

**Tooele County
Aging Services
Newsletter**
Tooele Center
59 E Vine
(435) 843-4110

Grantsville Center
120 S Center St
(435) 884-3446
Jamie Zwerin
Aging Director

Bella Colovich
Senior Centers Manager

Kristen Bolinder
Terri Garrard
Rosie Higley

Centers Activities
Specialists

Kim Hale
Lucinda Edwards
Katrina Fonger
Amy Whitham
Kitchen Staff

Cissy Morton
Mobility Manager

Tracy Beckett
Financial Analyst

Evelyn Van Zanten
Desirae Taylor
Jennifer Romero
Social Workers

Sarah Jane Obray
Next Chapter & Support



ACTIVE AGING

MARCH 2021

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 12:30 PM**
- **Tuesday 11:30 to 12:30 PM**
- **Wednesday 11:30 to 12:30 PM**
- **Thursday 11:30 to 12:30 PM**
- **Friday 10:30 to 11:30 AM**

Virtual Activities



Keep connected from home.

Let us show you how easy it is to use your computer, tablet, laptop or smart phone to make connections and stay involved. Don't have a device, no problem, the Senior Centers now have tablets to loan out for our activities.

Call us at 435-843-4110 today!

Message to our seniors:

We are making our way through winter with spring around the corner. Hopefully, this means that we are heading toward returning to some level of normalcy in the near future. At the time of writing this article, over 10,000 vaccines have been given to individuals in Tooele County. This great news has put us on track for possibly this summer for being able to gather again. There are still many more hurdles to overcome, but we are heading in the right direction. We are closely monitoring with the Health Department and other senior centers in Utah to ensure that we are meeting CDC and State guidelines for having safe gatherings once again. We will keep you posted on making our way to that determination. If you are having any difficulties scheduling a vaccine appointment, or are in need of transportation to an appointment, please call the Health Department(435-277-2484) or Transportation(435-843-4114).

We are dedicated to continuing to provide programs, services, and activities to keep you all active and socially engaged until we can have in-center programming once again. I encourage you to sign up for one of the virtual classes or come by the centers to receive a meal. Please feel free to reach out to us and happy spring!

–Jamie Zwerin

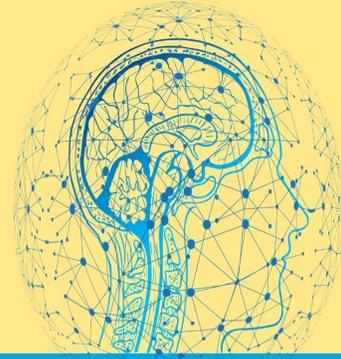
Aging Services Director

Family, Caregivers, and Friends are encouraged to join us

PARKINSON'S SUPPORT GROUP

Meetings are the 3rd Friday of each month at 1 pm

CONTACT HAL MEYER (435) 840-3683



VIRTUAL BINGO

**WE ARE DOING
VIRTUAL BINGO ON WEDNESDAY
MARCH 24TH @ 2:00 P.M.**

**ALL SENIORS INTERESTED CALL
(435) 843-4110 BEFORE MONDAY,
MARCH 22ND TO RESERVE A SPOT,
SPACE IS LIMITED. GET THE LINK
SENT TO YOUR EMAIL SO YOU CAN
PLAY FROM HOME!**



MARCH MEAL SCHEDULE

Meals available for pick-up only at both Tooele & Grantsville Centers
 Monday thru Thursday 11:30 am - 12:30 pm Friday 10:30 - 11:30 am

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Fish Patty Rice Mashed Potatoes	Baked Chicken Oven Potatoes	Cheeseburger Mac. Casserole Salad	Pasta with Meat- balls Cucumber Onion Salad	Pancakes Bacon Scrambled Eggs
8	9	10	11	12
Chicken Caesar Salad Beet & onions	Sausage link Oven Potatoes	County Fried- Steak Virtual Craft	Salisbury Steak with gravy Mashed Potatoes	French Toast Sausage Scrambled Eggs
15	16	17	18	19
Tamale Pie Casserole Salad	BBQ Roast Pork Rice	Corned Beef & Cabbage Happy St. Patty's Day 	Sloppy Joe Potato Salad	Biscuits and Gravy Scrambled Eggs
22	23	24	25	26
Meatloaf Mashed Potatoes	Chicken Alfredo Salad	Spaghetti with Meat Sauce Salad Virtual BINGO	Baked Chicken Mashed Potatoes Salad	Breakfast Casserole Biscuit
29	30	31		
Lasagna Salad	Sweet & Sour Meatballs Mashed Potatoes	Frito Pie Rice		



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 requirements please
 contact us in advance. Call Bella Colovich at 435-843-4106.



If you are 65 or older, you can get the COVID-19 vaccine right now!

Call your local health department or pharmacy today to schedule your appointment to get vaccinated.

COVID-19 vaccines are safe and effective. COVID-19 vaccines are an important tool to help us get back to normal. **The benefits of getting vaccinated far outweigh the risks of getting COVID-19.**

- Starting **February 18, 2021**, all Utahns age 65 and older can get vaccinated.
 - Starting March 1, 2021, all Utahns age 18 and older with specific underlying medical conditions can get vaccinated. See specific medical conditions at coronavirus.utah.gov/vaccine-distribution.
 - The vaccine should be available for all Utahns sometime in the April to July timeframe.
-

You need to:

- **Call or visit the website of a vaccine provider to schedule an appointment.** Vaccines are available at your local health department or some local pharmacies. You can find the phone number and website for vaccine providers at coronavirus.utah.gov/vaccine-distribution.
 - Ask someone you trust to help you register for your appointment if you don't have a computer or Internet access.
 - You must have an appointment. You can't just show up without an appointment because each vaccine provider may have a different process for registration. **There are limited vaccines, so appointments will fill up quickly. It may take a few tries to get an appointment.**
 - Bring a photo I.D. to your appointment.
 - Get a 2nd dose of the vaccine a few weeks later. The vaccine provider will tell you when you need to come back for your 2nd shot.
-

If you have questions about the COVID-19 vaccine, [visit coronavirus.utah.gov/vaccine](https://coronavirus.utah.gov/vaccine) or call the COVID-19 Hotline at 1-800-456-7707.



Children's Service
Society of Utah
Grandfamilies

The Children's Service Society of Utah serves grandparents, and other extended family members when they find themselves parenting their grandchildren or kin.

The GRANDFAMILIES program provides:

- Crisis intervention
- Adult educational support groups
- Children's support groups
- Links to community resources
- And more

For assistance or questions call
Becca Phillips
(801) 608-1546



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



**Happy
St. Patrick's
Day!**

We feel **LUCKY** to know you!
You are **TREASURED!**



Fun Facts About Four-Leaf Clovers

- There are approximately 10,000 three-leaf clovers for every "lucky" four-leaf clover.
- There are no clover plants that naturally produce four leaves, which is why four-leaf clovers are so rare.
- The leaves of four-leaf clovers are said to stand for faith, hope, love, and luck.
- If you're lucky enough to find a four-leaf clover, look for more! If a clover plant produces a four-leaf clover, it's more likely to produce another four-leaf lucky charm.

SOURCE: Better Homes & Gardens <https://www.bhg.com>

Contact tracing call?

5 things to know

A contact tracer from your state health department might call if you've been exposed to COVID-19. But scammers are pretending to be contact tracers, too. Here's how you can spot the scam.



Real contact tracers won't ask you for money.

Only scammers insist on payment by gift card, money transfer, or cryptocurrency.



Contact tracing doesn't require your bank account or credit card number.

Never share account information with anybody who contacts you asking for it.



Legitimate contact tracers will never ask for your Social Security number.

Never give any part of your Social Security number to anyone who contacts you.



Your immigration status doesn't matter for contact tracing, so real tracers won't ask.

If they do, you can bet it's a scam.



Do not click on a link in a text or email.

Doing so can download malware onto your device.

Talking to a real contact tracer helps stop the spread of COVID-19. Reporting scammers helps stop them, too. Report fake contact tracers to your state and at ftc.gov/complaint.



FEDERAL TRADE
COMMISSION

For more information about contact tracing **visit your state health department's website** and

ftc.gov/coronavirus/scams

Tooele County Aging Services
435-277-2420

consent



confidentiality



privacy



respect



dignity

LONG-TERM CARE OMBUDSMAN (ADVOCATE)

435-277-2457



trust



choice



empowerment



independence



MARCH CRAFT

Flower Bouquet

**JOIN US ONLINE
WEDNESDAY, MARCH 10TH @
2PM**

**CALL (435) 843-4110 BEFORE
MONDAY, MARCH 8TH TO GET
THE LINK SENT TO YOUR EMAIL.**



MARCH CRAFT



Message to our seniors:

It seems as though time is just flying by, it is nearly March already! I am so grateful for the snowfall that we have received. We may be able to water our yards and gardens this summer! I encourage all of you that are 65 years of age and older, to make an appointment with the health department to receive your COVID vaccination. They can be reached at 435-277-2484. We are now well on our way to getting this terrible virus under control. I am so impressed by the way you all have handled this very difficult year. I see that we have all grown stronger despite the impact this has had on our daily lives. My plans for the year are to begin events again this year beginning in June. Fridays on Vine will be back as well as a parade, concert and fireworks for the 4th of July. We are planning a public open house to tour the new police station in May. I can't wait for you to see the new building. It is so amazing! We will also be dedicating the statue at the Veterans Park on Memorial Day. This will be a great time to honor our veterans and give special recognition to our veterans who served in Vietnam. I appreciate the support I receive from you and I will continue to serve you the best I can. I am also appreciative of the efforts of our library staff to provide a place for the AARP volunteers to prepare your taxes.

I appreciate the opportunity that I have to serve as your Mayor and encourage you to contact my office if I can help in any way.
435-843-2104

Mayor Debbie Winn



TOOELE COUNTY AGING SERVICES

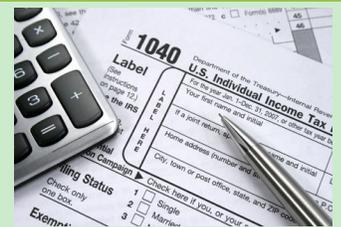
59 E Vine Street
Tooele, UT 84074



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TAXES will NOT be done at the Tooele Senior Center this year. Please read below for more information.



AARP Foundation Tax-Aide will be preparing Tax Returns at the Tooele City Library, 128 West Vine Street, Tooele. Appointments can be made at www.aarpfoundation.org/tax-aid. Those without internet access may call Tooele Tax-Aide at **435-277-0812 for an appointment. Tax kits, which must be completed prior to your appointment, may be picked up at the Tooele City Library. AARP Foundation Tax-Aide provides in-person and remote tax assistance free of charge to anyone, with a special focus on taxpayers who are 50 or older or who have low to moderate income.**

Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know and understand the latest changes and additions to the tax code. Tax help is provided in safe environments using a variety of methods based on a number of factors, including where you are located, COVID-19 spread, and volunteer availability.

In Tooele, we will use minimal contact methods to help ensure safety for our clients and volunteers.