

**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
Rachel Stone

Centers Activities
Specialists

Kim Hale

Lucinda Edwards

Katrina Fonger
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

January 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**

Closed Friday, January 1st



Happy New Year!

Message to our seniors:

It's a New Year! A time for reflection and hope for the upcoming year. This New Year will still hold many of the challenges we have overcome this past year, but please be patient as I am sure it will throw in some new ones too. I'm hopeful that we will see some of our "in-Center" programs return as the vaccine is widely available to all in the future. We will keep you updated on the time frame for older adults receiving the COVID-19 vaccine in our community. While it might not look like it did before the pandemic, we will do our best to still be the place where older adults will want to come and socialize with friends and staff. We do have a few winter's months to get through in the meantime. Please stay strong and know we are here for you. We have many great activities, presentations and projects planned for you. Now is the time to join in. I challenge you all to join at least one Zoom presentation this year. If you already have done that, invite a friend to join one with you. Also consider trying one of our take-home projects. I wish you "All" Happiness, Health and Hope for this New Year. I look forward to the day when I can hug each of you as you walk through the front doors again. 2021 will be a year of celebration, but we just need to wait a little bit longer.

–**Jamie Zwerin**

Aging Services Director



– **MARTIN LUTHER KING, JR.**

Closed
Monday, January
18th for




Martin Luther
King Jr. Day!



JANUARY 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
				CLOSED! Happy New Year! No Home Delivered Meals
4	5	6	7	8
Baked Chicken Oven Browned Potatoes	Cheeseburger Casserole Salad	Chicken Fried Steak with gravy Mashed Potatoes	Pasta and Meatballs Cucumber Onion Salad	Pancakes Bacon Scrambled Eggs
11	12	13	14	15
Fish Patty Rice	Sausage Link with hot dog bun Oven Browned Potatoes	Chicken Caesar Salad Beet & Onion Salad	Salisbury Steak with gravy Mashed Potatoes	French Toast Sausage Scrambled Eggs
18	19	20	21	22
CLOSED for Martin Luther King Jr. Day! No Home Delivered Meals	Baked Chicken with gravy Mashed Potatoes	BBQ Roasted Pork Rice	Chef Salad Beet & Onion Salad	Breakfast Casserole Cinnamon Biscuit
25	26	27	28	29
Meatloaf Mashed Potatoes	Chicken Alfredo Salad	Tamale Casserole Salad	Pasta with meat sauce Salad	Biscuits and Gravy Sausage Scrambled 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 requirements please contact us in advance. Call Bella Colovich at 435-843-4106.



What are your goals for the new year?

FREE WELLNESS VISIT

If you've had Medicare Part B for longer than 12 months, you can get a yearly "Wellness" visit, once every 12 months to update your personalized prevention plan. You pay nothing for this visit if your doctor or qualified health care provider accepts assignment.

Coverage questions?

Call Tooele County Aging at 435-277-2420

**Protect your loved ones
Tooele County
GET YOUR NO COST
COVID-19 TEST**



Grantsville Ballpark Parking Lot
on East Cherry Street
Grantsville, UT 84029



Scan here to register



Tooele County COVID-19 testing sites are scheduled to close by January 24th, but both the Grantsville and Tooele sites may be extended based on need and case counts in Tooele County.

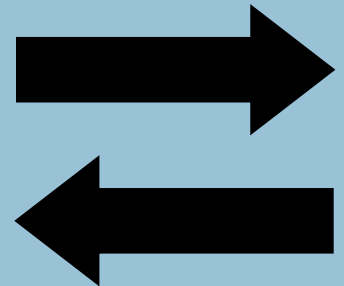


Monday/Wednesday
1:00PM - 7:00PM
Tuesday/Thursday
7:00AM - 1:00PM
Friday
1:00PM - 5:00PM

Easy Self-Swab

- People with or without symptoms may be tested
- The test will be carried out from your car (DRIVE-THRU)
- No cost to you whether you have insurance or not
- Information will be kept confidential
- For questions call 435-277-2300

PRE-REGISTRATION HIGHLY ENCOURAGED
Registration may be done on site but this will cause heavy delays and should be avoided as much as possible.
Please have each individual being tested complete the online form prior to the event:
www.doineedacovid19test.com



**Don't forget to fill out your yearly
NAPIS form to keep receiving the newsletter! You have until
March to return the completed NAPIS form to us. If you do not
fill out a new one for 2021, you will be removed from the
newsletter list. The NAPIS form is included as an insert in this
issue, with more info on the back.
Thank you!**

PROTECT YOUR LOVED ONES TOOELE COUNTY GET YOUR **NO COST** COVID-19 TEST

**Tooele Park and Ride Parking Lot
Enter from 2400 North and 400 East
(Near Liddiard Home Furnishings and Northpointe Medical Park)
Tooele, UT 84074**



**Monday - Thursday
1:00PM - 7:00PM
Friday
7:00AM - 1:00PM**

**Easy
Self-Swab**

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Scan here to register:



Need a New Year's Resolution? Here are 10 ideas!

Drink More water	Join a club
Establish a bedtime routine	Read more often
Eat more veggies	Declutter a space or downsize
Plan a vacation	Take more steps (walk more)
Find a new skill or hobby	Make a cleaning schedule

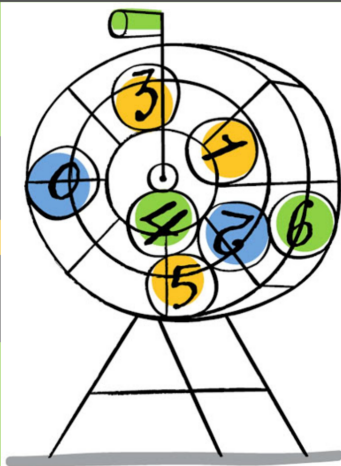
INTERESTED IN MAKING THIS WINTER CRAFT?

CONTACT THE TOOELE SENIOR CENTER AT (435) 843- 4110
OR THE GRANTSVILLE SENIOR CENTER AT (435) 884-3446
FOR A CRAFT KIT AND INSTRUCTIONS.



VIRTUAL CRAFT DAY WILL BE WEDNESDAY, JAN 20TH AT 2:00 P.M.
IF YOU WANT TO DO THE CRAFT WITH US AND OTHER SENIORS, CALL EITHER
CENTER WITH YOUR NAME AND EMAIL ADDRESS TO GET THE LINK!

We are doing
Virtual BINGO on Thursday,
January 14th @ 2:00 p.m.
All seniors interested call
(435) 843-4110 before Tuesday,
January 12th to reserve a spot, space
is limited. Get the link sent to your
email so you can play from home!



**A special thanks to the Tooele FFA and
Broken Arrow for donating poinsettias to
the seniors of Tooele County, once again!**



**INTRODUCING OUR GUEST BINGO CALLER
FOR JANUARY...**

SHERIFF PAUL WIMMER!

**COME PLAY VIRTUAL BINGO WITH US
AND OUR TOOELE COUNTY SHERIFF!**





SMP SCAM WATCH: COVID-19 VACCINE

Be on the lookout for COVID-19 scams:

- You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine early.
- No one from Medicare or the Health Department will contact you.
- Beware of providers offering other products, treatments, or medicines to prevent the virus.
- No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

Contact the SMP to report Medicare fraud, errors, or abuse
at 877.808.2468 or at smpresource.org.

SUPPORTED BY GRANT # 9DMFRC0002 FROM ACL

LOCAL ASSISTANCE WITH MEDICARE FRAUD CONCERNS
CALL 435-277-2420
TOOELE COUNTY AGING SERVICES

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



Message to our seniors:

Happy New Year! I'm sure that each of you are as happy as I am to move to a new year! 2020 was certainly not a good one for the record books! I am hopeful that we will soon see an end to this worldwide pandemic and each of you will be able to return to the senior center to enjoy one another's company. I am also looking forward to seeing each of you again!

Although this past year has been difficult in many ways, it has also made us stronger. We have had to learn how to do things differently but we have also learned that we can do anything! Tooele City is doing well. We have the best first responders in the world! Our healthcare workers have done a tremendous job in keeping us well and helping us through this difficult time. Our public safety officers and fire crews have done a fantastic job when things could not have been more difficult. I am so grateful for their service!

I am also grateful to the leadership and staff of the Tooele County Health Department and especially to the Aging Services department. They have made great efforts to take care of the needs of our senior community. I appreciate their partnership with the city during our time of need. May each of you be blessed in the months ahead!

With love and respect to each of you,

Mayor Debbie Winn



**TOOELE COUNTY
AGING SERVICES**


59 E Vine Street
Tooele, UT 84074




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**'TIS THE SEASON
TO BE SAFE.**



CORONAVIRUS
UTAH.GOV

The graphic features a snowman wearing a blue surgical mask and a red scarf, set against a yellow circular background. To the right, the text "'TIS THE SEASON TO BE SAFE." is written in large white letters. Below this, a small white coronavirus icon is followed by the text "CORONAVIRUS" and "UTAH.GOV" in white.