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

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Kari Winn
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Glenn Puckrin
Val Wiseman
Kitchen/MOW Staff

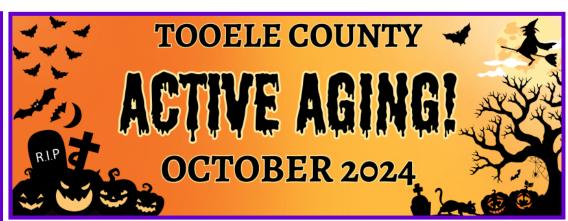
Tracy BeckettFinancial Analyst

Ryan Brady Financial Specialist

Desirae Taylor
Jennifer Romero
Lisa Fowler
Social Workers

Sarah Jane Obray Gerontologist







Embrace the Beauty of Autumn!

As we welcome the golden hues and crisp breezes of October, we're reminded of the beauty that comes with change. Just as the trees gradually shed their leaves to make way for new growth, we, too, go through seasons of transformation in life. While change can sometimes feel overwhelming or uncertain, it's also what makes life so rich and meaningful. Autumn teaches us that letting go can lead to new beginnings, new possibilities, and fresh opportunities.

Though transitions may be challenging, they also offer a chance for reflection and renewal. As the days grow shorter and the air cooler, it's the perfect time to slow down, take stock, and enjoy the comforts of home, family, and friends. Simple joys—like sipping a warm cup of tea, wrapping up in a cozy blanket, or watching the leaves dance in the wind—are small reminders that there is beauty in every moment, even the quiet ones.

This October let's embrace the season and all it offers. Nature encourages us to find balance, to seek out warmth, and to nourish both body and spirit. Whether it's taking a brisk walk through the vibrant autumn foliage, trying a new seasonal recipe, or spending time with loved ones, there are many ways to celebrate this special time of year.

Staying active and engaged is just as important as staying warm. It's easy to feel cooped up as the weather changes, but even gentle activities—like stretching at home or meeting a friend for a chat—can lift our spirits and keep us healthy. Autumn is also a wonderful time to reflect on the past, share our stories, and connect with our community.

Remember, life's changes—just like the changing seasons—are a natural and necessary part of our journey. Let's embrace them with grace, hope, and gratitude. And as always, don't forget to bundle up when heading outside; layers are your best friend this time of year!

Here's to a season of warmth, wellness, reflection, and wonderful memories. May this autumn bring you peace, joy, and a renewed appreciation for the beauty that change can bring.

Aging is living, Amy Director of Aging Services Family, Caregivers, and Friends are invited to join the

PARKINSON'S SUPPORT GROUP



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

CONTACT HAL MEYER (435)840-3683





OCTOBER MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Sloppy Joe Peas & Carrots	Chicken Pesto Pasta	BBQ Pulled Pork Sandwich	Chicken Noodle Soup
	Orange	Corn	Carrots	Side Salad
	G	Peas	Green Beans	Pudding
		Banana	Apple	
7	8	9	10	11
Orange Chicken	Cheeseburger	Lemon Pepper	Meatloaf	Chili
Rice	Green Beans	Chicken	Mashed Potatoes	Cornbread
Broccoli	Mandarin Oranges	Mashed Potatoes w/	w/ Gravy	Orange
Bell Pepper		Gravy	Vegetable Blend	_
Fortune Cookie		Mixed Vegetables	Apple	
	4=	Banana	4-	40
14	15	16	17	18
Senior Centers CLOSED for	Chicken Taco Rice & Beans	Ham Dinner Mashed Potatoes w/	Chicken Fettuccine	Sweet & Sour Pork
Indigenous Peoples' Day	Orange	Gravy	Alfredo	Rice
No Home	Orango	Green Beans	Vegetable Blend	Stir-Fry Vegetables
Delivered Meals		Roll		Pear Cup
		Apple		
21	22	23	24	25
Spaghetti & Meatballs	Tilapia Rice	Salisbury Steak Mashed Potatoes	Ham Mac & Cheese	Chicken & Broccoli Casserole
Mixed Vegetables	Peas & Carrots	w/ Gravy	Vegetables	Carrots
Banana	Cookie	Corn	J	Roll
	COOKIC	Pudding		Banana
28		-	31	
	29			
Chicken Teriyaki Bowl	Meatball Sub Brussel Sprouts	Chicken Parmesan	Chili Cheese Dog	ax
Rice	Peas	Spaghetti w/ Marina	Peas & Carrots	4444
Stir-Fry Vegetables	Banana	Corn	Pumpkin Cookie	
Mandarin Orange		Green Beans	Halloween Festival @ Tooele Senior Center	
		Apple	Todele Selliof Celiler	

<u>Meals are subject to change</u>. 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	
	1	2	3	4	
	 9:00am Folk Dancing 9:00am Pinochle 10:00am Practice Tai Chi 11:00am Farmers Market 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly Tying 10:00am Computers 11:00am Stronger Memory (In-person or virtual) 12:30pm Bunko 	 11:00am Wood Carving 2:30pm Senior centers close early for all staff training. 	• 9:00am Folk Dancing	
7	8	9	10	11	
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	 9:00am Folk Dancing 9:00am Pinochle 10:00am Practice Tai Chi 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly Tying 10:00am Computers 11:00am Stronger Memory (In-person or virtual) 12:30pm Bunko 	• 12:30pm Wood Carving	• 9:00am Folk Dancing	
14	15	16	17	18	
Senior Centers <u>CLOSED</u> for Indigenous Peoples' Day!	 9:00am Folk Dancing 9:00am Pinochle 10:00am Practice Tai Chi 11:00am Farmers Market 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly Tying 10:00am Computers 11:00am Stronger Memory (In-person or virtual) 12:30pm Bunko 	• 12:30pm Wood Carving	• 9:00am Folk Dancing	
21	22	23	24	25	
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	 9:00am Folk Dancing 9:00am Pinochle 10:00am Practice Tai Chi 11:00am Farmers Market 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly Tying 10am Computers 11:00am Stronger Memory (In person or virtual) 12:30pm Bunko 	• 12:30pm Wood Carving	9:00am Folk Dancing	
28	29	30	31		
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	 9:00am Folk Dancing 9:00am Pinochle 10:00am Practice Tai Chi 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly Tying 10:00am Computers 11:00am Stronger Memory (In-person or virtual) 12:30pm Bunko 	11:30am Join us for lunch & the Halloween Festival @ Tooele Senior Center. Transportation provided to Tooele.		

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		
	1 • 10:00am Mexican	• 10:00am Exercise	• 10:00am Tai Chi for	• 9:30am		
tappy halloweep	Train 10:00am Tai Chi for Arthritis 10:30am DIY Craft 1pm Line Dancing 1pm Stepping On	 10:00am Bridge 11:00am Stronger Memory (In person or virtual) 1pm Wood Carving 	Arthritis 10:00am DIY Watercolor 11:00am Farmers Market 12:30pm BINGO 1pm Line Dancing 3:00pm Centers close early.	Cardio Drumming		
7	8	9	10	11		
 9:00-2pm HEAT program event 9:00am Fly-Tying 10:00am Meet the Mayor 10:00am Exercise 12:45pm Netflix Movies 1pm Watercolors 	 10:00am Mexican Train 10:00am Tai Chi for Arthritis 10:30am DIY Craft 1pm Line Dancing 	 10:00am Exercise 10:00am Bridge 11:00am Stronger Memory (In person or virtual) 1pm Wood Carving 	 10:00am Tai Chi for Arthritis 10:00am DIY Watercolor 11:00am Farmers Market 12:30pm BINGO 1pm Line Dancing 	• 9:30am Cardio Drumming		
14	15	16	17	18		
Senior Centers <u>CLOSED</u> for Indigenous Peoples' Day!	 10:00am Mexican Train 10:00am Tai Chi for Arthritis 10:30am DIY Craft 1pm Line Dancing 	 10:00am Exercise 10:00am Bridge 11:00am Stronger Memory (In person or virtual) 1pm Wood Carving 	 10:00am Tai Chi for Arthritis 10:00am DIY Watercolor 11:00am Farmers Market 12:30pm BINGO 1pm Line Dancing 	• 9:30am Cardio Drumming		
21	22	23	24	25		
 9:00am Fly-Tying 10:00am Exercise 12:45pm Netflix Movies 1pm Watercolors 	 10:00am Mexican Train 10:00am Tai Chi for Arthritis 10:30am DIY Craft 1pm Line Dancing 	 10:00am Exercise 11:00am Stronger Memory (In person or virtual) 10:00am Bridge 1pm Wood Carving 	 10:00am Tai Chi for Arthritis 10:00am DIY Watercolor 11:00am Farmers Market 12:30pm BINGO 1pm Line Dancing 	• 9:30am Cardio Drumming		
28	29	30	31			
 9:00am Fly-Tying 10:00am Exercise 12:45pm Netflix Movies 1pm Watercolors 	 9:00am-12:00pm Social Security 10:00am Mexican Train 10:30am DIY Craft 1pm Line Dancing 	 10:00am Exercise 10:00am Bridge 11:00am Stronger Memory (In person or virtual) 1pm Wood Carving 	11:30am Join us for lunch & the Halloween Festival @ the Tooele Senior Center.			

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

DASH EATING PLAN

Nutrition Facts Label Guide

While fresh fruits and vegetables, whole grains, and other less processed foods are important to a healthy diet, you can make smart choices about packaged or processed foods when you know what to look for. The array of items on the grocery store shelf can be confusing, but food labels can help you make healthier choices, such as items lower in sodium, saturated fat, sugar, and calories and higher in potassium and calcium.

Compare the food labels of these two versions of canned tomatoes. The regular canned tomatoes (left) have 15 times as much sodium as the low-sodium canned tomatoes.

HEALTHY EATING, PROVEN RESULTS

Food labels can help you make healthier choices. Here's information on how to read labels on food packaging to help you make quick, informed decisions about the what foods to choose.

The DASH eating plan can lower high blood pressure in as fast as two weeks. Eating less sodium creates even greater heart healthy benefits. Look for the sodium content in mil- ligrams and the Percent Daily Value on Nutrition Facts labels and aim for foods that are less than 5 percent of the Daily Value of sodium. Foods with 20 percent or more Daily Value of sodium are considered high and can increase your blood pressure.

Canned diced tomatoes				
Nutrition I 3 1/2 servings per contain	01010			
Serving Size Amount Per Serving Calories	1/2 cup (130g) 25			
Total Fat 0g Saturated Fat 0g Trans Fat 0g	% Daily Value* 0% 0%			
Cholesterol Omg Sodium 150mg				
Total Carbohydrate 5g	0%			
Dietary Fiber 1g	1%			
Total Sugars 3g	2%			
Protein 1g	4%			
Vitamin A 400IU	8%			
Vitamin C 9mg	10%			
Calcium Omg	0%			
Iron 0mg Potassium 230mg	0%			
rotassiurii 230mg	5%			

Low-sodium canned diced tomatoes

Nutrition 3 1/2 servings per cont	
Serving Size	1/2 cup (130g)
Calories	25
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol Omg Sodium 10mg	
Total Carbohydrate 5g	0%
Dietary Fiber 1g	6%
Total Sugars 0g	2%
Protein 1s	4%
Vitamin A 300IU	6%
Vitamin C 21mg	23%
Calcium Omg	0%
Iron Omg	0%
Potassium 230mg	5%
* The % Daily Value (DV) tells you have of food contributes to a stally diet. 2,00 general nutrition advice.	

Test your knowledge at:

https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/quiz/

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.

MONDAY, OCTOBER 7 & 21

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

OCTOBER

SUN MON TUE WED THU FRI SAT 5 4 12 10 11 17 18 19 25 26



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

ACTIVE AGING Page 6

Medicare's Open Enrollment Period

WHAT IS MEDICARE'S OPEN ENROLLMENT

Medicare's Open Enrollment (OEP), also known as the Annual Election Period, is the time of year when you can make changes to your Medicare coverage. This period runs from October 15 through December 7, and any changes you make will take effect on January 1. During this time, you can:

JOIN A NEW MEDICARE ADVANTAGE PLAN

When choosing a new plan, consider the three C's — Coverage, Cost, & Convenience.

- · Coverage for your healthcare needs
- · Out-of-pocket costs such as premiums, copayments, and deductibles
- Convenience of in-network providers. and hospitals

It's essential to carefully review all aspects of the plan, including it's star rating to make sure it meets your individual requirements.

JOIN A NEW PART D PRESCRIPTION DRUG PLAN

Use the three C's when picking a Part D Plan.

- Coverage details (formulary & restrictions)
- Out-of-pocket costs such as premiums, copayments, and deductibles
- Convenience of preferred network pharmacies and mail order options

*Starting in 2025, your annual out-of-pocket Part D costs (what you pay for deductibles, copays/ coinsurance) will be capped at \$2,000. After meeting the out-of-pocket limit, you pay \$0 for covered Part D drugs for the rest of the year.

SWITCH FROM ORIGINAL MEDICARE TO A MEDICARE ADVANTAGE PLAN (MA)

Medicare Advantage (MA) Plans may offer supplemental benefits which are items or services not covered by Original Medicare. These benefits do not need to be provided by Medicare providers or facilities. Instead, to receive these items or services, you need to follow your plan's rules. Son supplemental benefi care, hearing aids, ar



SWITCHING FROM A MEDICARE ADVANTAGE PLAN TO ORIGINAL MEDICARE with or without a Part D plan

Medicare supplement insurance (Medigap) is extra insurance you can purchase from a private health

insurance company to help pay your share of out-of-pocket costs in Original Medicare. Depending on where you live, you may be able to buy a Medigap during OEP, but limits apply as to who can buy a Medigap and when.



Even if you are happy with your current health and drug plans, Open Enrollment is a good time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

Medicare

Medicare Plan Finder is an online tool that helps you find and compare plans in your area. Plan Finder gives you the option to search using your account or without logging in.



Navigating Medicare

SHIP counselors can help you use the Medicare Plan Finder to review your options and pick a plan that meets your needs.

TOOELE COUNTY AGING SERVICES

435-277-2420

Medicare.gov/plan-compare | 1-800-Medicare

his project was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Vashington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, herefore, necessarily represent official Administration for Community Living policy.

ACTIVE AGING Page 7

TIME FOR A Medicare CHECK-UP



- Join, switch or drop Medicare Advantage
- Switch Medicare Advantage Plans
- Join, switch, or drop Part D Plans
- Join, switch, or drop Original Medicare
- Drop Medicare Advantage and Switch to Original Medicare

MEDICARE OPEN ENROLLMENT OCT 15 - DEC 7

Even if you are happy with your current health and drug plans, OEP is a good time to review what you have and make sure that your current coverage still meets your needs.

TOOELE COUNTY AGING SERVICES 435-277-2420

The Next Chapter

A social support and educational program for widows and widowers



Well known for their delicious namesake, Nigh-Time Donuts creates pastries and more. Come meet owner Lacy Fors and learn about this local gem that has been a part of our community since 1987. We'll enjoy a dessert too.





Tuesday OCTOBER

8





THE HEAT PROGRAM **CAN HELP WITH YOUR UTILITY BILLS**



OUTREACH EVENT @ TOOELE SENIOR CENTER 59 E VINE ST MONDAY

OCTOBER 7TH 9:00AM-2:00PM

Household Size	Monthly Income Limit	Household Size	Monthly Income Limit
1	\$1,883	4	\$3,900
2	\$2,555	5	\$4,573
3	\$3,228	6	\$5,245

edit balances on utility accounts must be below \$1,000 to be eligible to reapply*

BRING THESE DOCUMENTS to apply for free utility assistance:

Current photo ID

Social security cards for EVERYONE living in the home

Recent utility bills

Proof of income from previous calendar month for EACH adult

**If applicable, proof of disability or medical/ dental/vision deductions.





Utah Community Action HEAT

THE BIG 3 WARNING SIGNS OF A SCAM

Unsolicited

Calling, showing up, or emailing you when you didn't expect it

Confirmation

Asking you to confirm or clarify your Medicare number

Payment

Stating Medicare will pay or needing bank account numbers

Report these calls, visits, or mailings to the Senior Medicare Patrol.



Tooele County Aging Services SMP 435-277-2420



SOME REASONS TO CALL, TEXT, AND CHAT 988

Thoughts of suicide

Feeling depressed or anxious

Trauma

988 SUICIDE & CRISIS LIFELINE

Drinking too much or drug use

In Honor of
INDIGENOUS
PEOPLES' DAY
Senior Centers Are Closed
Monday, October 14th, 2024

No Home Delivered Meals



CLASSROOM GRANDPARENT

- Help struggling children succeed
- Make new friends δ make a difference

SENIOR COMPANION

- Help fellow seniors stay independent
- Provide friendship to those in need

INTERESTED IN VOLUNTEERING?

Contact Amber Einerson to learn more:

- (435) 850-0647
- aeinerson@utah.gov
- userve.utah.gov/seniors

Receive a stipend (does not affect SSI or other benefits), mileage reimbursement, and paid leave & holidays

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



HALLOWEEN



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Y M Y A T C M U M M Y Y F

amusement bats

Has 9 lives?

eerie frighten Halloween

Worn on the face?

night party safe spider

Rides a broom?

apples black costumes

excitement games

harvest

Halloween Month?

prank shadows spooky autumn

What ghosts say?

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Dracula Frankenstein ghosts

hayride mummy orange

Made into Jack-o-lanterns?

skeleton TrickOrTreat

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TOOELE COUNTY AGING SERVICES

59 E Vine Street Tooele, UT 84074



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PERMIT NO. 36

TOOELE COUNTY TRANSPORTATION \sim 47 S Main Street, Room 222 * Tooele, Utah * 435-843-4114 *

TOOFLE C O U N T Y	SENIOR'S MEDICAL SHUTTLE	UTA 451 EARLY MORNING COMMUTERS & REVERSE	UTA F453 MID-DAY SERVICE TOOELE – SLC FLEX	UTA ON-DEMAND MICROTRANSIT
Scheduling phone number	(435) 843-4114	(801) 743-3882	(801) 743-3882	(435) 843-4114
Who can use these services?	Seniors 60 & older	The public	The public	The public
Wheelchair accessible?	YES	YES	YES	YES
What can I use these services for?	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.
Door-to-door service?	YES	NO	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.	Curb to Curb Service
Price	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
Hours of operation	Mon-Fri 7:00am - 4:00pm Last appt time at 2:00		Mon-Fri 7:30am - 5:00pm	Mon-Fri 7:00am - 7:00pm