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Call (801) 525-5105 or sign up at: [Mailchi.mp/059291365bb7/davis-senior-services-newsletter](mailto:Mailchi.mp/059291365bb7/davis-senior-services-newsletter)

Sign up today!!

Happy Independence Day! July 4th



**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)  
 Click Join or start meeting  
 Meeting code is: **pcz-mhhp-mzg**  
 Questions: Call 801-525-5050 opt 5

**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.

## HIGH-RISK INDIVIDUALS

Need help meeting essential needs?



Call for support:

**801-525-5050**  
**OPTION 5**  
**MON-FRI, 8AM-5PM**



**North Davis Senior Activity Center:** Located at 42 South State Street, Clearfield UT 84015  
Phone: (801) 525-5080

**Central Davis Senior Activity Center:** Located at 81 East Center Street, Kaysville UT  
Phone: (801) 444-2290

**South Davis Senior Activity Center:** Located at 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](https://facebook.com/groups/232504901225003/?source_id=129701737098222)

\*\*Centers are currently closed to the public due to COVID-19. The staff is still available to help you with any questions. Call the center nearest you for more information on the services still being provided. Thank you.

Davis County Senior Services | 801-525-5050 | [daviscountytutah.gov](http://daviscountytutah.gov)

# JULY 2020 SENIOR SERVICES NEWSLETTER



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## SCAMS ON THE RISE DURING COVID-19

BY MARISSA BLACK

As COVID-19 cases increase so do the scams associated with it. Scammers are using COVID-19 as a way to develop new scams and fraud schemes. Scammers are targeting the elderly and other vulnerable populations. Scams have been seen related to COVID-19 treatments, testing, vaccines, and cures. To avoid being a victim of these scams here are a few tips:

- Contact your own doctor if you are experiencing COVID-19 symptoms
- Do NOT give out your Medicare number or social security number to unsolicited calls, texts, emails or to people going door to door

- selling test kits etc.
- Be cautious of anyone who comes to your door offering "free" Coronavirus testing treatments or supplies.
- Ignore online offers for vaccines. If you see ads about prevention products or cures for COVID-19 they are most likely a scam.
- Ignore offers for home test kits.
- Don't click on links from sources you don't know.
- Be cautious of people asking for donations or payments by wiring money, gift cards, or cash.

For more information on COVID-19 scams visit: [smpresource.org](http://smpresource.org)

To report a scam visit: [ftccomplaintassistant.gov/#crnt&panel1-1](https://ftccomplaintassistant.gov/#crnt&panel1-1)



Find more resources and information by visiting the Federal Trade Commission: [ftc.gov/coronavirus/scams-consumer-advice](https://ftc.gov/coronavirus/scams-consumer-advice)



## 'Meals on Wheels' rolls on despite COVID-19



Written by: Trevor Warner,  
Communications Manager

On March 6, Governor Gary Herbert declared a state of emergency, hours before the first confirmed case of 'coronavirus' was made public.

Then, on March 12, 'Meals on Wheels' suffered a "flat tire."

Overnight, Senior Centers shutdown, and the Health Department "pulled the emergency brake" on the army of volunteers that delivered 98% of the meals because most of them were

considered "high-risk." So... this created a very serious situation as the 'Meals on Wheels' program went from 9 routes and 2,000 volunteer hours per month to 16 routes and 0 volunteer hours.

Senior Services leadership asked "Who's going to deliver meals to the nearly 500 households in our county that are in need?" The answer? Health Department staff and outside partners.

In this time of need, Case Managers, Senior Center staff members,

Environmental Health Scientists; even County Library staff members, got 'behind the wheel' of a county vehicle to help deliver the meals!

The Bountiful Food Pantry stepped up and donated 'shelf stable meals,' which were offered and delivered since the grocery stores often had limited supplies.

Pre COVID-19, the program provided meals for nearly 360 people each day.

From March 12-April 30, 199 additional residents reached out for help, bringing the daily meal total needed to about 560 people! Moving down the road, another 'roadblock' the 'Meals on Wheels' program hit was funding.

This posed another question: "How do we continue to help those who are high-risk stay safe at home and still get them the food and supplies they need?"

Health Department leaders went to work, found funding and started offering delivery service for

groceries and other essential goods. Senior Centers also provided "Grab N' Go" meals to those who could get out and drive. All the driver had to do was "honk" and a staff member brought out the meal!



"Meals on Wheels' is more than a meal," says Kristy Cottrell, Deputy Director of Senior Services. "This has been so hard on our older adults. They want human contact... something as simple as a hug... but, right now,



Photo Caption: Davis County Health Department employees prepare to deliver meals for the 'Meals on Wheels' program.

we have to provide no contact delivery. I wish we could do more instead of the daily welfare check and chat. We know that people are very lonely."

We know the need is still great today, and we have Senior Services staff calling clients regularly to check on them and make sure they have everything they need.

For more information about 'Meals on Wheels,' visit: <https://www.daviscountyutah.gov/health/aging-adult-services/meals/home-delivered-meals>.

Also, if you know of individuals who are high-risk and who may need extra assistance to safely access goods, please call the Davis County High-Risk Individual Hotline at 801-525-5050, and select "Option 5."



Blend fresh fruit with ice or low-fat milk for a delicious and healthy slushy!

## STAYING HYDRATED

BY SONIA SIGUENZA

Dehydration happens when you do not get enough fluids to keep your body functioning properly. Water helps you digest food, absorb nutrients from the food you eat, and also helps get rid of waste you don't use.

Dehydration is a loss of salt in our bodies that can occur from losing more fluids than we take in. Sweating, extreme heat, illness, and the medications you take can also cause you to become dehydrated. As we age we may lose our sense of thirst, increasing our

risk of dehydration, so it is important to make sure we get enough fluids as we age.

Water is an excellent way to add fluids to your diet without the calories. You can add more water to your diet by drinking a full glass of water with your pills or before exercise. Don't like the taste of water? Try adding fresh lemon or cucumber slices to your water. You can even add fresh berries for a slight fruity taste.

If you are not sure about how much fluids you need, talk to your doctor or dietitian. Learn about ways to get more fluids by visiting:

[www.nia.nih.gov/health/getting-enough-fluids](http://www.nia.nih.gov/health/getting-enough-fluids)



For more recipes visit: [wellandgood.com/good-food/healthy-slushie-recipes/](http://wellandgood.com/good-food/healthy-slushie-recipes/)

For more tips on how to get more water visit:

[nbcnews.com/know-your-value/feature/dr-fernstrom-hate-drinking-water-7-delicious-ways-stay-hydrated-ncna1028391](http://nbcnews.com/know-your-value/feature/dr-fernstrom-hate-drinking-water-7-delicious-ways-stay-hydrated-ncna1028391)



## RADIO RECLINER

KEEPING APART. STAYING TOGETHER.

Keep apart while staying connected with other residents in senior living communities. Listen to Radio Recliner, a pirate radio station run by residents in senior living communities around the United States.



Listen to new shows everyday at 12:00 pm Eastern time/11:00 am Central time. You can even sign up as a resident DJ or get on the air and dedicate a song to someone you love or are missing by calling 855-863-0050. Listen online at: [radiorecliner.com/](http://radiorecliner.com/)

NEED HELP WITH A MEAL THRU THIS COVID-19 PANDEMIC?

CALL 801-525-5050 TO SIGN UP FOR OUR....

## GRAB-N-GO LUNCH

HONK when you arrive and your meal will come to you!



|  | Monday  | Carbs | Tuesday  | Carbs  | Wednesday   | Carbs   | Thursday  | Carbs   | Friday   |
|--|---|-------|--|--|---|---|---|---|--|
|  | 6 Soft Tacos<br>Cooked Beans<br>Carrots<br>Fresh Fruit<br>Cookie<br>Milk                          |       | 7 Meatball Sandwich<br>Mixed Veggies<br>Green Salad<br>Fresh Fruit<br>Milk                   | 8 Egg Salad Sandwich<br>Carrot Sticks<br>Fresh Fruit<br>Yogurt<br>Milk             | 9 Taco Joes<br>Green beans<br>Carrots<br>Fruit<br>Cookie<br>milk                      | 10 Turkey & Rice<br>Casserole<br>Cabbage<br>Wheat Bread<br>Brownie<br>Milk  | 11 Baked Turkey<br>Mash, Potatoes/gravy<br>Corn<br>Fruit<br>Brownie<br>Milk           | 12  | 3<br> |
|  | 13 Cheeseburger<br>Oven Browned<br>Potatoes<br>Green beans<br>Fresh Fruit<br>Milk                 |       | 14 Chuckwagon<br>Mash, Potatoes/gravy<br>Wheat Brean<br>Cuke & Tomato Salad<br>Fruit<br>Milk | 15 Enchilada Pie<br>Spanish Rice<br>Carrots<br>Fruit<br>Cookie<br>Milk             | 16 Veggie Egg Bake<br>Hash Browns<br>Fruit<br>Cookie<br>Milk                          | 17 Baked Turkey<br>Mash, Potatoes/gravy<br>Corn<br>Fruit<br>Brownie<br>Milk | 18  | 24  |         |
|  | 20 Roast Beef/gravy<br>Wheat Bread<br>Au Gratin Potatoes<br>Peas & Carrots<br>Fresh Fruit<br>Milk |       | 21 Chicken Patty<br>Sandwich<br>Sliced Beefs<br>Oven Browned<br>Potatoes<br>Cookie<br>Milk   | 22 Lasagna Casserole<br>Garlic Bread<br>Broccoli/Red Pepper<br>Fresh Fruit<br>Milk | 23 Pork Loin/gravy<br>Boiled Potatoes<br>Corn<br>Fruit<br>Milk                        | 24  | 30 Teriyaki Chicken<br>Fluffy Rice<br>Mixed Veggies<br>Fresh Fruit<br>Brownie<br>Milk | 31 Enchilada Pie<br>Spanish Rice<br>Cauliflower<br>Green Beans<br>Fresh Fruit<br>Milk |  |
|  | 27 Roast Turkey<br>Mash, potatoes/gravy<br>Green Beans<br>Fresh Fruit<br>Cookie<br>Milk           |       | 28 Ham<br>Scalloped Potatoes<br>Green Salad<br>Carrots<br>Wheat Bread<br>Fresh Fruit<br>Milk | 29 Chili Dog<br>Tator Tots<br>Cabbage<br>Fresh Fruit<br>Milk                       | 30 Teriyaki Chicken<br>Fluffy Rice<br>Mixed Veggies<br>Fresh Fruit<br>Brownie<br>Milk | 31  | 31 Enchilada Pie<br>Spanish Rice<br>Cauliflower<br>Green Beans<br>Fresh Fruit<br>Milk |   |  |

## JULY 2020 Events Calendar



| Sunday | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|--------|--|--|---|---|--|---|
|        |  |  | 1<br>1 Beef Stroganoff<br>Peas & Carrots<br>Dinner Roll<br>Fruit<br>Milk  | 2<br>2 Egg Salad Sandwich<br>Carrot Sticks<br>Fresh Fruit<br>Yogurt<br>Milk                       | 3<br>3 Chuckwagon<br>Mash, Potatoes/gravy<br>Wheat Brean<br>Cuke & Tomato Salad<br>Fruit<br>Milk   | 4<br>4 Soft Tacos<br>Cooked Beans<br>Carrots<br>Fresh Fruit<br>Cookie<br>Milk                 |
| 5      | 6<br>8 PM Gallivan Center<br>Excellence Concert Series,<br>Balkan Masterpieces<br><a href="http://www.facebook.com/events/1038458866524012/">www.facebook.com/events/1038458866524012/</a> | 7<br>9:30 AM Morning<br>Stretches<br><a href="https://bit.ly/3i1XQgg">https://bit.ly/3i1XQgg</a><br>2:30 PM Caregiver Chat -<br>(online or phone) Sign up<br>by calling 801-525-5050<br>ext 5  | 8<br>2 PM Medicare 101 (online)<br>RSVP at 801-525-5050 ext 5   | 9<br>9:30 AM Morning<br>Stretches<br><a href="https://bit.ly/3i1XQgg">https://bit.ly/3i1XQgg</a>  | 10<br>10 Meatball Sandwich<br>Mixed Veggies<br>Green Salad<br>Fresh Fruit<br>Milk  | 11<br>11 Baked Turkey<br>Mash, Potatoes/gravy<br>Corn<br>Fruit<br>Brownie<br>Milk             |
| 12     | 13   | 14<br>9:30 AM Morning<br>Stretches<br><a href="https://bit.ly/3i1XQgg">https://bit.ly/3i1XQgg</a><br>2:30 PM Caregiver Chat -<br>(online or phone) Sign up<br>by calling 801-525-5050<br>ext 5 | 15  | 16<br>9:30 AM Morning<br>Stretches<br><a href="https://bit.ly/3i1XQgg">https://bit.ly/3i1XQgg</a> | 17<br>2 PM History of Fireworks &<br>Memory Sharing<br>Google Meet<br><a href="https://bit.ly/2VWVWNIK">https://bit.ly/2VWVWNIK</a><br>Code: zgs-maef-sja<br>Join by phone<br>(US) +1 617-675-4444 PIN: 559<br>094 077 3705# | 18<br>18 Cheeseburger<br>Oven Browned<br>Potatoes<br>Green beans<br>Fresh Fruit<br>Milk       |
| 19     | 20   | 21<br>9:30 AM Morning<br>Stretches<br><a href="https://bit.ly/3i1XQgg">https://bit.ly/3i1XQgg</a><br>2:30 PM Caregiver Chat -<br>(online or phone) Sign up<br>by calling 801-525-5050<br>ext 5 | 22<br>1 PM Disney Adventure<br>Google Meet<br><a href="https://bit.ly/389gandE">bit.ly/389gandE</a><br>Code: adr-hpro-fph<br>6 PM Medicare 101 (online)<br>RSVP at 801-525-5050 ext 5 | 23<br>9:30 AM Morning<br>Stretches<br><a href="https://bit.ly/3i1XQgg">https://bit.ly/3i1XQgg</a> | 24<br>24 Happy Pioneer<br>Day!<br>  | 25<br>25 Roast Turkey<br>Mash, potatoes/gravy<br>Green Beans<br>Fresh Fruit<br>Cookie<br>Milk |
| 26     | 27<br>1 PM Patriotic Bingo<br>Google Meet:<br><a href="https://bit.ly/2NHleAZ">https://bit.ly/2NHleAZ</a><br>Code: ilg-uycp-rkg<br>30 player limit.  | 28<br>9:30 AM Morning<br>Stretches<br><a href="https://bit.ly/3i1XQgg">https://bit.ly/3i1XQgg</a><br>2:30 PM Caregiver Chat -<br>(online or phone) Sign up<br>by calling 801-525-5050<br>ext 5 | 29  | 30<br>9:30 AM Morning<br>Stretches<br><a href="https://bit.ly/3i1XQgg">https://bit.ly/3i1XQgg</a> | 31<br>31 Enchilada Pie<br>Spanish Rice<br>Cauliflower<br>Green Beans<br>Fresh Fruit<br>Milk  |   |

If you need assistance accessing any of these events, please call our Technology Specialists: 801-525-5093

# Are you at higher risk of severe illness for COVID-19?

Individuals at higher risk of severe illness with COVID-19 include those:



65 and older



those with chronic illness, especially respiratory and immunocompromised conditions



pregnant women

In the pandemic, high-risk individuals follow stricter instructions because you are more likely to suffer severe illness from COVID-19.

If you find staying safely at home challenging and need extra assistance, contact:

**801-525-5050 + Option 5**  
(M - F, 8a.m. - 5p.m.)



Delivery of groceries and medicine



Transportation to and from appointments



Other challenges

Be the first to find the hidden popsicle in this newsletter and win a FREE popsicle mold! Call Sonia at 801-525-5105 to claim your prize. (No staff or employees please)

## All Fruit Popsicle's

### ingredients

1 ripe peach, skin removed, diced  
1/3 cup fresh or frozen blueberries  
3/4 cup mandarin orange segments  
1 cup fruit juice of your choice (orange, grape, cranberry & pomegranate work great)

### directions

1- Divide orange segments, blueberries, and peaches equally between 7 or 8 Dixie cups or standard 6 count popsicle mold. 2- Add popsicle sticks or straw to the bottom center of the mold and add juice of choice. 3- Place close together in a loaf pan or other small pan and freeze for at least 4 hours. 4- Remove Dixie cup molds and enjoy immediately. Store any uneaten popsicle's in a freezer safe bag.