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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!!

Davis County Health Dept  
**Closed**  
On  
May 25th (Mon)



**The Caregiver Telegram** **MAY 2020**

**The need to keep you and your home safe ... still!**

**COVID-19**

While there isn't a cure yet and we have gone a step up to **Moderate Risk**, there are some things you can still do to help protect yourself and your family.

The CDC's cleanest recommendation for keeping yourself safe is to frequently wash your hands thoroughly for 20 seconds and to not to touch your face. Wear a mask when have to go out into public like seeing the doctor. (See prevention website)

Also, avoid public spaces, crowds and large gatherings, and stay away from people who appear ill.

At home, cleaning and disinfecting surfaces help prevent the spread of disease. (See disinfecting-your-home website)

In general, the best prevention for this virus is the same as preventing a cold or flu, and that's good hygiene. But there are a few additional things to keep in mind. We can come into contact with many re-contamination opportunities throughout the day that we might not think about.

For example, did you know that leaving your hands wet after washing them can breed

viruses and bacteria faster than if you dry them with a paper towel? And that using an air dryer can blow airborne contaminants back onto your clean hands?

Also, think about what you spend more time touching every day than anything else.

That's right, even your smartphone can harbor disease, and if you've touched a contaminated surface, it's easy to transfer those viruses and bacteria to your phone, where they can live for hours or days.

Luckily, disinfectant wipes for smartphones and other devices can make sure your phone stays clean.

But most of all, **Stay Connected** with family and friends any way you can wheather by email, texting, facetime, or any other social media possible. Stay Safe! Stay Home! Stay Moving! Stay Connected!

Please Visit:  
<https://dailycaring.com/senior-care-during-the-coronavirus-pandemic/>  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

*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](http://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





I CAN PREPARE  
**MYSELF**  
TO BE A FAMILY  
**CAREGIVER**

WHAT WILL YOU LEARN?

JOIN THE AARP WEBINAR:  
**PREPARE TO CARE:**

**UNDERSTANDING THE COST OF  
CAREGIVING**

**Thurs, May 14, 2020  
7pm ET, 7pm PT**

Link:

<https://onlinexperiences.com/Server.nxp?LA SCmd=AI:4;F:APIUTILS!51004&PageID=D1 50A497-EB37-4C70-A179-46BE2C5C8CA6 &AffiliateData=Email0420>

**STAY  
CONNECTED.**



## 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

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



# 7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.



**1. Stationary March with Arm Swing/Seated March**

### Strength Exercises



**2. Sit to Stand**



**3. Standing Hip Extension**

### Balance Exercises



**4. Side Leg Raise**



**5. Single Leg Stand**

### Flexibility Exercise



**6. Triceps Stretch**



**7. Standing Quadriceps Stretch**

**SPRING  
showers  
BRING MAY  
FLOWERS**

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](http://leesmarketplace.com)  
To order by phone call:  
(885) 322-5337

**BOWMAN'S MARKET**  
To order by phone call  
CONNECT TCM:  
(801) 820-0085  
or email your shopping list to:  
[CONNECT@connecttcm.org](mailto: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](http://smithsfoodanddrug.com)  
Phone ordering not available at this time.



**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:



**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



**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 or to enroll, call Davis County Senior Services at (801) 525-5050, option 5. Visit: [daviscountyutah.gov/caregiversupportgroup](http://daviscountyutah.gov/caregiversupportgroup)

**Spotlight!**

**OLDER AMERICANS MONTH**  
MAKE YOUR MARK: MAY 2020

**May is Older Americans Month!!**

We are pleased to announce the 2020 theme:  
**Make Your Mark.**

ACL selected this theme to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

**Spring**

