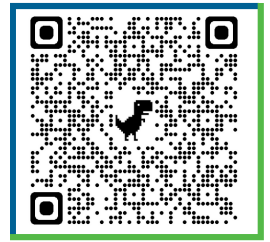




Sign up for our electronic newsletter



It's Time for Medicare Open Enrollment!

Medicare Open Enrollment runs from October 15th through December 7th. During this time you can make changes to your health insurance coverage. You can make as many changes as you need during this time. The changes made will take effect on January 1, 2023. The changes you can make include:

- Joining a new Medicare Advantage Plan
- Joining a new Part D prescription drug plan
- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from Medicare Advantage to Original Medicare with or without Part D

If you have a Medicare Advantage plan or a Part D prescription drug plan, it is helpful to review your Medicare benefits for the upcoming year as there may be changes to your current plan. There may be a more cost effective plan available. You can learn about Medicare plans by visiting www.medicare.gov or by reading your 2023 Medicare & You handbook. If you would like assistance looking at your options, Davis County Senior Services SHIP (State Health Insurance Program) offers FREE Medicare Counseling. Appointments will be available at our senior centers in Clearfield, Kaysville, and Bountiful. Call us for an appointment @ 801-525-5050 opt 5.



Not only is October the start of Medicare Open Enrollment, it is also the start of flu season and Breast Cancer Awareness Month. Medicare covers one flu shot each flu season. If you are on a Medicare Advantage plan, be sure to get your shot from an in-network provider.

Medicare covers one mammogram a year with no cost to you as long as your doctor accepts Medicare assignment. Talk to your doctor and schedule your next screening.

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Halloween isn't just for kids!

Halloween isn't just for kids. The truth is, many adults also like to relive their childhood memories, wear a costume, make jack 'o lanterns, and have fun.

There's excitement in the air as the season of ghost stories, pumpkin carving, and candy-galore nears. Here are a few ideas for celebrating Halloween all month long with the older adults in your life:

- Have a movie night and show a Halloween-themed movie. Nothing says Halloween like joining loved ones on the couch for a good movie night! Maybe this year, share one of your childhood favorites and introduce a new generation to Dracula, the Mummy, and the Wolfman.



- Don't have any classic monster movies on hand? Try having a scary story night. You could even have prizes for the silliest, spookiest, or the strangest tale of the night. Don't want to tell fictional stories? Share memories of Halloween from years past.

- Make favorite fall treats like caramel apples, scones, and apple cider. Pop some popcorn on the stovetop and experiment with different flavors while enjoying the movie.



- Take some time to drive around the neighborhood and look at decorations. See what the neighbors are up to, or take a little longer drive and enjoy the beautiful fall colors starting to bloom in the mountains.



- Wear your favorite Halloween best; even if you don't buy or build a costume, you can still dress up for Halloween. Do you have a favorite Halloween sweater or shirt? What about a great pair of ghoulish socks or a spooky shawl? If you create a costume, be careful that it doesn't interfere with walking, vision, or hearing.

- Is your family far away? Have a virtual costume party. Invite family, friends, and neighbors to join a video conference wearing wacky and creative costumes.



- Pick a pumpkin and decorate it. October is a perfect time to bring home a pumpkin. Whether you choose a small gourd or a giant carving pumpkin, have fun. Be mindful of the tools used, and always be safe.



Halloween activities can get everyone together, encourage friendship, and allow everyone to enjoy a bit of spooky fun! Halloween's not for everyone, but for those that enjoy the season, celebrate it in a variety of ways!



HAPPY

HALLOWEEN



ALL DAVIS COUNTY SENIOR CENTERS HALLOWEEN PARTY

**\$3.00 SUGGESTED
CONTRIBUTION**



OCTOBER 27TH – 10:30AM TO 1:30 PM
FOOD - COSTUME CONTEST - GAMES - CRAFTS -
PRIZES & MORE!



Davis
COUNTY
HEALTH
DEPARTMENT

HOSTED BY NORTH DAVIS SENIOR CENTER
42 S. STATE STREET IN CLEARFIELD

Have fun while improving your hand mobility by coloring!





50'S
PARTY

**The 50's Party at Central
Davis Senior Activity
Center in August was
"hopping" with Dave
Allen's Rock N' Roll Music!!!**



You get drinks and snacks
all for only \$2.00 - plus you
might win the grand prize
for the day! No gambling
for money though!



Only at
North Davis
Senior Center!



North Davis Senior Activity Center

801-525-5080
42 South State St., Clearfield UT

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
12:00pm 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



Central Davis Senior Activity Center

801-444-2290
81 E Center St Kaysville UT

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



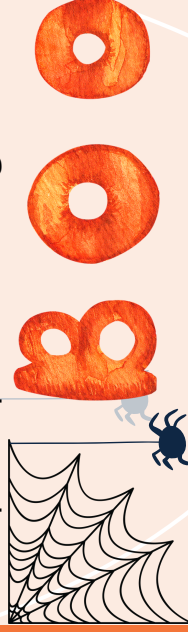
Tuesdays

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
3:00 pm Tap Dancing Class (NEW)



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 Avail
12:30 pm Pinochle
12:30 pm Square Dancing



South Davis Senior Activity Center

801-451-3660
726 S 100 E Bountiful UT

Mondays

8:00 am Enhance Fitness
9:00 am Sit n Fit
9:00 am Stained Glass
9:30 am Pencil Drawing
9:30 am 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 EnhanceFitness
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



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!

Highlights

Shopping

Oct 7th and 21st at 12:30 pm

Parkinson's Support Group

October 5th 6:00 to 7:00 pm

Dementia Caregiver Support

October 5th 3:00 to 4:00 pm

Ghostly Tour of

Plymouth, Massachusetts

October 26th @ 11:30 am

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

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

AARP Smart Driving Class

Tues, Oct. 18th 10:00 to 2:30

Reservation required!

All Centers Halloween Party

October 27th 10:30 to 1:30

Senior Health Resource Fair

North Davis Senior Center
December 8th 11:00 to 3:00

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 **(NEW)**
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

***QIGONG WILL NOW BE ON
THE FIRST FRIDAY OF EACH
MONTH AT 11:00AM**

Available All Day/Everyday:

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



Highlights

Fall Foliage Trip (Weber/Heber)

Wednesday, October 6th

Bus Will "Leaf" The Center @ 2:00pm

USU FOOD \$ENSE PRESENTATION

Wednesday, October 19th @ 11:30

Watch & Learn How To Make a
Healthy, Delicious Affordable Meal
With This Interactive Experience!

Thursdays

8:00 am Gentle 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

Alzheimer's Support Group

1st and 3rd Thursday's
3:00 - 4:30pm

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



Highlights

Monthly Birthday parties on
the last Friday of each

Month RSVP 801-451-3660



CALLING ALL
GALS AND GHOULS:

GET SPOOKY

**AT SOUTH DAVIS'S
HALLOWEEN PARTY!**

FRESH CHILL LUNCHEON 11:45

OCT. 31ST

CALL (801) 451-3660 TO RSVP

Name that location

In each of the boxes, there is a partial picture of a place in Davis County. See how many you can name.

Each location is either free or contribution-based. So go see the sights for yourself.

Nombra esa ubicación

En cada una de las casillas hay una imagen entrecortada de un lugar en el condado de Davis. Veamos cuántos lugares puedes adivinar.

Cada ubicación es gratis o también de carácter contributivo. Así que ve a ver aquellos paisajes por ti mismo.



*1

550 N 3500 W,
West Point



*2

920 S 50 W,
Kaysville



*3

305 N Main St
Bountiful



*4

1157 S Waterfowl
Wy, Farmington



*5

1891 W 1700 S,
Syracuse



*6

40.9157° N,
111.8613° W



*7

49 E 1020 N,
Farmington



*8

508 Constitution
Cir, Layton

Are you a Caregiver?

For more info: call Megan Forbush
801-525-5088



MAKE CHANGES TODAY

CYBER SAFETY!!

Email spam filters are useful tools that prevent many scam emails from arriving in your inbox. Many users rely on spam filters to block phishing emails and, as a result, trust that emails sent to their inboxes are legitimate. Cybercriminals take advantage of this trust by using legitimate websites like PayPal to send phishing emails and avoid spam filter detection.

In a recent scam, cybercriminals send you a fake invoice through a real PayPal account. Because emails from PayPal are not seen as spam, the email will probably be sent to your inbox rather than your spam folder.

The email will look legitimate since it's from a real Paypal account but don't be fooled. If you pay this invoice, you won't get a valuable service. Your money will go to cyber-criminals so they can use it for their own purposes!

To protect yourself from this malicious scam, follow the tips below:

- Don't rely on email spam filters to block phishing emails sent to you. Check emails for red flags like urgent deadlines and scare tactics to identify potential phishing scams.
- To verify the legitimacy of an invoice, contact the service provider directly by using a known phone number or email address. Do not use the phone number or link sent in the invoice to contact the service provider.
- Don't trust the legitimacy of an email just because it was sent through a trusted website. Cybercriminals can use trusted websites to make their scams more believable.



Due to last month's news stories announcing that Queen Elizabeth II, who is known for having the longest reign of any British monarch, passed away at 96 years old. When an influential figure such as the queen passes away, people across the world will be interested in reading more about their life and death.

Cybercriminals take advantage of high-profile news stories to catch your attention and manipulate your emotions. In the coming weeks, we expect to see cybercriminals referencing the queen's death in phishing attacks and social media disinformation campaigns.

Follow these tips to stay safe from these scams:

- Always think before you click. Cyberattacks are designed to catch you off guard and trigger you to click impulsively.
- Be suspicious of emails, texts, and social media posts that contain shocking information about this event. These may lead to disinformation, which is false information designed to mislead you.

If you receive a suspicious email, follow your organization's procedure to report the email.

Source: KnowBe4.com

LIVING WELL WITH CHRONIC CONDITIONS



Chronic diseases affect nearly 1 in 2 US adults. In this 6-week, interactive workshop you will learn to manage your symptoms, improve eating and sleeping habits, reduce stress, maintain a healthy lifestyle, and feel better.

Monday, 12:00 pm - 2:30 pm
October 10th - November 14th

Central Davis Senior Activity Center
81 East Center Street
Kaysville, UT 84037

Register at
livingwell.utah.gov
call (801) 525-5095
or e-mail ktanner@co.davis.ut.us.



Do you need help with Prescription costs?

Is your Monthly Income

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

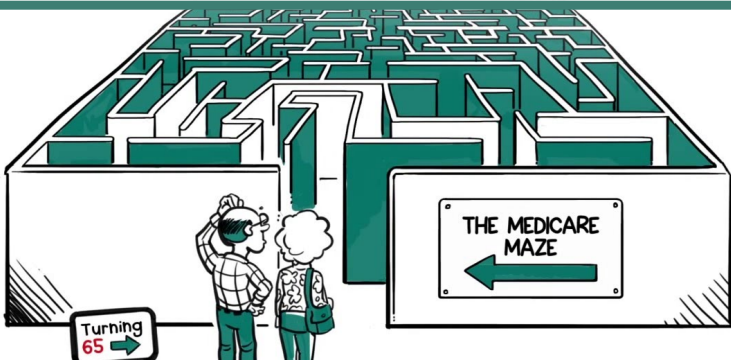
Are your Assets

- 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



FREE MEDICARE 101 CLASSES

October 27, 2022 6:30 pm

@Farmington Library

November 17, 2022 6:30 pm

@Bountiful Library

December 15, 2022 6:30 pm

@ Clearfield Library

Questions: Call 801-525-5050 opt 5

Davis County Senior Services
801-525-5050

Save the Date
December 8th

Davis Senior Services
HealthResource Fair
North Davis Senior
Activity Center

More Details coming in November

Dementia DialoguesTM

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

Wednesday,
October 12, 19, and 26
from 1:00-3:30

The Training will be held
at Central Davis Senior Activity Center
81 E Center St. Kaysville UT 84037

SEATS ARE LIMITED AND WILL FILL UP QUICKLY.

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



UNIVERSITY OF
SOUTH CAROLINA
Arnold School of Public Health



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

- | | |
|----------------|---|
| 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 |

**The first step to relief, is to know
what you are fighting.**

**Free depression screenings
October 14th, 2022
9 am - 12 pm**

**appointment required
call 801-525-5080**

**North Davis Senior
Activity Center
42 S State St. Clearfield**



Davis
COUNTY
HEALTH DEPARTMENT