

In this issue:

Page 1

- A Program to Help Veterans

Page 2

- The Activities Jar
- Caregiver Connection
- Tax Time
- Caregiver Funny

Page 3

- Educational Corner
- SHIP National Network
- Spotlight!!

Page 4

- Community Support Groups
- Go Paperless?!
- Happy St Patrick's Day



Interested in going paperless?  
Want an e-mail version?

Check it out!!

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

Sign up and Enjoy Today!!



March 17, 2020  
Wear Green!!

## The Caregiver Telegram

MARCH 2020

### A Program to Help Veterans

#### What is the Veterans Directed Care Program?

The Veterans Directed Care (VDC) program gives Veterans choice and control over their long-term services and supports.

As part of the program, Veterans can:

- Choose the services and supports their use.
- Hire their own worker, including family and friends.
- Live in their own home and community.
- Achieve goals meaningful to them.

#### VDC may be the Right Program for you IF:

- You are a Veteran of any age.
  - You are enrolled in VA health care.
  - You want to live in your own home.
  - You meet the clinical need for VDC.
  - You are interested in directing your own services.
- Directing your services includes using a budget to hire workers and customize your care.

#### If interested? Call:

Julie Larsen, LCSW  
VDC Program Coordinator  
801-582-1565 ext. 2492  
email: Julie.Larsen@va.gov

#### What Services Are Provided?

Services may include:

- Personal care services using workers hired by the Veteran
- Housekeeping, chore, and companion services
- Medication management
- Home delivered and congregate meals

#### Help and Support

- A Case Manager to help direct Veteran with their services.
- A Financial management service will assist with paperwork and payroll.
- A representative (family or friend) can be appointed, if needed or desired, to assist with making decisions.

#### Veterans Directed Care Goal

Meet the needs of the evolving Veteran population, while providing greater choice and control, to improve Veterans' experience with again, satisfaction with VA, and allow Veterans to choose home over nursing home.

*Thank you Caregivers for all you do!*

- **Alzheimer's Association Dementia Caregiver Support Groups**  
-**Bountiful** Western Peaks Speciality Hospital 485 E. 500 S. (lower Level), 1st & 3rd Thursdays @ 3 - 4:30 pm  
-**Clearfield** North Davis Senior Activity Center 42 S State St., 1st Wednesdays @ 3 - 4:30 pm  
-**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



Support Groups

# CAREGIVER CONNECT

## Caregiver Training Class

Where:  
**NORTHERN UTAH  
REHABILITATION  
HOSPITAL**  
5825 S HARRISON BLVD,  
SOUTH OGDEN

sponsored by  
**NORTHERN UTAH  
REHABILITATION HOSPITAL**



When:  
**Thursday March 26<sup>th</sup> at  
5PM**

**FREE TRAINING FOR  
CAREGIVERS**

TAUGHT BY PHYSICAL and  
OCCUPATIONAL THERAPISTS

Please RSVP to the number listed  
below.

**BECOME MORE  
CONFIDENT AND  
COMPETENT  
IN YOUR SKILLS AS A  
CAREGIVER**

TOPICS INCLUDE:

- SAFE TRANSFERS
- BED MOBILITY
- MOBILITY AND WALKING
- ASSISTIVE DEVICES
- FREE GAIT BELT INCLUDED

According to the CDC, 53% of caregivers report that a decline in their health negatively impacts their ability to provide care for their loved one.

**DON'T WAIT FOR AN INJURY TO OCCUR BEFORE YOU SEEK HELP**

For more information, please contact  
Tyler Smith, Director of Therapy  
801-475-2197

## 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!



## 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!!



## Medicare

**Medicare 101 Class**  
Free Medicare Information classes for those turning 65 or those that will be retiring soon.

**Classes:**  
(wed) Mar 11th @ 6:30-7:30  
- Centerville Library  
45 S 400 W, Centerville, UT 84014



### 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

## Educational Corner

### 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: COMING SOON!**  
To sign up, call Priscilla 801.525.5087

#### 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: COMING SOON!**  
Sign up Now!, 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:** Mar 11th, 18th, & 25th @ 1:30-4:00 pm --Davis County Health Dept 2nd Floor 22 S State Street, Clearfield, UT 84015

Email: [swafihospice@gmail.com](mailto:swafihospice@gmail.com) or call Amber 801-546-7417 OR Sheryl 801-525-5127.

## Spotlight!

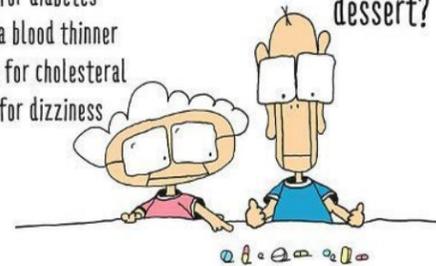
March is

### National Nutrition Month

To make eating healthily more interesting, some fun food facts:

- Banana plants are members of the herb family.
- Strawberries contain more vitamin C than oranges.
- Coffee beans are the seeds of the fruit of the coffee plant.
- One can of soda contains around 10 teaspoons of sugar.
- A hardboiled egg will spin but a soft-boiled one won't.
- A medium-sized potato is a similar size to a computer mouse.
- Only wash grapes just before you eat them as they keep better unwashed.

That pill is for your heart  
that one is for your eyes  
that one is for blood pressure  
That's for diabetes  
that's a blood thinner  
That is for cholesterol  
That's for dizziness



UNDER CARDIAC ARREST  
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Happy St. Patrick's Day