

In this issue:

Page 1

- Davis County Information
- Stay Safe with H2o

Page 2

- Online Medicare 101
- Davis County Online Schedule
- Meals On Wheels Grab-n-Go
- COVID-19 Hotline

Page 3

- Difficult Shopping?
- SHIP National Network
- Online Caregiver Support Group
- Spotlight!!

Page 4

- Community Support Groups
- Go Paperless?!
- DCHD Holiday Closures



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

Check it out!!

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

Sign up and Enjoy Today!!

Davis County Health Dept.

will be
Closed

For

July 3rd (Fri)

- observation for July 4



July 24th (Fri)



Happy Pioneer Day!

The Caregiver Telegram

JULY 2020

Stay Safe with H2o

Preventing dehydration is important because it can **cause serious health issues** and is a common cause of hospitalization in people over age 65.

Each person has different habits, preferences, and health conditions, so what's most important is to be creative and try different ideas until you find what works best. **It is also essential to check with their doctor if you have questions about how a creative technique could affect their health.**

For example, you wouldn't want to give sugary drinks to a diabetic, or high sodium drinks to someone with high blood pressure.

To make it easier to keep your older adult hydrated, here are 6 creative tips for seniors to drink more water.

6 ways for seniors to drink more water

- Remember that there are many **sources of fluids** like Tea, fruit juice, sweetened beverages, fruits and vegetables all contain water.

- **Keeping water close by at all times**, helps encourage them to drink water.
- **Experiment with beverages at different temperatures.** Experiment to find out which type they like better.
- **Try something savory**, something like hot soup broth. Just make sure to watch their salt intake. Consider low sodium broth or homemade broth.
- **Make popsicles.** Homemade popsicles made from fruit juice or a mix of juice and water are a great treat. Make sure you watch their sugar intake.
- **Offer smoothies, milkshakes, Ensure, sports drinks.** If they like the flavor or texture of these options, they may be more willing to drink them regularly. Just watch for high cholesterol with milkshakes.

Thank you Caregivers for all you do!

Visit: <https://dailycaring.com/6-ideas-to-get-seniors-to-drink-more-water/>

- **Alzheimer's Association Dementia Caregiver Support Groups- 801-265-1944**
-**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
Online: www.communityresourcefinder.org ...855-203-2730
- **Bereavement Support Group**
Bountiful- Russon Brothers Mortuary 295 N Main St, Bountiful, 2nd Wednesday @ 2 - 3 pm
Catie Smith 801-298-8983; Scott Russon 801-295-5505
- **NAMI Connection Support Group**, which helps those living with brain disorders/mental illness.
Weber or Davis Counties for locations and times -
Contact Diane Bailey 385-350-2930.
email: namiweberdavis@gmail.com
- **Parkinson's Support Group**
Clearfield- North Davis Senior Activity Center 42 S. State St., Clearfield, 1st Wednesday @ 5:30 pm
Dale George (801) 451-6238
- **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



Support Groups

ONLINE MEDICARE 101 CLASSES

Every 2nd Wednesday @ 2:00 pm & Every 4th Wednesday @ 6:00 pm

Are you turning 65 or preparing to retire? Let us help you navigate the Medicare Maze. Join us to get information on Medicare Eligibility, Enrollment Times, and Benefit Coverage options.

To Join or have question:
Call 801-525-5082

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!

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.

Lee's Marketplace: To order online visit: leemarketplace.com To order by phone call: (385) 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.

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

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.

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

July 2020		Davis County Virtual Class Schedule (more to come!!)		
Monday	Tuesday	Wednesday	Thursday	Friday
Alzheimer's & Dementia Online Courses https://training.alz.org At your convenience		1	2	3
6	2:30 pm - 7 Online Caregiver Support Group To Join- Call 801-525-5050 option 5	8 2:00 pm - Online Medicare 101 To Join- Call 801-525-5082	9	10
13	2:30 pm - 14 Online Caregiver Support Group To Join- Call 801-525-5050 option 5	15	16	17
20	2:30 pm - 21 Online Caregiver Support Group To Join- Call 801-525-5050 option 5	22 6:00 pm - Online Medicare 101 To Join- Call 801-525-5082	23	24
27	2:30 pm - 28 Online Caregiver Support Group To Join- Call 801-525-5050 option 5	29	30	31

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, call Davis County Senior Services at (801) 525-5050, option 5.

Spotlight!

JULY is

UV SAFETY AWARENESS MONTH

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Utah Coronavirus Information Line

Do you have questions about COVID-19? We are here to help. Please call.

1-800-456-7707

coronavirus.utah.gov

STAY CONNECTED.