

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

Business Manager

Belinda Cardenas

Financial Coordinator

Desirae Taylor

Jennifer Romero

Lisa Fowler

Social Workers

Sarah Jane Obray

Gerontologist



TOOELE COUNTY **ACTIVE AGING** **JUNE 2025**



Intergenerational Summer Solstice Dance Party!

**Let's dance our way into summer
on the longest day of the year!**

Friday, June 20, 2025 | 7-9 PM

**Tooele Senior Center
59 E Vine St Tooele, UT 84074**

FREE

All ages welcome!
**Bring your family, friends, and your best dance
moves for a night of:**
Music from a live DJ
A photo booth
Refreshments
**Laughter, connection, and
summer vibes**

Dear Friends,

More Daylight, More Energy? Let's Make It Happen!

June kicks off summer—hello, sunshine and longer days! But if you're still feeling worn out, your daily habits might be to blame. Skipping meals, sitting too much, not sleeping well, or drinking too much alcohol or caffeine can all zap your energy.

Fatigue is common, but it doesn't have to slow you down. Try these simple tips to feel more energized this season:

- Get outside for fresh air and sunshine
- Move your body with light activity like walking or stretching
- Eat balanced meals and stay hydrated
- Keep a consistent sleep schedule
- Cut back on alcohol and late-day caffeine
- Check in with your doctor if tiredness sticks around

Summer's longer days are a great excuse to boost your energy and enjoy more of what you love!

And don't miss out! Please join us for the **Intergenerational Summer Solstice Dance Party on Friday, June 20, 2025, from 7–9 PM.** Let's celebrate summer together with music, movement, and fun for all ages!

Learn more about managing fatigue at nia.nih.gov/health/fatigue

Wishing you restful nights and lively days,

Amy Hoftiezer

SENIOR CENTERS ARE CLOSED

Monday, June 16, 2025

Juneteenth

FREEDOM
day



No Home Delivered Meals



THANK YOU!

We wish to thank the Tooele Elks Lodge #1673 (B.P.O.E) for their generous contributions to the Tooele County Senior Centers. Thank you for supporting our programs and events.

EMPLOYEE SPOTLIGHT

DESIRAE TAYLOR

- Meet Desirae, our Incredible Social Worker who's been part of the Aging Services team for over five years! She provides case management for both The Alternatives Program and the Aging Waiver Program, and she's a go-to expert for Medicare questions and Information & Referral support. If you need help navigating resources, Desirae's your person!
- Desirae is all about family. She's been happily married to her husband Ryan for many years and is the proud mom of two daughters, Alivia and Annie. Add five wonderful grandchildren to the mix, and you've got one very proud grandma!
- Smart, kind, and full of humor, Desirae brings heart to everything she does—and she's proud to be a Social Worker.
- Fun Fact: Desirae is a devoted dog lover with a house full of furry friends!

JUNE MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chili Cheese Dog Peas & Carrots Apple	Chicken Fajitas Pinto Beans Bell Peppers & Onions Banana	Meatloaf Mashed Potatoes & Gravy Mixed Vegetables Orange	Rosemary Roasted Chicken Mashed Potatoes & Gravy Carrots Cookie	Chef Salad Sugar-Free Chocolate Pudding
9	10	11	12	13
Sweet & Sour Pork Brown Rice Bell Peppers Broccoli Mandarin Oranges	Chicken Parmesan Green Beans Banana	Cheeseburger w/ Lettuce & Tomato Roasted Carrots Diced Peaches	Biscuits & Gravy Sausage Roasted Potatoes w/ Bell Peppers, Onions, Spinach Apple	Roast Beef Sandwich Pickled Beets Banana
16	17	18	19	20
Happy Juneteenth! No Home Delivered Meals 	Pulled Pork Sandwich Green Beans Corn Diced Pears	Chicken Fettuccine Alfredo Broccoli Orange	Meatball Sub Peas & Carrots Mandarin Oranges	Chicken Caesar Salad Cookie
23	24	25	26	27
Pork Bratwurst Mashed Potatoes & Gravy Roasted Cabbage Pineapple	Sloppy Joe Mixed Vegetables Banana	Chicken Pesto Pasta Carrots Apple	Salisbury Steak Mashed Potatoes & Gravy Green Beans Cookie	Chicken Salad Croissant Side Salad Orange
30				
Orange Chicken Brown Rice Bell Peppers Broccoli Fortune Cookie				

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
2	3	4	5	6
<ul style="list-style-type: none"> 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 2:00pm Gardening Friends 	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Tai Chi for Arthritis starts 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly Tying 10:00am Computers 11:00am Stronger Memory 12:30pm Bunko 	<ul style="list-style-type: none"> 10:00am Tai Chi for Arthritis 10:30am Wood Carving 2:30 pm Senior Center closes early for all staff training. 	<ul style="list-style-type: none"> 9:00am Exercise
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16	17	18	19	20
<p>Centers are closed for Juneteenth!</p> 	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Tai Chi for Arthritis 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly Tying 10:00am Computers 11:00am Stronger Memory 12:30pm Bunko 	<ul style="list-style-type: none"> 10:00am Tai Chi for Arthritis 12:30pm Wood Carving 	<ul style="list-style-type: none"> 9:00am Exercise 7:00-9:00pm Summer Solstice Dance Party @ Tooele Senior Center! Transportation provided from Grantsville Senior Center.
23	24	25	26	27
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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
2	3	4	5	6
<ul style="list-style-type: none"> 9:00 Fly-Tying 10:00 Exercise 10:00 Meet the Mayor 10:30 DIY Craft 12:45 Movies 1pm Folk Dancing 1pm Walk w/ Ease 	<ul style="list-style-type: none"> 9:00am-12:00pm Social Security 10:00 Mexican Train 1pm Line Dancing 	<ul style="list-style-type: none"> 10:00 Exercise 10:00 Bridge 1pm Wood Carving 1pm Folk Dancing 1pm Walk w Ease 	<ul style="list-style-type: none"> 9:30 Beg Computers 10:30 Adv Computer 10:00 DIY Painting 12:30pm BINGO 1pm Line Dancing 3:00pm Senior Center closes early for all staff training. 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
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16	17	18	19	20
<p>Centers are closed for Juneteenth!</p> 	<ul style="list-style-type: none"> 10 Mexican Train 1pm Line Dancing 	<ul style="list-style-type: none"> 10:00 Exercise 10:00 Bridge 1pm Wood Carving 1pm Folk Dancing 1pm Walk w/ Ease 	<ul style="list-style-type: none"> 9:30 Beg Computers 10:30 Adv Computer 10:00 DIY Painting 12:30pm BINGO 1pm Line Dancing 2:15pm Bunko 	<ul style="list-style-type: none"> 9:30am Cardio Drumming 7:00-9:00pm Summer Solstice Dance Party!
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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://health.tooeleco.gov/aging-services>

Explore the World
ON OUR VIRTUAL VACATIONS!



**Next Stop :
Italy!**

Join Us

JUNE 26, 2025 @ 1:00PM

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

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

How To Manage ARTHRITIS Workshop



**STRONGER
LIFE**

To Join the Arthritis Workshop,
Visit: https://youtu.be/iw4jjpk_jN4?si=Rir3PElONQsldjm0

Dementia Dialogues®

A free 5-session educational program for individuals who care for persons with dementia

Join us Tuesdays in July

6:00 - 8:00 PM

Tooele County Health Department

REGISTRATION REQUIRED: 435-277-2420

MORE DETAILS: health.tooeleco.gov



UNIVERSITY OF
SOUTH CAROLINA
Arnold School of Public Health



TOPICS

- 1 **The Basic Facts: An Overview of Alzheimer's Disease and Related Dementias**
- 2 **Keep the Dialogue Going: Strategies for Effective Communication**
- 3 **It's a Different World: Understanding the Impact of the Environment & Ways to Promote Independence**
- 4 **It's Nothing Personal: Addressing Challenging Behaviors**
- 5 **Now What Do We Do? Creative Problem Solving**

The Next Chapter

A social support and educational program for widows and widowers



Rockhounding 101

6:30 - 7:45 pm

Tooele Senior Center

Join us to learn about the basics of rock hounding from geology instructor, Donna Howsden. You will also meet Tooele Gem & Mineral Society President, Donna Chavez, who will tell you about a local organization you could join to develop this interest. Examples of finds will be shown and handouts provided.

Tuesday
JUNE
10

TOOELE
C O U N T Y
HEALTH DEPARTMENT
AGING SERVICES
435-277-2420
tooelehealth.org

Medicare and Durable Medical Equipment (DME)

Medicare usually covers DME if:



It's **durable**, meaning it can withstand repeated use



It serves a **medical purpose**



It's appropriate and needed for use **in the home**, although you can also use it outside the home



It's likely to **last for three years** or more

Examples of DME: Wheelchairs, walkers, hospital beds, power scooters, portable oxygen equipment, orthotics, catheters (if your need for them is permanent), prosthetics, certain diabetes supplies (including glucose monitors)

What kind of DME does Medicare not cover?

- Equipment to mainly help you outside the home
- Items intended only to make things more convenient or comfortable
- Items that you throw away after one use
- Items that you don't use with equipment
- Modifications to your home
- Equipment not for use in the home

For example: Air conditioners, incontinence pads, surgical facemasks, or oscillating beds.

How does Medicare cover my DME?

Your primary care provider (PCP) must **prescribe** your DME. Your PCP must sign an order, prescription, or certificate. In this document, your PCP must state that:

- You need the DME to help with a medical condition or injury.
- The equipment is for home use.
- And, if applicable, you had a face-to-face visit with your PCP.








What supplier should I use to get my DME?

Once you have your PCP's order or prescription, you must take it to the right supplier.

If you have a Medicare Advantage Plan:

- Follow your plan's rules for getting DME. For example, you may have to:
 - Get approval from the plan before getting your DME
 - Use a supplier in the plan's network of suppliers
 - Use a preferred brand of DME

Red flags for DME fraud and abuse:

-  Charges for DME you didn't receive.
-  DME provider asked for Medicare # at a presentation, sales pitch, or phone call.
-  Received a cheaper, lower quality item, but Medicare was billed for more expensive item.
-  Offered "free" equipment or supplies.
-  Continuous charges for returned equipment.



If you have Original Medicare:

- Get your DME from a Medicare-approved supplier that takes assignment.
- Suppliers who take assignment can't charge you more than 20% of Medicare's approved amount for the cost of the DME.
- Many suppliers are Medicare-approved but don't take assignment. These suppliers can charge you more than 20%. Medicare will still only pay 80% of its approved amount for the DME, so you'll have to pay any extra costs.
- Don't use suppliers who haven't signed up to bill Medicare. If you do, you'll owe the full cost of your DME.

435-277-2420 Tooele County Aging Services

MONDAY, JUNE 2 & 16

JUNE

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					

*Dementia Caregiver
Support Group Meeting*
2-3:30 pm

Tooele Senior Center
59 E Vine St, Tooele

TOOELE
COUNTY
HEALTH DEPARTMENT
(435) 277-2420

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

Tai Chi Classes

Starting June 3, 2025
Tuesdays & Thursdays
10:00am-11:00 am

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

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



Held the
week of **6/5!**

MEDICARE FRAUD PREVENTION WEEK!

Be sure to watch our social media pages starting June 2nd to learn the information you
need to **PROTECT** yourself from Medicare fraud, errors, and abuse;
DETECT potential fraud, errors, and abuse; and **REPORT** your concerns.

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.



Get moving

Engage in regular exercise. This
includes activities that raise your heart
rate and increase blood flow to the
brain and body. Find ways to build more
movement into your day — walking,
dancing, gardening — whatever works
for you!



Walk with Ease

Take this course and walk with your peers to
alleviate pain caused by chronic conditions
such as arthritis.

Starting June 2, 2025
Tooele Senior Center
Mondays & Wednesdays at 1:00pm

- ✓ Reduces stress
- ✓ Boosts immunity
- ✓ Improves heart health
- ✓ Burns fat

Call 435-843-4110 to register today!

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.



Do you have questions
about Medicare?



Supported by Grants HHS-00000001 and HHS-00000002 from the ACL, DHRG, Washington DC 20001



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

INTERNATIONAL FOLK DANCE CLASSES

Tooele Senior Center
Every Monday & Wednesday
Starting May 19th @ 1:00pm
Sign-up at the front desk

GREAT
AEROBIC
EXERCISE AND
A LOT OF FUN!

NO
PARTNER
NEEDED

LEARN DANCES FROM PLACES LIKE:
BULGARIA, ROMANIA, HUNGARY, MACEDONIA,
TURKEY AND SERBIA.

ACTIVE AGING

Tooele County Aging Services
Wendover Dinner & Bingo

DINNER & BINGO CENA & BINGO

• **Call 435-843-4110** •

RSVP

To reserve a meal!
Llame para reservar su cena!

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, JUNE 25TH | DOORS OPEN AT 3:30PM
MIÉRCOLES, 25 DE JUNIO | LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center
112 300 South Wendover, UT



ADULTS
60+



Gardening with Stephania

Join the community garden with your friends at the
Grantsville Senior Center. Instructed by Master
Gardner, Stephania Potter! Harvest what you grow!

Every Monday at 2:00 P.M.
Grantsville Senior Center

The Master Garden
Spring Expo returns
educate in Tooele G

PAGE 10

Sudoku Challenge!



Enter numbers in the empty squares so that the numbers 1-9 appear only once in each row, column and box

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

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

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

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

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