July is here! This month is a great time to reflect on our heritage, both as Americans and as Utahns, and appreciate those who came before us. Just as the Founding Fathers paved the way for American democracy, Utah’s pioneer’s forged the way for the state that we know and love today.

On July 24, 1847, the Mormon Pioneers, led by Brigham Young, completed their treacherous thousand-mile exodus and arrived in the Great Salt Lake Valley. The valley was a welcome sight for those determined settlers, who decided that this place would be home. By the end of 1847, nearly 2,000 settlers had entered the Valley, joining the existing population of Native American tribes.

Today we celebrate the strength of character and endurance of those early settlers with festivities including parades, rodeos, and picnics. This July, we hope you will celebrate independence and the intrepid spirit of the pioneers who came before us! Look for activities taking place at your Senior Center or go to VisitSaltLake.com for a listing of community events.

Director’s Message: Celebrating Utah Heritage

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Highlighted Classes

**Bird Wind Chime**
Enjoy decorating these wooden chimes and making them your own design.

**Watermelon Salad**
Cool down with these delicious watermelon salad recipes.

**Sun Catcher**
Create your own beautiful sun catcher using a mason jar lid and coloring pages.

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
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 themself 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

My Journal
Registration Open: 7/2/24
Registration Deadline: 7/16/24

Create a scrapbook journal cover with beautifully patterned scrapbook sheets.

Supplies Needed:
Glue and scissors.

Christmas in July - Nice List Reminder
Registration Open: 7/2/24
Registration Deadline: 7/31/24

Get a letter from Santa to remind a child in your life to keep being good.

Bird Wind Chime
Registration Open: 7/2/24
Registration Deadline: 7/16/24

Enjoy decorating these wooden chimes and making them your own design.

Supplies Needed:
Paint or markers.

Two Seashell Bookmarks
Registration Open: 7/2/24
Registration Deadline: 7/16/24

Design two bookmarks using popsicle sticks, ribbon, and seashells

Supplies Needed:
Glue.

Beaded USA Pin
Registration Open: 7/5/24
Registration Deadline: 7/25/24

Unleash your creativity and show off your patriotic pride with this craft kit.

Coffee Filter Flowers
Registration Open: 7/5/24
Registration Deadline: 7/19/24

Make a beautiful flower that will add a touch of charm to your home decor.

Supplies Needed:
Scissors.
Art... Continued

**Origami Bookmark**
Registration Open: 7/5/24
Registration Deadline: 7/25/24

This fun craft will help you keep your place in whatever you’re reading and mark your favorite passages.

**Map Magnets**
Registration Open: 7/9/24
Registration Deadline: 7/31/24

Decorate your fridge with some vintage-looking magnets made from an old map.

**Supplies Needed:** Map or atlas, pencil, scissors, small paint brush, nail file, and glue.

**Sun Catcher**
Registration Open: 7/9/24
Registration Deadline: 7/31/24

Create your own beautiful sun catcher using a mason jar lid and coloring pages.

**Supplies Needed:** Olive oil, scissors, and glue.

**Sunset Surfboard**
Registration Open: 7/5/24
Registration Deadline: 7/25/24

Perfect for all types of artists. This craft kit allows you to capture the beauty of a sunset on your very own mini surfboard.

**Uncle Sam Craft Kit**
Registration Open: 7/9/24
Registration Deadline: 7/24/24

Have a blast assembling this adorable beaded patriotic craft.

**Cross Stitch for Beginners**
Registration Open: 7/11/24
Registration Deadline: 7/18/24

Try your hand at this fun and simple cross stitch. Great for those who are new to cross stitching. Some basic cross stitching knowledge is helpful.

**Supplies Needed:** Craft glue.

**Fabric Memory Game**
Registration Open: 7/9/24
Registration Deadline: 7/31/24

Keep your mind sharp with this easy memory game made from scraps of fabric.

**Wood Bead Garland**
Registration Open: 7/9/24
Registration Deadline: 7/31/24

Create a beautiful garland from wood beads to decorate your home.
<table>
<thead>
<tr>
<th><strong>Self-Guided Courses Continued</strong></th>
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<tbody>
<tr>
<td><strong>Art... Continued</strong></td>
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<tr>
<td><strong>Ice Tie Dye</strong></td>
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<tr>
<td>Registration Open: 7/11/24</td>
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<tr>
<td>Registration Deadline: 7/31/24</td>
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<tr>
<td>This is a very cool way to color fabric. The provided tie-dye color will vary.</td>
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<tr>
<td><strong>Supplies Needed:</strong></td>
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<tr>
<td>White shirt, ice, wire, rack, and plastic bin.</td>
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<tr>
<td><strong>Paper Pinwheels</strong></td>
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<tr>
<td>Registration Open: 7/11/24</td>
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<td>Registration Deadline: 7/31/24</td>
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<tr>
<td>These paper pinwheels will provide you with the perfect pop of color to hang on your wall.</td>
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<td><strong>Supplies Needed:</strong></td>
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<tr>
<td>Glue.</td>
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<tr>
<td><strong>Education</strong></td>
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<tr>
<td><strong>Watermelon Salad</strong></td>
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<td>Registration Open: 7/2/24</td>
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<td>Registration Deadline: 7/19/24</td>
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<tr>
<td>Cool down with these delicious watermelon salad recipes.</td>
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<td><strong>Supplies Needed:</strong></td>
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<tr>
<td>Recipe ingredients.</td>
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<td><strong>Edu... Continued</strong></td>
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<tr>
<td><strong>Word-Find Book</strong></td>
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<tr>
<td>Registration Open: 7/2/24</td>
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<tr>
<td>Registration Deadline: 7/12/24</td>
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<td>Stimulate your cognitive skills, word recognition, and verbal reasoning with this large print word-find book.</td>
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<td><strong>Supplies Needed:</strong></td>
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<td>Pencil, pen, or marker.</td>
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<tr>
<td><strong>Diabetes and Heart Healthy Recipes</strong></td>
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<td>Registration Open: 7/5/24</td>
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<td>Registration Deadline: 7/26/24</td>
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<tr>
<td>Receive a monthly recipe. The July recipe: chopped vegetable salad with feta cheese.</td>
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<td><strong>Supplies Needed:</strong></td>
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<tr>
<td>Recipe ingredients.</td>
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<tr>
<td><strong>Deviled Egg American Flag</strong></td>
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<tr>
<td>Registration Open: 7/9/24</td>
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<tr>
<td>Registration Deadline: 7/24/24</td>
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<tr>
<td>This creative party appetizer combines stars and strips with classic deviled eggs.</td>
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<td><strong>Supplies Needed:</strong></td>
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<tr>
<td>Recipe ingredients.</td>
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<tr>
<td><strong>Health &amp; Wellness</strong></td>
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<td><strong>Mindful Mazes</strong></td>
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<td>Registration Open: 7/2/24</td>
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<td>Registration Deadline: 7/31/24</td>
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<tr>
<td>Get on the path to increased mental flexibility and problem-solving skills with a monthly maze.</td>
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<td><strong>Supplies Needed:</strong></td>
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<tr>
<td><strong>Ongoing Quarterly Dot-to-Dot</strong></td>
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<tr>
<td>Registration Open: 7/2/24</td>
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<td>Registration Deadline: 7/31/24</td>
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<td>Improve hand-eye coordination, concentration, and enhance cognitive abilities with a fun dot-to-dot.</td>
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<td><strong>Supplies Needed:</strong></td>
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<td><strong>Breathing Exercises for Asthma</strong></td>
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<td>Registration Open: 7/2/24</td>
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<td>Registration Deadline: 7/12/24</td>
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<td>Learn six simple breathing exercises for seniors with asthma.</td>
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<td><strong>Supplies Needed:</strong></td>
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</tbody>
</table>
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
Sharing History

Connecting to the past brings a sense of purpose, accomplishment, and connection. Why is my name spelled the way it is? Whose genetics most likely gave me my little round nose? When did my family move to Utah and why? And, what Jazz group did Uncle Perry play for?

Though the study of personal or family history may occasionally bring up moments of pain and sorrow, it also weaves a joyful pattern—the fabric of the human soul. Younger individuals (and the young at heart) often doubt who they are and struggle to find their place in an ever-changing world. Sharing the wisdom and experience of previous generations helps the newer ones find hope that challenges can be overcome—that no matter the conflict, life finds a way.

Try a fun activity to celebrate the history of Utah, your ancestors, family, or friendships:

• Pull out an old photo album. Find a favorite store, gas station, or club you and your friends used to frequent. If it is close, go for a ride to see if it is still there. If not, write or digitally record your memory of what the place meant to you.

• Ask a grandchild or child to bring a digital recorder to your house. Prepare questions for them to use to interview you. Collect your history while you share it with them.

• Share a favorite family recipe with family and/or friends. Mail it to them or invite them over to learn how to cook it. Let them enjoy what you make together.

• Have each family member bring a picture of themselves in their 20s. Compare their photos to ancestral photos and see who shares noses, ears, smiles, and more. Enjoy the laughter.

Aging & Adult Services has a booklet on its caregiver website pages called “Creating Joy”. One main activity section in the booklet has six activities for history lovers. There are also other activity sections for romantics, dreamers, arts and crafts, cooking, nature lovers, technology users, organizers, and party planners. “Creating Joy” is free to download and available in four languages. It is located on slco.org/caregiver in the publications section.
2024 Caregiver Calendar Overview

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: Working with Behaviors – July 23 (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.
- Midvale Senior Center – July 10 (Wed) at 1:00 PM in Room A.

**Stress Busting for Family Caregivers (In Person).** Nine evidence-based sessions lasting 1.5 hours each. Caregivers learn eight stress management techniques and receive a participant manual.
- The current sessions are in progress. New classes will be available in the Fall.
  Call Kathy at 385-468-3281 to add your name to the interest list.

**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.
- July Activity: “What is THAT?” Game.
  - Kearns Senior Center – July 11 (Thurs) at 1:00 PM in the Conference Room.
  - West Jordan Senior Center – July 16 (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 – July 2 (Tues) at 9:00 AM in Room 1.
- Virtual Support Group – July 9 (Tues) at 6:00 PM (Virtual on WebEx).
- Riverton Senior Center – July 18 (Thurs) at 9:00 AM in the Media Room.
- Millcreek Senior Center – July 23 (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.
Guadalupe has been coming to River’s Bend Senior Center since August 2023.

Guadalupe is a happy person, she likes to be sociable, and loves to help people. Her favorite thing is socializing with friends.

She participates in an array of classes: Quilting, Get U Fit Exercise, ESL, Spanish Health Promotion Classes, and Image Bingo.

The story that holds all our hearts was told to us by her UTA On Demand Driver, “Guadalupe was having a hard time finding a reason to live...When her friend invited her to the senior center...she found a new reason to live.”

Volunteer Recruitment

Volunteering for Meals on Wheels...
WHAT’S IN IT FOR ME?

Reduced Stress!
Getting outside in the middle of the day resets your brain and gets you ready for the rest of the day!

Connections!
Taking a moment to connect to someone else is good for your heart health and emotional wellbeing.

Steps!
Whether you’re walking from your car to the door or through an apartment building to deliver meals, movement is a key part of volunteering!

Do you know of an isolated older adult in your community who would benefit from regular friendly phone calls?

THE FRIENDLY CALLER
Program provides social support through volunteer calls to help reduce isolation.

Call our Outreach team at 385-468-3200 to get more information

Image: Freepik
The 4th of July is just around the corner! Here are some Independence Day celebrations happening in our community:

**Magna 4th of July** – Magna’s Independence Day celebration will be held on July 4 and include a flag-raising ceremony, community breakfast, 5K, parade, and vendors and entertainment in the park.

**Western Stampede Rodeo** – West Jordan’s Western Stampede Rodeo will be held on July 4, 5, and 6. A fireworks show will be held following the rodeo on the 4th at 10:00 PM at Veterans Memorial Park.

**Brighton Days, July 13 and 14** – Brighton Days are a yearly heritage celebration honoring the natural and cultural history of Big Cottonwood Canyon.

**4th of July at the Gateway** – Celebrate Independence Day with the Gateway Mall from 6:00 – 10:00 PM out on the Plaza. Festivities will include Live Music with DJs, Karaoke, Yard Games, Face Painting, Photo-Ops, and contests throughout the day. Fireworks at 10:00 PM!

### July Local Farmer’s Markets

- **July 9** – Tenth East Senior Center
- **July 16** – Riverton Senior Center
- **July 23** – South Salt Lake Senior Center
- **July 25** – Sunday Anderson Senior Center
- **July 30** – Magna Senior Center
UPCOMING CLASSES

Living Well with Chronic Pain
A six-week class aimed at teaching self-management techniques for individuals dealing with chronic pain conditions.
*Also beneficial for caregivers.

TH  July 9 – Aug 15  9:30 AM – 2:00 PM  Riverton Senior Center
M  Aug 5 – Sep 9 12:30 – 3:00 PM  Tenth East 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.

T  July 9, 23, & Aug 6 1:00 – 3:00 PM  Sandy Senior Center
F  Aug 14, 28, & Sep 11 9:15 – 11:15 AM  Taylorsville Senior Center
F  Aug 23 & Sep 6, 20 1:00 – 3:00 PM  Rivers Bend Senior Center
TH  July 18 & Aug 1, 15 2:00 – 4:00 PM  Virtual Senior Center (Online)

Tai Chi for Arthritis & Falls Prevention
Learn this moving meditation to reduce stress, decrease pain, improve balance, and increase strength.

M/W  July 29 – Oct 7 12:00 – 1:00 PM  Millcreek Senior Center

Stepping Up Your Nutrition
A program emphasizing balanced nutrition for fall prevention and addressing factors contributing to malnutrition.

M  Aug 12  12:30 – 3:00 PM  Magna Senior Center

Walk with Ease
Learn how walking can ease your pain and increase your health by learning the benefits of walking and how to start or maintain a walking routine. Developed by the Arthritis Foundation.

M/W/F  July 29 – Sep 9  9:00 – 10:00 AM  Taylorsville Senior Center

Stronger Memory
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 a hour.

M  July 8 – Sep 16  2:00 – 3:00 PM  Taylorsville Senior Center
T  July 9 – Sep 10  10:00 – 11:00 AM  Mt. Olympus Senior Center
W  July 10 – Sep 18  12:30 – 1:30 PM  South Salt Lake Senior Center

Our Health Promotion Team offers community presentations!
They have a variety of topics perfect for your organization.

For more information and a list of topics contact Erika at:

385-468-3088
ethompson@slco.org
Donate at any Salt Lake County Senior Center or at the Aging & Adult Services Office.
(Salt Lake County Government South Building, Suite 1-600)
Scammers are offering Medicare beneficiaries “free” screenings or cheek swabs for genetic testing to obtain their Medicare information for identity theft or fraudulent billing purposes. Fraudsters are targeting beneficiaries through telemarketing calls, booths at public events, health fairs, and door-to-door visits. Beneficiaries who agree to genetic testing or verify personal or Medicare information may receive a cheek swab, an in-person screening or a testing kit in the mail, even if it is not ordered by a physician or medically necessary. If Medicare denies the claim, the beneficiary could be responsible for the entire cost of the test, which could be thousands of dollars.

Ways to protect yourself against genetic testing scams:

- If a genetic testing kit is mailed to you, don’t accept it, unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender’s name and the date you returned the items.
- Be suspicious of anyone who offers you “free” genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.
- Be cautious of unsolicited requests for Medicare numbers. If anyone other than your physician’s office requests your Medicare information, do not provide it.

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.