Myths and facts about older workers

National Council on Aging

The Department of Labor estimates that by 2014, 41 percent of Americans age 55 and older will be employed, making up over 21 percent of the U.S. labor force.

Here we set the record straight about common myths related to older workers and their contributions to the workforce.

Myth: The economic downturn hasn’t hurt older workers that much compared to other age groups.

Fact: The economic downturn that began in 2008 affected older workers’ savings as well as their employment prospects.

In 2012, over 3.5 million Americans – about 1 in 10 Americans age 55 and older who had yet to retire – were either working part-time instead of full-time because of economic reasons, were unemployed and actively looking for employment, or had stopped looking for employment due to discouragement.

Moreover, older workers tend to experience longer unemployment than their younger counterparts. In 2012, adults age 55-64, on average, were unemployed for 54.6 weeks, compared to 36.4 weeks for workers age 25-34. The lack of jobs for those older Americans cost the nation some $245 billion in lost output, according to the Bureau of Labor Statistics.

Myth: Older adults only stay in the workforce because they need the money.

Fact: The 2013 United States of Aging survey from NCOA, UnitedHealthcare, and USA Today found that older adults age 60+ choose to remain in the workforce for many reasons, but the

Medicare open enrollment starts Oct. 15

Medicare subscribers can make any desired changes once a year to their coverage. You are urged to finalize any changes by early December to help ensure they’re in place by Jan. 1, 2014. This includes participants in Medicare Advantage, prescription drug and Medigap/Supplemental plans.

As costs and covered services may change, seniors are also advised to review their Advantage Plans and Part D, prescription drug coverage. Seniors should have received information on changes for these plans by late September.

Davis County Senior Services Medicare counselors will be available during open enrollment by appointment only at four locations. Call:

Autumn Glow Senior Activity Center – 81 E. Center, Kaysville, 801-544-1235, Tuesdays, Oct. 15-Dec. 3

North Davis Senior Activity Center – 62 S. State, Clearfield, 801-525-5080, Wednesdays, Oct. 16-Dec. 4.

Golden Years Senior Activity Center – 726 South 100 East, Bountiful, 801-295-3479, Thursdays, Oct. 17-Dec. 5 (except Halloween Day on Oct. 31 and Thanksgiving Day on Nov. 28).

Davis County Health Department – 22 S. State Street, Clearfield, 801-525-5050, Mondays–Fridays 8
October

6  
7  AG – Meal Planning for One 11:30  
GY – Soft Aerobics 8:30  
ND – Foot Massage 1
8  AG – SDHHH Presentation 11:30  
GY – Arterial Health & Wellness Class 12:30  
ND – Ritch Music 11:30
9  AG – Comfort Keepers 11:30  
GY – Senior Tap 8:15  
Blood Pressure 10
ND – Texas Hold ’Em 12
10  AG – **Attorney Available  
T’ai Chi 2:30  
GY – Strength Training 10:30  
ND – Senior Charm 11:30
11  AG – Tapping Grannies 11:30  
GY – Old Time Combo Band 10:30  
ND – HCNU Presentation 11:30

13  AG – Medicare Presentation 11:30  
GY – Senior Tap 8:15  
Yoga 10  
ND – Foot Massages 1
14  AG – Osteoarthritis of the Knee 11:30  
GY – Alzheimer’s Support Group 3:30  
ND – Blood Pressure 10:30
15  AG – Harrison Regent 11:30  
GY – Single’s Social 11  
ND – Art 9  
Do-It-Yourself Family History 3
16  AG – **AARP Driving Class 9:30  
GY – Lapidary 8 Caregiver Class 11:30  
ND – Foot Doctor 9
17  AG – Tai Chi 9:45  
Games 10  
GY – **Trip to Gardner Village  
ND – Arthritis Exercises 9
18  AG – Choir Practice 10:15  
GY – Soft Aerobics 8:30  
ND – Halloween SCREAM 10:30  
Friday Night Dance 79
19  **AG, GD, ND  
Oct. Birthday Party  
AG – Lapidary 8  
GY – Stained Glass 9  
ND – Texas Hold ’Em 12

20  AG – Word Puzzle Solve 11:30  
GY – Arthritis Exercises 12:30  
ND – Edward Jones 11:30
21  AG – Doodle Art Class 10  
GY – Sit n’ Fit 8:30  
Book Club 12:30  
ND – Lapidary 8 Quilters 10  
Line Dancing 1
22  AG – Grand Families Program 11:30  
GY – Birch Creek Respite 1-4  
ND – Ask-A-Nurse 11:30
23  AG – Tai Chi 9:45  
Games 10  
GY – **Trip to Gardner Village  
ND – Arthritis Exercises 9
24  AG – Autumn Glow  
81 East Center Street  
Kaysville, UT 84037
GY – Golden Years  
(801) 544-1235  
726 South 100 East  
Bountiful, UT 84010
ND – North Davis  
(801) 295-5080  
42 South State Street  
Clearfield, UT 84015

27  AG – Tai Chi 9:45  
Square Dancing 12:30  
GY – Lapidary 8  
T’ai Chi 10:30  
ND – **AARP Driving Class 10
28  AG – Medicare Enrollment Presentation 11:30  
GY – Line Dancing 10  
ND – Knee Doctor 11:30
29  AG – Lifetime Fitness 9  
Halloween Bingo 12  
GY – Halloween SCREAM 11  
ND – Knit & Crochet 12:15
30  Nov. 1  
AG – Halloween SCREAM 11  
GY – Line Dancing 9:30  
ND – Arthritis Exercise 9
31  AG – North Davis  
801-989-1602

Photo by Jessica Hardcastle, Davis County Health Dept.

A howlin’ good time
SYDNEY COOK and RICHARD KENDALL had a boo-tiful time during a previous year’s Halloween event at their local senior activity center. This year promises to be just as spooktacular. Each center is doing something different, so check the events calendar or call your local senior activity center for dates, times, and more details.

Riley Court Apartments
“Life Is Easier Here”
Independent Senior Community (age 55+)

Available:
• Studios  
• One Bedroom  
• Two Bedroom/Two Bath Suites  
• Executive Suite

Features:
• On Site Maintenance  
• On Site Beauty Salon  
• Great Room with Large Patio and Barbecue  
• Large Community Garden  
• Social Events Throughout the Month

rileycourt.com  
517 S. 100 E., Bountiful, UT 84010

Photo by Monica Ferre, Davis County Health Dept.

Monthly evening dances begin for 18+ crowd
EVERY THIRD FRIDAY OF the month from 7 to 9 p.m., there will be a free community dance at the North Davis Senior Activity Center, 42 South State, Clearfield. All those 18 and older are invited. There will be light refreshments and a variety of dance music. For more information call 801-525-5080.

Educational classes for caregivers continue
Davis County Health Department’s free weekly Family Caregiver Support classes end Tuesday, Nov. 5 at Legacy Village Assisted Living Center, 1201 N. Fairfield Road, Layton, at noon, or Thursday, Nov. 7, 11:30 a.m. at the Golden Years Senior Activity Center, 726 S. 100 East Bountiful. The class is for those caring for family members who are older or frail. An RSVP is needed by Monday at noon to eat. Anyone may attend the class without an RSVP. For more information about class topics or to RSVP for lunch, call Megan Forbush at (801) 525-5088.

Photo by Linda Freer, Davis County Health Dept.

MONSTER MASH Halloween Carnival
October 29th  
4:30 pm – 6:30 pm
LEGACY HOUSE
801.294.2925

Photo by Brian Sorensen, Davis County Health Dept.

GAMES
SPOOK ALLEY FOOD

LEGACY HOUSE
801.294.2925

Legacy House of Bountiful  
79 East Center Street • Bountiful, Utah 84010

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Open tech lab moves to Fridays at center

NEED HELP FIGURING OUT your computer or electronic devices in this ever-changing world? North Davis Senior Activity Center, 42 S. State Street, Clearfield, hosts a chance for 60-year-olds and older to bring in electronic devices such as iPads, laptops, cell phones, etc., on Fridays at 4 p.m. for a free open technology lab. Josh Pulsipher will answer questions and help with e-mail, Twitter, and Facebook accounts. He’ll assist seniors to download applications (apps) and as well as show many ways to use those technological gadgets. All senior citizens in the county are invited. Call Ann Workman at 801-525-5167 or 801-525-5093 for more information.

Medicare

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a.m.-5 p.m.

Clients need to bring along their Medicare cards, all of the information pertaining to their prescription medications including name, dosage and times per day, any award letter from Medicare, Medicaid, or Social Security that explains they are entitled to extra help in paying for their medications.

Flu

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complications. For example, the influenza virus can cause worsening of chronic conditions and can lead to death. Each year in the United States, nine of 10 flu-related deaths and more than six of 10 flu-related hospital stays occur in people 65 years of age and older.

The flu can worsen other health problems. It is especially dangerous for people with certain conditions that commonly affect older adults, including heart disease, lung disease, diabetes and cancer. People with these conditions are more likely to develop complications from the flu that can result in hospitalization and even death.

Vaccination is highly recommended as a precaution. According to the Centers for Disease Control and Prevention, the single best way to prevent the flu is to get an annual vaccination, which is recommended for everyone 6 months of age and older. Despite these recommendations, immunization rates among adults 65 and older are lower than necessary mostly because older adults don’t think they need a flu shot. Getting a shot yearly is recommended to protect seniors and those around them.

There is a specifically designed vaccine for adults 65 and older. In addition to the traditional flu vaccine (which helps protect against three strains of the flu virus), there is also a quadrivalent vaccine (which helps protect against four strains), and a higher dose vaccine. By improving antibody production in older patients, the higher dose vaccine can provide a stronger immune response to flu than traditional vaccines, the National Council on Aging said.

These vaccine options are widely available at a doctor’s office, pharmacies or the Davis County Health Department. An annual flu shot is a Medicare Part B benefit. The vaccine is covered with no copay for Medicare beneficiaries 65 years of age and older.

Flu vaccines are available from the Davis County Health Department’s Bountiful/Woods Cross Clinic, open Tuesdays and Thursdays, 1-4:30 p.m., at 596 W 750 South, call 801-298-3919 or the Clearfield clinic, open 8-11:45 a.m. and 1-4:30 p.m. weekdays at 22 S. State, call 801-525-5020.

Myths

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biggest is to stay active and productive (60%). Two-thirds of survey respondents said they enjoyed their work, 62% stated that they needed the money, and more than half said that working gave them a sense of purpose and allowed them to stay connected to other people.

Myth: Older workers have high turnover rates.

Fact: Older workers are less likely to jump from job to job compared to younger workers, and their reduced turnover also may help to lower employers’ expenses. A Retention Survey from the American Psychological Association found that older workers were more likely than any other age group to say they intended to remain in their current jobs because they enjoyed their work and the job offered a good work-life balance.

Myth: There aren’t a lot of opportunities available for older workers who’ve lost their jobs and don’t have updated skills/training.

Fact: There are many opportunities for older adults who seek to update their skills and training. The Senior Community Service Employment Program (SCSEP) provides on-the-job skills training to individuals aged 55 and older with limited financial resources. Since its inception, SCSEP has helped over one million older Americans enter the workforce. Last year alone, NCOAs SCSEP offices provided job training and assistance to over 4,300 older adults, who contributed 2.4 million hours of service in community nonprofits. NCOAs JobSource is an online tool that can help older workers define their skills, seek training, and search for jobs. Visit the tool at benefitscheckup.org/jobsource.

Learn about everything Medicare has to offer?

MEDICARE 101 Classes

Golden Years Senior Activity Center

726 South 100 East, Bountiful

Thursday, Oct. 3rd

6:30 pm - 7:30 pm

For more information call Marie at 801-525-5086

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Davis County Senior Services