

TOOELE COUNTY  
**Council on Aging**  
**59 E. Vine Street, Tooele Utah**  
Meeting Minutes – February 22, 2017 1:00 pm

**Present:** Patty Guerrero, Joyce Tate, Emily Johnson, Karyl Maynard, Diane Johnson, Elaine Breitweiser

**Staff Present:** Jamie Zwerin, Ericka Jordt, Bella Colovich

**Absent:** Linda McBeth, Doris Fidler, Anne Smith, Commissioner Bateman, Sherrie Ahlstrom

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1. **Welcome** – Patty called the meeting to order and welcomed everyone. Each member introduced themselves to the group.
  
2. **Approval of January 2017 meeting minutes-** Diane made a motion to approve the January 2017 meeting minutes, Joyce seconded the motion, all were in favor and the motion passed.
  
3. **Senior Centers Supervisor Report – Bella Colovich**
  - Pickleball- Bella stated that due to the overwhelming response to pickle ball a second net will be purchased.
  - A Stepping On class will be held at the Tooele center in March and then it will be held in April at the Grantsville center. Bella confirmed seniors can attend either of these classes no matter where you live. Details of the classes will be published in the newsletter and posted on the Facebook page Tooele County Senior Centers.
  - March 16<sup>th</sup> at both Grantsville and Tooele centers a dinner will begin at noon followed by a talent show at 1 pm. Tables will be set up to display arts & crafts. Though it is not required to sign up for the dinner it is helpful for the staff to know in advance how much food to prepare. The dinner will be corned beef and cabbage. The suggested monetary donation is \$3 for those over the age of 60 and \$5 for those under 60 years of age.
  - February 28<sup>th</sup> both centers will host an outing to Cabela's for the seniors.
  - Upon request the Tooele center will start holding bingo twice a month instead of just once. The next scheduled bingo is March 7th. The seniors recently had a bake sale that went well. They also made some crafts to sell and to use as bingo prizes.
  - There was a large turnout for the first day that the Social Security kiosk was available. Seven people were served during the two- hour time frame. If there continues to be a consistent response, then hopefully they will increase the hours they are available. Jamie confirmed they can assist clients with any service they would receive in Salt Lake. The video kiosk is available the 1<sup>st</sup> and last Tuesday

of every month from 10 am to noon. Clients are helped on a first come first served basis.

#### **4. In-Home Services Report- Jamie Zwerin**

- **The Senior Connection Program-** This program matches volunteers with home bound seniors to provide companionship through either weekly phone calls or home visits. Jamie noted that there are currently 5 volunteers that are providing 7 clients with companionship, there are about 15 more clients who would like the service. Please refer anyone you know who would like to volunteer for this program to Jamie. Volunteers complete a background check, attend a training and are issued an identification badge. Jamie and Sarah have put together a training manual, volunteer tracker and visit log.
- **The Next Chapter-** Jamie explained that The Next Chapter is a social support and educational program that helps widows and widowers adjust to the loss of their loved one. Activities are held the third Tuesday of the month; time and location varies. This has been well attended and participants have even gotten together outside of the planned activities. This is not a grief support type of program, Jamie handed out a list of grief support resources in the county.
- **Caregiver Group-** Jamie explained that the Caregiver Group meets once a month for educational based support for caregivers. See attached flyer.
- **Alzheimer's Association Education Series-** Jamie advised this is a monthly educational series hosted by Mountain West Medical Center on the first Thursday of the month from 2:00 to 3:30 pm. See attached flyer.
- **Alzheimer's Association Caregiver Support Group-** offers emotional, educational and social support for caregivers- held third Monday of the month (except holidays) 2-3 pm @ Mountain West Medical Center. Average attendance has been from 2 to 7 people. See attached flyer.
- Jamie asked the group to leave a voice mail for herself, Evelyn and Sarah since they are often out of the office at home visits, meetings, trainings etc. They will return calls as soon as possible. Kellie in the Environmental Health Office routes calls she receives for Jamie, Evelyn and Sarah according to the clients' needs. The main phone number is 435-277-2440.
- Jamie expressed her appreciation for all of those who volunteer. She commended Sarah for doing a great job with all of the different programs, she also noted that Sarah is not a full time employee. Jamie also noted that the Senior Connections Program does not have a budget and is run solely by volunteers. Jamie stressed that word of mouth is one of the best ways to share information about the available programs and resources because there is no budget to advertise in the newspaper. Sarah has a large email distribution list that she regularly sends information out on, if you would like to be added to the list please let us know. Also information about upcoming programs and resources are posted to the [tooeleaging.org](http://tooeleaging.org) website, [tooelehealth.org](http://tooelehealth.org) website, Tooele County Senior Centers

Facebook page and displayed on the video screens at both centers and the senior newsletter and Our Healthy Circle newsletter. Elaine mentioned she is working on gathering information from different religious affiliations to share information with. Diane suggested creating a one -page list of all the programs so there are not so many different flyers. Elaine said she is working on getting Stansbury Park Improvement District to include these programs with the water bill. Jamie will ask Debbie for her format that she uses for the senior newsletter to use to create a one-page document.

**5. Results of Senior Services Survey-** Carmen Drury with Westminster College presented the Senior Services Survey results. See attached. 120 people filled out a survey. A majority of surveys were filled out at the Senior Expo. Emily asked if the Senior Services survey will be done again, the group confirmed it would be done yearly. The state sends out a separate survey as well. The results of the survey will help narrow down what areas/services need to be focused on. The results will be shared with city and county officials.

## **6. Roundtable-**

- Diane confirmed next month's COA meeting will be held at the Rocky Mountain Care Facility on March 22<sup>nd</sup>.
- Jamie confirmed she has secured the TATC location for this years' Senior Expo. The event will be held on October 7, 2017.
- Joyce is teaching an upholstery class March 6<sup>th</sup>- 13<sup>th</sup>, contact the Extension Office at the health department to get on the list. Also the Master Gardener's will hold a Spring Expo on march 4<sup>th</sup>, cost is \$5. Upcoming events for USU Extension are posted in the Doings Section of the Transcript Bulletin.
- Bella and Holly will be holding a training on transportation options in Tooele County.
- Dianne announced the Spring Women's Health Expo will be held at Tooele High School on March 25<sup>th</sup> from 10 am to 2 pm. The speaker will present first, Sheila Hamilton from Tooele. Tickets are general admission and are \$15 each.
- Elaine feels that when a senior falls in their home they may not realize they can call 911 for assistance. She also noted that in other counties when you call 911 you can ask for "Fall Assistance" and that person is only charged if they are transported by ambulance. The group discussed different reasons seniors don't want to call for help. Jamie will ask Tanya Turnbow with Tooele City Police Dept. if this "fall assistance" option is available in Tooele County.

**Meeting Adjourn-** the meeting, meeting was adjourned at 2:30 pm.

### **Action Items:**

- **Ericka will send out an updated member list.**

- **Jamie will get the senior newsletter format for Elaine.**
- **Jamie will talk to Tanya Turnbow about “fall assistance” option when calling 911**

**The next meeting will be held on Wednesday March 22nd, 2017 at 1:00 p.m. at the new Rocky Mountain Care Facility.**

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# Grief Support Resources in Tooele County\*

## **Encompass Home Health & Hospice**

801-747-5500

Stacy Green, SSW has facilitated a grief support group in Tooele, but does not currently have a group scheduled. If you are interested in participating in a group, please contact Encompass at the number above and ask for Stacy Green and mention grief support.

## **Life's Worth Living Foundation**

[www.lifesworthlivingfoundation.com](http://www.lifesworthlivingfoundation.com)

435-248-LIVE (5483)

Suicide prevention and suicide loss grief support

Support group meetings are held the 3<sup>rd</sup> Thursday of each month at 7 pm at the Tooele Applied Technology College 88 S. Tooele Blvd.

Life's Worth Living support group are nondenominational and anyone who has lost a family member or friend to suicide are invited to attend.

## **New Life Christian Fellowship**

411 East Utah Avenue Tooele, UT 84074

435-843-7430

### **Grief Share: Grief Recovery Support Group**

A grief recovery support group where you can find help healing the hurt of losing a loved one. Open to all. Meetings held weekly at 411 E. Utah Ave in Tooele. Call 435-843-7430 for day and time.

## **SafeUT**

1-800-273-8255

Could also download the SafeUT app from Google Play or Apple App Store

Call or chat with a counselor using this toll free number. The SafeUT line is designed to provide 24/7 crisis intervention and emotional support in any type of crisis. Use the crisisline to get help and understanding for things like: relationship difficulties, loss and grief, depression, anxiety, school problems, drug & alcohol problems, self-harm, suicide, or any life challenge that is concerning you.

## **Tooele County Health Department – Aging Services**

151 N. Main Street Suite 140 Tooele, UT 84074

435-277-2456

**The Next Chapter** is a social support and educational program that helps widows and widowers adjust to the loss of their spouse. Losing a loved one impacts nearly every aspect of one's life and usually requires emotional, social, physical, spiritual and other kinds of adaptations. Through this program, Tooele County Aging Services hopes to reinforce a sense of purpose and belonging in our community in those feeling lost. We will have guest speakers and group outings. Join others who are on the same page as you each month and begin a new chapter in your life story. For more details see [tooelehealth.org](http://tooelehealth.org) online or please call Sarah at 435-277-2456 for details.

\*Created 2/21/2017 after phone calls to each entity listed - If there are additions, corrections, changes, etc. please contact [sobray@tooelehealth.org](mailto:sobray@tooelehealth.org) - will update and redistribute via email

## Education Series

Hosted by: Mountain West Medical Center  
2055 N. Main Street  
Tooele, Utah

Presented by the  
Alzheimer's Association  
2:00 pm to 3:30 pm



### **Dates and Topic**

Nov 3, 2016	<i>Know the 10 Signs-Early Detection Matters</i>
Dec 1, 2016	<i>The Basics-Memory Loss, Dementia, and Alzheimer's</i>
Jan 5, 2017	<i>Dementia Conversations - Driving, Doctor Visits, Legal &amp; Financial Planning</i>
Feb 2, 2017	<i>Legal and Financial Planning for Alzheimer's Disease</i>
Mar 2, 2017	<i>Effective Communication Strategies</i>
Apr 6, 2017	<i>Healthy Habits for a Healthier You-Tips from the Latest Research</i>



## Dementia Caregiver Support Group

Presented by: Alzheimer's Association  
Utah Chapter

**DATE/TIME:** 3<sup>rd</sup> Monday of the month  
2:00 pm to 3:00 pm

**LOCATION:** Mountain West Medical Center  
2055 N Main St.  
Tooele, Utah

**CONTACT:** Sarah at 435-277-2456

Visit [www.alz.org/utah](http://www.alz.org/utah) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at [alzconnected.org](http://alzconnected.org).

### Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

# Mark Your Calendar

**Wednesday**  
**March 8<sup>th</sup>**

## **Sleepy?**

Come learn ways to improve your sleep.  
11 am – 12 pm  
Tooele Senior Center Conference Room  
59 East Vine Street, Tooele  
You're welcome to get breakfast right before at the center

**Friday**  
**April 7<sup>th</sup>**

## **You Won! Or Did You?**

Tanya Turnbow with Tooele City Police Department will offer tips to protect yourself and the ones you love from scams.  
11:30 am – 12:30 pm  
Tooele County Health Department  
151 N. Main Street Room #180, Tooele  
Bring your lunch and join us

**Wednesday**  
**May 10<sup>th</sup>**

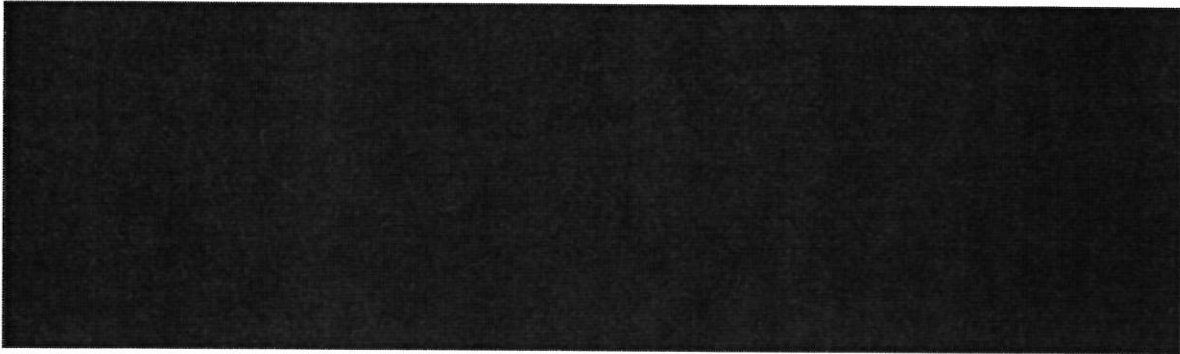
## **It's a Rollercoaster Ride**

Join Sarah DeBois, Licensed Therapist LCSW, to learn some ideas to cope with the twists and turns of grief and loss.  
11 am – 12 pm  
Tooele Senior Center Conference Room  
59 East Vine Street, Tooele  
You're welcome to get breakfast right before at the center



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# Senior Services Survey



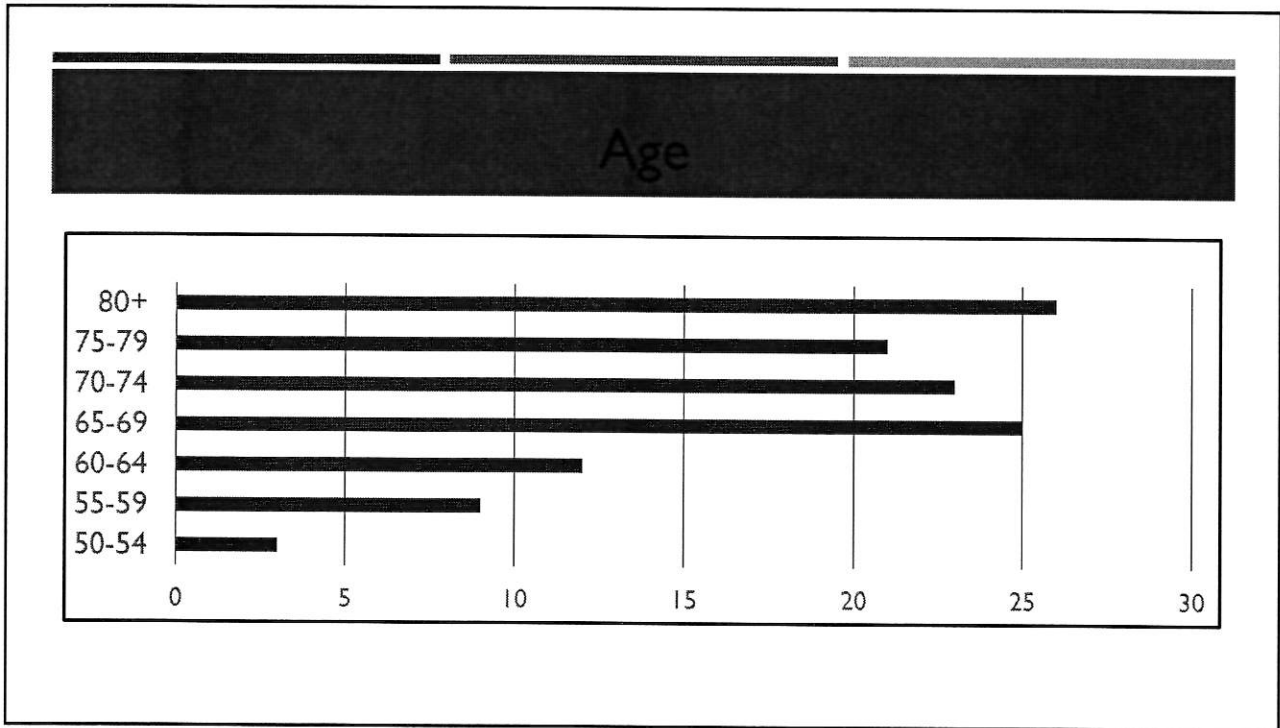
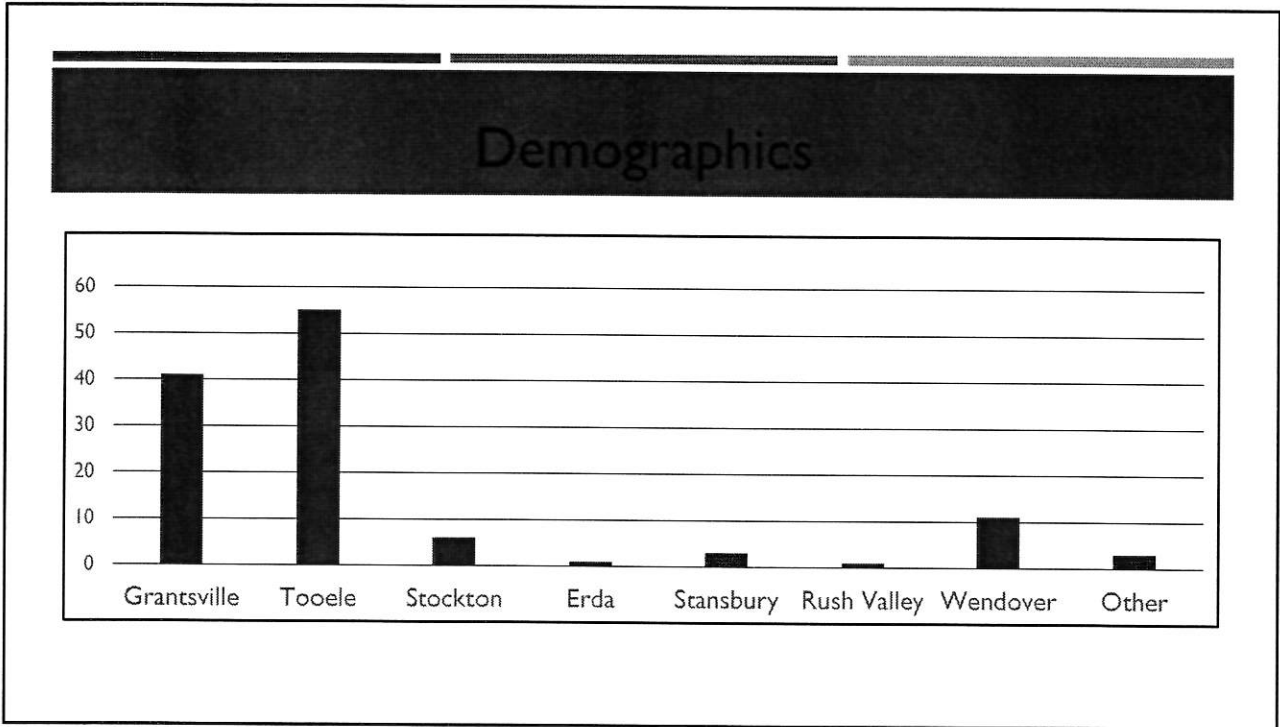
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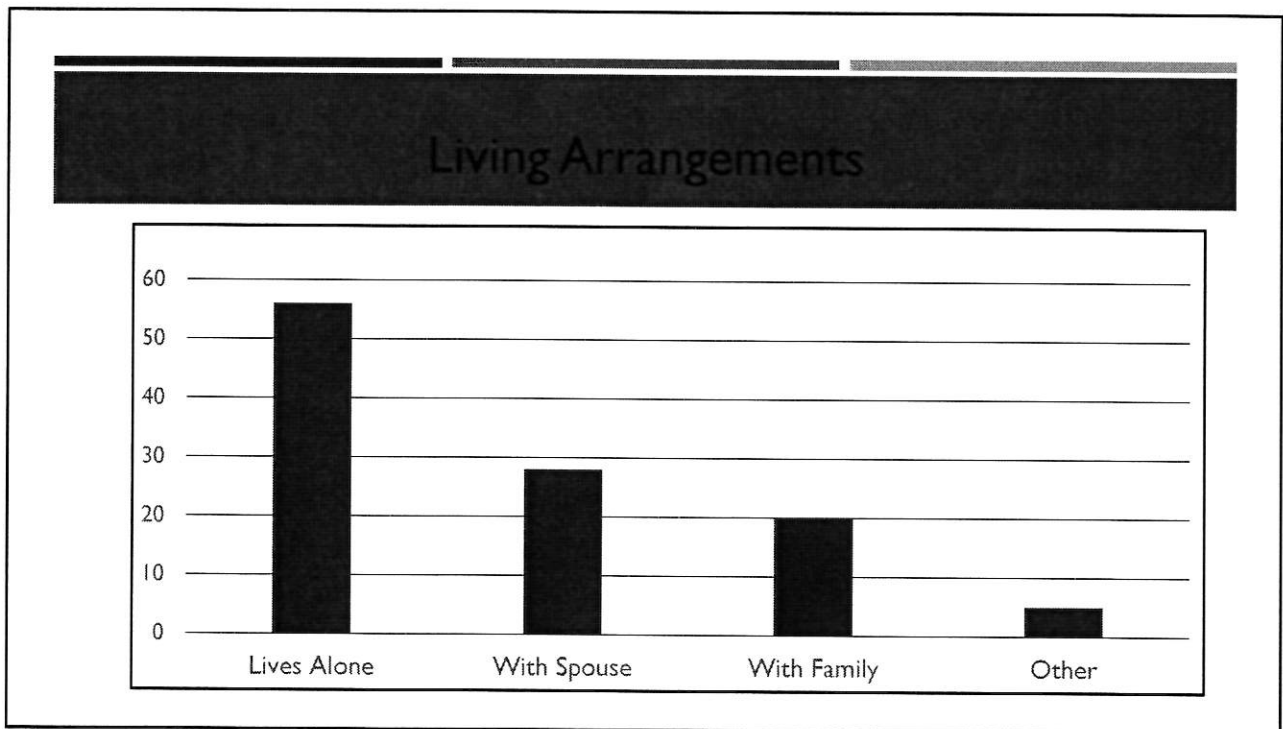
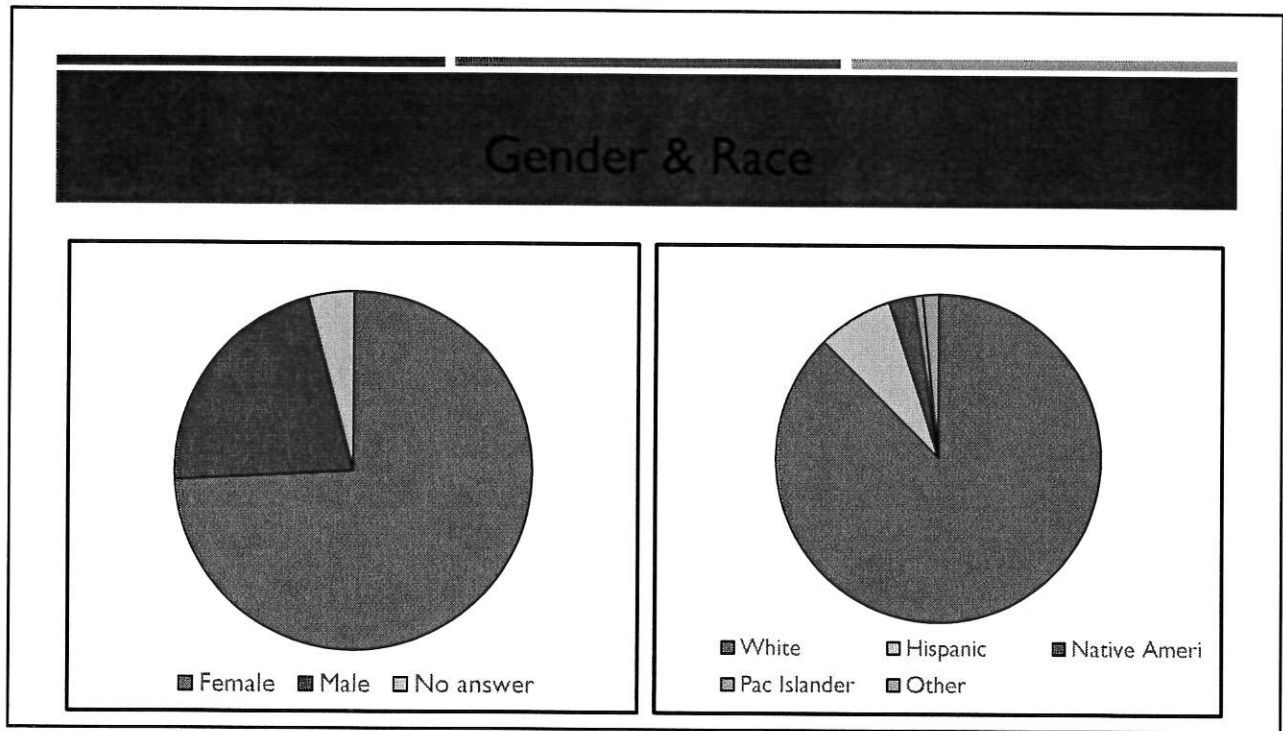
## Senior Services Survey

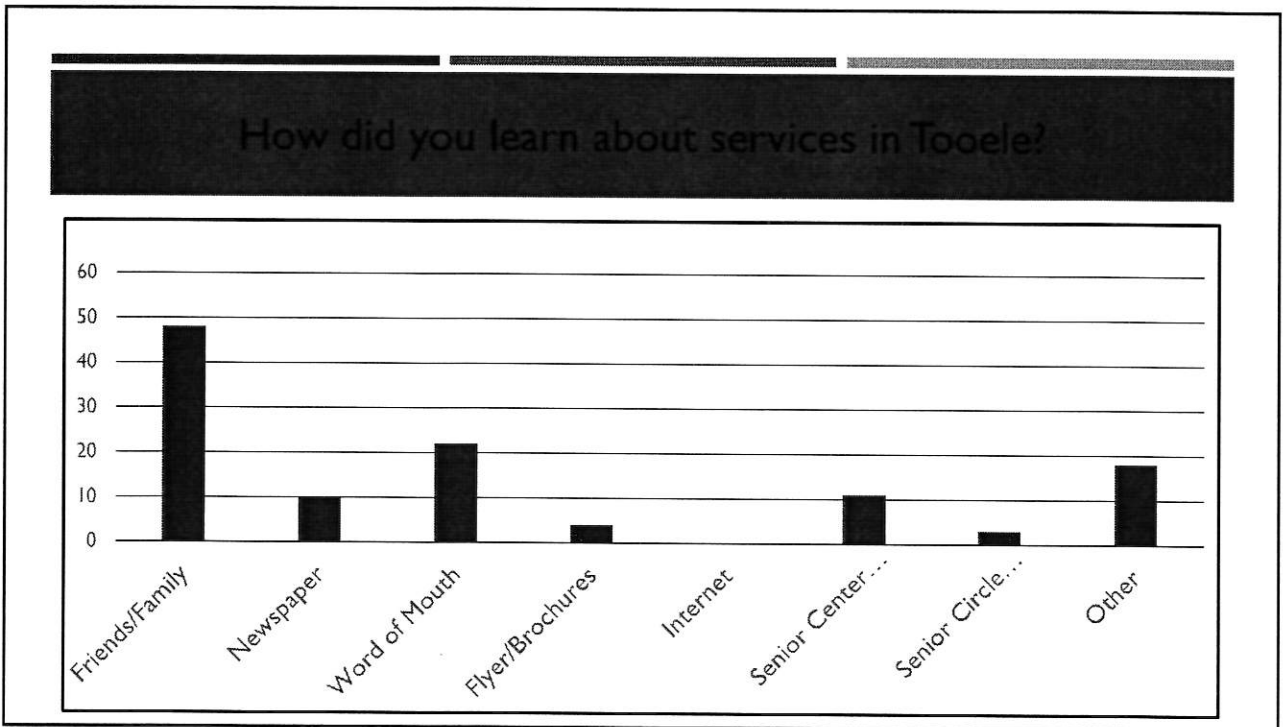
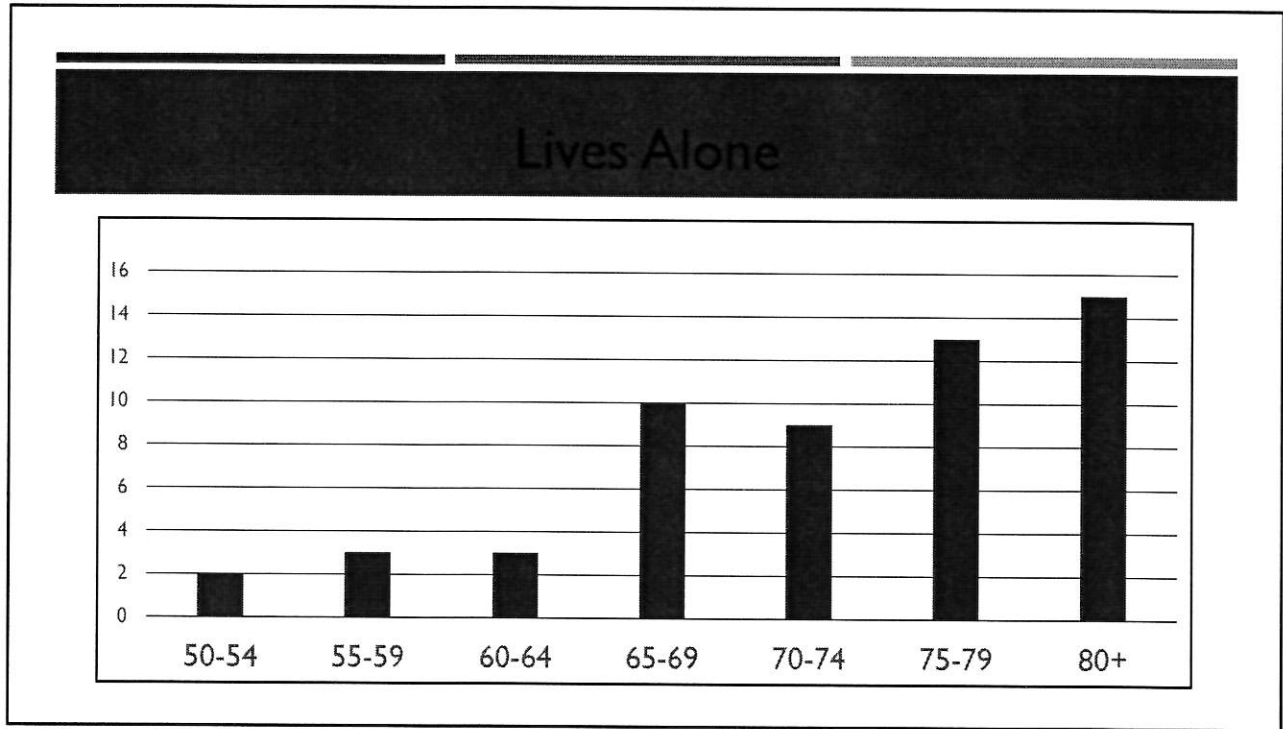
- Questions addressed quality of life, services, and concerns for older adults living in Tooele County



- 120 Participants

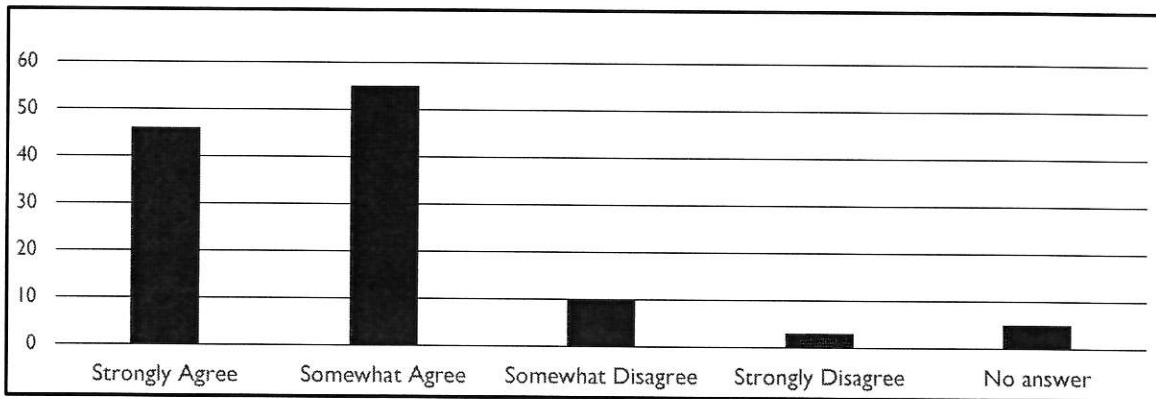






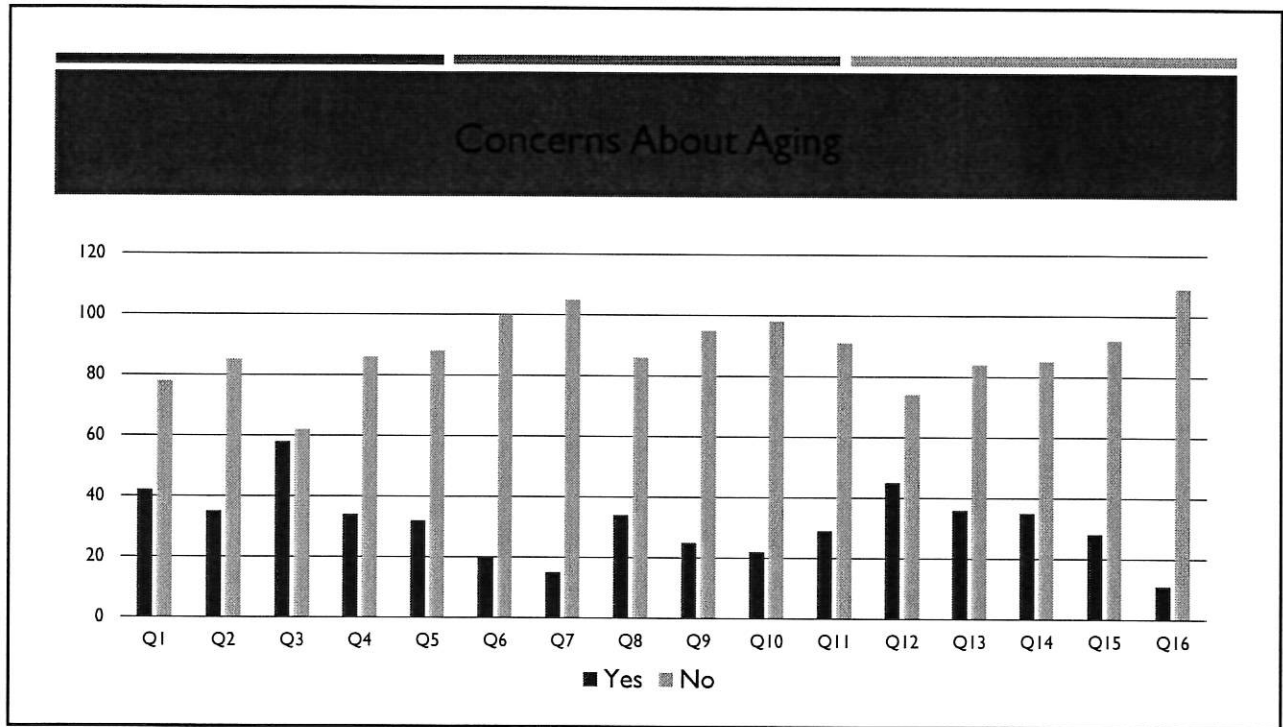
How much do you agree with the following statement?

"My community offers Older Adults a good quality of life."




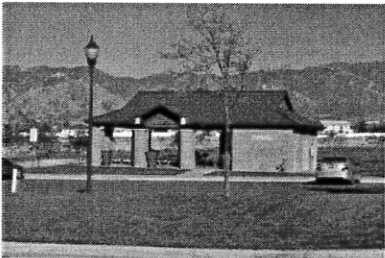
Please check the five most important concerns about aging

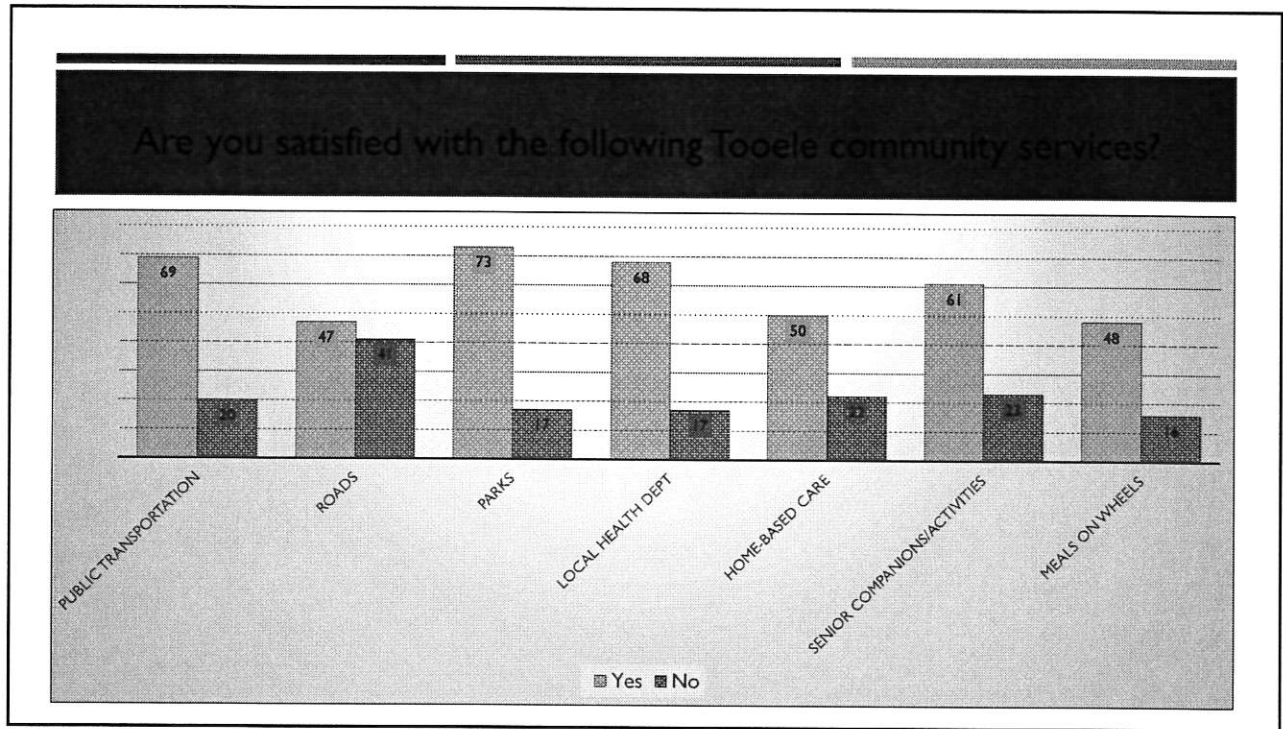
- |                                          |                                 |
|------------------------------------------|---------------------------------|
| 1. Living independently                  | 9. Access to affordable housing |
| 2. Loss of memory                        | 10. Access to care              |
| 3. Maintaining physical health           | 11. Falls/injuries              |
| 4. Managing chronic conditions           | 12. Transportation              |
| 5. Physical Mobility                     | 13. Community/Interaction       |
| 6. Maintaining good mental health        | 14. Feeling depressed/isolated  |
| 7. Financial scams protection            | 15. Preparing for end of life   |
| 8. Cost of unexpected illnesses/accident | 16. Legal services              |



### Are you satisfied with the following Tooele community services?

- Public Transportation
- Roads
- Parks
- Local health department
- Home based care
- Senior companions/activities
- Meals on wheels

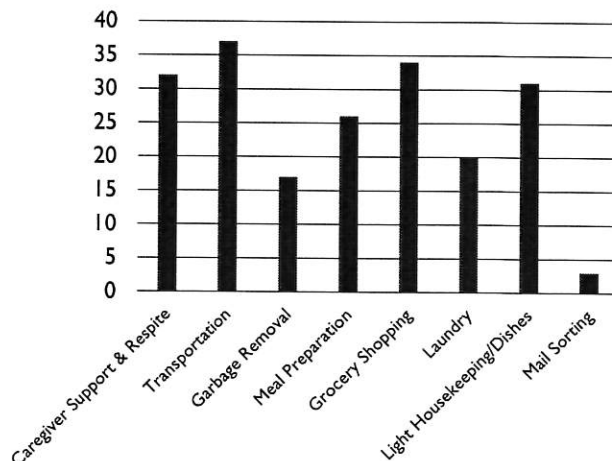


## Services Summary

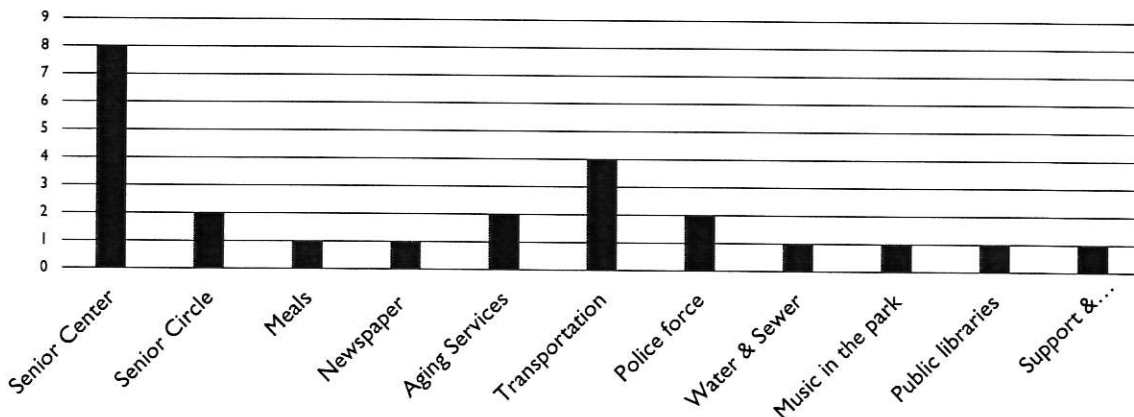
- Survey participants are least satisfied with:
  - Roads
  - Home based care
  - Senior companions/activities
  - Meals on wheels
  - Public Transportation
  - Local health department
  - Parks

## What services do you feel are needed from Tooele County's aging services?

1. Transportation
2. Grocery shopping
3. Caregiver support & respite
4. Light housekeeping/dishes
5. Meal preparation
6. Laundry
7. Garbage removal
8. Mail sorting



## Other county or city services you are satisfied with:





### Other county or city services you are not satisfied with:

- Take home meals
- Lack of volunteers, daycare, and benefits for caregivers
- Lack of political education
- Senior Center
- Sidewalks in town
- Post office and bank have no handicap doors
- Heavy doors
- Cannot walk to places
- Food not cooked at senior center
- Insurance company
- Transportation is expensive
- Difficulty with information about senior services
- No hospital (Wendover)

### Other county or city services you are not satisfied with:

- We do not have doctor services 7 days a week
- Hospital financial aid for food
- Bathing for people who can't or won't
- Wendover doesn't have a hospice
- ASL interpreter is needed at the Senior Center
- Senior center schedule is not accommodating to those who work full time
- Tooele county needs light rails, biking/walking trails, and sidewalks
- Requests deep cleaning of homes
- **Senior Center Meals**

## What would make it possible for you to participate in senior center activities?

- 56% Are already active
- 18% Nothing needed to participate
- 15% Transportation
- 9% Health issues
- 4% Not interested
- 3% Other



## What would make it possible for you to participate in Senior Circle activities?

- 32% Are already active
- 12% Nothing needed to participate
- 8% Transportation
- 7% Health issues
- 7% Not interested
- 3% Other



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## Conclusions

- 95% of participants in this survey are living independently
- Top three main concerns reflect fear of losing independence due to declining physical health
- Services needed are meals, transportation, and home-based care



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Thank You

Report:

Senior Services Survey

20 February 2017

Submitted by: Carmen Drury, MPH(s) and John R. Contreras, PHD, MSPH

## Introduction

The questions on Senior Services Survey addressed the overall quality of life for older adults living in Tooele County, including services available to them and concerns they might have. We obtained a decent sample size of 120 participants. We can infer from this feedback some areas for improving the quality of life for older adults in Tooele. This is a representative sample, not random.

## Demographics

Of our 120 survey participants, 80% live in Tooele and Grantsville, followed by Wendover, Stockton, Stansbury, Erda, Rush Valley, and other.

- 95% of our participants were ages 65 and older
- 74% were female, 22% male
- 88% white, 8% Hispanic, 3% Native American, almost 1% pacific islander, 1% other, 0% African American
- 51% live alone, 26% lives with spouse, 17% live with family, 4% selected “other”

These are the age groups that correspond to living alone:

- 27% in 80+ age group
- 24% in 75-79
- 18% 65-69
- 16% in 70-74
- 6 % 55-59, 5% 60-64, and 4% 50-54

## Questions

We asked, “How did you learn about services in Tooele?”

- 42% learned about services from friends and family, 19% learned by word of mouth, 16% learned via other, 9% learned from the senior center newsletter, 8% learned through the newspaper, 3% learned from senior circle newsletter and through flyer and brochures. Note that 0% learned from the internet.

We asked, “How much do you agree with the following statement: ‘My community offers Older Adults a good quality of life?’”

- 39% strongly agree, 46% somewhat agree, 8% somewhat disagree, 4% did not answer, and 3% disagree. A significant difference between agree and disagree could be due to sample size.

The survey stated: Please check the five most important concerns about aging. In order of most concern, respondents answered:

1. Living independently
2. Loss of memory
3. Maintaining physical health
4. Managing chronic conditions
5. Physical Mobility
6. Maintaining good mental health
7. Financial scams protection
8. Cost of unexpected illnesses/accident
9. Access to affordable housing
10. Access to care

11. Falls/injuries
12. Transportation
13. Community/Interaction

14. Feeling depressed/isolated
15. Preparing for end of life
16. Legal services

Of note, our survey found that the majority of senior citizens are living alone. The number one concern about aging is living independently probably because these individuals living on their own have to maintain some degree of independence to care for their health. Living independently is followed by concerns related to health: loss of memory, maintaining physical health, managing chronic conditions, and physical mobility. What can we do to aid, guide and prepare Older Adults for this physical transition?

Note that “preparing for end of life” and “legal services” are last on the ranking of concerns. Using a 95% chi-square test, not only did these questions rank last, but these concerns were selected significantly less than expected. This could mean Older Adults are prepared for end of life or it could be an issue that is not addressed in the community.

We asked the question, “Are you satisfied with the following Tooele community services of public transportation, roads, parks, local health department, home-based care, senior companions/activities, and meals on wheels?”

- Public Transportation: 58% satisfied, 17% not satisfied, 25% no answer
- Roads: 39% satisfied, 34% not satisfied, 27% no answer
- Parks: 57% satisfied, 14% not satisfied, 29% no answer
- Local Health Department: 57% satisfied, 14% not satisfied, 29% no answer
- Home-based care: 42% satisfied, 18% not satisfied, 40% no answer
- Senior Companions/Activities: 51% satisfied, 19% not satisfied, 30% no answer
- Meals on Wheels: 40% satisfied, 13% not satisfied, 47% no answer

In summary to this question, survey participants are least satisfied with meals on wheels, followed by home-based care, roads, and public transportation.

We asked the question “What services do you feel are needed from Tooele County’s aging services?”

- 37 respondents selected “transportation” as being the most needed, followed by 34 responses for grocery shopping, 32 for caregiver support, 31 for light housekeeping/dishes, 26 for meal preparation, 20 for laundry, 17 for garbage removal, and 3 for mail sorting.

Following transportation, services regarding nutrition are most needed.

We asked, “Other county or city services you are satisfied with?”

- Respondents wrote in services they are most satisfied with. Keep in mind this is a very small number of responses. 8 total respondents were satisfied with the senior center, 4

respondents were satisfied with transportation, 2 for senior circle, 2 for aging services, 2 for police force, and 1 each for the following items: newspaper, water & sewer, music in the park, public libraries, support & communication, and meals. Notice that transportation received 4 accounts of satisfaction but in our previous slide for “services that are needed”, transportation was the number one needed service with 37 counts by respondents.

We asked, “Other county or city services you are not satisfied with,” and 23 respondents wrote in they are “not satisfied with senior center meals.”

### **Conclusion**

The majority of survey participants live alone, ages 75-80+. The survey results correspond with a fear of losing independence due to the challenges of living alone, especially without adequate transportation, meals, and home-based care. Finally, how are existing resources allocated to address meals and home-based care?