

# The Senior Scoop

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



## Highlighted Classes

### 3D Butterfly Artwork

Engage in a fun and creative art activity to create beautiful butterfly designs.

### Mini Ceramic Earth Planter

Celebrate the planet with this inspiring art project by painting or embellishing a mini planter.

### Bee and Butterfly Seed Mix

Receive a mix of flower seeds that are specifically helpful for our much-needed pollinator's survival.

## 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  
[saltlakecounty.gov/aging](https://saltlakecounty.gov/aging)

## Volunteers: Hidden Treasures

Volunteers are worth their weight in gold, especially when it comes to supporting older adults in Salt Lake County. Whether they're delivering meals, offering a friendly chat, providing transportation, or lending a helping hand, volunteers are the true gems that keep Aging & Adult Services running smoothly.

Many older adults face challenges such as mobility issues, social isolation, or difficulty accessing essential services. Volunteers help people navigate these challenges.

But their most valuable treasure is connection. A simple conversation, a shared laugh, or a kind gesture can be worth more than gold to an isolated older person. And while volunteers give so much, they often find themselves walking away with riches of their own – the joy of friendship and the priceless feeling of making a difference.

Aging & Adult Services is richer because of its volunteers. If you're searching for a way to give back, consider becoming a volunteer – you just might discover that the greatest treasure is in giving.

**Call us at (385) 468-3200 to learn about volunteering!**

# 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:** A Senior Center membership is required to participate in the Virtual Senior Center. Classes have various registration dates, they are first-come, first-serve, and supplies are limited. A Senior Center member may call and register themselves and one other qualifying person in their household.

**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).

**Self-Guided Courses:** If the course includes an item, it may be picked up from your local center. Participants may contact their center to determine when an item is available. The item will be held for two weeks. Current Meals on Wheels participants can sign up to have items delivered to their home. Supplies needed are the responsibility of the participant.

### Self-Guided Courses

#### Art/Culture/Music

##### Mandala Window Cling

Registration Open: 4/1/25

*Enjoy a calming coloring experience while creating a mandala that is easy to place and remove on a variety of surfaces.*



##### Self-Care Jar

Registration Open: 4/1/25

*Decorate a jar that includes uplifting self-care activities. Choose an activity from the jar when needing to be restored.*

**Supplies Needed:** Scissors.



##### Wooden Butterfly Decoration

Registration Open: 4/1/25

*Express your creativity and have fun making a beautiful butterfly decoration that you can display in your home or give as a gift.*



# Self-Guided Courses Continued

## Art Continued

### Mother's Day

#### Diamond-Kit Canvas

Registration Open: 4/3/25

Create a dazzling diamond canvas that you can give to a caregiver and/or mother in your life. Designs will vary. Limited to one item per household.



### Pom-Pom Flowers Card

Registration Open: 4/3/25

Transform your greeting card into a delightful masterpiece by incorporating playful pom-pom flowers.

**Supplies Needed:** Scissors, pencil, and green marker.



### 3D Butterfly Artwork

Registration Open: 4/3/25

Engage in a fun and creative art activity to create beautiful butterfly designs.



### Pop People

Registration Open: 4/3/25

Get creative with soda can tabs by transforming them into fun pop people.



### Vibrant Paint Spinning

Registration Open: 4/3/25

This fun and easy activity will produce a beautiful and unique piece of artwork.



### Scrappy Mother's Day Card Kit

Registration Open: 4/8/25

Make a cute and scrappy card for a mother or caregiver in your life.

**Supplies Needed:** Glue gun, glue, and scissors.



### Mini Ceramic Earth Planter

Registration Open: 4/8/25

Celebrate the planet with this inspiring art project by painting or embellishing a mini planter.

**Supplies Needed:** Paint.



### April Showers

Registration Open: 4/8/25

Make a springtime greeting card.

**Supplies Needed:** Adhesive.



## Self-Guided Courses Continued

## Art Continued

## Bee and Butterfly Seed Mix

Registration Open: 4/10/25

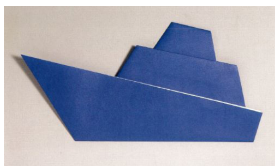
*Receive a mix of flower seeds that are specifically helpful for our much-needed pollinator's survival.*



## Origami Cruise Ship

Registration Open: 4/10/25

*Try this beginner friendly origami cruise ship. Origami helps improve fine motor skills and can also help you relax.*



## Education

## Mediterranean Recipe

Registration Open: 4/1/25

*Receive a healthy and delicious  
Mediterranean bean salad  
recipe.*

**Supplies Needed:** *Recipe ingredients.*



## Diabetes and Heart Healthy Recipes

Registration Open: 4/3/25

*Receive a new diabetes-friendly recipe each month. The April recipe is Mexican-style stuffed bell peppers.*

**Supplies Needed:**

*Recipe ingredients.*



## Easter Egg Maze: Expert Level

Registration Open: 4/8/25


*This highly advanced maze  
will challenge  
the most  
brilliant  
of minds.*



## Cinco de Mayo Word Search

Registration Open: 4/8/25

*Test your skills  
and see if you  
can solve this  
festive word  
search.*



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## Mother's Day Puzzles

Registration Open: 4/10/25

*Enjoy solving a variety of fun word jumbles and crosswords.*



## Health & Wellness

## Compassionate Hospice Care

Registration Open: 4/1/25

*Receive an article that covers the process of providing pain relief and comfort to patients, following their wishes before they die.*



## End-of-Life Caregiving

Registration Open: 4/1/25

*Receive an article that explains how 'Death Doulas' serve dying patients at home and in hospice by providing end-of-life caregiving assistance.*



# Self-Guided Courses Continued

## Wellness Continued

### Healthy Living: Kidney Disease Risk Factor

Registration Open: 4/10/25

Receive an article that explores how you can protect your kidneys as you age.



### Cooking for One or Two

Registration Open: 4/10/25

This month you will receive recipes for lemon garlic butter steak, zucchini noodles, and dark chocolate pecan cake.

### Supplies Needed:

Recipe ingredients.



## We're on YouTube!

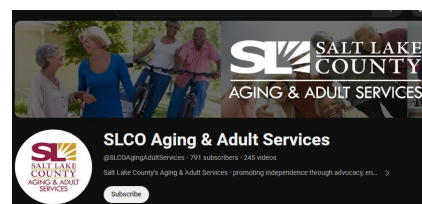


YouTube

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

Visit us here:

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



## 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

# Caregiver Support

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## Life Versus Lifestyle

Successful caregiving is complicated by perceptions. Many individuals who call professionals and service organizations are looking to sustain a current lifestyle, instead of simply sustaining their life.

As the number of aging individuals increases, shared community and government resources may be strained or have longer wait lists. Instead of just waiting or going without, individuals caring for others may need to shift from sustaining a current lifestyle to sustaining life.

## The Scenario

Margo, a 72-year-old widow, lives in a two-bedroom apartment. Her income is limited, and she no longer drives. It is getting more difficult to pay bills and find friends who can help with “just a few things” like vacuuming, cleaning, or washing windows. Traditionally, Margo and her family have applied for local or government services and volunteers to make up the difference so she can stay where she is. Strained resources have changed service availability and traditional options are now limited or no longer available. It might be time to rethink how life can be lived, instead of how it’s currently done.

- Can two older adults share a home/apartment? Shared resources enable both adults to reserve income for services, social events, or even money to travel to see family.
- Can a home become multi-generational? If so, consider room arrangements, boundaries, and guidelines that allow privacy and separation of daily needs.
- Is moving to a less expensive city or a smaller apartment an option? Every penny counts.
- Could groceries be ordered online? Could a task wait until Saturday? More individuals can help if given shorter assignments with less or flexible time requirements.
- I can still apply for support, but what can I do while I’m waiting? What changes could I make that would allow me to better live within my current means and resources?

Start talking about ways to re-imagine life. New paths may bring gifts that are completely unknown and unexpected.

# 2025 Caregiver Calendar Overview

**The secret of change is to focus all your energy.  
Not on fighting the old, but on building the new.**

**~ Socrates**



## **Support Groups for Caregivers (In Person/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 – April 1 (Tues) at 9:00 AM.
- Veterans Caring for Non-Veterans – April 3 (Thurs) at 10:30 AM (virtual).
- Riverton Senior Center – April 17 (Thurs) at 9:00 AM.
- Millcreek Senior Center – April 22 (Tues) at 10:30 AM.



## **The Joy Club (In Person)**

An activity support group designed for caregivers and those they care for, when appropriate. Enjoy a creative time away from home.

Participants receive a Creating Joy booklet and materials at no cost.

### **April Activity: Texture Art**

- West Jordan Senior Center – April 15 (Tues) at 1:30 PM.



## **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**

- April 23 (Wed) at 12:00 PM (virtual).



## **Dealing with Dementia (In Person)**

A four-hour learning option for caregivers assisting those with any form of Dementia. Participants receive a free manual with coping tools and resources.

**This month (April) the program will be split between two days.**

**Each day, the group will only be two hours.**

Mt. Olympus Senior Center – April 8 (Tues) & 10 (Thurs) at 9:30 AM.

## **Steps to Register**

1. Go to [saltlakecounty.gov/caregiver](https://saltlakecounty.gov/caregiver)
2. Click **“Calendar”**
3. Select the event
4. Enter your information

If you need help with registration, call  
**Kathy at 385-468-3281**

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

# Spring Holidays Around the World

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Spring is a season of celebration and joy! This April there are multiple holidays that hold special meaning for different cultures, religions, and communities around the world. A few of these major holidays include Easter, Passover, and Songkran. While these holidays may seem quite different at first, they all share some beautiful common traditions: gathering with loved ones and reflecting on themes of renewal and worship.

**Easter-** A cherished Christian holiday, Easter celebrates the resurrection of Jesus Christ, symbolizing hope, renewal, and new life.

**Passover-** An ancient Jewish holiday, Passover commemorates the freedom of the Hebrew people from slavery in Egypt, a time for reflection on the importance of liberty and faith.

**Songkran-** The Thai New Year, Songkran, is a lively celebration focused on “washing away” the previous year and welcoming a fresh start with joy and togetherness.

No matter which holidays you celebrate, spring reminds us all of the power of family, reflection, and new beginnings.

## Senior Focus - Sini U. Mailei

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Sini U Mailei was born and raised in Tonga. It was there she met her husband Dave and began the journey to raise a large and loving family. Sini's core values of faith, respect, hard work, and perseverance are central to her life.

Sini enjoys visiting her children and grandchildren, and spending time with her siblings. Her hobbies include intentional self-care, word searches, listening to classical music, and sewing.

Sini is currently focused on encouraging people to become more responsible citizens by registering to vote and being politically knowledgeable. She believes voting is crucial to defending democracy by electing leaders of high morals and values.

The most important lesson she has learned is that the skills and joy she and her husband found through their community service have made her more patient, kind, forgiving, and understanding. Her advice to her younger self is to recognize the priceless nature of time, strive to be your best self, and embrace lifelong learning for a happier and healthier lifestyle.



## Support Senior Meals: Every Donation Counts!

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Did you know that your meal donation helps keep Senior Center lunches and Meals on Wheels running? At just \$4, your donation covers nearly half the cost of a meal, ensuring we can continue serving more people than ever. These meals provide not only nutrition but also social connection, helping to combat loneliness among older adults.

You can help! Donate consistently, consider covering a friend's meal, or give in honor of a homebound senior. Every contribution makes a difference in keeping our meal programs strong.

## Volunteer Spotlight - Bonnie Carlstrom

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If you have thought about volunteering for Meals On Wheels (MOW) but haven't yet pulled the trigger, just do it!

I've noticed that many of the volunteers are long-term, which is a testament to how wonderful this program is. The coordinators are amazing to work with and truly care about the success of the program, its clients, and that of their hundreds of volunteers. The recipients are grateful not only for the meals but also for the companionship. For many of them, it's reassuring to know that someone will be checking in with them daily.

I receive so much in return for the time I dedicate to MOW. Knowing I have helped someone have a better day has even had a positive effect on my self-esteem! I've developed deep and meaningful relationships with several of the clients and consider them to be among my closest friends.

My out-of-state in-laws benefited from MOW as they aged into their 90s and I learned about our local MOW program through VolunteerMatch.org.

My free time is spent gardening, scuba diving, and crafting and each week, I truly enjoy the extended visits with "my" MOW clients!

# Health Promotion - Upcoming Classes

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## **Living Well With Diabetes**

A six-week course is designed to teach essential self-management skills for individuals with diabetes, focusing on meal planning, physical activity, emotional well-being, and creating effective action plans.

M April 21 - May 26 9:30 AM – 12:00 PM  
Riverton Senior Center

W May 28 - July 2 9:30 AM – 12:00 PM  
Millcreek Senior Center

T June 3 - July 8 9:00 – 11:30 AM  
West Jordan Senior Center

## **Mind Over Matter: Healthy Bowels, Healthy Bladder**

A three-week program for women wanting to manage bladder and bowel leakage. Learn simple exercises and dietary changes to reduce symptoms. With regular practice, these strategies can help minimize or avoid leakage, allowing you to stay active in what matters most to you.

TH April 17 & May 1, 15 1:00 – 3:00 PM  
Mt. Olympus Senior Center

M May 5, 19 & June 2 10:00 AM – 12:00 PM  
Kearns Senior Center

T May 13, 27 & June 10 9:30 – 11:30 AM  
Magna Senior Center

## **Stronger Memory**

Improve brain health through simple exercises that stimulate the memory retrieval part of the brain.

\*The first class is one hour, the following classes are 30 - 45 minutes.

TH April 10 - June 12 9:30 – 10:30 AM  
Magna Senior Center

M April 21 - June 30 12:00 – 1:00 PM  
Kearns Senior Center

## **Walk With Ease**

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

MWF April 7 - May 16 10:30 – 11:30 AM  
South Salt Lake Senior Center

## **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.

T April 8 - June 10 1:00 – 2:30 PM  
Midvale Senior Center

**Thank you to our  
Volunteers!**

In celebration of National Volunteer Appreciation Month the Health Promotion team would like to thank our many dedicated and amazing volunteers who help us bring evidence-based health promotion programs to the community.



# Independent Aging

## Spring Awakens

April marks the full arrival of spring in many places, bringing warmer weather, blooming flowers, and longer days - perfect for outdoor walks and gardening!

## April Showers Bring May Flowers

This classic saying reminds us that April's rain helps nature flourish. It's also a metaphor for life - challenges often lead to growth and beauty.

## No-Bake Energy Bites

### Ingredients:

- 1 cup rolled oats
- ½ cup peanut butter or almond butter
- ¼ cup honey or maple syrup
- ¼ cup dark chocolate chips
- 2 tbsp chia seeds or flaxseed
- 1 tsp vanilla extract

### Instructions:

In a bowl, mix all ingredients until well combined. Roll into small bite-sized balls. Refrigerate for at least 30 minutes before eating. These quick and yummy energy boosts can be stored in the fridge up to a week.



## Stress Awareness

April is Stress Awareness Month, a perfect opportunity to focus on relaxation and overall wellness.

Taking time for activities like meditation, reading, or gentle exercise can help reduce stress and enhance your well-being.

## Garden Month

Gardening offers both mental and physical health benefits. April, which is National Garden Month, is an ideal time to plant flowers, herbs, or vegetables. Try gardening this month to enjoy the season while boosting your well-being.

## Autism Acceptance Month

Autism is unique for each individual, and includes a broad range of conditions and challenges, but also triumphs! This month, let us make the commitment to celebrate all our differences!

# How to Check Your Medicare Bill for Errors

## Prevent Medicare Fraud

The Senior Medicare Patrol (SMP) program empowers and assists Medicare Beneficiaries to prevent health care 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 and Adult Services at 1-385-468-3200 if you need assistance.



Medicare is a complex program that provides healthcare to millions of beneficiaries. Even with careful training and attention, mistakes can and do still happen.

Medicare sends out a Medicare Summary Notice (MSN) every three months if you received care using Original Medicare. If you are enrolled in a Medicare Advantage Plan, you will receive an Explanation of Benefits or (EOB) each month you have received care. These documents detail the services you received, the payments made by Medicare, any payments you have already made (like deductibles and copays), and the amount you owe.

Reviewing these statements will help you spot potential errors.

### Checking your MSN and EOB:

- Are the dates correct?
- Did I receive the service that was billed?
- Was I billed multiple times for the same service?
- Did I receive the ordered Durable Medical Equipment (DME). Did my doctor tell me they were ordering it?
- Be aware that services provided outside your doctor's office may incur additional charges.
- With Advantage plans be aware of what the plan covers and if there are different charges for out-of-network care.
- If you are concerned do your research.



### 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.*

