

# The Senior Scoop

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



## Highlighted Classes

### Brain Games

Exercise your brain with a variety of challenging games.

### Heart Healthy Recipes

Receive a new diabetes-friendly recipe each month. The June recipe is for vegetarian tacos.

### Pride Rainbow Pony Bracelet

Let your creative colors fly fabulously and celebrate diversity with this delightful rainbow pride bracelet.

## 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](http://saltlakecounty.gov/aging)**

## Celebrating LGBTQ Older Adults

Pride Month holds deep, often personal significance for LGBTQ older adults who have lived through decades of social change, discrimination, and resilience. Many came of age in an era when being open about their identity could mean losing a job, being rejected by family, or facing violence and legal persecution. For them, Pride isn't just a celebration – it's a hard-won affirmation of dignity and visibility.

For LGBTQ seniors, Pride Month also provides a vital opportunity for connection and recognition. Aging can often come with isolation, and for those without traditional family support or who remain closeted in care settings, that isolation is compounded. Seeing their stories honored during Pride Month affirms their place in history and reminds us that respect and inclusion must extend across every generation.

As we celebrate Pride Month, it's essential to remember the words of Harvey Milk: "All men [people] are created equal. No matter how hard they try, they can never erase those words. That is what America is about." This enduring message of equality resonates deeply with LGBTQ elders who have fought for recognition and rights. Events like the Utah Pride Festival, taking place June 7 – 8 in Salt Lake City, offer a vibrant space to honor their legacy and continue the journey toward inclusivity.

# 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

#### Pom Pom Picture Frame

Registration Open: 6/3/25

Showcase a favorite photo by creating a colorful picture frame with multi-colored pom poms.

**Supplies Needed:** Craft glue or hot glue with glue gun.



#### Gnome July Magnet

Registration Open: 6/3/25

Decorate an adorable wooden gnome to celebrate Independence Day.



#### Message in a Bottle

Registration Open: 6/3/25

Write a message and seal it in a bottle that you can keep for future inspiration or share with a loved one.



#### Patriotic Rock

Registration Open: 6/3/25

Spark your imagination and artistic skills to paint a decorative and patriotic rock.



#### Cupcake Liner Flowers

Registration Open: 6/5/25

Transform your space with stunning flowers made from cupcake liners.

#### Supplies Needed:

Scissors and tacky glue.



# Self-Guided Courses Continued

## Art Continued

### Father's Advice Poster

Registration Open: 6/5/25

Enjoy an nostalgic activity that encourages reminiscing about fathers or caregivers.

#### Optional Supplies:

Stick-on lettering or pre-typed headings.



### Picasso-Inspired Self Portraits

Registration Open: 6/5/25

Explore your creativity with an activity that encourages self-expression through colorful collaging.



### Seashell Napkin Decoupage

Registration Open: 6/5/25

Enjoy crafting a unique and decorative shell catch-all dish.

#### Supplies Needed:

Decorative napkins and a spray bottle with water.



### Stainless Steel Charm Necklace

Registration Open: 6/5/25

Enjoy assembling and wearing a whimsical charm necklace. Charm designs vary.



### Celebration Card

Registration Open: 6/10/25

Create a special celebration card that you can give to a loved one.



### Pom Pom Bald Eagle

Registration Open: 6/10/25

Celebrate Independence Day by making a cute bald eagle.

#### Supplies Needed:

Glue and scissors.



### Pride Rainbow Pony Bracelet

Registration Open: 6/10/25

Let your creative colors fly fabulously and celebrate diversity with this delightful rainbow pride bracelet.



### Ribbon American Flag

Registration Open: 6/10/25

Have fun making a decorative American flag from beautiful ribbon and fabric.

**Supplies Needed:** Glue gun and scissors. Sewing machine is optional.



### Scratch Art

Registration Open: 6/10/25

Scratch the desired design with a bamboo stick to expose a pretty flower and/or butterfly.



# Self-Guided Courses Continued

## Art Continued

### Spring into Summer Word Search

Registration Open: 6/10/25

Get ready for fun with this seasonal word search, which is a perfect way to stay sharp and entertained.



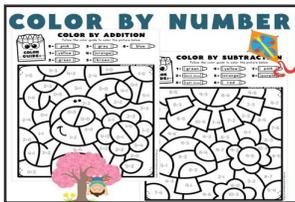
### Color by Number

Registration Open: 6/12/25

Color a fun summer image. Coloring pages will vary.

### Supplies Needed:

Coloring supplies.



### Origami Shirt

Registration Open: 6/12/25

Try this beginner friendly origami shirt, which could make a great gift for a father or caregiver.



## Education

### Camping Crossword

Registration Open: 6/3/25

Challenge your brain and enjoy four camping-themed crosswords and word puzzles.



### Mediterranean Recipe

Registration Open: 6/3/25

Receive a recipe for a delightful Mediterranean asparagus soup.

### Supplies Needed:

Recipe ingredients.



### Diabetes & Heart

### Healthy Recipes

Registration Open: 6/5/25

Receive a new diabetes-friendly recipe each month. The June recipe is for vegetarian tacos.

### Supplies Needed:

Recipe ingredients



## Health & Wellness

### Brain Games

Registration Open: 6/12/25

Exercise your brain with a variety of challenging games.



### Pain Management

Registration Open: 6/3/25

Receive an article that describes six different options to help prevent and control pain.



### The Moon's Influence

Registration Open: 6/3/25

Receive an article that explores scientific research on how the moon can influence human health.



# Self-Guided Courses Continued

## Wellness Continued

### Healthy Cooking for One or Two

Registration Open: 6/12/25

This month you will receive recipes for baked black bean tacos, Spanish rice, and lemon bars.

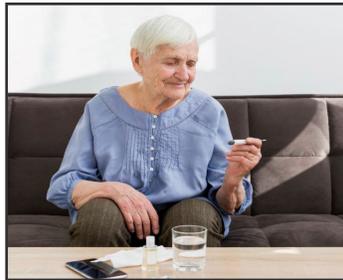
**Supplies Needed:**  
Recipe ingredients.



### Healthy Living: Diabetes in Older People

Registration Open: 6/12/25

Receive an article that covers ways to delay or prevent type 2 diabetes and ways to manage the condition if you already have it.



## We're on YouTube!

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

**Visit us here:**

[www.youtube.com/](http://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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## It's Break Time

There are only so many tasks, dishes, and chores a caregiver can do and still feel healthy. Sometimes the best task we can complete is taking a break.

Let's review the 3-in-1 rule. This is a simple way to keep energy high while providing care to others.

- If a caregiver does three tasks, such as helping someone take a shower, doing the dishes, and making breakfast, then one item of relaxation should come next—stop and read a book, take a walk, or play in the garden. Build the relaxation item right into the task list (three chores, one break).
- If a caregiver has spent three days or three weekends in care, then the caregiver needs a day or a weekend off. Everyone needs time to rest their over-taxed intellect and responsibility button. Tired minds make poor decisions and lead to unfortunate consequences.
- If a caregiver has been providing care for a full quarter (three months), then at least a short three-day vacation is recommended.

Where can I find fun, low-cost, or free place to take a break?

Here are a few websites where you can find festivals and other fun events:

- [Nowplayingutah.com](http://Nowplayingutah.com) offers links and information to Utah's festivals, parks, zoos, movies-in-the-park, classes, workshops, art exhibits, and much more.
- [Utah.com](http://Utah.com) leads you to outdoor adventures, festivals, deals, tours, guides, hiking trails, and fun things to do in Utah.
- [Visitutah.com](http://Visitutah.com) showcases cities and towns, national and state parks, food and nightlife, dinosaurs, camping, rafting, and more.
- [Saltlakecounty.gov/parks-recreation](http://Saltlakecounty.gov/parks-recreation) provides reservation information to Salt Lake County's many parks and recreation spots, including swimming pools, ice skating, gold, and youth sports.

Take a break. Maintain your health. Enjoy your life.

# 2025 Caregiver Calendar

“We will be more successful in all our endeavors if we can let go of the habit of running all the time and take little pauses to relax and re-center ourselves. And we’ll also have a lot more joy in living.”

~ Thich Nhat Hanh



**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 – Jun 3 (Tues) at 9:00 AM.
- Veterans Caring for Non-Veterans – Jun 5 (Thurs) at 10:30 AM (virtual)
- Millcreek Senior Center – Jun 24 (Tues) at 10:30 AM.
- Riverton Senior Center – Jun 26 (Thurs) at 9:00 AM. (One week later than usual due to the Juneteenth Holiday).



**The Joy Club (In Person).** An activity support group designed for caregivers and those they care for, when appropriate. Enjoy creative time away from home. Participants receive a Creating Joy booklet and materials at no cost.

Jun Activity: Internet Zoologist

- West Jordan Senior Center – Jun 17 (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.

Jun Topic: Sensory overload and a break for the senses

- Virtual Class - Jun 25 (Wed) at 12:00 PM.



**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.

- Riverton Senior Center – Jun 10 and 12 at 9:30 AM. The class is for two hours each day. Attendees need to attend both sessions.

## 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.

# Juneteenth: A Colorful Culinary Tradition

At any Juneteenth celebration, you're likely to find red foods – strawberry soda, red velvet cake, barbecue, and more. This tradition, according to food historian Michael Twitty, traces back to the enslaved Yoruba and Kongo people brought to Texas in the 19th century. In these cultures, red symbolizes power, sacrifice, and transformation.

Juneteenth commemorates June 19, 1865 – the day enslaved people in Texas were finally informed of their freedom, more than two years after the Emancipation Proclamation. Food has long played a central role in honoring this day, with many dishes carrying deep cultural and symbolic meaning.



Red foods, in particular, represent the blood shed during slavery and the enduring strength of the Black American spirit. Other staples – grilled meats, black-eyed peas, collard greens, and sweet potatoes – were once considered “prosperity meals.” Though often made from what others discarded, these dishes symbolized hope, resourcefulness, and the promise of a better future.

## Black-Eyed Pea Patties

### Ingredients

- 1/2 pound bacon
- 3 cups canned black-eyed peas, rinsed and drained
- 1/3 cup chopped roasted red peppers
- 2 tablespoons minced shallot
- 3 tablespoons all-purpose flour, or as needed
- salt and black pepper to taste
- 1 tablespoon butter
- 1 tablespoon vegetable oil

### Directions

Cook bacon in a large, deep skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain on a paper towel-lined plate.

Mash black-eyed peas in a bowl with a fork. Crumble bacon into the bowl, then stir in red peppers and shallot. Stir in enough flour to make the mixture stick together. Season with salt and pepper and form into four equal patties.

Heat butter and oil in a large skillet over medium heat until butter melts. Add patties and cook until golden brown and crispy, about 4 minutes per side.

## World Elder Abuse Awareness Week

**You're Invited! June 18 after lunch at your Senior Center.**

Join us for pie and important information in honor of World Elder Abuse Awareness Day. Learn how to recognize and report elder abuse - because awareness is the first step to prevention.



## Senior Focus - Pat Talbot

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Pat Talbot has been attending and volunteering at the Magna Senior Center for a little over two years. She is originally from Tooele and lived in Manti for a while before moving to Magna. She was a wonderful help when Magna had the Utah Food Bank at the senior center. She recently began teaching our new Senior 60 & Fit exercise class on Monday afternoons and hosts our monthly Bunco activity.



Pat always comes with a smile and is happy to see everyone. She loves giving back to her community and also volunteers for the Magna Museum. She enjoys participating in many of the activities at the center including our Dance Flow class and Bingo.

During her career, Pat worked for Northrop Grumman on a variety of programs. She has three children: two daughters and a son. In her spare time, she enjoys doing a variety of crafts and working in her garden. When we have had our biannual boutiques at the center, she always has beautifully made crafts to sell.

She is always ready to help when needed and her easy-going nature makes her a joy to be around.

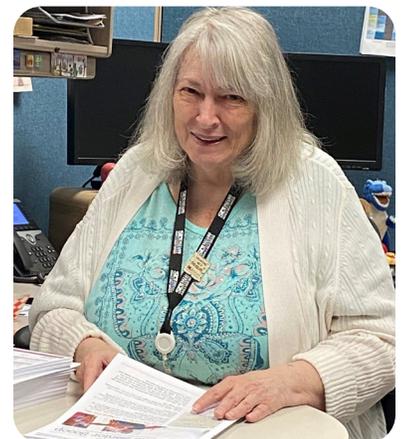
## Volunteer Spotlight - Ruth Bullock

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Meet Special Projects volunteer, Ruth Bullock who has been volunteering with Salt Lake County since 2014 and since that time she will tell you that she has been everywhere.

Ruth is a mentor - she is patient, kind, detail-oriented, dedicated, and organized. She took these qualities and put them to work in a variety of ways starting with job training through the Senior Employment program, then it was on to the Retired & Senior Volunteer Program (RSVP), Meals on Wheels (MOW), Foster Grandparents, and Special Projects. Some of those special projects included auditing our volunteer database, surveying clients regarding their services, laminating route cards for MOW, data entry, filing, phone calling, and sorting the Senior Scoops every month. She has also helped create numerous gift bags for public events and has worked many of those events providing information to the community. Each year we put out a great resource for older adults, our 55+ Senior Book filled with valuable resources for seniors and for two years Ruth went through each entry to ensure the information provided was accurate by calling each one directly.

Ruth says that she has loved gaining all of this knowledge about the county programs. She also states that the staff who she works with are amazing and a big part of why she keeps volunteering!



# Health Promotion - Upcoming Classes

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## **Living Well with Diabetes**

A 6-week class specifically designed to teach self-management techniques for individuals with diabetes, covering meal planning, physical activity, emotional management, and action planning.

M Jun 2 – Jul 7 1:00 – 3:30 PM  
Mt Olympus Senior Center

T Jun 3 – Jul 8 9:00 – 11:30 AM  
West Jordan Senior Center

Th June 12 – Jul 17 12:30 – 3:00 PM  
South Salt Lake Senior Center

## **Stepping On**

A fall prevention program that targets older individuals who are at risk of falling, have a fear of falling, or have fallen one or more times in a year. This program helps build confidence in the ability to reduce falls.

T Jul 1 – Aug 12 12:30 – 2:30 PM  
Sandy Senior Center

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## **June is Alzheimer's and Brain Awareness Month**

June is Alzheimer's and Brain Awareness Month—Take this opportunity to learn more about the signs of memory loss, encourage early detection, and support those living with cognitive challenges.

Staying mentally and socially active, eating a balanced diet, and managing health conditions can all support brain health as we age.

Check out the Stronger Memory classes to learn more about brain health. The next class series will be July 10 – September 18 from 1:00 – 2:00 PM at Mt Olympus Senior Center.

## **Stepping Up Your Nutrition**

A program emphasizing balanced nutrition for fall prevention and addressing factors contributing to malnutrition.

M June 9 10:00 – 12:00 PM  
Riverton Senior Center

## **Living Well with Chronic Pain**

Learn self-management techniques and skills needed in the day-to-day management of any type of chronic pain condition in this 6-week class. Effective with caregivers.

Th Jun 5 – Jul 10 9:00 – 11:30 PM  
Magna Senior Center

## **Tai Chi for Arthritis and Fall Prevention**

An evidence-based class proven to help improve balance and decrease pain. Learn this moving meditation to reduce stress and increase strength.

T/Th Jun 3 – July 29 10:00 – 11:00 AM  
Taylorsville Senior Center



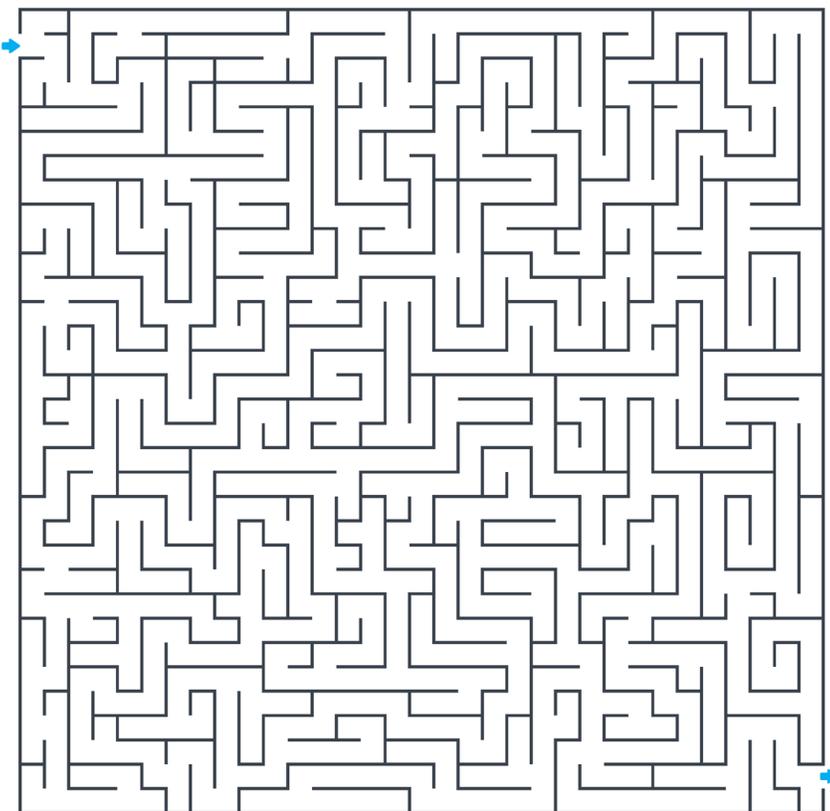
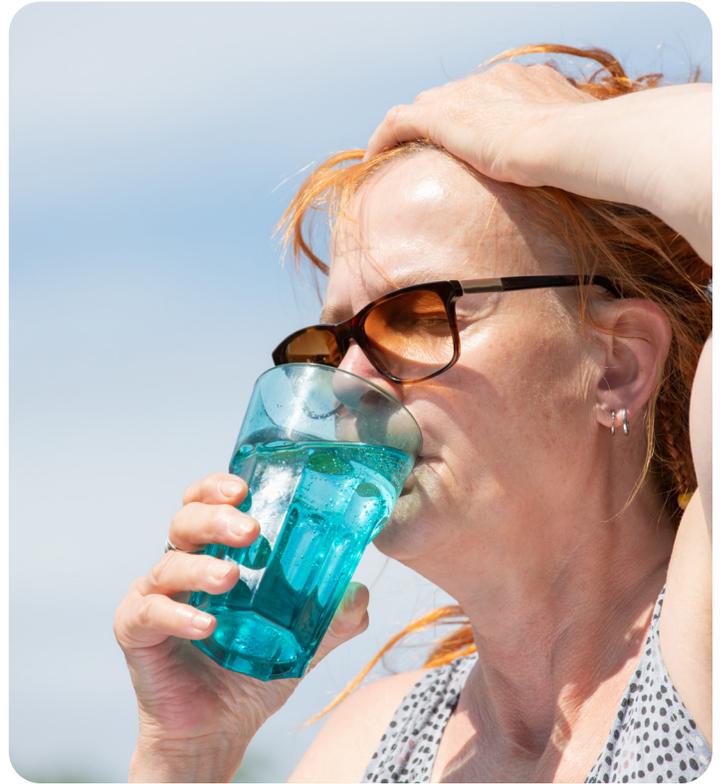
# Independent Aging - Staying Safe in Summer Heat

Older people can have a tougher time dealing with heat and humidity. The temperature inside or outside does not have to be high to put you at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. If you start showing these symptoms, it's best to go to the doctor or to an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool, ideally air-conditioned place.
- Drink fluids but avoid alcohol and caffeine.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest.



Puzzles and mazes are like gym sessions for the brain - perfect for keeping older minds sharp and agile. They boost memory, problem-solving, and attention span, all while helping to slow down cognitive decline. Every riddle solved or path traced lights up the brain's neural network, keeping it active and resilient.

But it's not just about brainpower - these activities spark joy and confidence too. Whether it's the thrill of cracking a crossword or finding the way out of this tricky maze, they offer a satisfying mental challenge!

# DME: It's Not One Size Fits All

## 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.



Durable Medical Equipment, or DME, is medical equipment and supplies prescribed by your doctor that are reusable and can be used for at least three years. DME is mainly used in the home and for medical reasons. DME includes back/knee braces, walkers, wheelchairs, hospital beds, home oxygen equipment, diabetic supplies, therapeutic shoes, and scooters.

To qualify for DME, you need a prescription from your doctor. Your Medicare-enrolled doctor will write an order for DME when medically necessary. Medicare only covers DME if you get it from a supplier enrolled in the Medicare program. If you are in a hospital or skilled nursing facility they should provide you with the equipment you need while you are there.

### 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.

### Important Steps to Take:

- Make sure your doctor assesses your condition and orders the right equipment or supplies.
- Don't accept money, gifts, or unnecessary equipment or supplies in exchange for your Medicare number.
- Check your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) for equipment charges you do not need or did not receive.
- Never sign a blank form from your healthcare provider or equipment supplier.



*Prevent. Detect. Report.*

