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Interested in going paperless? Want the email version?

Call
(801) 525-5105

Sign up and Enjoy Today!!

Happy Fathers Day!
June 21st
(Sun)



Are you 60 & over and in need of a lunch? Davis County Senior Activity Centers currently provide the following:

- Grab-and-go meals
- Home delivered meals (Meals on Wheels)
- Grocery delivery (You order & pay, we can pick up the order & deliver)

To sign up call (801) 525-5050, option 5.

hello
SUMMER

First Day of Summer!
June 20

World Elder Abuse Awareness Day
June 15

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 84037
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://www.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.

Rental Assistance Program

If you have been negatively impacted by COVID-19 and need information on rental assistance, review the updated changes for Utah renters by visiting:

jobs.utah.gov/housing/index.html

This funding is primarily for those who do not qualify for unemployment.



May 2020

Rental Assistance Program Agency Implementation Guidelines



The Rental Assistance Program has been funded by the CARES Act and is designed to assist Utah renters whose ability to pay rent has been negatively impacted by COVID-19, but whose needs are not being met by other programs. Primarily this funding should assist those who are not eligible for unemployment benefits. This document provides a guide for how to utilize these funds in your communities.

At-a-glance Reference

TO DETERMINE which funds an applicant qualifies for, please start with the chart below. First, use the applicant's Area Median Income (AMI) or Federal Poverty Level (FPL) to determine which particular allocation the applicant is qualified for. Second, ensure the applicant is eligible for assistance from specific eligibility requirements found under each fund's summaries (found on each corresponding page number). Third, compare available money in each fund and allotted funding with respect to each organization.

Funds	Earliest Date	Averages Available	AMI/FPL	Page Number
ESG	05/08/2020	***Yes — with some restrictions	Up to 50%	2
HOME	05/04/2020	No	Up to 60%**	5
CSBG	04/01/2020	Yes	Up to 80% AMI	7
CSBG	05/08/2020	Yes	200% FPL	8

For additional requirements for each program, please refer to the Summary Funds Sheet.

**\$100,000 to Tooele County Housing Authority and \$100,000 to Weber County Housing Authority
**The suggested threshold at 60% for HOME dollars concerning rental assistance is understood, but, as it currently stands from the table above, and since only Wasatch Front Regional Council is willing to use CSBG for the benefit, and we do not have confirmation yet, as when the State will distribute its allocations, there is not much available for the 60% AMI population

More News & Information

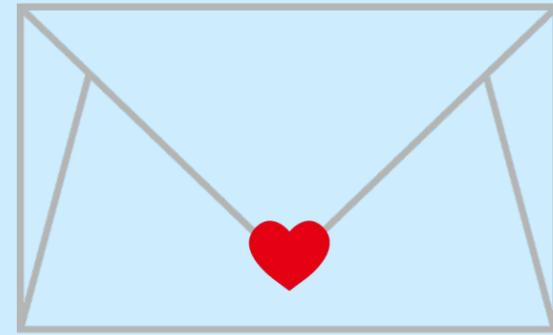
Protecting High-Risk Individuals



In every phase, high-risk individuals operate under stricter instructions because they are more likely to suffer severe illness from COVID-19.

High-risk people, including older adults and those who are immunocompromised, should continue to follow stricter guidelines and take all possible caution. Those who work or live with persons in high-risk categories should also follow stricter guidance.

If you live at home, live alone, and have no other support, and need extra help to follow these guidelines, such as meals, delivery of groceries and medicine, transportation to and from appointments, and other challenges, that prevent you from staying safely at home, contact (801) 525-5050, option 5 (M-F, 8a- 5p) for services in Davis County.



Write By Your Side: Letters to Seniors When They Need it Most

Older adults have been impacted by COVID-19 in more ways than most. People living in long-term care facilities are at higher risk for more complications from COVID-19. To protect residents, facilities are limiting visitors. Residents were already at higher risk for social isolation. The lock-down in response to the pandemic, increased the isolation that these residents face.

Tom Zdunich and Tristan Tolman launched Write By Your Side to help residents feel a little more connected. We need volunteers to write letters to people living in long-term care facilities. These letters help uplift and remind residents that they are not alone.

More information can be found at writebyside.net. If you would like more information feel free to contact Jackie Smith (801) 525-5094 or email jmsmith@co.davis.ut.us

Learn More at:

<https://vimeo.com/403055883>

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 or to enroll, call Davis County Senior Services at (801) 525-5050, option 5. Visit: daviscountyutah.gov/caregiversupportgroup

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 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.**
- UTA 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.**

We can pick up your groceries from these three locations: Lee's Marketplace (North Salt Lake), Bowman's (Kaysville), and Smith's (Syracuse).

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

LEE'S MARKETPLACE
To order online visit: leesmarketplace.com
To order by phone call: (885) 322-5337

BOWMAN'S MARKET
To order by phone call CONNECT TCM: (801) 820-0085
or email your shopping list to: CONNECT@connecttcm.org

Prepayment for groceries can be made over the phone for by calling Bowman's, or in-person from the comfort of your car if doing curbside pickup.

SMITHS (Syracuse)
To order online visit: smithsfoodanddrug.com
Phone ordering not available at this time.

SHRED DAY!

FREE

June 12th, 2020
10am-1pm

South Davis Senior Activity Center
726 S. 100 E. Bnfl

Davis County Senior Medicare Patrol invites you to help fight fraud and reduce the threat of possible identity theft by properly disposing of sensitive documents. These items include:

- 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

PROTECT • DETECT • REPORT

Sponsored by:

Are you at high-risk of severe COVID-19 illness? Do you need help to live healthy & safe at home ?

PLEASE CALL

DAVIS COUNTY HIGH-RISK HOTLINE

801-525-5050 Option 5

Service is available 8:00 am - 5:00 pm
Monday - Friday
daviscountyutah.gov/health/covid-19

Get help with delivery of groceries, medication, transportation to appointments, & other services

HIGH-RISK INDIVIDUALS

need free help social distancing?

Delivery of groceries and medicine

Transportation to and from appointments

Other challenges

contact: 877-424-4640
(M-F, 8a-5p)

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up

1. Stationary March with Arm Swing/Seated March

Strength Exercises

2. Sit to Stand

3. Standing Hip Extension

Balance Exercises

4. Side Leg Raise

5. Single Leg Stand

Flexibility Exercise

6. Triceps Stretch

Cool Down

7. Standing Quadriceps Stretch