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Interested in going paperless?
Want e-mail version?

Check it out!!

<https://mailchi.mp/00959fcf4d9b/caregiversupportdc>

Sign up and Enjoy Today!!

Davis County Health Dept. will be

Closed for Presidents' Day



SPREAD THE WORD:
A HEALTHY HEART IS A GIFT FOR LIFE



The Caregiver Telegram

FEBRUARY 2020

Increase Your Heart Health

Did you know high blood pressure increases your risk for heart disease and stroke, the two leading causes of death in the United States? And, over time, uncontrolled high blood pressure can lead to health complications of the eyes, kidneys, and memory.

You can increase your heart health, decrease your risk for developing hypertension, and/or help lower and control your blood pressure by incorporating one or more of the following lifestyle changes:

- **Get moving!** Be physically active for at least 30 minutes 5 days a week.
- **Focus on nutrition.** Eat more fruits, vegetables, nuts/seeds, and whole grains.
- **Watch the sodium.** Aim for 1,500 mg. of sodium or less per day. (Hint! A great way to reduce sodium intake is following the heart healthy diet suggested above.)
- **Take your medication.** If you are prescribed medication for high blood pressure, take it every day. It is important to work with your healthcare provider to control your blood pressure.
- **Check your blood pressure.** Follow your doctor's recommendations on measuring your blood pressure.

- Whether at home or a pharmacy, check your blood pressure regularly, track your numbers, and share with your healthcare provider.
- **Maintain a healthy weight.** Being physically active and eating a healthy diet helps maintain a healthy weight.
- **Watch alcohol intake.** In general, increasing alcohol intake leads to an increase in blood pressure. The heart healthy guideline is no more than two drinks a day for men, one drink a day for women.
- **Stop using tobacco and avoid secondhand smoke.** Tobacco use and exposure to secondhand smoke leads to heart disease and other health conditions. Nicotine increases blood pressure.

By Terri Sory, DCHD Community Health Services

For more information about high blood pressure, talk with your health care provider or visit the American Heart Association website at <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>.

- **Alzheimer's Association Dementia Caregiver Support Groups**
-Bountiful Western Peaks Speciality Hospital 485 E. 500 S. (lower Level), 1st & 3rd Thursdays @ 3 - 4:30pm
-Layton Hill Air Force Base/Warrior Fitness Center Bldg 533, HAWC Classroom, Meeting 2nd Monday @ 11a - 12pm *Must have military ID to attend*
- **24/7 Alzheimer's Support Helpline**
800- 272-3900 and TDD 1- 866-403-3073
- **The NAMI Connection Support Group**, which helps those living with brain disorders/mental illness, will meet from 7 p.m. to 8:30 p.m. every Wednesday, at the IHC Clinic, 390 N. Main, in Bountiful.
-North Family Support Group, North Davis Senior Center, 42 S. Main, Clearfield. For further information, call Mike Prinster, 801-499-1398; or Noni Dangerfield, 801-547-9313.
-South Family Support Group, IHC Clinic, 390 N. Main St., in Bountiful.
For further information, Cindy Bull, 801-698-2661.
- **S.A.G.E./LGBTQ**
Salt Lake City area -Tenth East Senior Center
Ogden area- Washington Terrace Senior Center- Make new friends and get to know other LGBTQ older adults near you. For more information Call: (385) 468-3140
- **Parkinson's Support Group**
Meets at North Davis Senior Activity Center (42 S. State St., Clearfield) For more information contact; Dale George (801) 451-6238



SAVE THE DATE!!

(Wed)
February 12, 2020
8:30 am - 12 noon

Utah State Capitol

Learn what our Legislative focus is and what bills we are going after, and the many things the Utah Chapter has accomplished throughout the year.

GO UTAH STATE CAPITOL!!



Utah State Advocacy Day

SAVE THE DATE

WEDNESDAY, FEBRUARY 12, 2020
8:30 a.m. to 12:00 p.m.

Utah State Capitol
350 N. State Street
Salt Lake City, UT 84114



Join us for the 2020 Utah Advocacy Day. Learn what our Legislative focus is and what bills we are going after, how to speak to your local Representative and the many things the Utah Chapter has accomplished throughout the year.

Jeremy Cunningham
jcunningham@alz.org
385.831.7128

alz.org | 800.272.3900



IT's Tax Time!!!

AARP offer Tax-Aids to help you file your taxes in Davis County at Central Davis Senior Activity Center
801-444-2290

Appointments only!! Don't Wait!!
Call Now!!
Appointments fill up fast!!

Educational Corner



Medicare

Medicare 101 Class
Free Medicare Information classes for those turning 65 or those that will be retiring soon.
Classes: (wed) FEB 2nd @ 6:30-7:30
- Clearfield Library.



Do you need help with Prescriptions costs?

Is your Monthly income:
Single: less than 1,485
Married: less than 2,003
Are your Assets:
Single: less than \$13,640
Married: less than \$27,250

You may be eligible for help paying for prescription drug costs
Call Davis County Senior Services SHIP/SMP at 801-525-5050 opt 5

Stepping On

Stepping On - Building Confidence and Reducing Falls

Stepping On is a seven-week workshop where you will learn exercises and strategies to help you stay strong, active, and independent. Avoiding falls is key to your independents.
Workshop: Thursdays. Feb 6th - Mar 19th @ 12-2p - Central Davis Activity Senior Center 81 E Center St., Kaysville, UT 84037
To sign up, call Priscilla 801.525.5087

Dementia Dialogues™

Dementia Dialogues
Dementia Dialogues is a three-week learning experience designed to educate caregivers of persons who exhibits signs and symptoms associated with Alzheimer's Disease or related dementia. **Workshop:** Feb 12th, 19th, & 26th @ 6:00-8:30pm -- Whisper Cove Assisted Living and Memory Care 725 S Main St, Kaysville, UT 84037
Email: swafihospice@gmail.com or call Amber 801-546-7417 OR Sheryl 801-525-5127.

THE ACTIVITIES Jar

What's happenin' around you....

★ **North Davis Senior Activity Center**
42 S State Street, Clearfield UT 84015 #801-525-5080

★ **Central Davis Senior Activity Center**
81 E Center Street, Kaysville UT 84037 #801-444-2290

Craft & Chat
Every Friday @ 10:15 am
Bring a friend too!!



Bingo!
Every Monday @ 10:15 am
Do you feel lucky?



★ **South Davis Senior Activity Center**
726 South 100 East, Bountiful UT 84010 801-451-3660

Water Color
Every Friday @ 9:00 am



Paint something new to put on your wall!

FEBRUARY: FUN FACTS!!

1st - Underground Railroad was established, 1838

5th - The first double-feature theatrical performance held, 1819

12th - President Abraham Lincoln was born, 1809

20th - Astronaut John Glenn, became the first American to orbit the Earth aboard the *Friendship VII* Mercury capsule, 1962

22th - Frank Winfield Woolworth opened a 5-cent store in Utica, New York, 1879

Visit: <https://aboutfamouspeople.com/article1214.html>

Living Well with Chronic Conditions

The workshop is goal-orientated and shown to improved health outcomes for people looking to better manage their Condition. Free six-week workshop.
Workshop: Wednesdays. Feb 19th - Mar 25th @ 6:00-8:00 pm -- Bountiful Clinic 390 N. Main St., Bountiful, UT 84010
Sign up Now!, call Priscilla 801.525.5087

Spotlight!

February is National Heart Health Month Heart Disease: It Can Happen at Any Age

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. Visit with your doctor! Also visit:

<https://www.cdc.gov/features/heartmonth/index.html>
https://www.cdc.gov/heartdisease/american_heart_month.htm

