

In this issue:

- |  |  |  |
|--|--|--|
| <p><b>Page 1</b></p> <ul style="list-style-type: none"> <li>Ways to Get Rid of the Winter Blues</li> </ul> | <p><b>Page 2</b></p> <ul style="list-style-type: none"> <li>The Activities Jar</li> <li>January Fun Facts</li> <li>Medicare Open Enrollment</li> </ul> | <p><b>Page 3</b></p> <ul style="list-style-type: none"> <li>Educational Corner</li> <li>SHIP National Network</li> </ul> |
|--|--|--|

- Page 4**
- Community Support Groups
  - Go Paperless?!
  - Building Closures

Davis County Health Dept. will be **Closed** for the Holidays!

Jan 1st (Wed)      Jan 20th (Mon)



Davis County Health Dept. will be **Closed** for In-Service Mtg! Jan 29th (Tues)



Interested in going paperless? Want e-mail version?

Check it out!!

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

Sign up and Enjoy Today!!



# The Caregiver Telegram JANUARY 2020

## WAYS TO GET RID OF THE WINTER BLUES

During the cold and gray winter months, many of us get a touch of melancholy and tiredness... especially after the holidays. As many as 20% of American suffer from at least mild cases of Seasonal Affective Disorder (SAD), and many suffer from vitamin deficiencies due to the weather, so are not alone.

**It can be a miserable experience!**

- You're tempted to just stay in bed all day
- You feel lethargic
- You don't feel like you have the energy for your days activities.
- You're cranky around your family
- You find yourself responding with too much emotion much too often.

Should you go to a doctor? It's always a good step, but there are many things you can do to address a mild case of the winter blues without going to the doctor. Here are some ways:

- Artificial Lights:** They can provide the vitamin D if you can not get outside. It can have positive mental and physical effects, plus can help you sleep normal.
- Go Outside:** Soak up the warmth and the vitamin D from the sun, which is good in small doses. It can have positive mental and physical effects, plus can help you sleep normal.
- Get Some Exercise:** Even if you don't feel like it, exercising daily has a positive

impact on your mental state.

- Brighten Your Home:** Open the blind, let the light in! Bright light can help remedy the winter blues.
- Establish a Daily Routine:** Keeping a regular routine will help keep you active and the days won't feel so long and dreary.
- Take Vitamin D Supplements (as directed):** Research shows that there is a connection between low levels of vitamin D and the winter blues. During the winter months restrict the amount of sunlight people get. Vitamin D Supplements can help ensure that you get the proper amount in your system, but give your doctor first.
- Listen to Upbeat Music:** Find music that puts a smile on your face. Music that makes you feel good and encourages you to get up and move around will have a positive impact on your energy levels that last beyond the end of the song.
- Yes, Pets can suffer from SAD too. Call a Vet to find out how to help them.**

**THANK YOU CAREGIVERS FOR ALL YOU DO!!**

Visit:

<https://money.usnews.com/money/blogs/my-money/articles/2015-12-16/6-frugal-ways-to-get-rid-of-the-winter-blues>  
<https://www.webmd.com/depression/features/beating-winters-woes#1>

- Alzheimer's Association Dementia Caregiver Support Groups**  
  - Bountiful** Western Peaks Speciality Hospital 485 E. 500 S. (lower Level), 1st & 3rd Thursdays @ 3 - 4:30pm
  - 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
- The NAMI Connection Support Group**, which helps those living with brain disorders/mental illness, will meet from 7 p.m. to 8:30 p.m. every Wednesday, at the IHC Clinic, 390 N. Main, in Bountiful.
  - North Family Support Group**, North Davis Senior Center, 42 S. Main, Clearfield. For further information, call Mike Prinster, 801-499-1398; or Noni Dangerfield, 801-547-9313.
  - South Family Support Group**, IHC Clinic, 390 N. Main St., in Bountiful. For further information, Cindy Bull, 801-698-2661.
- 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
- Parkinson's Support Group**  
Meets at North Davis Senior Activity Center (42 S. State St., Clearfield) For more information contact; Dale George (801) 451-6238



Support Groups



# Educational Corner

## Medicare

**Medicare 101 Class**  
Free Medicare Information classes for those turning 65 or those that will be retiring soon.  
**Classes:** (wed) Jan 8th @ 6:30-7:30  
- Kaysville Library.



### 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

## Dementia Dialogues™

**Dementia Dialogues**  
Dementia Dialogues is a three-week learning experience designed to educate caregivers of persons who exhibits signs and symptoms associated with Alzheimer's Disease or related dementia. **Workshop:** Tuesdays, Jan 7th, 14th, & 21st 2020 @ 6 - 8:30pm -- Petersen Farms Asst Living 6980 S 475 E, South Weber, UT 84405  
Email: [swafihospice@gmail.com](mailto:swafihospice@gmail.com) or call Amber 801-546-7417 OR Sheryl 801-525-5127.

## Living Well with Chronic Conditions

The workshop is goal-orientated and shown to improved health outcomes for people looking to better manage their Condition. Free six-week workshop. **Workshop:** Fridays- Jan 10th 2020 @ 10:00 a - 12:00 p -- Syracuse Community Center 1912 W 1900 S, Syracuse, UT, 84075

**Sign up Now!, call Priscilla 801.525.5087**

## Stepping On

**Stepping On - Building Confidence and Reducing Falls**  
Stepping On is a seven-week workshop where you will learn exercises and strategies to help you stay strong, active, and independent. Avoiding falls is key to your independents. **To sign up, call Priscilla 801.525.5087 or visit: [livingwell.utah.gov](http://livingwell.utah.gov) -Fall Prevention**

## Spotlight!

### Dementia Dialogues

Dementia Dialogues is a 5-session training course designed to educate the community and individuals who care for persons who exhibit signs and symptoms associated with Alzheimer's disease or related dementias.

#### Offered Topics:

1. The Basic Facts
2. Communication Skills
3. Environment Safety
4. Challenging Behavior
5. Creative Problem Solving

For more information call Sheryl 801-525-5127 or Amber 801-546-7417

## JANUARY: FUN FACTS!!

**1st: New Years Day!!**  
New Years' Day on the other hand, is a time to relax and enjoy the start of a bright and promising new year....a new beginning. It is a time to be with family. After all, you haven't seen your mother in law since last year.

**13th: Make Your Dream Come True!!**  
Whatever your dreams are, they usually don't come true without some effort on your part. So, today is the perfect opportunity get off the sofa, and do something about it.

**20th: Martin Luther King Day!**  
Martin Luther King Jr. grew to become one of the greatest Social Activists the world has ever known. Many consider it a day to serve your community.

**25th: Chinese New Year!**  
Chinese culture is amongst the oldest in the world. While the rest of the world is in the early years of but the third millennium, Chinese culture is in their fifth millennium. Sign: Pig, a Yin year.

**31st: Backwards Day!**  
Backward Day is a day to do everything backwards. Use your imagination, and Backward Day can be lots of fun. It's especially popular with school aged kids. Try writing backwards or reading backwards. Wear your shirt with the back in the front. Eat your meal, starting with dessert. Now that's what I call fun! Walk backwards, or talk backwards. Play a board game backwards, from the finish line to the start. Are you starting to get the picture!?

This day is limited only by your imagination.

<http://holidayinsights.com/moreholidays>

Check out the new class!!

## Arthritis Exercises!

North Davis Senior Activity Center

MON & WED @ 10:15 am

*Fitness program designed just for senior adults.*

### Arthritis Foundation® EXERCISE PROGRAM

**PAINFUL JOINTS NEVER FELT THIS GOOD!**

*Take advantage of these amazing classes featuring:*

- ▲ Improved Functional Ability
- ▲ Decreased Depression & Pain
- ▲ Increased Confidence!

**MULTIPLE CLASSES OFFERED!**  
North Davis Senior Activity Center  
42 State Street, Clearfield  
Monday & Wednesday  
10:15 to 11:15 AM

For more information, please contact PRISCILLA ANGULO, Community Health Educator, Davis County Family Health & Senior Services 801-525-5087

View all Living Well Classes at [https://livingwell.utah.gov/ws\\_find.php](https://livingwell.utah.gov/ws_find.php)

Davis County Health Department



# THE ACTIVITIES Jar

## What's happenin' around you....

★ **North Davis Senior Activity Center**  
42 S State Street, Clearfield UT 84015 #801-525-5080

★ **Central Davis Senior Activity Center**  
81 E Center Street, Kaysville UT 84037 #801-444-2290

**Boredom Buster Games**  
Every Mon, Thur, & Fri  
10:30 am  
Never be bored again!



**Chinese New Year**  
Jan 24th 2020  
11:00 am  
Celebrate something new!!



★ **South Davis Senior Activity Center**  
726 South 100 East, Bountiful UT 84010  
801-451-3660



**Senior Social**  
Every Wednesdays  
11:15 am

Talk to someone just like you!!

