



Being prepared during an emergency could save your life

by Chris **BATEMAN**  
DCHD Emergency Response Coordinator

September is National Preparedness Month. So what should we be prepared for? We live in earthquake country, there could be fires, floods, ice storms and extended power outages. We need to be ready as individuals to best survive during emergencies.

Seniors may have needs which should be given special consideration during a disaster.

- Medical devices that require power. Do you have a back-up power supply? What would happen if you lost power for an extended time? Make plans for what you would do.

- Medications that may need to be taken daily. Ask your pharmacist or healthcare provider if you can get extra medication. If you could get a back-up supply for a couple of weeks you would be fine if you aren't able to access the pharmacy during an emergency.

- Mobility issues or other special needs. Let friends, family members and neighbors know if you have special needs that need to be met. You may have mobility issues or some other disability that needs to be known. Go to the Special Needs Registry and register so that first responders will know how they can best serve you during an emergency. Go to <https://specialneedsutah.org/> to register now!

Remember, you can never be TOO prepared! You'll be glad you did when we have an emergency! For more information on emergency preparedness visit: <https://www.utah.gov/beready/>

## Exercising to Prevent Falls

by Priscilla **ANGULO**  
Falls Prevention Coordinator

The first day of fall is nationally recognized as Falls Prevention Awareness Day. Did you know that 1 in 4 older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+. Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

### Exercising can help prevent falls because it can:

- Make your muscles stronger and more flexible
- Improve your balance
- Increase how long you can be active

You can do the following exercises anytime and almost anywhere. As you get stronger, try to hold each position longer or add light weights to your ankles. This will increase how effective the exercise is.

Try to exercise 150 minutes a week. Perform muscle strengthening exercises 2 or more days a week. Start off slowly and check with your health care provider to make sure you are doing the right type of exercises for you. You may want to exercise on your own or join a group.

When you exercise, always make sure you

breathe slowly and easily. DO NOT hold your breath.

### Balance Exercises

You can do some balance exercises during everyday activities.

- While waiting in line at the store, try balancing on one foot.
- Try sitting down and standing up without using your hands.

### Toe Stand

To make your calves and ankle muscles stronger:

- Hold on to a solid support for balance, like the back of a chair.

- Stand with your back straight and slightly bend both knees.
- Push up onto your tiptoes as high as possible.
- Slowly lower your heels to the floor.
- Repeat 10 to 15 times.

### Knee Curl

To make your buttocks and lower back muscles stronger:

- Hold on to a solid support for balance, like the back of a chair.
- Stand with your back straight, feet shoulder width apart, and slightly bend both knees.

# Events in September

## Central Davis Senior Activity Center 81 East Center Street, Kaysville (801-444-2290)

M/W/F - Bingo 10:15 a.m.  
T/TH - Tai Chi 9:30 a.m.  
2 - Closed for Labor Day  
12 - Food pantry 12 p.m.

18 - Trip to Tracy Aviary at Liberty Park (sign-up required)  
20 - Johnny Cash party  
26 - Flu shot clinic 9 a.m.-12 p.m.

## South Davis Senior Activity Center 726 South 100 East, Bountiful (801-451-3660)

M/W/F - EnhanceFitness 8 a.m.  
M/W - Bingo 12:30 p.m.  
TH - Waffles 8:30 a.m.  
T - Tai Chi for Arthritis 9:30 a.m.  
2 - Closed for Labor Day

11 - Stepping On falls prevention workshop (sign-up required)  
24 - Flu shot clinic 11 a.m.-1 p.m.

## North Davis Senior Activity Center 42 South State Street, Clearfield (801-525-5080)

M/W/F - Bingo 12:30 p.m.  
- Texas Hold'Em Poker 12 p.m.  
T/Th - Tai Chi 10:15 a.m.  
2 - Closed for Labor Day

5 - Attorney (by appointment)  
10 - Foot clinic (by appointment)  
19 - Talk like a pirate day

See more at [daviscountyutah.gov/seniors](http://daviscountyutah.gov/seniors)

## PREVENT

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- Lift one leg straight back behind you, then bend your knee and bring your heel toward your buttock.
- Slowly lower your leg back to a standing position.
- Repeat 10 to 15 times with each leg.

### Leg Extension

To make your thigh muscles stronger and possibly decrease knee pain:

- Sit in a straight-back chair with your feet on the floor.
- Straighten one leg out in front of you as much as possible.
- Slowly lower your leg back down.
- Repeat 10 to 15 times with each leg.

### Stretching the Back of Your Leg

To make it easier for you to move around:

- Sit in a straight-back chair.
- Put one foot on a low stool in front of you.
- Straighten your leg that is on the stool and reach your hand toward this foot.
- Hold for 10 to 20 seconds. Then sit back up.

- Repeat 5 times with each leg.

### Other Activities

Walking is a great way to improve your strength, balance, and endurance.

- Use a walking stick or walker as needed for support.
- As you get stronger, try walking on uneven ground, such as sand or gravel.

Tai Chi is a good exercise for healthy adults to help develop balance. Tai Chi is offered at all three Davis County senior activity centers.

EnhanceFitness incorporates many of the exercises mentioned above. It is led by a trained group fitness who takes your through twenty minutes of cardio for heart health, weight lifting for strengthening muscles and balance exercises. It is an hour long class offered Monday, Wednesday and Friday at Central Davis and South Davis Senior Activity Center.

Simple movements and exercises in a swimming pool can help improve balance and build strength.

### When to Call the Doctor

If you have pain, dizziness, or problems breathing during or after any exercise, stop. Talk with your physical therapist, nurse, or provider about what you are experiencing and before you continue.

## Upcoming flu vaccine outreach clinics scheduled for seniors

The flu season is upon us again. Unfortunately, older adults and caregivers are two of the most at-risk groups of people.

The flu shot has been shown to reduce flu illnesses and more serious flu outcomes that can result in hospitalization or even death in older people. Getting a flu shot is a quick and simple way to significantly reduce the chance that people 65 years and older will get sick or develop serious complications from the flu. CDC recom-

mends that everyone 6 months of age and older get a seasonal flu vaccine each year.

Flu vaccines are updated each year as needed to keep up with changing viruses. Also, immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza.

The Davis County Health Department's Immunization Clinic begins their seniors-oriented Flu Vaccine Outreach Clinics:

- Tuesday, Sept. 24,

11 a.m.-1 p.m. – South Davis Senior Activity Center (726 South 100 East, Bountiful)

- Wednesday, Sept. 25, 11 a.m.-2 p.m. – Syracuse Senior Center (1912 West 1900 South, Syracuse)

- Thursday, Sept. 26, 9 a.m.-noon – Central Davis Senior Activity Center (81 East Center Street, Kaysville)

- Wednesday, Oct. 2, 10 a.m.-noon – North Davis Senior Activity Center (42 South State Street, Clearfield)

## Caregiver Academy classes begin this fall

The Caregiver Academy is a free series of classes that assist family and community caregivers in developing the skills needed to manage an in-home care environment. The once a week classes begin Wednesday, September 18 and meet 11:00 a.m.-12:30 p.m. for six weeks at the University of Utah Health Center in Farmington (165 North University Avenue, Farmington). Each participant receives a free Managing Care Guide.

Schedule:

- Sept. 18: Finding Caregiver Resources

- Sept. 25: Building Caregiver Resilience

- Oct. 2: Setting Good Care Boundaries

- Oct. 9: Involving Family and Others

- Oct. 16: Managing Difficult Behaviors

- Oct. 23: Understanding Care Options

Call Davis County Senior Services at 801-525-5050, Option 5, to register for the upcoming session. Registration is required. Space is limited.



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