A Message From Director Paul Leggett

The autumn season is upon us and it’s one of my favorite times of year! It’s a time when we celebrate and acknowledge the transitions of life, from summer to fall, and from harvest season to winter. It’s a time when the trees turn golden and brilliant red before shedding their leaves, and the season for pumpkin spice, apple cider, and cozy sweaters. And of course, it’s the season of my second favorite holiday, Halloween!

My family loves to dress up each year and we sometimes do a fun group costume!

To kick off this season of celebration, Aging & Adult Services will be hosting a booth at the Senior Expo on October 6th & 7th at the Mountain America Expo Center to showcase our many programs that help keep older adults independent. The Senior Expo has been a fun tradition that our team has participated in for years and we are excited that after a two-year hiatus, the Senior Expo is back!

What are your favorite autumn traditions?
ANNOUNCEMENTS & INFORMATION:

Call Center Hours
Our Registration Call Center hours are Monday – Friday, 8:00 AM – 3:00 PM. Please call 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 themself and one other qualifying person in their household.

Supplies
If the class includes supplies, items may be picked up from your local senior center approximately one week after you register. Contact your 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

3D Paper Pumpkin
Course Number: WJC-10-001
Registration Opens: 9/26/2022
Registration Deadline: 10/31/2022
Make a small 3D pumpkin out of scrapbook paper. Prints will vary.

Supplies Needed: Glue & scissors.

Autumn Leaves Wreath
Course Number: SAN-10-003
Registration Opens: 10/19/2022
Registration Deadline: 10/31/2022
Have fun creating this fall foliage wreath.

Supplies Needed:
Hot glue gun or other durable adhesive.

Autumn Vine Wreath
Course Number: RBD-10-001
Registration Opens: 10/5/2022
Registration Deadline: 10/31/2022
Create a personalized autumn vine wreath with colorful ribbon, feathery geese, and a wooden country sign. Adorable on a wall or doorknob.

Brain Teaser: Hidden Pictures
Course Number: SUN-2021-002
Registration Currently Open
Registration Deadline: 10/11/2022 for October packet.
Can you find all the hidden pictures in the image? Receive four fun hidden pictures every month.

Clay Landscape Project
Course Number: LIB-10-003
Registration Opens: 10/5/2022
Registration Deadline: 10/26/2022
Explore sculpture on a small scale with a Clay Landscape Project.

Coffee Filter Bat
Course Number: COL-10-001
Registration Opens: 10/5/2022
Registration Deadline: 10/24/2022
Make a cute little bat for Halloween.

Supplies Needed: Scissors.

Adult Coloring Contest
Course Number: SUN-2021-001
Registration Currently Open
Registration Deadline: 10/11/2022 for October color sheet.
Do you love to color? Participate in a contest each month! Use your favorite coloring utensils.

Supplies Needed: Colored pencils, crayons, gel pens, or markers.
Coffee Filter Bats
Course Number: RTN-10-002
Registration Opens: 10/12/2022
Registration Deadline: 10/31/2022
You will make two of these fun crafty bats that you can share with your family and friends.

Supplies Needed: Washable markers, spray bottle, scissors, & silver or white gel pen (or use small googly eyes in place of gel pen).

Crescent Moon Earrings
Course Number: RTN-10-003
Registration Opens: 10/26/2022
Registration Deadline: 11/9/2022
Create a pair of crescent moon earrings to wear during the fall harvest season.

Supplies Needed: Needle-nose pliers.

Decorated Frames
Course Number: LIB-10-001
Registration Opens: 10/5/2022
Registration Deadline: 10/26/2022
Reuse and upcycle found objects into a beautiful picture frame.

Flower Vase
Course Number: WJC-10-002
Registration Opens: 10/12/2022
Registration Deadline: 10/31/2022
Paint a glass bottle white with a fun design to make a single flower vase.

Supplies Needed: Small or medium paintbrush or two small marshmallows on a toothpick.

Foam Jack-O-Lanterns
Course Number: MTO-10-001
Registration Opens: 10/12/2022
Registration Deadline: 10/31/2022
Create a festive Halloween decoration to hang up in your window.

Supplies Needed: Glue.

Ghost Window
Course Number: TAY-10-002
Registration Opens: 9/26/2022
Registration Deadline: 10/14/2022
Make this ghostly decoration just in time for Halloween.

Supplies Needed: Glue & paintbrush.

Halloween Figurines
Course Number: MIL-10-002
Registration Opens: 10/3/2022
Registration Deadline: 10/28/2022
Celebrate Halloween or Dia de Los Muertos by painting these ceramic figurines.

Supplies Needed: Paintbrush & paints.

Halloween Paper Roll Wreath
Course Number: KEA-10-001
Registration Opens: 9/26/2022
Registration Deadline: 10/31/2022
Create a spooktacular Halloween wreath.

Supplies Needed: Hot glue or other durable adhesive.

Majestic Magnets
Course Number: LIB-10-002
Registration Opens: 10/5/2022
Registration deadline: 10/26/2022
Make impressively beautiful refrigerator magnets.

Ocean Mosaic Art
Course Number: DRA-10-004
Registration Opens: 10/19/2022
Registration deadline: 10/31/2022
Relax and create a beautiful work of art with stickers.

Paper Turkey
Course Number: DRA-10-003
Registration Opens: 10/7/2022
Registration Deadline: 10/31/2022
Have a fun holiday with colorful feathers and a turkey wearing a Pilgram hat.

Pick Your Service Project
Course Number: MIL-10-001
Registration Opens: 10/3/2022
Registration Deadline: 10/28/2022
Choose between Utah Food Bank Caring Cards, Days for Girls shields, and/or Days for Girls bags.

Supplies Needed: Pen (Caring Cards); permanent marker & scissors (DfG Shield); sewing machine & sewing supplies (DfG Bags).

Pumpkin Spider Candle Holder
Course Number: MAG-10-002
Registration Opens: 10/5/2022
Registration Deadline: 10/31/2022
These candle holders are great for the Halloween season and are easy to make.

Supplies Needed: Knife & pencil.
Spider Candy Box
Course Number: TAY-10-001
Registration Opens: 9/26/2022
Registration Deadline: 10/14/2022
Make this spooky candy box as a gift or decoration.

Supplies Needed: Hot glue.

Succulent Cork Magnet
Course Number: MID-10-002
Registration Opens: 10/12/2022
Registration Deadline: 10/31/2022
Make a faux succulent cork magnet to add a touch of greenery to your kitchen.

Supplies Needed: Glue gun & glue.

Thanksgiving Turkey Pop-Up Card
Course Number: MID-10-001
Registration Opens: 10/12/2022
Registration Deadline: 10/31/2022
Make this fun pop-up card for Thanksgiving.

Supplies Needed: Glue stick, scissors, & black marker.

Word Search
Course Number: SUN-2021-003
Registration Currently Open
Registration Deadline: 10/11/2022 for October word search.

Backward, forward, and diagonal - can you find all the words? Receive four word searches per month.

Supplies Needed: Pen or pencil.

Donna’s Diabetes Recipe
Course Number: COL-2022-001
Registration Currently Open
Registration Deadline: 12/30/2022

Pumpkin Recipes
Course Number: MTO-10-002
Registration Opens: 9/26/2022
Registration Deadline: 10/31/2022
Enjoy these delicious fall-inspired pumpkin recipes.

Meditation Practices
Course Number: TEN-2022-004
Registration Currently Open
Registration deadline: 10/19/2022 for October packet.
Receive curated instructions and information to establish an ongoing meditation practice.

Mindful Mazes
Course Number: SAN-2022-003
Registration Currently Open
Registration Deadline: 12/30/2022
Increase your mental flexibility and problem-solving skills with a monthly maze.

Mindfulness Practices
Course Number: TEN-2022-003
Registration Currently Open
Registration Deadline: 10/19/2022 for October packet.
Receive guidance each month on how to establish an ongoing awareness practice.

We’re on YouTube!
Enjoy a variety of classes, including arts and crafts, exercise, tech tips, educational lectures, and more!

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Mindfulness Practices
Course Number: TEN-2022-003
Registration Currently Open
Registration Deadline: 10/19/2022 for October packet.
Receive guidance each month on how to establish an ongoing awareness practice.

October Brain Teaser Packet
Course Number: RTN-10-001
Registration Opens: 10/12/2022
Registration Deadline: 10/31/2022
Work your brain with word searches, coloring pages, mazes, crossword puzzles, and more.

Supplies Needed: Pencil, eraser, colored pencils, or crayons.

Spot the Difference
Course Number: MAG-10-001
Registration Opens: 10/5/2022
Registration Deadline: 10/28/2022
Test your power of observation with five spot-the-difference puzzles.

Online-Live Courses

Acrylic Painting
Course Number: MIL-2021-004
Registration Currently Open
Start Date: 10/7/2022
F 10:30 AM 90 mins
Registration Deadline: 12/30/2022
Join us for our live, interactive, virtual acrylic painting class. Complete a new painting every week.

Supplies Needed: Acrylic paintbrushes, canvas/paper, & paints.
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. Here you will see the classes available. Click on a class that interests you to see class details.

5. Click the “Register for class” button:

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

- Patients ages 50+ who want FluBlok or High Dose, must have their insurance billed. The standard flu dose is free.
- All patients with insurance, please bring insurance cards and vaccination records (if possible).

Visit SaltLakeHealth.org to find information on booster shots and additional clinic locations.
Check out our online classes this month!

**The Aging Mastery Program**  
Tuesdays, Oct 6 – Dec 4  |  10:30 AM – Noon  
Learn how to navigate living longer in this 10-week class. Weekly guest experts teach about sleep, healthy eating, relationships, finances, falls prevention, physical activity, medication management, and community engagement.  

**Mind Over Matter: Healthy Bowels, Healthy Bladder**  
Thursdays, Oct 13, Oct 27, Nov 10  |  10:30 AM – Noon  
A 3-week program to give women the tools they need to take control of bladder and bowel leakage. Learn strategies to lessen symptoms with simple exercises and dietary changes.  

**Dementia Dialogues**  
Wednesdays, Oct 19 – Nov 16  |  1:00 PM – 2:30 PM  
A 5-session training course to educate individuals who care for persons with dementia. It includes an overview of dementia as well as coping and communication skills for the caregiver.

*To Register Call: 385-468-3078*

**Caregiver Support - The Joy Club**  
The Joy Club is a one-hour activity group for caregivers and those they care for. The activities will come from the Creating Joy Booklet (available in PDF on the slco.org/caregiver resource page). Participants will receive a copy of the Creating Joy Booklet and activity materials at no cost.  

- **The third Tuesday of each Month from 1:00 to 2:00 pm**  
- **Sandy Senior Center, 9310 South 1300 East (Rooms A and B)**

Participants must be caring for another individual to attend, but they may come with or without the person they care for.  

A reservation is required to attend. Space is limited.  

*Call Kathy at 385.468.3281 to RSVP*

**Elda Grooms - Senior Focus**  
Elda has been coming to the Eddie P. Mayne Kearns Senior Center for over 10 years. What Elda likes most about being retired is, “I can do whatever I want!” Elda believes that “the people around you keep you going.” She enjoys spending time with her grandkids. She is grateful that her family always includes her. Now that she is no longer driving, her family takes turns giving her rides to our senior center. When we featured the Hocus Pocus movie at our center, Elda said, “I didn’t really care for that movie.” The next week, she participated in our Halloween contest dressed up as Winifred Sanderson from the movie! “Only the good die young. I’m gonna live forever!”
Medicare’s Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Open Enrollment. The last change you make will take effect on January 1. Act during Open Enrollment to ensure your coverage will meet your needs in 2023.

**Know the changes you can make during Medicare’s Open Enrollment**

The changes you can make include:
- Joining a new Medicare Advantage Plan or Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

**Protect yourself from marketing violations and enrollment fraud**

Medicare has rules about how plans can and cannot communicate with you to market their insurance products. Plans are allowed to send you mail and emails but are not allowed to call or visit you in person without your permission. Here are some red flags to watch out for:
- Anyone who tries to pressure you to join their plan
- Anyone who claims they represent or are calling on behalf of Medicare
- Anyone who claims you are missing out on entitled plan benefits
- Anyone threatening that you will lose your Medicare benefits unless you sign up for a certain plan

If you see any of these red flags or feel you may be experiencing Medicare fraud, errors, or abuse, you can contact your Senior Medicare Patrol (SMP). SMPs can teach you how to spot and protect yourself from potential Medicare fraud.

The Salt Lake County Medicare Options team will be holding Open Enrollment Events at Senior Centers in November. The list of scheduled events is below. Please see or call your center to make an appointment. Please bring the following to your appointment: your Medicare card, current insurance information, list of doctors and any medications you are taking.

- **November 1st** - West Jordan & Sunday Anderson Senior Center
- **November 3rd** - Sandy & Draper Senior Center
- **November 4th** - Millcreek & Tenth East Senior Center
- **November 8th** - Mt. Olympus & Harmon Senior Center
- **November 10th** - Kearns Senior Center
- **November 14th** - Rivers Bend Senior Center
- **November 15th** - Taylorsville Senior Center
- **November 16th** - Magna & Liberty Senior Center
- **November 17th** - Columbus Senior Center
- **November 22nd** - Riverton Senior Center

There will be more enrollment events added. If you do not see your center listed, please call, and inquire when an event is going to be held.

**The Utah Senior Medicare Patrol (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse. Call Aging & Adult Services 1-385-468-3200 for assistance.**