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# Senior Services May 2023 Newsletter

## Medicare Fraud Prevention Week

Medicare Fraud Prevention Week is June 5th-11th. Fraud costs Medicare an estimated \$60 billion per year. It costs Medicare beneficiaries time, stress, their medical identities, and potentially their health. It costs families, friends, and caregivers in worry and lost work when helping their loved ones recover from falling victim to Medicare fraud.

"Medicare fraud has a devastating impact on both beneficiaries and the Medicare program," said Marissa Black with Davis County Senior Medicare Patrol (SMP). "We teach people how to avoid experiencing Medicare fraud. By preventing fraud from happening, this program helps individuals and protects the Medicare program for generations to come."

Everyone plays a part in the fight against fraud. During Medicare Fraud Prevention Week:

**Medicare beneficiaries** can monitor their insurance statements to make sure the products and services received match what is on the statements. They can request free My Health Care Trackers from their local SMP.

**Caregivers** can help by being on the lookout for items such as durable medical equipment (like boxes of knee braces) lying around the house that may have been shipped to the beneficiary without their or their doctor's approval.



As well as remind their client or loved ones to never give out their Medicare number or other personal information over the phone.

**Families** can assist by advising loved ones to safeguard their Medicare number in the same way that they would a credit card number. They can give advice on how to open and read their Medicare statements when they arrive in the mail, assist their loved ones in setting up a Medicare.gov account to access their statements online, or both. Additionally, they can go to [optoutprescreen.com](https://optoutprescreen.com) to unsubscribe from mailings and add their phone number to "do not call" lists.

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**Partners and professionals** can help by sharing SMP information on social media, referring clients and consumers to the SMP, and inviting the SMP to speak during a shared event.

**Healthcare** professionals can assist patients by educating them about common healthcare-related frauds, such as those involving genetic testing and durable medical equipment. They might remind them that only doctors they frequently see should place orders for products and services. Never place an order for necessary medical supplies through TV advertisements or unsolicited calls.

**Community** members can help by looking out for older neighbors. When in public, they can be aware of older individuals purchasing gift cards in large amounts.

They can encourage those they know to talk to a trusted source about their Medicare questions and tell neighbors about the most recent Medicare scams. They can even consider volunteering with the local SMP!

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to protect yourself from Medicare fraud, errors, and abuse; detect potential fraud, errors, and abuse; and report your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against healthcare fraud; and help you with your questions, concerns, or complaints. To contact Davis County SMP please call 801-525-5050 option 5.

## Need help understanding Medicare?



### Medicare 101

Join us at a FREE class designed to help you understand Medicare

May 18th, 6:30 pm to 7:30 pm  
@ Layton City Library

June 15th, 6:30 pm to 7:30 pm  
@ Centerville City Library

July 13th, 6:30 pm to 7:30 pm  
@ Clearfield City Library

**SHIP is your trusted source for unbiased Medicare information and assistance**



**SHIP**  
State Health Insurance  
Assistance Program



# North Davis Senior Activities Center

## This and That

### *Blast from the Past*



Our Hawaiian Luau was a huge success with yummy food and fun games!



These are the cute crafts we made for Easter! Come see what our next craft class has in store!



Kentucky Derby Party

May 4th at 10:30 we'll have horse racing, the movie Secretariat, and lots of snacks!

Join us for our Mother's Day Brunch on May 12th at 11:45am. Please make reservations!

*Mother's Day Brunch*

## Daily & Monthly Activities

### **Mondays**

9:00 am Quilters  
10:00 am Bingo  
12:30 pm Texas Hold'Em Poker

### **Tuesdays**

9:00 am Lapidary  
9:30 am Bonsai Plant Workshop  
10:30 am Fun and Games  
10:30 am Tai Chi  
12:30 pm Pinochle  
1:00 pm Line Dancing

### **Wednesdays**

9:00 am Lapidary  
9:00 am Quilters  
10:00 am Technology Lab by appt.  
10:00 am Craft Class  
12:00 pm Hand & Foot Cards  
12:30 pm Texas Hold'Em Poker  
2:00 pm Multi-Cultural Dancing

### **Thursdays**

9:00 am Lapidary  
9:30 am Bonsai Plant Workshop  
10:30 am Fun and Games  
10:30 am Tai Chi  
12:15 pm Theater Thursday  
12:30 pm Pinochle

### **Fridays**

10:00 am Bingo  
12:30 pm Pinochle  
12:30 pm Texas Hold'Em Poker

**Available All Day/Everyday:**  
Pool table, computers, treadmill, recumbent bike, library, videos, and puzzles!

### **Parkinson's Support Group**

May 3rd 6:00pm to 7:00 pm

### **Dementia Caregiver Support**

May 3rd / June 7th 3:00pm to 4:00 pm

### **Shopping**

Every other Tuesday at 12:30 pm  
May 2nd, 16th & 30th / June 13th & 27th



# Central Davis Senior Activities Center

## Daily Activities

### Mondays

9:00 am Oil Painting/Watercolors  
9:30 am EnhanceFitness Class  
10:00 am Wii Games  
11:30 am Lunch  
12:30 pm American Mah Jongg (NEW)  
1:00 pm Line Dancing With Linda  
2:00 pm Beginners Line Dancing

### Tuesdays

9:00 am Art Class With Kathy  
10:00 am Tai Chi With Diana  
10:30 am Boredom Buster Game  
11:30 am Lunch  
1:00 pm Art Class With Kathy  
3:30 pm Tap Dancing Class

### Wednesdays

9:00 am Oil Painting/Watercolors  
9:30 am EnhanceFitness Class  
10:15 am Bingo  
11:00 am Ceramics & Crafts  
11:30 am Lunch  
12 - 3 pm Ceramic Instructor Available  
12:30 pm Pinochle  
12:30 pm Square Dancing

### Thursdays

9:00 am Marvelous Makers Crafts  
10:00 am Tai Chi With Diana  
10:30 am Boredom Buster Game  
11:00 am Ceramics & Crafts  
11:30 am Lunch  
12:30 pm Mah Jongg

### Fridays

9:30 am EnhanceFitness Class  
11:00 am Ceramics & Crafts  
11:30 am Lunch  
12:00 pm Movie (Call For Info)  
12:15 pm Shopping Day  
12:30 pm Bridge

## Celebration Highlight



Thank you to  
all who  
participated  
in our Easter  
bingo pizza  
party in April!  
It was a great  
time with  
great people!

## Center Highlights

### **New class @ Central Davis American Mah Jongg**

We are excited to welcome an additional style of Mah Jongg to our center beginning Monday, May 8th @ 12:30pm. Classes 1-3 will provide instruction of how to play. Get in on the fun with this popular game!

### **Available Everyday:**

Pool Tables, Lapidary, Computers/WiFi, Treadmill, Recumbent Bike, Ping Pong, Puzzles & Library

81 E. Center Street, Kaysville (801) 444-2290



# M A Y

## South Davis Senior Activities Center

### Monday

8:00 am EnhanceFitness  
9:00 am Sit N Fit  
9:00 Stained Glass  
9:00 Pencil Drawing  
9:30 Line Dancing  
1:00pm Bridge  
2:00 Tap Dancing

### Tuesday

9:00 am Sit N Fit  
12:45 pm Bingo  
1:00 Pinochle  
1:00 pm Oil Panting

### Wednesday

8:00 am EnhanceFitness  
9:00 am Sit N Fit  
9:00 Stained Glass  
9:30 Line Dancing  
11:00 Tai Chi for Arthritis  
12:30 pm Grocery Shopping  
1:00 Hand and Foot  
2:00 Tap Dancing

### Thursday

8:00 Gentle Yoga w/Chair Options  
9:00 am Sit N Fit  
9:30 Crochet  
11:00 Tai Chi for Arthritis  
12:45 pm Bingo  
1:00 Bridge

### Friday

8:00 am EnhanceFitness  
9:00 am Sit N Fit  
9:00 Stained Glass  
9:00 Water Color  
9:30 Line Dancing  
9:45 Tai Chi

Alzheimer's  
Support Group  
(1st & 3rd  
Thursday)  
3pm

# Pickleball 101

Call for more  
information

& AFTERNOON OPEN COURT

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

**Mother's Day  
Tea Party!**

May 12th, 11:00  
am

Waffle  
Morning  
May, 10th  
9:15-10:15

Clint Eastwood  
Day  
Quiz & games  
May 31st, high noon





Alternate	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
Turkey Wrap	1 Shepherds Pie Roast Cauliflower Fruit Dessert Bar Milk	29 4 18 27 11	2 Mac&Cheese Baked Beans Green Salad Green Beans Fresh Fruit Milk	52 31 2 6 22 11	3 Chicken Alfredo Spinach Mixed Veggies Roll Cantaloupe Milk	38 6 5 22 11 11	4 Chicken Chef Salad Roll Fruit Cookie Milk	38 6 5 22 11 11	5 Beef Soft Taco Green Beans Carrots Fruit Milk	41 6 7 19 11
Chicken Salad Sand.	8 Fish Sandwich Oven Brown Potatoes Mixed Veggies Fruit Milk	50 23 5 14 11	9 Buffalo Chicken Salad Roll Fresh Veggies Fruit Dessert Bar Milk	10 22 6 21 27 11	10 Sweet & Sour Meatballs Fluffy Rice Cabbage Mixed Veggies Cantaloupe Cookie Milk	26 30 5 5 11 16 11	11 Pork/gravy Rice Pilaf Coleslaw Sliced Beets Fresh Fruit Milk	6 27 9 3 19 11	12 Salisbury Steak Mash Potato and gravy Zucchini Green Salad Fresh Fruit Milk	6 28 3 2 22 11
South west Salad	15 Chicken Enchiladas Cooked Beans Broccoli/red peppers Fruit Dessert Bar Milk	21 22 7 14 27 11	16 Hamburger Potato Salad Zucchini Fresh Fruit Milk	34 25 3 21 11	17 Chicken Caesar Salad Roll Fresh Veggies Watermelon Cookie Milk	12 22 6 13 17 11	18 Hot Dog Green Beans Green Salad Fresh Fruit Milk	29 6 2 19 11	19 Sloppy Joe Coleslaw Mixed Veggies Fresh Fruit Milk	33 6 5 22 11
Buffalo Chicken Salad	22 Spaghetti/Meatballs Spinach Roast Cauliflower Fruit Cookie Milk	46 6 4 14 16 11	23 Chicken Chef Salad Roll Three Bean Salad Fresh Fruit Milk	9 22 26 19 11	24 Beef & Broccoli Fluffy Rice Peas Sliced Beets Cantaloupe Cookie Milk	6 44 13 4 11 16 11	25 BBQ Pulled Pork Sandwich Oven Brown Potatoes Cuke & Tomato Salad Fresh Fruit Milk	35 23 7 22 11	26 Chicken Cacciatore Rotini Noodles Green Salad Mixed Veggies Roll Fresh Fruit Milk	6 20 2 5 22 22 11
Turkey Wrap.	29 All Centers Closed Happy MEMORIAL DAY		30 Breaded Fish Rice Pilaf Cuke & Tomato Salad Corn Fresh Fruit Milk	23 22 7 17 22 11	31 Chicken Caesar Salad Roll Veggies Watermelon Dessert Bar Milk	12 22 6 13 27 11	June 2023 1 Hamburger Oven Browned Potatoes Zucchini Fresh Fruit Milk	28 23 3 19 11	2 Chicken Parmesan/penne Roast Cauliflower Mixed Veggies Roll Fresh Fruit Pudding Milk	44 4 5 22 18 22 11



# Exercise and Seniors

Adapted from familydoctor.org



Exercise is an important part of nearly everyone's everyday health, including older adults. Experts say seniors should be as active as possible. Exercise can help you live a longer, healthier life.

There are many benefits of exercising when you're a senior, including:

- Boosting your strength. This helps you stay independent.
- Improve your balance. To prevent falls, and give you more energy.
- Prevent or delays diseases, such as heart disease, diabetes, or osteoporosis.
- Raise your mood and fight off depression.

Sharpen your cognitive function (how your brain works).

It is safe for most adults over 65 years old to exercise. Even most patients who have chronic illnesses can exercise safely.

These include heart disease, high blood pressure, diabetes, and arthritis.

Many of these conditions are improved with exercise. If you are not sure if exercise is safe for you or if you are currently inactive, ask your doctor.

There are 4 types of exercise. It's important to include all 4 types in your exercise routine.

**Endurance (cardio)** — increases your breathing and heart rate. Improves the health of your heart, lungs, and circulatory system. Builds energy. Includes:

- Walking
- Jogging
- Dancing
- Swimming
- Biking
- Tennis
- Basketball
- Climbing stairs/hills
- Raking, mowing
- Gardening

**Strength** — makes your muscles stronger. Includes:

- Lifting weights
- Using a resistance band
- Doing body-weight exercises (push-ups, sit-ups)

**Balance** — helps prevent falls. Includes:

- Standing on one foot
- Walking heel-to-toe
- Tai chi or yoga

**Flexibility** — stretches your muscles, keeps you limber and more easily able to move. Includes:

Stretching, yoga

# Are you a FAMILY CAREGIVER?

**DATE:** Thursday, May 18, 2023

\*Registration is required—  
Complimentary lunch included.

**TIME:** 10:00 am-2:30 pm  
(30 minute lunch break from 12:00-12:30 pm)

**PLACE:** (Central Davis Senior Activity Center)  
81 E Center St, Kaysville



## Sign up today for your **FREE** Dealing with Dementia Workshop

### DO YOU NEED HELP IN THESE AREAS?

Understanding Dementia  
Managing Problem Behaviors  
Handling Stress  
Finding Time for You

I wish this guide and training had been available when I was caring for my mother with vascular dementia. Following the suggestions in this guide book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver

**PRE-REGISTRATION IS REQUIRED.**

Megan Forbush

To reserve your spot, please contact:

801.525.5050, Option 5

mforbush@co.davis.ut.us

## FREE SHRED DAY

PROTECT  
DETECT  
REPORT

**June 9, 2023**  
**10:30am-1:00pm**

**South Davis  
Senior Activity  
Center**

726 S 100 E  
Bountiful, UT  
84010

Davis County Senior Services invites you to help fight fraud and reduce possible identity theft by properly disposing of:

- documents with personal information such as your social security number
- documents with personal information about your medical history
- documents with your credit card information or credit scores
- junk mail for credit card offers

## National Senior Health & Fitness Day

Get involved and  
be active!  
**May 31, 2023**

- Tai Chi
- Line Dancing
- Arthritis Exercise Program
- Bingocize
- Sit N Fit
- Chair Yoga
- Multicultural Dancing
- and MORE!

Classes are available at  
your local senior activity center:

North Davis in Clearfield: 801-525-5080

Central Davis in Kaysville: 801-444-2290

South Davis in Bountiful: 801-451-3660

daviscountyutah.gov/seniors

