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

Check it out!!

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

Sign up and Enjoy Today!!

Fathers Day!
June 21st (Sun)



HAPPY FATHER'S DAY

The Caregiver Telegram

JUNE 2020

Get Inspired About Your Health & Fitness!

By Tazia Venstra

I think it's safe to say that most people have found it difficult to put health and fitness at the forefront during such an already difficult time. Although that may be the case, it is important to keep moving and stay active despite these challenges. A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years. But getting active is not just about adding years to your life, it's about adding life to your years.

Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory.

Historically, to celebrate National Health & Fitness Day - on Wednesday, May 27th this year - more than 120,000 older adults have come together in more than 1,200 locations across the country to join local organizations and participate in

senior-related health and fitness events. Since in-person gatherings are not possible at this time, we are providing some inspiration to help you get back into the groove of things and meet your personal health goal(s)!!

Simply click on these FREE virtual physical activity resources below from the National Institute on Aging (NIA) as well as the National Center on Health, Physical Activity, and Disability (recommended by the Enhance Fitness Organization) and experience the benefits of movement!

Stay Healthy & Have fun!

National Institute on Aging Physical Activity Guide - www.nia.nih.gov/health/exercise-physical-activity

YouTube Video: National Center on Health, Physical Activity and Disability (NCHPAD): Exercising At Home - Strength & Cardio
www.youtube.com/watch?list=PLwMOBYmlSHaPIArTOC4JBZfeuU7LN7KVJ&v=eLCiKvN9Oag

YouTube Video: Tai Chi for Health to Improve Immunity and Reduce Stress - www.youtube.com/watch?v=xOj_KMpBlIk&list=PLMypbNPFKGgSxHqI65G6UrDlIblf493ih

Thank you Caregivers for all you do!

- **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

The Activities Jar

What's happenin' at an activity center near you....

North Davis Senior Activity Center
42 S State St, Clearfield UT 84015
801-525-5080



Central Davis Senior Activity Center
81 E Center St, Kaysville UT 84037
801-444-2290

South Davis Senior Activity Center
726 S 100 E, Bountiful UT 84010
801-451-3660



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!



FREE SHRED DAY!

June 12th, 2020
10am-1pm
South Davis Senior Activity Center
726 S. 100 E. Bntfl

Davis County Senior Medicare Patrol invites you to help fight fraud and reduce the threat of possible identity theft by properly disposing of sensitive documents. These items include:

- documents with personal information such as your social security number
- documents with personal information about your medical history
- documents with your credit card information or credit scores
- junk mail for credit card offers

PROTECT • DETECT • REPORT

Sponsored by:



Write by your side

Older adults have been impacted by COVID-19 in more ways than most. Those in long-term care facilities are at higher risk for more complications from COVID-19. To protect residents, facilities are limiting the people that are allowed in. Residents were already at higher risk for social isolation. The lock-down in response to the pandemic has only increased the isolation that these residents face.

Tom Zdunich and Tristan Tolman launched Write By Your Side to help residents to feel a little more connected. Volunteers are asked to write letters to residents of nursing homes and assisted living facilities. The letters are emailed to facilities to eliminate any potential outside germs. These letters help uplift and remind residents that they are not alone.

More information can be found at writebyyourside.net. If you would like more information feel free to contact Jackie Smith (801)525-5094 or email jmsmith@co.davis.ut.us



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

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.

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.

LEE'S MARKETPLACE
To order online visit: leesmarketplace.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.

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

STAY CONNECTED.



CLASSES ARE COMPLETELY ONLINE

EVERY TUESDAY @ 2:30 PM

ONLINE DAVIS COUNTY CAREGIVER SUPPORT GROUP

Davis County Health Department

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!



June is

Elder Abuse Month!!

June 15th

Enjoy the Elder Abuse Coloring Page insert!

First day of **Summer** June 21st!

