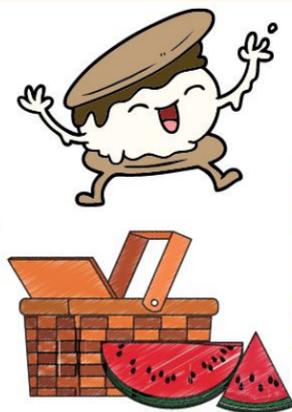


Interested in going paperless? Get the email version of this newsletter

Call (801) 525-5105
Or Sign up at
Mailchi.mp/059291365bb7/davis-senior-services-newsletter

Sign up today!!



Fun Dates in August

Aug. 2nd: Friendship Day (First Sunday of the month)
Aug. 3rd: National Watermelon Day!
Aug. 10th: National S'mores Day

August is National Picnic and Immunization month!
Are you up to date on your immunizations?



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



August 2nd

North Davis:

42 South State Street,
Clearfield UT. 84015

Phone: 801-525-5080

Central Davis:

81 East Center Street,
Kaysville UT, 84037

Phone: 801-444-2290

South Davis:

726 South 100 East,
Bountiful UT, 84010

Phone: 801-451-3660

STAY CONNECTED.



Join the Davis County Senior Activity Center Facebook Page:
facebook.com/groups/232504901225003/?source_id=129701737098222

**Even though centers are currently closed. Staff can still help you navigate the available options & services. Call your nearest center or Senior Services at (801) 525-5050 ext. 5.

DAVIS COUNTY SENIOR SERVICES | 801-525-5050 |
WWW.DAVISCOUNTYUTAH.GOV/HEALTH/AGING-AND-ADULT-SERVICES

AUGUST SENIOR SERVICES NEWSLETTER



LEARN TO USE TECHNOLOGY TO BETTER MEET YOUR NEEDS DURING COVID-19

BY SONIA SIGUENZA

These past few months have been challenging for many of us. COVID-19 created many uncertainties as well as difficulties when it comes to staying connected with friends and those we love. Technology makes these difficulties a little easier and enables us to send emails, instant messages, as well as join our friends and family in group video chats.

Apps can easily be downloaded to our phones and tablets, allowing us to order our groceries, take-out, and other necessities online. Newer technology can help us stay socially engaged and keep us from being isolated. A study done by Michigan State University, also shows that older adults who spend some time online, are less likely to suffer from depression.
msutoday.msu.edu/news/2014/internet-use-can-help-ward-off-depression-among-elderly/

Not sure how to use all this newer technology? Let us help you learn how to navigate features like Zoom, Facetime, and ordering apps. Our "Tech Guy" Jeff Johnson, is available throughout the workweek to help you with your questions. Jeff can help you learn how to navigate chat features and apps on your tablet, computer, or cellphone.

Ready to try that new app or take that tablet your grandkids gifted you, out of the box? Call the North Davis Senior Activity Center at 801-525-5080 or call Jeff Johnson at 801-525-5093 to schedule a time for Jeff to help you over the phone or at home.

Stay connected with your friends and family and become comfortable with the technology that can help you better meet your needs while staying safely at home.

Learn more tips on becoming computer savvy:
www.aging.com/15-tips-to-become-computer-savvy-at-an-older-age/

IN THIS ISSUE

Learn to use Technology to Better Meet Your Needs During COVID-19!

Meet Your Tech Guy!

Long-term Care Facilities Newsletter

Events and Resources



Seniors who spend some time online are less likely to suffer from depression, according to a study done by Michigan State University.



MEET YOUR TECH GUY

CONTRIBUTOR: JEFF JOHNSON

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

North Davis: 801-525-5080
or Jeff Johnson: 801-525-5093

LONG-TERM CARE FACILITIES NEWSLETTER

BY ALIANNE SIPES



COVID-19 has hit everyone hard, but it has been particularly difficult for residents of long-term care facilities and their families. The Ombudsman Program is here to help. As resident advocates, Ombudsmen work to preserve the dignity and quality of life for these residents.

STRATEGIES FOR STAYING SAFE & SECURE ONLINE

AARP

Social media, online shopping and browsing online, can be a lot of fun, but it is important to remember to be cautious and protect yourself and your information when online. These helpful tips from AARP will help you stay safe and secure while online.

- You are vulnerable when using public WIFI. Consider using a VPN or Virtual Private Network to encrypt your information as it leaves your computer and wifi network.
- Remember online security basics. Don't use passwords that include your birthday, your spouses name or family members names, pets names, or anniversary dates. Also, avoid using number sequences like "11111" or "123456", these can be too easy and can compromise your information online.
- Use a credit card instead of a debit card when shopping online. If you use a major credit card when shopping, and there is an issue with your purchase or the merchant, you can call the credit card issuer and they will intercede on your behalf. You don't pay while the complaint is being investigated. and you are not immediately out of that money.
- Learn more tips at : www.aarp.org/home-family/personal-technology/info-2019/privacy-for-seniors.html

If you or a loved one lives in a nursing home or assisted living facility and struggles with the restrictions due to COVID-19 or has a concern about quality of care, please reach out to the **Ombudsman Program at 801-525-5060** or asipes@co.davis.ut.us.

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.




DAVIS COUNTY SENIOR SERVICES

Are you 60 & over and having difficulty doing your grocery shopping?

Davis County Senior services now offers several options that can help you.

- **GROCERY DELIVERY** - You order your groceries from your favorite store, online or over the phone, prepay, and we pick up & deliver to you.
- **TRANSPORTATION TO GROCERY STORES** - Drivers will drop you off at the store and return to pick you up.
- **VOLUNTEER DRIVER PROGRAM** - If you have a friend or family member that can drive you to the store, or who is willing to go to the store in your behalf, they can be reimbursed mileage for the trip.

Don't forget to call before you place your order to check for availability!

(Your desired delivery time may not be available)

Please call before you complete your order to check for availability!

For more information about these services or to schedule a delivery or ride, please call (801) 525-5061.





Mental Health Resources

24/7 National Suicide Prevention Lifeline: (800) 273-TALK suicidepreventionlifeline.org

24/7 Disaster Distress Helpline: (800) 985-5990 - TEXT "TalkWithUs" to 66746

Emotional Health Relief Hotline: (833) 442-2211 - counseling in 19 languages

SAFE UT App and youth crisis text and tip line





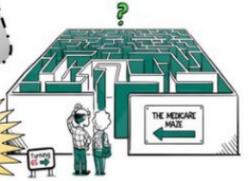

ONLINE MEDICARE 101 CLASSES

Every 2nd Wednesday @ 2:00 pm & Every 4th Wednesday @ 6:00 pm

Are you turning 65 or preparing to retire? Let us help you navigate the Medicare Maze. Join us to get information on Medicare Eligibility, Enrollment Times, and Benefit Coverage options.

To Join go to: [Meet.google.com](https://meet.google.com/pcz-mhnp-mzg)
Click Join or start meeting
Meeting code is: pcz-mhnp-mzg

Questions: Call 801-525-5050 opt 5

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





2-1-1 or 211utah.org - connect to mental health, substance use, emergency child care services

Utah Parent Center - resources for caregivers of individuals with special needs

myStrength - behavioral health app; free with code UDHSguest33







August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1
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	8
17 Cheeseburger Oven Browned Potatoes Green Beans Fruit Milk	18 Baked Chicken Mshd Potato/Gravy Peas Fresh Fruit Milk	19 Egg Salad Sandwich Copper Penny Salad Chips Fresh Vegetable Fresh Fruit Milk	20 Salisbury Steak Mshd Potato/Gravy Dinner Roll Mixed Veggies Fresh Fruit Milk	21 Fish Rice Pilaf Broccoli Fruit Milk	15
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	22
30 Soft Tacos Beans Carrots Fresh Fruit Cookie Milk	31 Meatball Sandwich Mixed Veggies Green Salad Dessert Bar Milk				29

August 2020 Events Calendar



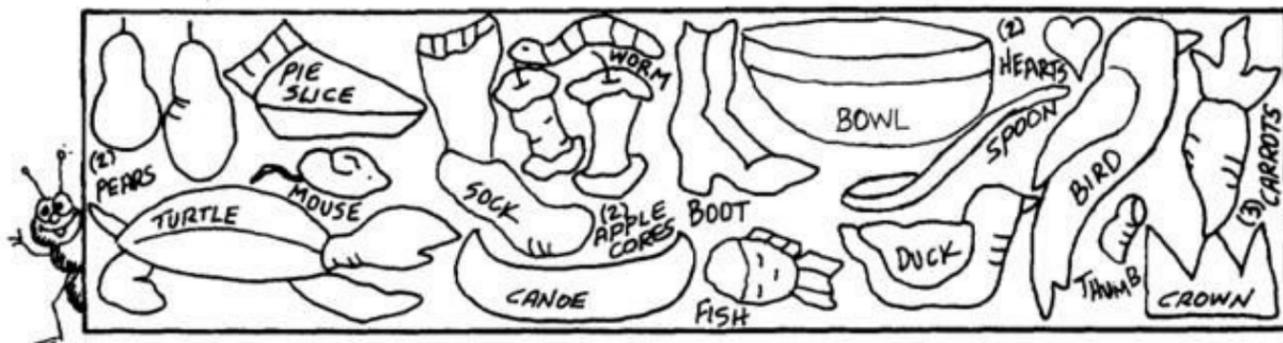
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 National Friendship Day! (First Sunday of the month)	3 National Watermelon Day! 	4 9:30 am Morning Stretches https://bit.ly/3i1XQdg Caregiver group chat 2:30 PM (Online/Phone) Sign up at 801-525-5050 ext 5	5 10:30am Reminiscence Day Call 801-444-2290 to sign up.	6 9:30 am Morning Stretches https://bit.ly/3i1XQdg 10:00 am Fireside Chat Call 801-525-5050 to sign up.	7	8
9	10	11 9:30 am Morning Stretches https://bit.ly/3i1XQdg Caregiver group chat 2:30 PM (Online/Phone) Sign up at 801-525-5050 ext 5	12 Medicare 101 Class 2:00 PM (Online/phone) RSVP at 801-525-5050 ext 5	13 9:30 am Morning Stretches https://bit.ly/3i1XQdg	14	15
16	17	18 9:30 am Morning Stretches https://bit.ly/3i1XQdg Caregiver group chat 2:30 PM (Online/Phone) Sign up at 801-525-5050 ext 5	19 10:30 am Reminiscence Day Call 801-444-2290 to sign up	20 9:30 am Morning Stretches https://bit.ly/3i1XQdg 10:00 am Fireside Chat Call 801-525-5050 to sign up.	21	22
23	24	25 9:30 am Morning Stretches https://bit.ly/3i1XQdg Caregiver group chat 2:30 PM (Online/Phone) Sign up at 801-525-5050 ext 5	26 Medicare 101 Class 2:00 PM (Online/phone) RSVP at 801-525-5050 ext 5	27 9:30 am Morning Stretches https://bit.ly/3i1XQdg	28	29
30	31		August is National Picnic Month! 		August is National Immunization Awareness Month! Are you up to date with your Immunizations?	

Picnic Wordsearch

Can you find all the words in our picnic wordsearch? Look for them horizontally, vertically, diagonally and backwards!



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



picnic
strawberries
beach
grapes
shopping

apples
sunglasses
cherries
pizza
bucket

spade
trunks
ball
sandwiches
umbrella

melons
water
mushrooms
honey
olives