Caregiver educational class series continues

Davis County Health Department’s Family Caregiver Support Program continues with the remainder of its twelve-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public and are offered each week on Thursdays at the Autumn Glow Senior Activity Center in Kaysville (81 E. Center St., Kaysville) from noon until 1 p.m. A complimentary lunch will be provided at all of the classes but attendees must RSVP to Megan Forbush at (801) 451-3506 each week on Mondays by noon to receive a lunch. If you want to attend the class but do NOT want a meal, no reservation is required. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as priorities of care, identity theft, recognizing the signs of dementia, bridging the gap, mental illness in the elderly, legal issues for seniors, nutrition for seniors, and how to overcome worrying.

For more information, please contact Megan Forbush at (801) 451-3506.

Davis County Senior Services thanks the following agencies for sponsoring these classes:

- Autumn Glow Senior Activity Center
- Applegate Home Care and Hospice
- Rocky Mountain Home Care
- Caregiver Support Network
- Arbor ResCare
- Do It For You
- The ElderCare Law Firm

Class Schedule:

- March 4: “Priorities of Care.” Chris Pace and Madeline McDonald – Rocky Mountain Care
- March 11: “Identity Theft.” Marcia Parusi and Jennifer Nackowski – Applegate Home Care and Hospice
- March 18: “Recognizing the Signs of Dementia.” Alex Bishop – Caregiver Support Network
- March 25: “Bridging the Gap.” Elizabeth Squires – Arbor ResCare
- April 1: “Mental Illness in the Elderly.” Kim Cannon – Davis County Senior Services
- April 15: “Nutrition for Seniors.” Bonnie Athas – Davis County Senior Services
- April 22: “How to Overcome Worrying.” Richard Smart – Do It For You

This is the second article of a two-part series on being prepared for disasters. To quickly review, last month we looked at the three main elements of personal preparedness: (1) Get a kit, (2) Make a plan, and (3) Be informed.

When we hear the word “disaster” it usually brings thoughts of major incidents, such as earthquakes, huge brush fires, severe storms, and so on. But did you know that a much smaller scale emergency, like a house or apartment fire, is also a disaster for those affected? Another example might be a localized winter storm that may not affect a very large area, but still makes it impossible for those in the area to travel to get medical care or buy groceries and medications. Or what about a traffic collision in your neighborhood that involves the need for emergency evacuation due to spilled chemicals? Clearly, “disaster” can take many forms.

Plan ahead

Once disaster strikes, it is too late to prepare. Prepare now for a sudden emergency. By planning ahead you can avoid waiting in long lines for critical supplies such as food, water, and medicine. Remember to review your plan regularly.

Use the following checklist to get started:

- Plan for transportation if you need to evacuate to a Red Cross shelter.
- Plan for the care of your pets. Pets are not allowed in Red Cross shelters unless they are service animals. Locate animal shelters, family, friends, etc., that could house your pets safely if you have to go to a shelter.
- Find the safe spots in your home for each type of emergency.
- Have a plan to signal the need for help.
- Post emergency phone numbers near the phone.
- If you have home health care service, plan ahead with your agency for emergency procedures.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Be sure they will be able to reach you.
- Label any equipment, such as wheelchairs, canes or walkers that you would need.
- Consider registering with the Utah Special Needs Registry if you or a family member has special needs such as:
  - Continuous oxygen
  - Life sustaining medications, such as insulin or heart medicine, or life-sustaining equipment such as an IV pump or a ventilator
  - Mobility impairments and cannot self-evacuate
  - A service animal (guide dog, assistance animal, etc.)
  - Vision, hearing, speech, or cognitive impairments

The registry helps emergency planners prioritize where resources are needed in an emergency. Go to www.specialneedsutah.org to register online, or call 2-1-1 to register by phone. Registration is not required, but it is free and could be very helpful. Remember that being on the registry does not guarantee that help will be able to arrive right away, so you must still be prepared to meet your own needs until help can arrive.

See “Be prepared” on Page S2
Plan for your medical needs:
• First-aid kit
• Prescription medicines, list of medications including dosage, and a list of any allergies
• Extra eyeglasses and hearing aid batteries (don’t forget the hearing aid)
• Extra wheelchair batteries, oxygen
• Wear appropriate clothing and sturdy shoes
• Take your Disaster Supplies Kit
• Lock your home
• Use travel routes specified or special assistance provided by local officials.
• Don’t take any short cuts; they may be unsafe
• Notify shelter authorities of any special needs you may have. They will do their best to accommodate you and make your comfortable.


If disaster strikes:
• Remain calm and patient. Put your plan into action
• Check for injuries
• Listen to your battery-powered radio for news and instructions
• Evacuate, if advised to do so. Wear protective clothing and sturdy shoes
• Use flashlights – do not light matches or turn on electrical switches, if you suspect damage
• Check for fires, fire hazards, and other household hazards
• Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly

Be prepared to go to a shelter if:
• Your area is without electrical power
• There is a chemical emergency affecting your area
• Flood water is rising
• Your home has been severely damaged
• Police and other local officials tell you to evacuate

If you need to evacuate:
• Confine or secure your pets.
Davis County volunteers help citizens; save money

The Davis County Commissioners praised the unselfish work performed by hundreds of volunteers who routinely help fellow citizens while serving in numerous unpaid roles throughout Davis County Government. During the Commission Meeting on Feb. 23, several county elected officials and department heads told the three Commissioners how extremely valuable the volunteers are when it comes to extending the services provided by county government.

According to the Davis County Health Department director, Lewis Garrett, “We could not begin to serve our senior citizen population with the services they need and deserve without the creativity, talent, and can-do attitude of our many volunteers.” The health department has 279 volunteers specifically helping seniors in various capacities and another 622 volunteers performing important functions in other areas.

Chris Sanford, director of the Davis County Library, said, “Without our volunteers, many services that our citizens expect in a timely and professional manner just wouldn’t be possible. We’ve come to rely on these individuals as an integral part of our team.” 116 volunteers provide 6,494 hours of work per year throughout the county’s seven libraries.

Commission Chair, John Petroff, Jr., agreed. “Davis County Government strives to provide county-level services to our residents in an efficient and friendly manner. We’re able to do this only because we have a vast cadre of willing volunteers able to assist in a variety of roles, both publicly and behind the scenes.” The county’s 1,426 total number of volunteers provided approximately 81,651 hours of work since the beginning of 2009, Petroff said.

“Not only do these volunteers help us make our county run smoother,” said Commissioner Louenda Downs, “they provide a virtual tax break for all of us. Even if we conservatively figured the volunteers’ time using only the minimum wage of $7.25, the county saves approximately $591,970 in a year.” She estimates that county government would cost an estimated $1,366,838 more every year if each volunteer was paid $16.74 per hour – equal to the Utah rate used by organizations such as VISTA and AmeriCorps to calculate the financial value of a volunteer’s hours. “We truly appreciate our volunteers willingness to help their fellow citizens where needed.”

Commissioner Bret Millburn realizes both the monetary savings provided as well as the benefits that county citizens reap from having a trained and enthusiastic volunteer workforce. “We couldn’t do many of the things that Davis County Government does every day without our staff of volunteers helping others – all without receiving a wage for their considerable time and effort.” Millburn highlighted one critical example. “A majority of the county’s Senior Activity Centers’ programs and activities run extremely well because of our concerned and caring volunteers,” Millburn said.

On behalf of the Davis County Commission, Commissioner Petroff asked the assembled county elected officials and department heads to personally thank as many volunteers as possible within their agencies. “Our county is very fortunate to have these good people volunteering their personal time to assist others in a variety of functions. Please pass on our ‘thanks’ and heartfelt appreciation for sharing their talents with the county’s citizens,” Petroff said.

Individuals wanting to find out more about volunteering with Davis County Government should contact the county’s Office of Personnel at (801) 451-3415.

Dinner, dessert, dancing,....Delightful!

Following dinner, dessert and a floor show, many diners watched as others filled the dance floor while enjoying the Big Band Music of Davis High School’s Moonlight Orchestra at last year’s sold-out Senior Gala. Davis County Health Department’s Senior Services sponsors its third annual Senior Gala Dinner-Dance on Wednesday evening, April 14. Tickets are available for seniors (and “senior supporters”) at the local senior activity centers and at the Health Department Annex in Farmington.

Breakfast For Your Brain program to be scheduled

By Jessica Hardcastle, DCHD

Just as breakfast is important for your body, mind stimulation is important for your brain health. That’s why Davis County Health Department’s Senior Services is offering a 20 session program called Breakfast For Your Brain. Each senior activity center will be holding the sessions at their location.

The goal of this program is to realize the many benefits of consistent mental exercise combined with a commitment for physical activity and good nutrition. Some of the areas that will be covered include: nutrition, how your brain works, humor, using visuals to stimulate, left/right brain activities, reminiscing exercises, word games, and memory building exercises.

Breakfast is the most important meal of the day; this program could be the most important exercise for your brain. Come and find out. For more information and scheduled dates, call your local senior activity center.
**New Prescription Assistance Program begins in Davis County**

By Joann Berzett
DCHD Case Manager

A new Prescription Assistance Program is being offered by the Davis County Health Department’s Senior Services. It is available to serve all age groups. You may find yourself having to choose between buying your much needed medication or paying for other necessities. You shouldn’t have to choose.

We want to be your ‘one stop’ link to medication assistance help. While we seek out longer term solutions for you, we offer help in many areas including:

- Locating the best pharmaceutical programs that offer free or low cost medication
- Assisting in filling out applications
- Providing information on applying for Medicaid and other state run assistance programs where available
- Providing information on low cost or free clinics and their locations and services
- Finding pharmacies that offer medication at low cost
- Locating drug discount cards
- Communicating with your physician about alternatives to your current medication
- Requesting samples, if available

Prescription assistance is offered by major drugs companies in an effort to help people obtain much needed medication at no cost or low cost to consumers. Anyone is eligible to follow the required methods to ask for help from the drug manufacturers. Some people may find this whole process either time-consuming, tedious, repetitive, or confusing.

Davis County Health Department’s Senior Services staff put together a prescription assistance program to assist you in assessing your needs and locating the companies that provide prescription assistance for those drugs. The goal is for this to be a one stop service area helping you fill out applications and following up with required paperwork and repeated refill requests in a timely and secure manner.

For questions regarding this program (such as what is required of you, cost of services, how long will this take, etc.), please call Joann Berzett at (801) 451-3433.

---

**SHrED the FAcTs**

By Linda Freer, DCHD

The Utah State Health Insurance Program (SHIP), the Senior Medicare Patrol, and Adult Protective Services (APS) are holding events in Davis County to highlight changes to the Medicare Supplement market. Medicare Supplement plans E, F, I and J will no longer be sold and new plans M and N are available to purchase starting June 1, 2010.

To help educate seniors about the changes, these organizations are teaming up with Davis County Health Department’s Senior Services to hold two “community shred” events. Seniors can take advantage of either opportunity to protect their privacy by bulk shredding any unneeded personal documents and to learn about the changes in Medigap plans, services provided by APS, and other interesting topics.

Davis County’s “SHrED the FAcTs” events will be held at two senior activity centers:

- Wednesday, March 31 Golden Years Senior Activity Center 726 South 100 East, Bountiful
- APS education or distribution of materials – 10 a.m.-2 p.m.
- Bulk Shredding open to general public – 12:30-2 p.m.

Schedule of events at either center:

- Senior Shred 10-11 a.m.
- Medigap Education (during senior activity center lunch at 11:30 a.m.)
- APS education or distribution of materials – 10 a.m.-2 p.m.
- Medigap plans, services and program to assist you in
- Medigap Education (during senior activity center lunch at 11:30 a.m.)
- APS education or distribution of materials – 10 a.m.-2 p.m.
- Bulk Shredding open to general public – 12:30-2 p.m.

These events are not just for seniors. People who would like to join the senior activity centers for lunch the day of the events need to make a reservation by calling the center 2 days beforehand. There is a suggested donation of $2.50 for lunch for people 60 years of age or above while lunch is $4.50 for anyone under 60 years of age.

---

**Free tax appointments available**

An AARP Tax Aide volunteer provides free tax filing assistance. Each local senior activity center in Davis County has tax aide volunteers helping seniors file their federal and state taxes through early April. Call a center to get an appointment.

---

**Happy 65th Birthday!**

If you’re almost there~~

it’s time for Medicare!

**Congratulations**

When you turn 64-3/4, you can apply for Medicare.

(you will become eligible the first day of your birth month)

Davis County Senior Services can help you understand:

- Medicare Parts A & B
- Medigap/Supplemental Plans
- Medicare Advantage Plans
- Medicare Part D (for prescriptions)
- and more –

For information or questions please contact: Linda Freer 801-451-3533

---

---

**PRIZES GALORE!**

There will be valuable prizes given away every hour throughout the two-day event.