

OCTOBER 2020 SENIOR SERVICES NEWSLETTER



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Tips for better nutrition & healthy aging

It's Medicare open enrollment time

10 common Medicare mistakes to avoid

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TIPS FOR BETTER NUTRITION & HEALTHY AGING

AMY COVINGTON

Healthy eating can improve our health, how we feel, and encourage a sense of well-being as we age. Following these simple tips can make a positive impact on aging.

Specific things to consider are, important to aging are, consuming adequate calories, protein, potassium, calcium, Vitamin D and B12, and dietary fiber. These help to maintain energy levels and lean body tissue. Adjusting meal patterns is a simple way to include those important nutrients. Eating three meals a day with half of the meal being fruits and/or vegetables, one quarter being whole grains, and one quarter being lean proteins provides balanced nutrition. Following the MyPlate guide for older adults, can also help you eat all the right foods.

Proper nutrition can be challenging if you have a decreased appetite, nausea/vomiting, trauma, food insecurity, and/or chronic health conditions. These conditions increase the risk of malnutrition. Risk factors include eating 50-75% less than normal, for more than a week,

persistent nausea, vomiting or diarrhea, sudden and rapid weight loss, swelling in the feet, ankles, legs, or belly, and/or feeling confused. If you have any of these symptoms, act immediately by contacting your health care provider.

The Department of Aging and Adult Services, with the University of Utah provide free, in-home nutrition

assessments for people 60 years and over who have been in the hospital in the past six months, are receiving Meals on Wheels, and are at a nutritional risk. If you or anyone you know qualifies for this FREE service, please contact Amy Covington, MS, RDN, at (385) 377-4268 or at amy-covington@hsc.utah.edu for more information.

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!



Learn more about the MyPlate for older adults at: <https://hnrca.tufts.edu/myplate/what-is-myplate-for-older-adults/>

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

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.

Fun Dates in October

Oct. 5: Do something nice day (do something nice for a neighbor or friend)

Oct. 14: National dessert day

Oct. 30: National candy corn day

Oct. 31: Halloween

October is breast cancer awareness month, residents' rights month, & National Diabetes month.



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](https://mailchi.mp/059291365bb7/davis-senior-services-newsletter)

Sign up today!!

Listen to Radio Recliner with other residents in senior living communities. Radio Recliner is a pirate radio station run by residents around the United States.

Listen to new shows everyday at 12:00 pm Eastern time/11:00 am Central time. You can sign up to be a guest DJ or get on the air and dedicate a song to someone special.

Call 855-863-0050
Listen at 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!





IT'S MEDICARE OPEN ENROLLMENT TIME!

OCT. 15-DEC. 07

We understand that enrolling, picking a healthcare plan and understanding all the details about Medicare, can be intimidating and frustrating. But Davis County Senior Services has Medicare counselors ready and available to help you during this enrollment period. Our trained counselors will walk you through the process and explain all your options.

Don't let Medicare overwhelm you this year. If you are new to Medicare, are turning 65 years of age, or are close to retiring, let us help you make the process easier. If you already have Medicare but want to see what other options are available to you, or if you have chosen the best plan for your needs, give Senior Services a call.

This service is free but will be done by appointment only at the following locations,

- South Davis Senior Activity Center: 726 South 100 East, Bountiful
- Central Davis Senior Activity Center: 81 East Center Street, Kaysville
- North Davis Senior Activity Center: 42 South State Street, Clearfield

For this appointment you will need to bring along, Your Medicare cards, all information about your prescription medications, (name, dosages, times taken per day), and any letter from Medicare, Medicaid, and Social Security if possible.

Appointments will be done Mondays-Fridays (Except holiday's) and do fill up fast, so call to reserve your spot today at 801-525-5050, option 5.

10 COMMON MEDICARE MISTAKES TO AVOID

DENA BUNIS/AARP

If you miss deadlines or enroll for the wrong plan with Medicare, it could cost you. You want to be certain you have the right or enough coverage. Here are some of the most common Medicare mistakes to avoid.

- Not enrolling during your IEP (Initial enrollment period) could make your Part B premiums higher. These cover Dr. visits & outpatient services.
- Not understanding your Part B, D, late enrollment penalties.

You read that right. There are

Explore your Medicare options at a FREE class



Davis County Health Department's Senior Services, offers an hour Medicare 101 class. Learn about Medicare options, enrollment, and benefits. Classes are online. To join go to: meet.google.com/pcz-mhhp-mzg

For more information call 801-525-5050, option 5

penalties for enrolling late and not during the special enrollment period (SEP) which usually happens when you retire, stop working or lose health insurance with a spouse. Usually, these penalties last for as long as you have Medicare. But there are exceptions. Another common mistake is,

- Choosing drug coverage that doesn't fully & affordably cover your prescriptions.

Make sure your plan covers your needed drugs. Carefully review each plan before deciding what is best for you. Learn more at [medicare.gov](https://www.medicare.gov).

6 Ways to Eat Well As You Get Older



1 Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](https://www.choosemyplate.gov)



2 Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3 Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4 Use recommended servings

Learn the recommended daily servings for adults aged 60+ at [heart.org](https://www.heart.org)



5 Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6 Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP)

ncoa
National Council on Aging



"It was a free gift with my AARP membership."

Not sure what to do with all that leftover zucchini from the garden? Why not make healthy soup?



Cream of Zucchini Soup

Ingredients:

- 1/2 a small onion quartered
- 2 cloves of garlic
- 3 medium zucchini with the skin on, cut in large chunks
- 32 oz reduced sodium chicken or vegetable broth
- 2 tbsp. reduced fat or regular sour cream
- Black pepper & salt to taste
- Fresh grated parmesan cheese if desired, for topping

Directions:

1. Combine chicken broth, onion, garlic and zucchini in a large pot over medium heat and bring to a boil. Lower heat, cover, and simmer until tender, about 20 minutes.
2. Remove from heat and purée with blender, add the sour cream and purée again until smooth.
3. Taste for salt and pepper and adjust to taste. Serve hot.

Serves 4 & makes 11/2 cups, Calories: 60kcal, Carbohydrates: 10g, Protein: 3.5g, Fat: 1g, Cholesterol: 3mg, Sodium: 579mg, Fiber: 3g, Sugar: 4g



Read all ten common mistakes and how to avoid them, at: [aarp.org/health/medicare-insurance/info-2019/common-medicare-mistakes.html](https://www.aarp.org/health/medicare-insurance/info-2019/common-medicare-mistakes.html)



A FUN NEW CLASS IN TOWN!!

Join us with a fun way to stay moving ... at home!

Sit-n-Fit Arthritis

A 8-week Easy Chair Fitness Online Class

Sept 14 - Nov 6

- Monday @ 10:30 a
- Wednesday to 11:00 a
- Friday

Call Emily to reserve your place. 801-525-5014

Be the 1st to find the 2 hidden candy corn in this newsletter and win an adult coloring book and colored pencils! Call Sonia at 801-525-5105 to claim your prize.



OCTOBER 2020 EVENTS CALENDAR

SOUTH DAVIS

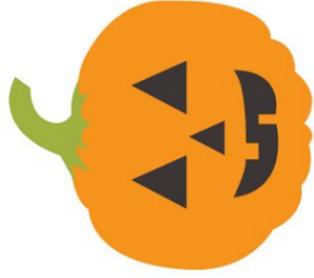
(801)-451-3660

CENTRAL DAVIS

(801)444-2290

NORTH DAVIS

(801)444-2290



HAPPY HALLOWEEN

MON

TUES

WED

THURS

FRI

1

10 am: Fireside chat: Funding care in Indep. & Assist. Living & Memory care communities. Join here utah.zoom.us/j/91089955996#success
1:30 PM: Test your IQ meet.google.com/oqwy-bakt-cda Or by phone: (US) +1 339-545-4056 PIN: 643 610 275#



2

10 am: World smile day meet.google.com/oqwy-bakt-cda (US) +1 339-545-4056 PIN: 643 610 275#

10:30 am: Sit N Fit Arthritis w/Emily meet.google.com/xgk-dafe-hpq
By phone: (US) +1 405-355-2309 PIN: 592 887 391#



1

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By phone: (US) +1 405-355-2309 PIN: 592 887 391#



5

8 am: Enhance Fitness South Davis meet.google.com/vni-xtnw-nug
By phone: (US) +1 231-742-8086 PIN: 475 513 253#
9:30 am: Enhance Fitness Central Davis - Same as above
10:30 am: Sit N Fit Arthritis w/Emily meet.google.com/xgk-dafe-hpq
By phone: (US) +1 405-355-2309 PIN: 592 887 391#
10:30 am Tai Chi meet.google.com/vni-xtnw-nug By phone: (US) +1 231-742-8086 PIN: 475 513 253#

6

8 am: Enhance Fitness South Davis meet.google.com/vni-xtnw-nug
By phone: (US) +1 231-742-8086 PIN: 475 513 253#
9:30 am: Enhance Fitness: Same as above
10:30 am: Sit N Fit Arthritis meet.google.com/xgk-dafe-hpq
By phone: (US) +1 405-355-2309 PIN: 592 887 391#
10:30 am: Tai Chi meet.google.com/avm-kkhk-ebb By phone: (US) +1 929-324-2217 PIN: 421 495 714#
11:30 am: Boost your brain- Call for info.
12:30 pm: You can doodle too- call for info.

7

11 am: Twilight Zone Trivia: meet.google.com/oqwy-bakt-cda By phone: (US) +1 339-545-4056 PIN: 643 610 275#
1 pm: Online games: meet.google.com/bfp-bhcn-gmy By phone: (US) +1 716-218-3662 PIN: 870 316 128#
2:30 pm: Online Caregiver Chat meet.google.com/bke-mboe-plx
By phone: (US) +1 352-570-0708 PIN: 232 411 343#

8

1 pm: The 700 Year Ruins at Hovenweep Utah meet.google.com/kgd-uhyd-bmz
By phone: (US) +1 424-328-1248 PIN: 954 725 513#
1:30 am: Are you RT or LT brained? meet.google.com/oqwy-bakt-cda By phone: (US) +1 339-545-4056 PIN: 643 610 275#

9

8 am: Enhance Fitness South Davis meet.google.com/vni-xtnw-nug
By phone: (US) +1 231-742-8086 PIN: 475 513 253#
9:30 am: Enhance Fitness Central-same as above
10:30 am: Sit N Fit Arthritis: meet.google.com/xgk-dafe-hpq
By phone: (US) +1 405-355-2309 PIN: 592 887 391#
10:30 am: Tai Chi meet.google.com/vni-xtnw-nug By phone: (US) +1 231-742-8086 PIN: 475 513 253#
1:15 pm: Curiosity Corner meet.google.com/oqwy-bakt-cda By phone: (US) +1 339-545-4056 PIN: 643 610 275#

12

8 am: Enhance Fitness South Davis meet.google.com/vni-xtnw-nug
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14

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12:30 pm: You can doodle too-Call for info.
1:30 pm: A hoot a day-Call for info.

15

10:30 am: Tell a funny story day meet.google.com/oqwy-bakt-cda
By phone: (US) +1 339-545-4056 PIN: 643 610 275#
12:30 pm: Name that tune meet.google.com/zzj-snbj-mrf
By phone: (US) +1 402-543-0300 PIN: 632 712 362#
1 pm: Exploring Mesa Verde Nat. Park meet.google.com/bfp-bhcn-gmy By phone: (US) +1 716-218-3662 PIN: 870 316 128#
Medicare open enrollment Begins
Call [801-525-5050](tel:801-525-5050), ext 5 for an appointment

16

8 am: Exercise w/Kristi meet.google.com/vni-xtnw-nug
By phone: (US) +1 231-742-8086 PIN: 475 513 253#
9:30 am: Enhance Fitness- Same as above
10:30 am: Sit N Fit Arthritis w/Emily meet.google.com/xgk-dafe-hpq
By phone: (US) +1 405-355-2309 PIN: 592 887 391#
10:30 am: Tai Chi- Call for info.
1:30 pm: Who done it? Call for info.

TUES

13

10:30 am: Earth Science meet.google.com/oqwy-bakt-cda
By phone: (US) +1 339-545-4056 PIN: 643 610 275#
1 pm: Online games: meet.google.com/bfp-bhcn-gmy
By phone: (US) +1 716-218-3662 PIN: 870 316 128#
2:30 pm: Online Caregiver Chat meet.google.com/bke-mboe-plx
By phone: (US) +1 352-570-0708 PIN: 232 411 343#



14

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12:30 pm: You can doodle too-Call for info.
1:30 pm: A hoot a day-Call for info.

15

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17

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MON

18

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12:30 pm: You can doodle too-Call for info.
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20

10:30 am: Uncommon phobias meet.google.com/oqwy-bakt-cda
By phone: (US) +1 339-545-4056 PIN: 643 610 275#
1 pm: Online games meet.google.com/bfp-bhcn-gmy
By phone: (US) +1 716-218-3662 PIN: 870 316 128#
2:30 pm: Online Caregiver Chat meet.google.com/bke-mboe-plx
By phone: (US) +1 352-570-0708 PIN: 232 411 343#

21

8 am: Enhance Fitness South Davis meet.google.com/vni-xtnw-nug
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22

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TUES

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10:30 am: Sit N Fit Arthritis w/Emily meet.google.com/xgk-dafe-hpq
By phone: (US) +1 405-355-2309 PIN: 592 887 391#
10:30 am: Tai Chi- Call for info.
1:30 pm: Who done it? Call for info.

TUES

27

1 pm: Online games meet.google.com/bfp-bhcn-gmy
By Phone: (US) +1 716-218-3662 PIN: 870 316 128#
2:30 pm: Online Caregiver Chat meet.google.com/bke-mboe-plx
By phone: (US) +1 352-570-0708 PIN: 232 411 343#
3 pm: Toothbrush Tuesday By meet.google.com/oqwy-bakt-cda
By phone: (US) +1 339-545-4056 PIN: 643 610 275#

28

8 am: Enhance Fitness South Davis meet.google.com/vni-xtnw-nug
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By phone +1 405-355-2309 PIN: 592 887 391#
10:30 am: Tai Chi- Call for info.
12:30 pm: You can doodle too-Call for info.

29

10:30 am: National Cat day meet.google.com/oqwy-bakt-cda
By phone: (US) +1 339-545-4056 PIN: 643 610 275#
1 pm: Spooky ghost towns meet.google.com/bfp-bhcn-gmy
By phone: (US) +1 716-218-3662 PIN: 870 316 128#



30

8 am: Enhance Fitness South Davis meet.google.com/vni-xtnw-nug
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By phone: (US) +1 405-355-2309 PIN: 592 887 391#
10:30 am: Tai Chi-Call for info.
1:30 pm: It's magic!-Call for info.



CROSSWORD

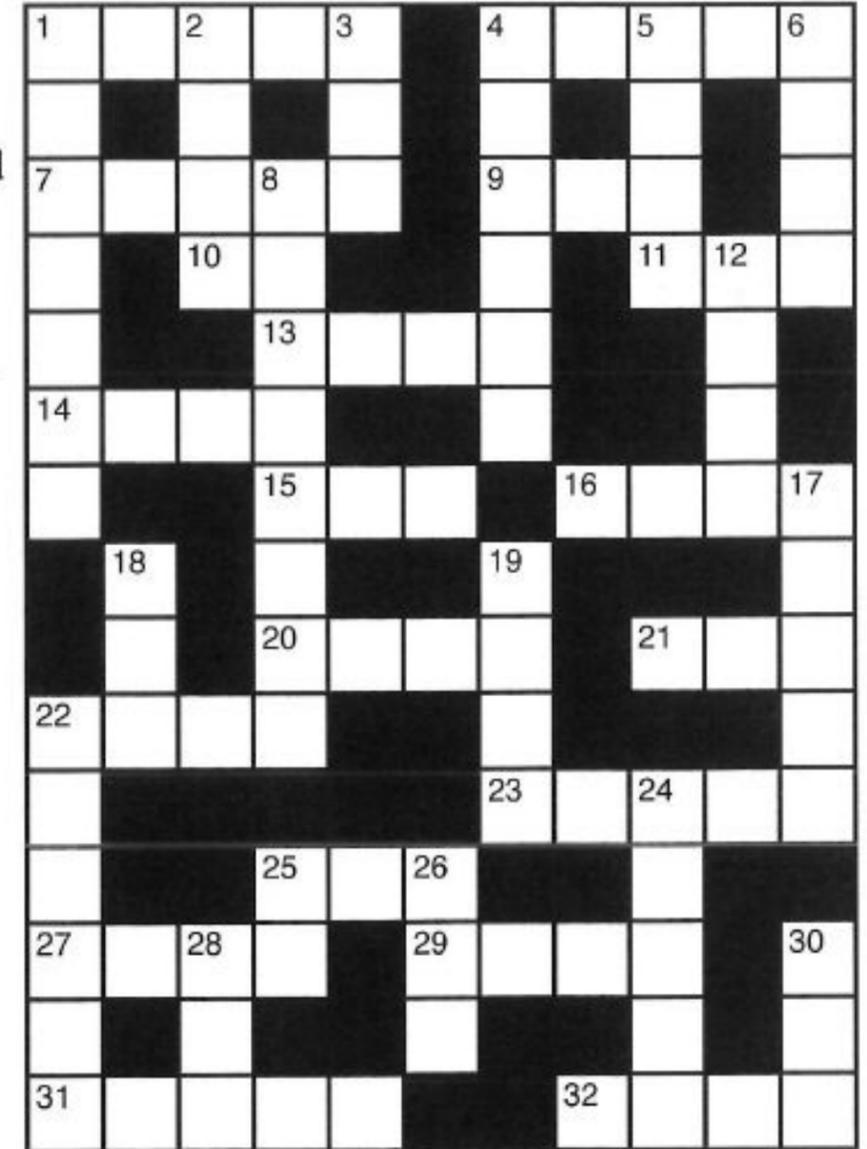
Fill in the crossword grid using the answers to the clues that are provided.

ACROSS

- 1) Popular spring flower
- 4) Bird that often has a red belly
- 7) More uncommon
- 9) By way of
- 10) ___ Salvador, country
- 11) Wager
- 13) Make money
- 14) Extends far down
- 15) Head topper
- 16) Take a load off
- 20) 'From ___ and far'
- 21) ___ Gershwin, famous lyricist
- 22) Piece of the whole
- 23) Naive
- 25) Baseball tool
- 27) Place for a portable breakfast
- 29) Opposite of under
- 31) Dish filled with greens
- 32) Black and white whale

DOWN

- 1) Fast rotating wind
- 2) Accumulated knowledge passed orally
- 3) 'As ___ usual'
- 4) Deep narrow valley
- 5) Reveal a secret
- 6) Bird built home
- 8) Mammal with an excellent memory
- 12) Hearing organs
- 17) 'A ___ of thought'
- 18) Found in a pod
- 19) Boast about ones



- achievements
- 22) Camera's products
- 24) Mistake
- 25) 'Brick ___ brick'
- 26) Around 2,000 pounds
- 28) 'Against ___ odds'
- 30) Place to be pampered

Name _____

Monday	Tuesday	Wednesday	Thursday	Friday
5 Turkey Sandwich Potato Chips Cuke/Tomato Salad Watermelon Cookie Milk	6 Turkey Ham Macaroni & Cheese Wheat Bread Colelaw zucchini Fresh Fruit Milk	7 Sweet Sour Meatballs Rice Cabbage Corn Fruit milk	8 Chicken Pot Pie Green Salad Cooked Beans Fresh Fruit Cookie Milk	9 BBQ Pulled Pork Sandwich Oven Browned Potatoes Green Beans Dessert Bar Milk
12 Curry Stew Rice Peas Broccoli/red peppers Fresh Fruit Milk	13 Baked Chicken Mash Potatoes Carrots Fruit Dessert Bar Milk	14 Beef/potato casserole Cuke/Tomato salad Corn Dinner Roll Fresh Fruit Cookie Milk	15 Salisbury Steak Mashed Potatoes/gravy Zucchini Dinner Roll Fresh Fruit milk	16 Tilapia Rice Pilaif Green beans/Corn Cauliflower Fruit Milk
19 Sloppy Joes Potato Wedge Fries Zucchini Fresh Fruit Milk	20 Baked Turkey Mashed Potatoes/gravy Winter squash Peas Fresh Fruit Dessert Bar Milk	21 Beef Stroganoff Cauliflower Green beans Dinner Roll Fruit Milk	22 Soft Tacos Boiled Beans Corn Fruit Milk	23 Beef & Broccoli Rice Carrots Fruit Milk
26 Soft Tacos Green beans Carrots Fresh Fruit Milk	27 Chicken Parmesan Cauliflower Peas Fruit Milk	28 Cheeseburger Oven brown potatoes Zucchini Fresh Fruit Milk	29 Turkey Rice Casserole Peas Winter Squash Bread Fresh Fruit Milk	30 Taco Joes Green beans boiled Beans Fruit Cookie Milk
Carbs: 42 6 7 21 11	Carbs: 37 23 2 21 11	Carbs: 3 23 8 13 22 30 11	Carbs: 39 11 4 14 21 11	Carbs: 9 31 23 6 30 11



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