

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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Aging Director

Bella Colovich
Senior Centers Manager

Kristen Bolinder
Terri Garrard
Rosie Higley
Rachel Stone
Centers Activities
Specialists

Kim Hale
Kitchen Staff

Cissy Morton
Mobility Manager

Tracy Beckett
Financial Analyst

Evelyn Van Zanten
Desirae Taylor
Jennifer Romero
Social Workers

Sarah Jane O Bray
Next Chapter & Support
Group Facilitator



Active Aging December 2020

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**

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

Closed
Friday, December 25th and
Friday, January 1st.
Happy Holidays!

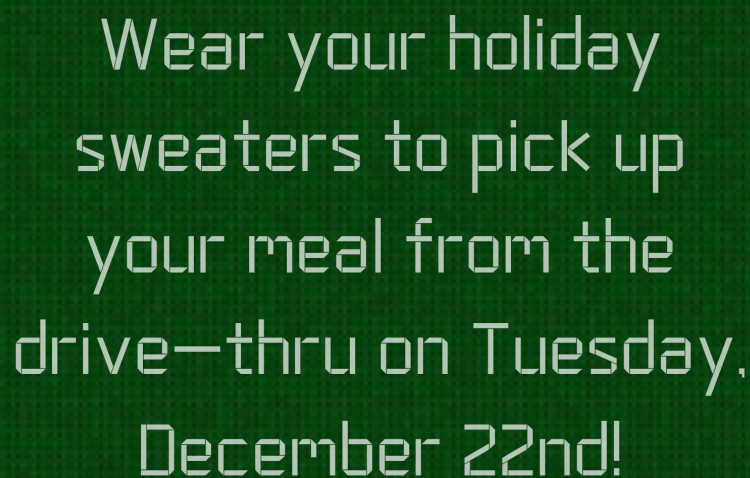


Message to our seniors:


It amazes me that we are heading towards the end of December and 2021 is right around the corner. May this holiday season be filled with the simple pleasures of cards and calls from friends and family. While this season looks different than years past, we still can make it a special one. Some simple and nice ideas include: writing a letter to your grandkids, recipe exchange via Zoom, read a bedtime story to grandkids over the phone, reach out to another older adult who may be lonely or send a note to a health care worker or first responder. Make this a season of giving and gratitude: the smallest acts of kindness can be our biggest blessings and gifts.

This year we have missed each and every one of you. We are blessed to work for the wonderful older adults in our community and grateful for your continuous efforts to remain safe. As the new year approaches, we will continue to find new ways to bring activities, adventures and ways to connect. The staff and I would like to wish you all a healthy and happy holiday season and a hope for reconnections in 2021.

—Jamie Zwerin, Aging Services Director



Wear your holiday
sweaters to pick up
your meal from the
drive-thru on Tuesday,
December 22nd!



Santa is coming to the
drive-thru!!!

Grantsville: Dec 15th 11:30-12:30

Tooele: Dec 17th 11:30-12:30

Come for a treat and a jolly
old time with Saint Nick!





DECEMBER 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
	Sausage Link w/ hot dog bun Oven Browned Potatoes	Baked Chicken w/ gravy Mashed Potatoes	Roasted Pork w/ gravy Salad	Breakfast Casserole Fruit
7	8	9	10	11
Beef Goulash Salad	BBQ Chicken Sandwich Baked Beans	Sweet & Sour Meatballs Rice	Chicken Salad Cucumber Onion Salad Virtual BINGO	Pancakes Bacon Scrambled Eggs
14	15	16	17	18
Chicken Fried Steak w/ gravy Mashed Potatoes	Lasagna Salad Santa comes to Grantsville	Fish Patty Rice Coleslaw	Spaghetti & Meatballs Salad Santa comes to Tooele	French Toast Sausage Scrambled Eggs
21	22	23	24	25
Chicken Parm Patty Spaghetti Salad	Tuna Salad Three Bean Salad Sweater Day!	Enchilada Spanish Rice Beans	HOLIDAY LUNCH Pineapple Glazed Ham Mashed Potatoes	CLOSED! Happy Holidays! No Home Delivered Meals
28	29	30	31	
Chicken Alfredo Cucumber Onion Salad	BBQ Pork Sandwich Baked Beans	Salisbury Steak w/ gravy Mashed Potatoes	Sloppy Joe Potato Salad	

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.

Walk With Ease-Online

Join this fun 6 week walking program from the comfort of your own home! Walk With Ease is an online walking program with the goal to get you up and moving. Click on the link below, or copy and paste it into your search bar to access a series of videos, provided by St. George Aging Services, that will get you up and walking even in these cold winter months!

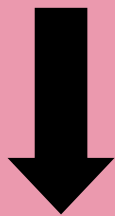
**[https://www.youtube.com/playlist?
list=PL3hqy3oMCQfMbKYFRpuU8OUfaUf1b5ygk](https://www.youtube.com/playlist?list=PL3hqy3oMCQfMbKYFRpuU8OUfaUf1b5ygk)**



**Would you like assistance
reviewing your
Medicare plan but are home
bound?**

Give us a call at (435)277-2420
to request a pre-enrollment
form.

We'll send you a form to
complete. After you return the
completed form to us, we will
call you with the best options
for next year's coverage.



MEDICARE

OPEN ENROLLMENT IS HERE.

This is your chance to look at all
of your Medicare plan choices
like prescription drug plans and
Medicare Advantage plans from
private insurers.



**For local assistance call
Tooele County Aging Services
(435) 277-2420**



Give Yourself Peace of Mind with an Advance Health Care Directive

Life is full of surprises. Some are wonderful, like an
unexpected phone call from a long-lost friend.

Other surprises though, like a sudden illness or a
pandemic, can be cause for worry. One way to ease
these worries is to make sure we are prepared for
what comes our way.

Having an advance health care directive is a great
way to make sure you are prepared for illness or
incapacity. A health care directive is a document
that allows you to nominate an agent to make
health care decisions on your behalf in the event
you are unable to make them for yourself. There are
many benefits to having a health care directive,
including:

- Choosing your decision maker and specifying what
decisions they can make for you;
- Expressing your wishes for end-of-life care; and
- Avoiding a guardianship proceeding.

Make sure you select someone you trust as your
agent, and discuss your wishes and preferences with
them in advance. Also, be sure to give a copy of
your directive to your healthcare providers so they
are aware of your wishes. You are free to revoke or
change your directive at any time if your
preferences change.

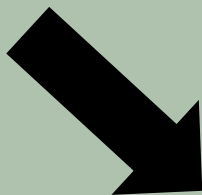
You can get started on your healthcare directive by
visiting <https://ucoa.utah.edu/directives/> for a copy
of the health care directive form as well as
additional information on filling it out.

Remember, a health care directive is not a Do Not
Resuscitate (or POLST) order. Give yourself peace of
mind, and complete your advance health care
directive today.

utah department of
human services
AGING AND ADULT SERVICES

If you would like to view the Tooele County Senior Online Art Gallery, please click on the link below or copy and paste it into your search bar. Enjoy some amazing art from our seniors!

<https://tooelehealth.org/senior-art/>



INTERESTED IN MAKING THIS WINTER CRAFT?
CONTACT THE TOOEE SENIOR CENTER AT (435) 843- 4110
OR THE GRANTSVILLE SENIOR CENTER AT (435) 884-3446
FOR A CRAFT KIT AND INSTRUCTIONS.



We are doing
Virtual BINGO on Thursday,
December 10th @ 2:00 p.m.

All seniors interested call
(435) 843-4110 before Tuesday,
December 8th to reserve a spot, space
is limited. Get the link sent to your
email so you can play from home!



Tooele County **SENIOR ART GALLERY**

We would like to show off
your talent. Send a picture of
your original art work to be
displayed in our online art
gallery!

You may send a picture to
rstone@tooelehealth.org
or bring a picture to either
Grantsville or Tooele
Senior Center.



Message to our seniors:

With the Thanksgiving holiday behind us, we are quickly approaching the holiday season! This is a wonderful time of year when we can reflect on the blessings that we receive. Through this difficult year it has been tough to find the blessings at times, but they are there. I am grateful for my many "senior" friends. A few weeks ago, I joined your ranks as an official "senior". I am thankful that I am part of a group of individuals who I look up to and admire. I am also grateful to the many veterans in our community for their service to our country. Although we weren't able to celebrate Veterans Day like we have in the past, I took a moment on that day to stand at our Veterans Memorial Park and observe the statues there to remind all of us of the sacrifice each one of you have made.

As I reflect back on the many difficult experiences this past year, I am grateful for each one of them. They have made me stronger. They have given me the inspiration to do more. I follow the examples of each one of you as you also struggle to keep going. This pandemic will end. The time when the senior centers will open again and you can visit face to face with your friends. I look forward to that time.

Many thanks to the caregivers who were able to attend the "drive up" event. I am so very grateful for your service. I am also grateful to the staff of the Tooele County Aging Services, led by Jamie Zwerin, who continue to serve each one of you to the best of their ability. I wish each of you a wonderful holiday season! Much love and respect!

Mayor Debbie Winn



How to **donate wisely** and **avoid scams**



Look up a charity's report & ratings:

- give.org
- charitywatch.org
- guidestar.org
- charitynavigator.org



Never pay by **gift card** or **wire transfer**.
Credit card and **check** are safer.



Watch out for names that only look like **well-known** charities.



Search the charity name online.

Do people say it's a scam?



Ask **how much** of your donation **goes to the program** you want to support.



Donating online?

Be sure where that money is going.

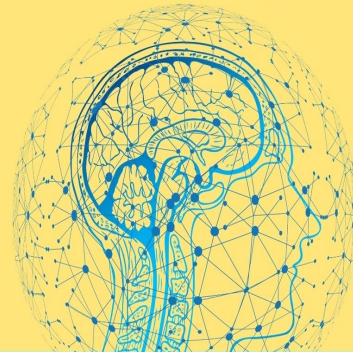
Federal Trade Commission • [ftc.gov/charity](https://www.ftc.gov/charity)

Family, Caregivers, and Friends are encouraged to join us

PARKINSON'S SUPPORT GROUP

Meetings are the 3rd Friday of each month at 7 pm

CONTACT HAL MEYER (435) 840-3683



TOOELE COUNTY AGING SERVICES

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Grantsville and Tooele Senior Centers



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CDC Has Information For Older Adults at Higher Risk

8 out of **10** COVID-19 deaths reported in the U.S. have been in adults 65 years old and older. Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for steps to reduce your risk of getting sick.



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