

## **Aging Services**

### **Tooele Center**

**59 E Vine  
(435) 843-4110**

### **Grantsville Center**

**120 S Center St  
(435) 884-3446**

**Amy Hoftiezer**

Aging Director

**Bella Colovich**

Senior Centers Supervisor

**Kristen Bolinder**

**Shirlene Jensen**

**Karin Shields**

**Amy Larsen**

Activity Specialists

**Meals on Wheels**

**435-843-4110**

**Kim Hale**

**Rebecca Provencio**

**Alicia Bysecker**

**Kari Winn**

**Kyle Kortie**

**Lisette Spalding**

**Glenn Puckrin**

**Val Wiseman**

Kitchen/MOW Staff

**Tracy Beckett**

Financial Analyst

**Ryan Brady**

Financial Specialist

**Desirae Taylor**

**Jennifer Romero**

**Lisa Fowler**

Social Workers

**Sarah Jane O Bray**

Gerontologist



## Celebrate National Senior Center Month with Us!

Every September, we come together to celebrate National Senior Center Month to recognize the invaluable role senior centers play in enhancing the health and well-being of older adults across the country. This month, we are shining a spotlight on the powerful connections made at the Tooele and Grantsville Senior Centers.

These centers are part of the Tooele County Aging Services programs, and they have become essential to our community's health care delivery. From providing critical health guidance and vaccine education to creating a space where older adults can explore their unique interests, talents, and aspirations, our centers are committed to keeping older adults active, healthy, and engaged.

### Why Senior Centers Matter

Today's senior centers are more than just places to gather—they are vibrant hubs of activity and connection. At Tooele and Grantsville Senior Centers, we offer:

- **Fitness Classes** – Keep your body moving with classes designed for all fitness levels.
- **Friendship and Socialization** – Build a sense of community and create new friendships.
- **Transportation Services** – Making it easier to access the programs and services you love.
- **Games and Social Events** – Stay connected with a wide array of fun activities.
- **Nutritious Meals** – Enjoy delicious, balanced meals that nourish both body and spirit.

We've also expanded our offerings to include **online programming** like virtual vacations and the Stronger Memory program, as well as **evidence-based programs** such as Stress Busters, Stepping On Fall Prevention, Tai Chi for Arthritis, and Living Well with Chronic Conditions. We also offer **support groups**, including Dementia Caregiver Support Groups, Parkinson's Support Group, and The Next Chapter widow and widower support group, ensuring that older adults stay active, social, supported, and independent—whether in-person or virtually.

**Join the Celebration!** This month, we're celebrating **National Senior Center Month** with special events designed to bring our community together. Whether you're joining a fitness class, attending a support group, or simply stopping by for a meal, you'll find countless opportunities for fun, learning, and connection.

As David Bowie once said, *"Aging is an extraordinary process where you become the person you always should have been."* Our participants discover their best selves every day through our programs, and we're here to support them with offerings that inspire, educate, and connect.

### Visit Us Today!

Both the Tooele and Grantsville Senior Centers are open and ready to welcome you! Take advantage of:

- **Valuable Resources**
- **Congregate Meals**
- **Health Screenings**
- **Volunteer Opportunities**

... and much more to help you live your best life!

### Contact Us:

- Tooele Senior Center: 435-843-4110
  - Grantsville Senior Center: 435-884-3446
  - Website: [www.tooelehealth.org](http://www.tooelehealth.org)
- Join us and discover how you can stay active, connected, and thriving!

**And an EXTRA BIG THANK YOU** to our wonderful Senior Center Staff!!! Your dedication and hard work make all the difference, we couldn't do it without you!

Aging is living,  
Amy Hoftiezer  
Director

## SENIOR CENTERS ARE CLOSED ON LABOR DAY!

MONDAY, SEPTEMBER 2, 2024



No Home Delivered Meals

## Thank you

As part of Governor Cox's service and volunteerism initiative to serve in our communities, Bryan & Judith from DHS, Juvenile Justice Youth Services, chose the Tooele Senior Center for their service project. We appreciate your time and willingness in making our center grounds beautiful!



## EMPLOYEE SPOTLIGHT

### KIM HALE



- Kim is our Kitchen Lead.
- Kim does all of the meal ordering and routing of home delivered meals.
- Kim helps to take care of all of our vehicle maintenance.
- Kim ensures our kitchen is clean and everything is working correctly and running smoothly.
- Kim loves spending time with her family, camping, and hunting!
- FUN FACT: Kim worked at Sun Lok Yuen for many many years!

# SEPTEMBER MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Senior Centers CLOSED for Labor Day! No Home Delivered Meals</b>	<b>Pizza Sloppy Joe w/ Bun Peas &amp; Carrots Orange</b>	<b>Orange Chicken Rice Broccoli Snap Peas Fortune Cookie</b>	<b>Senior Centers CLOSED for Health Dept. Training. No Home Delivered Meals</b>	<b>Chicken Caesar Salad Cookie</b>
9	10	11	12	13
<b>Chicken Pesto Pasta Carrots Green Beans Apple</b>	<b>Meatball Sub Italian Vegetable Blend Banana</b>	<b>Lemon Pepper Chicken Mashed Potatoes w/ Gravy Corn, Broccoli Orange</b>	<b>Sweet &amp; Sour Pork Rice w/ Bell Peppers Broccoli Orange</b>	<b>Turkey Club Sandwich Side Salad Banana</b>
16	17	18	19	20
<b>Chicken Parmesan w/ Marinara Sauce Mixed Vegetables Apple</b>	<b>Swedish Meatballs Mashed Potatoes w/ Gravy Brussels Sprouts Roll Orange</b>	<b>Chicken Fajitas Rice &amp; Beans Fajita Vegetables Pudding</b>	<b>Hawaiian Smoked Pork w/ Gravy Roasted Cabbage Green Beans Cookie</b>	<b>Senior Centers CLOSED for All Staff Training. No Home Delivered Meals</b>
23	24	25	26	27
<b>Chicken Alfredo Broccoli Carrots Banana</b>	<b>Tilapia Rice Peas &amp; Carrots Apple</b>	<b>Ham Dinner Mashed Potatoes w/ Gravy Green Beans Roll Fruit Cup</b>	<b>Spaghetti &amp; Meatballs Italian Vegetable Blend Orange</b>	<b>Ham &amp; Swiss Sandwich w/ Lettuce &amp; Tomato Coleslaw Pudding</b>
30				
<b>Shepherd's Pie Mashed Potatoes w/ Gravy Mixed Vegetables Apple</b>	 <b>MOW clients will receive an additional meal the day prior to centers closing for trainings.</b>			

**Meals are subject to change.** For any special diet or diet requests please call Bella Colovich at 435-843-4110. Meals are served Monday thru Thursday 11:30am-12:30pm. Friday 10:30am-11:30am. Suggested contribution \$4.00 per meal, under 60 must pay \$6.00. Please bring your own take-out containers or join us for dine-in.



# GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Senior Centers</b> <b><u>CLOSED</u></b> <b>for</b> <b>Labor Day!</b>	<ul style="list-style-type: none"> <li>9:00am Folk Dancing</li> <li>9:00am Pinochle</li> <li>10:00am Practice Tai Chi</li> <li>12:30pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>9:00am Fly Tying</li> <li>10:00am Computers</li> <li>11:00am Advanced Computer Class</li> <li>11am Farmers Market</li> <li>11:00am Stronger Memory (In-person or virtual)</li> <li>12:30pm Bunko</li> </ul>	<b>Senior Centers</b> <b><u>CLOSED</u></b> <b>for</b> <b>Health Department Training.</b>	<ul style="list-style-type: none"> <li>9:00am Folk Dancing</li> </ul>
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30				
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Puzzles, Library and Exercise Room Daily

120 S Center St Grantsville, Front Desk (435) 884-3446 Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon

# TOOELE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Senior Centers CLOSED for Labor Day!</b>	<ul style="list-style-type: none"> <li>9:00am-12:00pm Social Security</li> <li>10:00am Mexican Train</li> <li>10:00am Tai Chi for Arthritis</li> <li>10:30am DIY Craft</li> <li>1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>10:00am Exercise</li> <li>10:00am Bridge</li> <li>11:00am Stronger Memory</li> <li>1pm Wood Carving</li> </ul>	<b>Senior Centers CLOSED for All Staff Health Department Training.</b>	<ul style="list-style-type: none"> <li>9:30am Cardio Drumming</li> </ul>
9	10	11	12	13
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Puzzles, Library and Exercise Room Daily

59 E Vine St, Tooele Front Desk (435) 843-4110 Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon

# THE VIRTUAL CORNER!

To access our newsletter online visit our website at:

<https://tooelehealth.org/aging-services>



## KEEP FOOD SAFE

Healthy eating means more than managing calories or choosing a balanced diet of nutrient-rich foods. The best healthy eating plans also involve safe food handling, cooking, and storage practices that help prevent food poisoning and foodborne illness. This year, an estimated 1 in 6 Americans will get sick from food poisoning. Find out what you can do to keep you and your family safe.

- Check your Steps: Following four simple steps – Clean, Separate, Cook, and Chill – can help protect your family from food poisoning at home.
- Keep Food Safe by Type of Food: Get the latest tips and techniques to keep specific foods safe and prevent food poisoning.
- Keep Food Safe by Type of Events and Seasons: Whether you're planning a small summer cookout or a big holiday celebration, a camping trip or a potluck dinner, you need to follow special precautions to ensure that you and your guests are safe from food poisoning.
- Food Safety in a Disaster or Emergency: Find out how to keep food safe during and after an emergency, such as a hurricane, flood, fire, or loss of power.
- FoodKeeper App: Use this app to help you use food while at peak quality and reduce waste.

For more information, Please Visit:

[HTTPS://FOODSAFETY.GOV/KEEP-FOOD-SAFE](https://foodsafety.gov/keep-food-safe)

Put on your walking shoes and join us for the  
**Golden Mile!**

Thursday, September 19th  
Starts @ 1:30pm

Walk will start at the  
**Cherry Street Park**  
115 E Cherry St. Grantsville

Transportation provided from  
**Tooele Senior Center**



Join us after the Golden Mile  
for some Hawaiian entertainment  
& snacks @ 2pm !



# CREATIVELY CONNECTING

THURSDAY  
SEPTEMBER 26TH

1:30-2:30 PM

TOOELE  
SENIOR CENTER  
59 E VINE STREET

**TOOELE**  
COUNTY  
HEALTH DEPARTMENT



Art is a great way to express feelings when words are difficult to find. Art is also an enjoyable way to engage with others.

Tooele County Aging Services is excited to host staff from the Utah Museum of Fine Arts who will be offering a unique creative experience for those living with cognitive loss and their family members.

Join us for Creatively Connecting, a dementia friendly art event. It will be a hands-on experience that will use images from the museum's collection as a jumping-off point for our own expressive efforts. No art experience needed. We will be composing abstract paintings.

It's fun, it's free, and it's conducted in a way that is accommodating for people living with cognitive loss as well as their caregivers.

**REGISTRATION IS REQUIRED, SO MATERIALS CAN BE PREPARED. SPACE IS ALSO LIMITED.**

**PLEASE CALL (435)277-2420 TO SIGN UP.**

**YOU'LL BE ASKED THE NAME OF THE EVENT YOU WANT TO ATTEND, YOUR NAME, THE NAME OF THE PERSON WHO WILL BE JOINING YOU, AND YOUR PHONE NUMBER.**

REGISTER  
TODAY

LIMITED  
SPACE

# LUNCH & LEARN



Fridays • 12:00 - 1:00 pm

Tooele County Health Department • 151 N Main Street, Tooele

September  
**13**

## COMFORTABLE IN YOUR SKIN

As we age, our skin changes, and it's important to know what that change looks like and how to respond to it with an appropriate skin care routine. Shannon Fisher with Sandy Health and Rehab and a nurse she works with will discuss skin care tips and tricks you can use as a caregiver. You'll learn how to spot and address skin concerns so your loved ones skin stays as healthy as possible.

September  
**20**

## TREAT YOUR FEET

Toenail care is more than just making them look good; it's about giving our feet the care they need to keep us moving and feeling good. Tina Hummell, a Cosmetologist and Licensed Nurse who owns Cut N Clip, will present pointers for practicing good foot hygiene and explain simple measures we can take as caregivers to keep our loved ones feet in shape.

September  
**27**

## SMILE! ORAL CARE TIPS

A healthy mouth enables people to enjoy food, communicate better, and avoid pain. Daily oral care can improve one's overall health and quality of life. Dr. Tannon Newland, with Healthy Smiles Dental Clinic, will share information and tips caregivers can use as they assist their loved one with dental care.

CALL TOOELE COUNTY AGING SERVICES  
TO RESERVE A SEAT AND A LITE LUNCH  
435 • 277 • 2420

**TOOELE**  
COUNTY  
HEALTH DEPARTMENT



MONDAY, SEPTEMBER 16

*Dementia Caregiver Support Group Meeting*  
2-3:30 pm  
Tooele Senior Center  
59 E Vine St, Tooele

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**TOOELE COUNTY**  
HEALTH DEPARTMENT  
(435) 277-2420

**ALZHEIMER'S ASSOCIATION**  
24/7 HELPLINE: (800) 272-3900

Do you have questions about Medicare?

**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

**SHIP**  
Navigating Medicare

**TOOELE COUNTY**  
HEALTH DEPARTMENT

Certified Counselors are here to answer your **Medicare** questions!

Get free, unbiased, & confidential help.

call **435-277-2420**

Tooele County Aging Services for questions or to schedule an appointment

Open enrollment **OCT 15-DEC 7**

**FREE SHRED DAY**

**PROTECT DETECT REPORT**

September 27, 2024  
12-2 PM

**Tooele Senior Center**  
59 E Vine St  
Tooele, UT

Tooele County Aging Services invites you to help fight fraud and reduce possible identity theft by properly disposing of:

- documents with personal information, such as your social security number
- documents with personal information about your medical history
- documents with your credit card information or credit scores
- junk mail for credit card offers

**LIMIT 5 BOXES PER VEHICLE**  
435-277-2420

**TOOELE COUNTY**  
HEALTH DEPARTMENT

**SHIP**  
Navigating Medicare

**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

# The Next Chapter

A social support and educational program for widows and widowers

**Taking a Closer Look with UMFA**  
10:30 - 11:30 am  
Tooele Senior Center

The Learning and Engagement Team with the Utah Museum of Fine Arts has accepted an invitation to meet with our group. They will be bringing diverse works of art from their collection to Tooele County for us to discuss and observe. They will even allow us to handle some of the objects while wearing gloves. You won't want to miss this unique opportunity.

Thursday  
**SEPTEMBER 26**

**TOOELE COUNTY**  
HEALTH DEPARTMENT  
AGING SERVICES  
435-277-2420  
tooelehealth.org

**FRAUD PREVENTION EVENT**

Don't be afraid to join us on Friday the 13th

Sgt Shawn Sagers with Tooele City Police will discuss how to prevent, detect, and report fraud. Come learn what's trending in our community.

**10 am**

**September 13th**

**Tooele Senior Center**

**SCAM ALERT**

## Recommended Vaccines for Older Adults: Seasonal Flu

Influenza is a contagious disease that can cause symptoms such as fever, chills, sore throat, muscle aches, cough, vomiting, and diarrhea. The flu can be very dangerous for children and older adults, and complications may lead to hospitalization or death. The influenza vaccine can protect against the flu. It is recommended that everyone over 6 months old receive a flu vaccine each year.

The flu vaccine is covered by Medicare.

**TOOELE COUNTY**  
HEALTH DEPARTMENT



# Tai Chi for Arthritis

Tooele Senior Center  
59 E Vine St. Tooele

Starting September 3rd  
Tuesdays & Thursdays  
10:00am-11:00 am

## Tai Chi

Tai Chi has been used for centuries to help improve balance of the mind and body. Use these Tai Chi techniques to help ease pain and increase flexibility.



TOOELE  
COUNTY  
HEALTH DEPARTMENT

## CAR WINTERIZATION SERVICES

### FREE!

This is a scout service project provided by the scouts of Troop 314

### DATE

October 12th 2024  
12:00pm - 4:00pm  
Tooele Senior Center  
Back Parking Lot

### Services Offered:

- Oil check.
- Battery conditioning, upon request.
- Bring a set of wipers, and we'll change them out.
- Top off wiper fluid with sub zero wiper fluid.
- Clean windshield and windows.
- Tire pressure check.
- Tire inflation.
- Tire tread depth check.



**SIGN  
UP AT**

Tooele Senior Center Front Desk  
(435)843-4110



Mental exercises  
and combating  
frustration  
techniques

Thursday afternoons 1-3:30 pm  
September 26  
October 3, 10, 17, 24, 31  
Please plan on attending all sessions

Grantsville Public Library  
42 Bowery St, Grantsville

Register at [healthyliving.utah.gov](https://healthyliving.utah.gov) or by calling  
Brent Peterson (435) 277-2373



Exercise,  
manage pain  
and isolation

## Living Well with Chronic Conditions



Manage  
nutrition and  
eat better

**TOOELE**  
C O U N T Y  
HEALTH DEPARTMENT



Condado de Tooele  
Servicios Para Adultos Mayores  
Cena & Bingo En Wendover



## CENA & BINGO

Acompáñenos el último  
Miércoles de cada mes. La  
cena es preparada por un  
restaurante local.  
**ADULTOS DE 60+**

MIÉRCOLES, 25 SEPTIEMBRE | LAS PUERTAS ABREN @ 3:30PM

### CENA | BINGO | PREMIOS

Centro de la Comunidad de Wendover  
112 300 South  
Wendover, UT

**TOOELE**  
COUNTY  
HEALTH DEPARTMENT



## Senior Center WATERCOLOR

**AUGUST:** No Classes

**SEPTEMBER: NEW DATES**  
Mondays 1:00-2:00 pm

~~September 2nd, 2024~~  
September 9th, 2024  
September 16th, 2024  
September 23rd, 2024  
September 30th, 2024

Instructors: Matt & Wendy  
Cost \$2.50 per class  
Supplies provided



Family, Caregivers, and Friends  
are encouraged to join the

## PARKINSON'S SUPPORT GROUP

Meetings are the  
3rd Thursday of each month  
12:30 - 2:00 pm  
at the Tooele Senior Center

**CONTACT HAL MEYER**  
**(435)840-3683**



## #BeThe1To

If you think someone might be considering suicide,  
be the one to help them by taking these 5 steps:

### ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.

Find out why this can save a life at  
**[www.BeThe1To.com](http://www.BeThe1To.com)**

If you're struggling, call the Lifeline at  
**988**

## September is National Senior Center Month!

National Senior Center Month is an opportunity to celebrate Senior Centers  
and the incredible work they do enriching and extending the lives of older adults.



**Discover your Tooele County Senior Centers!**  
Located in Tooele & Grantsville.

Come and enjoy programs and activities, make new  
friends and enjoy a nutritious meal. Participate in  
classes of all kinds. Be a part of the active aging older  
adult community. We hope to see you soon!

LEARN MORE AT:  
[WWW.TOEELEHEALTH.ORG/ACTIVE-AGING](http://WWW.TOEELEHEALTH.ORG/ACTIVE-AGING)

# TOOELE COUNTY AGING SERVICES


59 E Vine Street  
Tooele, UT 84074



NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
TOOELE, UTAH  
PERMIT NO. 36



TOOELE COUNTY TRANSPORTATION ~ 47 S MAIN STREET, ROOM 222 \* TOOELE, UTAH \* 435-843-4114 \*

	<b>SENIOR'S MEDICAL SHUTTLE</b>	<b>UTA 451 EARLY MORNING COMMUTERS &amp; REVERSE</b>	<b>UTA F453 MID-DAY SERVICE TOOELE - SLC FLEX</b>	<b>UTA ON-DEMAND MICROTRANSIT</b>
<b>Scheduling phone number</b>	(435) 843-4114	(801) 743-3882	(801) 743-3882	(435) 843-4114
<b>Who can use these services?</b>	Seniors 60 & older	The public	The public	The public
<b>Wheelchair accessible?</b>	YES	YES	YES	YES
<b>What can I use these services for?</b>	Medical appointments in Salt Lake County, within boundaries.	Following a bus route that serves Tooele to Salt Lake. Stops at designated bus stops.	Following a bus route that serves Tooele to Salt Lake. Stops at designated bus stops.	Services transport people within Grantsville, Stansbury, and Tooele cities.
<b>Door-to-door service?</b>	YES	NO	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.	Curb to Curb Service
<b>Price</b>	Suggested donation of \$5.00 each way	\$2.50 for an adult. Ask about what reduced fares are available.	\$2.50 for an adult. Ask about what reduced fares are available.	\$2.50 each way for adults and children six and older. Ask about what reduced fares are available. Accepts UTA passes
<b>Hours of operation</b>	Mon-Fri 7:00am - 4:00pm Last appt time at 2:00		Mon-Fri 7:30am - 5:00pm	Mon-Fri 7:00am - 7:00pm