



SENIOR SERVICES JANUARY 2023 NEWSLETTER

Message from the Director

Hi everyone! I was recently promoted to the Senior Services Director, and Deputy Health Officer of the Davis County Health Department. I have already been on the job for about a year but thought I would tell you a little more about myself and what I want to accomplish in this new role. First, I have worked for Davis County Health Department for a little over 14 years, most recently as the Environmental Health Services Director. I am excited to continue serving the residents of Davis County, especially seniors, in this new capacity. I have been a lifetime resident of Davis County so serving the residents here is serving those I care about the most!

I look forward to continuing to work hard to offer the wonderful services we currently provide. Additionally, I will be looking for new partnerships, collaborations and community members that can help improve and increase these important services. I have plans to increase our Division efficiency within our organizational structure and programs within the upcoming year. I look forward to this new opportunity and will strive to support your needs.

Sincerely, Rachelle Blackham



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Reflecting on Gratitude

The Benefits & How to Practice it

What is gratitude?

Gratitude involves showing appreciation for the things in life that are meaningful or valuable to you. Taking a moment to notice and acknowledge the things you're grateful for each day can brighten your outlook, boost your mood, and help you feel more positive in the face of challenges.

While it's easy to feel a rush of joy after winning the lottery or receiving a big promotion at work, gratitude extends to the smaller blessings in life that are often overlooked or taken for granted. Even the smallest moments, such as a brief chat with a friend, a kind gesture from a stranger, a cool breeze on a hot day, or a peaceful stroll in nature, are things that you can be thankful for.

Whatever your circumstances in life, you may find that consistently showing gratitude can be surprisingly difficult. Many of us get caught up in a negativity bias, where we linger on bad news and unpleasant experiences, yet allow moments of positivity to fade into the background.

Maybe you spend so much time dreading work on Monday that you don't take time to fully appreciate the weekend. Or perhaps you're so focused on your own verbal slip-up at a party that you don't register a compliment from a friend. And if you have a mood disorder such as depression, being able to see any positives or express gratitude can seem impossible.

Fortunately, gratitude is like a muscle that you can build. With the right exercises and practice, you can find at least something small to appreciate on even the bleakest day. The idea of cultivating gratitude might sound cheesy, but research has shown that it can have very real benefits. With these tips, you can use gratitude to uplift your mood, find respite from negativity, foster stronger relationships, and even change the way you view yourself.

Benefits of practicing gratitude:

A little gratitude can do wonders for your mood. When you practice gratitude, you shift your thoughts away from negative emotions and uncomfortable sensations. Instead, you begin to focus on good things that you may have overlooked.

Rather than focusing on the misfortune of having a flat tire, for example, you consider how your job has made it possible to pay for repairs.

Acknowledging gratitude also decreases stress hormones. The short-term result is a reduction in anxiety and an improvement in mood. In the long term, regularly practicing gratitude may also lead to lasting changes in your brain, priming you to be more grateful going forward.

Because gratitude can boost your mood, perhaps it's no surprise that it can also improve your overall mental health. As you practice gratitude, you may notice a decrease in symptoms of depression and anxiety.

To our Senior Services
Newsletter Readers!!

thank you

*We
appreciate
you!*

Approaching life with a more positive mindset can do more than just improve your mood. It can have cascading benefits in other areas of your life, such as:

- Improve Focus
- Raise Your Self-Esteem
- Increase Patience
- Social Benefits

And Yes, Even Physical Health Benefits. Research also shows that grateful people are more likely to engage in healthy behaviors, such as exercising regularly and following a healthy diet. This may be because they're able to reframe healthy lifestyle choices as opportunities rather than obstacles.

Obstacles to feeling gratitude:

For some people, gratitude seems to come naturally. You might already have a grateful disposition, which leads you to look for and cherish the good in life. On the other hand, certain personality traits and mood disorders can act as barriers to being able to acknowledge and express gratitude.

- Envy
- Materialism
- Self-centered
- Stress
- Depression

Even on the worst days, if you look hard enough you can usually find at least one thing to be grateful about. Keep an eye out for small moments of pleasure—the smell of good food, playtime with a pet, or a catchy tune on the radio. Noticing even the tiniest glimmers of positivity can make a big difference in your day.

Tips on cultivating gratitude:

Cultivating gratitude isn't a complicated endeavor, but it does require effort and a commitment to change. The following exercises can help you take on a grateful outlook, especially if you're dealing with roadblocks.

Practice mindfulness

Remembering to slow down and savor little moments in your life can be a way to cultivate gratitude. Tap into your senses and let your mind linger on pleasant, everyday sensations. Focus on the taste of a ripe strawberry, for example, the feeling of the sun on your skin, or the gentle sound of background music. This can help ground you in the present, pulling you away from rumination and worrying.

You can also use more structured meditation practices to tap into mindfulness. Set aside some time to listen to **HelpGuide's guided audio meditation, Gratitude in Difficult Times**. The meditation guides you through a calming exercise that incorporates both mindfulness and gratitude.

Keep a gratitude journal

There are many ways to create a gratitude journal. First, decide if you want to keep a physical journal that you write in or a digital list on your phone or computer. Then, consider how often you'll update the journal. You can update the journal on a weekly basis, ending the week by jotting down three or four moments that you appreciated.

Many people find it beneficial to make a habit of writing down several things that you're grateful for before bed. However, don't journal so often that the practice begins to feel like a chore. Aim to be consistent and work on your journal at the same time each day or week.

Here are a few prompts that can help you get started with your journal:

- What were some pleasant sensations you experienced today?
- Were there moments that made you smile or laugh or boosted your mood?
- Whom did you enjoy spending time with and why?

Write notes of appreciation

Build relationships by writing thank-you letters to people in your life. Go into detail about treasured memories from your relationship, including the seemingly insignificant interactions and moments of lightheartedness they may have forgotten about. Write about the positive effect they've had on your life. When you're done, you can mail or deliver the letters in person. If you're comfortable enough, you can even read a letter to your loved one.

While these gratitude exercises can give your mood and outlook a welcome boost, it can take time for them to impact your mental health and overall well-being. Be patient and continue practicing gratitude. Turn the exercises into little rituals. In time, you may notice your stress levels drop and relationships strengthen. Then, you'll have even more reasons to be grateful.

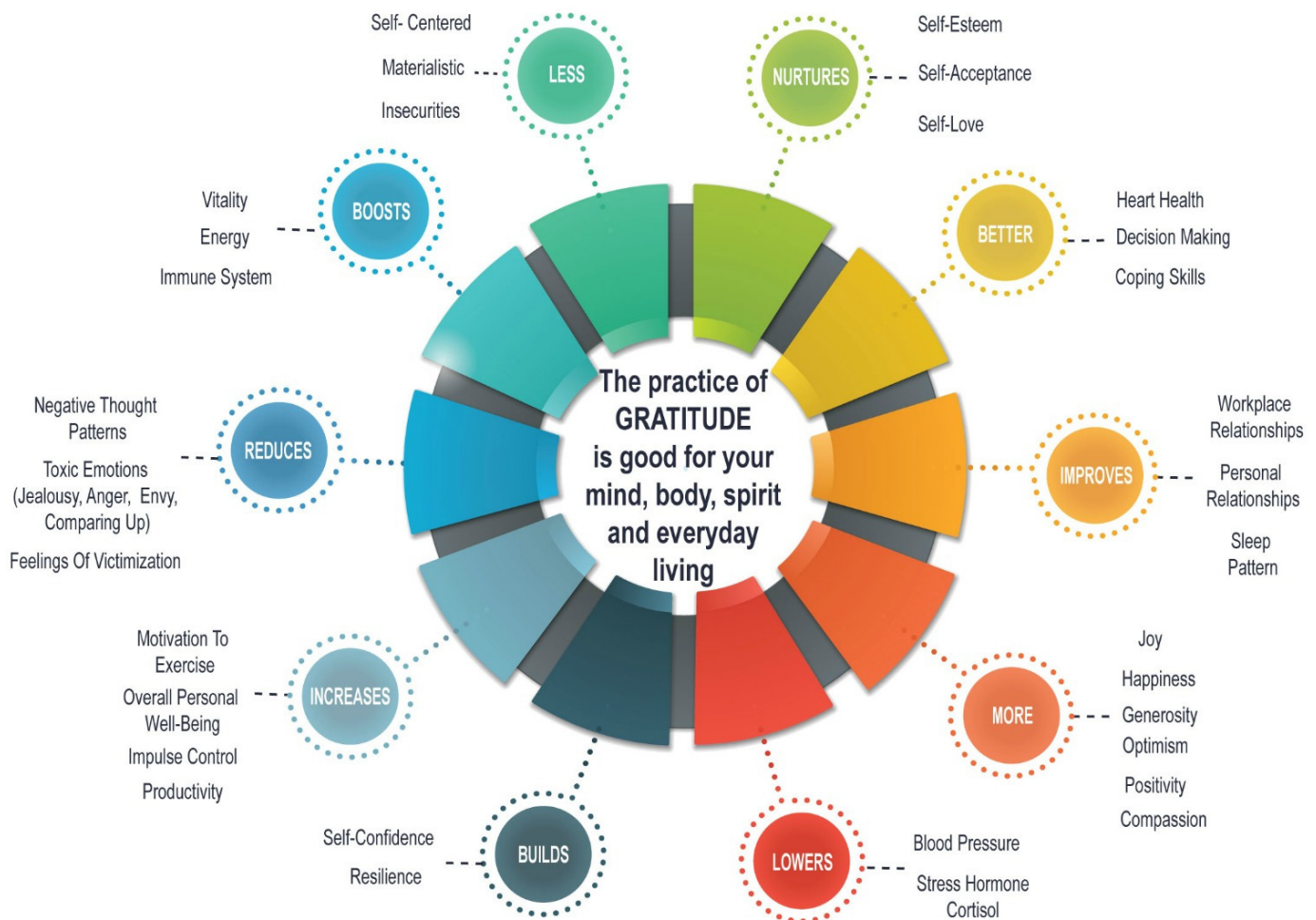
Visit: <https://www.helpguide.org/articles/mental-health/gratitude.htm>
<https://www.adaliacconfidenceandsuccessblog.com/gratitude-infographic-some-of-the-many-benefits-of-gratitude/>



We want to Thank those who helped us
with the Senior Gift Drive.
THANK YOU SO MUCH!
We couldn't have done it without you!

Use this visual to help you remember to put gratitude into your everyday living.

The Benefits of Gratitude



Adalia B. John

confidenceisaninsidejob.com

North Davis Senior Activities Center

January Highlights

Activity *Spotlight* of the Month

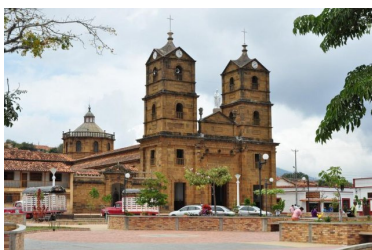
Theater Thursday
Come enjoy a movie and
fresh popcorn with us
every Thursday
at 12:15 pm



Virtual Tour to Zapotoca, Columbia
January 18th at 12:00 pm

You may participate at the senior
center or at your own home!

Contact the center for more info



Arthritis Exercise Class

Tuesday & Thursday at 10:30 am
from Jan 17th to Feb 23rd.

Call 801-525-5014 to register.

Daily Activities

Mondays

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

Tuesdays

8:00 am Lapidary
10:30 am Fun and Games
12:00 pm Pinochle
1:00 pm Line Dancing



Wednesdays

8:00 am Lapidary
9:00 am Quilters
10:00 am Technology Lab by appt.
10:00 am Creative Crafters
12:00 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker

Thursdays

8:00 am Lapidary
10:30 am Fun and Games
12:15 pm Theater Thursday

Fridays

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



Available All Day/Everyday:

Pool table, computers, treadmill,
recumbent bike, library, videos, and
puzzles!

MONTHLY

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

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

Shopping

January 13th, and 27th
at 12:30 pm

Central Davis Senior Activities Center

Daily Activities

Mondays

9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:00 am Wii Games
11:30 am Lunch
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

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 Makers Crafts
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 Mah Jongg

Fridays

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

Center Highlights

Happy
New Year

Virtual Tour to
Zapatoca Columbia
Wednesday the 18th
at 1:00 pm

*Participate at the
center or
from home

USU Food \$ense
Live Presentation
Wednesday the
25th at 11:30am



CHINESE NEW YEAR PARTY!!!

Tuesday Jan
31 11:00am

A special meal
will be served

Order yours
today!

*See our menu
for full details



NEW THIS YEAR!!
Waffle Wednesdays
the second Wednesday
of each month at 9am

Available Everyday:

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

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

South Davis Senior Activities Center

Monday

Tuesday

Wednesday

Thursday

Friday

8:00 am
EnhanceFitness
9:00 am Sit N Fit
9:00 Stained Glass
9:00 Pencil Drawing
9:30 Line Dancing
1:00 pm Oil Painting
2:00 Tap Dancing

9:00 am Sit N Fit
12:45 pm Bingo
1:00 Pinochle

8:00 am
EnhanceFitness
9:00 am Sit N Fit
9:00 Stained Glass
9:00 Pencil Drawing
9:30 Line Dancing
10:30 Tai Chi for
Arthritis
12:30 pm Grocery
Shopping
1:00 Hand and Foot
2:00 Tap Dancing

8:00 Gentle
Yoga/Chair Options
9:00 am Sit N Fit
9:30 Crochet
11:00 Tai Chi for
Arthritis
12:45 pm Bingo
1:00 Bridge
3:00 Alzheimer's
Support Group
(1st & 3rd Thursday)

8:00 am
EnhanceFitness
9:00 am Sit N Fit
9:00 Stained Glass
9:00 Water Color
9:30 Line Dancing
9:45 Tai Chi

2023

National
trivia day
trivia challenge
Jan. 4th

Chinese/Lunar
New year
Party
Friday, Jan. 20th

Hats off to our Line Dancers



9:30
AM



726 S. 100 E., Bountiful

(801) 451-3660

2023 January Lunch Menu

****This menu is subject to change due to product availability****

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
2 Closed for New Year's Holiday 		3 Baked Turkey Mashed Potatoes/Gravy Green Salad Peas Fresh Fruit Dessert Bar Milk	2 29 2 13 22 24 11	4 Lasagna Casserole Garlic Dinner Roll Zucchini Carrots Fruit Milk	36 22 3 7 21 11	5 Breaded Fish Patty Rice Pilaf Broccoli/Red Peppers Mixed Veggies Fruit Milk	23 27 6 5 14 11	6 Beef Stew Cabbage Roll Fresh Fruit Milk	29 5 22 19 11
9 Goulash Mixed Veggies Winter Squash Fruit Milk	54 5 8 21 11	10 Beef Enchilada Pie Spanish Rice Corn Zucchini Fresh Fruit Cookie Milk	23 24 17 3 22 16 11	11 Roast Pork Au Gratin Potatoes Green Beans Carrots Fruit Pudding Milk	0 21 6 7 18 22 11	12 Meatballs & Spaghetti Roasted Cauliflower Green Salad Fresh Fruit Milk	32 4 2 15 11	13 Chicken & Sausage Jambalaya Corn Broccoli/red peppers Fruit Dessert Bar Milk	29 17 6 14 27 11
16 Closed for Martin Luther King Holiday 		17 Italian Pasta Bake Green Beans Green Salad Dinner Roll Fresh Fruit Milk	20 6 2 22 19 11	18 Beef & Broccoli Fluffy Rice Carrots Fruit Dessert Bar Milk	6 30 9 19 30 11	19 Salisbury Steak Mash Potatoes /gravy Zucchini Corn Fruit Milk	6 18 5 3 17 21 11	20 Chicken Parmesan Spaghetti Peas Dinner Roll Fresh Fruit Cookie Milk	15 32 25 22 22 16 11
23 Beef & Potato Cass Green Salad Corn Fresh Fruit Milk	34 2 17 22 11	24 Tilapia Fillet Brown Rice Broccoli Carrots Fruit Milk	0 22 5 7 14 11	25 Roast Beef Mash Potatoes/Gravy Green Beans/corn Zucchini Fruit Milk	2 23 11 3 20 11	26 Chicken Teriyaki Fluffy Rice Winter Squash Mixed Veggies Fresh Fruit Cookie Milk	13 30 8 5 21 16 11	27 Beef Stroganoff Spaghetti Noodles Roasted Cauliflower Green Beans Dinner Roll Fresh Fruit Milk	9 32 4 6 22 19 11
30 Beef-A-Roni Spinach Winter Squash Fruit Milk	52 5 8 20 11	31 Meatloaf Mash Potatoes/Gravy Peas Carrots Fresh Fruit Dessert Bar Milk	7 28 13 7 22 30 11						



Challenge yourself by Cracking the Code

Desafíate a ti mismo resolviendo el código

Example

This line has no correct numbers

This line has two correct numbers but they are in the wrong place

Ejemplo

Esta línea tiene números incorrectos

Esta línea tiene dos números correctos pero están en el lugar equivocado

0	9
8	4

Solución
Answer

4	8
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Fill in the blank boxes by using the clues with their corresponding line.

1st line has no correct numbers

2nd line has two numbers correct and one in the proper place.

3rd line has one number correct but in the wrong place.

4th line has two numbers correct but in the wrong place.

Completa los recuadros en blanco usando las pistas con la línea correspondiente.

La primera línea no tiene números correctos.

La segunda línea tiene dos números correctos y uno en el lugar correcto.

La tercera línea tiene un número correcto pero en el lugar equivocado.

La cuarta línea tiene dos números correctos pero en el lugar equivocado.

3	8	2
9	4	1
8	7	5
3	9	7

Fill in the blank boxes by using the clues with their corresponding line.

1st line has no correct numbers

2nd line has two correct numbers. One in its proper place. One in the wrong place

3rd line has three correct numbers. Two in its proper place. One in the wrong place

4th line has two correct digits. Neither are in the proper place

Completa los recuadros en blanco usando las pistas con la línea correspondiente.

La primera línea no tiene números correctos.

La segunda línea tiene dos números correctos. Uno en el lugar correcto. Uno en el lugar equivocado

La tercera línea tiene tres números correctos. Dos en el lugar correcto. Uno en el lugar equivocado

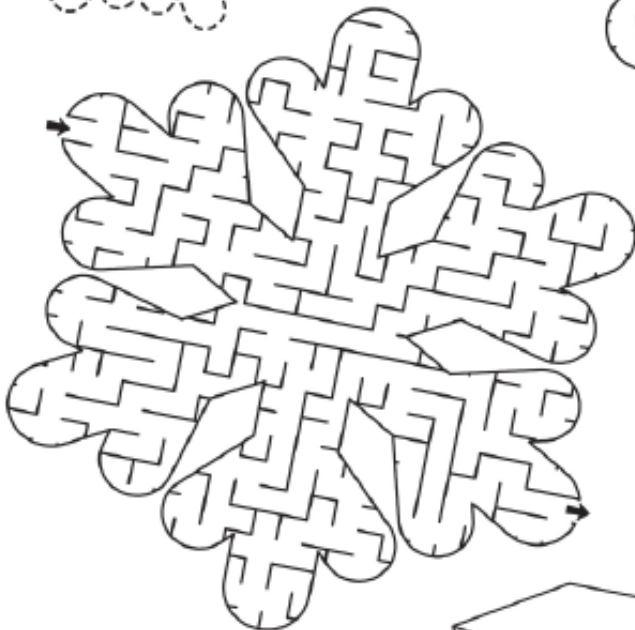
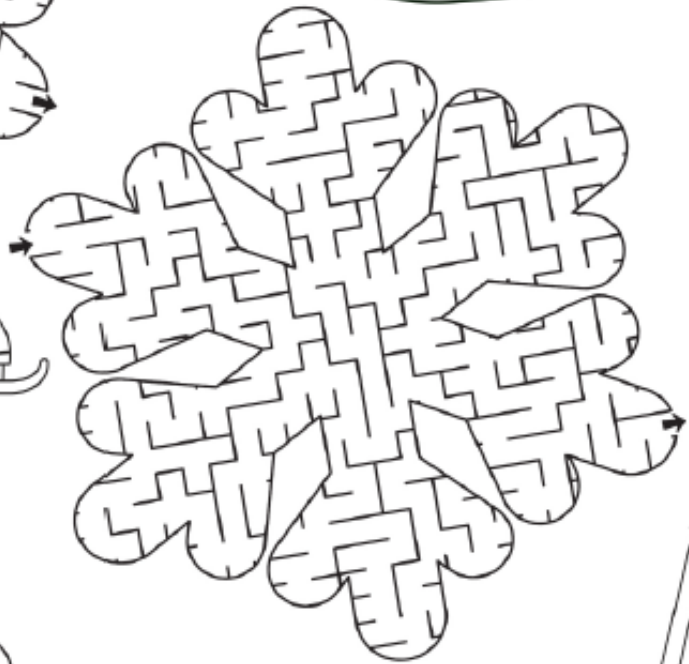
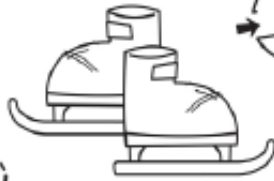
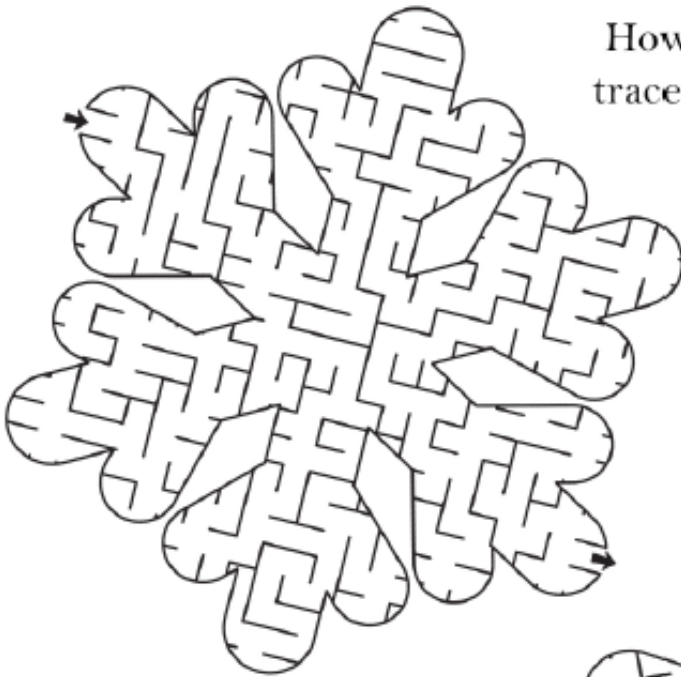
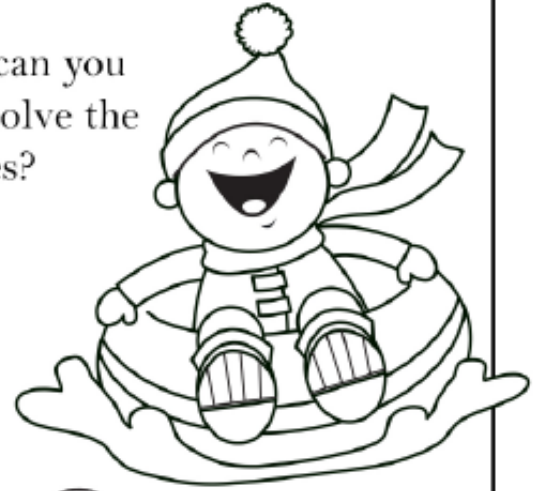
La cuarta línea tiene dos numeros correctos. Pero ninguno de los dos están en el lugar correcto.

Answers on bottom of page 10

Improve your hand-eye coordination. Enjoy!!

Snowflake Maze

How fast can you
trace and solve the
mazes?





What Are Opioids?

The term “opioid” includes legally prescribed pain relievers such as oxycodone (OxyContin®), synthetic opioids such as fentanyl, and illegal drugs such as heroin. Opioids impact the part of the brain that controls breathing and alertness. Prescription opioids are often perceived as safe because they are prescribed by a doctor, however, any opioid use comes with risks and misuse can lead to opioid dependence, Opioid Use Disorder, and even death (Opioid Education and Misuse Prevention Toolkit, page 6, 2019).

In 2021, those ages 60-69 filled more opioid prescriptions than any other age group in Davis County (APCD, 2022). Utah Attorney General, Sean Reyes, said “I have seen far too much devastation to Utah families and communities from opioids. In our fight against this epidemic, we have learned that all too often addiction starts with prescription medication.” You can become an active participant in decisions about your health.

Talk to your doctor about pain management options:

- Ask about non-opioid options for pain management, such as over-the-counter medications, physical therapy, or mindfulness.
- If you are prescribed an opioid, ask your doctor about ways to limit risks, such as having a lower dose for a shorter amount of time.
- It is okay to ask for help. If you are misusing opioids or have misused medications in the past, ask your doctor about treatment options, such as medication-assisted treatment (MAT).



Help yourself and others to be safe:

- Don't share prescription opioids.
- Properly dispose of prescription opioids that are no longer being used or that have expired. Search the following website in your URL <https://knowyourscript.org/>. Scroll down until you see DropBox locator to find a location where you can dispose of your prescriptions safely.
- If you or a family member are taking opioids, have naloxone (opioid overdose reversal medication) readily available. Talk to your doctor or pharmacist about getting a naloxone kit or request one through Utah Naloxone by calling: 385-495-9050 or sending an email: UtahNaloxone@gmail.com.
- Learn about the signs of overdose in others, such as slow or shallow breathing, pinpoint pupils, and feeling clammy. Call 9-1-1 immediately if you suspect an overdose.

Are you a FAMILY CAREGIVER?



Sign up today for your **FREE** Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

- ◇ Understanding Dementia
- ◇ Managing Problem Behaviors
- ◇ Handling Stress
- ◇ Finding Time for You



DATE:

Wednesday,
January 11, 2023
*Registration is required

TIME:

10:00 am to 2:30 pm
*30 minute lunch break included

PLACE:

Central Davis Senior
Activity Center
(81 E Center St, Kaysville)

"I wish this guide and training had been available for me. I was a caregiver for my mother with vascular dementia. Following the suggestions in this guide book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver

PRE-REGISTRATION IS REQUIRED. To reserve your spot, please contact:

Eve Larsen | 801.525.5050, Option 5 | elarsen@co.davis.ut.us

**Seating is limited*