



Sign up for our electronic newsletter

Senior Services May 2023 Newsletter

Medicare Fraud Prevention Week

Medicare Fraud Prevention Week is June 5th-11th. Fraud costs Medicare an estimated \$60 billion per year. It costs Medicare beneficiaries time, stress, their medical identities, and potentially their health. It costs families, friends, and caregivers in worry and lost work when helping their loved ones recover from falling victim to Medicare fraud.

“Medicare fraud has a devastating impact on both beneficiaries and the Medicare program,” said Marissa Black with Davis County Senior Medicare Patrol (SMP). “We teach people how to avoid experiencing Medicare fraud. By preventing fraud from happening, this program helps individuals and protects the Medicare program for generations to come.”

Everyone plays a part in the fight against fraud. During Medicare Fraud Prevention Week:

Medicare beneficiaries can monitor their insurance statements to make sure the products and services received match what is on the statements. They can request free My Health Care Trackers from their local SMP.

Caregivers can help by being on the lookout for items such as durable medical equipment (like boxes of knee braces) lying around the house that may have been shipped to the beneficiary without their or their doctor’s approval.



As well as remind their client or loved ones to never give out their Medicare number or other personal information over the phone.

Families can assist by advising loved ones to safeguard their Medicare number in the same way that they would a credit card number. They can give advice on how to open and read their Medicare statements when they arrive in the mail, assist their loved ones in setting up a Medicare.gov account to access their statements online, or both. Additionally, they can go to optoutprescreen.com to unsubscribe from mailings and add their phone number to "do not call" lists.

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Partners and professionals can help by sharing SMP information on social media, referring clients and consumers to the SMP, and inviting the SMP to speak during a shared event.

Healthcare professionals can assist patients by educating them about common healthcare-related frauds, such as those involving genetic testing and durable medical equipment. They might remind them that only doctors they frequently see should place orders for products and services. Never place an order for necessary medical supplies through TV advertisements or unsolicited calls.

Community members can help by looking out for older neighbors. When in public, they can be aware of older individuals purchasing gift cards in large amounts.

They can encourage those they know to talk to a trusted source about their Medicare questions and tell neighbors about the most recent Medicare scams. They can even consider volunteering with the local SMP!

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to protect yourself from Medicare fraud, errors, and abuse; detect potential fraud, errors, and abuse; and report your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against healthcare fraud; and help you with your questions, concerns, or complaints. To contact Davis County SMP please call 801-525-5050 option 5.

Need help understanding Medicare?



Medicare 101

Join us at a FREE class designed to help you understand Medicare

May 18th, 6:30 pm to 7:30 pm
@ Layton City Library

June 15th, 6:30 pm to 7:30 pm
@ Centerville City Library

July 13th, 6:30 pm to 7:30 pm
@ Clearfield City Library

SHIP is your trusted source for unbiased Medicare information and assistance



SHIP
State Health Insurance
Assistance Program



Davis
COUNTY
HEALTH DEPARTMENT

North Davis Senior Activities Center

This and That

Blast from the Past



Our Hawaiian Luau was a huge success with yummy food and fun games!



These are the cute crafts we made for Easter! Come see what our next craft class has in store!



Kentucky Derby Party

May 4th at 10:30 we'll have horse racing, the movie Secretariat, and lots of snacks!

Join us for our Mother's Day Brunch on May 12th at 11:45am. Please make reservations!



Daily & Monthly Activities

Mondays

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

Tuesdays

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

Wednesdays

9:00 am Lapidary
9:00 am Quilters
10:00 am Technology Lab by appt.
10:00 am Craft Class
12:00 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 Bonsai Plant Workshop
10:30 am Fun and Games
10:30 am Tai Chi
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!

Parkinson's Support Group

May 3rd 6:00pm to 7:00 pm

Dementia Caregiver Support

May 3rd / June 7th 3:00pm to 4:00 pm

Shopping

Every other Tuesday at 12:30 pm
May 2nd, 16th & 30th / June 13th & 27th

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
- 12:30 pm American Mah Jongg (NEW)
- 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
- 3:30 pm Tap Dancing Class

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

Celebration Highlight



Thank you to all who participated in our Easter bingo pizza party in April! It was a great time with great people!

Center Highlights

New class @ Central Davis American Mah Jongg

We are excited to welcome an additional style of Mah Jongg to our center beginning Monday, May 8th @ 12:30pm. Classes 1-3 will provide instruction of how to play. Get in on the fun with this popular game!

Available Everyday:

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

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

MAY

South Davis Senior Activities Center

Monday

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

Tuesday

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

Wednesday

8:00 am EnhanceFitness
 9:00 am Sit N Fit
 9:00 Stained Glass
 9:30 Line Dancing
 11:00 Tai Chi for Arthritis
 12:30 pm Grocery Shopping
 1:00 Hand and Foot
 2:00 Tap Dancing

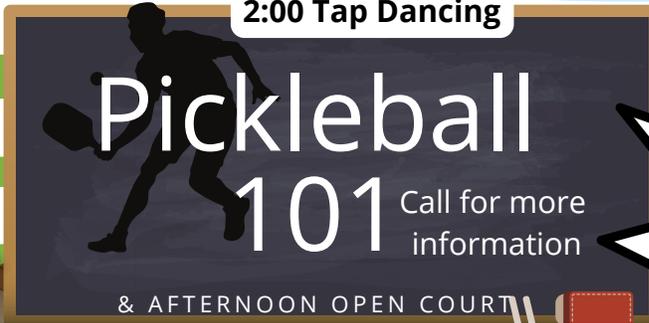
Thursday

8:00 Gentle Yoga w/Chair Options
 9:00 am Sit N Fit
 9:30 Crochet
 11:00 Tai Chi for Arthritis
 12:45 pm Bingo
 1:00 Bridge

Friday

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

Alzheimer's Support Group
 (1st & 3rd Thursday)
 3pm



Pickleball 101 Call for more information
 & AFTERNOON OPEN COURT

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



Mother's Day Tea Party!
 May 12th, 11:00 am

Waffle Morning
 May, 10th
 9:15-10:15



Clint Eastwood Day
 Quiz & games
 May 31st, high noon



Alternate	Monday	Tuesday	Wednesday	Thursday	Friday	Carbs
Turkey Wrap	1 Shepherds Pie Roast Cauliflower Fruit Dessert Bar Milk	2 Mac&Cheese Baked Beans Green Salad Green Beans Fresh Fruit Milk	3 Chicken Alfredo Spinach Mixed Veggies Roll Cantaloupe Milk	4 Chicken Chef Salad Roll Fruit Cookie Milk	5 Beef Soft Taco Green Beans Carrots Fruit Milk	41 6 7 19 11
Chicken Salad Sand.	8 Fish Sandwich Oven Brown Potatoes Mixed Veggies Fruit Milk	9 Buffalo Chicken Salad Roll Fresh Veggies Fruit Dessert Bar Milk	10 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Cantaloupe Cookie Milk	11 Pork/gravy Rice Pilaf Coleslaw Sliced Beets Fresh Fruit Milk	12 Salisbury Steak Mash Potato and gravy Zucchini Green Salad Fresh Fruit Milk	6 28 3 2 22 11
South west Salad	15 Chicken Enchiladas Cooked Beans Broccoli/red peppers Fruit Dessert Bar Milk	16 Hamburger Potato Salad Zucchini Fresh Fruit Milk	17 Chicken Caesar Salad Roll Fresh Veggie Watermelon Cookie Milk	18 Hot Dog Green Beans Green Salad Fresh Fruit Milk	19 Sloppy Joe Coleslaw Mixed Veggies Fresh Fruit Milk	33 6 5 22 11
Buffalo Chicken Salad	22 Spaghetti/Meatballs Spinach Roast Cauliflower Fruit Cookie Milk	23 Chicken Chef Salad Roll Three Bean Salad Fresh Fruit Milk	24 Beef & Broccoli Fluffy Rice Peas Sliced Beets Cantaloupe Cookie Milk	25 BBQ Pulled Pork Sandwich Oven Brown Potatoes Cuke & Tomato Salad Fresh Fruit Milk	26 Chicken Cacciatore Rotini Noodles Green Salad Mixed Veggies Roll Fresh Fruit Milk	6 20 2 5 22 22 11
Turkey Wrap.	29 All Centers Closed Happy MEMORIAL DAY	30 Breaded Fish Rice Pilaf Cuke & Tomato Salad Corn Fresh Fruit Milk	31 Chicken Caesar Salad Roll Veggies Watermelon Dessert Bar Milk	1 June 2023 1 Hamburger Oven Browned Potatoes Zucchini Fresh Fruit Milk	2 Chicken Parmesan/penne Roast Cauliflower Mixed Veggies Roll Fresh Fruit Pudding Milk	44 4 5 22 18 22 11

Exercise and Seniors

Adapted from familydoctor.org



Exercise is an important part of nearly everyone's everyday health, including older adults. Experts say seniors should be as active as possible. Exercise can help you live a longer, healthier life.

There are many benefits of exercising when you're a senior, including:

- Boosting your strength. This helps you stay independent.
- Improve your balance. To prevent falls, and give you more energy.
- Prevent or delays diseases, such as heart disease, diabetes, or osteoporosis.
- Raise your mood and fight off depression.

Sharpen your cognitive function (how your brain works).

It is safe for most adults over 65 years old to exercise. Even most patients who have chronic illnesses can exercise safely.

These include heart disease, high blood pressure, diabetes, and arthritis.

Many of these conditions are improved with exercise. If you are not sure if exercise is safe for you or if you are currently inactive, ask your doctor.

There are 4 types of exercise. It's important to include all 4 types in your exercise routine.

Endurance (cardio) — increases your breathing and heart rate. Improves the health of your heart, lungs, and circulatory system. Builds energy. Includes:

- Walking
- Jogging
- Dancing
- Swimming
- Biking
- Tennis
- Basketball
- Climbing stairs/hills
- Raking, mowing
- Gardening

Strength — makes your muscles stronger. Includes:

- Lifting weights
- Using a resistance band
- Doing body-weight exercises (push-ups, sit-ups)

Balance — helps prevent falls. Includes:

- Standing on one foot
- Walking heel-to-toe
- Tai chi or yoga

Flexibility — stretches your muscles, keeps you limber and more easily able to move. Includes:

Stretching, yoga

Are you a FAMILY CAREGIVER?

DATE: Thursday, May 18, 2023

*Registration is required—
Complimentary lunch included.

TIME: 10:00 am-2:30 pm

(30 minute lunch break from 12:00-
12:30 pm)

PLACE: (Central Davis Senior Activity Center)

81 E Center St, Kaysville



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

I wish this guide and training had been available when I was caring 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.

Megan Forbush

To reserve your spot, please contact:

801.525.5050, Option 5

mforbush@co.davis.ut.us

FREE SHRED DAY

PROTECT
DETECT
REPORT

June 9, 2023
10:30am-1:00pm

South Davis
Senior Activity
Center

726 S 100 E
Bountiful, UT
84010

Davis County Senior Services invites you to help fight fraud and reduce possible identity theft by properly disposing of:

- documents with personal information such as your social security number
- documents with personal information about your medical history
- documents with your credit card information or credit scores
- junk mail for credit card offers

National Senior Health & Fitness Day

Get involved and
be active!
May 31, 2023

- Tai Chi
- Line Dancing
- Arthritis Exercise Program
- Bingocize
- Sit N Fit
- Chair Yoga
- Multicultural Dancing
- and MORE!

Classes are available at
your local senior activity center:

North Davis in Clearfield: 801-525-5080

Central Davis in Kaysville: 801-444-2290

South Davis in Bountiful: 801-451-3660

daviscountyutah.gov/seniors

