

Come join the  
Century Club



One of the most exclusive clubs in Utah: The Century Club, membership is easy; reach 100 years of age, and you're in. Davis County, currently, has 10 members in this club. Our oldest member is Davina Gray at 105.

On Thursday, the state held its first annual centenarian celebration since 2019 to honor Utahns who have reached their 100th birthday and beyond.

Gov. Spencer Cox stressed during the celebration the importance of connecting across generations. "We need our elderly parents and grandparents and great-grandparents to connect with us. That's important for mental health, and it's important for the community. I believe it's important for the survival of our country," Cox said. "There is so much wisdom in this room."

In the course of the party, Gov. Cox asked for some advice. Our very own Oscar King Green answered with. "Don't hold a grudge, be quick to forgive. Be honest. Don't judge others. Maintain a sense of humor and choose good friends. "

Along with giving out advice, our Centenarians would share some of the most amazing life stories. So if you are lucky enough to meet these fantastic friends pull up a stool, open your ears, and listen. You're bound to learn a thing or two.



**Davis County Senior Services**  
**801-525-5050**

Contents

National Fall Prevention Month.....	pg. 2-4
August fun in the sun.....	pg. 5
Activity Calendar.....	pg. 6-7
Coloring Page.....	pg. 8
Brain Game.....	pg.9
Eye Health.....	pg. 10
Upcoming Events.....	pg. 11-12

Sydnee Gonzalez, K. S. L. (2022, August 4). 'there is so much wisdom in this room': Utah celebrates 130 Centenarians. KSL.com. Retrieved August 25, 2022, from <https://www.ksl.com/article/50452580/there-is-so-much-wisdom-in-this-room-utah-celebrates-130-centenarians>

# National Fall Prevention Month

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are steps to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

## Myth

Falling happens to other people, not to me.

## Reality

Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

## Myth

Falling is something normal that happens as you get older.

## Reality

Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision and hearing checked, and making your living environment safer are steps to prevent a fall.

## Myth

If I limit my activity, I won't fall.

## Reality

Some people believe the best way to prevent falls is to stay home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

## Myth

As long as I stay at home, I can avoid falling.

## Reality

Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

## Myth

Muscle strength and flexibility can't be regained.

## Reality

While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

## Myth

Taking medication doesn't increase my risk of falling

## Reality

Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

## Myth

I don't need to get my vision checked every year.



**Reality**

Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase the risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision, there are programs and assistive devices that can help.

**Myth**

Using a walker or cane will make me more dependent.

**Reality**

Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

**Myth**

I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

**Reality**

Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

**Myth**

I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

**Reality**

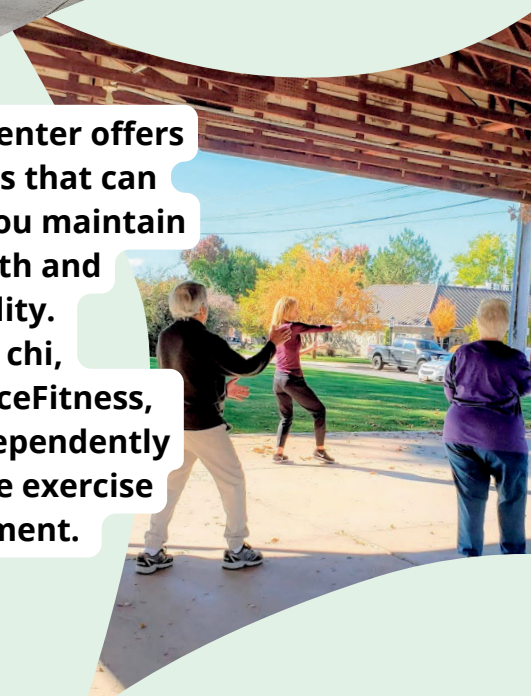
Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home or setting up a vision exam.

## Debunking myths with our services

**Stay independent and continue participating in social activities. Our shuttles will transport you to and from a senior activity center near you.**

**We offer medical transportation so that you can get to your yearly vision appointment, doctor's office, or pharmacy.**

**Each center offers options that can help you maintain strength and flexibility. Try tai chi, EnhanceFitness, or independently use the exercise equipment.**



## ARE YOU A CAREGIVER?

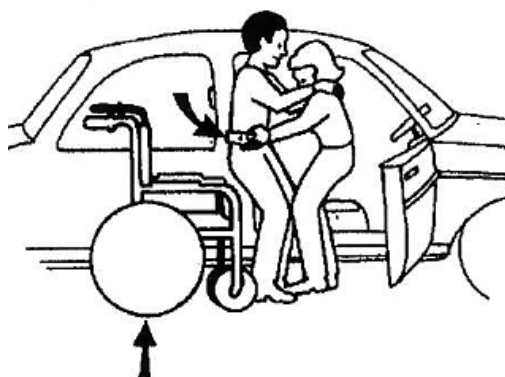


Caregiving can be a challenging role. Research has shown that the toll on the family caregiver's health appears to increase over time. If you can prevent a fall, whether it is you as the caregiver or the person you are caring for, you can save time, stress, and money.

### Transferring from a Wheelchair to a Car

Be sure the car is parked on a level surface with out cracks or potholes

- Open the passenger door as far as possible
- Move the left side of the wheelchair as close to the care seat as possible.
- **LOCK the char's wheels.**
- Move both boot rest out of the way



- Position yourself facing the person.
- Tell them what you are going to do.
- Bending your knees and hips, lower yourself to their level.
- By grasping the transform belt around their waist help them stand while straightening your hips and knees.
- If their legs are weak, brace their knees with your knees.



- While they are standing, turn them so they can be eased down to sit on the car seat. **GUIDE THEIR HEAD** so it is not bumped



- Lift their legs into the car by putting your hands under their knees.
- Move him to face the front.
- Put on their seat belt.
- Close door carefully





# SQUARE DANCERS WANTED AT CENTRAL DAVIS!!



**Join the Kaysville Komets every Wednesday From 12:30-2:30pm For A Fun & Friendly Workout!**

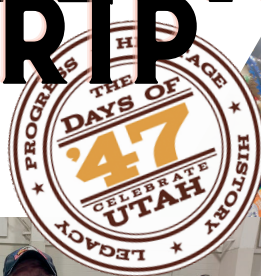


**Card Game**



**Hand and Foot is a fun filled game where you try to score the most points by melding similar ranking cards. Come join us! If you don't know how to play, we'll teach you! Wednesday's at 12:00 pm at North Davis!**

# FRIENDS & FLOATS FIELD TRIP



# South Davis



# SEPTEMBER

[www.daviscountyutah.gov/seniors](http://www.daviscountyutah.gov/seniors)

Find us on Facebook at [Davis County Senior Activity Centers](#)

**North Davis Senior  
Activity Center**  
801-525-5080  
42 South State St UT

## Monday

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

## Tuesday

8:00 am Lapidary  
9:00 am China Painting  
10:30 am Fun and Games  
12:00 pm Pinochle  
1:00 pm Line Dancing

## Wednesday

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

## Thursday

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

## Monday

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

## Tuesday

9:00 am Art Class With Kathy  
9:00 am Qigong  
10:30 am Boredom Buster Game  
11:30 am Lunch  
3:00 pm Tap Dancing Class (NEW)

## Wednesday

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

## Monday

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

## Tuesday

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

## Wednesday

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





## Friday.

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 is now on Friday's**  
Sept. 9th and 23rd at 12:30 pm

**Parkinson's Support Group**  
September 7th 6:00 to 7:00 pm

**Dementia Caregiver Support**  
September 7th 3:00 to 4:00 pm

**Live Virtual Tour of France**  
**The Catacombs of Paris**  
**September 22nd @ 1:30 pm**  
You may participate at the senior center or your own home!  
\*Contact the center for more info\*  
Yummy Crepes will be served!

**Flu Shot Clinic**  
Monday, Sept. 26th 10:00 - 12:00

**September Birthday Party**  
Come help us celebrate on September 16th at 11:45 am!

## Thursday.

9:00 am Marvelous Makers Crafts  
10:30 am Boredom Buster Game  
11:00 am Ceramics & Crafts  
11:30 am Lunch  
1:30 pm Mah Jongg

## Friday.

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  
1:15 pm Bridge

### Available All Day/Everyday:

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

## Highlights

**Luau Party Lunch**  
Join us on Friday, September 16th at 11:30am for a fun Hawaiian experience!

Order your lunch by no later than **September 7th** for this event



**Flu Clinic**  
**Tuesday, September 27th**  
**10:00am-Noon**

## Thursday.

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

## Friday.

8:00 am EnhanceFitness  
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

**Let us eat CAKE!**



**Flu clinic Sept. 22, 10-12**





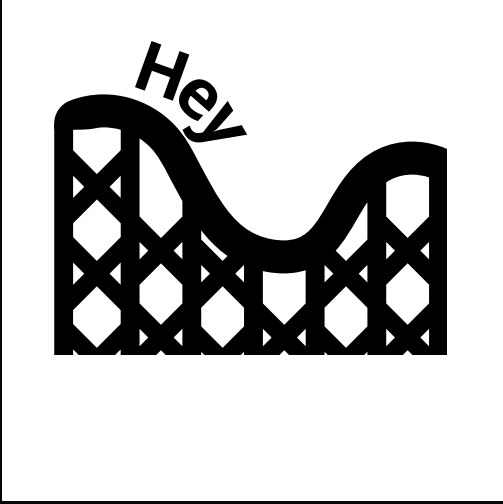
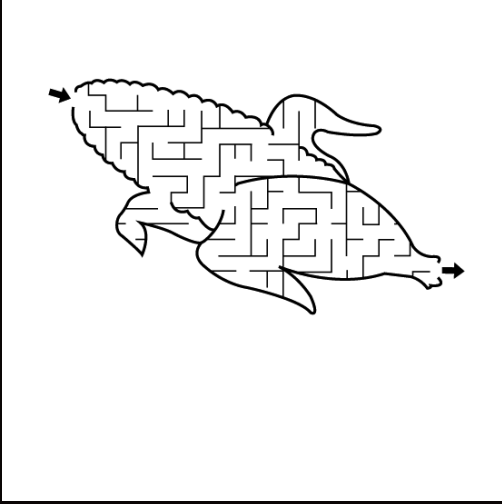
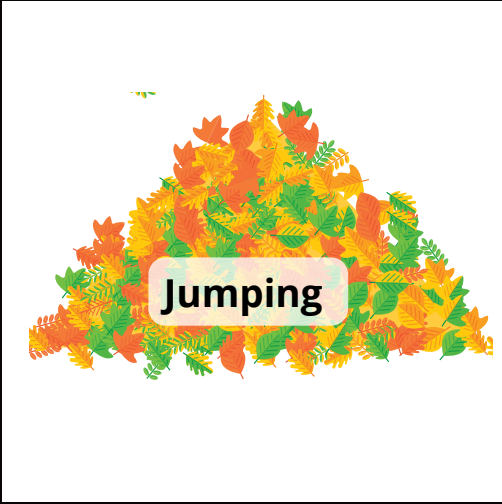
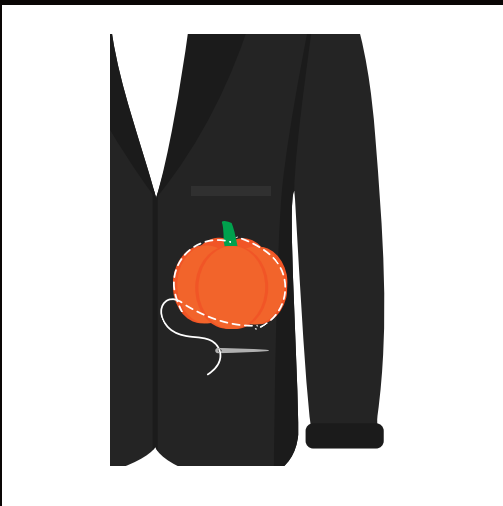
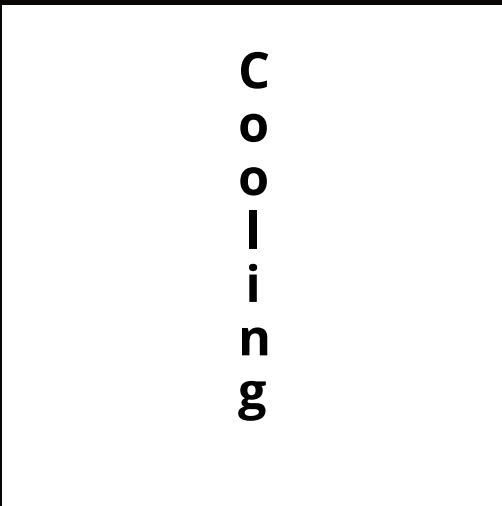
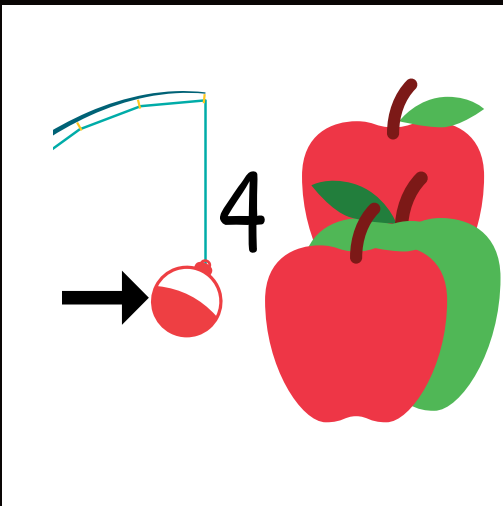
Puny Pictures - Brain game

Can you figure out these fall phrases from the pictures in the squares?

Example

**Level!**

= Split Level

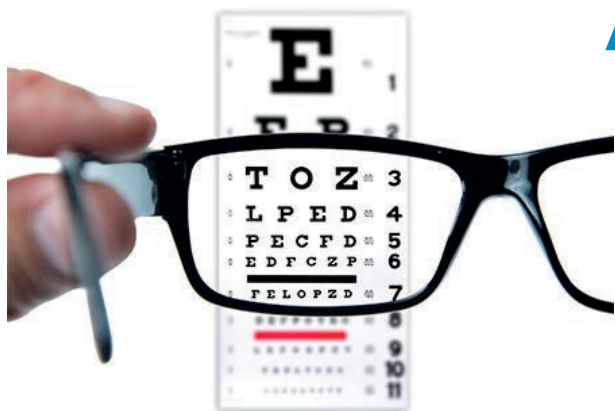


Bobbin for Apples  
Scare Crow  
Haybale

Cooling Down  
Jumping in Leaves  
Corn Maze

Pumpkin Patch  
Labor day  
Hay Ride

# AGING AND YOUR EYES



As you age, it is normal to notice changes in your vision. A few common changes for older adults include:

- Losing the ability to see up close
- Having trouble distinguishing colors, such as blue from black
- Need more time to adjust to changing levels of light

These problems are often easily corrected. Glasses, contact lenses, and improved lighting may help and enable you to maintain your lifestyle and independence. Your risk for some eye diseases and conditions increases as you grow older, and some eye changes are more serious. Keep your eyes as healthy as possible by getting regular eye exams so any problems can be spotted early.

## What can you do to protect your vision?

Have your eyes checked regularly by an eye care professional — either an ophthalmologist or optometrist. Finding and treating any problems early can help protect your vision and prevent vision loss. Make a list of your questions and concerns to share with the doctor. Tell them which medications you are taking. Some can affect your eyes.

Normal changes in the aging eye usually do not harm your vision. However, sometimes they can be signs of a more serious problem.

For example, your eyes may leak tears. This can happen with light sensitivity, wind, or temperature changes. Sunglasses and eye drops may help. Sometimes, leaking tears may be a symptom of dry eye or a sign of an infection or blocked tear duct. Your eye care professional can treat these problems.

## Tips for healthy eyes at any age

There are things you can do to take good care of your eyes and help keep them healthy as you age:

- Sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim.
- Make smart food choices.
- Be physically active and maintain a healthy weight.
- Maintain normal blood pressure.
- Manage diabetes (if you have it).
- If you spend a lot of time at the computer or focusing on one thing, take a break every 20 minutes to look about 20 feet away for 20 seconds to prevent eye strain.

## Signs of an eye emergency

See an eye care professional right away if you:

- Suddenly cannot see or everything looks blurry
- See many new floaters (tiny specks or “cobwebs” that seem to float across your vision) and/or flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

for more info visit: <https://www.nia.nih.gov/health/aging-and-your-eyes>



# 9/11 DAY OF SERVICE BLOOD DRIVE

JOIN DAVIS COUNTY  
AMERICORPS SENIORS RSVP AND  
THE AMERICAN RED CROSS AT  
DAVIS REMEMBERS - THE 911 PROJECT

Thursday, September 8, 2022  
151 S. 1100 W. Farmington  
10 AM – 4 PM

TO SCHEDULE YOUR APPOINTMENT GO TO:

redcrossblood.org and enter the  
Sponsor Code: RSVP

or scan the QR Code below



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## In-home Services

### Medicare 101

Let us take the guesswork out of Medicare. Come learn about signing up, coverage options, and cost.



AT MEDICARE 101

### Dementia Dialogues

Learn about Dementia in this 5 module course over 3 sessions. On October 12, 19, and 26



Register by  
Calling 801-525-5050 opt 5 or visiting [monami.io](https://monami.io)

*Thank you caregivers!*

For all of your caregiving.  
Your persistence spreads hope and  
changes lives.

## THESE FLOWERS HAVE A LOT OF FIGHT IN THEM

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight. Visit [alz.org/walk](https://alz.org/walk) for more information about this year's event and to register.

WALK TO END ALZHEIMER'S - WEBER/DAVIS COUNTY  
Ogden Amphitheater / September 17, 2022

Festivities begin at 9 am, the ceremony starts at 10am  
and the walk begins at 10:30 am



2022 NATIONAL PRESENTING SPONSORS  
Edward Jones

CVS Health



alzheimer's association



# The Caregiver Academy

The Caregiver Academy is a free series of six workshops that assist family and community caregivers in developing the skills needed to manage an in-home care environment. Each participant receives a free Managing Care Guide.

**\*Thursdays from 11:00 am-12:30 pm** at Central Davis Senior Activity Center (81 E Center St, Kaysville) starting September 22, 2022

## The Six Workshops for Fall 2022

Sept 22: Finding Caregiver Resources  
 Sept 29: Building Caregiver Resilience  
 Oct 6: Setting Good Care Boundaries  
 Oct 13: Involving Family and Others  
 Oct 20: Managing Difficult Behaviors  
 Oct 27: Understanding Care Options

Call

**801.525.5050, Option 5**

**to sign up—Space Limited**



# FLU CLINICS

## Vaccines Offered:

- Flu
- Shingles
- Tetanus
- Pneumonia
- Covid-19



## Accepted Insurance

- AARP Medicare Complete
- Aetna
- Blue Cross Blue Shield
- Cigna
- Deseret Mutual (DMBA)
- Educators Mutual
- GENA
- Health Choice Utah (Medicaid)
- Mailhandlers
- Medicare
- Meritain Health
- Molina Healthcare
- PEHP
- SelectHealth
- Tricare West
- UMR
- United Health Care
- University of Utah Health Plans
- Utah Medicaid

## South Davis Senior Center

726 South 100 East, Bountiful

Thursday, September 22, 2022

10 am - 12 pm

## North Davis Senior Center

42 South State Street, Clearfield

Monday, September 27, 2022

10 am - 12 pm

## Central Davis Senior Center

81 East Center Street, Kaysville

Tuesday, September 26, 2022

10 am - 12 pm

## Insured no out of pocket cost

- Proof of insurance is required at time of visit

## Uninsured self-pay flu shot cost

- \$35 Adult flu shot (19 years and older)
- \$70 Adult High dose flu shot (65 years and older)

More info call

(801)525-5020

**Clearfield Clinic**

22 South Stat Street