

## Aging Services

### Tooele Center

59 E Vine  
(435) 843-4110

### Grantsville Center

120 S Center St  
(435) 884-3446

### Amy Hoftiezer

Aging Director

### Bella Colovich

Senior Centers Supervisor

### Kristen Bolinder

Shirlene Jensen

Karin Shields

Amy Larsen

Activity Specialists

### Meals on Wheels

435-843-4110

Kim Hale

Rebecca Provencio

Alicia Bysecker

McKaylah Clausen

Ariel Estrada

Kyle Kortie

Val Wiseman

Jack Lindblad

Kitchen/MOW Staff

### Tracy Beckett

Financial Analyst

### Desirae Taylor

Jennifer Romero

Lisa Fowler

Social Workers

### Sarah Jane Obray

Gerontologist

# TOOELE COUNTY ACTIVE AGING MARCH 2025

## SAINT PATRICK'S DAY LUNCHEON

Thursday, March 13th  
@ 11:30am

Tooele Senior Center  
59 E Vine St. Tooele

Live Entertainment

Transportation provided  
from Grantsville  
435-884-3446



# ATTENTION



NEW OAAPS FORMS ARE REQUIRED BY THE STATE TO BE UPDATED YEARLY FOR ACCURATE REPORTING INFORMATION. BY FILLING OUT THE FORM AND RETURNING IT BEFORE END OF MARCH 2025, YOU WILL CONTINUE TO STAY UPDATED ON OUR ACTIVITIES AND EVENTS BY RECEIVING THE MONTHLY NEWSLETTER. ONE FORM PER PERSON. IF YOU HAVE ALREADY FILLED OUT THE FORM FOR 2025, NO FURTHER ACTION IS NEEDED.



**PLEASE REVIEW & SIGN THE CODE OF CONDUCT  
ON THE BACK OF THE FORM.**

Dear Friends,

## Aging with WISE Purpose: A Brighter Future for Utah's Older Adults

Utah Governor Spencer Cox has started a new program to help older adults live well! *Aging with WISE Purpose* focuses on four important areas:

- **Wealth** – Get helpful tools and resources to plan for a secure future.
- **Independence** – Find services that help you stay healthy and live on your own.
- **Security** – Learn about programs that keep you safe and protect you from fraud.
- **Engagement** – Stay involved in your community and meet new people.

On January 14, 2025, I was lucky to attend the Governor's Symposium on Aging with Jamie Zwerin, the Deputy Director of the Tooele County Health Department. We heard from experts and leaders about ways to make life better for older adults in Utah.

Here are some exciting things we learned:

- ✓ *New financial planning tools* will help seniors manage money and stay financially secure.
  - ✓ *More programs* will support independent living and home-based care.
  - ✓ *Better safety measures* will help prevent elder abuse and fraud.
  - ✓ *More chances to get involved* are coming, including volunteer programs and social events.
- This program is bringing great resources and new opportunities to help older adults in Utah. Stay tuned for more updates, workshops, and events! For more information, visit [Deseret News](#) or call **Tooele County Aging Services** at **435-277-2420**. Let's embrace the WISE way to aging—together!

With love, gratitude, and a wee bit o' luck,

Amy Hoftiezer

**TOOELE**  
COUNTY  
HEALTH DEPARTMENT

## CONGRATULATIONS BELLA COLOVICH

*Celebrating*  
— 25 YEARS —  
WORKING FOR TOOELE COUNTY



### Share Your Wisdom Wednesday - One-on-One Conversations

Do you have a piece of wisdom, a funny story, or an idea that could make our community even stronger? I'd love to hear from you! Let's sit down for a relaxed, personal conversation on **Wednesday, March 12, 2025, 11:00 AM - 1:00 PM** at the **Tooele Senior Center** in the **sofa area**.

This is your opportunity to share your thoughts, feedback, and ideas—because at Aging Services, your voice matters. After all, **"Nothing About Us Without Us!"**

I look forward to our conversation!

**Amy Hoftiezer**  
Director of Aging Services



## EMPLOYEE SPOTLIGHT

### MCKAYLAH CLAUSEN

- McKaylah is our newest team member, joining us as a Food Prep Assistant. She brings experience from working in food service and is excited to be part of our team.
- A 2024 graduate, McKaylah is currently enrolled in the Esthetician Program at Davis Technical College. She is also certified in cosmetology and has a passion for beauty and skincare.
- At home, she has a dog named Athena and a cat named Apollo. In her free time, she enjoys going to the gym and staying active. Her favorite color is red.
- We're excited to have McKaylah on board—be sure to welcome her when you see her!



# MARCH MEAL SCHEDULE






Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>Meatloaf</b> Mashed Potatoes with Gravy Brussels Sprouts Apple	<b>Chicken Pesto Pasta</b> Carrots Banana	<b>Swedish Meatballs</b> Mashed Potatoes with Gravy Peas Roll Orange	<b>Teriyaki Chicken Bowl</b> Rice Stir-fry Veggies Fortune cookie	<b>Sloppy Joe</b> Mixed Vegetables Orange
10	11	12	 13	14
<b>Tilapia</b> Rice Broccoli Cookie	<b>Chicken Fajitas</b> Cilantro Lime Rice With Pinto Beans Fajita Veggies Peach Cup	<b>Ham</b> Mashed Potatoes With Gravy Corn Roll Banana	<b>St Patrick's Day Luncheon</b> <b>Corned Beef &amp; Cabbage</b> Carrots Potatoes Irish Cream Cake	<b>Egg Salad Croissant</b> Coleslaw Beets Orange
17	18	19	20	21
<b>Sweet &amp; Sour Pork</b> Rice Stir-Fry Veggies Apple	<b>Cheeseburger w/ Lettuce &amp; Tomato</b> Baked Beans Banana	<b>Chicken Fettuccine Alfredo</b> Broccoli Orange	<b>Spaghetti &amp; Meatballs</b> Italian Vegetable Blend Pear Cup	<b>Roast Beef Sandwich</b> Side Salad Orange
24	25	26	27	28
<b>Chili Cheese Dog</b> Mixed Veggies Apple	<b>Beef Goulash With Marinara &amp; Penne Pasta</b> Banana	<b>Pulled Pork Sandwich</b> Broccoli Cauliflower Orange	<b>Meatball Sub</b> Peas Mandarin oranges	<b>Turkey Bacon Club Sandwich</b> Beets Banana
31				
<b>Orange Chicken</b> Rice Stir-fry Vegetables Fortune Cookie		<p><i>May your mornings bring joy And your evenings bring peace. May your troubles grow less As your blessings increase.</i></p> 		

**Meals are subject to change.** For any special diet or diet requests please call Bella Colovich at 435-843-4110. Meals are served Monday thru Thursday 11:30am-12:30pm. Friday 10:30am-11:30am. Suggested contribution \$4.00 per meal, under 60 must pay \$6.00. Please bring your own take-out containers or join us for dine-in.



# GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>10:00am Cardio Drumming</li> <li>12:30pm BINGO</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Pinochle</li> <li>10:00am Tai Chi for Arthritis</li> <li>12:30pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>9:00am Fly Tying</li> <li>10:00am Computers</li> <li>12:30pm Bunko</li> </ul>	<ul style="list-style-type: none"> <li>10:00am Tai Chi for Arthritis</li> <li>12:30pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Exercise</li> </ul>
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17	18	19	20	21
<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>10:00am Cardio Drumming</li> <li>12:30pm BINGO</li> </ul> 	<ul style="list-style-type: none"> <li>9:00am Pinochle</li> <li>10:00am Tai Chi for Arthritis-Last Class</li> <li>12:30pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>9:00am Fly Tying</li> <li>10:00am Computers</li> <li>12:30pm Bunko</li> </ul>	<ul style="list-style-type: none"> <li>12:30pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Exercise</li> </ul> 
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31				
<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>10:00am Cardio Drumming</li> <li>12:30pm BINGO</li> </ul>	 <p> <i>May your thoughts be as glad as the shamrocks.</i>  <i>May your heart be as light as a song.</i>  <i>May each day bring you bright, happy hours</i>  <i>That stay with you all the year long.</i> </p>			

Puzzles, Library and Exercise Room Daily

120 S Center St Grantsville, Front Desk (435) 884-3446, Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon



# TOOELE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<ul style="list-style-type: none"> <li>9:00am Fly-Tying</li> <li>10:00am Exercise</li> <li>12:45pm Netflix Movies</li> </ul>	<ul style="list-style-type: none"> <li>9:00am-12:00pm Social Security</li> <li>10:00am Mexican Train</li> <li>10:30am DIY Craft</li> <li>1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>10:00am Exercise</li> <li>10:00am Bridge</li> <li>10:00-11:30am Mailing Memories Class</li> <li>1pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>10:00am DIY Watercolor</li> <li>12:30pm BINGO</li> <li>1pm Line Dancing</li> <li>1pm Stepping On</li> </ul>	<ul style="list-style-type: none"> <li>9:30am Cardio Drumming</li> </ul> 
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Puzzles, Library and Exercise Room Daily

59 E Vine, Tooele, Front Desk (435) 843-4110, Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon

# THE VIRTUAL CORNER!

To access our newsletter online visit our website at:  
<https://tooelehealth.org/aging-services>

*Explore the World*  
**ON OUR VIRTUAL VACATIONS!**

**Next Stop:  
Ireland!**

**Join Us  
March 26, 2025 @ 1:00pm**

**CALL TO RESERVE YOUR SPOT  
435-843-4113**

**TREATS & SOUVENIR  
WILL BE PROVIDED FOR YOU TO  
ENJOY DURING OUR TOUR**

MONDAY, MARCH 3 & 17

*Dementia Caregiver  
Support Group Meetings  
2-3:30 pm  
Tooele Senior Center  
59 E Vine St, Tooele*

MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

**TOOELE**  
 COUNTY  
 HEALTH DEPARTMENT  
 (435) 277-2420

**ALZHEIMER'S**  
 ASSOCIATION  
 24/7 HELPLINE: (800) 272-3900

## The Next Chapter

A social support and educational program  
for widows and widowers

**Spring Into Action  
10:30 - 11:30 am  
Tooele County Health Dept**

Join us for our annual Easter service project. Lend a hand helping fill plastic eggs with treats that will be donated to the Community Resource Center. Those in need will find an unexpected surprise hidden in their food bank order. All supplies will be provided.

**Wednesday  
March  
26**

**TOOELE**  
 COUNTY  
 HEALTH DEPARTMENT  
 AGING SERVICES  
 435-277-2420  
 tooelehealth.org

## Premium-related Appeals and Troubleshooting

# IDENTIFY BILLING ERRORS

Health care providers and their billing departments sometimes make billing errors or honest mistakes. If you think your doctor or their billing department made an error or mistake, contact them directly to resolve the issue. They should correct these errors if you tell them.

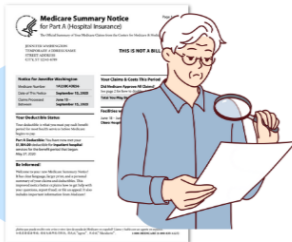
### DETECT

You can spot these errors by keeping an appointment calendar or using a **My Health Care Tracker** to keep track of your medical appointments and services.



Examine your Medicare Summary Notices and Explanation Of Benefits carefully. Tooele Aging Services is your local Senior Medicare Patrol.

[tooeleaging.org](http://tooeleaging.org) | 435.277.2420

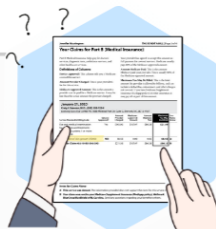


If something does not seem right on your Medicare statement, remember to first call your provider.

### HERE ARE JUST A COUPLE EXAMPLES OF POTENTIAL ERRORS:



Your provider billed Medicare for an office visit on a day when you did not see them.



Your provider billed you for a service that was different than what you received.



If your doctor or billing department made a billing error, they should correct it.



If your provider does not fix the issue, or if you notice a pattern of errors, contact your local **Senior Medicare Patrol (SMP)**. They can assist to try to resolve the error.



Your SMP can help you identify Medicare potential fraud, or abuse, and can help you report it to CMS and the correct authorities.

[smpresource.org](http://smpresource.org) | 877.808.2468



SHIP counselors can provide you with individual Medicare counseling to support you in your specific situation.

[shiphelp.org](http://shiphelp.org) | 877.839.2675

This graphic is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,534,081 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



# March is National Nutrition Month!



Senior Nutrition Program

**Serving up more than just food.**

Connecting seniors 60+ to services that support independence and health.

[acl.gov/snp/celebrate](http://acl.gov/snp/celebrate) • #SeniorNutritionProgram



# 10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.



## Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

## JOIN US AT OUR NUTRITION BOOTHS!

**Tooele Senior Center**  
**March 19th @ 11:00am**

**Grantsville Senior Center**  
**March 26th @ 11:00am**



## Stepping On

### Fall Prevention Course

Tooele Senior Center  
Thursdays 1-3pm  
Starting March 6th

Join us for this 7-week class to learn how to prevent falls through exercises, environment, medication management, and more!

**Sign up today!**

Call Brent Peterson at (435) 277- 2373 or visit [healthyaging.utah.gov](http://healthyaging.utah.gov) to register for this workshop.

Do you have questions about Medicare?



Supported by Grant #90GAP00003 and #0009P00002 from the ACL, DHHS, Washington DC 20205.



Certified Counselors are here to answer your **Medicare** questions!

Get free, unbiased, & confidential help.

**435-277-2420**

Tooele County Aging Services  
for questions or to schedule an appointment

eligibility . enrollment . fraud . financial assistance . preventive benefits

## Do you provide care for a loved one with a chronic illness?



Caregiving can be stressful. This STRESS BUSTING program teaches:

- stress management techniques
- relaxation and coping strategies
- develop problem solving skills

### WHO:

Family Caregivers of a loved one

### WHAT:

Multi-component STRESS BUSTING program  
Meets 90minutes/week for 9 weeks  
Groups of up to 10 people  
Supplies provided at NO cost

### WHEN:

March 4-April 29  
Tuesdays  
10:30 am - 12 pm

### WHERE:

Tooele County Health Department  
151 N Main St Tooele



**NEW SESSION**

Please call for more information or to register:  
[Tooeleaging.org](http://Tooeleaging.org)  
[Caregiverstressbusters.org](http://Caregiverstressbusters.org)

**435-277-2420**

**Tooele County Aging Services**  
Wendover Dinner & Bingo



**DINNER & BINGO**  
**CENA & BINGO**

Join us the last Wednesday of each month. Dinner is catered by a local restaurant

Acompáñenos el último Miércoles de cada mes. La cena es preparada por un restaurante local.

WEDNESDAY, MARCH 26TH | DOORS OPEN AT 3:30PM  
MIÉRCOLES, 26 DE MARZO | LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center  
112 300 South  
Wendover, UT

**ADULTS 60+**

**TOOELE COUNTY HEALTH DEPARTMENT**

**UServeUtah**  
Utah Commission on Service & Volunteerism

**AmeriCorps Seniors**

**You can make a difference!**  
*Volunteers Age 55+ Needed*

**Find enjoyment in sharing your time and experience - and earn a small stipend!**

*Stipend does not impact your benefits*

**Foster Grandparents**

Tutor kids one-on-one at schools and community locations.

**Senior Companions**

Provide friendly visits to isolated seniors in need of connection.



**Volunteer with AmeriCorps Seniors!**



**Call Amber at 435-850-0647**  
Email [acseniors@utah.gov](mailto:acseniors@utah.gov)  
Visit [userve.utah.gov/seniors](http://userve.utah.gov/seniors)

# PARKINSON'S SUPPORT GROUP

3rd Thursday of each month  
12:30 - 2:00 pm  
at the Tooele Senior Center

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

Anyone affected by Parkinson's is welcome to attend. Come learn, connect, and find support.



# Tai Chi for Arthritis

Tooele Senior Center  
59 E Vine St. Tooele

Starting March 18th  
Tuesdays & Thursdays  
10:00am-11:00 am

*Tai Chi*

Tai Chi has been used for centuries to help improve balance of the mind and body. Use these Tai Chi techniques to help ease pain and increase flexibility.



**TOOELE COUNTY HEALTH DEPARTMENT**



## OUT & ABOUT VOUCHER PROGRAM

Vouchers are available for mileage reimbursement for Tooele County seniors traveling to Salt Lake City for medical appointments.



### WHO QUALIFIES?

All criteria must be met to qualify:

1. Applicant and driver are residents of Tooele County.
2. Applicant is either unable to drive or cannot afford driving expenses.
3. Applicant cannot use public transit to one or more qualified destinations.
4. Applicant is 60+ years old.

To learn more and find out if you qualify,  
call Tami Griffin at 435-843-4121



# SENIORS GOT TALENT

**THURSDAY, APRIL 10TH  
STARTS AT 11:30AM**

Join us and showcase your  
incredible talent at  
The Senior's Got Talent Show!  
If interested in performing  
please sign up at the front desk!

**Tooele Senior Center  
59 E Vine St. Tooele**

Transportation provided from  
Grantsville Senior Center

## FREE TAX ASSISTANCE!

**AARP FOUNDATION TAX-AIDE WILL PREPARE TAX RETURNS AT  
THE TOOEE SENIOR CENTER, 59 EAST VINE IN TOOEE ON  
TUESDAYS AND WEDNESDAYS, FEBRUARY 4TH THRU APRIL 9TH.**

Appointments will be available after January 10th.

You can either call Tooele Tax-Aide at 435-277-0812 or  
you can make your own appointment by clicking on or  
going to:

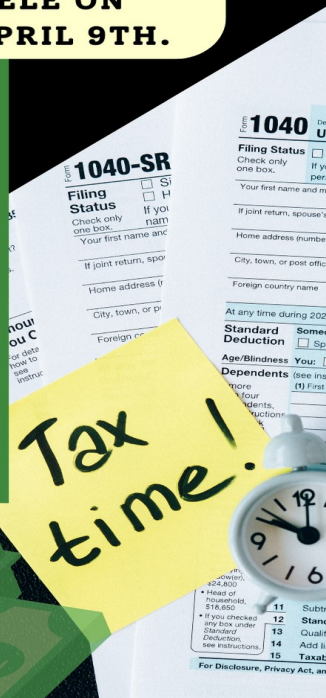
[https://taxappointment.aarp.org/s/registration?  
locationId=a1ro0000000D32t.](https://taxappointment.aarp.org/s/registration?locationId=a1ro0000000D32t)

Tax Packets, which must be completed prior to your  
appointment, will be available for pick-up at the Tooele  
Senior Center reception area after January 15th.  
Tax-Aide volunteers are trained and IRS Certified each  
year.



Call for an appointment

**435-277-0812**







# Corned Beef & Cabbage Dinner 50/50 Fundraiser!

Sunday, March 16th

3:00PM - 5:00PM

\$10.00 Per Plate (Cash or Checks)

First Come, First Serve

Eagles Lodge, 50 S. 1st St. Tooele

Proceeds will benefit  
Tooele County Senior Centers!



F.O.E. #164

# 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>SENIOR'S MEDICAL SHUTTLE</b>	<b>UTA 451 EARLY MORNING COMMUTERS &amp; REVERSE</b>	<b>UTA F453 MID-DAY SERVICE TOOELE - SLC FLEX</b>	<b>UTA ON-DEMAND MICROTRANSIT</b>
<b>Scheduling phone number</b>	(435) 843-4114	(801) 743-3882	(801) 743-3882	(435) 843-4114
<b>Who can use these services?</b>	Seniors 60 & older	The public	The public	The public
<b>Wheelchair accessible?</b>	YES	YES	YES	YES
<b>What can I use these services for?</b>	Medical appointments in Salt Lake County, within boundaries.	Following a bus route that serves Tooele to Salt Lake. Stops at designated bus stops.	Following a bus route that serves Tooele to Salt Lake. Stops at designated bus stops.	Services transport people within Grantsville, Stansbury, and Tooele cities.
<b>Door-to-door service?</b>	YES	NO	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.	Curb to Curb Service
<b>Price</b>	Suggested donation of \$5.00 each way	\$2.50 for an adult. Ask about what reduced fares are available.	\$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 appt time at 2:00		Mon-Fri 7:30am - 5:00pm	Mon-Fri 7:00am - 7:00pm