

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

A poster for the "Seniors Got Talent" show. The title "SENIORS GOT TALENT" is written in large, glowing, red-outlined letters with yellow lights inside, set against a background of red curtains and a red carpet. A red banner at the bottom contains the text "THURSDAY, APRIL 10TH STARTS AT 11:30AM" in yellow. Below the banner, there is a paragraph of text: "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 or call 435-843-4110 or 435-884-3446." At the bottom, another red banner contains the text "Tooele Senior Center 59 E Vine St. Tooele" in white. Below this, a paragraph of text reads: "Our program is growing and parking is limited. Please consider carpooling to special events. Transportation provided from Grantsville Senior Center." The entire poster is framed by a green border.

**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 or call 435-843-4110 or 435-884-3446.

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

Our program is growing and parking is limited.
Please consider carpooling to special events.
Transportation provided from Grantsville Senior Center.

Dear Friends,

As we welcome the month of April and the beautiful spring weather, we are filled with hope and gratitude. Spring brings new beginnings, and it reminds us of how much we can grow and change. The longer days, warmer sun, and blooming flowers make this a perfect time to reflect on all the good things around us.

April is also Volunteer Appreciation Month, and we want to take a moment to thank each of you for all that you do. Whether you volunteer your time, share your skills, or help those in need, you make a big difference. Your kindness and generosity help create a stronger, more connected community.

A special thank you goes to the 70 amazing volunteers who have worked 4,061 hours in 2024. Your hard work and dedication inspire us every day, and we are so thankful for everything you do.

As we enjoy the beauty of spring, let's also think about how we can continue to help and support one another. Just like the plants and flowers that grow in spring, we can keep growing together and make our community even better.

Thank you for being such an important part of our community. We are lucky to have you with us!

Warm regards,
Amy Hoftiezer



EMPLOYEE ✈️ SPOTLIGHT

SHIRLENE JENSEN



- Shirlene Jensen is one of our dedicated Activity Specialists for the Senior Centers! She has been an essential part of Aging Services for the past four years, bringing creativity and enthusiasm to everything she does.
- If you enjoy reading this newsletter each month, you have Shirlene to thank! She works hard behind the scenes to keep you informed.
- Shirlene has been married for 30 years and has three children.
- Shirlene loves traveling and learning about new cultures.
- Shirlene enjoys attending football, basketball, and volleyball games.
- Fun Fact: Shirlene grew up with seven sisters and no brothers.



APRIL MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chili Cheese Dog Peas & Carrots Apple	Chicken Spaghetti With Marina Broccoli Cauliflower Pears	Swedish Meatballs Mashed Potatoes with Gravy Broccoli Apple	Chinese Chicken Salad Mandarin oranges Cookie
7	8	9	10	11
Chicken Parmesan with Spaghetti Italian Vegetable Blend Peaches	Sweet & Sour Pork Rice Bell Peppers Broccoli Fortune Cookie	Chicken Pesto Pasta Carrots Orange	Rosemary Roasted Chicken Mashed Potatoes with Gravy Broccoli Cake	Biscuits & Gravy Sausage Roasted Potatoes with onions, peppers & spinach
14	15	16	17	18
Cheeseburger w/ Lettuce & Tomato Baked Beans Banana	Chicken Fettuccine Alfredo Green Beans Orange	Salisbury Steak Mashed Potatoes with Gravy Green Beans Roll Banana	Tilapia Couscous Mixed Vegetables Cookie	Meatball Sub Mixed Vegetables Orange
21	22	23	24	25
Orange Chicken Rice Stir-fry Vegetables Mandarin Oranges	Beef Goulash With Marinara & Penne Pasta Italian Vegetable Blend Banana	Pulled Pork Sandwich Brussels Sprouts Apple	Meatloaf Mashed Potatoes With Gravy Corn Roll Orange	Turkey Bacon Club Sandwich Pickled Beets Pears
28	29	30		
Chicken Burger Peas Orange	Spaghetti & Meatballs Carrots Pineapple	Chicken Fajitas Rice & Pinto Beans Fajita Veggies Pears	 Our program is growing and parking is limited. Please consider carpooling.	

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
	1	2	3	4
	<ul style="list-style-type: none"> • 9:00am Pinochle • 10:00am Practice Tai Chi • 12:30pm Flint Knapping 	<ul style="list-style-type: none"> • 9:00am Exercise • 9:00am Fly Tying • 10:00am Computers • 12:30pm Bunko 	<ul style="list-style-type: none"> • 9:30am Card Making • 11:30am Wood Carving • 2:30pm Center closes early for all staff training 	<ul style="list-style-type: none"> • 9:00am Exercise
7	8	9	10	11
<ul style="list-style-type: none"> • 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm BINGO 	<ul style="list-style-type: none"> • 9:00am Pinochle • 10:00am Practice Tai Chi • 12:30pm Flint Knapping 	<ul style="list-style-type: none"> • 9:00am Exercise • 9:00am Fly Tying • 10:00am Computers • 12:30pm Bunko 	<ul style="list-style-type: none"> • 11:30am Join us for Seniors Got Talent Show & Luncheon. Transportation provided from Grantsville Senior Center. 	<ul style="list-style-type: none"> • 9:00am Exercise
14	15	16	17	18
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21	22	23	24	25
<ul style="list-style-type: none"> • 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm BINGO 	<ul style="list-style-type: none"> • 9:00am Pinochle • 10:00am Practice Tai Chi • 11:00am Blood Pressure Monitors • 12:30pm Flint Knapping 	<ul style="list-style-type: none"> • 9:00am Exercise • 9:00am Fly Tying • 10:00am Computers • 11:00am Stronger Memory • 12pm Tech Charites • 12:30pm Bunko 	<ul style="list-style-type: none"> • 12:30pm Wood Carving 	<ul style="list-style-type: none"> • 9:00am Exercise
28	29	30		
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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
	1	2	3	4
	<ul style="list-style-type: none"> • 9:00am-12:00pm Social Security • 10:00am Tai Chi for Arthritis • 10:00am Mexican Train • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 10:00-11:30am Mailing Memories Class • 1pm Wood Carving 	<ul style="list-style-type: none"> • 10:00am DIY Painting • 10:00am Tai Chi for Arthritis • 12:30pm BINGO • 1pm Line Dancing • 3pm Center closes early for all staff training 	<ul style="list-style-type: none"> • 9:30am Cardio Drumming
7	8	9	10	11
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 10:30am DIY Craft • 12:45pm Netflix Movies 	<ul style="list-style-type: none"> • 10:00am Tai Chi for Arthritis • 10:00am Mexican Train • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:00am Last Day for Taxes • 10:00am Exercise • 10:00am Bridge • 10:00-11:30am Mailing Memories Class • 1pm Wood Carving 	<ul style="list-style-type: none"> • 11:30am Join us for Seniors Got Talent Show and Luncheon. 	<ul style="list-style-type: none"> • 9:30am Cardio Drumming
14	15	16	17	18
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 10:30am DIY Craft • 12:45pm Netflix Movies • 1pm Watercolors 	<ul style="list-style-type: none"> • 10:00am Tai Chi for Arthritis • 10:00am Mexican Train • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00-11:30am Mailing Memories Class • 1pm Center closes early for Volunteer Appreciation event 	<ul style="list-style-type: none"> • 10:00am Tai Chi for Arthritis • 10:00am DIY Painting • 12:30pm BINGO • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:30am Cardio Drumming
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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://health.tooeleco.gov/aging-services>

Introducing



A breakthrough program for better brain health! Participants notice an improved ability to focus, find misplaced items, and remember conversations.

Strengthen your memory by spending just 20-30 minutes a day:



Reading aloud



Writing by hand



Doing simple math

Grantsville Senior Center (with online option)

12-week program begins Wednesday, April 16, 2025

11:00-11:30 AM

Call 435-884-3446 to sign up



APRIL

MONDAY, APRIL 7 & 21

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

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	29	30	31		

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



It's No Bull - Buffalo Art Initiative
12:30 - 1:30 pm
Tooele City Building Council Chamber

Clarissa Pankratz, with Tooele City, is excited to tell us about the new art installations adorning Main Street. Each Buffalo displays unique characteristics of our community. After learning about these statues, we will walk outside to view the one on the grounds of the city building.

Tuesday
APRIL
15

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

WHAT IF I NEED LONG-TERM CARE?



Long-term care (LTC) encompasses various services to assist with daily activities, including medical care, therapy, personal care, and custodial services. Medicare typically does not cover LTC, but alternative organizations and insurance options are available for those in need.

Medicaid is a state and federal program that provides health coverage if you have a limited income. Medicaid will pay for nursing home care. Benefits also coordinate with Medicare.

Long-term care insurance (LTC) generally covers nursing home stays, limiting your health care costs. However, it can be costly and requires good health for certain policies.

An **Area Agency on Aging** may be able to provide information and assistance to connect you with services in your area.

Faith-based organizations and charities may offer services, financial assistance, and/or referrals to other organizations in your area.



Local senior centers may have programs that can deliver meals, provide transportation and shopping assistance, and offer case management. To find senior centers in your area, call your local AAA.

Geriatric care managers are health and human services professionals who work privately with you and your family to create a plan of care that meets your needs.

State Health Insurance Assistance Programs (SHIPs) can help you understand your Medicare coverage, including when Medicare will cover skilled nursing care services and hospice.



TOOELE
COUNTY
HEALTH DEPARTMENT

Tooele SHIP & AAA

435-277-2420

Supported by a \$1,480,903 award from ACL/HHS. Contents do not necessarily represent the official views of the U.S. Government.

Are you a Caregiver? 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

WHEN:

Apr 1 - May 27

WHAT:

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

Tuesdays

10:30 am - 12 pm

WHERE:

Tooele County Health Department
151 N Main St Tooele

Please call for more information or to register:

Tooeleaging.org

Caregiverstressbusters.org

435-277-2420

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.

Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

Do you have questions about Medicare?



Supported by Grant #905AFQ0003 and #90MPPQ0059 from the ACL, DHHS, Washington DC 20203



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

Healthy Living for Your Brain & Body Tips from the Latest Research



Community Education Presentation

April 28

7:00 - 8:00 pm

Tooele County Health Dept

More information at tooelehealth.org

To register call **435-277-2420**



*Thank
You*

Tooele Eagles #164 F.O.E.

We appreciate all you do for the
Tooele County Senior Centers.
Thank you for your support!

Need a free (or nearly free) computer?

TECH CHARITIES

Providing computers and
training for those in need.

To learn more, attend a **FREE**
presentation on **April 23, 2025**
at Tooele Senior Center @ **11 AM**
at Grantsville Senior Center @ **12 PM**

Must be low-income to qualify.

www.techcharities.org



TOOELE ELKS LODGE PRESENTS

Ship Captain Crew

APRIL 26, 2025 1:00 PM

\$30 Buy In - Includes Lunch

\$20 Each Additional Buy In

\$10 Lunch Only

RAFFLE PRIZES // 50/50

Proceeds to benefit Tooele Seniors Center

Made with PosterMyWagon Call 435-249-0192 to reserve your spot

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, APRIL 30TH | DOORS OPEN AT 3:30PM
MIÉRCOLES, 30 DE ABRIL | LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center
112 300 South
Wendover, UT

**ADULTS
60+**

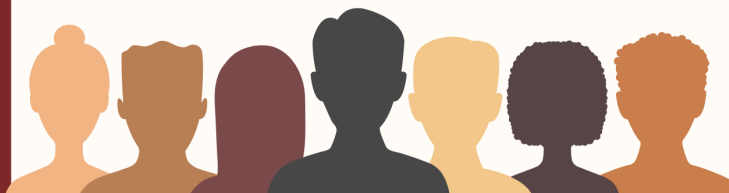
**TOOELE
COUNTY
HEALTH DEPARTMENT**

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.



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

**TOOELE
COUNTY
HEALTH DEPARTMENT**

MEASLES VACCINATION

Talk to your health care provider or check your immunization record to find out if you need the MMR vaccine.

- Adults born before 1957 generally do not need to be vaccinated. They are likely already immune to measles due to widespread infection before the measles vaccine became available in 1963.
- Adults who were vaccinated between 1963 and 1967 should have a second dose because the vaccine used during that time was less effective than the current vaccine.
- Adults who were vaccinated in 1968 or later should follow up with their health care provider to make sure they are fully protected.

CREATIVELY CONNECTING

DEMENTIA FRIENDLY ACTIVITY

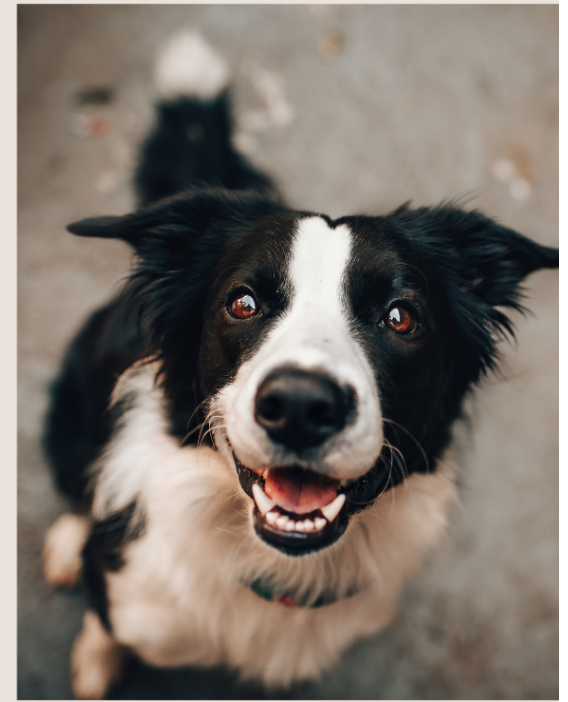
COME MEET REX

A THERAPY DOG

Findings from the National Institutes of Health show that spending time with a pet is a powerful way to combat loneliness and isolation, while also reducing stress and promoting overall health and well-being.

Caregivers and those you care for are invited to join us for Creatively Connecting, a dementia-friendly social event, hosted by Tooele County Aging Services. Interacting with trained therapy animals can serve as a unique bridge connecting those living with cognitive loss, their family members and the community around them.

We are excited to welcome therapy dog, Rex, and his licensed owner Sherry Butler, a member of the Alliance of Therapy Dogs. This duo regularly travels across our state brightening peoples days in senior living communities. In addition to meeting Rex and Sherry, we will spend time visiting and enjoying refreshments.



TUESDAY, APRIL 29TH
3:00 - 4:00 PM
TOOELE SENIOR CENTER
59 E VINE STREET



TOOELE COUNTY AGING SERVICES
435-277-2420

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 *

	SENIOR'S MEDICAL SHUTTLE	UTA 451 EARLY MORNING COMMUTERS & REVERSE	UTA F453 MID-DAY SERVICE TOOELE - SLC FLEX	UTA ON-DEMAND MICROTRANSIT
Scheduling phone number	(435) 843-4114	(801) 743-3882	(801) 743-3882	(435) 843-4114
Who can use these services?	Seniors 60 & older	The public	The public	The public
Wheelchair accessible?	YES	YES	YES	YES
What can I use these services for?	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.
Door-to-door service?	YES	NO	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.	Curb to Curb Service
Price	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
Hours of operation	Mon-Fri 7:00am - 4:00pm Last appt time at 2:00		Mon-Fri 7:30am - 5:00pm	Mon-Fri 7:00am - 7:00pm