

**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  
Shirlene Jensen  
Amy Whitham  
Centers Activities  
Specialists**

**Kim Hale  
Rebecca Provencio  
Nayelli Lomeli  
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  
Group Facilitator**



# Active Aging January 2022

*A Special Thank You!*

**TO THE TOOELE QUILTERS, TOOELE HIGH  
SCHOOL FFA, BROKEN ARROW, RAD PAC  
& WALMART DISTRIBUTION CENTER  
EMPLOYEES & DRIVERS**

Thank you for your generous donations to the Tooele County Aging Services programs. We appreciate all you do to make the holiday a special time for everyone!



**PLEASE FILL OUT THE NAPIS  
FORM FOUND IN THIS MONTH'S  
NEWSLETTER AND RETURN IT TO  
YOUR LOCAL SENIOR CENTER.**

New NAPIS forms are required by the State to be updated yearly for accurate reporting information. By filling out the form and returning it before March 2022, you will continue to receive the monthly newsletter.



**Grantsville Senior Center is temporarily closed due to flooding and repairs.  
See page 5 for information about meals and scheduled activities.**

## Message to our seniors:

Happy New Year! As we turn the calendar over to another year, I wish you all the best for 2022. I am hoping for good health and happiness for each of you. As you make your resolutions and goals for the New Year, I hope that becoming more involved here at the senior centers is one of them. We have several exercise classes, line dancing, woodcarving, and many more activities to get to know people and meet new friends. We welcome you all!

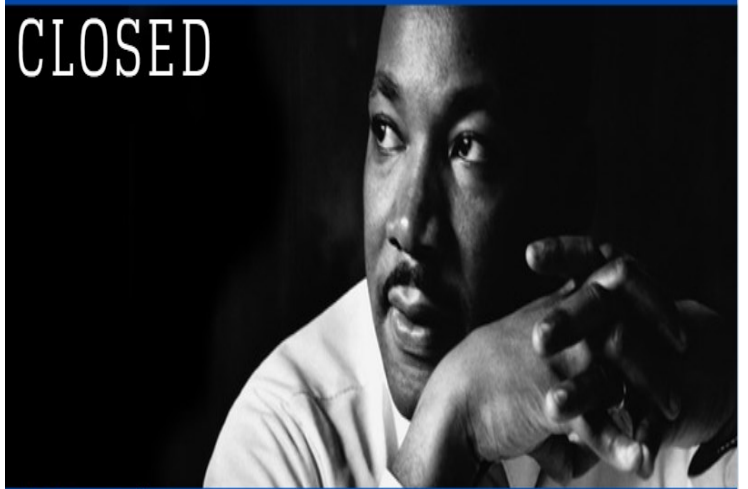
I also want to thank everyone who completed a senior center meal survey or Meals on Wheels survey during December. We asked everyone to respond to the survey to provide information regarding the importance of the Nutritional Program and its quality. The information you provide in the survey justifies the Nutritional Program and funding to improve food quality. I realize that the meals need improvement, and we are working with the catering company, Trinity, to find solutions. We are facing a couple of challenges with the significant increase in food and labor cost in the past couple of months. So, we are working with the regional manager to ensure that quality food is a priority. I am grateful for additional federal COVID funding and support from Tooele County to assist with the rising costs of providing meals.

We have exciting news on the remodel of the Grantsville Senior Center. The center has newly painted walls, and the wood flooring is scheduled for installation the week before Christmas. The final step is the replacement of the carpet planned for January. I am so grateful for your patience and the coordination of efforts to have transportation to the Tooele Senior Center and drive-thru meals at the Grantsville senior center. The aging services staff and everyone coming to the senior centers has done a great job responding to the adjustments. The new year will bring a newly remodeled Grantsville senior center. We will keep you updated on the reopening date.

I want to thank everyone for a very memorable 2020, and I look forward to all that is to come in the new year.

Jamie Zwerin  
Director of Aging Services

## Senior Centers will be CLOSED



Monday,  
January 17th,  
in honor of  
Martin Luther King, Jr. Day



We are having a

# MOVIE

Every Monday At 12:45

Tooele Senior Center

59 E Vine St, Tooele



# JANUARY MEAL SCHEDULE



**Grantsville Center will offer drive thru meals during this month due to remodeling and repairs. Same meal schedule.**




<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
3	4	5	6	7
Baked Chicken Beets Oven Potatoes	Cheeseburger Macaroni Tossed Salad	Chuckwagon Patty Mashed Potatoes	Rotini & Meatballs Cucumber Onion Salad	Pancake Scrambled Eggs Oven Potatoes
10	11	12	13	14
Baked Tilapia Rice	Sausage Link Oven Browned Potatoes	Chicken Caesar Salad	Salisbury Patty Mashed Potatoes	French Toast w/ Western Scramble Sausage
17	18	19	20	21
<b>Senior Center Closed  No Home Delivered Meals</b>	Baked Chicken Mashed Potatoes Roll	BBQ Pork Roast Rice Roll	Chef Salad Beet & Onion Salad	Belgian Waffle Sausage Hard Boiled Eggs
24	25	26	27	28
Meatloaf Mashed Potatoes Roll	Chicken Alfredo Tossed Salad	Tamale Tossed Salad	Rotini w/ Meat Sauce Salad Roll	Biscuits & Gravy Sausage Scrambled Egg
31				
Baked Chicken Beets Oven Potatoes				

**Meals are subject to change. For any special diet or diet requests please call Bella Colovich at 435-843-4110. Monday thru Thursday 11:30am - 12:30pm. Friday 10:30am - 11:30am.**

**\*Unless noted, Lunches are served with fruit, vegetable and milk.**

# TOOELE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<ul style="list-style-type: none"> <li>10:00am Meet the Mayor</li> <li>10:00am Exercise</li> <li>12:45pm Movie "Cry Macho"</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>9:00am Mexican Train</li> <li>10:00am Tai Chi</li> <li>10:30am DIY Craft</li> <li>1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Singing Group</li> <li>10:00am USU Pain Education</li> <li>10:00am Exercise</li> <li>10:00am Bridge</li> <li>11:00am Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>12:30pm BINGO</li> <li>1:00pm Line Dancing</li> <li><b>Center will close at 3:00 pm</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> </ul> 
10	11	12	13	14
<ul style="list-style-type: none"> <li>10:00am Exercise</li> <li>12:45pm Movie "Mary Poppin's Returns"</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>9:00am Mexican Train</li> <li>10:00am Tai Chi</li> <li>10:30am DIY Craft</li> <li>1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Singing Group</li> <li>10:00am Exercise</li> <li>10:00am Bridge</li> <li>11:00am Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>12:30pm BINGO</li> <li>1:00pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> </ul>
17	18	19	20	21
<p><b>Senior Center Closed</b></p> 	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>9:00am Mexican Train</li> <li>10:00am Tai Chi</li> <li>10:30am DIY Craft</li> <li>1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Singing Group</li> <li>10:00am Exercise</li> <li>10:00am Bridge</li> <li>11:00am Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>12:30pm BINGO</li> <li>1:00pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> </ul>
24	25	26	27	28
<ul style="list-style-type: none"> <li>10:00am Exercise</li> <li>12:45pm Movie "Old"</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>9:00am Mexican Train</li> <li>10:00am Tai Chi</li> <li>10:30am DIY Craft</li> <li>1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Singing Group</li> <li>10:00am Exercise</li> <li>10:00am Bridge</li> <li>11am Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>12:30pm BINGO</li> <li>1:00pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> </ul> 
31	 <h2>January 2022</h2> 			


### Puzzles, Library, Quilting and Exercise Room Daily

59 E Vine St, Tooele Front Desk (435) 843-4110 Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon  
 Kristen Bolinder, Activity Specialist (435) 843-4103 Terri Garrard, Activity Specialist (435) 843-4113  
 Bella Colovich, Senior Center Manager (435) 843-4106



# GRANTSVILLE CENTER ACTIVITIES

**UPDATE!** Painting is in Progress and new flooring is being installed at the Grantsville Senior Center. Landscaping will also start in January (weather permitting). Keep posted for more updates as we continue to complete the repairs at the Grantsville Senior Center and look forward to reopening. We want the Grantsville older adults to continue to enjoy their activities. At this time, January activities will be available at the Tooele Senior Center. Grantsville's older adults are invited to participate in all Tooele activities, however, special time and space has been reserved for Grantsville activities. See schedule below. Time and activities are subject to change. Transportation will be provided for those needing rides. For more information, please call (435) 884-3446. We are sorry for the inconvenience, we appreciate your patience and understanding at this time.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
• 12:30pm BINGO	• 1:00pm Wood Carving	• 1pm Wood Carving	• 9:00am Pinochle • 12:30pm Bunko • 2:30pm Melodicas • <b>Center will close at 3:00 pm</b>	
10	11	12	13	14
• 12:30pm BINGO	• 1:00pm Wood Carving	• 1:00pm Wood Carving	• 9:00am Pinochle • 12:30pm Bunko • 2:30pm Melodicas	
17	18	19	20	21
<b>Senior Center Closed</b>	• 1:00pm Wood Carving	• 1:00pm Wood Carving	• 9:00am Pinochle • 12:30pm Bunko • 2:30pm Melodicas	
24	25	26	27	28
• 12:30 BINGO	• 1:00pm Wood Carving	• 1:00pm Wood Carving	• 9:00am Pinochle • 12:30pm Bunko • 2:30pm Melodicas	
31				
• 12:30pm BINGO	 <b>Grantsville Senior Center</b> ❄️ <b>activities are being held at the Tooele Senior Center</b> until further notice. ❄️			

## Puzzles, Library, Quilting and Exercise Room Daily

120 S Center St Grantsville, Front Desk (435) 884-3446 Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon  
 Shirlene Jensen, Activity Specialist (435) 843-4753 Amy Whitham, Activity Specialist (435) 843-4754  
 Bella Colovich, Senior Center Manager (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

## Alzheimer's Caregiver Support Group

Monday, January 17th  
2:00 to 3:00 pm

in the Tooele Senior Center  
Conference Room

Questions? Call 435-277-2420  
See [tooelehealth.org](http://tooelehealth.org)



alzheimer's  association®



## Message to our seniors:

*Happy New Year! 2021 has been a year that has seen many changes! Although we started the year in the middle of this awful pandemic; we are finally seeing the signs that things are getting better. We have been able to meet again in person. I enjoy the conversations that we have at Mondays with the Mayor; meeting with you on the 1<sup>st</sup> Monday of each month at 10am. I look forward to meeting with you again this year!*

*I am grateful to the leadership and staff of the Tooele County Aging Services department. They care about each one of you and want to make your experience at the center a great one. They continue to make great efforts to take care of the needs of our senior community.*

*The new year always brings a sense of renewal and that we can begin again to improve our lives. Now is a great time to make a commitment to help others. Look for the needs of the people you associate with and make a new friend! Serving others and helping them through difficult times helps each one of us to forget our own problems or at least put them in perspective. I wish the very best of health to each one of you! May each of you be blessed in the months ahead!*

*With love and respect,*

*Mayor Debbie Winn*

**435-843-2104**

**dwinn@tooelecit.org**



## Apple & Chicken Salad



Makes: 4 Servings  
Total Cost: \$\$\$\$

A deliciously balanced blend of crisp Cameo apples, celery, raisins, chicken breast and Greek yogurt-based dressing, served over a bed of lettuce.

### Ingredients

- 2 red apples
- 2 celery stalks(diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

### Directions

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apples & chicken salad.

<https://www.mypiate.gov/recipes/myplate-cppri/apple-chicken-salad>



# TOOELE RURAL OPIOID HEALTHCARE CONSORTIUM

The Tooele Rural Opioid Healthcare Consortium (TROHC) offers *free*, community education to help chronic pain sufferers and caregivers.



## Pain Education and Community Empathy

- Find comfort and knowledge from others living with chronic pain or providing care for those in pain.
- Receive peer support and understanding.

### Schedule

When: First Wednesday of Every Month, 10:00 am

Where: Tooele Senior Center

*Note: Those who have been attending the class at the Grantsville Senior Center will meet with Tooele temporarily, while repairs are made to the Grantsville building.*



Extension  
UtahStateUniversity



This program is sponsored by Utah State University Extension Tooele County and Tooele Rural Opioid Healthcare Consortium, with funding support from the Health Resources and Services Administration (HRSA) program. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU's non-discrimination notice, see [equity.usu.edu/non-discrimination](#).



Tooele County Aging Services Presents

# 2022 NEW YEAR DINNER

For The Wendover Older Adults

**Tuesday, January 11th 2022**

Wendover Community Building  
115 E Moriah Ave, Wendover, UT

El condado de Tooele invita a los mayores de edad 60+ a una cena en el Centro  
Comunitario de Wendover, Utah (frente a la guardería)

Seniors 60 years and older \$3.00 contribution, Under 60 must pay \$5.00  
60+ contribución voluntaria \$3  
Menores de 60 deben pagar \$5

Contact Lucia Benitez for more information (435) 277-2327

## The Next Chapter

A social support and educational program  
for widows and widowers

Monthly meetings

Guest speakers and group outings

For details see [tooelehealth.org](http://tooelehealth.org)  
or call 435-277-2420



*Family, Caregivers, and Friends are encouraged to join us*

# **PARKINSON'S SUPPORT GROUP**

*Meetings are the 3rd Thursday of each month  
12:30 pm at the Tooele Senior Center*

**CONTACT HAL MEYER (435)840-3683**

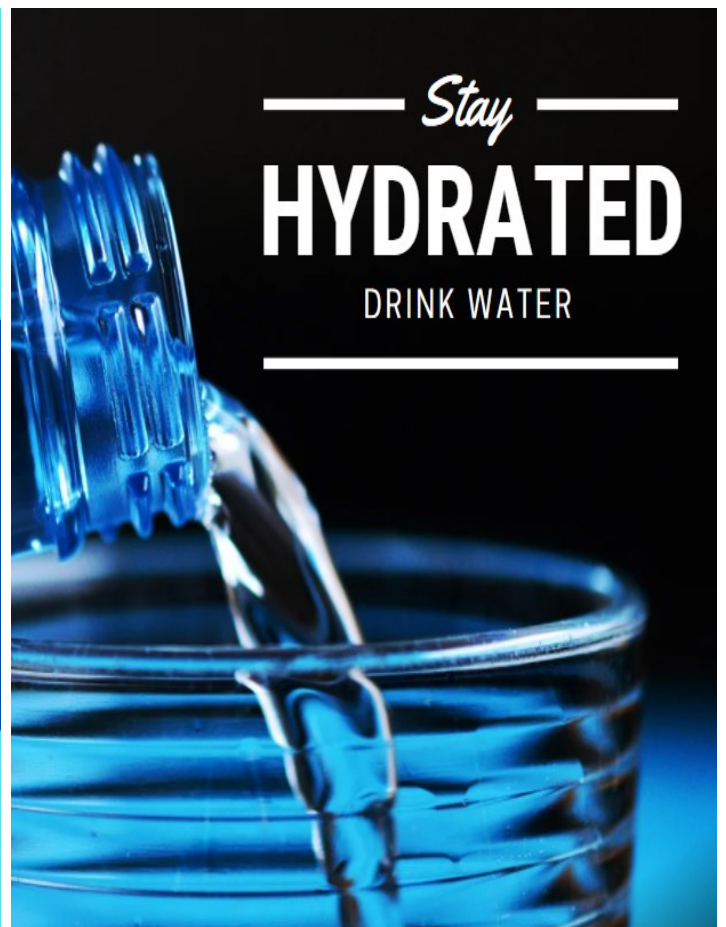


## **LEND A HAND!** **Volunteers needed at the Senior Centers**



**CALL NOW! TOOELE SENIOR CENTER 59 E VINE ST, TOOELE  
(435) 843-4110  
GRANTSVILLE SENIOR CENTER 120 S CENTER ST, GRANTSVILLE  
(435) 884-3446**

*Come volunteer at the Tooele and Grantsville Senior Centers!*



## Power and Gas Bill Assistance



*HEAT is a FREE program for income-eligible residents of Salt Lake and Tooele Counties.*

- **Utility assistance** up to \$700 per season
- **Crisis assistance** for qualifying crisis with 48-hour shut-off notice

**APPLY TODAY**

[www.utahca.org](http://www.utahca.org) • (801) 359-2444

# NOW OPEN!



## Billiard Tables

@

## Tooele Senior Center

## SUDKO PUZZLE

4					7			8
6			9				1	
3	9	2						7
	1				9			3
		4	5	7	3	1		
7			4				2	
1						3	9	2
	4				2			1
2			8					6



# TOOELE COUNTY AGING SERVICES


59 E Vine Street  
Tooele, UT 84074



NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
TOOELE, UTAH  
PERMIT NO. 36



TOOELE COUNTY TRANSPORTATION ~ 47 S MAIN STREET, ROOM 222 \* TOOELE, UTAH \* 435-843-4114 \*

 <b>TOOELE COUNTY</b>	<b>SENIOR TRANSPORTATION</b>	<b>MEDICAL SHUTTLE</b>	<b>UTA F-400 &amp; F-402</b>	<b>ON-DEMAND CITY TO CITY</b>
<b>Scheduling phone number</b>	(435) 843-4114	(435) 843-4114	(435) 843-4114	(435) 843-4114
<b>Who can use these services?</b>	Seniors 60 & older	Seniors 60 & older	The public	The public
<b>Wheelchair accessible?</b>	YES	YES	YES	YES
<b>What can I use these services for?</b>	Shopping, hair appointments, bank, post office, etc.	Medical appointments in Tooele County and Salt Lake County, within boundaries.	Following a bus route that serves Tooele. Stops at designated bus stops.	Will pick up at designated stops in Stansbury or Grantsville to transport riders to and from Tooele City.
<b>Door-to-door service?</b>	YES	YES	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.
<b>Price</b>	Suggested donation of \$4.00 each way	Suggested donation of \$4.00 each way	\$2.50 for an adult. Ask about what reduced fares are available.	\$2.50 each way for adults and children six and older. Ask about what reduced fares are available. Accepts UTA passes
<b>Hours of operation</b>	Mon-Fri 7:00am-4:00pm Last Run at 3:30	Mon-Fri 7:00am-4:00pm Last Run at 3:30	Mon-Fri 5:30am-7:00pm	Mon-Fri 7:00am-7:00pm

TOOELE COUNTY TRANSPORTATION GOAL IS TO "MOVE PEOPLE"