

The Senior Scoop

Promoting independence through advocacy, engagement, and access to resources.



Highlighted Classes

Bottle Cap Ladybug

Create a delightful little ladybug friend.

Halloween Treat Box

Make a festive box for gifting sweet treats.

Farmers Market Word Search

Have fun finding all the hidden words in this delightful puzzle.

More Information

 To register for courses, call
385-468-3299

For general information about
Aging & Adult Services, call
385-468-3200

 Visit our website at
slco.org/aging

National Falls Prevention & Senior Centers Month

September is an exciting time at Aging & Adult Services. This month kicks off fall and all it has to offer: cooler weather, spectacular foliage, apple picking, and back-to-school time for kids. It's also National Falls Prevention month and National Senior Center month! What this means for older adults in our community is that there is plenty to do to stay busy.

The Senior Decathlon will be held on September 10th at the Magna Senior Center. Don't forget to sign up to compete - or come and cheer on your friends! Midvale Senior Center is hosting a Sock Hop on September 17th at 11:00 AM. Neighborhood Day, inspired by National Good Neighbor Day, will take place at the Sunday Anderson Senior Center on the morning of September 25th. And mark your calendars early this year! The Senior Expo will be on October 10th and 11th at the Mountain America Expo Center.

There will also be Falls Prevention classes and activities at senior centers across the valley all month long. Take a look at page nine for more information about falls prevention activities.

Please note:

All Salt Lake County Senior Centers will close at 12:30 PM on Thursday, Sept. 26th for staff training. Sack lunches will be served.

Virtual Senior Center Course Catalog

Register for Courses: 385-468-3299

Call Center Hours: Our Call Center registration hours are Monday – Friday, 8:00 AM – 3:00 PM. Please call 385-468-3299 during these hours to register for a Virtual Senior Center course.

Registration Information: Classes have various registration opening dates and deadlines. A Senior Center member may call and register themselves and one other qualifying person in their household. Senior Center membership is required to participate.

Senior Center Membership: The Virtual Senior Center is the sixteenth Salt Lake County Senior Center. Membership and participation is free to adults age 60 plus. You may become a member by contacting your local center (listings on page 5).

Supplies: If the class includes supplies, items may be picked up from your local center. Participants may contact their center to determine when supplies are available. Supplies will be held for two weeks. Current Meals on Wheels participants can sign up to have supplies delivered to their home.

Self-Guided Courses

Art/Culture/Music

Felt Butterfly Plant Tag

Registration Open: 9/3/24

Registration Deadline: 9/17/24

Liven up any plant with an adorable butterfly decoration.

Supplies Needed:

Scissors and glue.



Sticker By Number: Dogs

Registration Open: 9/3/24

Registration Deadline: 9/17/24

Be delighted as a colorful dog emerges from the original unfinished illustration.



Fall Foam Wreath

Registration Open: 9/3/24

Registration Deadline: 9/17/24

Design a colorful wreath made from foam that includes a variety of items for personalization.

Supplies Needed:

Hot glue gun and glue sticks.



A Talking Rhino

Registration Open: 9/5/24

Registration Deadline: 9/26/24

Write silly sayings and fill the ball with clay to watch the rhino wobble while talking with this creative hands-on paper toy.



Balancing Cockatoo

Registration Open: 9/5/24

Registration Deadline: 9/26/24

Enjoy this engaging activity as a fun way to develop fine motor skills and problem-solving abilities.



Self-Guided Courses Continued

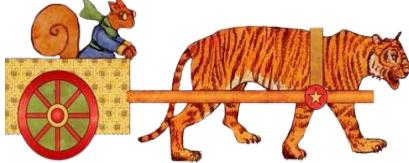
Art... Continued

The Tiger Races

Registration Open: 9/5/24

Registration Deadline: 9/26/24

Hands-on learning and play with paper toys that you can easily assemble.



Halloween Treat Box

Registration Open: 9/5/24

Registration Deadline: 9/30/24

Make a festive box for gifting sweet treats.

Supplies Needed: Glue or tape.



Paper Plate Owl

Registration Open: 9/5/24

Registration Deadline: 9/20/24

Show off your artistic skills by creating a magnificent owl using a simple paper plate.

Supplies Needed: Scissors and glue.



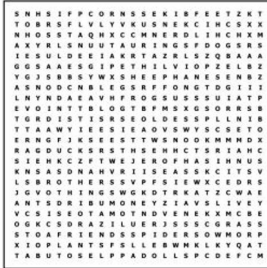
100 Word Search

Registration Open: 9/10/24

Registration Deadline: 9/19/24

Embrace the challenge of this word puzzle and see if you can find all the words.

100 Word Search



Farmers Market Word Search

Registration Open: 9/10/24

Registration Deadline: 9/19/24

Have fun finding all the hidden words in this delightful puzzle.

Farmers Market Word Search



Scarecrow Clothespin

Registration Open: 9/10/24

Registration Deadline: 9/19/24

Create your very own fall craft with this cute kit.

Supplies Needed:

Colored pencils and/or pen.



Bottle Cap Ladybugs

Registration Open: 9/10/24

Registration Deadline: 9/30/24

Create a delightful little ladybug friend.



Glitter Leaf Door Hanger

Registration Open: 9/10/24

Registration Deadline: 9/30/24

Make a glittery leaf decoration to celebrate the changing of seasons.

Supplies Needed: Hot glue gun and glue sticks.



NICU Flannel Hearts for Premies

Registration Open: 9/10/24

Registration Deadline: 9/30/24

September is Neonatal Intensive Care Unit (NICU) Awareness Month. Make a flannel heart to donate to premature babies.

Supplies Needed:

Scissors or rotary fabric cutter.



Self-Guided Courses Continued

Art... Continued

Pinecone Pineapples

Registration Open: 9/12/24
Registration Deadline: 9/19/24

This charming craft makes a great gift for pineapple fans and/or fun décor for a summer party.



Crochet Halloween Patterns

Registration Open: 9/12/24
Registration Deadline: 9/30/24

These charming crochet patterns include a cat, ghost, and gnome.

Supplies Needed: Yarn, crochet hook, and stuffing.



Education

Halloween-Themed Booklet

Registration Open: 9/12/24
Registration Deadline: 9/30/24

Enjoy these Halloween-themed coloring, crosswords, and word scramble pages.

Supplies Needed:
Pen or pencil.



Word-Finds Book

Registration Open: 9/3/24
Registration Deadline: 9/13/24

Stimulate your cognitive skills with a book full of word search puzzles.

Supplies Needed: Pen, pencil, or marker.



Vegan Cabbage Soup Recipe

Registration Open: 9/3/24
Registration Deadline: 9/20/24

Enjoy this healthy and delicious plant-based recipe.

Supplies Needed:
Recipe ingredients.



Diabetes and Heart Healthy Recipes

Registration Open: 9/5/24
Registration Deadline: 9/20/24

Receive a monthly recipe. The September recipe is a spinach, artichoke, and mushroom toss.

Supplies Needed:
Recipe ingredients.

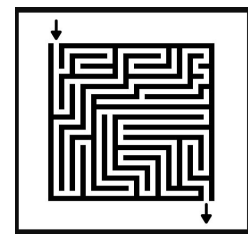


Health & Wellness

Mindful Mazes

Registration Open: 9/5/24
Registration Deadline: 9/30/24

Get on the path to increased mental flexibility with a monthly maze.



Self-Compassion Practice

Registration Open: 9/3/24
Registration Deadline: 9/13/24

Receive instructions on how to write yourself a self-compassion letter that can increase overall well-being and happiness.



Self-Guided Courses Continued

Wellness Cont.

Strength Training and Longevity

Registration Open: 9/3/24

Registration Deadline: 9/13/24

Read about the seven reasons why strength training is the key to a longer life.



Healthy Living: Coping with Grief and Loss

Registration Open: 9/12/24

Registration Deadline: 9/26/24

Receive an article that reviews the stages of grief, the grieving process, and learning how to heal.



Cooking for One or Two: Sept 2024

Registration Open: 9/12/24

Registration Deadline: 9/26/24

This month you will receive recipes for lasagna soup, avocado salad, and nanaimo bars.



Supplies Needed:

Recipe ingredients.

We're on YouTube!

Enjoy a variety of classes, including arts, exercise, technology tips, educational lectures, and more! Check out our channel and remember to subscribe.

www.youtube.com/

[@SLCOAgingAdultServices](https://www.youtube.com/@SLCOAgingAdultServices)



Online Live

Health Promotion

Living Well with Diabetes

Registration Currently Open

Registration Deadline: 9/4/24

Instructor: Melanie Brandt

Class Dates: 9/9/24 - 10/14/24

M 5:00-7:30 PM 150 MIN

Learn self-management techniques and skills needed in the day-to-day management of diabetes. This program is also helpful for caregivers.



Salt Lake County Senior Center List

Draper Senior Center	1148 East Pioneer Road Draper, UT 84020	385-468-3330
Eddie P. Mayne Kearns Senior Center	4851 West 4715 South Kearns, UT 84118	385-468-3100
Liberty Senior Center	251 East 700 South Salt Lake City, UT 84111	385-468-3170
Magna Kennecott Senior Center	9228 West 2700 South Magna, UT 84044	385-468-3000
Midvale Senior Center	7550 South Main Street Midvale, UT 84047	385-468-3350
Millcreek Senior Center	2266 East Evergreen Avenue Millcreek, UT 84109	385-468-3305
Mt Olympus Senior Center	1635 East Murray-Holladay Rd. Holladay, UT 84117	385-468-3130
River's Bend Senior Center	1300 West 300 North Salt Lake City, UT 84116	385-468-3015
Riverton Senior Center	12914 South Redwood Road Riverton, UT 84065	385-468-3040
Sandy Senior Center	9310 South 1300 East Sandy, UT 84094	385-468-3410
South Salt Lake Senior Center	2531 South 400 East South Salt Lake, UT 84115	385-468-3340
Sunday Anderson Senior Center	868 West 900 South Salt Lake City, UT 84104	385-468-3155
Taylorsville Senior Center	4743 Plymouth View Drive Taylorsville, UT 84123	385-468-3370
Tenth East Senior Center	237 South 1000 East Salt Lake City, UT 84102	385-468-3140
Virtual Senior Center	Salt Lake County Aging & Adult Services, UT	385-468-3299
West Jordan Senior Center	8025 South 2200 West West Jordan, UT 84088	385-468-3401



Learning to Self-Advocate

One of the most pressing challenges a caregiver faces is knowing who to reach out to if a program, an agency, or a service provider does not function as agreed, promised, or contracted. It is important for a caregiver to feel empowered to advocate for their own needs. Sometimes to make that possible, a caregiver may require a few advocates to help direct and coach them toward solutions as needed.

Caregivers often hear statements such as, “I know we said we could, but that was before...” or “I know you want two visits a day, but our company only provides one visit a day.” Make sure all promises are in writing and refer the company to your contract as needed.

Reach out to a helpful advocate if more help is needed:

- Medicare provides Hospice with a “day rate” payment for services. In exchange, those companies are to meet the maximum allowable needs of a client. Approved allowable needs can be found on [medicare.gov/what-medicare-covers](https://www.medicare.gov/what-medicare-covers), or on [medicare.gov/basics/your-medicare-rights](https://www.medicare.gov/basics/your-medicare-rights). You may also call your local Area Agency on Aging to speak to a Medicare or SHIP (Senior Health Insurance Program) specialist to ask a question or report an agency that is falling short on their obligations. Salt Lake County Medicare Specialists can be reached at 385.468.3200. Visit slco.org/aging-adult-services/support/medicare-counseling for details.
- Ombudsmen can assist caregivers with questions about the rights of vulnerable adults living in a facility. An Ombudsman investigates complaints and works with other agencies to resolve problems. They also educate staff, family members, and others regarding long-term care issues. To find an Ombudsman near you, visit daas.utah.gov/long-term-care-ombudsman. For Salt Lake County, call 385-468-3255 or email ombudsman@slco.org.
- Victim’s Advocates are another great resource, especially if someone has been the victim of a crime or fraud. Call the non-emergency dispatch number for your local police department or visit crimictim.utah.gov. Call 801-238-2360 for details.

Become your own best friend and advocate. If something sounds wrong, trust your instincts. Call one of the professionals above and start a conversation. If they are not the right person to assist you, they will help direct you to the appropriate office.

2024 Caregiver Calendar Overview

“Compassion is not just about caring for others;
it is also about extending that same kindness and understanding to ourselves.
Self-care, healing, and learning new skills is an essential part of caregiver wellness.”

- Unknown

Class and Support Group Details



Caregiver Talking Points (Virtual). A variety of up to one-hour skill development discussions for those caring for others. The discussions help caregivers solve issues and minimize stress.

- Topic: Setting Boundaries – Sep 24 (Tues) at 12:00 PM (Virtual).



Dealing with Dementia (In Person). A four-hour learning option for caregivers assisting those with any form of dementia. The program is offered as two 2-hour sessions. Participants need to attend both sessions and will receive a free manual with coping tools and resources.

- Millcreek Senior Center – Sep 10 (Tues) and 12 (Thurs) at 9:30 AM in the Evergreen Room.



The Joy Club (In Person). An activity group designed for caregivers and those they care for (when appropriate) to enjoy creative time away from home. Participants receive a Creating Joy booklet and materials at no cost.

September Activity: The Beauty of Life Game.

- Kearns Senior Center – Sep 12 (Thurs) at 1:00 PM in the Conference Room.
- West Jordan Senior Center – Sep 17 (Tues) at 1:30 PM in Room B.



Support Groups for Caregivers (In Person or Virtual). We offer multiple support groups with a wide variety of care-related topics. Each group is tailored to the attending participants.

- Midvale Senior Center – Sep 3 (Tues) at 9:00 AM in Room I.
- Virtual Support Group – Sep 10 (Tues) at 6:00 PM (Virtual on WebEx).
- Riverton Senior Center – Sep 19 (Thurs) at 9:00 AM in the Media Room.
- Millcreek Senior Center – Sep 24 (Tues) at 10:30 AM in the Evergreen Room.

Registration Instructions

There is no cost to participate in caregiver classes, groups, and activities.

Please use the monami.io/calendars/salt-lake-county-aging-adult-services calendar to register for all events. You may also reach the calendar on slco.org/caregiver by clicking on the **calendar button**. If you need help with registration, call **Kathy at 385-468-3281**.

For all other Caregiver Support Program questions or to apply for the Caregiver Support Program limited in-home service program, please call **385-468-3280**.

Senior Focus - Patricia Escalante

Patricia “Pat” Escalante has been a member of the Sandy Senior Center for over 10 years. Pat describes herself as a “doer.” She visits the center almost daily and is always helping where she can. Her bookkeeping skills even led her to accept the role of treasurer for the Advisory Committee.

Pat wants people to feel that they belong. She believes getting older doesn’t change the want or need of people to feel loved and accepted. She believes we must open our hearts and minds and let people in. Pat will do everything she can to assist friends, neighbors, and even strangers.

Pat’s advice is that “It is never too late to learn something new, make new friends, and try new experiences.” Stop by the Sandy Senior Center to say “hi”. She would love to meet you!



Senior Center Volunteer Opportunities

RECRUITING AWESOMENESS

Searching for a meaningful opportunity where you can have fun and serve your community?

Consider volunteering at a senior center!

Check out the awesome positions available:

- Art Instructor
- BINGO Caller
- Building Attendant
- ESL Instructor
- Fitness Instructor
- Front Desk

☎ 385-468-3086

✉ alorang@slco.org

🌐 www.slco.org/aging

Celebrating National Hispanic Heritage Month

Hispanic Heritage Month is celebrated each year from September 15th to October 15th. It began as a week-long celebration in 1968 under President Johnson and was expanded to a month by President Reagan 20 years later in 1988. The month-long celebration is a time to recognize the significant contributions that Hispanic/Latino Americans have made in the United States.

Hispanic Heritage Month does not cover one single month but instead begins in the middle of September and ends in the middle of October. The time frame of this celebration is significant because many Central American countries celebrate their Independence Days within these dates, beginning on September 15th with Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. By aligning with these Independence dates, Hispanic Heritage Month honors the resilience and determination of the Hispanic community.



Falls Prevention Awareness Month Events

Join the Salt Lake County Falls Prevention Coalition at a senior center near you to learn more about how you can prevent a fall.

Check out the list below for events happening at Senior Centers during September.
*Check with the Senior Centers for event times.

4th - Liberty	12th - Midvale	17th - Riverton	23rd - 10th East
5th - Mt. Olympus	12th - Sandy	18th - Kearns	23rd - Millcreek
9th - West Jordan	16th - River's Bend	18th - Taylorsville	25th - Magna
11th - South Salt Lake	16th - West Jordan	19th - Draper	25th - Sunday Anderson

**Falls are *not* a normal part of aging.
Check out these tips to help keep you safe:**

Get your vision and hearing checked regularly

Do strength and balance exercises

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Talk with your health care provider about medication side effects

Stand up slowly to avoid dizziness

Health Promotion & Education

UPCOMING CLASSES

Aging Mastery Program

Navigate living longer in this 10-week class. Experts will cover sleep, exercise, nutrition, relationships, finances, falls prevention, medication, and community engagement.

TH Sep 19 – Nov 21 10:00 – 11:30 AM
Mt. Olympus Senior Center

Living Well with Chronic Pain

Participants learn self-management techniques and skills needed in the day-to-day management of their chronic pain condition.

*Also beneficial for caregivers.

T Sep 3 – Oct 8 12:30 – 3:00 PM
Sandy Senior Center

Living Well with Diabetes

A six-week class aimed at teaching self-management techniques for individuals dealing with diabetes. It covers meal planning, physical activity, emotional management, and action planning.

*Also beneficial for caregivers.

M Sep 9 – Oct 14 5:00 – 7:30 PM
Virtual Senior Center

M Sep 16 – Oct 21 12:30 – 3:00 PM
Harmon Home Senior Center

Stepping On

Seven-week Falls Prevention Workshop. Each week an expert guest speaker addresses a different area of falls prevention.

W Sep 4 – Oct 9 1:00 – 3:00 PM
Millcreek Senior Center

TH Oct 3 – Nov 14 1:00 – 3:00 PM
Midvale Senior Center

M Oct 7 – Nov 18 9:00 – 11:00 AM
Mt. Olympus Senior Center

StrongerMemory

Helps improve brain health through simple exercises that stimulate the memory-retrieval part of the brain.
*First class is one hour. Following classes are half an hour.

W Sep 4 – Nov 6 11:00 AM – 12:00 PM
Riverton Senior Center

W Oct 2 – Dec 4 9:00 AM – 10:00 AM
Liberty Senior Center

W Oct 2 – Dec 4 9:00 AM – 10:00 AM
River's Bend Senior Center

Mind Over Matter:

Healthy Bowels, Healthy Bladder

Three-week program for women, focusing on managing bladder and bowel leakage through exercises and dietary changes.

*Pre-registration required.

F Oct 4, 18, & Nov 1 10:00 AM – 12:00 PM
Riverton Senior Center

Stepping Up Your Nutrition

A program emphasizing balanced nutrition for falls prevention and for addressing factors contributing to malnutrition.

W Sep 18 1:00 – 3:30 PM
Midvale Senior Center

Walk with Ease

Discover how walking can ease pain and boost health. Learn how to start or maintain a walking routine, developed by the Arthritis Foundation.

M/W/F Sep 16 – Oct 25 10:30 – 11:30 AM
South Salt Lake Senior Center

M/W/F Sep 23 – Nov 1 10:00 – 11:00 AM
Holladay Lyons Recreation Center

*Register at Mt. Olympus Senior Center

Around the House



Bed	Landlord	Hanger	Window	Door
Rug	Cabinet	Closet	Toilet	Hall
Fireplace	Picture	Mirror	Tenant	Lamp
Utilities	Bedroom	Stairs	Couch	Refrigerator
Bathroom	Blinds	Pillow	Rent	Living Room

Beware of Sweepstakes

Prevent Medicare Fraud

The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent healthcare fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones. Call Aging & Adult Services at **385-468-3200** if you need assistance.



It's illegal for a company to tell someone to pay to enter a sweepstakes contest, or that buying something increases their odds of winning. You might not be surprised if a fly-by-night contest promoter deceived people by saying these things. But would you expect a well-known company that's been running sweepstakes for decades to deceive people?

Even well known companies like Publishers Clearing House used language and designs on its website and in its email marketing that tricked consumers, including many older adults, into believing they had to buy things on the PCH website to enter a sweepstakes. Or that doing so would improve their chances of winning a prize.

If you are considering a sweepstakes:

- Real sweepstakes are free and by chance. It's illegal to ask you to pay or buy something to enter.
- If you sign up for a contest, the promoters might sell your information to advertisers. If they do, you're likely to see targeted ads online and get more junk mail, telemarketing calls, and spam email.
- Scammers try to trick you into believing you won a prize. Never share your financial information or pay fees, taxes, or customs duties to get a prize.
- Learn more about recognizing prize and sweepstakes scams. And if you see a prize scam, report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).



Tips to prevent, detect, and report:

- Only share your Medicare or Social Security Number with those you trust.
- Only carry your Medicare card when you need it.
- Keep a record of all your medical visits and procedures.
- Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- Call your healthcare provider, Medicare, or your local SMP if you see something suspicious.

Prevent. Detect. Report.

