

Tooele County Aging Services Newsletter

Tooele Center
59 E Vine
(435) 843-4110

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

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Next Chapter & Support
Group Facilitator



Active Aging May 2020

What's Happening in Aging Services

So, while you're staying home and staying safe, you may be wondering what is happening within the different divisions of Aging Services. Yes, the centers are closed, but staff are still coming in to do their regular jobs. Some of our daily tasks and activities are providing Meals on Wheels and friendly visiting calls to those who have participated at the centers. Instead of serving lunch in the dining room, our senior center staff are handing out pick-up meals that are available –see schedule below.

Since March 13, our staff has weathered storms with a smile and delivered 3,651 Meals on Wheels and provided 4,320 Pick Up Meals. Tooele County Aging Services has partnered with Tooele Responds, Tooele Food Bank and the Rotary Club to provide "Senior Bags" to the older adults in our community. These bags include canned vegetables/fruit, canned protein, bread, fresh produce, toilet paper, soaps and paper towels. Together we have provided over 500 bags to individuals who are staying home and staying safe.

Our social workers and case managers continue to provide outreach to homebound older adults, assistance with Medicare issues and how to protect yourself from scams. Transportation continues to provide Dial-A-Ride, On Demand and mass transit to the community. Tooele Health Department and Tooele County Emergency Management have worked closely with Aging Services to ensure that we are providing accurate information regarding the Coronavirus.

We're all eagerly awaiting the day when we can open our doors again and greet you in person. Until then, know our thoughts are with you and your families.

Best Wishes – *Jamie Zwerin*, Director of Aging Services

In best Public Health practice all activities and in-house dining at the Tooele and Grantsville Senior Centers have been Canceled until further notice.

We will be providing pick-up meals for Older Adults 60+ years at both Senior Centers (must be registered, registration on site or call 435-843-4110 to register ahead of time):

- **Monday 11:30 to 1:00 PM**
- **Tuesday 11:30 to 1:00 PM**
- **Wednesday 11:30 to 1:00 PM**
- **Thursday 11:30 to 1:00 PM**
- **Friday 10:30 to 11:30 AM**

Details can be found inside this newsletter regarding Meals on Wheels and food services for rural areas of our county.

Meals on Wheels (MOW)
are being delivered
Monday - Friday as usual.
Those 60+ in need of
MOW may register by
calling **435-277-2440.**

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5 Senses Grounding Exercise

If your world is spinning, focus on:

5 things you can see.

4 things you can feel.

3 things you can hear.

2 things you can smell.

1 thing you can taste.



For those living in rural areas of our county,
the Meals on Wheels program will be
operated in a different way. Residents that
are 60+ living in Rush Valley, Vernon, and
Wendover who need home delivered meals
will receive frozen meals by mail.



Call 435-277-2440 to register.



The Next Chapter

A social support and educational program
for widows and widowers

CANCELLED
FOR MONTH OF MAY





MAY MEAL SCHEDULE



Meals available for pick-up only at both Tooele & Grantsville Centers

Monday thru Thursday 11:30 am - 1:00 pm

Friday 10:30 - 11:30 am

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				BBQ Chicken Rice Salad
4	5	6	7	8
Roast Beef Sandwich Soup	Happy Cinco de Mayo Chicken Fajita Spanish Rice	Beef Patty w/ Gravy Mashed Potatoes	Lasagna Green Salad	Pancakes Bacon Eggs
11	12	13	14	15
Chicken Cordon Blue Rice Pilaf Beet & Onion Salad	Taco Salad Spanish Rice	Lemon Pepper Cod Rice Pilaf Coleslaw	Ham Glazed w/ Pineapple Mashed Sweet Potatoes	Waffles Sausage Eggs
18	19	20	21	22
Beef Stroganoff Green Salad	Chicken Tender Scalloped Potatoes Salad	Spaghetti w/ Meatballs Green Salad	Tuna Salad Sandwich Salad	Pancakes Sausage Scrambled Eggs
25	26	27	28	29
Closed for Memorial Day No Food Services No Home Delivered Meals Today	Chicken Salad Sandwich Potato Salad	Roast Beef & Gravy Oven Browned Potatoes	Roast Pork w/ Gravy Garlic Mashed Potatoes	French Toast Sausage Eggs

Lunches are served with a fruit, vegetable and milk.

Meals are subject to change.

If you need a modified diet due to health, ethnic or religious requirement please contact us in advance. Call Bella Colovich at 435-843-4106



UTAH CORONAVIRUS INFORMATION LINE



Do you have questions about COVID-19? We are here to help. Please call.

1-800-456-7707

Brought to you by Utah's public health departments and the Utah Poison Control Center

LÍNEA DIRECTA DE INFORMACIÓN SOBRE EL CORONAVIRUS DE UTAH



¿Tiene preguntas sobre el COVID-19? Estamos aquí para ayudar. Por favor llame al

1-800-456-7707

Trabaja a unirse por los departamentos de salud pública de Utah y el Centro de Control de Intoxicación de Utah



HAPPY MOTHER'S DAY!

Mom turned upside down spells Wow.
Thank you for being an inspiration.

Testing capabilities for COVID-19 have increased since the beginning of the pandemic. Currently, anyone experiencing flu-like symptoms (including fever, cough, shortness of breath, sore throat, muscle aches and chills, or decreased sense of smell or taste) should be tested for COVID-19.

Have a symptom? Get tested.



Fever



Cough



Shortness of Breath



Muscle aches and pains



Decreased sense of smell or taste



Sore throat



CORONAVIRUS
UTAH.GOV



UTAH ASSOCIATION OF
LOCAL HEALTH DEPARTMENTS

There are many options for testing in Utah. For more information on how to access testing go to: <https://coronavirus.utah.gov/testing-locations/> OR for local appointment call the IHC COVID-19 Hotline at 844-442-5224.



1 call. 1000s of answers.
Alzheimer's Association Helpline
800.272.3900

Homemade face masks

Wear a homemade, cloth face mask. Save surgical and N-95 face masks for healthcare workers.

CORONAVIRUS UTAH.GOV

Alzheimer's Caregiver Support Group

2nd Monday of each month

CANCELLED FOR MONTH OF MAY

TOOELE COUNTY HEALTH DEPARTMENT AGING SERVICES MOUNTAIN WEST MEDICAL CENTER alzheimer's association

CDC on Homemade Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. It can be used as an additional, voluntary public health measure. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or otherwise unable to remove the cloth face covering without assistance.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Should cloth face coverings be washed or cleaned regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

SOURCE: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Interested in donating or obtaining masks, contact Tooele Responds (435) 833-8174

Need to talk?

WARMLINE: 801-587-1055

7 Days a Week, 8 am-11 pm

This phone line is for Utah residents who are NOT in crisis, but seeking:

support,
engagement, or
encouragement.

SUPPORT



Certified peer specialists offer support and empower callers to resolve problems by fostering a sense of hope, dignity, and self-respect.

Callers may speak with peer specialists daily from 8 am to 11 pm.

HELP



Utah Crisis Line

1-800-273-TALK

You can call the Utah Crisis Line and ask them to connect you to the WARMLINE

The Utah Crisis Line is a FREE crisis response and hospital diversion program aimed to keep all our family members, friends, and neighbors safe. The community crisis service programs are designed to provide community members with a full range of options to help solve the crisis in the best setting possible.

This team of professionals is highly trained in mental health crisis management and suicide prevention.



**Utah
Crisis
Line**

1-800-273-TALK



**TOOELE COUNTY
HEALTH
DEPARTMENT**



Community Resources

Many of our local stores have initiated special senior only shopping hours. Which ones? When? Here is what we found:

- PLEASE KEEP IN MIND THAT THIS INFORMATION MAY CHANGE AND IS NOT A COMPREHENSIVE LIST-

Lucky Tooele

740 N Main St, Tooele
(435) 882-8240

Store Hours: Sunday–Saturday 7am – 10pm

Senior Only (60+) Shopping: Tuesdays & Thursdays 7am-9am

Virgs 4025 Highway 36, Erda (435)833-9988

In addition to takeout meals, they're offering some grocery items like meats, cheeses, potatoes, vegetables, breads. Call in or order online and they'll have ready for pickup.

Maceys Tooele

972 N Main, Tooele
(435)843-8722

Store Hours: Monday-Thurs. 8am – 9pm; Fri.- Sat. 8am - 10pm, Sunday 8am - 9pm

Senior only Shopping (60+): Monday, Wednesday, Friday 7- 8am and free delivery option
Online & Call-in Ordering available; Purchase Limits on Some Products, Pharmacy options

Tooele County Food Bank and Resource Center 38 S Main St, Tooele (435)566-5936 Hours: 9am—4:30pm Provides emergency food assistance and other community resources for residents

Soelberg's

Grantsville Stansbury Park
213 E Main 6727 N. Hwy. 36
(435)849-8264 (435)241-1070

Senior Shopping Hours: Tuesdays & Fridays 8-9am for 60+

Online Ordering Temporarily Suspended; Purchase Limits on Some Products

First Baptist Church Tooele Food Pantry

580 S Main St, Tooele (435)882-2048 Food Pantry is open every Saturday 10am—Noon, but assistance limited to one visit a month

Walgreens

188 N Main St, Tooele
(435)228-1003

Store Hours: Sunday - Saturday 9am - 9pm

Senior only Shopping (55+): Tuesdays 8am – 9am before regular store hours begin
Drive-thru service available – pull up to get Rx & shop select household items during regular hours; Free shipping on essentials you purchase online – no minimum; Eligible Rx delivered free to your home; Exclusive offers and discounts for customers 55+

New Life Christian Fellowship 411 E Utah Ave, Tooele (435)843-7430
Food Pantry, Clothing, Car care, Hair care, Laundry, Showers, - Drive thru
Food distribution 1—2pm Wed - Fri

Dairy Delight 46 West 100 South, Tooele (435)882-6400 Hours: Mon-Fri 11am–9pm; Sat 11am-5pm Offering some grocery items through drive up like eggs, potatoes, bacon, bread, quarts of soup or soft serve ice cream

Simply Bliss Bakery & BBQ 88 S Tooele Blvd Take out orders and baking items (like flour, yeast, rice, sugar) call ahead (435)248-1822 and then call when you arrive and we will deliver curbside. Located at Tooele Technical College. Cards, Venmo and PayPal accepted.

An earthquake is a sudden and rapid shaking of the ground caused by the shifting of rocks deep underneath the earth's surface. If an earthquake happens, protect yourself right away.

- ➔ If you are in a vehicle, pull over and stop. Set your parking brake.
- ➔ If you are in bed, turn face down and cover your head and neck with a pillow.
- ➔ If you are outdoors, stay outdoors away from buildings.
- ➔ Do not get in a doorway.
- ➔ Do not run outside.

IF POSSIBLE



DROP! Drop wherever you are on to your hands and knees. If you're using a wheelchair or walker with a seat, make sure your wheels are locked and remain seated until the shaking stops.

USING CANE



COVER! Cover your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Stay on your knees or bent over to protect vital organs.

USING WALKER



HOLD ON! If you are under a table or desk, hold on with one hand and be ready to move with it if it moves. If you can't find a table or desk, cover your head and neck with both arms and hands. If seated and unable to drop to the floor, bend forward, cover your head with your arms, and hold on to your neck with both hands.

USING WHEELCHAIR



SOURCE: <https://www.ready.gov/earthquakes>



How many spring flowers just like these can you spot in this newsletter?



JOIN TOOELEALERTS

Emergency alerts at your fingertips.



Tooele County residents and visitors can now receive life-saving emergency alerts and advanced warning of severe weather directly to their Android or Apple iOS device, or receive a call, text, email, or call to your home phone with TooeleAlerts.

Alerts include public safety alerts, such as crime, active shooter, imminent danger, hazardous materials wildfire, floods, immediate evacuations, road closures, and power outages.



SIGN UP AT

www.tcem.org



The Tooele Active Aging Newsletter

is a monthly publication provided free of charge to all seniors in Tooele County.

If you are currently not receiving a newsletter, please contact your local senior center.

If you have comments or ideas for future newsletters or would like to receive an electronic version, Please Contact

Bella Colovich, Editor,
at

bcolovich@tooelehealth.org

or

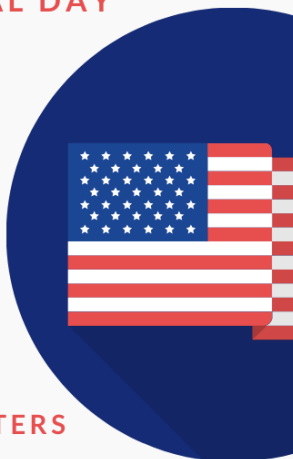
(435) 843-4110.

Color electronic editions of the newsletter are available at:
tooelehealth.org

WE REMEMBER ON MEMORIAL DAY

"LAND OF
THE FREE
BECAUSE OF
THE BRAVE"

HONOR THE COURAGE
OUR FALLEN BROTHERS AND SISTERS
SHOWED OUR COUNTRY



Get the Tooele Ready app where you can find preparedness lists and information to help your family be better prepared.

Find it in the App store or on Google Play



TO ALL OUR FRIENDS,
Happy Cinco De Mayo!
 May your day be filled with good food and great friends!



Cinco de Mayo commemorates the Mexican army's unlikely victory over the French on May 5, 1862, at the Battle of Puebla during the Franco-Mexican War. In the United States it is seen as the day to celebrate Mexican food, culture, and traditions.

Remember: If you need to see your doctor, please call them first. Medicare has expanded their ability to use [telehealth services](#) during the COVID-19 emergency for common office visits, mental health counseling, and preventive health screenings.
 Sincerely,
The Medicare Team
See Medicare.gov



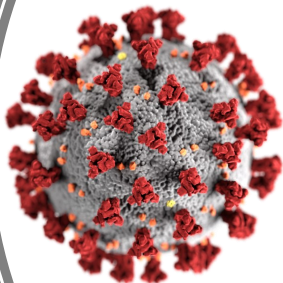
Want to get your Coronavirus relief check? Scammers do too.

Scammers are using these stimulus payments to try to rip people off. They might try to get you to pay a fee to get your stimulus payment. Or they might try to convince you to give them your Social Security number, bank account, or government benefits debit card account number.

4 tips for avoiding a Coronavirus stimulus payment scam

1. Only use irs.gov/coronavirus to submit information to the IRS
2. The IRS won't contact you by phone, email, text message, or social media with information about your stimulus payment, or to ask you for your Social Security number, bank account, or government benefits debit card account number.
3. You don't have to pay to get your stimulus money.
4. The IRS won't tell you to deposit your stimulus check then send them money back.

Report scams to the Federal Trade Commission at ftc.gov/complaint.
 SOURCE: <https://www.consumer.ftc.gov/>



If you have questions regarding scams, whether to provide social security number, or about Medicare you can contact Tooele County Aging Services at 435-277-2440. We can also help you determine if you qualify for assistance programs like the prescription program Extra Help.




Be Healthy at Home & Win

BINGO



Washed hands	Called a loved one or friend	Took a photo of something beautiful and shared it with someone	Made a list of things I'm grateful for	Sang a song
Did something creative - colored, baked, sewed, built	Organized a drawer, shelf or space in home	Smiled at and said thank you to someone	Exercised	Ate a serving of fruit and a serving of vegetables
Observed the night sky - looked for constellations	Wrote in journal	 FREE	Did something nice for a mother on Mother's Day	Cleaned frequently touched surfaces and objects
Visited Tooele County Senior Centers Facebook page	Said the Pledge of Allegiance and listen to the National Anthem	Put on favorite outfit	Drank 5 cups of water	Spent time outdoors
Cuddled a pet	Watched a funny TV show or movie	Beautified my yard or planted something	Shared a fun childhood memory with someone	Got a good night's rest 7 to 9 hours

After you've completed a healthy task above, cross it out. Do five in a row (across, down, or diagonally) and you have earned a BINGO. Next, **to be entered in the prize drawing, call the Tooele Center at (435)843-4110 by Wednesday, May 27th at 11:00 am** and let them know that you have accomplished the Healthy at Home BINGO. Give them your name, phone number and address. Eligible participants are to be 60 or older, Tooele County residents, and only one entry per person. Five winners' names will be drawn from entries. They will be notified and prizes awarded. Enjoy being healthy at home! 

TOOELE COUNTY AGING SERVICES

A monthly publication from the
Grantsville and Tooele Senior Centers



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TOOELE, UTAH
PERMIT NO. 36



Mental Health Resources



**EMOTIONAL HEALTH
RELIEF HOTLINE**
833.442.2211

CAREGIVERS 10:00 a.m. – 10:00 p.m.
AVAILABLE 7 DAYS A WEEK

Intermountain
Healthcare

*Counseling in 19 languages available

Disaster Distress Helpline
1-800-985-5990
TEXT: "TalkWithUs" to 66746

Línea de Ayuda
Para Los Afectados Por Catástrofes

1-800-985-5990
Mensaje SMS: "Hablamos" al 66746

Offered 24/7 by the Substance Abuse and
Mental Health Services Administration



Safe-UT App
Crisis Text and Tip



WarmLine 801-587-1055
Peer support (non-crisis),
7 days a week, 8am-11pm



The National Suicide Prevention Lifeline provides 24/7,
free and confidential support for people in distress.



2-1-1 or 211utah.org is a free 24/7 confidential referral and
information helpline and website that connects people of all
ages and from all communities to the essential health and
human services they need.

