



SENIOR SCOOP

The publication for and about the active generation of Davis County

Caregiver educational classes continue

Davis County Health Department's Family Caregiver Support Program continues its second half of the eight week series of classes for individuals who care for family members that are older and/or frail.

The one hour classes are offered at two different locations. On Tuesdays, the classes are held at the Legacy Village Assisted Living Center (1201 N. Fairfield Rd, Layton) at noon. On Fridays, the classes are held at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. A complimentary lunch is provided at each class but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

The final set of classes ends Tuesday, Feb. 28, or Friday, Mar. 2.

For more information or to RSVP for lunch, please contact Megan Forbush at (801) 525-5088.

Davis County Senior Services thanks the following agencies for sponsoring these classes: Legacy Village Assisted Living Center, Golden Years Senior Activity Center, HCNU Hospice, South Davis Home Health and Hospice, Legacy House of Bountiful, Apple Tree and Apple Village Assisted Living Facilities, and Hospice for Utah.

Class schedule is:

- **Jan. 31 and Feb. 3:** "When to Say Enough is Enough" – Eileen Wood, HCNU Hospice
- **Feb. 7 and 10:** "Matter of the Heart" – CJ Benson and Denise Cook, South Davis Home Health and Hospice
- **Feb. 14 and 17:** "Respite Care" – Deanna Seager, Legacy House of Bountiful
- **Feb. 21 and 24:** "Creating a Circle of Caring" – Shelly Nettesheim, Apple Village and Apple Tree Assisted Living Facilities
- **Feb. 28 and Mar. 2:** "Nutrition" – Ashley Anderson, Hospice for Utah

Encouraging heart health action during Heart Month

National Institutes of Health

Heart disease awareness in women has doubled in the last 12 years, and the awareness gap between older and younger women is narrowing. Data also show that women are taking preventive actions. Women who know that heart disease is the leading cause of death are more likely to be physically active and try to lose excess weight.

"Women of all ages are paying attention and choosing to take charge of their heart health," said Susan Shurin, M.D., acting director of the NHLBI, which has

long been at the forefront of women's heart disease research and the translation of that research into knowledge that directly reaches women. "Women in their 20s and 30s have the power to protect their hearts from later development of disease by adopting simple changes, such as eating well, being physically active, not smoking, and keeping a healthy weight!"

Although heart disease awareness is on the rise, one-third of women still underestimate their own risk for heart disease. Only 16 percent recognize heart disease as the greatest health problem facing women.

To help American women continue to improve their knowledge of heart disease and become further empowered to take action, the NHLBI and its partners will host a number of activities during American Heart Month as part of The Heart Truth campaign.

National Wear Red Day: Friday, Feb. 3

The Heart Truth organizers will again sponsor National Wear Red Day, when Americans nationwide wear red to show their support for women's heart disease awareness.

For more information about Heart Month, visit www.nhlbi.nih.gov/health/hearttruth

Don't give up on your New Year's resolutions yet



Residents of Apple Village Assisted Living Facility in Layton attend an evidence-based self management workshop called Living Well with Chronic Conditions. The workshop helps them learn new tools to take control of their health in this New Year. Interested in attending an upcoming workshop? Would you like more information? Call Jessica at 801-525-5087.

Photo by Jessica Hardcastle, DCHD

'Be Fit & Fab' Advice Corner

It's winter! Prevent falls. Get help to keep your walkways and steps clear of snow and ice. Wear footwear with rubber treads and use a snow and ice grip attachment for canes.

May you live long, live strong, and live happy!

Bonnie Athas, DCHD Registered Dietician

Myths and facts about sleep – Part 1

National Sleep Foundation

There are many common myths about sleep. We hear them frequently, and may even experience them far too often. Sometimes they can be characterized as "old wives tales," but there are other times the incorrect information can be serious and even dangerous. The National Sleep Foundation has compiled this list of common myths about sleep, and the facts that dispel them. This month we'll look at the first 5 myths out of 10.

1. Snoring is a common problem, especially among men, but it isn't harmful.

Although snoring may be harmless for most people, it can be a symptom

of a life threatening sleep disorder called sleep apnea, especially if it is accompanied by severe daytime sleepiness. Sleep apnea is characterized by pauses in breathing that prevent air from flowing into or out of a sleeping person's airways. People with sleep apnea awaken frequently during the night gasping for breath. The breathing pauses reduce blood oxygen levels, can strain the heart and cardiovascular system, and increase the risk of cardiovascular disease. Snoring on a frequent or regular basis has been directly associated with hypertension. Obesity and a large neck can contribute to sleep apnea. Sleep apnea can be treated; men and women who snore loudly, especially if pauses in the snoring are noted, should con-

sult a physician.

2. You can "cheat" on the amount of sleep you get.

Sleep experts say most adults need between seven and nine hours of sleep each night for optimum performance, health, and safety. When we don't get adequate sleep, we accumulate a sleep debt that can be difficult to "pay back" if it becomes too big. The resulting sleep deprivation has been linked to health problems such as obesity and high blood pressure, negative mood and behavior, decreased productivity, and safety issues in the home, on the job, and on the road.

3. Turning up the radio, opening the window, or turning on the air

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Sally Kershnik, Division Director
Jessica Hardcastle, Editor



Mailing Address
P.O. Box 618
Farmington, UT 84025

Physical Address
22 S. State Street
Clearfield, UT 84015

(801) 525-5050

All issues of Senior Scoop are available at
http://www.daviscountyutah.gov/senior_scoop



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <h1 style="font-size: 2em;">February</h1>			2 AG – **Water Exercise 9 Card Games 10 GY – Senior Tap 8:15 Shopping 12:30 Stepping On 1 ND – Porcelain 9 Pinochle 12:15	3 GY – Video Aerobics 8:30 Caregiver Class 11:30 ND – Exercise Class 10:30 Bingo 12:15	4
5	6 AG – Lifetime Fitness 9 Crafts 10 GY – Aerobics 8:30 Yoga 10 ND – Exercise Class 10:30 Texas Hold 'Em 12	7 AG – **Mystery Trip Life Resiliency Class 12 GY – **Wendover Trip Lapidary/Silversmith 8 Sit n Fit 8:30 ND – Lapidary 8:30 Movie & Popcorn 12:15	8 AG – **Water Exercise 9 Ceramics 12 GY – Soft Aerobics 8:30 Ceramics 9 ND – Art Class 9 Exercise Class 10:30	9 AG – Arts & Crafts 10 GY – Bill Curtis Band 10:30 Sing-a-long 12:30 ND – Hand & Foot Card Game 12:15	10 AG – AAMCO Medical Presentation 11:30 GY – Water Color 9 Line Dancing 9:30 ND – Paper Quilling 9 Medicare Issues 11:30	11
12	13 AG – Oil Painting 9 Line Dancing 1 GY – **Podiatrist 9 Beginning Line Dance 10 ND – Bingo 12:15	14 AG – Medicare Counseling (all day) Valentine's Day Party GY – **Valentine's Dinner & Dance "Healthy Mind Body & Spirit" 11:30 ND – Valentine's Day Party w/Entertainment 11:30	15 AG – Albright Home Care Presentation 11:30 GY – Senior Tap 8:15 Ceramics 9 ND – Texas Hold 'Em 12	16 AG – "Matters of the Heart" Presentation 11:30 GY – Lapidary/Silversmithing 8 Strength Training 10:30 ND – Movie & Popcorn 12:15	17 GY – Stained Glass 9 Old Time Combo Band 10:30 ND – Exercise Class 10:30	18
19	20 Centers Closed  Presidents' Day	21 AG – **Let's Eat Out Life Resiliency Class 12 GY – Woodcarving 9 Tai Chi 10:30 ND – China Painting 9 Mardi Gras Party 11:30	22 AG – **Podiatrist 9:30 Silversmith 9 GY – Blood Pressure 10:30 Bingo 12:30 ND – Bingo 12:15	23 AG – "Healthy Mind Body & Spirit" 11:30 **Wire-wrapping 9 GY – Senior Tap 8:15 Stepping On 1 ND – Pinochle 12:15	24 **AG, GY, ND Feb. Birthday Party AG – Movie & Popcorn 12 GY – **Kingsbury Hall Trip ND – Texas Hold 'Em 12	25
26	27 AG – **Water Exercise 9 Trivia of the Day 11:30 GY – New Family History 9:30 Bingo 12:30 ND – **Podiatrist Exercise Class 10:30	28 AG – Lapidary 8 Shopping 12 GY – Lapidary/Silversmith 8 Senior Tap 8:15 ND – **55 Alive Driving Class Pinochle 12:15 Line Dancing 1	29 AG – Mardi Gras Trivia 11:30 GY – Soft Aerobics 8:30 Grief Support 11 ND – Exercise Class 10:30 **Leap Year Texas Hold 'Em party 12	Mar. 1 AG – Shopping 12 GY – Sit n Fit 8:30 Strength Training 10:30 ND – Hand & Foot Card Game 12:15	Mar. 2 AG – Lapidary 8 Computer 9:30 GY – Senior Tap 8:15 Watercolor 9 ND – Exercise Class 10:30 Ceramics 12	3

** Call Senior Activity Center to Make Reservation

(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG – Autumn Glow
(801) 544-1235
81 East Center Street
Kaysville, UT 84037

GY – Golden Years
(801) 295-3479
726 South 100 East
Bountiful, UT 84010

ND – North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015

You will be missed!



Photo by Jessica Hardcastle, DCHD

Arizona Pella (left) receives a farewell hug from North Davis Senior Activity Center's director, Marian McPeak. Pella was the center's Kitchen Coordinator for the past ten years. According to McPeak, "Our seniors just loved her. Her motto was 'Seniors are what this center is all about. They come first.'" McPeak added, "She teased them unmercifully with her loving, feisty and fiery temperament. Arizona told our new clients if she wasn't feisty with them then she didn't like them. She loved them all."

Seniors tax prep assistance available

Starting Feb. 1 and throughout the tax season into April, volunteers will be assisting seniors in preparation and e-filing Federal and state tax returns.

The free service is sponsored by AARP, but AARP membership is not required to use the service.

Volunteers are trained, and authorized by AARP in partnership with the Internal Revenue Service to prepare and file tax returns.

Three volunteers will be on hand at Autumn Glow Senior Activity Center to handle 2011 tax questions. The center is located at 81 E. Center St., Kaysville.

Appointments are available Wednesdays and Thursdays starting Feb. 1. Contact the senior activity center at 801-544-1235 for appointments.

To prepare for their appointments, taxpayers should bring a copy of their 2010 tax return, all copies of 2011 W-2s (earnings statement from wages), all copies of 1099-Rs (income from retirement accounts and annuities), 2011 SSA-1099 (Social Security income statement), and any other 2011 1099 documents (from bank interest, dividends, stock sales, miscellaneous self-employment income, 1099-INT, 1099-DIV, 1099-B, etc.), and all 2011 forms showing Federal and state tax paid during the year.

The Autumn Glow Senior Activity Center has been providing this free AARP/IRS tax service for more than 25 years.

Myths

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conditioner are effective ways to stay awake when driving.

These "aids" are ineffective and can be dangerous to the person who is driving while feeling drowsy or sleepy. If you're feeling tired while driving, the best thing to do is to pull off the road in a safe rest area and take a nap for 15-45 minutes. Caffeinated beverages can help overcome drowsiness for a short period of time. However, it takes about 30 minutes before the effects are felt. The best prevention for drowsy driving is a good night's sleep the night before your trip.

4. Teens who fall asleep in class have bad habits and/or are lazy.

According to sleep experts, teens need at least 8.5 – 9.25 hours of sleep each night, compared to an average of seven to

nine hours each night for most adults. Their internal biological clocks also keep them awake later in the evening and keep them sleeping later in the morning. However, many schools begin classes early in the morning, when a teenager's body wants to be asleep. As a result, many teens come to school too sleepy to learn, through no fault of their own.

5. Insomnia is characterized by difficulty falling asleep.

Difficulty falling asleep is but one of four symptoms generally associated with insomnia. The others include waking up too early and not being able to fall back asleep, frequent awakenings, and waking up feeling unrefreshed. Insomnia can be a symptom of a sleep disorder or other medical or psychological/psychiatric problem, and can often be treated. According to the National Sleep Foundation's 2002 Sleep in America poll, 58 percent

of adults in this country reported at least one symptom of insomnia in the past year. When insomnia symptoms occur more than a few times a week and impact a person's daytime functions, the symptoms should be discussed with a doctor or other health care provider.

Next month, we'll take a look at the remaining 5 myths out of 10. For more information, visit <http://www.sleepfoundation.org/>.

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