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

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 BeckettBusiness Manager

Belinda Cardenas Financial Coordinator

Desirae Taylor
Jennifer Romero
Lisa Fowler
Social Workers

Sarah Jane Obray Gerontologist



TOOELE COUNTY ACTIVE AGING JULY 2025

ABOUT ONE KIND ACT A DAY

KINDNESS HAPPENS EVERY DAY, AND IT'S ALWAYS WORTH CELEBRATING.

The Semnani Family Foundation created the One Kind Act a Day initiative because small acts of kindness, when done by many, can lead to big change. At the heart of this vision is the idea that kindness has the power to change our lives and our world for the better. Our communities, our families, and even our personal health can all benefit from making kindness a daily habit.



One Kind Act a Day is intended to inspire and enable people everywhere to commit to one act of kindness every single day. Not only do both the giver and the recipient benefit from daily acts of selflessness- the spirit of generosity has a way of gaining momentum and spreading from one person to another.

"Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind."

Henry James



Take the Pledge

Dear Friends,

You may have read the June 4 article in the Tooele Transcript Bulletin titled "Tooele City Senior Center Requests Assistance Following Grant Denial." While well-intended, several key details were incorrect. Please rest assured—our senior centers are not at risk of closing, and we are not requesting assistance due to a grant denial.

Tooele County Aging Services is funded through a strong mix of federal, state, local, and community support—including the ongoing generosity of the older adults we serve. Many of you contribute time, talents, and donations that help sustain and enrich our programs, and we are deeply grateful for your involvement. We are also grateful for the continued commitment of the County Council and County Manager, whose support allows us to keep serving the community with consistency and care.

While we didn't receive the \$20,000 Recreation Grant this year, this isn't the first time—and we've always continued to offer valuable programs. In fact, we were just awarded \$7,000 from the Human Services Social Services Block Grant, which we greatly appreciate.

The article also mentioned possible changes to Older Americans Act funding. The latest update is encouraging: all OAA programs will remain unified under the newly renamed Administration for Children, Families, and Communities, helping protect the vital services older adults rely on.

Thank you for your continued support, concern, and advocacy. Our mission is to help every older adult in Tooele County thrive with health, dignity, and independence.

Warmly,

Amy Hoftiezer Director of Tooele County Aging Services



JULY MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Rosemary Roasted Chicken Mashed Potatoes & Gravy Mixed Vegetables Mandarin Oranges	Meatloaf Mashed Potatoes & Gravy Baked Beans Oatmeal Raisin Cookie	Chicken Parmesan Mixed Vegetables Banana	Happy Independence Day! No Home Delivered Meals
7	8	9	10	11
Chili Cheese Dog Green Beans	Sweet & Sour Chicken	Swedish Meatballs	Pulled Pork Sandwich	Chicken Caesar Salad
Broccoli Apple	Quinoa Japanese Vegetable Blend Orange	Mashed Potatoes & Gravy Roasted Zucchini Diced Peaches	Sliced carrots Banana	Chocolate Chip Cookie
14	15	16	17	18
Chicken Fettuccine Alfredo Broccoli	Meatball Sub Mixed Vegetables Pineapple	Pork Bratwurst Mashed Potatoes & Gravy Roasted Zucchini	Mediterranean Grilled Chicken Couscous Sliced Carrots	Chef Salad Sugar Cookie
Apple		Diced Pears	Orange	
21	22	23	24	25
Salisbury Steak Mashed Potatoes & Gravy Hot Three Bean Salad Diced Pears	Chicken Carbonara Asparagus Carrots Apple	Biscuits & Gravy Sausage Roasted Potatoes w/ Bell Peppers & Onions Sugar-Free Pudding	Happy Pioneer Day! No Home Delivered Meals	Chicken Salad Croissant Pickled Beets Coleslaw Banana
28	29	30	31	
Spaghetti & Meatballs Italian Vegetable Blend Apple	Beef Stroganoff Sliced Carrots Banana	Orange Chicken Brown Rice Broccoli Bell Peppers Fortune Cookie	Cheeseburger w/ Lettuce & Tomato Baked Beans Diced Peaches	

<u>Meals are subject to change.</u> 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	
O	 9:00am Pinochle 10:00am Tai Chi for Arthritis 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly Tying 11:00am Stronger Memory (Last Day) 12:30pm Bunko 	 10:00am Tai Chi for Arthritis 10:30am Wood Carving 	Senior Centers closed for Independence Day!	
7	8	9	10	11	
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 2:00pm Gardening Friends 	 9:00am Pinochle 10:00am Tai Chi for Arthritis 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly Tying 10:00am Computers 12:30pm Bunko 	 10:00am Tai Chi for Arthritis 12:30pm Wood Carving 	• 9:00am Exercise	
14	15	16	17	18	
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 2:00pm Gardening Friends 	 9:00am Pinochle 10:00am Tai Chi for Arthritis 11:00am Blood Pressure Monitor 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly Tying 10:00am Computers 12:30pm Bunko 	 10:00am Tai Chi for Arthritis 12:30pm Wood Carving 	• 9:00am Exercise	
21	22	23	24	25	
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 2:00pm Gardening Friends 	 9:00am Pinochle 10:00am Tai Chi for Arthritis 12:30pm Flint Knapping 	9:00am Exercise9:00am Fly Tying12:30pm Bunko	Senior Centers closed for Pioneer Day!	• 9:00am Exercise	
28	29	30	31		
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 2:00pm Gardening Friends 	 9:00am Pinochle 10:00am Tai Chi for Arthritis 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly Tying 10:00am	• 10:30am Wood Carving		

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
	 9:00am-12:00pm Social Security 10:00 Mexican Train 1pm Line Dancing 	 10:00 Exercise 10:00 Bridge 1pm Wood Carving 1pm Walk w Ease 	 10:00 DIY Painting 12:30pm BINGO 1pm Line Dancing 2:15pm Bunko 	Senior Centers closed for Independence Day!
7	8	9	10	11
 9:00 Fly-Tying 10:00 Exercise 10:00 Meet the Mayor 10:30 DIY Craft 12:45 Movies 1pm Watercolor 1pm Walk w/ Ease 	 10:00 Mexican Train 1pm Line Dancing 	 10:00 Exercise 10:00 Bridge 1pm Wood Carving 1pm Walk w/ Ease 	 9:30 Beg Computers 10:30 Adv Computer 10:00 DIY Painting 12:30pm BINGO 1pm Line Dancing 2:15pm Bunko 	 9:30am Cardio Drumming 2pm Patriotic Concert at Tooele Senior Center
14	15	16	17	18
 9:00 Fly-Tying 10:00 Exercise 10:30 DIY Craft 12:45pm Movies 1pm Art Class 1pm Walk w/ Ease 	 10:00 Mexican Train 1pm Line Dancing 	 10:00 Exercise 10:00 Bridge 1pm Wood Carving 1pm Walk w/ Ease 	 9:30 Beg Computers 10:30 Adv Computer 10:00 DIY Painting 12:30pm BINGO 1pm Line Dancing 2:15pm Bunko 	• 9:30am Cardio Drumming
21	22	23	24	25
 9:00 Fly-Tying 10:00 Exercise 10:30 DIY Craft 12:45pm Movies 1pm Watercolor 1pm Walk w/ Ease 	 10:00 Mexican Train 11:00am Blood Pressure Monitor 1pm Line Dancing 	 10:00 Exercise 10:00 Bridge 1pm Wood Carving 1pm Walk w/ Ease 	Senior Centers closed for Pioneer Day!	• 9:30am Cardio Drumming
28	29	30	31	
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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

Understanding Alzheimer's and Dementia alzheimer's 95 association

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, and research. https://www.youtube.com/watch?v=7sp]0yVG6qs













Medicare and Employer Coverage

What is the difference between primary and secondary coverage?

When you have Medicare and another type of insurance, Medicare will pay primary or secondary for your medical costs. Primary insurance pays first for your medical bills. Secondary insurance pays after. Usually, secondary insurance pays some or all of the costs left after your primary insurance pays (for example, deductibles and copays).

Type of insurance	Conditions	Primary	Secondary
Age 65+ with job-	Fewer than 20 employees	Medicare	Employer
based insurance	20+ employees	Employer	Medicare
Disabled with job-	Fewer than 100 employees	Medicare	Employer
based insurance	100+ employees	Employer	Medicare
Potivos insuranse	Not eligible for Medicare	Retiree	N/A
Retiree insurance	Eligible for Medicare	Medicare	Retiree
COBRA	Had COBRA before enrolling in Medicare	Medicare	N/A*
COBRA	Had Medicare before becoming eligible for COBRA	Medicare	COBRA

^{*}Note: There are also different rules if you have retiree Federal Employee Health Benefits (FEHB).

How does Medicare work with job-based insurance? (Job-based = current employment)

- If your job-based insurance is primary, you may wish to delay Medicare enrollment because you already have primary coverage and can sign up for Medicare Part B later.
- If your job-based insurance is secondary, you should enroll in Medicare Part B to avoid high costs for your care. If Medicare is supposed to be your primary coverage, your job-based coverage may provide little or no coverage if you're not enrolled in Part B.

How does Medicare work with retiree insurance and COBRA coverage?

- Retiree insurance is health coverage an employer may provide to former employees. Retiree coverage is almost always secondary to Medicare. This means you need to enroll in Medicare to be fully covered.
- If you have COBRA coverage when you become Medicare-eligible, COBRA usually ends the date you get Medicare. You should enroll in Part B right away. If you have Part A or Part B when you become eligible for COBRA, you must still be allowed to enroll in COBRA and you should enroll in or keep Part B. Medicare is primary insurance, and COBRA is secondary insurance.

Don't forget prescription drug coverage! Some employers offer creditable drug coverage for current or former employees. Ask your employer if yours is considered creditable (as good as Medicare Part D). If so, you can delay enrolling in Medicare Part D without a late enrollment penalty if you enroll in Part D later. If your prescription drug coverage isn't creditable or if you don't have prescription drug coverage, you should enroll in Part D as soon as possible.

Enrolling in Medicare after you've delayed: You can use the Part B Special Enrollment Period (SEP) to enroll in Medicare later if you've been continuously covered by insurance from current work (not retiree) or by Medicare Part B since becoming eligible for Medicare. You can use the SEP while you have that job-based insurance from current work, or in the eight months after losing that insurance. You will need evidence from your employer(s) of your continuous coverage.

Questions? Contact Tooele County Aging Services 435-277-2420

The Next Chapter

A social support and educational program for widows and widowers



Fridays on Vine: Summer Concert 6:30 – 8:30 pm Aquatic Center Park

Do you have a favorite song by the Beatles? Come listen to The Lonely Hearts Club Band perform music from all eras of Beatlemania. This free performance starts at 7 pm. You'll need to bring a chair to sit on. Look for us by the big pine trees, in front of the bandstand, at 6:30 pm. Be prepared for warm weather and busy parking areas.

Friday JULY 11





WEDNESDAY, JULY 30TH | DOORS OPEN AT 3:30PM

MIÉRCOLES, 30 DE JULIO | LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center 112 300 South Wendover, UT



We want to hear from you! Let us know how we can support you in aging well.

The Department of Health and Human Services is building a 10-year, statewide plan on aging — and we need your input!

This effort is part of the governor's WISE Initiative, which focuses on 4 pillars of aging well: **W**ealth, **I**ndependence, **S**ecurity, and **E**ngagement.

Give your feedback in any of the following ways:

Visit:

daas.utah.gov /utah-wise-initiative/

to fill out our feedback form.

Scan the QR code:



Write to us at:

DAAS
Re: WISE initiative
288 North 1460 West
Salt Lake City, Utah 84116

Utah Department of Health & Human Services

Measles Confirmed in Utah: What Older Adults Need to Know

Measles was recently confirmed in Utah. While this illness is rare, it spreads easily and can be especially dangerous for older adults. Here are the key facts to help keep you safe:

Vaccination is your best protection

Two doses of the MMR vaccine are about 97% effective. If you were vaccinated before 1968 or only had one dose, talk with your healthcare provider about getting an updated shot.

Older adults face higher risks

Adults are more likely to experience serious complications like pneumonia or brain inflammation (encephalitis) if infected.

Watch for symptoms

Common signs include:

- High fever (often over 102°F)
- Cough, runny nose, red eyes
- A rash that usually starts a few days after the fever begins

If you feel sick, call before visiting

Let your clinic know about symptoms before arriving so they can provide safe care and help prevent the spread of illness.

Take simple precautions

Avoid crowded indoor spaces, wash your hands often, and stay home when feeling unwell.

Bottom line: Measles is serious, but it's also preventable. Make sure your vaccinations are up to date and stay alert for symptoms.

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.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



Monthly Tips For Family Caregivers

As a family caregiver, your health and Well-being are important



Maintaining your health is crucial for being able to care effectively for your loved one.

Take care of your own health by focusing on nutrition, exercise, and sufficient rest. Regular self-care routines can help you stay strong and resilient in the face of caregiving demands.

TIP: Take Care of Your Own Health



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





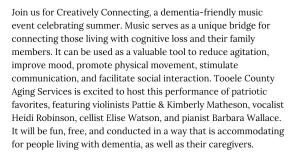
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1 The Basic Facts: An Overview of Alzheimer's Disease and Related Dementias

- 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



Friday, July 11th, 2025 2:00 - 2:45 pm Tooele Senior Center 59 E Vine Street





Come enjoy music, visiting, and refreshments.

Do you have questions about Medicare?







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

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.





4th of July

RTAPG BMRYXE В K S S S В S S R D S S Κ G В S MGNV K UMMERYP DOGSYNS RYFPWS LVPZHOT

FIREWORKS FREEDOM INDEPENDENCE

LIBERTY PARADE FLAG AMERICA ANTHEM JULY

SUMMER PATRIOTIC BARBEQUE

PHILADELPHIA ENGLAND JEFFERSON NATION HOTDOGS STATES

THIRTEEN COLONIES UNITED
RIGHTS PICNIC SPARKLERS

TOOELE COUNTY AGING SERVICES

59 E Vine Street Tooele, UT 84074



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TOOFLE C O U N T Y	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