



## SENIOR SERVICES FEBRUARY 2024 NEWSLETTER



### 'Reclaim your rhythm' during American Heart Month in February

*(Taken in part from an article Written by American Heart Association editorial staff and reviewed by science and medicine advisors)*

February is American Heart Month, a time to pay special attention to understanding, preventing and treating heart disease – the leading cause of death in the nation.

Over 874,000 Americans died of cardiovascular disease in 2019, according to the American Heart Association's "Heart Disease and Stroke Statistics

This February, is American Heart Month, the AHA is urging people all over the country to "reclaim your rhythm."

What does that mean? Quite simply, the AHA is encouraging people to reclaim control of their mental and physical well-being after two difficult years of the COVID-19 pandemic.

For American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

Here are just a few examples of how you can reclaim your health:

- **Doing at least 150 minutes** of moderate-intensity physical activity a week (or, just getting started and working your way there!)
- **Eating healthy** (the AHA's Heart-Check mark can guide you in the grocery store)
- **Not smoking or vaping**
- **Maintaining** a healthy weight
- **Controlling blood sugar**, cholesterol and blood pressure
- **Getting regular checkups**
- **Finding ways to relax** and ease your mind, such as meditation

Taking care of your heart is also good for your brain. (Continue pg. 2)

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Many of the risk factors for heart disease, including high blood pressure, diabetes and obesity, are also related to brain diseases such as stroke, Alzheimer's disease and other dementias, experts note.

Heart disease had remained the leading health threat during the pandemic, and more people reported lower physical and emotional wellness. Many people had delayed or avoided seeking medical care. Unhealthy use of alcohol and other substances has been on the rise.

All these things can increase the risk of heart disease.

For nearly a century, the AHA has worked to encourage people to live healthier and longer, free of heart disease and stroke.

The first American Heart Month didn't come until 1964.

President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation for American Heart Month in 1964 to spotlight heart disease. Since then, U.S. presidents have annually declared the federally designated event for February.

The first Friday of American Heart Month, Feb. 4, is also National Wear Red Day as part of the AHA's Go Red for Women initiative.

Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support the fight against heart disease – the No. 1 killer of women, causing 1 in 3 deaths. That's more than all forms of cancer combined.

## National Heart Health Month

E	H	A	R	T	E	R	I	E	S	D	E	E	S
K	S	L	O	R	E	T	S	E	L	O	H	C	H
S	E	F	E	R	U	S	S	E	R	P	K	T	C
I	G	N	I	K	O	M	S	R	O	T	C	A	F
R	W	A	L	K	I	N	G	A	F	O	O	D	S
S	O	R	H	A	F	O	O	H	S	O	C	B	R
H	I	B	C	E	H	R	L	F	A	L	O	L	N
K	C	A	T	T	A	S	U	C	E	K	N	O	P
P	Y	U	F	G	H	R	I	I	T	S	T	O	L
C	L	O	G	S	R	L	T	F	T	S	R	D	A
E	N	H	I	G	H	A	D	C	O	S	O	T	Q
F	I	B	E	R	T	E	I	D	U	O	L	U	U
R	H	U	M	A	N	A	R	N	K	E	R	I	E
A	E	I	Y	E	K	O	R	T	S	T	O	L	C

CLOGS  
FRUITS  
GRAINS  
PRESSURE  
SEEDS  
HIGH  
FACTORS  
FIBER  
STROKE  
CHOLESTEROL  
ATTACK  
CONTROL  
ARTERIES  
FISH  
HEART  
RISK  
FOODS  
WALKING  
HUMANA  
BLOOD  
DIET  
PLAQUE  
SMOKING  
CLOTS

# North Davis Senior Activities Center

## Monthly Activities

Senior  
**HEALTH**  
and Community  
Resource

**FAIR**

**Thursday  
February 8th**

42 S State St,  
Clearfield  
11:00am - 3:00 pm



Get Free Screenings &  
Information

- Transportation
- In-Home Aging Services
- Pain Management
- Diabetes Prevention
- Food Resources
- Vaccinations
- and more.....



**CHINESE  
NEW YEAR  
Party**

**Friday  
Feb 9th  
at 11:30 a.m.  
Games,  
Food, and  
Fun!**



**Parkinson's Support Group  
February 7th 6:00pm to 7:00 pm**

**Dementia Caregiver Support  
February 7th 3:00pm to 4:00 pm**

**Music and Memories  
February 8th at 10:30 am**

**Lunch Bunch Trip to Beez Cafe  
February 21st at 11:15 am**

**Bonsai Plant  
Workshop - Weekly  
Mon - Thurs 12:30 to 2:30 pm**

**Shopping at Wal-Mart  
February 16th at 12:30pm**

## Daily Activities

### **Mondays**

9:00 am Quilters  
9:30 am EnhanceFitness  
10:30 am Bingocize  
12:30 pm Texas Hold'Em Poker  
12:30 pm Bingo

### **Tuesdays**

9:00 am Lapidary  
10:30 am Tai Chi II  
10:30 am Fun and Games  
12:30 pm Pinochle  
1:00 pm Line Dancing

### **Wednesdays**

9:00 am Lapidary  
9:00 am Quilters  
9:30 am EnhanceFitness  
10:00 am Technology Lab by appt.  
10:30 am Bingocize  
12:30 pm Hand & Foot Cards  
12:30 pm Texas Hold'Em Poker  
2:00 pm Multi-Cultural Dancing

### **Thursdays**

9:00 am Lapidary  
9:30 am EnhanceFitness  
10:30 am Fun and Games  
12:15 pm Theater Thursday  
12:30 pm Pinochle

### **Fridays**

10:00 am Bingo  
12:30 pm Pinochle  
12:30 pm Texas Hold'Em Poker

**Available All Day/Everyday:  
Pool table, computers, treadmill,  
recumbent bike, library, videos,  
and puzzles!**

**42 S. State St., Clearfield**

**(801) 525-5080**



# Central Davis Senior Activities Center

## Daily Activities

### Mondays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:00 am Wii Games
- 11:30 am Lunch
- 12:15 pm Bingocize
- 1:00 pm Line Dancing With Linda
- 2:00 pm Beginners Line Dancing

### Tuesdays

- 9:00 am Art Class With Kathy
- 10:00 am Tai Chi With Diana
- 10:30 am Boredom Buster Game
- 11:30 am Lunch
- 1:00 pm Art Class With Kathy

### Wednesdays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:15 am Bingo
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12 - 3 pm Ceramic Instructor
- 12:30 pm Pinochle
- 12:30 pm Square Dancing

### Thursdays

- 9:00 am Marvelous Crafters Class
- 10:00 am Tai Chi With Diana
- 10:30 am Boredom Buster Game
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:15 pm Bingocize
- 12:30 pm Mah Jongg

### Fridays

- 8:00 am EnhanceFitness Class
- 8:50 am EnhanceFitness Class
- 10:00 am Qiugong (Only 1st Friday)
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:00 pm Movie (Call For Info)
- 12:15 pm Shopping Day
- 12:30 pm Bridge

## Upcoming Activities

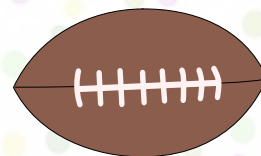
Come have lunch with Phil the groundhog and make a treat.

HAPPY GROUNDHOG DAY



February 2nd  
at 11:30  
Will he see his  
shadow?

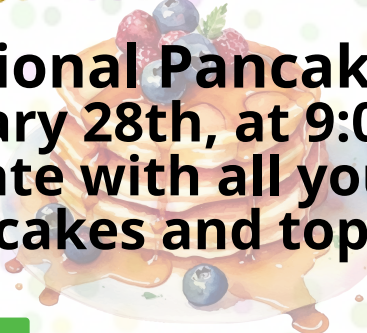
Super Bowl snacks &  
games at lunch time.  
February 9th



Mardi Gras Celebration  
February 13th  
at 11:00. Monte Cristo  
Sandwiches, King Cake &  
Entertainment! Sign up  
required



National Pancake Day  
February 28th, at 9:00. Come  
celebrate with all you can eat  
pancakes and toppings.



FEBRUARY

29

Leap Day  
Activities at  
11:00



Closed Monday, February  
19th for Presidents Day

81 E. Center Street, Kaysville  
(801) 444-2290





# FEBRUARY



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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness		EnhanceFitness
8:30		Beginning Tap			
9:00	Sit n Fit Stained Glass Pencil Drawing	Sit n Fit	Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Stained Glass Pencil Drawing
9:30	Line Dancing		Advanced Line Dancing	Crochet Group	Line Dancing
9:45					Tai Chi
11:00			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:30					
12:45		Bingo		Bingo	
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Pickleball		Alzheimer's Group 1st & 3rd Thurs	



## February Social Parties Events

**Thurs Feb. 8th**  
**AARP Tax  
Start Date**

**Fri Feb. 9th**  
**Lunar New  
Year Lunch  
Special**

**Tues Feb. 13th**  
**Mardi Gras  
Party!**  
Jambalaya cooked  
by staff &  
games

**Wed Feb. 14th**  
**Chocolate covered  
Strawberry  
station  
11:15 AM**

Alt Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
*South west Salad										
							1 Chili Roll Corn Green Salad Fresh Fruit Milk	26 22 17 2 21 11	2 Chicken Alfredo Spinach Mixed Veggies Roll Fresh Fruit Milk	37 6 5 22 19 11
*Turkey Wrap	5 Curry Stew Fluffy Rice Roasted Cauliflower Mixed Veggies Fruit Milk	11 30 4 5 21 11	6 Baked Turkey Mash Potatoes/gravy Green Salad Peas, Fruit Dessert Bar Milk	2 29 2 13 22 27 11	7 Lasagna Cass. Garlic Roll Zucchini Carrots Fruit Milk	36 22 3 7 21 11	8 Breaded Fish Rice Pilaf Broccoli/Red Peppers Mixed Veggies Fruit Milk	23 27 6 5 14 11	9 Beef Stew Boiled Potatoes Cabbage Roll Fresh Fruit Milk	10 23 5 22 19 11
*Chicken Salad Sandwich	12 Goulash Mixed Veggies Butternut Squash Fruit Milk	54 5 8 21 11	13 Chicken & Sausage Jambalaya Corn, broccoli peppers, Fruit, Dessert Bar, Milk	30 17 6 14 27 11	14 Pork Loin Au Gratin Potatoes Green Beans Carrots Fruit Pudding Milk	0 21 6 7 18 22 11	15 Spaghetti/meat balls Roasted Cauliflower Green Salad Fresh Fruit Milk	45 4 2 15 11 d	16 Beef Enchilada Pie Spanish Rice Corn Zucchini Fresh Fruit Cookie, Milk	21 24 17 3 22 16 11
*Buffalo Chicken Salad	19 Closed for President's Day 		20 Italian Pasta Bake Green beans Green Salad Roll Fresh Fruit Milk	31 6 2 22 19 11	21 Beef & Broccoli Fluffy Rice Carrots Fruit Dessert Bar Milk	6 30 7 19 30 11	22 Salisbury Steak, Mash Potatoes/gravy Zucchini Corn Fruit Milk	6 23 3 17 21 11	23 Beef Stroganoff Peas Butternut Squash Roll, Fresh Fruit Cookie, Milk	42 13 8 22 22 16 11
*Egg Salad	26 Beef/Pot Cass Green Salad Corn Fresh Fruit Milk	34 2 17 22 11	27 Tilapia Brown Rice Broccoli Carrots Fruit Cake Milk	0 22 5 7 14 39 11	28 Roast Beef Mash Potato/gravy Peas Zucchini Fruit Milk	2 28 11 3 20 11	29 Chicken Parm Spaghetti Roasted Cauliflower Green Beans Roll, Fresh Fruit Milk	19 38 4 6 22 19 11	3/1 Teriyaki Chicken Rice Butternut Squash Mixed Veggies Fresh Fruit Cookie, Milk	13 30 8 5 21 15 11

\*\*Alternate Meals are available in Center Dining Only.

This menu is subject to change at any time based on product availability\*\*

University of South Carolina's Office for the Study of Aging  
in the Arnold School of Public Health and the SC Department of the Health and Human Services Present

# Dementia Dialogues™

The Dementia Dialogues program is offered at NO COST by the office for the Study of Aging and the South Carolina  
Department of Health and Human Services

Tuesday  
February 13th, 20th and 27th  
1:00-3:30

REGISTER BY EMAILING:

sknight@co.davis.ut.us or by calling Sheryl  
at (801) 525-5127

**SEATS ARE LIMITED AND WILL FILL UP QUICKLY.**



UNIVERSITY OF  
**SOUTH CAROLINA**  
Arnold School of Public Health



UTAH DEPARTMENT OF  
**HEALTH**  
**MEDICAID**  
A Bridge to Wellness for Utah's Vulnerable



**Davis**  
COUNTY  
HEALTH DEPARTMENT

Topic 1: The Basic Facts: An Introduction to Dementia  
Topic 2: Keeping the Dialogue Going: Communication Skills  
Topic 3: Preparing the Environment: Safety, ADLs and QOL  
Topic 4: It's Nothing Personal: Addressing the Challenging Behavior  
Topic 5: Now What Do I Do? Creative Problem Solving

## Utah Geriatric Education Consortium Caregiver Conference

**Learn about resources and  
support for Caregivers.**

Wednesday, February 28th  
9:30 am to 3:30 pm

Davis School District Training Center  
Building F-2, Clearfield UT 84015



**Register by February 21st by**

By contacting Senior Services  
(o) 801-525-5050

mforbush@co.davis.ut.us  
or by scanning the QR code

*\*Virtual options are available*





**SAVE THE DATE**  
**MAR** FREE ADMISSION  
**19 Tues. 2PM**

ALL SENIOR CENTER  
*Spring Flinn*  
**DANCE**  
*Party*



## Thank you Sponsors!

Davis County Senior Activity Centers

North Davis 801-525-5080



Central Davis 801-444-2290



South Davis 801-451-3660



**Latitude**  
**Mobile Alert**  
with Advanced Fall Detection



**LINDQUIST**  
MORTUARIES • CREMATIONS • CEMETERIES



If you would like to sponsor a prize, snack, or activity at one of our senior activity centers.  
**Please reach out!**

Senior  
**HEALTH**  
*and Community*  
*Resource*  
**FAIR**



**Thursday February 8th**

**42 S State St, Clearfield  
11:00am - 3:00 pm**

**North Davis Senior Activity Center**



**Get Free  
Screenings &  
Information**

- *Transportation*
- *In Home Aging Services*
- *Pain Management*
- *Diabetes Prevention*
- *Food Resources*
- *Vaccinations*
- *and more.....*

**For more  
information Call  
801-525-5080**







**In honor of Martin Luther King Jr. Day, Davis County AmeriCorps Seniors RSVP will be collecting hand-crafted hearts for older adults in our community.**

For more information call 801-525-5094

\*Please limit heart sizes to 6 inches or smaller

**Locations accepting donations until February 11th**

North Davis Senior Activity Center  
42 S State St, Clearfield

Central Davis Senior Activity Center  
81 E Center St, Kaysville

South Davis Senior Activity Center  
726 S 100 E, Bountiful

Donations will be delivered on Valentine's day to home-bound older adults and residents in long-term care facilities.

**"Love is the greatest force in the universe."**

**-Martin Luther King Jr.**

