



## SENIOR SERVICES OCTOBER 2023 NEWSLETTER

### October is Depression Awareness Month: Know the signs

*(This month's wellness article is made available through a partnership between Johns Hopkins and Environmental Health Perspectives.)*



October is Depression Awareness Month and a good time to refresh your understanding of the disease.

Depression is one of the most common mental health problems today. It is not just a state of unhappiness or sadness. It is a true disease. The cause seems to be related to a decrease in chemicals that transmit signals in the brain. Having a family history of depression, alcoholism, or suicide increases the risk. Chronic illness, chronic pain, migraine headaches, and high emotional stress also increase the risk.

Depression is something we tend to recognize in others but may have a hard time seeing in ourselves. It can show in many physical and emotional ways.

Among the signs:

- Loss of appetite
- Overeating
- Not being able to sleep
- Sleeping too much

- Tiredness not related to physical exertion
- Restlessness or irritability
- Slowness of movement or speech
- Feeling depressed or withdrawn
- Loss of interest in things you once enjoyed
- Trouble concentrating or making decisions, poor memory
- Low self-esteem
- Thoughts of harming or killing oneself, or thoughts that life is not worth living

The treatment for depression may include both medicine and psychotherapy.(Cont pg.2)

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Antidepressants can reduce suffering and can improve the ability to function during the depressed period. Therapy can offer emotional support and help you understand emotional factors that may be causing the depression.

### **What you can do for yourself**

Ongoing care and support help people manage this disease. Find a health care provider and therapist who meet your needs. Seek help when you feel like you may be getting ill.

Be kind to yourself. Make it a point to do things that you enjoy (gardening, walking in nature, going to a movie). Reward yourself for small successes.

Take care of your physical body. Eat a balanced diet (low in saturated fat and high in fruits and vegetables). Exercise at least three times a week for 30 minutes. Even mild-to-moderate exercise (such as brisk walking) can make you feel better. Don't drink alcohol, which can make depression worse.

Take medicine as prescribed. Tell each of your health care providers about all the prescription and over-the-counter medicines, vitamins, and supplements you take. Certain supplements interact with medicines and can result in dangerous side effects. Ask your pharmacist when you have questions about medicine interactions.

Talk with your family and trusted friends about your feelings and thoughts. Ask them to help you recognize behavior changes early so you can get help and, if needed, medicine can be adjusted.

Follow up with your healthcare provider, or as advised.

### **Know when to seek medical advice**

Call your healthcare provider right away if any of these happen:

- You feel extreme depression, fear, anxiety, or anger toward yourself or others
- You feel out of control
- You feel that you may try to harm yourself or another
- You hear voices that others do not hear
- You see things that others do not see
- You can't sleep or eat for three days in a row
- Friends or family express concern over your behavior and ask you to seek help

### **When to call 911**

Reach for the phone if you:

- Have suicidal thoughts, a suicide plan and the means to carry it out, or serious thoughts of hurting someone else
- Have trouble breathing
- Are very confused
- Feel very drowsy or have trouble awakening
- Faint or lose consciousness
- Have new chest pain that becomes more severe, lasts longer, or spreads into your shoulder, arm, neck, jaw, or back

### **U.S. Department of Health & Human Services**

SAMHSA's National Helpline, 1-800-662-HELP (4357) (also known as the Treatment Referral Routing Service), or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

# North Davis Senior Activities Center

## This and That

**The End of Summer Picnic  
was enjoyed by all!**



## Monthly Activities

Trip to Movie Theater  
October 10th

Music and Memories  
October 12th at 10:30 am

Spanish Heritage Month Celebration  
October 13th at 12:15 pm

Fall Foliage & Lunch Bunch  
October 18th

Halloween Party  
October 31st 10:00 to 1:00 pm

Flu Shot Clinic  
October 23rd 10:00 am to 1:00 pm

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

Parkinson's Support Group  
October 4th 6:00pm to 7:00pm

Dementia Caregiver Support  
October 4th 3:00pm to 4:00 pm

Shopping  
Every other Friday at 12:30 pm  
October 6th & 20th

## 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!



# 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
- 12:30 pm Bingocize
- 12:30 pm American Mah Jongg
- 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 Available
- 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
- 12:30 pm Bingocize
- 12:30 pm Mah Jongg

### Fridays

- 8:00 am EnhanceFitness Class
- 9:30 am EnhanceFitness Class
- 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

## Activity Highlight

### OUR WESTERN STAMPEDE WAS A LOT OF FUN!



The Blue Sage Band entertained us well

THANK YOU  
SPONSORS FOR ALL  
OF YOUR SUPPORT!



Jackson with  
Crestwood  
Skilled Nursing  
taught Vinaya  
how to rope a  
steer!



### Available Everyday:

Pool Tables, Lapidary, Computers/WiFi,  
Treadmill, Recumbent Bike, Ping Pong,  
Puzzles & Library

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



# October South Davis Senior Activities Center

726 S 100 E Bountiful 801-451-3660

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

## October Special Events and Trips!

### Chili Lunch & Halloween Costume Party



\*Cooked in Center by Center Staff\*

## October 31st

### Fall Foliage Trip



## October 6, 2023

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
<b>Egg Salad Sandwich</b>	2 Shepherds Pie Cauliflower Fruit Cookie Milk	30 4 18 16 11	3 Chicken Caesar Salad Roll Fresh Fruit Dessert Bar Milk	12 22 19 30 11	4 Cheeseburger Tomato/Lettuce Corn Zucchini Fruit Milk	29 1 17 3 21 11	5 Chicken Alfredo Spinach Mixed Veggies Roll Fruit Milk	39 5 5 22 14 11	6 Stir Fry Chicken Fluffy Rice Three Bean Salad,Fruit Pudding Milk	18 30 30 14 22 11
<b>Chicken Chef Salad</b>	9 Turkey A La King Rotini Noodles Green Beans Corn Fruit Milk	10 20 6 17 21 11	10 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	28 24 17 3 21 11	11 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Fruit Cookie Milk	18 30 5 5 21 16 11	12 Breaded Fish Sandwich Oven Brown Potato Mixed Veggies Fresh Fruit Milk	50 23 5 15 11	13 Baked Turkey Mash Pot/gravy Butternut Squash Peas Fresh Fruit Dessert Bar Milk	2 28 8 13 22 27 11
<b>Tuna Salad Sandwich</b>	16 Spaghetti Meatballs Green Salad Roasted Cauliflower Fresh Fruit Milk	46 2 4 22 11	17 Buffalo Chicken Salad Roll Fruit Pudding Milk	10 22 20 22 11	18 Breaded Fish Rice Pilaf, Beans Broccoli red pepper Fresh Fruit Milk	23 27 22 6 15 11	19 Beef Mash potato gravy Roasted Cauliflower Roll Fruit Milk	8 26 4 22 14 11	20 Baked Chicken Mash pot/gravy Carrots,What Bread,Fruit Dessert Bar Milk	1 28 7 13 19 27 11
<b>Breakfast Wrap</b>	23 Meat & Potato Casserole Three Bean Salad Mixed Veggies Fresh Fruit Milk	26 28 5 22 11	24 BBQ Pulled Pork Sandwich Oven Brown Potatoes Green Beans Fruit Milk	35 23 6 21 11	25 Salisbury Patty Mash Pot/gravy Zucchini Roll Fruit Milk	6 28 3 22 21 11	26 Chicken Cacciatore Rotini Noodles Corn Mixed Veggies Roll Fresh Fruit,Milk	7 20 17 5 22 22 11	27 Beef & Broccoli Fluffy Rice Peas Dessert Bar Fresh Fruit Milk	6 30 13 30 15 11
<b>Turkey Wrap</b>	30 Beef Soft Shell Taco Diced Tomato Green Beans Carrots Fruit Milk	41 1 1 6 7 21 11	31 Chicken Parmesan Penne noodles/sauce Roasted Cauliflower Roll Fresh Fruit Milk	15 28 4 22 22 11						

**\*\*Alternate Meals are available in Center Dining Only.**

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

# 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

Thursday,  
Oct. 19th, 26th, and Nov. 2nd  
From 1:00 - 3:30

REGISTER BY EMAILING: [sknight@co.davis.ut.us](mailto: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



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

## VACCINES AVAILABLE

### North Davis Senior Center

42 South State Street, Clearfield  
Monday, October 23  
10:00 am - 1:00 pm

### Central Davis Senior Center

81 East Center Street, Kaysville  
Wednesday, October 4  
10:00 am - 1:00 pm

### South Davis Senior Center

726 South 100 East, Bountiful  
Wednesday, October 18  
10:00 am - 1:00 pm

## In-Home Vaccinations

Available to Davis County residents  
who:

- Are homebound; or
- Are unable to drive; or
- Are immunocompromised/  
medically vulnerable

**Scan to request an appointment**





# Thank you Sponsors!



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



## Davis County Senior Activity Centers

North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660

