Salt Lake County Aging & Adult Services offers a variety of programs designed to meet the needs of our community’s diverse population of older adults and those who care for them.

Aging & Adult Services

Highlighted Classes

Pom Pom Cacti
Make a very cute & fun cacti using yarn pom poms!

Flower Pot Bumble Bee
Make these adorable Bumble Bees out of a flower pot.

Yarn Wall Hanging (VSC)
Learn how to make a yarn wall hanging to use as a cute decoration or gift!

Meditation Practices
Receive curated instructions and information to establish an ongoing practice.

For More Information
To register, call us at 385-468-3299
Visit our website at slco.org/aging-adult-services/

Help Slow the Flow: Water Conservation Tips

Utah is experiencing extreme drought conditions and that means it’s everyone’s job to help conserve water. Here are some tips to help do your part to conserve water:

- Lawn: Water no more than once per week. Water only in the early morning or evening when it’s cooler outside.
- Mower: Adjust your lawn mower to a higher setting. Longer grass shades the root system and holds soil moisture better.
- Landscape: Less grass and more shrubs, wildflowers, and rocks add curb appeal and saves water and money! Try xeriscaping to save even more.
- Sprinklers: Commit to no wet cement! Adjust sprinklers so they don’t spray sidewalks and driveways.
- Weeds: They’re not just an eyesore! Weeds rob water from your other plants. Dig them out.
- Garden: Use drip systems and soaker hoses in flower and vegetable gardens.
- Pets: Bathe your four-legged friends outdoors in an area in need of water.
- Flip Your Strip: Receive up to $1.25 per square foot for replacing the lawn in your park strip with a water-efficient design.

Find these tips, details on rebate opportunities, and more at SlowTheFlow.org.

Red Butte Garden in Salt Lake City is a great example of using native plants and xeriscaping to create a beautiful, water-wise outdoor space.
**ANNOUNCEMENTS & INFORMATION:**

**Call Center Hours**
Our Registration Call Center hours are Monday - Friday, 8:00 AM - 3:00 PM. If you are unable to call during these hours, please leave a message and a representative will return your call the next day.

**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 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

**Adult Coloring Contest**
Course Number: SUN-2021-001
Registration Currently Open
Registration Deadline: 8/15/2022 for August 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.

**Aquapaintings: In the Garden, Looking Back, Into the Wild**
Course Number: LIB-08-001
Registration Opens: 8/3/2022
Registration Deadline: 8/24/2022

*With a paintbrush, simply apply water to the sheet and see the image instantly appear.*

**DIY Plastic Bag Storage Holder**
Course Number: MID-08-003
Registration Opens: 8/10/2022
Registration Deadline: 8/31/2022

*Make a “Do It Yourself” plastic bag holder. It saves a lot of space in your kitchen and is easy to make.*

**Supplies Needed:** Thread, scissors, & sewing machine.

**Birds On a Wire Artwork**
Course Number: KEA-08-001
Registration Opens: 8/10/2022
Registration Deadline: 8/26/2022

*Create a framed sunset picture with paper birds and colorful tissue paper.*

**Supplies Needed:** Glue & scissors.

**Brain Teaser: Hidden Pictures**
Course Number: SUN-2021-002
Registration Currently Open
Registration Deadline: 8/15/2022 for August packet.

*Can you find all the hidden pictures in the image? Receive 4 fun hidden pictures every month.*

**Butterfly Pop-Up Card**
Course Number: MID-08-002
Registration Opens: 8/10/2022
Registration Deadline: 8/31/2022

*Make this fun butterfly pop-up card that can be customized for any occasion.*

**Foam Button Bookmark**
Course Number: LIB-08-002
Registration Opens: 8/3/2022
Registration Deadline: 8/24/2022

*Sew buttons on pre-punched material and assemble the front and back pieces with a running stitch.*
Self-Guided Courses Continued

**Fun Foil Cherry Trees**
Course Number: MIL-08-001
Registration Opens: 8/1/2022
Registration Deadline: 8/31/2022
Learn how to paint a beautiful tree!
**Supplies Needed:** Paint brush or Q-tip.

**Nature Mosaic Art**
Course Number: DRA-08-004
Registration Opens: 8/24/2022
Registration Deadline: 8/31/2022
Make a beautiful nature sticker-by-number picture that you can frame.

**Paper Plate Scarecrow**
Course Number: DRA-08-003
Registration Opens: 8/10/2022
Registration Deadline: 8/31/2022
Scare up some fun with this festive smiling scarecrow in a silly hat.

**Perler Bead Watermelon Earrings**
Course Number: RTN-08-002
Registration Opens: 8/10/2022
Registration Deadline: 8/30/2022
Learn the art of perler bead making. Create a pair of watermelon earrings using an iron and the included supplies.
**Supplies Needed:** Electric iron, needle-nose pliers, & round-nose pliers.

**Personalized Phone Holder**
Course Number: RBD-08-001
Registration Opens: 8/3/2022
Registration Deadline: 8/31/2022
Create a personalized phone holder to free up your hands.
**Supplies Needed:** Glue gun.

**Paper Flower**
Course Number: TAY-08-001
Registration Opens: 7/25/2022
Registration Deadline: 8/31/2022
Create these fun paper flowers to enjoy and decorate your house.
**Supplies Needed:** Double-sided tape, stapler, & scissors.

**Perler Bead Watermelon Earrings**
Course Number: RTN-08-002
Registration Opens: 8/10/2022
Registration Deadline: 8/30/2022
Learn the art of perler bead making. Create a pair of watermelon earrings using an iron and the included supplies.
**Supplies Needed:** Electric iron, needle-nose pliers, & round-nose pliers.

**Robot Keychain**
Course Number: TAY-08-002
Registration Opens: 7/25/2022
Registration Deadline: 8/31/2022
Make this fantastic keychain for yourself or to give as a gift.
**Supplies Needed:** Wool needle.

**Painted Flower Ornament**
Course Number: MTO-08-002
Registration Opens: 8/10/2022
Registration Deadline: 8/31/2022
Paint a beautiful flower on a circular slice of wood.

**Song Bird Wind Chime**
Course Number: RTN-08-003
Registration Opens: 8/24/2022
Registration Deadline: 8/31/2022
Kit comes complete with chimes and a wooden bird that you can paint.
**Supplies Needed:** Paint or magic markers.

**Stained Glass Window**
Course Number: SAN-2022-008
Registration Opens: 8/17/2022
Registration Deadline: 8/31/2022
Catch some rays with this paper craft stained glass window.

**Word Search**
Course Number: SUN-2021-003
Registration Currently Open
Registration Deadline: 8/12/2022 for August word search.
Backward, forward, & diagonal - can you find all the words? Receive 4 word searches per month.
**Supplies Needed:** Pen or pencil.
Yarn Wall Hanging
Course Number: MIL-08-002
Registration Opens: 8/1/2022
Registration Deadline: 8/31/2022
Learn how to make a yarn wall hanging to use as a cute decoration or gift.
**Supplies Needed:** Scissors, ruler, & piece of scrap paper.

Journaling Through COVID
Course Number: MAG-2022-001
Registration Currently Open
Registration Deadline: 12/1/2022
Express your thoughts and struggles as we continue through times of COVID. A starter kit is included. Prompts will be provided monthly.

Mindfulness Practices
Course Number: TEN-2022-003
Registration Opens: 8/1/2022
Registration Deadline: 8/17/2022 for August packet.
Receive guidance each month on how to establish an ongoing awareness practice.

August BBQ Recipes
Course Number: MTO-08-003
Registration Opens: 7/25/2022
Registration Deadline: 8/31/2022
Use these delicious recipes for your next BBQ.

Meditation Practices
Course Number: TEN-2022-004
Registration Opens: 8/1/2022
Registration Deadline: 8/17/2022 for August packet.
Receive information and instructions to establish an ongoing practice.

Mindful Mazes
Course Number: SAN-2022-003
Registration Currently Open
Registration Deadline: 12/30/2022
Get on the path to increase mental flexibility & problem-solving skills with a monthly maze.

Donna’s Diabetes Recipe
Course Number: COL-2022-001
Registration Currently Open
Registration Deadline: 8/26/2022

Spot The Difference
Course Number: MAG-08-002
Registration Opens: 8/1/2022
Registration Deadline: 8/31/2022
Test your power of observation with these challenging spot-the-difference puzzles.

Neurobics
Course Number: SAN-2021-001
Registration Currently Open
Registration Deadline: 12/31/2022
Aerobics for your brain! Receive various brain games each month to exercise your mind.

Utah Food Bank Caring Cards
Course Number: MIL-2022-040
Registration Opens: 8/1/2022
Registration Deadline: 8/31/2022
Write and decorate a card using provided supplies. Return it to your local senior center for donation.

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**Education**

**August BBQ Recipes**

**Donna’s Diabetes Recipe**

**Mindfulness Practices**

**Mindful Mazes**

**Spot The Difference**

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**Health & Wellness**

**August Brain Teaser Packet**

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

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**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](https://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 SERVTracker, our 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.

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**Online-Live Courses**

**Health Promotion Courses**

**Acrylic Painting**
Course Number: MIL-2021-004  
Registration Currently Open  
F 10:30 AM 90 mins  
Registration Deadline: 12/31/2022

Join us for our live, interactive, virtual acrylic painting class. Limited Space!  
**Supplies Needed:** Acrylic paint brushes, paints, & paper or canvas.

**She Shed - Social Hour for Women**
Course Number: KEA-2021-001  
Instructor: BreAnn Silcox  
Registration Currently Open  
1st & 3rd M 10:00 AM 30 mins  
Registration Deadline: 12/27/2022

Join our She Shed social hour for women. Get to know others and share a little bit about yourself.

**Living Well with Chronic Pain Intro**
Course Number: HP-08-003  
Instructor: Erika Thompson  
Registration Currently Open  
Start Date: 8/23/2022  
Th 2:00 PM 60 mins  
Registration Deadline: 8/22/2022

An introduction to our Living Well with Chronic Pain Workshop. Learn about new coping skills you can implement and other ways this class can benefit you.

**Living Well with Diabetes**
Course Number: HP-2022-058  
Instructor: Erika Thompson  
Registration Currently Open  
Start Date: 8/4/2022  
Th 1:00 PM 150 mins  
Registration Deadline: 8/1/2022

Learn techniques for coping with the physical and psychological effects of chronic disease. Receive encouragement and tips from others who are also dealing with diabetes.

**Mindfulness for Pain Management**
Course Number: HP-08-001  
Instructor: Anna Smyth  
Registration Currently Open  
Start Date: 8/9/2022  
T 2:00 PM 60 mins  
Registration Deadline: 8/8/2022

Learn from a mindfulness expert how this practice can help manage pain.

**Naloxone Training**
Course Number: HP-08-004  
Instructor: Alyssa Burnham  
Registration Currently Open  
Start Date: 8/30/2022  
T 2:00 PM 60 mins  
Registration Deadline: 8/29/2022

Learn about Naloxone, why it is used, what is it for, and how it can help reverse an overdose.

**Opioids: What are they and the pros and cons of using them?**
Course Number: HP-08-002  
Instructor: Jeanette Bean  
Registration Currently Open  
Start Date: 8/16/2022  
T 2:00 PM 60 mins  
Registration Deadline: 8/15/2022

Learn the benefits and risks of opioid use.
Caregivers are faced with a host of responsibilities—many of which are unfamiliar and intimidating and can ultimately create caregiver burnout. As a result, the Caregiver Support Program with Salt Lake County Aging & Adult Services helps to support caregivers.

Service Options Include:

- **Respite Services.** Personal care and other services that lower the stress and strain of providing care. An application is required.
- **Supplemental Services.** Basic equipment and other supplies. An application is required.
- **Information and Assistance.** Professionals to answer questions and share resources.
- **Education and Support Groups.** A place to share, develop skills, and talk with peers. Visit the slco.org/caregiver online calendar or call us for in-class and online options. All groups and materials are provided at no cost.

Call us today at 385-468-3280

Health Promotion - Chronic Pain Management Webinar Series

Tuesday at 2:00 PM - Join us via Webex with this link: [https://slco.webex.com/meet/healthy](https://slco.webex.com/meet/healthy) or call 385-468-3083 to register

- **August 9th**
  - Mindfulness Practice for Pain Management
  - Anna Smyth
  - Mindfulness Utah

- **August 16th**
  - The Pros & Cons of Opioid Use
  - Jeanette Bean, Pharmacist
  - St. Mark’s Hospital

- **August 23rd**
  - Living Well with Chronic Pain Self-Management
  - Erika Thompson
  - SLCO Aging & Adult Services

- **August 30th**
  - Naloxone Training to Prevent Overdoses
  - Alyssa Burnham
  - SLCO Health Department
Senior Spotlight - Jenny & Francisco

How long have you been coming to Columbus Senior Center?
- We have been coming to Columbus Senior Center for 4 years.

What made you decide to come to a Senior Center?
- To improve my quality of life.

How long have you been married?
- We have been married for 53 years.

Any words of wisdom for your peers?
- To love themselves, and trust God.

What has been the best part of aging?
- Jenny - To be able to see my family increase. Francisco - Growing in Knowledge.

What is one thing you would tell your younger self if they were in front of you?
- Study very hard to prepare for your better future.

What is one thing you take a lot of pleasure in currently?
- Traveling.

One fun fact about the each of you?
Last year, the FTC (Federal Trade Commission) got almost a million reports about impersonation scammers. Impersonation scammers are fake government agents, pretend grandkids, bogus sweethearts, and others who took almost $2.3 billion from people across the country. So far this year, impersonation scams are still the most reported fraud.

Scammers keep changing their stories to catch you off-guard. Some scams even ask you for your Medicare number. If anyone surprises you with a call, email, text, or social media message and asks for money or personal information — no matter what story they tell — it’s most likely a scam.

Here are a few ways to protect yourself against impersonation scams:

Reduce Unwanted Calls and Email
- Use call-blocking technology or devices that stop unwanted calls, such as scams calls and illegal robocalls, before they reach you.
- Use email spam filters to reduce scam attempts and set your computer software to update automatically.

Keep Information Private
- Medicare won’t call or text to ask you for money. Even if your Caller ID says it’s Medicare, it could be faked. Don’t share personal or financial information with anyone who calls, emails, or texts saying they are from a government agency.
- Don’t click links or open attachments in email and text messages, even if they seem to come from Medicare or a company you know. They could be messages attempting to steal your account numbers, passwords, or other information.

Protect Your Money
- Refuse to pay anyone who demands payment by wire transfer, gift card, or cryptocurrency. Only scammers tell you to pay these ways. It’s hard to track those payments and almost impossible to get your money back.

If you suspect a scam, tell the FTC: ReportFraud.ftc.gov.

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. Local SMP office 1-801-468-3200.