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Interested in going paperless?
Want an e-mail version?

Check it out!!

<https://mailchi.mp/00959fcf4d9b/caregiversupportdc>

Sign up and Enjoy Today!!



SUMMER PICNIC



**BE SMART!
BE SAFE!!**



The Caregiver Telegram

AUGUST 2020

BE WISE....IMMUNIZE!

Caregivers Are at Risk

by Karen Ipson

Taking care of a family member or a family friend can be rewarding, but can also cause stress, depression and lower resistance to physical illness. Lack of sleep contributes to caregivers' health problems, too. Studies have shown that:

- Caregivers care for themselves less than non-caregivers
- Older caregiving spouses are at higher risk of than non-caregivers of the same age
- Younger "baby boomers" -- those dealing with parents, children and career at the same time -- are also at increased risk for illness

The Vaccines we currently have protect the public against the spread of diseases. Indeed, some of the most devastating diseases that affect caregivers and the caregiver member have been reduced or eradicated thanks to vaccination.

Vaccines help develop immunity by imitating an infection. This type of infection, however, almost never causes illness, but it does cause the immune system to produce antibodies. Sometimes after getting a vaccine, the imitation infection can cause minor symptoms such as fever. Such minor symptoms are normal and should be expected as the body builds immunity.

Once the imitation infection goes away, the body is left with a supply of "memory" antibodies that will remember how to fight that disease in the future.

However, it typically takes a few weeks for the body to produce antibodies after vaccination. Therefore, it is

possible that a person infected with a disease just before or just after vaccination could develop symptoms and get a disease, because the vaccine has not had enough time to provide protection.

At the present time, much of the public is very concerned regarding the development of safety of possible vaccines preventing or treating the COVID-19 virus. Vaccines often have 3 phases of clinical trials that are conducted before released to the public.

- Phase 1- The initial phase, the vaccine is given to 20-100 healthy volunteers. The focus in to make sure the vaccine is safe, and to note any side effects
- Phase 2- Safety Measures, there may be hundreds of volunteers. In addition to monitoring safety, researchers try to determine whether injections produce an immune-system response
- Phase 3- The Vaccine, this involves thousands of patients, This phase continues the goals of the first two, but adds a focus on how effective the vaccine is in protecting people exposed to the virus. Also collects data on more unusual negative side effects.

In this case the coronavirus is the emphasis. These phases take years to complete. But for the coronavirus, the timeline is being shortened for everyone's safety.

Thank you for all you do Caregivers!!

Visit www.cdc.gov/vaccines
www.caregiver.org/vaccines

- **Alzheimer's Association Dementia Caregiver Support Groups- 801-265-1944**
-Bountiful Western Peaks Speciality Hospital 485 E. 500 S. (lower Level), 1st & 3rd Thursdays @ 3 - 4:30 pm
-Clearfield North Davis Senior Activity Center 42 S State St., 1st Wednesdays @ 3 - 4:30 pm
-Layton Hill Air Force Base/Warrior Fitness Center Bldg 533, HAWC Classroom, Meeting 2nd Monday @ 11a - 12pm *Must have military ID to attend*
- **24/7 Alzheimer's Support Helpline**
800-272-3900 and TDD 1-866-403-3073
Online: www.communityresourcefinder.org ...855-203-2730
- **Bereavement Support Group**
Bountiful- Russon Brothers Mortuary 295 N Main St, Bountiful, 2nd Wednesday @ 2 - 3 pm
Catie Smith 801-298-8983; Scott Russon 801-295-5505
- **NAMI Connection Support Group**, which helps those living with brain disorders/mental illness.
Weber or Davis Counties for locations and times -
Contact Diane Bailey 385-350-2930.
email: namiweberdavis@gmail.com
- **Parkinson's Support Group**
Clearfield- North Davis Senior Activity Center 42 S. State St., Clearfield, 1st Wednesday @ 5:30 pm
Dale George (801) 451-6238
- **S.A.G.E./LGBTQ**
Salt Lake City area -Tenth East Senior Center
Ogden area- Washington Terrace Senior Center- Make new friends and get to know other LGBTQ older adults near you. For more information
Call: (385) 468-3140



Support Groups



CLASSES ARE COMPLETELY ONLINE

EVERY TUESDAY @ 2:30 PM



ONLINE DAVIS COUNTY CAREGIVER SUPPORT GROUP



Learn about resources in Davis County for caregivers, as well communicate and share with other caregivers in your area. Participate online or by phone.

For more information, call Davis County Senior Services at (801) 525-5050, option 5.



Meet Jeff Johnson, your new "Tech Guy." Jeff grew up in Davis County, in the city of Kaysville. He later moved to Alaska at the age of 22, where he worked for the Princess Cruise Lines in Denali National Park, for ten years. Davis County Senior Services is lucky to have Jeff back in Utah, and working at the North Davis Senior Activity Center. When asked why he enjoyed working at North Davis, Jeff stated, "I enjoy working at the senior center because of the wonderful people I get to work with, in and out of the center." Jeff enjoys hiking and is always looking for an adventure. Jeff loves Indian food, sweets and can apparently eat a whole gallon of ice cream.

Jeff, your friendly "Tech Guy", is ready to help you work your way around your computer, tablet, and cellphone. Call Jeff at the North Davis Senior Activity Center at 801-525-5080 or at 801-525-5093 and get your tech questions answered today.

Attention VA Caregivers!

Are you in need of helpful ideas for coping and self-care? Listen to the **VA Caregiver Support Line Telephone Education Group of the Month**. Click here for this month's featured group: <https://www.caregiver.va.gov/support-line/handouts.asp>

We Serve All Who Serve:



NEED HELP WITH A MEAL THRU THE COVID-19 PANDEMIC?

CALL 801-525-5050 TO SIGN UP FOR OUR....

GRAB-N-GO LUNCH

HONK when you arrive and your meal will come to you!

HAVING A HARD TIME STAYING COOL?

WE HAVE FANS!

Are you at high risk during the COVID-19 pandemic? Do you need a way to stay cool with these hot temperatures?

We have boxed fans & 9" personal fans. Call Senior Services Dept 801-525-5050 opt 5



Do you need help with Prescriptions costs?

Is your Monthly income:
 Single: less than 1,485
 Married: less than 2,003
 Are your Assets:
 Single: less than \$13,640
 Married: less than \$27,250

You may be eligible for help paying for prescription drug costs Call Davis County Senior Services SHIP/SMP at 801-525-5050 opt 5

Spotlight!

August is... **Family Fun Month**
www.NationalDayCalendar.com

Visit:
<https://nationaldaycalendar.com/family-fun-month-august/>

STAY CONNECTED.



With Family and Friends!!

Stay Healthy Be Happy



Stay STRONG





OUTDOOR FUN WORD SEARCH

K C B V C R U H P V N D E D O O W N S B
 N I O T O U N C I W K O O H K S R W U K
 H C W B O A T N T G I M I N C I H C F L
 E R R S E M H Z C S W N O T A M K T G A
 N R I E S A B N H U C T D C A F D R N K
 G U N U F E D R R Z S O S R R E Z T I E
 Z L F C Z I N A V E E G U Y O I R U D I
 F L T S R G N R P T T M S T C H S C D Y
 B D L T E C R O E T O S C E N T C B E H
 W N Y L T R A E C D A L M K I A E N B R
 P E R G L L P C V R L T P S A L P T A L
 D M Y E E L D H H O Z I I H F Y P L O R
 F I A F H O T G L E Y H W O I G A P K P
 D B I R S G N I L T T A R B N C V K U G
 K N A N V P M A C D W V L I C K A R L S
 H E B P F D A Z D T H O C B I V O U A C
 V H Z F O L I A G E R R F S A Z R V I F
 N T B A I T D P T C E A I U M B R Z D V
 T N U Y L B T U U E E H I H R C P G D G
 Z S R Y L B R B K R G U B L S D U U U Z

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

- ADAPTATION
- ANCHOR
- BAIT
- BEDDING
- BIVOUAC
- BLAZE
- BOAT
- BOW
- BUCK
- CACHE
- CAIRN
- CAMP
- CONIFER
- CREEK
- FIN
- FOLIAGE
- HOOK
- KAYAK
- KNOTS
- LAKE
- LAYOVER
- PITCH
- PLOT
- RAMP
- RATTLING
- RECREATION
- RUT
- SCENT
- SCOUT
- SHELTER
- STERN
- SUPPLIES
- TRAIL
- WILDERNESS
- WIND
- WOODED

FREE HELP for COVID-19 related stress

THE UTAH STRONG RECOVERY PROJECT

If you or someone you know is experiencing stress, anxiety or depression because of COVID-19, talk to a crisis counselor seven days a week, 7a-7p. All information is confidential and free of charge.

Services include:



emotional support



crisis counseling



coping strategies



mental health education



referrals if more help is needed

Call/Text: 385-386-2289

Email (first name and phone number only):
UtahStrong@utah.gov

For immediate response after hours:
1-800-273-TALK (8255)

Counseling in Spanish and other languages available.

Operated by the Utah Department of Human Services, Division of Substance Abuse and Mental Health through a FEMA grant, facilitated by the Substance Abuse and Mental Health Services Administration



Monday	Tuesday	Wednesday	Thursday	Friday
3 Tuna Salad Sandwich Carrot Sticks Fresh Fruit Milk	4 Shepherds Pie Broccoli & Carrots Fresh Fruit Cookie Milk	5 Tilapia Baked Potato Pasta Veggie Salad Garlic Dinner Roll Fruit Milk	6 Pulled Pork Sandwich Oven Browned Potatoes Green Beans Fruit Milk	7 Spaghetti w/meatballs Corn Garlic Bread Fresh Fruit Milk
10 Grilled Ham & Cheese Potato Fries Cuke & Tomato Salad Watermelon Brownie Milk	11 Chef Salad Dinner Roll Chips Jello W/Fruit Milk	12 Sweet & Sour Meatballs Fluffy Rice Cabbage Fruit Milk	13 Chicken Pot Pie Green Salad Fresh Fruit Cookie Milk	14 Ham Macaroni & Cheese Green beans Corn Fruit Cookie Milk
17 Cheeseburger Oven Browned Potatoes Green Beans Fruit Milk	18 Baked Chicken Mashed Potato/Gravy Peas Fresh Fruit Milk	19 Egg Salad Sandwich Copper Penny Salad Chips Fresh Vegetable Fresh Fruit Milk	20 Salisbury Steak Mashed Potato/Gravy Dinner Roll Mixed Veggies Fresh Fruit Milk	21 Fish Rice Pilaf Broccoli Fruit Milk
23 Sloppy Joe Potato Fries Peas Fruit Milk	24 Chicken Cordon Bleu Winter Squash Broccoli Fresh Fruit Cookie Milk	25 Beef Stroganoff Peas & Carrots Dinner Roll Fruit milk	26 Fish Brown Rice Green Salad Dinner Roll Fruit Milk	27 Beef & Broccoli Fluffy Rice Winter Squash Carrots Fruit Milk
30 Soft Tacos Beans Carrots Fresh Fruit Cookie Milk	31 Meatball Sandwich Mixed Veggies Green Salad Dessert Bar Milk			