Senior Services offers
caregiver classes in July

Davis County Senior Services is offering caregiver classes for individuals who have older and/or frail family members that are older and/or frail. Classes will be offered at two different locations throughout July 2017. On Tuesdays, classes will be held at Fairview Village (1201 N. Fairfield Rd., Clearfield), noon-1 p.m. On Thursdays, classes are at Golden Years Senior Activity Center (726 S. 100 E., Bountiful), noon-1 p.m. A light lunch will be provided at the classes but attendees must RSVP to the classes.

Get answers about Medicare at free classes

Davis County Health Department’s Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

To register or for more information about the Medicare classes, contact, Marie Jorgensen at 801-525-5082.

Beware of scams as new Medicare cards are issued

The Centers for Medicare and Medicaid Services will be issuing Medicare cards that do not have their Social Security numbers on them. This new card will have a new identification number and letters to help prevent identity theft. These new cards will be mailed out starting in April of 2018. It will take time to get all the new cards out because of the number of people with Medicare. The cards can be changed out by the end of April 2018.

There have been scams involving the new cards. One scam involves the marketing calling and saying that they need to verify the beneficiary’s Medicare number before they can mail out the new card. THIS IS FALSE! The new cards will be mailed out automatically.

Another scam involves someone claiming that the beneficiary needs to pay a fee before the card can be mailed. THIS IS FALSE! The new cards will be mailed out free of charge.

If you have any questions regarding the new Medicare cards, call the Davis County Senior Health Program at 801-525-5082.

Myths and facts about Medicare

• The Social Security number will be removed from your Medicare card.
• The new Medicare card will contain other identifying information such as your date of birth, gender, and an encrypted identifier.
• The new Medicare card will be mailed out automatically.
• The new Medicare card will be mailed out starting in April 2018.
• There will be no charge for the new Medicare cards.
• The new Medicare card will be mailed out by the end of April 2018.

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You can help prevent elder abuse

David County RSVP is seeking volunteers aged 55 or above who can provide the awareness to this growing issue through the distribution of reliable, user-friendly resource pamphlets in the community and help educate the community on elder abuse. The schedule is flexible and training will be provided. To be a volunteer, please contact Davis RSVP at 801-530-5094.

With the summer temperatures rising, protect yourself from the heat. A few helpful suggestions are to stock plenty of water, stay in cool places during the hottest part of the day (10 a.m. to 4 p.m.), and seek shade if you must be outside.

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
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<tbody>
<tr>
<td>Jul 17</td>
<td>Lifeline Blood Pressure 10:30-11 a.m.</td>
<td>Davis County RSVP</td>
<td>Clearfield, UT</td>
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**Notes:** All activities are subject to change. Please call the Davis County RSVP at 801-525-5094 for more information.

Senior Center Activities

- **AG – Arthritis Exercise 9:30**
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- **AG – Lapidary Class 11:30 a.m.**
- **AG – LifeLine Blood Pressure 10:30 a.m.**
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