



# SENIOR SERVICES FEBRUARY 2026 NEWSLETTER



## Depression and Hearing Loss

*(Taken from an American Academy of Audiology online publication )*

When an individual's communication becomes limited due to hearing loss, basic communication can feel effortful and exhausting.

This increased effort and exhaustion can result in withdrawal from social activities with friends, family events, religious services, and other activities. Individuals with hearing loss can become isolated from others due to the challenges of communicating effectively. Social withdrawal can result in feelings of loneliness, frustration, and further isolation. According to research, there is a strong relationship between depression and hearing loss among U.S. adults of all ages (18 and older).

### What Is Depression?

Depression is a mood disorder. According to the World Health Organization, it affects more than 120 million people worldwide. Depression is known to have profound effects on quality of life, impairing cognitive and social function and leading to decreased performance in the workplace and elsewhere.

Depression is characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, tiredness, and poor concentration. There are effective treatments and management for it. The maintenance or reactivation of social networks and social activities are important aspects of treatment.

### How Are Depression and Hearing Loss Linked?

Adults with untreated hearing loss are less likely to participate in organized social activities, which can lead to feelings of depression.

- Nearly 33 percent of adults 70 years and older have a hearing loss that impacts daily communication.
- Less than 25 percent (Continue on pg 2)

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of adults with significant hearing loss use hearing aids.

- On average, it takes people seven years to seek treatment for hearing loss from the time they feel they are affected.
- Hearing loss can make it more difficult to interact with peers and can lead to decreased social engagement, depression, or bad moods.
- Untreated hearing loss, social isolation, and depression can all contribute to an overall poorer quality of life.
- Regular hearing aid use has been associated with a lower prevalence of depression.
- Some studies have shown reductions in depressive symptoms within three months of hearing aid use.
- Hearing loss is strongly associated with the development of depression in older adults.

### **What Are the Effects of Untreated Hearing Loss?**

It is important to recognize early signs of hearing loss. Feelings of isolation and depression may be side effects of untreated hearing loss. Consider a consultation with an audiologist if:

- You sometimes feel embarrassed to meet new people because you have a hard time understanding.
- You feel frustrated when talking to members of your family because you have a hard time hearing them.
- You find yourself limiting or wanting to change your personal or social life because of annoyance or frustration with your hearing.

### **Hearing loss may limit your social engagement and lead to depression if:**

- You avoid simple duties.
- You find yourself avoiding social situations.
- You feel alone even with family and friends.

### **What Are the Treatment Options for Hearing Loss?**

Given that hearing aid use has been associated with reduced likelihood of depressive symptoms, early recognition of hearing loss could lead to interventions resulting in improved quality of life. Therefore, **do not wait.** If you think you or a loved one has a hearing loss, visit Find an Audiologist today to connect with an audiologist that is specially trained to help.

## **Basic Sign Language Class**



**For those who are:** Losing their hearing

- Hard of hearing • Caregivers of those who are hard of hearing, losing there hearing or deaf

### **When:**

Every Wednesday February 4th to March 25th at 10:30 am to 11:30 am

### **Location**

North Davis Senior Center 42 State Street, Clearfield Utah

### **Teacher:**

Janice Roberts, Hard of Hearing Specialist from Division of Services of the Deaf and Hard of Hearing



# February 2026

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



Feb. 9<sup>th</sup>, 2026 Lunch trip

Bus leaves NDSAC at 10:45 a.m.

Must RSVP



**Valentines Day  
Party!!!**

**Feb. 13<sup>th</sup> at 10:30 a.m.**

Join us for games and fun...

**Must RSVP**



**"LET'S GO BOWLING"  
FEB 23<sup>RD</sup>,  
MUST RSVP**



**Retro Day**



**Feb. 27<sup>th</sup> at 10:30 a.m.**

**Celebrate Retro Day with your  
best retro outfit and some  
karaoke!!**

\*Center Closed Feb. 16th

## Monday

8:00am-12:00pm  
8:30am-9:30am  
9:00am-5:00pm  
9:30am-10:30am  
10:30am-11:30am  
12:00pm-3:00pm  
12:15pm-2:15pm  
12:30pm-2:30pm

Silversmithing  
Tai Chi  
Quilters  
EnhanceFitness  
Bingo  
Shanghai Rummy  
Movie Monday  
Texas Hold'Em Poker

## Tuesday

8:00am-12:00pm  
10:30am-11:30am  
12:00pm-1:00pm  
1:00pm-5:00pm  
1:00pm-3:00pm  
1:00pm-2:30pm  
1:00pm-2:30pm

Lapidary & China Painting  
Tai Chi for Fall Prevention  
Mexican Train Dominos  
Pinochle  
Line Dancing  
Bonsai Workshop  
Wire Wrapping (2nd Tuesday,  
Bring your own supplies)

## Wednesday

8:30am-9:30am  
8:00am-12:00pm  
9:00am-5:00pm  
9:30am-10:30am  
10:30am-1:15pm  
1:00pm-5:00pm  
12:30pm-2:30pm  
2:00pm-3:30pm

Tai Chi  
Lapidary  
Quilters  
EnhanceFitness  
Laugh and Learn  
Hand & Foot Cards  
Texas Hold'Em Poker  
Multi-Cultural Dancing

## Thursday

8:00am-12:00pm  
9:30am-10:30am  
10:30am-11:30am  
12:15pm-1:15pm  
1:00pm-5:00pm

Lapidary  
EnhanceFitness  
Bunco  
Craft w/ Lizz (2nd&4th Thurs)  
Pinochle

## Friday

8:00am-12:00pm  
10:00am-11:30am  
12:15pm-2:00pm  
12:30pm-2:30pm  
1:00pm-5:00pm

Silversmithing  
Bingo  
Shopping (2nd Friday)  
Texas Hold'Em Poker  
Pinochle

\*I See It Cards Mon-Fri 9:30am-2:30pm

## Support Groups:

Alzheimer's Support- 1st Wednesday@3pm  
Parkinson's Support- 1st Wednesday @6pm





# February 2026

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



Hawkwatch International will be at our center on Monday February 2nd at 11:00am.  
Come learn about birds of prey and view live falcons, hawks and owls.



Score some Super Bowl Nachos on February 6<sup>th</sup> at 11:00am.

Spread some love with Valentines Day sweetheart pancakes. Served warm on Friday February 13th at 10am.



**Lunch Bunch**  
First Watch  
in Layton  
February 12th  
11:00am



**Olympic Game Activities Thursday**  
February 19<sup>th</sup> at 11am

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		
9:30	EnhanceFitness Class	Art Class With Kathy	EnhanceFitness Class		EnhanceFitness Class
10:00	Beginners Lapidary	Tai Chi		Tai Chi	Qigong 2 <sup>nd</sup> Friday
10:15	Wii Bowling	Boredom Busters	Bingo	Boredom Busters	Wii Bowling
11:00			Ceramics & Crafts	Open Craft Room	Open Craft Room
12:00		Pickin' Circle	Ceramics Instructor		
12:15					Movie
12:30			Pinochle	Mahjonn	Bridge
1:00	Beg. Line Dancing	Art Class with Kathy			Canasta
2:00	Line Dancing With Linda			Parkinson's Group Loud & Proud 4pm	



# FEBRUARY

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			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:45	Shopping	Bingo		Bingo	Bingocize starts on the 30th
1:00	Bridge	Pinochle Oil Painting	Writing Club 1 <sup>st</sup> & 3 <sup>rd</sup> Wed	Bridge	
2:00		Grief Support every 4th Tues			
3:00		Pickleball		Dementia support Group 1st Thurs	Book Club 2 <sup>nd</sup> Friday

Valentines

**SPECIAL**

**Fri Feb 13th**

Nothing says love like pasta!  
Spaghetti and meatballs  
served @ 11:45.

Lunch time  
quiz @  
noon.

**Natl' Comfy  
DAY**

Waffle breakfast  
in your comfy  
clothes. **Fri. Feb  
20<sup>th</sup> @ 9:40 AM.**



Alt Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Carb
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# FEBRUARY

*Grilled Ham and Cheese	<div>2 Curry Stew Fluffy Rice Roasted Cauliflower Mixed Veggies Fruit Milk</div>	<div>11 30 4 5 21 11</div>	<div>3 Roasted Turkey Mash Pot/gravy Green Salad Peas Fresh Fruit Dessert Bar Milk</div>	<div>2 29 2 13 22 27 11</div>	<div>4 Lasagna Cass Garlic Roll Zucchini Carrots Fruit Milk</div>	<div>35 21 3 7 21 11</div>	<div>5 Fish Patty Rice Pilaf Broccoli/Red Peppers Mixed Veggies Fruit Milk</div>	<div>20 27 6 5 12 11</div>	<div>6 Beef Stew Boiled Potatoes Cabbage Dinner Roll Fresh Fruit Milk</div>	<div>9 23 5 20 19 11</div>
*Chicken Salad Sandwich	<div>9 Goulash Mixed Veggies Butternut Squash Fruit Milk</div>	<div>52 5 8 21 11</div>	<div>10 Beef Ench Pie Spanish Rice Corn Zucchini Fresh Fruit Cookie Milk</div>	<div>28 23 17 3 22 16 11</div>	<div>11 Pork Loin Au Gratin Potato Green Beans Carrots Fruit Pudding Milk</div>	<div>0 21 6 7 18 22 11</div>	<div>12 Spaghetti w/Meatballs Roasted Cauliflower Green Salad Fresh Fruit Milk</div>	<div>45 4 2 15 11</div>	<div>13 Chicken &amp; Sausage Jambalaya Corn Broccoli/Peppers Fruit Dessert Bar Milk</div>	<div>29 17 6 12 27 11</div>
*Turkey Wrap	<div>16 Closed for President's Day </div>		<div>17 Salisbury Patty Mash Potatoes/gravy Zucchini Corn Fruit Milk</div>	<div>5 28 3 17 21 11</div>	<div>18 Beef &amp; Broccoli Fluffy Rice Carrots Fruit Dessert Bar Milk</div>	<div>6 30 7 19 30 11</div>	<div>19 Italian Pasta Bake Green Beans Green Salad Dinner Roll Fresh Fruit Milk</div>	<div>30 6 2 20 19 11</div>	<div>20 Beef Stroganoff Spaghetti Noodles Peas Butternut Squash Dinner Roll Fresh Fruit Cookie Milk</div>	<div>7 32 13 8 20 22 16 11</div>
*Egg Salad Sandwich	<div>23 Beef &amp; Potatoes Green Salad Corn Fresh Fruit Milk</div>	<div>34 2 17 22 11</div>	<div>24 Tilapia Brown Rice Broccoli Carrots Fruit Frosted Cake Milk</div>	<div>0 22 5 7 12 39 11</div>	<div>25 Roast Beef Mash Potatoes/gravy Peas Zucchini Fruit Milk</div>	<div>2 28 13 3 20 11</div>	<div>26 Chicken Teriyaki Fluffy Rice Butternut Squash Mixed Veggies Fresh Fruit Cookie Milk</div>	<div>12 30 8 5 21 16 11</div>	<div>27 Chicken Parmesan Roast Cauliflower Green Beans Dinner Roll Fresh Fruit Milk</div>	<div>57 4 6 20 19 11</div>

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

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



# HEALTHYRIFIC STUDY

## FOOD. FUN. FRIENDS.



### Calling all Older Adults!!

The University of Utah Division of Family Medicine has partnered with the Utah State Division of Aging and Adult Services in a nutrition research study. The purpose of this study is to evaluate the impact of nutrition on health, wellness, and strength.

#### **Be part of an important research study:**

- Are you 60 years or older?
- Wanting to improve health and strength?
- At nutrition risk?

#### **Participation in this study involves:**

- Comprehensive nutrition assessment and therapy at no cost.
- Attending study cooking classes and dietitian appointments at a local senior center.
- Time commitment per month 2-13 hrs. (some activities from home)

**Contact: Joan Heusser, RDN, CD**  
[joan.heusser@hsc.utah.edu](mailto:joan.heusser@hsc.utah.edu)  
385-377-4268



Tax-Aide™

**Tax-Aide is the nation's largest free tax assistance and preparation service. Every year, from early February to mid-April, our volunteers take appointments at almost 3,500 locations around the country.**



**Tax-Aide available at a Davis County Senior Activity Center near you. Call your local center for more information.**

# Help

**When caregiving becomes challenging.**



**Support services are available, call and talk to a case manager today at 801-525-5050 option #5**



## Aging Waiver

### Eligibility Requirements

- Be 65 Years of age or older
- Require nursing facility level of care
- meet financial eligibility requirements for Medicaid

### Purpose

Provides services to help adults remain in their homes or other settings in the Community.



Contact Davis Senior Services at  
(801) 525-5050 opt. 5

## Supplemental Nutrition Assistance Program (SNAP)

SNAP helps older adults age 60+ buy healthy food at the grocery store. To see if you qualify for SNAP call Davis County Senior Services at 801.525.5050 opt 2, or scan QR code.



\*SNAP benefits/credits can also be used at most convenient stores, farmers markets, whole sales stores, and some online retailers.

## Thank you Sponsors!

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



North Davis 801-525-5080

Central Davis 801-444-2290

South Davis 801-451-3660