Welcome to the warm days of summer! Since joining the County, I’ve had the pleasure of meeting most of our dedicated team members and some service participants. I’ve been with the County for about six months as the new Associate Director for Aging & Adult Services. Before this, I served as the Director of the Office of Public Guardian at the Utah Department of Health and Human Services. In my short time here, I’ve been truly amazed by the commitment of our Division’s employees to improving the lives of those we serve.

As July begins, let’s take a moment to reflect on the upcoming holidays and their significance. It’s a time to appreciate the contributions of individuals from diverse backgrounds who have helped build our Country, State, and communities. Communities provide us with purpose and the essential social and supportive connections we need to thrive. Let’s strive to be examples for those around us and future generations, continuing to build and leave positive impacts, as we are all pioneers in our own way.

I hope you are all able to have happy, healthy, and safe holidays.

Xia L. Erickson
Associate Director
Virtual Senior Center Course Catalog
Register for Courses: 385-468-3299

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. Participants are able to call and register themselves 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

Adult Coloring Contest (SUN)
Registration Currently Open
Registration Deadline: 7/7/2023 for July color sheet.

Participate in a coloring contest each month.

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

Intro to Zentangle (TAY)
Registration Opens: 7/5/2023
Registration Deadline: 7/30/2023

Learn the meditative art of Zentangle - a relaxing practice in the form of doodling.

Supplies Needed: Pencil.

Stars & Stripes Terracotta Pot (TAY)
Registration Opens: 7/5/2023
Registration Deadline: 7/30/2023

Decorate with the stars and stripes to celebrate Independence Day.

Supplies Needed: Terracotta pot and painter’s tape.

A Little Fit (WJN)
Registration Opens: 7/5/2023
Registration Deadline: 7/30/2023

This is a fun and quirky gift for someone who gets a little wound up and needs to throw this “Little Fit.”

Supplies Needed: Scissors and glue.

Boho Wreath Craft Kit (MIL)
Registration Opens: 7/5/2023
Registration Deadline: 7/19/2023

Have fun with this cute and trendy boho wreath.

Supplies Needed: None.

Felt Dryer Balls (LIB)
Registration Opens: 7/5/2023
Registration Deadline: 7/26/2023

Reduce drying time by making and using your own felt dryer balls.

Supplies Needed: None.

Microwave Bowl Cozy (LIB)
Registration Opens: 7/5/2023
Registration Deadline: 7/26/2023

Protect your hands from hot bowls by making your own microwave bowl cozy.

Supplies Needed: None.
Self-Guided Courses Continued

Art/Culture/Music cont.

Patriotic Beaded Necklace (DRA)
Registration Opens: 7/5/2023
Registration Deadline: 7/19/2023

Make a fun patriotic necklace to wear during the month of July.

Supplies Needed: None.

Patriotic Bug Magnet Kit (RBD)
Registration Opens: 7/12/2023
Registration Deadline: 7/31/2023

Create your own adorable patriotic magnet to celebrate your independence.

Supplies Needed: None.

Sail Away Sail Boat Kit (LIB)
Registration Opens: 7/5/2023
Registration Deadline: 7/26/2023

Have fun being creative while upcycling a wine cork into a sail boat.

Supplies Needed: None.

Brain Games - Sticker By Number (KEA)
Registration Opens: 7/12/2023
Registration Deadline: 7/31/2023

Stress-free sticker page. Sticker designs will vary.

Supplies Needed: None.

Scrapbook Supplies (KEA)
Registration Opens: 7/12/2023
Registration Deadline: 7/12/2023

Get creative with your very own scrapbook. Receive loads of fun in every kit. Supplies will vary.

Supplies Needed: None.

Bottlecap Flag Magnets (RTN)
Registration Opens: 7/12/2023
Registration Deadline: 7/28/2023

Easily created by attaching magnets onto the metal bottle caps. You’ll receive two sets.

Supplies Needed: None.

Patriotic Stickers by Number (DRA)
Registration Opens: 7/19/2023
Registration Deadline: 7/26/2023

Create a beautiful patriotic picture for July by matching stickers to the coordinating numbers.

Supplies Needed: None.

Patriotic Bug Magnet Kit (RBD)
Registration Opens: 7/12/2023
Registration Deadline: 7/31/2023

Create your own adorable patriotic magnet to celebrate your independence.

Supplies Needed: None.

Patriotic Beaded Necklace (DRA)
Registration Opens: 7/5/2023
Registration Deadline: 7/19/2023

Make a fun patriotic necklace to wear during the month of July.

Supplies Needed: None.

Sail Away Sail Boat Kit (LIB)
Registration Opens: 7/5/2023
Registration Deadline: 7/26/2023

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Brain Games - Sticker By Number (KEA)
Registration Opens: 7/12/2023
Registration Deadline: 7/31/2023

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Supplies Needed: None.

Scrapbook Supplies (KEA)
Registration Opens: 7/12/2023
Registration Deadline: 7/12/2023

Get creative with your very own scrapbook. Receive loads of fun in every kit. Supplies will vary.

Supplies Needed: None.

Bottlecap Flag Magnets (RTN)
Registration Opens: 7/12/2023
Registration Deadline: 7/28/2023

Easily created by attaching magnets onto the metal bottle caps. You’ll receive two sets.

Supplies Needed: None.

Paper Plate Sun Craft (MTO)
Registration Opens: 7/12/2023
Registration Deadline: 7/31/2023

Decorate your barbecues with the sun.

Supplies Needed: School glue, black marker, red color pencil, scissors, and brush.

Pom-Pom Chandelier (COL)
Registration Opens: 7/12/2023
Registration Deadline: 7/21/2023

Create an adorable pom-pom chandelier to add a charming touch to your indoor décor!

Supplies Needed: None.

Fall Card (WJN)
Registration Opens: 7/19/2023
Registration Deadline: 7/31/2023

Create your own fall-themed card.

Supplies Needed: Adhesive.
Self-Guided, Online-Live, & Health Promotion Courses

**July 4th Coloring Page (RIV)**
Registration Opens: 7/26/2023  
Registration Deadline: 7/31/2023

Receive a patriotic coloring page to celebrate Independence Day.

**Supplies Needed:**  
Coloring utensils.

**Education**

**Donna’s Diabetes Recipes (COL)**
Registration Currently Open  
Registration Deadline: 7/21/2023


**Personal History: Grandparents (MID)**
Registration Opens: 7/12/2023  
Registration Deadline: 12/29/2023

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

**Fresh Salad Recipes for July (MTO)**
Registration Opens: 7/26/2023  
Registration Deadline: 7/31/2023

Receive fresh salad recipes for the hot summer months.

**Neurobics (SAN)**
Registration Currently Open  
Registration Deadline: 12/29/2023

Aerobics for your brain. Receive various brain games each month to exercise your mind.

**Health & Wellness**

**Meditation Practices (TEN)**
Registration Opens: 7/1/2023  
Registration Deadline: 7/17/2023

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

**Mindfulness Practices (TEN)**
Registration Opens: 7/1/2023  
Registration Deadline: 7/17/2023

Receive guidance each month on how to create an ongoing awareness practice.

**Mindful Mazes (SAN)**
Registration Currently Open  
Registration Deadline: 12/29/2023

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

**Healthy Living: Hearing Loss (MID)**
Registration Opens: 7/12/2023  
Registration Deadline: 12/29/2023

Receive a Healthy Living article regarding hearing loss, a common problem for older adults.

**Online-Live Courses**

**Plastic Free July (HP)**
Instructor: Erika Thompson  
Registration Currently Open  
Start Date: 7/11/2023

T 2:00 PM 60 mins

Registration Deadline: 7/11/2023

Learn the facts about plastic pollution and how you can join the national initiative to reduce the use of plastic in our communities.

**Healthy Living:  Hearing Loss (MID)**
Registration Opens: 7/12/2023  
Registration Deadline: 12/29/2023

Receive a Healthy Living article regarding hearing loss, a common problem for older adults.

**Cooking for One or Two on a Budget (MID)**
Registration Opens: 7/12/2023  
Registration Deadline: 12/29/2023

Cooking for one or two? Receive monthly recipes to help you save time, money, and reduce food waste.

**We’re on YouTube!**

Enjoy a variety of classes, including arts and crafts, exercise, tech tips, educational lectures, and more!  
Check out our channel and don’t forget to subscribe.  
[YouTube.com/c/SLCOAgingAdultServices](http://YouTube.com/c/SLCOAgingAdultServices)
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 SERVTracker 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>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>

* Formerly known as Columbus Senior Center.
A Caregiver’s Rights

Providing care for others is a busy time, with tasks that never seem to end. Caregivers and care partners—family, friends, or neighbors—often forget to balance their responsibilities with their caregiver rights and needs. Focusing only on responsibilities can lead to burnout, abuse, and neglect.

Caregivers and care partners have the right to:

• **Set boundaries that enable them to remain healthy and happy.** It is not selfish—physical, mental, and emotional health are a requirement when providing care to family and friends.

• **Say no.** Individuals have the right to reject a request to provide care for another person. We have the right to say no to any request/task that makes us uncomfortable. We are not required to fulfill requests we cannot financially afford or that we do not have the skill for. We have the right to do what is safe and best for both the caregiver and the person requesting care.

• **Love and care for others without apology.** A caregiver does not need to explain to others why they choose to provide care. Caregiving is an act of self-will and choice. Others have the same right, and we both have the right not to judge each other for how much, or how little, we provide care.

• **Ask for help.** We are care managers, not 24/7 service providers. No person has all the skills and abilities required to care for another person. We have the right to hire outside services, learn skills, or find new ways to achieve needed tasks. We have the right to ask for help, and the right to respect the replies we receive.

• **Advocate for their care receiver’s needs.** A caregiver has the right to use their voice and care knowledge to ask professionals and others to respect the rights of their care receiver. We also have the right to respect a care receiver’s wishes and legal rights even when we and others do not agree with those wishes.

Think about these rights as a Declaration of Independence—a right to a balanced life, choice (liberty), and the pursuit of happiness. Caring for others is a choice and a gift we give, but it requires boundaries to maintain health and safety for everyone involved.
Caregiver classes and event flyers are located on the slco.org/caregiver website. Classes are for current and soon-to-be caregivers. Sign up on the monami.io/calendars/salt-lake-county-aging-adult-services calendar link.

- **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. 2nd Thursday of each month at 1:00 PM at the Eddie P Mayne Kearns Senior Center (4851 W 4715 S) and the 3rd Tuesday of each month at 1:00 PM at the Sandy Senior Center (9310 S 1300 E).

- **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. Sign up link: monami.io/calendars/salt-lake-county-aging-adult-services.

- **Dealing with Dementia** – Virtual. The program is 2 two-hour workshops (June 22 and June 29), offered over WebEx. Caregivers will receive a copy of the new Dealing with Dementia Guide.

- **Stress Busting for Family Caregivers** – Various Options. A nine-week stress management program for family and other non-professional caregivers who care for individuals with either Dementia or a chronic illness. Each of the nine workshops lasts 1.5 hours. Participants receive a free booklet and learn eight stress-management techniques.

Call 385-468-3281 to ask the Caregiver Support Training Specialist specific questions about classes and events. For all other caregiver questions, please call 385-468-3280.

The Information & Assistance Program

The Information and Assistance Program connects older adults and families to services and resources that help them explore options, assist with independent living, and provide information about health care benefits and fraud prevention.

General information & registration for, or referral to, available services within Aging & Adult Services, include:

- Meals on Wheels
- Rides for Wellness
- Supported Aging programs
- Caregiver Support

For more information about Outreach Services:
Call Aging & Adult Services Outreach team
385-468-3200
M-F 8:00 AM - 4:30 PM
Or visit our website at Slco.org/aging-adult-services/
Senior Spotlight - Lata Blake Peleki

Lata came to the U.S. in 1983 from Tonga. She loves volunteering at Sunday Anderson Senior Center. One of her goals each time she comes is to make everyone smile. She always wants to help everyone because everyone is like family to her. Whenever you see Lata, she is always smiling, laughing, or singing.

You can often find Lata putting herself to work around the center using cleaning supplies that she has found. She finds anything that needs to be cleaned or set up. When we’ve been down a janitor in the past, she goes around and collects all the garbage around the center without having to be asked. She loves using our gym, attending our exercise classes, and spending time with her friends.

When Lata isn’t at the center, you can find her driving a school bus for Salt Lake City. (Elementary, Middle School, and High School). She loves it!

Volunteer Spotlight - Tom Marrow

Tom has been helping teach the Arthritis Foundation Exercise Program (AFEP) at Mt Olympus Senior since 2019. He says he enjoys the warm, fuzzy feeling he gets from helping out and meeting new people. When he is not volunteering, he enjoys spending time with family, yard work, listening to music, and shoveling snow with his dogs.

If you would like to volunteer with Health Promotion, check out our volunteer needs on our website or call 385-468-3084.

https://slco.org/aging-adult-services/health-promotion-education/
Cool Zones, Inclusion & Diversity, & Thank you!

Salt Lake County Aging & Adult Services in partnership with The County Library, Parks & Recreation, and the Salt Lake City Library will operate the Cool Zone program through October 15.

Call 385-468-3200 for more information.

Valuing Cultural Diversity Course - Doug Castillo

In this training, you will share in a conversation about diversity and why our communities are more successful as we view others through the lens of our County core values. You will also learn how to quickly identify the subtle mosquitoes flying in the face of more connection and collaboration. Increasing care and respect in the workplace through cultural awareness and the ability to build solutions for people across multiple dimensions of diversity.

Doug Castillo, a dedicated expert in human behavior, joined Salt Lake County to champion diversity and inclusion. As the Learning & Development Facilitator, he simplifies challenges and fosters connection for all.

Doug is teaching at
Midvale Senior Center: July 18, 1:00 - 2:00 PM
Riverton Senior Center: July 27, 10:30 - 11:30 PM
Tenth East Senior Center: July 27, 1:00 - 2:00 PM
Health Promotion

PROGRAMS & CLASSES

Plastic Free Webinar
Presented by Erika Thompson, Health Educator

Plastic Free July is a National Initiative to reduce the use of plastic in our communities. Come learn the facts about plastic pollution and how you can reduce single-use plastic waste in your home and community.

Join the fun!
Classes held at Magna Fitness & Recreation Center
3270 S 8400 W Magna 84044
Mondays, Wednesdays & Fridays
July 10 - August 18
9:00 AM - 10:00 AM
Limited space - Register Today! (385) 468-3000

Living Well With Chronic Conditions

A free workshop for people 60 years and older or caregivers who have chronic conditions

You will learn:
• Better breathing and sleeping
• Physical activity and relaxation
• Make healthy menus and read labels
• Manage Symptoms
• Pain Management
• Medication Management
• Setting weekly goals
• Problem Solving

To Register, Call 385-468-3130
Independent Aging - Social Well-Being

How Does Social Connectedness Affect Your Health?

Social connectedness influences our minds, bodies, and behaviors - all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

People are by nature social creatures. Social connections are important for our survival. Our relationships with family, friends, coworkers, and community members can have a major impact on our health and well-being.

When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical health outcomes. They are better able to cope with hard times, stress, anxiety, and depression. There are many things that create social connectedness. The amount and quality of our relationships matter, as do the various roles they play in our lives.

Health Benefits of Social Connectedness:

- People with stronger social bonds have a 50% increased likelihood of survival than those who have fewer social connections.
- Social connection can help prevent serious illness and outcomes, like:
  - Heart Disease.
  - Stroke.
  - Dementia.
  - Depression and anxiety.
- Social connection with others can help:
  - Improve your ability to recover from stress, anxiety, and depression.
  - Promote healthy eating, physical activity, and weight.
  - Improve sleep, well-being, and quality of life.
  - Reduce risk of death from chronic diseases.

Be active. Physical activity—such as walking, bicycling, and swimming—decreases arthritis pain and improves function, mood, and quality of life. Adults with arthritis should move more and sit less throughout the day. Getting at least 150 minutes of moderate physical activity each week is recommended. However, any physical activity is better than none.

<table>
<thead>
<tr>
<th>FAMILY</th>
<th>GOALS</th>
<th>HAPPINESS</th>
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<tbody>
<tr>
<td>SOCIAL</td>
<td>NEIGHBORS</td>
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<td>FRIENDS</td>
<td>KINDNESS</td>
<td>BEAUTIFUL</td>
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</table>

Y L O S D N E I R F
S T U B C Q U T Y X
Z S I F Y L I M A F
S S E N I P P A H F
L O O N U T M H X V
A X C S D M U B K E
O G Z I E N M A U P
G U R V A H I O E V
M I O E E L Z K C B
S R O B H G I E N B
Do you think the young people in your life are too savvy to be scammed? Think again. According to data from the FTC, people in their twenties reported losing money to fraud at a higher rate than people in their seventies. So, if you consider yourself an older adult, use your accumulated knowledge to reach out to the young people in your life to help them better spot and avoid scams.

The top scams young people reported include impersonator scams (ex: somebody pretending to be Amazon), job scams (ex: “amazing” offers to work from home), and investment scams (ex: cryptocurrency). Start by reminding them that scams take different twists and turns, but nearly always, a scammer pretends to be someone you trust to trick you into sending money or personal information. Ask if they’ve seen something like these examples on social media, gaming sites, messaging apps, or somewhere else. And remind them: these are scams.

**How to Spot and Avoid Scams:**

- Don’t respond to unsolicited offers. If you get an out-of-the-blue call, text, or e-mail they’re likely phishing scams. Don’t click links. Don’t respond. Hit block and delete.

- Never pay someone who promises a job. No honest employer will ever make you pay for a job. They also won’t send you a check and then tell you to buy supplies, pay for training, or something else and send back whatever money is left. Those are scams.

- Don’t believe promises of guaranteed returns or income. There’s no such thing as an investment with little to no risk; if someone tells you that, you know they’re a scam.

**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 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.

---

**Prevent. Detect. Report.**

**SMP**

Preventing Medicare Fraud

**SHIP**

Navigating Medicare