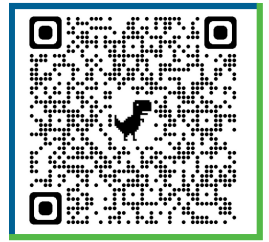




Sign up for our electronic newsletter



Thanks to all the veterans. We appreciate you!

Veterans Affairs (VA) has programs which help veterans remain independent and in their homes longer. Veterans who have served can use these health services. Visit: [VA.gov](https://www.va.gov) to see which programs you qualify for.

Below is a testimony from one of our veterans and spouse.

"I am retired from the U.S. Army as a Sergeant First Class, and I am 100% combat disabled. I am very thankful for the program and the assistance that I receive from Davis County's case manager. The injuries that I sustained in combat have left me with extreme short-term memory loss, nerve damage, and a traumatic brain injury. My wife, Jamie has been a great asset to me; making sure I have taken my medication, assisting me in the shower, and many other tasks I can't complete on my own. My quality of life wouldn't be so good if it weren't for the assistance the program has given me." – Kevin

"When my husband became 100% disabled, because of his military service, I knew that he needed additional care to accomplish his daily tasks. The issue for me is that we have four small children, so I had to earn a living. When the VA Caregiver program was introduced to us, it really was a blessing to our family. The program has afforded me the opportunity to stay home and care for my husband and our children, all while making ends meet for us financially. We would be lost without the program." – Jamie



Closed For

VETERANS

DAY

Nov. 11th

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National Family Caregiver Month

By National Today

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Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock." Check out the latest helpful hints and community resources because if you don't take care of yourself, you can't take care of anyone else.

WHY NATIONAL FAMILY CAREGIVERS MONTH IS IMPORTANT

Caregivers need love, too

Caregiving while still holding down an outside job is exhausting. Much of caregiving is unpaid. National Family Caregivers Month in November provides resources for self-care, advocacy, and de-stressing for our caregivers. The month is dedicated to supporting caregivers as they care for others. This year's theme is "Caregiving Around the Clock."

Learn how to cope

National Family Caregivers Month features lots of vital information to help caregivers cope with a tough, and sometimes thankless job. There are tips for caregivers such as taking care of your own health, accepting offers of help from others, learning the skills to speak effectively with doctors, and being open to new, assistive technologies that can lighten your load. If you don't take care of yourself, who will?

Check yourself for depression

Watching a parent age or seeing someone change drastically due to illness can be devastating. Take some time to monitor your own wellbeing. If you are not sleeping well, exercising, or feel yourself becoming reclusive, speak to a professional about depression. It can hit anyone at any time. There's no shame in feeling overwhelmed.



HOW TO OBSERVE NATIONAL FAMILY CAREGIVERS MONTH

Attend a caregiving conference or workshop

Since it's National Family Caregivers Month, do something to make an impact. Check with the National Alliance for Caregiving for the details but if you can't get away to Washington, attend a workshop instead. They have lots of practical advice. The main thing is to know that you are not alone.

Download a caregiving toolkit

Download the Circle of Care Mental Health Toolkit. Sponsored by the National Alliance for Caregiving, the toolkit covers topics including taking care of yourself, getting an accurate diagnosis, communicating with health professionals, finding community services, finding providers and more. This month, the resources you need are just a click away.

Take naps

One of the healthiest things you can do for yourself is to fit naps into your weekly schedule. Round-the-clock caregiving is never easy. But when your loved one takes a break, don't do another task — you take a break too. It's important not to wear yourself down or who will take care of you?

NATIONAL FAMILY CAREGIVERS MONTH TIMELINE

China turned custom into law

China has always honored its elderly but a new Chinese law mandated that adult children were obligated to visit their parents.

2013

2015

One big anniversary acknowledged

A major milestone was reached with the golden anniversary of both Medicare and Medicaid, highlighting 50 years of financial and medical support to the elderly.

2010

The "Silver Tsunami" arrived

40 million American Baby Boomers turned 65.

1935

Social Security debuted

Social Security became a cornerstone of FDR's New Deal.

1893

Visiting Nurse Society provided elder care to the poor

An innovative idea created the Visiting Nurse Society as a way to help the elderly poor with charitable in-home care.

Five Reasons Caregiving is so Tough

It's hard to do self-care

Nearly 70 percent of caregivers report they don't see their doctor regularly because of their responsibilities.

No wonder you're tired

Most caregivers work outside the home either part- or full-time in addition to their caregiving responsibilities.

Children do it too

Over a million American young people, aged eight to 18, care for an adult relative on a daily basis.

Relationships may suffer

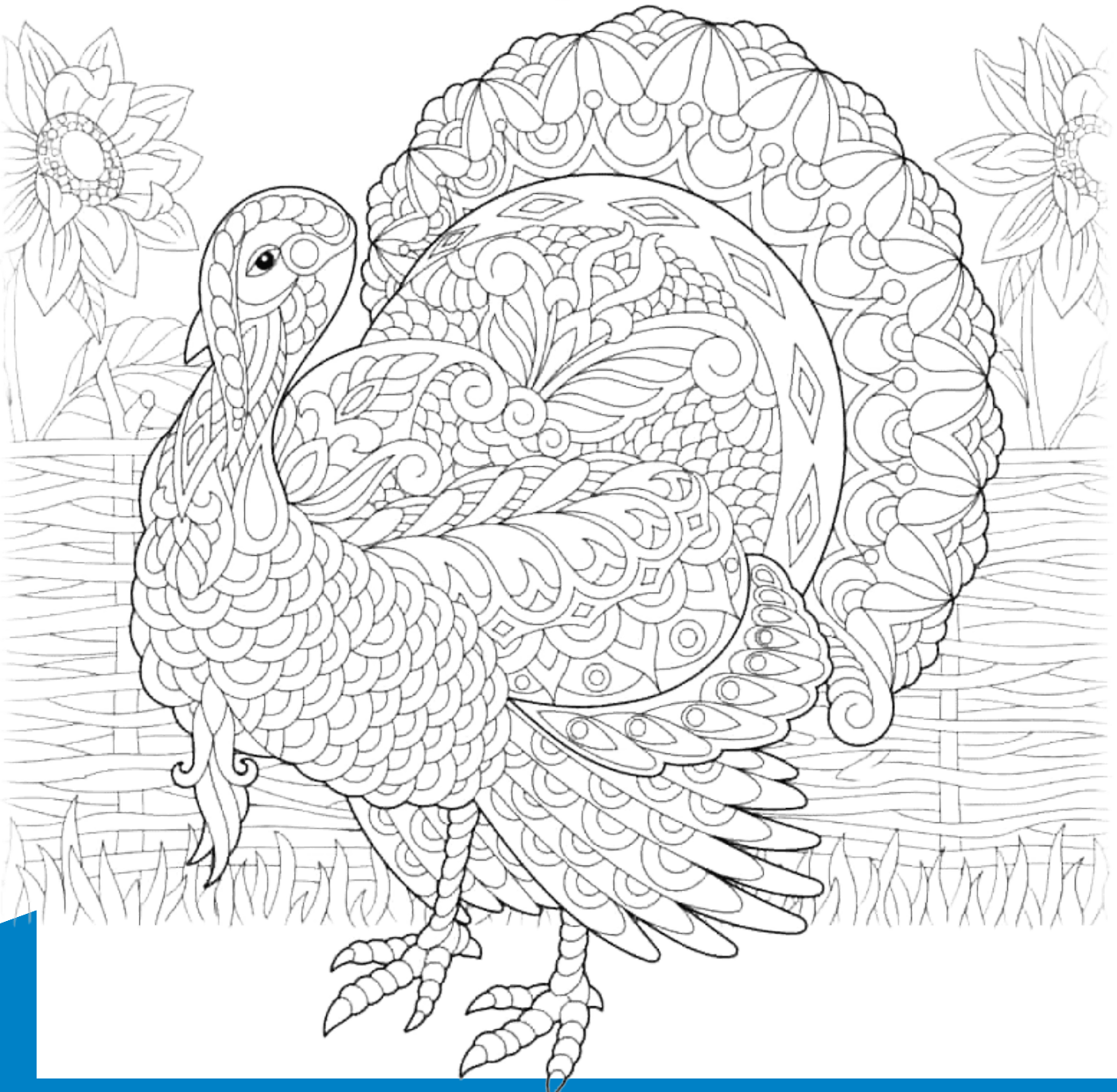
One out of every four caregivers reports diminished family relationships because of caregiving a loved one.

Where's the other half?

Over half of family caregivers are women.

**Have fun while improving your hand
mobility by coloring!**

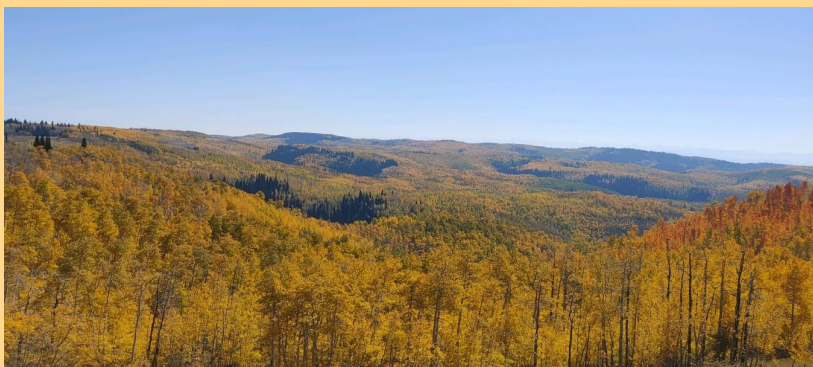
**HAVE A HAPPY
Thanksgiving**



North Davis Senior Activities Center

October Highlight

Fall Foliage Trip



Highlights

**Virtual Tour "Thanksgiving Stroll of
Plymouth Massachusetts"
November 23rd @ 1:00 pm**

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

Contact the center for more info
A yummy treat will be served!



**Veterans Day Program
by
Utah Military Academy**

**Wed. November 9th
at 11:00 am**

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 A "Wii" Bit of Fun
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 tables, computers, treadmill,
recumbent bike, library, videos, and
puzzles!

Monthly

Parkinson's Support Group

November 2nd 6:00 to 7:00 pm

Dementia Caregiver Support

November 2nd 3:00 to 4:00 pm

Shopping

November 4th and 18th at 12:30 pm

42 S. State St., Clearfield

(801) 525-5080

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
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
10:30 am Gametime With Meggan
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

Class Highlight TAP DANCING

Interested in learning to tap dance?
Now is your chance! Join the fun with
Kerry and friends Tuesdays @ 3:30pm

EVERYONE IS WELCOME!



Meet Kerry! She resides In Centerville and has been tap dancing since she was a little girl. She enjoys instructing because it's "good exercise, helps with balance & is good for the brain!"

In order from left to right:
Orie, Brenda, Karen, Kerry & Kathy striking a pose before class



Center Highlights

AARP Smart Drivers Course
Tuesday, November 15

Call us today for more info & to sign up

Virtual Tour To Plymouth
"Thanksgiving Stroll"

Wednesday, November 23 @ 1 pm (40 Min)

Walk in the footsteps of the pilgrims

Available All Day/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

November Highlight



Daily Activities

Mondays

- 8:00 am Enhance Fitness
- 9:00 am Sit n Fit
- 9:00 am Stained Glass Class
- 9:30 am Pencil Drawing
- 9:30 pm Line Dancing
- 1:00 pm Oil Painting
- 2:00 pm Tap Dancing

Tuesdays

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

Wednesdays

- 8:00 am Enhance Fitness
- 9:00 am Sit n Fit
- 9:00 am Stained Glass Class
- 9:30 am Line Dancing
- 10:30 am Tai Chi for Arthritis
- 12:30 pm Grocery Shopping
- 1:00 pm Hand & Foot
- 2:00 pm Tap Dancing

Thursdays

- 8:00 am Gentle Chair Yoga
- 9:00 am Sit n Fit
- 9:30 am Crochet Group
- 11:00 am Tai Chi
- 11:00 am Technology Assistance
- 12:45 pm Bingo
- 1:00 pm Bridge

Fridays

- 8:00 am Enhance Fitness
- 9:00 am Sit n Fit
- 9:00 am Stained Glass
- 9:00 am Water Color
- 9:30 am Line Dancing
- 9:45 am Tai Chi

Alzheimer's Support Group

1st & 3rd
Thurs. 3-4pm



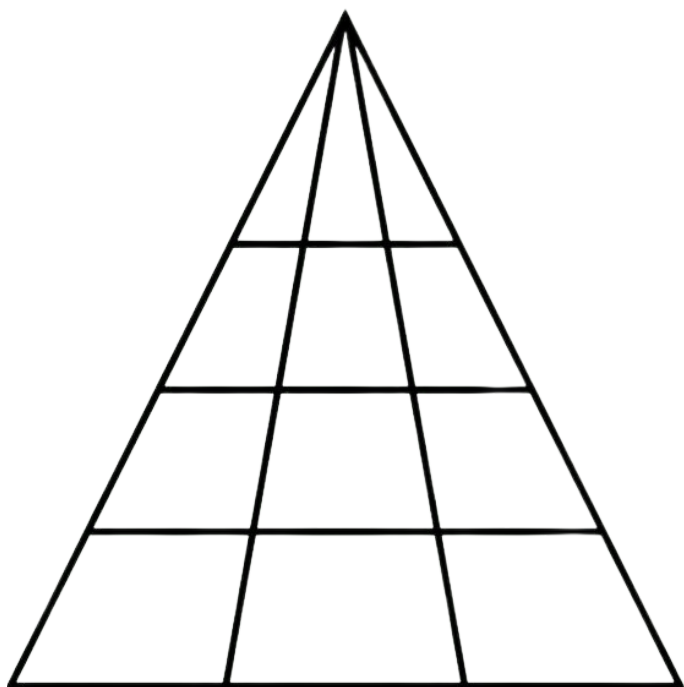
Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
		1 Chicken Parmesan Noodles/marinara Roasted Cauliflower Roll Fruit	15 19 4 22 21 11	2 Cheeseburger Oven Brown Potatoes Zucchini Fruit Milk	32 23 3 14 11	3 Turkey/Rice Casserole Mixed Veggies Cron Fresh Fruit Cookie Milk	34 12 17 22 18 12	4 Sloppy Joes Baked Beans Mixed Veggies Fruit Milk	37 35 5 14 11
7 Beef & Cheese Quesadilla Corn Broccoli/red peppers Fruit Milk	15 17 6 14 11	8 Tilapia Brown Rice Green Beans Carrots Fruit Dessert bar Milk	0 33 6 7 21 27 11	9 Chicken Tenders Mash potatoes/gravy Mixed veggies Fruit Milk	16 23 5 14 11	10 Meatball Sub Green Beans Green Salad Cookie Milk	35 6 2 36 11	11 Closed for Veterans Day 	
14 Smothered Meatballs Rotini noodles/gravy Winter squash Peas Fruit Milk	7 30 8 13 21 11	15 Chicken Sandwich Oven brown potatoes Coleslaw Fresh fruit Milk	33 23 9 22 11	16 Lasagna Casserole Garlic Roll Carrots Zucchini Fruit Milk 	23 22 7 3 14 11	17 Buffalo Chicken Salad Dinner Roll Fresh Fruit Dessert Bar Milk	10 22 21 27 11	18 Vegetable Chili Hot Dog Potato Salad Cooked Cabbage Fruit Milk	40 25 5 21 11
21 Thanksgiving Meal 		22 Pork Loin Mash Potatoes/gravy Ranch Pasta Salad Green Beans Fresh Fruit Cookie Milk	0 23 21 6 15 18 11	23 Beef Stew Mashed Potatoes Green Salad Dinner Roll Fruit Milk	10 23 2 22 14 11	24 Closed for Thanksgiving 		25 Closed for Thanksgiving 	
28 Shepards Pie Roasted Cauliflower Fruit Cookie Milk	30 4 18 18 11	29 Chicken Caesar Salad Dinner Roll Fresh Fruit Dessert Bar Milk	12 22 18 30 11	30 Hamburger Green Beans/Corn Zucchini Fruit Milk	32 11 3 14 11				

Can you solve these math puzzles?

¿Puedes resolver estos acertijos matemáticos?

Answers on p.g. 11

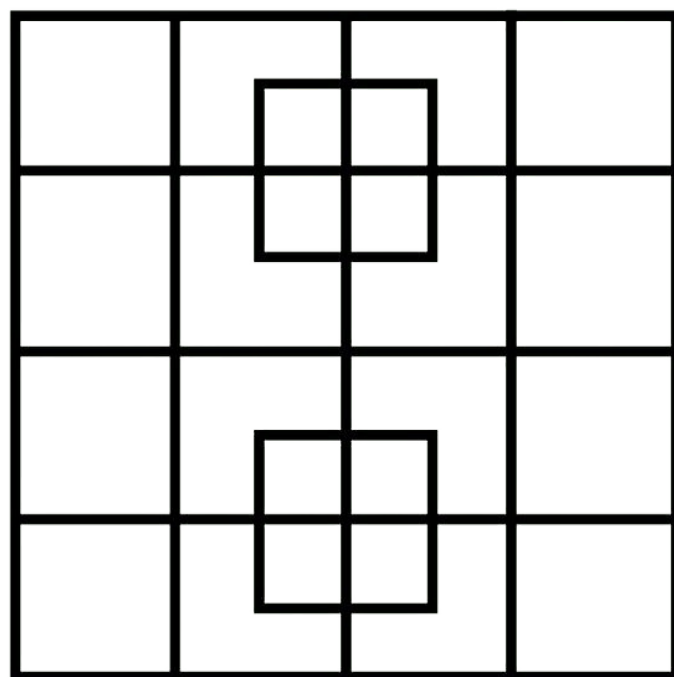
Respuestas en la pág. 11



How many triangles do you see.
¿Cuántos triángulos puedes ver?

42 16 21 45
24 30 19
7 12

How many squares do you see?
¿Cuántos cuadrados puedes ver?



40 46 21 62
24 30 19
71 37

Senior Holiday Gift Drive

Spread some Holiday Cheer!
Brighten the lives of an older
adult this Holiday Season!

Give them a gift to
open during the
holidays.

For more details or to receive
a gift request call
(801) 525-5095 or email
ddraper@daviscountyutah.gov



Do you need help with Prescription costs?

Is your Monthly Income

- Single: less than \$1,719
- Married: less than \$2,309

Are your Assets

- Single: less than \$14,010
- Married: less than \$27,950

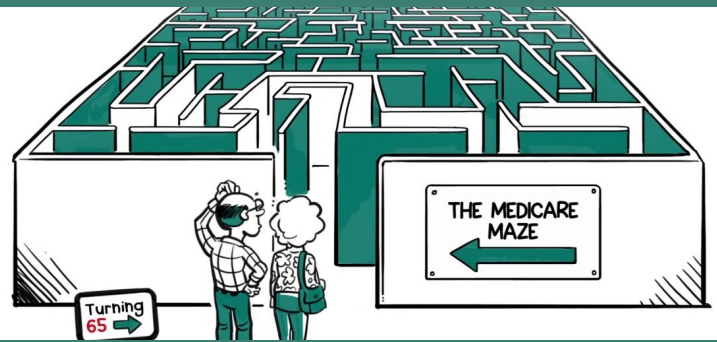
You may be eligible for help paying for prescription drug costs.

Call Davis County Senior Services SHIP/SMP
801-525-5050 opt 5



24

40



FREE MEDICARE 101 CLASSES

November 17, 2022 6:30 pm

@ Bountiful Library

December 15, 2022 6:30 pm

@ Clearfield Library

Questions: Call 801-525-5050 opt 5



Coming in January

ARTHRITIS FOUNDATION EXERCISE PROGRAM

KEEP YOUR ARTHRITIS PAINS
AWAY WITH EXERCISE!



A low-impact class that can be done sitting or standing.

Take away information that will last you a lifetime!

More details coming in December



DAVIS COUNTY SENIOR SERVICES HEALTH FAIR

PROVIDING THE BUILDING
BLOCKS FOR A BETTER LIFE

DECEMBER 8TH, 2022 | 11 AM - 3 PM
NORTH DAVIS SENIOR ACTIVITY CENTER

42 S. STATE ST. CLEARFIELD UTAH, 84015