:30 <b>ND</b> – Movie 12:15	<b>4</b> <b>AG</b> – Arthritis Exercise Class 8:30 <b>GY</b> – Stained Glass 9 <b>ND</b> – Paper Quilling 9 Sponsored Bingo 12:15	<b>5</b>
6	<b>7</b> <b>AG</b> – Oil Painting 9 Respite 1 <b>GY</b> – Yoga 10 Bingo 12:30 <b>ND</b> – **Foot Care Clinic Texas Hold 'Em 12	<b>8</b> <b>AG</b> – Relief Medical Presentation 11:30 Dementia Support Group 2:30 <b>GY</b> – **Wendover <b>ND</b> – Blood Pressure 10:30	<b>9</b> <b>AG</b> – Water Color 9:30 Diabetic Shoes Presentation 11:30 <b>GY</b> – Blood Pressure 10:30 <b>ND</b> – Art Class 9 Bingo 12:15	<b>10</b> <b>AG</b> – Lifetime Fitness 9 **Let's Eat Out 11 <b>GY</b> – Domino's Tournament 12:30 <b>ND</b> – Porcelain 9	<b>11</b> <b>AG</b> – Bingo 10:30 AG Singers 10:45 <b>GY</b> – Caregiver Class 11:30 <b>ND</b> – Ceramics 12 Bingo 12:15	12
13	<b>14</b> <b>AG</b> – Bingo 10:30 Piano Music by Olive 11:30 <b>GY</b> – **Podiatrist 9 <b>ND</b> – Card Making Class 12	<b>15</b> <b>AG</b> – Lapidary 8 <b>GY</b> – Tai Chi 10:30 **AARP Driving Class 12:30 <b>ND</b> – Lapidary 8:30 "The Oldies" Perform 11	<b>16</b> <b>AG</b> – **Water Exercise 9 Blood Pressure 10:30 <b>GY</b> – Soft Aerobics 8:30 <b>ND</b> – Art Class 9 Texas Hold 'Em 12	<b>17</b> <b>AG</b> – Seniors 101 Presentation 11:30 Bridge 12 <b>GY</b> – **Rainbow Gardens Trip Lapidary 8 <b>ND</b> – Movie 12:15	<b>18</b> <b>AG</b> – Sponsored Bingo 11:30 Movie & Popcorn 12 <b>GY</b> – Old Time Combo Band 10:30 <b>ND</b> – Texas Hold 'Em 12	19
20	<b>21</b> <b>Centers Closed</b>  <b>Martin Luther King, Jr. Day</b>	<b>22</b> <b>AG</b> – **Mystery Trip Shopping 12 <b>GY</b> – Pinochle 1 <b>ND</b> – China Painting 9 Blood Pressure Clinic 10:30	<b>23</b> <b>AG</b> – Arthritis Exercises 8:30 **Podiatrist 9 <b>GY</b> – Line Dancing 10 Blood Pressure 10:30 <b>ND</b> – Art Class 9	<b>24</b> <b>AG</b> – Games 10 Nutrition Tips 11:30 <b>GY</b> – Bill Curtis Band 10:30 Arthritis Exercise Class 12:30 <b>ND</b> – Pinochle 12:15	<b>25</b> **AG, GY, ND <b>Jan. Birthday Party</b> <b>AG</b> – Pinochle 12 <b>GY</b> – Soft Aerobics 8:30 <b>ND</b> – Paper Quilling 9	26
27	<b>28</b> <b>AG</b> – Oil Painting 9 Piano Music by Olive 11:30 <b>GY</b> – Senior Tap 8 <b>ND</b> – Texas Hold 'Em 12	<b>29</b> <b>AG</b> – Quilting Bee 9 <b>GY</b> – **Asian Buffet Lunch Trip <b>ND</b> – **AARP Driving Class 12:30	<b>30</b> <b>AG</b> – Bingo 10:30 <b>GY</b> – Senior Tap 8 Bingo 12:30 <b>ND</b> – Art Class 9 Texas Hold 'Em 12	<b>31</b> <b>AG</b> – **Water Exercise 9 Shopping 12 <b>GY</b> – Dancing Grannies 8:15 Sit n Fit 8:30 <b>ND</b> – Porcelain 9	<b>Feb. 1</b> <b>AG</b> – Lapidary 8 <b>GY</b> – Water Color 9 Line Dancing 9:30 <b>ND</b> – Ceramics 12 Bingo 12:15	2

(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

**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

**ND ~ North Davis**  
 (801) 525-5080  
 42 South State Street  
 Clearfield, UT 84015

# Davis County offers caregiver educational class series

Davis County Health Department's Family Caregiver Support Program offers an eight-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

The one hour classes will be offered on Tuesdays starting Jan. 8 at the Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at noon or on Fridays starting Jan. 11 at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. The class

series ends Tuesday, Feb. 26, or Friday, Mar. 1. A complimentary lunch is provided but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

For more information or to RSVP for lunch, contact Megan Forbush at (801) 525-5088.

Davis County Health Department's Senior Services thanks the following agencies for helping to sponsor these classes: Legacy Village, Golden Years Senior Activity Center, South Davis Home Health and Hospice, Life Care Center of Bountiful, Legacy HealthCare, Do It For

You, Country Hills Eye Center, and Thatcher Brook Home Health and Hospice.

Winter class schedule is:

- Jan. 8 and 11: "Things to Know Before an Orthopedic Surgery" – Beth Lewis, Jeff Patane, and Trent Leonard, Life Care Center of Bountiful
- Jan. 15 and 18: "Validation Therapy" – Keith Gordon, Legacy HealthCare
- Jan. 22 and 25: "Empower the New Year with Positive Self Talk" – Richard Smart, Do It For You
- Jan. 29 and Feb. 1: "The Aging Eye" – Dr. B. Travis Dastrup,

Country Hills Eye Center

- Feb. 5 and 8: "Calm, Cool, and Collected" – CJ Benson and Denise Cook, South Davis Home Health & Hospice
- Feb. 12 and 15: "Community Resources" – Megan Forbush, Davis County Senior Services
- Feb. 19 and 22: "Nutrition for Seniors" – Bonnie Athas, Davis County Health Department
- Feb. 26 and Mar. 1: "Healing Art of Music" – Michelle Johnson, Thatcher Brook Home Health and Hospice.

## Can you identify a whole grain?

Spurred by research that shows long-term benefits from consuming whole grains, many food manufacturers include information on packages, such as "Made with whole grain" or "A good source of whole grains." As a wise consumer, it's worthwhile to make sure that the foods you purchase and eat really include the nutrients you want.

The August 2012 edition of the Tufts University Health & Nutrition Letter provides tips for identifying whole grain options:

- Look for the "100% Whole Grain stamp." The Whole Grains Council

certifies that foods with this stamp contain at least 16 grams of whole grains per serving.

- If you don't see a stamp on the package, look for a label that states, "100% whole grain." It also could say "100% whole wheat" or "100% whole rye," which tells you the type of grain.
- Look at the ingredients. Any of these ingredients indicate a whole grain: whole grain (such as wheat, rye, or oats), whole wheat, brown rice, oats, oatmeal, and wheat berries.
- Don't confuse high fiber

with whole grain. Just because a food has a high fiber content does not necessarily mean it is whole grain. Fiber also has health benefits, but not the same

benefits as whole grains. Eating a balanced, nutrient-rich diet can help you feel better and improve your health.



Kids who start drinking at age 14 have a 40% chance of addiction. At age 21, just 7%.



Brought to you by Davis Behavioral Health Inc. For further information call 801-773-7060.



Sponsored by The Utah Department of Alcoholic Beverage Control and Utah Prevention

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**Mobile-Dentistry.Org**