Thankful for Caregivers

November is National Family Caregiver Month in addition to being a month of thanksgiving and gratitude. As the seasons of our lives change, we may find ourselves taking on many roles over the years, including those of care receiver and caregiver.

There are many different versions of a caregiver. Parents of young children, babysitters, nannies, and teachers are all caregivers. So, too, are those who raise pets, grow gardens, cultivate crops, and keep bees. Nurses, doctors, and other health professionals are among society’s most visible caregivers. Perhaps you are a caregiver, too.

This month our focus is on family caregivers – the unpaid and often unseen people who care for an aging loved-one. These caregivers are often spouses, partners, children (usually but not always daughters), extended family members, neighbors, and friends.

Caregiving is a tough job that involves providing love and support for someone. It can also mean running errands, scheduling appointments, doing laundry, administering medicine, remembering big and small details, and eventually, grieving the loss of the loved one who has passed on. Caregivers are the unsung heroes of the golden years. This month and every month, we are grateful for caregivers.

Let us help lighten your load! Learn more about our Caregiver Support Program on page 4 or by visiting slco.org/caregiver.
ANNOUNCEMENTS & INFORMATION:

Call Center Hours
Our Registration Call Center 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 now have various registration opening dates and deadlines. A Senior Center member may call and register themself and one other qualifying person in their household.

Supplies
If the class includes supplies, items may be picked up from the participant’s local senior center approximately one week after they register. Participants may contact their center to determine when supplies are available for pick up. Supplies will be held for two weeks. Current Meals on Wheels participants can sign up to have self-guided course supplies delivered to their home.

Self-Guided Courses

**Art/Culture/Music**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>30-Days of Art (LIB)</strong></td>
<td>11/2/2023</td>
<td>11/23/2023</td>
<td>Embark on a different creative project every day in November.</td>
</tr>
<tr>
<td><strong>Adorable Autumn Animals (RBD)</strong></td>
<td></td>
<td></td>
<td>Create two fall animal hangers.</td>
</tr>
<tr>
<td><strong>Adult Coloring Contest (SUN)</strong></td>
<td></td>
<td></td>
<td>Do you love to color? Participate in a coloring contest each month.</td>
</tr>
<tr>
<td><strong>Beaded Corn Craft (MAG)</strong></td>
<td>11/14/2023</td>
<td>11/30/2023</td>
<td>Create a cute beaded-corn art piece.</td>
</tr>
<tr>
<td><strong>Brain Games - Sticker By Number - Birds (KER)</strong></td>
<td>11/7/2023</td>
<td>11/30/2023</td>
<td>Create a bird-themed sticker by number.</td>
</tr>
<tr>
<td><strong>Fall Leaf Hedgehog Magnet (RIV)</strong></td>
<td>11/8/2023</td>
<td>11/30/2023</td>
<td>Have fun putting together a fall leaf hedgehog magnet.</td>
</tr>
</tbody>
</table>

**Adorable Autumn Animals (RBD)**
Registration Opens: 11/16/2023
Registration Deadline: 11/30/2023

Create two fall animal hangers.

**Supplies Needed:** None.

**Adopt A Bee (LIB)**
Registration Opens: 11/2/2023
Registration Deadline: 11/23/2023

Help look after bees.

**Supplies Needed:** None.

**Adult Coloring Contest (SUN)**
Registration Currently Open
Registration Deadline: 11/2/2023 for November color sheet.

Do you love to color? Participate in a coloring contest each month.

**Supplies Needed:** Markers, colored pencils, gel pens, and/or crayons.

**Beaded Corn Craft (MAG)**
Registration Opens: 11/14/2023
Registration Deadline: 11/30/2023

Create a cute beaded-corn art piece.

**Supplies Needed:** Scissors.

**Brain Games - Sticker By Number - Birds (KER)**
Registration Opens: 11/7/2023
Registration Deadline: 11/30/2023

Create a bird-themed sticker by number.

**Supplies Needed:** None.

**Fall Leaf Hedgehog Magnet (RIV)**
Registration Opens: 11/8/2023
Registration Deadline: 11/30/2023

Have fun putting together a fall leaf hedgehog magnet.

**Supplies Needed:** None.
Gingerbread Ornament (WJN)
Registration Opens: 11/14/2023
Registration Deadline: 11/30/2023
Decorate a gingerbread ornament.

Supplies Needed: Paint.

Hand Turkey Placemat (SAN)
Registration Opens: 11/2/2023
Registration Deadline: 11/30/2023
Be a kid again and create a hand turkey placemat or wall art for Thanksgiving.

Supplies Needed: Glue, scissors, & anything on hand to create your masterpiece.

Hello Fall Sign (RIV)
Registration Opens: 11/8/2023
Registration Deadline: 11/30/2023
Decorate a fabulous, festive fall sign.

Supplies Needed: None.

Holiday Grab Bag Card Kit (WJN)
Registration Opens: 11/14/2023
Registration Deadline: 11/30/2023
Create and write your own holiday-themed card. This card kit is a grab bag.

Supplies Needed: Adhesive (glue/tape/etc.) & scissors.

Music Votive Christmas Ornaments (MTO)
Registration Opens: 11/8/2023
Registration Deadline: 11/30/2023
Make this adorable ornament to celebrate Christmas.

Supplies Needed: Scissors.

Pinecone Holiday Wreath (KER)
Registration Opens: 11/7/2023
Registration Deadline: 11/30/2023
Create a festive pinecone wreath.

Supplies Needed: Strong glue.

Pinecone Turkey (SSL)
Registration Opens: 11/2/2023
Registration Deadline: 11/13/2023
Create an adorable turkey with the help of a pinecone.

Supplies Needed: Glue.

Recycled Paperback Book Hedgehog (MIL)
Registration Opens: 11/9/2023
Registration Deadline: 11/16/2023
Create a cute hedgehog out of an old book.

Supplies Needed: Glue gun and glue.
**Health & Wellness**

Sun Catcher (LIB)
Registration Opens: 11/2/2023
Registration Deadline: 11/23/2023

Turn your window into a disco ball of sunshine.

**Supplies Needed:** Cotton swab and scissors.

Thanksgiving Recipes (MTO)
Registration Opens: 11/8/2023
Registration Deadline: 11/30/2023

Receive recipes for the holiday.

**Supplies Needed:** Ingredients.

Meditation Practices (TEN)
Registration Opens: 11/7/2023
Registration Deadline: 11/15/2023

Receive information that will help you establish an ongoing meditation practice.

**Supplies Needed:** None.

**Online-Live Courses**

Donna’s Diabetes Recipes (SSL)
Registration Currently Open
Registration Deadline: 11/24/2023


**Supplies Needed:** Ingredients.

Cooking for One or Two on a Budget (MID)
Registration Opens: 11/9/2023
Registration Deadline: 11/22/2023

The recipes for this month are marinated turkey, cranberry-pumpkin muffins, and bread pudding.

**Supplies Needed:** Ingredients.

Healthy Living: Falls and Fractures (MID)
Registration Opens: 11/9/2023
Registration Deadline: 11/22/2023

Receive a Healthy Living article regarding the causes and prevention of falls and fractures in older adults.

**Supplies Needed:** None.

StrongerMemory (HP)
Instructor: Annie Cox
Registration Currently Open
Registration Deadline: 11/14/2023

Class Date: 11/14/2023
T 2:00 PM 60 mins

Learn about StrongerMemory, a new Active Aging-sponsored program that helps improve brain health.

**Supplies Needed:** None.

Mindful Mazes (SAN)
Registration Currently Open
Registration Deadline: 11/30/2023

Get on the path to increased mental flexibility and problem-solving skills with a monthly maze.

**Supplies Needed:** None.

**Education**

Personal History: College, Military, & Volunteering (MID)
Registration Opens: 11/9/2023
Registration Deadline: 11/22/2023

Each month you will receive prompts and tips to help you write and share your life story. This month we will focus on the college years.

**Supplies Needed:** None.
How to Register for the Virtual Senior Center

1. First, you need to have an email address to register. Then, call our Virtual Senior Center at 385-468-3299.

2. A registration assistant will send a request to your email. The email will allow you access to the SERVTacker registration program. You will be given a temporary password. Write down your temporary PIN and click “Verify Me.”

3. You will then be directed to client.servtracker.com/login. Enter your email as your username. Next, enter your temporary password in the space provided. You will then be directed to set up your own personal password. Be sure to write it down.

4. Click on the “Class Registration” button.

5. Click the “Register for class” button:

Then click “proceed to payment” (you will not be charged). You are registered for your class.

Salt Lake County Senior Center List

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

Portrait of a Caregiver

Author Stephen King said, “I think the best stories always end up being about the people rather than the event, which is to say, character driven.” The experiences, challenges, and joys of caring for others create the lines etched in a caregiver’s face and soul. These etchings, which we often call laugh or worry lines, are well-earned and worthy of celebration.

November is National Family Caregiver Month. It is a month when we recognize the dedication of family members, neighbors, and friends who provide care to others. Aging & Adult Services would like to dedicate this newsletter to all of you – those who are creating daily portraits of compassion and grace – one laundry load, selfie, meal, doctor visit, or sweep of the broom at a time.

These comments have been collected over the years:

“Whether by choice or circumstance, being a caregiver is one of the toughest jobs in the world. It’s not easy to be strong and have a kind heart. Thank you for being a caregiver!” ~ Tanya, Section Manager

“Thank you for taking care of the people in your life. Your care and kindness are remarkable and valued. Thank you again for all you do.” ~ Dee, Case Worker

“Thank you for making every effort of keeping your loved one well-cared-for. I know it is not easy, but we see what you do, and you are doing amazing!” ~ Charise, Program Manager

“I appreciate when I hear you normalize a loved one’s struggles – like when you say, ‘It’s ok mom I’ve done that before too’ or ‘I would have had a hard time seeing it too.’ I also enjoy hearing you say or do little things specifically to elicit a smile or giggle out of your loved one”. ~ Jamie, Case Manager

“Thank you so very much for the love, time, energy, compassion, and patience that you spend as a caregiver. You are invaluable to those that you dedicate your caregiving mission to, and your efforts do not go unnoticed.” ~ Bonnie, Case Manager

Caregivers, you are living, breathing portraits of care. All of us are amazed by your ability and resilience. On the next page, there is a story of a local Salt Lake County caregiver. We will share more of these stories in the coming months. Thank you for all you do.
Caregiver Calendar

Caregiver classes are for current and soon-to-be family or other non-paid caregivers or care partners. Sign up on the monami.io/calendars/salt-lake-county-aging-adult-services calendar link. If you need assistance signing up, please call Kathy at 385-468-3280.

- **Caregiver Support Group – In-Person.** 1st Tuesday of each month at 9:00 AM. Midvale Senior Center (7550 S Main, Midvale).
- **Caregiver Support Group – Virtual.** 3rd Thursday of each month at 11:30 AM on WebEx.
- **The Joy Club – In-Person.** An activity support group for caregivers and those they care for. Kearns Senior Center (4851 W 4715 S) on the 2nd Thursday at 1:00 PM. Sandy Senior Center (9310 S 1300 E) on the 3rd Tuesday at 1:00 PM.
- **Caregiver Talking Points – Virtual.** One-hour skill-building discussions offered by care topic. Discussions are held on the 4th Tuesday of each month at 1:00 PM.

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

Portrait of a Caregiver

Creativity, art, and music are powerful tools of expression for those who care for others.

Nia created postcard art that represents the many emotions, challenges, and chapters of her care environment. Each card is a journey deep into the soul—a unique way to reflect, unwind, and heal.

Visit eldercare.ado.gov to find your local Area Agency on Aging program.

Aging & Adult Services
Senior Focus - Bonnie Bown

Bonnie Bown is a senior center member and a county employee. Her dad taught ballroom dancing and started dancing with Bonnie when she was two years old. Bonnie began learning line dancing in junior high.

Around 1995, while with the Young at Heart line dancing group, she came to perform at the Columbus Senior Center (recently renamed the South Salt Lake Center), and was offered a volunteer teaching position. Three years later, she was hired on to be an employee. At 80 years old, she’s still got the moves, and is still teaching line dancing at eight different senior centers. Despite her age, her passion for dance is contagious.

She met her husband, Steve, while teaching line dancing at one of the county senior centers. They were happily married for 27 years.

During her free time, Bonnie learns and practices new dance moves and skills. She gardens, enjoys playing the violin, and has learned several languages, including French, German, Italian, and ASL. She enjoys visiting senior centers where she can help other seniors acquire new skills, keep their balance, exercise, and form great friendships with fellow seniors.

Gratitude & Mindfulness

One of the most effective ways to relax your mind, reduce stress, and become more open to joy is to focus on gratitude. What better way to become more mindful than to take note of everything you are grateful for? Here are some tips on creating a mindfulness practice that focuses on gratitude.

• Keep a Gratitude Journal – Start a daily habit of reminding yourself of all the gifts that you enjoy and things you are thankful for. When we remember small moments throughout the day that we appreciate, we create a happier and more peaceful mindset.

• Share Your Gratitude with Others – Research has shown that expressing gratitude can strengthen relationships. Let your loved ones know that you appreciate them!

• Watch Your Language – The way that we speak, both out loud and to ourselves, reflects our mindset. Use words of gratitude in your everyday language (for example: gifts, blessings, thankful, fortune, happy, abundance, contentment) and you may find yourself better appreciating all the good things in your life.
UPCOMING CLASSES

**Stepping On**
Th Nov 2 – Dec 14   12:30 – 2:30 PM  
West Jordan Senior Center

**Living Well with Diabetes**
M Nov 6 – Dec 11   9:30 AM – 12:00 PM  
Magna-Kennecott Senior Center

**Stepping Up Your Nutrition**
Th Nov 9   10:00 AM – 12:00 PM  
Sunday Anderson Westside Senior Center

Th Nov 17   9:30 – 11:30 AM  
Sandy Senior Center

**Living Well with Chronic Pain**
W Nov 1 – Dec 6   9:30 AM – 12:00 PM  
Millcreek Senior Center

F Nov 3 – Dec 8   9:00 – 11:30 AM  
Taylorsville Senior Center

**Tai Chi for Arthritis & Fall Prevention**
T/Th Nov 7 – Jan 2   12:30 – 1:30 PM  
Sunday Anderson Westside Senior Center

WEBINARS

**StrongerMemory Webinar**
T Nov 14   2:00 – 3:00 PM

This month we are introducing a new program offered by the Health Promotion team beginning in 2024. StrongerMemory is a breakthrough program that helps improve brain health. It’s designed for everyone, whether you have a diagnosis of mild cognitive impairment or you simply strive to thrive as you age. With simple exercises, StrongerMemory stimulates the part of the brain that helps retrieve memories. These exercises, done consistently for 30 minutes a day, are effective, easy, and fun!

Drink plenty of water every day to protect your joints and organs and keep your body strong!

TECHNOLOGY CLASSES

**Online Health Resources Lecture**
M Nov 13   12:30 – 1:45 PM

**Workshop**
Th Nov 16   12:30 – 1:45 PM  
Magna-Kennecott Senior Center

**Mobile Health Apps Lecture**
M Nov 27   12:30 – 1:45 PM

**iPhone Users Health Apps Workshop**
W Nov 29   12:30 – 1:45 PM

Join webinars using this link:
https://slco.webex.com/meet/healthy

Join our email list and stay updated on classes:
https://slco.org/aging-adult-services/health-promotion-education/

Register by calling 385-468-3299
Independent Aging - Pets Plus

The Pets Plus Food Drive for Meals on Wheels was started about ten years ago when drivers began noticing that some home-delivered meal recipients were sharing their daily meals with their four-legged friends. We love pets, and we love people, too, so our Independent Aging program came up with a solution: Pets Plus!

Every year we seek donations of new, unopened bags of dry dog and cat food to benefit our Meals on Wheels recipients who have pets. This helps us make sure that our Meals on Wheels clients can eat their whole meal and receive all the nutrition they need from it. It also ensures that pets won’t eat something they shouldn’t have – like onions, grapes, or other food items that can be toxic to them.

The Pets Plus Food Drive is ongoing at the County Government Center (2001 S. State Street). Stop by the Meals on Wheels Office (S3-300) or our Main Suite (S1-600) in the South Building to drop off donations.

Circuit Breaker - The Renter Refund Program

The Circuit Breaker program offers property tax relief for qualifying renters and homeowners. The program provides relief to senior citizens, or a surviving spouse, who have income below certain levels. The renter refund applies to both renters and manufactured homeowners who rent lots.

The quickest way to apply and receive your refund is to use the Utah State Tax Commission’s online Taxpayer Access Point (TAP) system. This method provides much faster processing and will speed up your refund. This system is available mid-April through December 31 each year.

Learn more about the Circuit Breaker Renter Refund Program by visiting the Utah State Tax Commission Website: tax.utah.gov/circuitbreaker
Senior Centers Holiday Meals Schedule

THANKSGIVING MEAL

**Congregate Menu**
- Sliced Roasted Turkey
- Whipped Potatoes
- Poultry Gravy
- Bread Stuffing
- Green Beans
- Sweet Potatoes
- Dinner Roll
- Pecan Pie
- Cranberry Sauce

**Dates**
- **Tuesday, November 14**
  - Kearns, Magna, Taylorsville, West Jordan
- **Wednesday, November 15**
  - Liberty, Mt. Olympus, River’s Bend, Sandy, South Jordan
- **Friday, November 17**
  - South Salt Lake, Riverton, Sunday
  - Anderson, Tenth East, Harman Home

**Cafe Menu**
- Roasted Turkey
- Mashed Potatoes
- Gravy
- Stuffing
- Steamed Corn, Carrots, & Green Beans
- Cranberry Sauce
- Dinner Roll
- Pumpkin Pie

**Dates**
- **Tuesday, November 14**
  - Millcreek Senior Center
- **Wednesday, November 15**
  - Draper Senior Center
- **Friday, November 17**
  - Midvale Senior Center
Medicare fraud is a serious problem. Each year, Medicare loses an estimated $60 billion due to fraud, errors, and abuse. Every day, these issues affect individuals and families across the country. The good news is that there are some simple steps you can take to protect yourself and your loved ones, especially during Open Enrollment.

Some examples of common scams are getting bills or medical supplies you never received. Other common scams are being prescribed tests and services that are not necessary, or receiving medical supplies or equipment you never ordered and do not need. Make sure to check all of your Medicare Summary Notices carefully for unexpected charges.

**Watch out for these scam red flags:**

- Unsolicited calls or visits: someone contacts you out of the blue, claiming to be from Medicare, and offers you free services.
- Requests for personal information: the person demands your Medicare number, Social Security Number, or other personal information.
- High-pressure marketing: someone threatens that you will lose your benefits or suffer other consequences if you don’t pay them or agree to services.
- Suspicious websites, mail, or email: communications that look official but have inconsistencies, errors like obvious spelling mistakes, or other odd elements.

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.

**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.**