

# Neighborhood House

February 2021  
Newsletter



## Highlights from January

ADS Staff received their first round of COVID-19 vaccinations



Donations from UTA



Horticultural Therapy with Sarah!



### Important Dates

President's Day  
February 15<sup>th</sup>- Closed

Heart & Soul  
February 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>th</sup>

Music W/ Maggie  
February 2<sup>nd</sup>, 16<sup>th</sup>

JuanCarlos  
February 1<sup>st</sup>, 3<sup>rd</sup>, 8<sup>th</sup>, 10<sup>th</sup>,  
17<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>

Dance W/ Joni  
February 12<sup>th</sup>, 26<sup>th</sup>

## Highlights from January cont.

At the beginning of January, the ADS staff was able to secure an appointment to get our first round of COVID-19 vaccinations. We are anticipating getting the second does within the first week of February.

Our director Sarah Scott with her many time constraints has offered to provide two horticultural therapy groups a month with our clients. This is just one of her many talents that she shares with us and we are so happy she does.

We have more exciting news! JuanCarlos has offered to volunteer his time and talents and provide groups for our clients twice a week over Zoom. We love his energy and enthusiasm that he shares with our clients. Here is a little information from his website that will help you get to know him. Juan Carlos Claudio is the Co-founder and COO of Minding Motion for Graceful Aging™, Founder and Co-director of GREY MATTERS: Dance for Parkinson's-Utah the first program of its kind in Utah, Outreach Director for the Ririe-Woodbury Dance Company and Fitness Instructor at Huntsman Cancer Institute Wellness and Rehabilitation Center. He has been educating audiences on the importance of healthy bodies and creative minds to all ages for over twenty years. Juan Carlos obtained his Master of Fine Arts degree from the University of Utah, Department of Modern Dance where he held the position of Assistant Professor in the Department of Modern Dance and the Office of Undergraduate Studies from 2009-2016.

We are grateful for our regular performers and volunteers as well who have been sharing their talents and time with us as well.

### Neighborhood House Resources

<https://www.nhutah.org/familysupport>

### Support Services for Our Clients

Open Monday through Thursday from 7:00 am to 5:00 pm, The Family Support Center can assist individuals with finding the appropriate resources to meet their needs and achieve their goals. Among other services, the Center supports its clients with family education classes such as parenting classes, healthy relationships, and financial literacy. In collaboration with other resources available in our society, Neighborhood House is able to offer individual case management services to community members in many different areas. Contact Rocio Torres, our family support center manager via [rocio@nhutah.org](mailto:rocio@nhutah.org) or by phone (801) 363-4593 ext. 129 to schedule an appointment or learn more about the services offered at Neighborhood House Family Support Center

**Director's Message to Clients & Caregivers**  
**Adult Day Services (ADS)**  
**February 2020**

Many thanks to all who have responded positively to our COVID-19 protocols and efforts to keep ADS families safe during this season of disease variants and confinement to indoors. Our staff have received their first vaccination shots and will be getting their next round in early February (fingers crossed!) More importantly, adults over 70 should be able to get their first shots by the end of the month, and some have already been lucky enough to be in the first round. I will pass along every bit of information I get via email, so please make sure that our administrative team has a current email address for you. Please also check daily the website for Salt Lake County Health Department (<https://slco.org/health/COVID-19/vaccine/>) for updates. If you have not registered an email address with the department, this would be strongly encouraged, though not a failsafe way of receiving timely information from them. Suffice it to say, there have been many flaws in the vaccination rollout so far, here and around the country.

Next, there have been inquiries regarding whether we, at Neighborhood House, will be offering a vaccination clinic on site. I have reached out to a contact at Salt Lake County Health Department and am waiting for a response to this question – as nobody wants this more than we do! When I receive an answer, I will forward that information by email and/or a note home with attending clients.

Otherwise, we at ADS have enjoyed the company of those who join us every day, and that figure is increasing weekly! Depending on vaccinations in our local community, *we hope* to be sending out the vans in the coming months, lengthening our operating hours, and accepting larger groups– though the timeline remains blurry at the moment.

In the meantime, our Family Support Center is available to provide referrals and resources for families or individuals in need, and my door is always open as well. Please reach out with questions or concerns.

All best wishes for a Happy Valentine's Day, from all of us here at ADS.



**SARAH SCOTT, MS, MBA**

Adult Program Director  
801-363-4589, Ext. 121  
1050 W 500 S, SLC, UT 84104  
[sarah@nhutah.org](mailto:sarah@nhutah.org)





January 2021

# The Senior Scoop

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.

## HAPPY New Year!

A new year brings new beginnings... Cheers to the promise of 2021! We're excited to embark on new adventures with you.



### Highlighted Classes

#### Yarn Heart Garland

Create a beautiful heart garland to add a little color to your home!

#### Poetry & Art Journaling Kit

Create your own personal art journal & make a fun 2021 Calendar!

#### Making a Healthy Change

Learn 7 simple steps that can help you make a healthy change!

### For More Information



To register, call us at 385-468-3299



Visit our website at [slco.org/aging-adult-services/](http://slco.org/aging-adult-services/)

## Virtual Senior Center

### Register Online!

1. Call our Virtual Senior Center call line at 385-468-3299 and let them know you would like to register to access the online portal. →
2. The membership assistant will send a request through SERVTracker to your email. The email will allow you access to SERVTracker and will give you a temporary pin. →

We will send you an email with the temporary pin and instructions on how to access the online portal. You will need to use this pin to access the online portal. You will also receive a temporary pin via email. You will need to use this pin to access the online portal.

→

→ [membership@slco.org](mailto:membership@slco.org)  
Temporary pin  
Temporary pin



3. You will then go to [client.servtracker.com/login](http://client.servtracker.com/login) & be directed to this page: →

4. Enter your email & temporary pin and set up a password.

5. Click on the "Class Registration" button. From there you will see the various classes available. Click on one of interest and it should show you the details of the class. →



6. Click on the orange "Register for class" button on the right side of the page. Then click "proceed to payment" (you will not be charged) and you are good to go. →

Register for class

Aging & Adult Services

Enjoy your class at the Virtual Senior Center!

# Health Promotion

## Healthy at Home Weekly Webinars:

Join the Health Promotion  
Team and guests every  
Tuesday at 2 PM via Webex

Join with this link:  
<https://slco.webex.com/join/healthy>

### January 5

**Protein! What's the Big Deal?** Learn why older adults' protein intake becomes so important as well as how to ensure you are getting enough.

*with Paige Conley*

### January 12

**New Year! New You!** Come share your New Year Resolutions and learn how to make goals that are achievable.

*- with Enka Thompson*

### January 19

**Safe Medication Use & Poison Prevention Tips.** Learn how to take medication safely and avoid misuse and poisonings.

*- with Sherrie Pace, Utah Poison Control Center*

### January 26

**Propósitos de año nuevo y como lograrlos.**

*- con Enka Thompson*

## Tai Chi for Arthritis & Fall Prevention

Slow, controlled movements that embrace mind, body, and spirit and generate internal energy. This version focuses on principles for fall prevention and joint movement for those with arthritis.

### TWO CLASS OPTIONS:

January 11    March 18

Mondays & Thursdays

10 - 11 AM

OR

January 21    June 3

Thursdays

1 - 2 PM

*Taught by Alicia Bremer-Wharton*

*Taught by Ray Paramore*

## Arthritis Foundation Exercise Program

An overall body exercise class with joint check/warm-up, range of motion/stretching, strengthening, cardiovascular endurance, and joint check/cool down.

January 19 – March 12

Tuesdays & Fridays

10 – 11 AM

*Taught by Jackie Longmore*

## Seated Arthritis Foundation Exercise Program

Designed for those who need to stay seated but still get a good cardio, strength, and stretching workout.

January 25 – March 18

Mondays & Thursdays

10:15 – 11:15 AM

*Taught by Paige Conley*

## The Aging Mastery Program

Learn how to navigate living longer in this 10-week class. Guest experts will teach you about sleep, exercise, healthy eating, relationships, finances, falls prevention, medication management, and community engagement.

January 26 – March 30

Tuesdays

3:00 - 4:30 PM

*Taught by Vickie Venne*



Register on the Virtual Senior Center website or by calling 385-468-3299



## If you are 70 or older, you can get the COVID-19 vaccine right now!

Call your local health department today to schedule your appointment to get vaccinated.

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**COVID-19 vaccines are safe and effective.** COVID-19 vaccines are an important tool to help us get back to normal.

### The benefits of getting vaccinated far outweigh the risks of getting COVID-19.

- Starting **January 18, 2021**, all Utahns age **70 and older** can get vaccinated at your local health department.
- We expect to vaccinate other age groups, and those with underlying medical conditions who have not yet been vaccinated, sometime in March.
- The vaccine should be available for all Utahns sometime in the April to July timeframe.

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### You need to:

- **Call, or visit the website for your local health department, to schedule an appointment.** You can find the phone number and website for your local health department at <https://coronavirus.utah.gov/vaccine-distribution/#lhd>.
- You don't need to get on a waiting list to get vaccinated, but you must have an appointment. You, or someone you trust, can register for your appointment on your health department's website.
- You can't just show up without an appointment because each local health department may have a different process for registration. **There are limited vaccines, so appointments will fill up quickly. It may take a few tries to get an appointment.**
- Bring a photo I.D. to your appointment.
- Get a 2nd dose of the vaccine a few weeks later. The local health department will tell you when you need to come back for your 2nd shot.

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If you have questions about the COVID-19 vaccine, visit [coronavirus.utah.gov/vaccine](https://coronavirus.utah.gov/vaccine) or call the COVID-19 hotline at **1-800-456-7707**.