

SENIOR SERVICES OCTOBER 2026 NEWSLETTER



Can Your Medications Affect Your Hearing? What You Need to Know

(Taken in part from a National Council on Aging online publications)

Most people don't realize that the medications they take could have an impact on their hearing health. Certain drugs, known as ototoxic medications, have the potential to cause hearing loss, tinnitus (ringing in the ears), or balance issues. While these effects may be temporary for some, others may experience permanent changes.

Understanding which medications can pose a risk to your hearing can help you take proactive steps to protect it.

Common Medications That Can Affect Hearing

Aspirin and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs): Taken in high doses or over long periods, aspirin and other NSAIDs have been associated with temporary hearing loss and tinnitus, which often resolves once the medication is stopped.

Certain Antibiotics: Aminoglycoside antibiotics, including gentamicin and streptomycin, are known to be ototoxic. They can cause irreversible hearing damage, particularly in individuals with kidney disease or those who take prolonged courses of these medications.

Diuretics: Loop diuretics, such as furosemide and bumetanide, are commonly prescribed for

heart and kidney conditions. In some cases, they can cause temporary hearing loss or ringing in the ears, especially when administered in high doses.

Chemotherapy Drugs: Platinum-based chemotherapy drugs, including cisplatin and carboplatin, are highly effective for treating cancer but have a well-documented risk of causing permanent hearing loss. Patients undergoing treatment should have their hearing monitored regularly.

Antimalarial and Anti-Tuberculosis Drugs: Drugs like chloroquine and hydroxychloroquine, used for malaria and autoimmune diseases, as well as certain tuberculosis medications, have been linked to hearing changes, especially with long-term use.

What You Can Do to Protect Your Hearing

Know the risks: If you take any of the medications listed above, talk to your doctor about potential side effects. (Continue pg 2)

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Monitor changes: Pay attention to any new symptoms, such as ringing in the ears, muffled hearing, or dizziness.

Schedule regular hearing check-ups: If you're on long-term medication, regular hearing tests can

help detect early signs of hearing loss.

Discuss alternatives: In some cases, alternative medications with fewer ototoxic effects may be available.

Hard of Hearing Classes/Events/Workshops

for Hard of Hearing participants and their family/friends



**SCAN QR CODE
To register for a
class or event**



Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.



DIVISION OF SERVICES OF THE DEAF AND HARD OF HEARING

CONTACT DSDHH.HOH@UTAH.GOV FOR FURTHER INFORMATION

SCAM

FRAUD

Prevention

Lunch Chats

Join us for lunch at a Davis County Senior Activity Center, where you can learn about and discuss the latest scams and frauds with a certified advocate.

Oct. 9th @ 11:45 North Davis

Oct. 20th @ 11:45 Central Davis

Oct. 8th @ 11:45 South Davis

Senior Center Vaccine Clinics

Vaccines Offered:



- Flu
- COVID-19
- Pneumonia
- Shingles
- RSV
- Tdap

North Davis Senior Center

42 South State Street, Clearfield
Monday, October 19, 2026
11:00 am - 1:00 pm

South Davis Senior Center

726 South 100 East, Bountiful
Thursday, October 8, 2026
11:00 am - 1:00 pm

North Davis Senior Activity Center
42 S. State St., Clearfield (801) 525-5080

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OCTOBER 2026
CENTRAL DAVIS SENIOR ACTIVITY CENTER
81 EAST CENTER STREET, KAYSVILLE
801-444-2290



Dracula's castle will set the stage for our spine tingling Halloween Karaoke costume Party. You are bound to get your thrills and chills while you grab a bite to eat and listen to some shrieks and squeals Friday October 30th at 11:00 am.

Dracula's Haunted Drive-In

Five spooky movies
 premiering every Friday
 at noon during October.
 Scary munchies provided.

Lunch Bunch

Artic Circle
 October 12th
 11:30

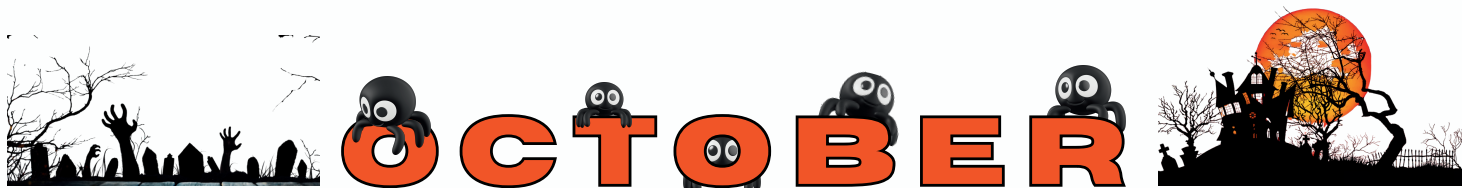
Let's go get
 a Square
 pumpkin

Fresh Scones

Served hot in
 Dracula's
 Castle on
 Wednesday
 October 7th
 at 10:30.



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness Class		EnhanceFitness Class		EnhanceFitness Class
9:00	Tai Chi Painting Group	Beginners Lapidary	Tai Chi Painting Group		Wire Wrapping 1st & 3 rd Fri.
9:30	EnhanceFitness Class	Art Class With Kathy	EnhanceFitness Class	Silversmithing	EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi		Tai Chi	Qigong
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00			Ceramics & Crafts	Open Craft Room	
12:00		Pickin Circle	Ceramics Instructor		
12:15	Bingocize		Square Dancing	Bingocize	Movie
12:30			Pinochle	Mahjongg	Bridge
1:00	Beg. Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	



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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness		EnhanceFitness
9:00	Sit n Fit Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Watercolor
9:30	Line Dancing		Line Dancing		Line Dancing
9:45					Tai Chi
10:00		Gentle Yoga			
10:30		Chair Tai Chi @ 11:00	Tai Chi for Arthritis	Tai Chi for Arthritis	
12:45	Shopping	Bingo	Bingocize	Bingo	Bingocize
1:00	Bridge	Pinochle Oil Painting	Writing Club 1 st & 3 rd Wed	Bridge	
2:00					Book Club 2 nd Friday
3:00		Pickleball		Dementia support Group 1st Thurs	

October Parties & Events

Fall Foliage & Lunch @ Black Bear

Friday October 2nd, @ 11:00 am. Please be ready and at the center at 10:30 am. We will be stopping at the Black Bear Diner when we come out of the canyon. Lunch is self pay.

Waffle Morning!

Wednesday October 14th
Start your day out right , with waffles and friends @ 9:45 am!

Halloween Spooktacular! Good Food & Fun Games!

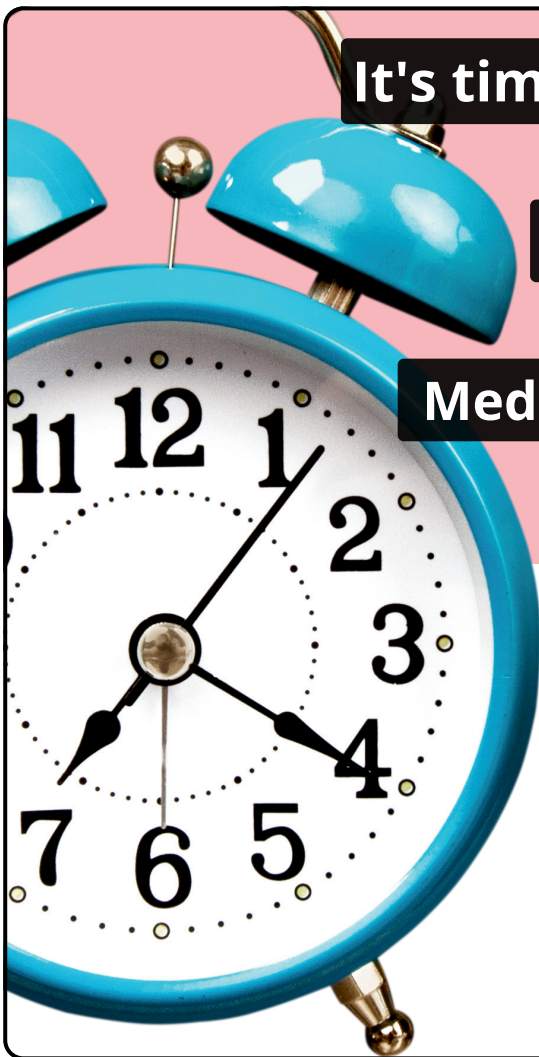
Friday October 30th 11:15 am-12:15 pm.

Games to include Monster floor darts, giant ring toss (ring the pumpkin), and costume contest. Bragging rights and certifications will be given to participants for scariest, cutest, most creative, and best partner/friend combo costume. Chili Frito Pie cooked fresh in the center will be served at 11:45 am. See you there!

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*Egg Salad Sandwich										
*Roast Beef Sandwich	5 Turkey A la King Rotini Noodles Green Beans Carrots Fruit Milk	9 20 6 7 21 11	6 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	37 24 17 3 21 11	7 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Fruit Cookie Milk	20 30 5 5 21 16 11	8 Breaded Fish Sandwich Broccoli Lettuce/Tomato Mixed Veggies Fresh Fruit Milk	47 5 1 5 21 11	9 Baked Turkey Potato/gravy Butternut Squash Peas Fresh Fruit Dessert Bar Milk	2 29 8 13 22 27 11
*Tuna Salad Sandwich	12 Meatballs Rotini Noodles Peas Butternut squash Fruit Milk	9 30 13 8 21 11	13 Buffalo Chicken Salad Roll Fresh Fruit Pudding Milk	29 23 21 22 11	14 Breaded Fish Rice Pilaf Cooked Beans Broccoli & Red Peppers Fresh Fruit Milk	20 27 27 6 21 11	15 Beef & Gravy Mash Potatoes Peas Roll Fruit Milk	8 23 13 22 14 11	16 Baked Chicken Mash potato/gravy Carrots Wheat Bread Fresh Fruit Dessert Bar Milk	43 21 5 21 14 27 11
*Break-fast Wrap	19 Spaghetti/meatballs Green Salad Cauliflower Fruit Milk	48 2 4 20 11	20 BBQ Pulled Pork Sandwich Candied Carrots Green Beans Fruit Milk	35 11 6 21 11	21 Salisbury Patty Mash Potatoes/gravy Zucchini Roll Fresh Fruit Milk	6 28 3 22 22 11	22 Chicken Cacciatore Rotini Noodles Corn Mixed Veggies Roll Fruit Milk	8 20 17 5 22 21 11	23 Beef & Broccoli Fluffy Rice Butternut Squash Dessert Bar Fresh Fruit Milk	6 30 8 30 21 11
*Turkey Wrap	26 Beef Soft Tacos Diced tomato Green Beans Carrots Fruit Milk	42 6 7 21 14 11	27 Chicken Parm Penne/Marinara Sauce Broccoli Cauliflower Roll Fresh Fruit Milk	15 28 5 4 22 22 11	28 Cheeseburger Lettuce/Tomato Butternut Squash Zucchini Fruit Milk	29 1 8 3 14 11	29 Curry Stew Fluffy Rice Green Salad Corn Fresh Fruit Cookie Milk	17 30 2 17 22 16 11	30 Sloppy Joes Mixed Veggies Baked Beans Fruit Milk	33 10 35 14 11

****Alternate Meals are available in Center Dining Only.**

This menu is subject to change at any time based on product availability**



It's time to review

your current

Medicare coverage

Starting Oct. 15th, Davis County Senior Services offers **FREE** non-bias 1 on 1 counseling by appointment.

Make an appointment by calling (801) 525-5050 Opt. 5

FREE LEGAL ADVICE FOR SENIORS

Presented by Utah Legal Services

Utah Legal Services is a nonprofit law firm that provides free legal advice to individuals who live in Utah and fall under any of the following:

- have low income
- are 60+ years old
- are a survivor of domestic violence
- are a qualifying veteran dealing with housing insecurity

Monthly Presentations

Wednesday, Oct. 21 @ 11:30am South Davis -726 S 100 E, Bountiful

Wednesday, Nov. 18 @ 11:30am North Davis-42 S State st, Clearfield

All Presentations Given Will Have Time for Questions After

CAREGIVER SUPPORT



Communicating for Success

As dementia progresses, the way we communicate may need to change. What worked a few months ago may not work today, and what didn't work today may work in a few months and that's okay. Stay open to using new ideas because change is inevitable. Small adjustments can reduce frustration for both you and your loved one.

Some approaches to try:

- **Limit choices.** Instead of "What do you want to wear?" try, "We're wearing one of these today. Which do you prefer?"
- **Use gentle direction.** Rather than asking, "Do you want to get dressed?" try, "It's time to get dressed."
- **Guide with action.** If words alone aren't enough, say, "Come with me," while gently leading them, or ask them to lift an arm as you help them get dressed.
- **Be flexible.** If an approach doesn't work today, don't give up. Their abilities and responses may change from day to day or moment to moment.

You know the person you care for best. Trust your instincts, stay patient, and keep trying new approaches. Sometimes the smallest change in communication can make the biggest difference.

SENIOR SERVICES TRANSPOTATION



Senior Activity Center

Curb-to-curb transportation available to participate at our senior activity centers. Voluntary contributions accepted.

*Call your local senior activity center

Medical

Rides4Health is a curb-to-curb non-emergency transportation service provided to seniors 60 and older living in Davis County, with no other transportation. Appointments for service must be within the county.

No fee is charged for the ride but a suggested contribution of \$10.00 per round trip is appreciated.

Call: 801-525-5061

If you would like to sponsor a prize, snack, or activity at one of our senior activity centers. Please reach out!

Thank you! Sponsors



North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660