Aging Services

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
Activity Specialists

Kim Hale
Rebecca Provencio
Alicia Bysecker
Kari Winn
Steve Johnston
Nayelli Lomeli
Kyle Kortie
Kitchen/MOW 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

TOOELE COUNTY HEALTH DEPARTMENT AGING SERVICES

Tooele County Active Aging
JULY 2022

TO PROTECT OUR PATRONS
AND KEEP OUR CENTERS OPEN
WE WILL BE PROVIDING GRAB AND GO MEALS ONLY

GRAB AND GO MEALS

UNTIL FURTHER NOTICE
PER HEALTH DEPARTMENT
GUIDELINES.

TOOELE COUNTY HEALTH DEPARTMENT AGING SERVICES

Thank You!

A big thanks to Walmart for helping to beautify the Tooele Senior Center!

Thanks to the Tooele Moose Lodge for their generous contribution to the Grantsville Senior Center!

Message to our seniors:

Happy July, I can't believe we are half-way through this year. Many wonderful activities and events are happening at the senior centers, along with many more planned for the rest of the year.

Please continue to be patient, yet again, while Tooele County reaches the High Transmission Index for COVID-19 and the requirement to wear masks and get meals to go. I want to thank everyone for complying with the senior centers' mask requirement and patiently waiting until you can start having meals inside the senior centers. These are challenging times, and our agency wants to ensure we do everything possible to protect those coming into the centers. We realize people have different views and appreciate those who are kind and address their concerns respectfully.

I also want to remind everyone to stay current with the COVID-19 vaccine and boosters. You can contact the Transportation Dispatch (435-843-4114) if you need assistance with a ride to get the vaccine, and homebound older adults can call 435-277-2480.

Please stay safe and enjoy the great activities planned at the senior centers, Grantsville City, and Tooele City.
Happy Fourth of July!

Thank you!

Jamie
Director of Aging Services

JULY MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Biscuits & Gravy Egg Oven Potatoes
4	5	6	7	8
4th of July **No Delivered Meals** **Center Closed**	**Ham Sandwich w/ Soup**	**Meatloaf** Mashed Potatoes Vegetable	**Chicken Parmesan** Spaghetti Vegetable	**Pancakes** Scrambled Eggs Potatoes O'Brien Bacon
11	12	13	14	15
Lasagna Salad Vegetable Roll	**Chef Salad** Roll	**Mushroom Burger** Salad	**Chicken Fajita** Spanish Rice	**French Toast** Western Scramble Sausage
18	19	20	21	22
BBQ Chicken Sandwich Baked Beans Vegetable	**Spaghetti w/ Meat Sauce** Salad Roll	**Chicken Caesar Salad** Beet & Onion Salad Roll	**Beef Macaroni Casserole** Salad Roll	**Belgian Waffle** Ham Boiled Egg Potatoes O'Brien
25	26	27	28	29
Pioneer Day **No Delivered Meals** **Center Closed**	**Chicken Cordon Bleu** Vegetable Salad	**Sloppy Joe** Vegetable Potato Salad	**Chef Salad** Roll	**Biscuits & Gravy** Egg 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. Suggested contribution $3.00 per meal.**

TOOELE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				• 9:00am Chess • 10:00am Walk w/ Ease
4	5	6	7	8
4th of July Senior Center Closed	• 9:00am Mexican Train • 10:00am Walk w/ Ease • 10:30am DIY Craft • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 1pm Stepping On • 1pm Wood Carving • 1-3pm Social Security Disability Webinar	• 9:00am Chess • 12:30pm BINGO • 1pm Line Dancing	• 9:00am Chess • 10:00am Walk w/ Ease
11	12	13	14	15
• 10:00am Meet the Mayor • 10:00am Exercise • 12:45pm Movie “Super Intelligence”	• 9:00am Mexican Train • 10:00am Walk w/ Ease • 10:30am DIY Craft • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 1pm Stepping On • 1pm Wood Carving	• 9:00am Chess • 12:30pm BINGO • 1pm Line Dancing	• 9:00am Chess • 10:00am Walk w/ Ease
18	19	20	21	22
• 10:00am Exercise • 12:45pm Movie “Fatherhood”	• 9:00am Mexican Train • 10:00am Walk w/ Ease • 10:30am DIY Craft • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 1pm Stepping On • 1pm Wood Carving	• 9:00am Chess • 12:30pm BINGO • 1pm Line Dancing	• 9:00am Chess • 10:00am Walk w/ Ease
25	26	27	28	29
Pioneer Day Senior Center Closed	• 9:00am Mexican Train • 10:30am DIY Craft • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 1pm Stepping On • 1pm Wood Carving	• 9:00am Chess • 12:30pm BINGO • 1pm Line Dancing	• 9:00am Chess

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				• 9:00am Karaoke
4	5	6	7	8
4th of July Senior Center Closed	• 9:00am Exercise • 10:00am Tai Chi • 12:30pm Flint Knapping	• 9:00am Fly-Tying • 9:00am Walk w/ Ease • 12:30pm Bunko	• 9:00am Pinochle • 9:00am Exercise • 12:30pm Wood Carving	• 9:00am Walk w/ Ease • 10:00am Karaoke
11	12	13	14	15
• 9:00am DYI Craft/Coloring • 10:00am Cardio Drumming • 12:30pm BINGO	• 9:00am Exercise • 10:00am Tai Chi • 12:30pm Flint Knapping	• 9:00am Fly-Tying • 9:00am Walk w/ Ease • 12:30pm Bunko	• 9:00am Pinochle • 9:00am Exercise • 12:30pm Wood Carving	• 9:00am Walk w/ Ease • 10:00am Karaoke
18	19	20	21	22
• 9:00am DYI Craft/Coloring • 10:00am Cardio Drumming • 12:30pm BINGO	• 9:00am Exercise • 10:00am Tai Chi • 12:30pm Flint Knapping	• 9:00am Fly-Tying • 9:00am Walk w/ Ease • 12:30pm Bunko	• 9:00am Pinochle • 9:00am Exercise • 12:30pm Wood Carving	• 9:00am Walk w/ Ease • 10:00am Karaoke
25	26	27	28	29
Pioneer Day Senior Center Closed	• 9:00am Exercise • 10:00am Tai Chi • 12:30pm Flint Knapping	• 9:00am Fly-Tying • 12:30pm Bunko	• 9:00am Pinochle • 9:00am Exercise • 12:30pm Wood Carving	• 9:00am Karaoke

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

VOLUNTEER WITH US!

AmeriCorps Seniors

Enrich your life while enriching the lives of others.

Choose Your Service:

Senior Companions
Support and befriend homebound seniors

Foster Grandparents
Mentor school children with exceptional needs

Offset the costs of volunteering:

- Receive a non-taxable stipend
- Mileage and meal reimbursement
- Paid leave & holidays

Volunteer Requirements:

- Be 55 or older
- Pass a background check
- Volunteer 5 or more hours per week (flexible schedule)
- Meet income requirements **(at or below income of 27,180/yr individual, 36,620/yr for 2-person family)**

Contact Hannah at 435-554-1162 or hcragun@utah.gov to learn more!

Alzheimer's Association Caregiver Support Group

Monday, July 18th
2:00 to 3:00 pm

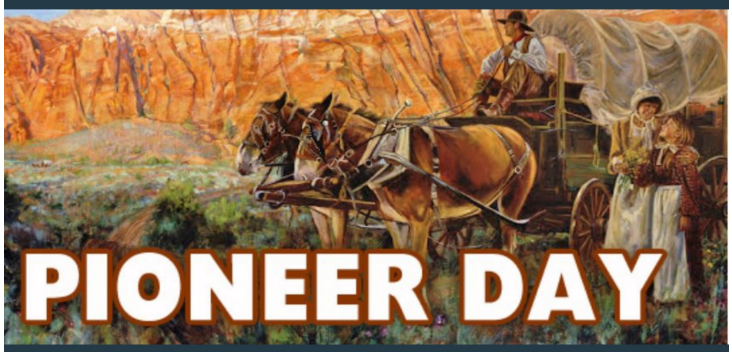
in the Tooele Senior Center Conference Room

Questions? Call 435-277-2420
See tooelehealth.org

TOOELE COUNTY HEALTH DEPARTMENT
AGING SERVICES

alzheimer's association

Senior Centers are Closed



PIONEER DAY

Monday, July 25th

NO HOME DELIVERED MEALS

The Big 3 Warning Signs of a Scam

1 Unsolicited
Calling, showing up, or emailing you when you didn't expect it

2 Confirmation
Asking you to confirm or clarify your Medicare number

3 Payment
Stating Medicare will pay or needing bank account numbers

Report these calls, visits, or mailings to the Senior Medicare Patrol.

SMP

SUPPORTED BY GRANT # 90MPRC0002 FROM ACL

Tooele County Aging Services
is our local Senior Medicare Patrol
Call us at (435)277-2420

TOOELE COUNTY HEALTH DEPARTMENT
AGING SERVICES

The Alzheimer's Association, Utah Chapter and Tooele County Aging Services presents:

LIVING WITH ALZHEIMER'S EDUCATION SERIES

Session 1 of 3
Living with Alzheimer's – Early Stage

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us to learn ways you can cope with changes that come with an early stage diagnosis.

Monday, July 11th
2:00 - 3:15 pm
Tooele Senior Center
59 E Vine Street, Tooele

Presented by Julia Bentley, Regional Manager, Utah Chapter of the Alzheimer's Association

Please **RSVP by July 8th**
so we can have materials prepared for you
(435) 277-2420

alzheimer's association

TOOELE COUNTY HEALTH DEPARTMENT AGING SERVICES

Message to our seniors:

To all my friends at the senior center,

I am looking forward to meeting with you all again at 10am on Monday, July 11th. I can hardly wait to see each one of you and discuss all of the great things happening in Tooele City.
Come prepared with your questions and I will be happy to answer them.
Fridays on Vine Concerts have begun and I invite each of you out on Friday nights at 7pm to enjoy some music and great company.
The drought throughout the state continues and I ask that each of you do all you can to conserve water. Sometimes it's as easy as taking a 2-3 minute shower instead of a 5 minute shower. Watering your lawn twice a week will keep it going, although you will probably have some brown spots. Remember to stay inside when the heat is at its worst and drink plenty of water.
We have seen an increase in vandalism and graffiti at our parks during the past month. I am asking our residents to help us keep an eye on what's happening at our parks and call dispatch at 435-882-5600 if you see anything that looks suspicious. Most of the damage is being done during daylight hours.
I appreciate the opportunity to communicate with each one of you through the newsletter. Take care and I'll see you all soon!

Much love,

Mayor Debbie Winn
435-843-2104
dwinn@tooelecity.org

Tooele City Est. 1853

THE NEXT CHAPTER

A social support and educational program for widows and widowers

Friday, July 22nd

6:30 - 8:00 pm

Aquatic Center Park - 200 West Vine Street, Tooele

Fridays on Vine: Summer Concert

Come listen to Exit 99, a talented group of local musicians. This free performance starts at 7pm. You'll need to bring a chair to sit on. Look for us saving space under the big pine tree, in front of the band stand on the east side of park at 6:30 pm. Be prepared for hot weather.

TOOELE COUNTY HEALTH DEPARTMENT
AGING SERVICES

Family, Caregivers, and Friends are encouraged to join us

PARKINSON'S SUPPORT GROUP

3rd Thursday of each month
at 12:30 pm
Tooele Senior Center

CONTACT HAL MEYER
(435)840-3683

CARDIO DRUMMING

VIDEO INSTRUCTOR

Mondays @ 10:00 am

Grantsville Senior Center
120 S Center St
435-884-3446

HOMEBOUND SHOTS

If you are in need of your vaccine or booster for Covid, please call:
435-277-2480.
We are doing home visit.
Call soon to schedule!

No cost for Medicare beneficiaries

TOOELE COUNTY HEALTH DEPARTMENT
AGING SERVICES

Elevate Your Health Festival 2022

Saturday, July 30th
9am - 3pm

Join us as a Vendor

Elevate Your Health
Elevate Your Homes
Elevate Your Neighbors
Elevate Your Community

Vendors • Food • Activities
+ so much more

The Barn at Allen Farms
867 N Hale St, Grantsville, Utah

TOOELE VALLEY HEALTH ALLIANCE

More info at healthytooele.com

TOOELE COUNTY AGING SERVICES

WENDOVER OLDER ADULT GRAB-N-GO DINNER

Thursday, July 14th @ 5pm

The Wendover Community Building located at 112 E Moriah Ave, Wendover, UT (across from the "Kids Are People Too Daycare"). Contact Lucia Benitez for more information (435) 277-2327

El condado de Tooele invita a los mayores de edad 60+ a una cena en el Centro Communitario 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

Power, Gas & Water Bill Assistance

HEAT™
A Service of UCA

NOW YEAR-ROUND

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

- **Power & gas** assistance up to $700 for heating (Oct-Mar)
- **Power & gas** assistance up to $700 for cooling (Apr-Sep)
- **Water** assistance for those with participating water vendors
- **Crisis** assistance for qualifying crisis with a 48-hour notice

APPLY TODAY

www.utahca.org • (801) 359-2444

DAYTIME ADULT CARE

Lighthouse Adult Care Services is opening at 30 W. 100 S. in Tooele

The daytime program will offer caregivers a safe place to take their loved one ages 50 and older who need supervised care while they attend to other needs.

- **Licensed Supervised Care**
- **Engaging Activities**
- **Meaningful Social Interactions**
- **Nutritious Meals and Snacks**

LIGHTHOUSE
Adult Care Services

Visit us at: www.LighthouseAdultCareService.org

CALL TODAY 435-249-5632

VOLUNTEERS NEEDED

Tooele County 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

TIME TO CONSUME WATER

- When you first wake up
- Before eating some food
- Before going to sleep

United States

All the words listed are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

O K L A H O M A M O N T A N A
T H E N L A W I S C O N S I N
V A M E A A M E C R G O A I C
I A L K D I B O S G E M R P N
R R M A R Y L A N D R R I O E
G B V N S O A I M A O E Z B W
I E L S R K M N D A Y V O A J
N R D A E O A I N D I A N A E
I H D S Y G R S R O I A A V R
A O E W I O I D C F I R O M S
A D M H L O E I R S I G A E E
O E C F N G X V I E S P R U Y
C I C I I E E U A M E A K H R
M S L C M H O O A N W T A A N
A L D W S L A I R A L W N O R
I A E W H O W A L G A S S B O
N N K R O Y W E N I I R A N I
E D N F L O D R I E N A S C E

ALABAMA
ALASKA
ARIZONA
ARKANSAS
COLORADO
DELAWARE
FLORIDA
GEORGIA
HAWAII
ILLINOIS
INDIANA
KANSAS
LOUISIANA
MAINE
MARYLAND
MICHIGAN
MONTANA
NEVADA
NEW JERSEY
NEW MEXICO
NEW YORK
OKLAHOMA
OREGON
RHODE ISLAND
VERMONT
VIRGINIA
WISCONSIN
WYOMING

TOOELE COUNTY AGING SERVICES
59 E Vine Street
Tooele, UT 84074

TOOELE COUNTY HEALTH DEPARTMENT AGING SERVICES

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 *

TOOELE COUNTY	SENIOR TRANSPORTATION	MEDICAL SHUTTLE	UTA F-400 & F-402	ON-DEMAND CITY TO CITY
Scheduling phone number	(435) 843-4114	(435) 843-4114	(435) 843-4114	(435) 843-4114
Who can use these services?	Seniors 60 & older	Seniors 60 & older	The public	The public
Wheelchair accessible?	YES	YES	YES	YES
What can I use these services for?	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.
Door-to-door service?	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.
Price	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
Hours of operation	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"