

# Senior Newsletter



## Did you know....

- The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.
- Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).
- Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

### Provo.org

Check the website for updated information, lunches and events.

### Community Desk

Desk staff can answer quests regarding senior classes, events, and lunches.

Call us at 801-852-6620  
or  
email [recprograms@provo.org](mailto:recprograms@provo.org)



# SENIOR LUNCH

**Lunch will be available from  
11:45 AM to 12:45 PM,  
Kitchen closes at 12:45pm.**


**No food will be available after 12:45pm.**

**Reservations must be made in person  
no later than 12pm the day before.**

**IF YOU MISS 2 MEALS WITHOUT  
CANCELING, YOU WILL BE DROPPED  
FOR THE REST OF THE MONTH**



# UPCOMING EVENTS



**nov. 1st 11:45am**  
**Birthday Lunch**



**Thursdays**  
**1pm**  
**in the MPR**

## **BOOK CLUB**

**Nov. 12th**  
**1pm**  
**in the library**



**FREE**



**Mondays**  
**Classroom B**

**Learn to Play the Ukulele**  
**10-11am**



**Senior Hula Dancing**  
**11am-12pm**

register at the community desk or visit  
[signup.provo.org](http://signup.provo.org)



# Nov. 15th 1pm **Travelogue**

**FREE**

Classroom B

Travelogues offer a vivid glimpse into the experiences and adventures of travelers, capturing the essence of different cultures, landscapes, and personal journeys. Discover new places, feel the thrill of exploration, and get inspired for your own adventures through captivating narratives and stories.

# Thanksgiving Lunch Celebration



Nov. 22nd 11:45am



Nov. 22nd 1pm

## Matinee Movie **Matilda**

Classroom B



**FREE**



This film adaptation of a Roald Dahl work tells the story of Matilda Wormwood, a gifted girl forced to put up with a crude, distant father and mother. Worse, Agatha Trunchbull, the evil principal at Matilda's school, is a terrifyingly strict bully. However, when Matilda realizes she has the power of telekinesis, she begins to defend her friends from Trunchbull's wrath and fight back against her unkind parents

**FREE**

Nov. 25th 1pm

# **BUNCO**

Get ready for an afternoon of non-stop fun and excitement at our BUNCO Bonanza! Whether you're a seasoned pro or a first-timer, this is the ultimate dice-rolling experience that will have you hooked from the first toss!

## **Win Prizes**

Classroom B







Nov. 15th 1pm

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Nov. 25th 1pm

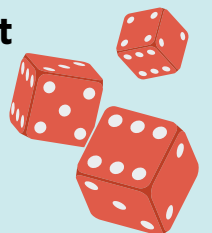
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# New Recipe

## Spiced Apple Pumpkin Bread

A bread machine recipe

### Ingredients:

- Cooking spray
- 1 cup milk
- 2 tablespoons butter, melted
- 2 tablespoons sugar
- 1 teaspoon pumpkin pie spice
- 1 1/2 teaspoons salt
- 3 cups flour
- 2 1/2 teaspoons yeast
- 1 large apple, diced



### Directions

1. Spray the bread pan with cooking spray.
2. In the following order, add milk, butter, sugar, spice, salt, flour, and yeast to the bread pan.
3. Select “quick” bread cycle and “light crust” setting. Press “start.”
4. Add apple at the bread machine’s first beeps.
5. Remove the bread pan from the machine when baking is complete.
6. Remove bread from the bread pan and allow to cool slightly before serving.

*Makes 16 servings*

*To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.*

# Emergency Home Repair Grant Program

For anyone 60 years or older who live in low to moderate income households.

Visit Provo Cities website for more info.

[provo.org/departments/development/cdbg-home/emergency-home-repair-program](http://provo.org/departments/development/cdbg-home/emergency-home-repair-program)



#### CONTACT INFORMATION

Main Office - (801) 852-6400

#### HOURS OF OPERATION

Monday - Thursday  
7:00AM - 6:00PM  
Building Permits Issued Until 5:30PM

#### PHYSICAL LOCATION

City Hall  
445 W Center St Suite 200  
Provo, UT 84601



[View Map »](#)

#### MAILING ADDRESS

Development Services  
445 W Center St Suite 200  
Provo, UT 84601

[Link to Map of Current Projects](#)

#### EMERGENCY REPAIR DOCUMENTS

-  [Emergency Repair Grant Application](#)
-  [Emergency Repair Grant Policies & Procedures](#)
-  [Emergency Repair Grant Brochure](#)

## EMERGENCY HOME REPAIR GRANT

Currently Accepting Applications



### Emergency Home Repair Program

Grants are available to assist properties owned and occupied by very-low or low-income persons ([see Income Chart](#)) (effective June 15, 2023) who are 60 years of age or older and/or on Social Security Disability; and low-moderate income households owned and occupied by active-duty members of the U.S. Armed Forces within Provo City limits. **All applications should be submitted through [neighborly.provo.org](http://neighborly.provo.org) under Rehabilitation Program when you scroll down. Both spouses/significant others must be included as a co-applicant.** If you do not have access to the internet or are not comfortable using a computer, you can fill out a paper application [here](#) and the information will be input in this software program once submitted. Grants do not exceed

\$15,000.

Provo City staff will process your application to verify eligibility and inspect your home to determine what work can be done.

Once approved, an applicant will be required to get three bids for the work approved to be done.





**WORKFORCE  
SERVICES**  
HOUSING & COMMUNITY  
DEVELOPMENT

# Need help paying your home energy bills?



**The HEAT Program may be able to help.  
You may qualify for home energy assistance when you  
apply for the HEAT Program.**

You qualify for HEAT if your household:

- Is at or below 150% of the Federal Poverty Level
- Is responsible for paying home energy costs
- Contains at least one U.S. citizen or qualified non-citizen

## Questions?

Call your local HEAT office  
or the HEAT Program line:  
1-866-205-4357



**HOME**



**ENERGY ASSISTANCE**

**For more information and to apply go to [jobs.utah.gov/heat](https://jobs.utah.gov/heat)**

*Equal Opportunity Employer/Program • 12-04-0823* • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.





# Struggling to afford groceries?

# SNAP can help!

\*Supplemental Nutrition Assistance Program

## ABOUT SNAP:

SNAP, formerly known as food stamps, provides a monthly benefit that you can use to buy groceries.

## Am I eligible?

- 60+ years old
- Under the net monthly income

Household Size	Net Monthly Income
1	\$1,215
2	\$1,644
3	\$2,072

## To apply you'll need:

- Photo ID
- Social Security Number
- Income Statement (W2)
- Expense Records

## Ways to apply today!

### Online

[jobs.utah.gov/mycase](https://jobs.utah.gov/mycase)

### Call

Call Department of Workforce Services at **(866) 435-7414** to receive an application by mail

### In-person

Apply at a Department of Workforce Services office. To find the nearest location call **(801) 526-9675**







# INSPIRATION HOME HEALTH & HOSPICE

— A STEP FORWARD COMPANY —

# 20 YEARS

20 years of compassion and caring for our seniors and community.

## Inspiration Hospice is now serving patients in Utah County

## SPECIALIZED CARE AND PROGRAMS For INSPIRATION HOSPICE

### NURSING

Nurses available 24/7/365

- RN visits – routine needs (1-2x/week)
- As needed visits –unforseen needs (3-5x/week)
- On Call RN visits – emergent needs (any time)
- One hour response time
- Specialized training in symptom management
- Team communication approach with facilities
- A culture that embodies kindness & compassion
- Specialized plan of care

### CNA

- CNA available up to 7 days/week as medically necessary
- Trained in caring for patients with dementia and alzheimer's disease
- Dedicated CNA for continuum of care
- Continuous communication with Interdisciplinary Team

### SPECIALIZED PROGRAMS

- MUSIC THERAPY
- MASSAGE THERAPY
- AROMATHERAPY
- MAGICAL DAY
- 11<sup>TH</sup> HOUR PROGRAM
- PALLIATIVE PROGRAM

### SOCIAL WORK & CHAPLAIN SERVICES

- Psychosocial support & healing
- Spiritual support
- Assist caregivers/loved ones to find peace & acceptance
- Dedicated Bereavement Specialist

### ON-CALL SYSTEM

Our on-call team is like no other. We internally staff a robust team including a RN, Provider (MD/NP), Intake, Administrator, and Marketer available 24/7/365 Response time within one hour if requested and needed.

### MAGICAL DAY

Our own way of creating special memories and moments during the end of life process. This program is uniquely supported by Inspiration owners.

### 11<sup>TH</sup> HOUR PROGRAM

We believe nobody should die alone. This is a Program founded by Inspiration Hospice. We offer this program when one of our patients is showing signs of imminent passing, usually within the last 24 to 48 hours of life.

### PALLIATIVE PROGRAM

*Palliative Certified Medical Director, Board Certified Nurse Practitioners & Geriatric Specialist*

Our physicians and nurse practitioners are clinical specialists in Palliative Care, Hospice Care and Geriatric Care. We are locally owned and operated, been in business for 20 years and the largest Hospice in the state and deficiency free on Utah's State Survey.

Box Elder • Weber • Davis • Salt Lake • Tooele • Utah County



801-281-1314



801-281-0888

*Through our philosophy of unity, kindness, and professionalism, we inspire an environment of compassion and wellness, where holistic care is given and received.*



# Are you a Veteran or Surviving Spouse?

Contact Senior Care Associates

801-424-1444

The Aid & Attendance Pension was established in 1952 to provide financial assistance to wartime veterans and/ or their surviving spouses, who lack the funds necessary to pay for the care they require with routine activities of daily living such as, medication management, dressing, mobility, meal preparation, bathing, etc.

Care can be provided at Home, Independent Living, Assisted Living or Skilled Nursing Home by relatives or professional staff.

If you served our country during a period of war you may be eligible for this pension.

By accessing this pension, you will be able to increase your dollars available to pay for care or move into the type of facility where you can receive the services you need. This pension is received monthly and is paid directly into the veterans or surviving spouses bank account.

It is completely  
**TAX FREE**

Many seniors and their families find the application process confusing and time consuming.

Senior Care Associates is available to consult with you and your family to achieve a successful and positive outcome.



## AID & ATTENDANCE 2024 MAXIMUM MONTHLY PENSION AMOUNTS

Veteran: \$2,300

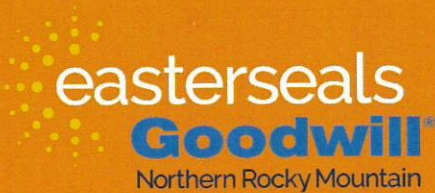
Veteran & Spouse: \$2,727

Surviving Spouse: \$1,478

Dependent Spouse: \$1,802



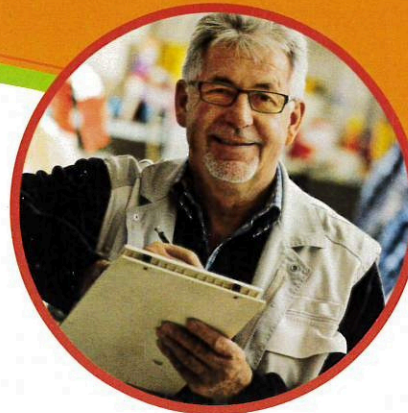




# 55 or older?

## Looking for work?

## Let us help you join the workforce!



Easterseals-Goodwill Senior Community Service Employment Program (SCSEP) helps seniors achieve economic independence and an improved lifestyle through paid job training and employment services.

To learn more visit our website,  
[www.esgw.org/scsep](http://www.esgw.org/scsep) or call  
**800-771-2153**

Easterseals Inc proudly participates in the Senior Community Service Employment Program (SCSEP), a national employment and training program funded by the U.S. Department of Labor. Easterseals-Goodwill Northern Rocky Mountain received a subaward for the SCSEP federal slots in Utah and Idaho. See [www.easterseals.com/our-programs/employment-training/senior-community-service-employment-program-scsep](http://www.easterseals.com/our-programs/employment-training/senior-community-service-employment-program-scsep) for funding details.



**Interested in free job training and placement?**

For more information, and to see if you're eligible for SCSEP, contact us:

**800-771-2153**  
or visit [www.esgw.org/scsep](http://www.esgw.org/scsep)



Senior Community Service Employment Program



[www.esgw.org/scsep](http://www.esgw.org/scsep)





# SENIORS ROCK

**Beatles, Elton John, Billy Joel, Neil Diamond & more**

Forming rock group, playing music that seniors grew up with and music just as popular today as it was +50 years ago.

Looking to form a 5 member group, must be 65 or older:

Drummer

Lead Guitar

Bass Guitar

Keyboard

Vocals

I'm the manager of the group, arranging/organizing this project. Please call/text/email me with any questions you may have. Auditions are scheduled for August 20, 2024 at my home in Payson, UT.

Rock on!

John Dangerfield

801.691.6221 Jd4yap@msn.com