

# EVENTS *in* Davis County

February | 2020



## Davis County Extension Office

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## COMING SOON:



Program- **The Finances of Caregiving:**

Planning as you age by ISU Human Sciences Specialist, Joyce Lash

**This 5 week series will cover topics like:**

- Wills, living wills, durable power of attorney for health care and financial matters
- How to continue tax-deferred savings while caregiving
- Paying for care, long-term care insurance, veterans benefits, Medicare, Medicaid

### **We want your input!**

\*There will be an informational/planning meeting for this program on February 27th @1pm at DC Hospital, Conf. Rm. B

For more information: Mari Melvin, 641-664-2730 or [marimel@iastate.edu](mailto:marimel@iastate.edu)

# STAY INDEPENDENT: A Healthy Aging Series

5 more chances to attend this nutrition & wellness series!

Adults age 60 and older are welcome

**NO COST!**

Jan. 16th: “Three Meals A Day”, Jan. 30th: “Feast on Fruits & Vegetables”

Feb. 6th: “Power Up with Protein”, Feb. 20th: “Exercise Your Independence”

Feb. 27th: Cooking for One or Two”, Mar. 5th: “Brain Health”

10:30-11:15 A.M. @ Bloomfield Senior Center

## Davis County Council for the Prevention of Child Abuse

ALL CHILDREN DESERVE  
#GREATCHILDHOODS



We are planning Child Abuse Prevention month. We would love to hear your ideas! Please join us at our next meeting: February 4th @ 4:30 pm, DC Hospital, Conf. Rm. D



## Pick a better snack™



### Pineapple: Did You Know?

- Pineapples do not ripen after they have been picked.
- The pineapple crown is used to plant a new plant. It takes 18-20 months to get the first fruit. The next crop takes another 15 months.
- The pineapple is a symbol of hospitality.

## Encouraging kids to eat healthy

In January, kids were hesitant to try chick-peas, but most were brave! There were mixed reviews. One said, “I know why they call them chickenpeas! They taste like chicken!”

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