



SENIOR SERVICES FEBRUARY 2024 NEWSLETTER



'Reclaim your rhythm' during American Heart Month in February

(Taken in part from an article Written by American Heart Association editorial staff and reviewed by science and medicine advisors)

February is American Heart Month, a time to pay special attention to understanding, preventing and treating heart disease – the leading cause of death in the nation.

Over 874,000 Americans died of cardiovascular disease in 2019, according to the American Heart Association's "Heart Disease and Stroke Statistics

This February, is American Heart Month, the AHA is urging people all over the country to "reclaim your rhythm."

What does that mean? Quite simply, the AHA is encouraging people to reclaim control of their mental and physical well-being after two difficult years of the COVID-19 pandemic.

For American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

Here are just a few examples of how you can reclaim your health:

- **Doing at least 150 minutes** of moderate-intensity physical activity a week (or, just getting started and working your way there!)
- **Eating healthy** (the AHA's Heart-Check mark can guide you in the grocery store)
- **Not smoking or vaping**
- **Maintaining** a healthy weight
- **Controlling blood sugar**, cholesterol and blood pressure
- **Getting regular checkups**
- **Finding ways to relax** and ease your mind, such as meditation

Taking care of your heart is also good for your brain. (Continue pg. 2)

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Many of the risk factors for heart disease, including high blood pressure, diabetes and obesity, are also related to brain diseases such as stroke, Alzheimer's disease and other dementias, experts note.

Heart disease had remained the leading health threat during the pandemic, and more people reported lower physical and emotional wellness. Many people had delayed or avoided seeking medical care. Unhealthy use of alcohol and other substances has been on the rise.

All these things can increase the risk of heart disease.

For nearly a century, the AHA has worked to encourage people to live healthier and longer, free of heart disease and stroke.

The first American Heart Month didn't come until 1964.

President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation for American Heart Month in 1964 to spotlight heart disease. Since then, U.S. presidents have annually declared the federally designated event for February.

The first Friday of American Heart Month, Feb. 4, is also National Wear Red Day as part of the AHA's Go Red for Women initiative.

Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support the fight against heart disease – the No. 1 killer of women, causing 1 in 3 deaths. That's more than all forms of cancer combined.

National Heart Health Month

E	H	A	R	T	E	R	I	E	S	D	E	E	S
K	S	L	O	R	E	T	S	E	L	O	H	C	H
S	E	F	E	R	U	S	S	E	R	P	K	T	C
I	G	N	I	K	O	M	S	R	O	T	C	A	F
R	W	A	L	K	I	N	G	A	F	O	O	D	S
S	O	R	H	A	F	O	O	H	S	O	C	B	R
H	I	B	C	E	H	R	L	F	A	L	O	L	N
K	C	A	T	T	A	S	U	C	E	K	N	O	P
P	Y	U	F	G	H	R	I	I	T	S	T	O	L
C	L	O	G	S	R	L	T	F	T	S	R	D	A
E	N	H	I	G	H	A	D	C	O	S	O	T	Q
F	I	B	E	R	T	E	I	D	U	O	L	U	U
R	H	U	M	A	N	A	R	N	K	E	R	I	E
A	E	I	Y	E	K	O	R	T	S	T	O	L	C

- CLOGS
- FRUITS
- GRAINS
- PRESSURE
- SEEDS
- HIGH
- FACTORS
- FIBER
- STROKE
- CHOLESTEROL
- ATTACK
- CONTROL
- ARTERIES
- FISH
- HEART
- RISK
- FOODS
- WALKING
- HUMANA
- BLOOD
- DIET
- PLAQUE
- SMOKING
- CLOTS

North Davis Senior Activities Center

Monthly Activities

Senior
HEALTH
and Community
Resource



FAIR

**Thursday
February 8th**

42 S State St,
Clearfield
11:00am - 3:00 pm

Get Free Screenings & Information

- Transportation
- In-Home Aging Services
- Pain Management
- Diabetes Prevention
- Food Resources
- Vaccinations
- and more.....



**CHINESE
NEW YEAR
Party**

**Friday
Feb 9th
at 11:30 a.m.
Games,
Food, and
Fun!**



**Parkinson's Support Group
February 7th 6:00pm to 7:00 pm**

**Dementia Caregiver Support
February 7th 3:00pm to 4:00 pm**

**Music and Memories
February 8th at 10:30 am**

**Lunch Bunch Trip to Beez Cafe
February 21st at 11:15 am**

**Bonsai Plant
Workshop - Weekly
Mon - Thurs 12:30 to 2:30 pm**

**Shopping at Wal-Mart
February 16th at 12:30pm**

Daily Activities

Mondays

9:00 am Quilters
9:30 am EnhanceFitness
10:30 am Bingocize
12:30 pm Texas Hold'Em Poker
12:30 pm Bingo

Tuesdays

9:00 am Lapidary
10:30 am Tai Chi II
10:30 am Fun and Games
12:30 pm Pinochle
1:00 pm Line Dancing

Wednesdays

9:00 am Lapidary
9:00 am Quilters
9:30 am EnhanceFitness
10:00 am Technology Lab by appt.
10:30 am Bingocize
12:30 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker
2:00 pm Multi-Cultural Dancing

Thursdays

9:00 am Lapidary
9:30 am EnhanceFitness
10:30 am Fun and Games
12:15 pm Theater Thursday
12:30 pm Pinochle

Fridays

10:00 am Bingo
12:30 pm Pinochle
12:30 pm Texas Hold'Em Poker

**Available All Day/Everyday:
Pool table, computers, treadmill,
recumbent bike, library, videos,
and puzzles!**

42 S. State St., Clearfield

(801) 525-5080

Central Davis Senior Activities Center

Daily Activities

Mondays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:00 am Wii Games
- 11:30 am Lunch
- 12:15 pm Bingocize
- 1:00 pm Line Dancing With Linda
- 2:00 pm Beginners Line Dancing

Tuesdays

- 9:00 am Art Class With Kathy
- 10:00 am Tai Chi With Diana
- 10:30 am Boredom Buster Game
- 11:30 am Lunch
- 1:00 pm Art Class With Kathy

Wednesdays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:15 am Bingo
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12 - 3 pm Ceramic Instructor
- 12:30 pm Pinochle
- 12:30 pm Square Dancing

Thursdays

- 9:00 am Marvelous Crafters Class
- 10:00 am Tai Chi With Diana
- 10:30 am Boredom Buster Game
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:15 pm Bingocize
- 12:30 pm Mah Jongg

Fridays

- 8:00 am EnhanceFitness Class
- 8:50 am EnhanceFitness Class
- 10:00 am Qiugong (Only 1st Friday)
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:00 pm Movie (Call For Info)
- 12:15 pm Shopping Day
- 12:30 pm Bridge

Upcoming Activities

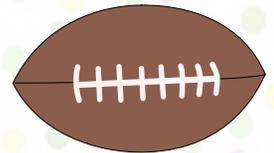
Come have lunch with Phil the groundhog and make a treat.

HAPPY GROUNDHOG DAY



February 2nd
at 11:30
Will he see his shadow?

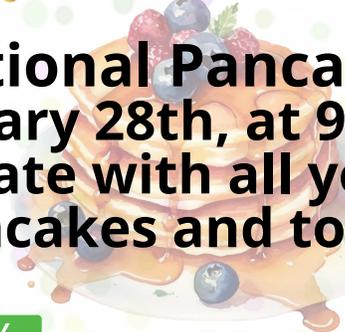
Super Bowl snacks & games at lunch time.
February 9th



Mardi Gras Celebration
February 13th
at 11:00. Monte Cristo
Sandwiches, King Cake &
Entertainment! Sign up
required



National Pancake Day
February 28th, at 9:00. Come
celebrate with all you can eat
pancakes and toppings.



FEBRUARY

29

Leap Day
Activities at
11:00



Closed Monday, February
19th for Presidents Day

81 E. Center Street, Kaysville
(801) 444-2290



FEBRUARY



South Davis Senior Activity Center 726 S 100 E Bountiful
801 -451-3660

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness		EnhanceFitness
8:30		Beginning Tap			
9:00	Sit n Fit Stained Glass Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Stained Glass Pencil Drawing
9:30	Line Dancing		Advanced Line Dancing	Crochet Group	Line Dancing
9:45					Tai Chi
11:00			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:30					
12:45		Bingo		Bingo	
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Pickleball		Alzheimer's Group 1st & 3rd Thurs	

February Social Parties Events

Thurs Feb. 8th
AARP Tax
Start Date

Fri Feb. 9th
Lunar New
Year Lunch
Special

Tues Feb. 13th
Mardi Gras
Party!
Jambalaya cooked
by staff &
games

Wed Feb. 14th
Chocolate covered
Strawberry
station
11:15 AM

Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday					
*South west Salad										
*Turkey Wrap						5 Curry Stew Fluffy Rice Roasted Cauliflower Mixed Veggies Fruit Milk	6 Baked Turkey Mash Potatoes/gravy Green Salad Peas, Fruit Dessert Bar Milk	7 Lasagna Cass. Garlic Roll Zucchini Carrots Fruit Milk	8 Breaded Fish Rice Pilaf Broccoli/Red Peppers Mixed Veggies Fruit Milk	9 Beef Stew Boiled Potatoes Cabbage Roll Fresh Fruit Milk
*Chicken Salad Sandwich						12 Goulash Mixed Veggies Butternut Squash Fruit Milk	13 Chicken & Sausage Jambalaya Corn, broccoli peppers, Fruit, Dessert Bar, Milk	14 Pork Loin Au Gratin Potatoes Green Beans Carrots Fruit Pudding Milk	15 Spaghetti/meat balls Roasted Cauliflower Green Salad Fresh Fruit Milk	16 Beef Enchilada Pie Spanish Rice Corn Zucchini Fresh Fruit Cookie, Milk
*Buffalo Chicken Salad						19 Closed for President's Day 	20 Italian Pasta Bake Green beans Green Salad Roll Fresh Fruit Milk	21 Beef & Broccoli Fluffy Rice Carrots Fruit Dessert Bar Milk	22 Salisbury Steak, Mash Potatoes/gravy Zucchini Corn Fruit Milk	23 Beef Stroganoff Peas Butternut Squash Roll, Fresh Fruit Cookie, Milk
*Egg Salad						26 Beef/Pot Cass Green Salad Corn Fresh Fruit Milk	27 Tilapia Brown Rice Broccoli Carrots Fruit Cake Milk	28 Roast Beef Mash Potato/gravy Peas Zucchini Fruit Milk	29 Chicken Parm Spaghetti Roasted Cauliflower Green Beans Roll, Fresh Fruit Milk	3/1 Teriyaki Chicken Rice Butternut Squash Mixed Veggies Fresh Fruit Cookie, Milk

**Alternate Meals are available in Center Dining Only.

This menu is subject to change at any time based on product availability.**

University of South Carolina's Office for the Study of Aging
in the Arnold School of Public Health and the SC Department of the Health and Human Services Present

Dementia Dialogues™

The Dementia Dialogues program is offered at NO COST by the office for the Study of Aging and the South Carolina Department of Health and Human Services

Tuesday
February 13th, 20th and 27th
1:00-3:30

REGISTER BY EMAILING:

sknight@co.davis.ut.us or by calling Sheryl
at (801) 525-5127

SEATS ARE LIMITED AND WILL FILL UP QUICKLY.



UNIVERSITY OF
SOUTH CAROLINA
Arnold School of Public Health



UTAH DEPARTMENT OF
HEALTH
MEDICAID
A Bridge to Wellness for Utah's Vulnerable



Davis
COUNTY
HEALTH DEPARTMENT

- Topic 1: The Basic Facts: An Introduction to Dementia
- Topic 2: Keeping the Dialogue Going: Communication Skills
- Topic 3: Preparing the Environment: Safety, ADLs and QOL
- Topic 4: It's Nothing Personal: Addressing the Challenging Behavior
- Topic 5: Now What Do I Do? Creative Problem Solving

Utah Geriatric Education Consortium Caregiver Conference

**Learn about resources and
support for Caregivers.**

Wednesday, February 28th
9:30 am to 3:30 pm

Davis School District Training Center
Building F-2, Clearfield UT 84015



Register by February 21st by

By contacting Senior Services
(o) 801-525-5050

mforbush@co.davis.ut.us

or by scanning the QR code

**Virtual options are available*



SAVE THE DATE
MAR FREE ADMISSION
19 Tues. 2PM

ALL SENIOR CENTER
Spring Flinn
DANCE
Party



Thank you Sponsors!

Davis County Senior Activity Centers

North Davis 801-525-5080



Central Davis 801-444-2290



South Davis 801-451-3660



Latitude
Mobile Alert
with Advanced Fall Detection



LINDQUIST
MORTUARIES • CREMATIONS • CEMETERIES



If you would like to sponsor a prize, snack, or activity at one of our senior activity centers. Please reach out!

Senior
HEALTH
and Community
Resource
FAIR



Thursday February 8th

42 S State St, Clearfield
11:00am - 3:00 pm

North Davis Senior Activity Center



**Get Free
Screenings &
Information**

- *Transportation*
- *In Home Aging Services*
- *Pain Management*
- *Diabetes Prevention*
- *Food Resources*
- *Vaccinations*
- *and more.....*

For more
information Call
801-525-5080





In honor of Martin Luther King Jr. Day, Davis County AmeriCorps Seniors RSVP will be collecting hand-crafted hearts for older adults in our community.

For more information call 801-525-5094

*Please limit heart sizes to 6 inches or smaller

Locations accepting donations until February 11th

North Davis Senior Activity Center
42 S State St, Clearfield

Central Davis Senior Activity Center
81 E Center St, Kaysville

South Davis Senior Activity Center
726 S 100 E, Bountiful

Donations will be delivered on Valentine's day to home-bound older adults and residents in long-term care facilities.

"Love is the greatest force in the universe."

-Martin Luther King Jr.

