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A short walk in the sun boosts endorphins and our happy hormone.

Salt Lake County Caregiver Support

June 2017

The Value of Sunshine

NASA reports that “Nothing is more important to us on Earth than the Sun. Without the Sun’s heat and light, the Earth would be a lifeless ball of ice-coated rock. The Sun warms our seas, stirs our atmosphere, generates our weather patterns, and gives energy to the growing green plants that provide the food and oxygen for life on Earth.” Sunshine also powers human energy, mood and vitamins.

The sun can help a caregiver sustain good health:

- **A Sunny Disposition.** A short walk in the sun can boost endorphins and our happy hormone, serotonin.
- **Vitamin D.** The [UV Advantage](#) reports that we get about 90 to 95 per cent of our vitamin D from the sun—which is essential for healthy bones and vitamin absorption.

- **Warm Muscles.** [Studies](#) show that sitting in the sun can warm muscles and improve the body’s ability to reduce pain caused by inflammatory conditions such as arthritis.
- **A Breathing Space.** Outside is where caregivers go to find a warm breathing space or a silent sanctuary, such as a park bench, a mountain path or the smell of the garden. (See page 2 for more options.)
- **Sun and Socialization.** Simple backyard BBQs, picnics, or sitting on the porch with popsicles can all encourage friends to stop by, laugh, chat and plan picnics.

Remember to take a hat or fancy umbrella, use sunscreen, drink plenty of water and find a little shade now and then—but take time to enjoy a little of nature’s most powerful mood booster.

Places to Enjoy Sunshine in Salt Lake County

- Celebrate 60 years of Utah State Parks and go for a walk in one of [Salt Lake County](#) or [Utah's](#) amazing parks--make it a picnic.
- Ride [Trax](#) and watch the flowers and trees bloom in the neighborhoods. Route maps are available in local libraries. Just sit, breathe and relax.
- Go for a hike along the [Bonneville Trail](#), entrances available by Red Butte Gardens and Hogle Zoo.
- Hold a picnic in the back yard, organize a block party, stop to feel the sun on the way to the mail box, or read a book sitting on a lawn chair.
- The [Sundance Alpine Loop](#) and [Snowbird Aerial](#) rides have spectacular views. If you would like to hike, take the Snowbird Tram to 11,000 feet, take pictures and walk down the mountain (15 minutes) to the Peruvian Lift to ride down.
- Open a drink, sit by a sunny window and watch the neighbors, the birds and the bugs at play.
- Go online to [nowplayingutah.com](#) for ideas.

The Tip Jar

Explore New Resources

- Visit a [senior center](#) this month, find out what they offer.
- Stop at a Nursing Home and ask for a tour.
- Call one new resource or service provider in the [55 plus directory](#) just to find out what they do.
- Ask friends for one new self-care recommendation.

Visit the Caregiver's Guide or Helpful Tools section of the [slco.org/caregiver](#) resource tab for more information.

res·pite 'respət, ri'spīt/ *noun* : a short period of relief from something difficult.

Try a new type of relaxation therapy:

- [Massage Therapy](#)—a technique that reduces tension, stress and toxic build up in muscles. Stop by a local spa for more information. Look on [Groupon.com](#) for discounts.
- [Reiki Energy Therapy](#)—known to relieve stress, clear negative thoughts, and bring peace and relaxation. Call 801.628.9123 for details.
- Visit [Brian Injury Alliance of Utah](#) at [biau.org](#) to explore options for Light Therapy, Acupuncture and more for Brain Injury healing. Call 801.716.4993 for details.
- [Laughter Yoga](#). Health and healing through humor. Visit the [laughingdjs.com](#) or call 801.205.3241 for details.



[Sound Vibration Healing](#)
using Tibetan Singing
Bowls.

Call 801.747.9649 for
more information.

Caregiver Academy Workshops:

The 6-Part Caregiver Academy is a free six week skill workshop for family caregivers. Caregivers learn to manage a care environment and find essential resources.

Visit slco.org/caregiver or call 385.468.3281 to find a class near you.

Stress Busting for Family Caregivers:

Stress Busting is a free nine week program for family caregivers who are caring for individuals with Dementia. Participants are introduced to eight stress therapy options.

Visit slco.org/caregiver or call 385.468.3281 for upcoming classes.

Reasonable ADA Accommodations Contact: Susan Hoepfner 385.468.3191 shoepfner@slco.org

Support Groups

Caregiver Lunch Bunch—a peer support group held the 1st Thursday of the month from 11:30 am to 1:00 pm. **June 1st** will be **Chuck-a-Rama, 6363 State St, Murray** by the Fashion Place Mall. Call Kathy at 385.468.3281 for details.

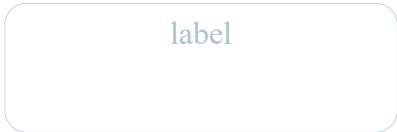
- **ALS/Amyotrophic Lateral Sclerosis**—**Murray Heritage Senior Center**, 10 E 6150 S. Held the 2nd Thursday of the month at 7:00 pm. Call 801.264.2635 for details.
- **Alzheimer's & Related Dementias**—**Draper Library**, 1136 E Pioneer Road. Held the 1st Thursday of the month at 5:00 pm. Call Laura at 801.882.4759 for details.
- **Alzheimer's & Related Dementias**—**Sandy Senior Center**, 9310 S 1300 E. Held the 1st Thursday of the month at 6:00 pm. Call Sandy Senior Center at 385.468.3410 for details.
- **Alzheimer's & Related Dementias**—**Millcreek Senior Center**, 2266 E Evergreen Ave (3450 S). Held the 2nd Thursday of the month at 1:00 pm. Call Laura at 801.882.4759 for details.
- **Caregiver Group (UCare)**—**Millcreek Senior Center**, 2266 E Evergreen Ave (3450 S). Held the 1st Wednesday of the month at 10:30 am. Call Amy at 385.212.9071 for details.
- **Caregiver Group**—**South Jordan Senior Center**, 10778 S Redwood Rd. Held the 2nd Tuesday of the month at 11:00 am. Call Terra at 801.819.9739 for details.
- **Caregiver Group**—**Magna Kennecott Senior Center**, 9228 W 2700 S. Held the 2nd Thursday of the month at 1:00 pm. Call Kathy at 385.468.3281 for details.
- **Caregiver Group**—**Mt Olympus Senior Center**, 1635 Murray-Holladay Rd. Held the 3rd Thursday of the month at 9:30 am. Call Ginny at 801.424.2200 for details.
- **FTD/FrontoTemporal Degeneration**—**Sandy Senior Center**, 9310 S 1300 E. Held the 2nd Wednesday of the month at 10:00 am. Call Bonnie at 801.231.3442 for details.
- **S.A.G.E./LGBTQ Seniors**—**Tenth East Senior Center**, 237 S 1000 E. Held the 2nd Tuesday of the month at 1:00 pm. Email Richard at rstarley@xmission.com for details.

Other support groups and events can be found on uw.org/211 or seniorsbluebook.com.



Salt Lake County Caregiver Support Program
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A Caregiver needs a variety of resources, skills and ideas. Here are a few helpful resources:

- **24 hour Crisis Hotline 1.800.273.8255 or 911, UNI Crisis Intervention: 801.587.3000**
- **Adult Protective Services at 801.538.3567 or 1.800.371.7897**
- **Salt Lake County Aging and Adult Services 385.468.3200**
- **Salt Lake County Caregiver Support at 385.468.3280**
- **Utah Information Hotline, dial 2-1-1**
- **Elder Care Locator for long distance caregivers at 1.800.677.1116**
- **Department of Services for People with Disabilities at 801.538.4200**
- **Grandfamilies at 801.326.4409 and Salt Lake County Youth Services at 385.468.4500**
- **LGBT Aging Center, SAGE or Utah Pride Center at 801.539.8800**
- **Office of Public Guardian at 801.538.8255**
- **Salt Lake County Human Services Programs at 385.468.7060**
- **Utah Independent Living Center at 801.466.5565**
- **Utah Parent Center at 801.272.1051**
- **Veterans Caregiver Support Program, Utah Coordinator at 801.582.1565 ext. 4165**

Promoting independence through advocacy, engagement and access to resources