

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



Dear Friends,

As October arrives, the world around us shifts once again. The air is crisp, the leaves are glowing with color, and sweater weather is officially here. It's the perfect season for apple picking, pumpkin-spiced everything, and cozy evenings wrapped in your warmest blanket.

Autumn reminds us that change, while sometimes uncertain, can also be beautiful. Just as the trees let go of their leaves, we too can find strength in letting go and welcoming new beginnings. And in a world that feels a little crazy at times, kindness matters more than ever—a smile, a thoughtful word, or a helping hand can brighten someone's entire day.

So let's embrace October with joy—take a colorful walk, enjoy the crisp breeze, and savor the simple comforts of the season. Here's to warmth, kindness, and plenty of fun fall moments!

Amy Hoftiezer

In Honor of



Senior Centers are closed

Monday, October 13th, 2025

No Home Delivered Meals

one kind
act a day.



Take the pledge at
ThePowerOfKind.org



EMPLOYEE SPOTLIGHT

BELINDA CARDENAS

- Meet Belinda Cardenas, our new Financial Coordinator for Aging Services! She joined us in March and lives in Erda with her family and son. Belinda holds a Bachelor's in Economics and an MBA, and previously worked at Southern Utah University.
- Fun Fact: She never sneezes just once—it's usually 5-10 in a row!
- We're thrilled to have Belinda's skills, creativity, sparkle, and sneezes on our team.



OCTOBER MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 ATTENTION PLEASE! Our program is growing and parking is limited. Please consider carpooling.		Grilled Chicken Breast Mashed Potatoes and Gravy Roasted Zucchini Sliced Carrots Apple	Chili & Cornbread Side Salad	Chicken Salad Croissant Pickled Beets Coleslaw Diced Peaches
6	7	8	9	10
Chicken Fettucine Alfredo Broccoli Cauliflower Banana	Ham Dinner Mashed Potatoes and Gravy Corn Green Beans Diced Pears	Chili Cheese Dog Mixed Vegetables Apple	Chicken Teriyaki Whole Wheat Lo Mein Noodles Japanese Vegetable Blend Orange	Swedish Meatballs Mashed Potatoes and Gravy Brussels Sprouts Sugar Free Pudding
13	14	15	16	17
SENIOR CENTERS CLOSED FOR INDIGENOUS PEOPLES DAY <u>NO HOME DELIVERED MEALS</u>	Chicken Burrito Bowl Brown Rice Pinto Beans	Meatloaf Mashed Potatoes w/ Gravy Sliced Carrots Mixed Fruit Cup	Chicken Carbonara Broccoli Corn Mandarin Oranges	Beef Stroganoff Roasted Zucchini Diced Pears
20	21	22	23	24
Salisbury Steak Mashed Potatoes & Gravy Mixed Vegetables Apple	Chicken Parmesan Sliced Carrots Banana	Pulled Pork Sandwich Roasted Cabbage Applesauce	Chicken Fajitas Pinto Beans Onions & Bell Peppers Diced Peaches	Meatball Sub Italian Vegetable blend Orange
27	28	29	30	31
Biscuits & Gravy Sausage Patty Roasted Potatoes w/ Bell Peppers & Onions Apple	Cheeseburger Baked Beans Broccoli Apple	Orange Chicken Quinoa Japanese Veggie Blend Banana	Spook-ghetti & Meatsauce Mixed Vegetables Orange Cake	Pork Bratwurst Mashed Potatoes and Gravy Mixed Vegetables Orange

Meals are subject to change. For special diets or dietary 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
		• 9:00am Exercise • 9:00am Fly Tying • 10:00am Computers • 12:30pm Bunko	• 10:30am Wood Carving • 2:30pm Center closes early for all staff training.	• 9:00am Exercise • 12:00pm-2pm Shred Event @ Tooele Senior Center.
6	7	8	9	10
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm BINGO	• 9:00am Pinochle • 10:00am Practice Tai Chi • 12:30pm Flint Knapping	• 9:00am Exercise • 9:00am Fly Tying • 10:00am Computers • 12:30pm Bunko	• 12:30pm Wood Carving	• 9:00am Exercise
13	14	15	16	17
Senior Centers closed for Indigenous Peoples Day!	• 9:00am Pinochle • 10:00am Practice Tai Chi	• 9:00am Exercise • 9:00am Fly Tying • 10:00am Computers • 12:30pm Bunko	• 12:30pm Wood Carving	• 9:00am Exercise
20	21	22	23	24
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm BINGO	• 9:00am Pinochle • 10:00am Practice Tai Chi • 12:30pm Flint Knapping	• 9:00am Exercise • 9:00am Fly Tying • 10:00am Computers • 12:30pm Bunko	• 12:30pm Wood Carving	• 9:00am Exercise
27	28	29	30	31
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm BINGO	• 9:00am Pinochle • 10:00am Practice Tai Chi • 12:30pm Flint Knapping	• 9:00am Exercise • 9:00am Fly Tying • 10:00am Computers • 12:30pm Bunko	• 11:30am Halloween Festival @ Tooele Senior Center! • Flu Shot Clinic at event 10am-12pm. <u>Transportation provided from Grantsville Senior Center.</u>	• 9:00am Exercise

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
		10:00am Exercise 10:00am Bridge 11:00am Stronger Memory 1pm Wood Carving 1pm Folk Dancing	9:30 Beg Computers 10:00 Tai Chi for Arthritis 10:00 DIY Painting 10:30 Adv Computers 12:30pm BINGO 1pm Line Dancing 3:00pm Center closes early for all staff training.	9:30am Cardio Drumming 12:00pm-2pm Shred Event @ Tooele Senior Center
6	7	8	9	10
9:00am Fly-Tying 10:00am Exercise 10:00am Meet the Mayor 10:30am DIY Craft 12:45pm Movies 1pm Folk Dancing	9:00am-12:00pm Social Security 10:00am Mexican Train 10:am Tai Chi for Arthritis 1pm Line Dancing 1pm Bunko	10:00am Exercise 10:00am Bridge 11:00am Stronger Memory 1pm Wood Carving 1pm Folk Dancing	9:30 Beg Computers 10:00 Tai Chi for Arthritis 10:00 DIY Painting 10:30 Adv Computers 12:30pm BINGO 1pm Line Dancing	9:30am Cardio Drumming
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20	21	22	23	24
9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 12:45pm Movies 1pm Folk Dancing 1pm Watercolors	10:00am Mexican Train 10:00am Tai Chi for Arthritis 1pm Line Dancing 1pm Bunko	10:00am Exercise 10:00am Bridge 11:00am Last Stronger Memory 1pm Wood Carving 1pm Folk Dancing	9:30 Beg Computers 10:00 Tai Chi for Arthritis 10:00 DIY Painting 10:30 Adv Computers 12:30pm BINGO 1pm Line Dancing	9:30am Cardio Drumming
27	28	29	30	31
9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 12:45pm Movies 1pm Folk Dancing 1pm Watercolors	9:00am-12:00pm Social Security 10:00am Mexican Train 10:00am Last Tai Chi for Arthritis 1pm Line Dancing 1pm Bunko	10:00am Exercise 10:00am Bridge 1pm Wood Carving 1pm Folk Dancing	10am-12pm Flu Shot Clinic 11:30AM Halloween Festival! Our program is growing & parking is limited. Please consider carpooling. 	9:30am Cardio Drumming

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>

The Top 5 Financial Scams Targeting Older Adults

1. The grandparent scam.

In this scam, fake grandchildren ask for help with car repairs, late rent, a medical emergency, or even to post bond. They pretend to be in distress. They may even beg the grandparent not to tell anyone.

2. Financial services scam.

Scammers call, text, or send email messages that look and sound perfectly legitimate. They may claim that a checking or savings account has been compromised and ask for personal information, such as a password or Social Security number, to “secure” it. They may promise better rates or terms on a home loan. Or they may threaten arrest for unpaid medical bills—which may or may not exist.

3. Tech support scam.

A person’s computer or phone screen will freeze or go blank. A pop-up message will appear with a phone number to dial for help. When the user calls it, the scammer on the other end will ask for permission to log on to the device remotely. This fake “tech support” representative also may demand a fee to repair the “issue.”

4. Government impersonation scam.

Callers pretend to be from the Internal Revenue Service (IRS), Social Security Administration, or Medicare. They threaten to arrest or deport the person who picks up the phone if they don’t pay their “unpaid taxes”. Or, they may threaten to cut off Social Security or Medicare benefits unless the person provides personal details. This information can then be used to commit identity theft.

5. Romance scam.

Romance scammers tell all sorts of lies to steal your heart and money. You’re looking to settle down. They’re ready too. But there is one exception – you want to meet in real life, and they can’t.

TO READ MORE VISIT:

<https://www.ncoa.org/article/top-5-financial-scams-targeting-older-adults/>



The Next Chapter

A social support and educational program for widows and widowers



Haunting Season Kick-off

6:45 - 8:00 pm

Benson Grist Mill

325 Pole Canyon Rd, Stansbury Park

Join us if you dare, for some ghostly fun. The Western Paranormal Society will teach us about paranormal investigations. They will share some ghost hunting tips, stories, evidence, and even investigate some of the historic Benson Grist Mill buildings with us! There will be a little walking on uneven terrain, but it will be accessible for all. Dress for outdoor conditions.

Saturday
OCTOBER

4

TOOELE
C O U N T Y
HEALTH DEPARTMENT
AGING SERVICES
435-277-2420
health.tooeleco.gov

OCTOBER

MONDAY, OCT 6 & 20

*Dementia Caregiver
Support Group Meetings
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
C O U N T Y
HEALTH DEPARTMENT
(435) 277-2420

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

Medicare's Open Enrollment Period



Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will be covered next year and that your providers and pharmacies will be in network. Coverage begins Jan 1, 2026

Changes you can make during Medicare's Open Enrollment:

- ✓ Joining a new Medicare Advantage plan or Part D prescription drug plan
- ✓ Switching from Original Medicare to Medicare Advantage
- ✓ Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)

Considerations when choosing a new plan

Ask yourself the following questions before choosing a **Part D drug plan**:

- | | |
|---|---|
| <ul style="list-style-type: none"> ? Does the plan cover all the medications I take? ? Does the plan have restrictions on my drugs? ? How much will I pay for monthly premiums and the annual deductible? ? How much will I pay at the pharmacy (copay/coinsurance) for each drug I take? | <ul style="list-style-type: none"> ? Is my pharmacy in the plan's preferred network? Can I fill my prescription by mail order? ? What is the plan's star rating? ? If I have other drug coverage, will the Medicare drug plan work with this coverage? |
|---|---|

Ask yourself the following additional questions before choosing a **Medicare Advantage plan**:

- | | |
|---|---|
| <ul style="list-style-type: none"> ? How much are the premiums, deductible, and coinsurance/copay amounts? ? What is the annual maximum out-of-pocket cost for the plan? ? What service area does the plan cover? ? What is the plan's star rating? | <ul style="list-style-type: none"> ? Does the plan cover additional benefits not covered by Original Medicare? ? Are my doctors and hospitals in the plan's network? ? Will this plan affect any additional coverage I may have? |
|---|---|



For appointments, call TOOELE COUNTY AGING SERVICES 435-277-2420.

Protect Yourself from Marketing Violations



During Open Enrollment, health insurance companies try to reach people in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The Centers for Medicare & Medicaid Services (CMS) has rules for marketing Medicare Advantage plans and Part D plans, though. These rules protect Medicare beneficiaries from aggressive or misleading marketing.

TIME FOR A Medicare CHECK-UP



- Enroll in a Medicare Advantage plan
- Switch Medicare Advantage Plans
- Join, switch, or drop Part D Plans
- Return to Original Medicare

MEDICARE OPEN ENROLLMENT OCT 15 - DEC 7

Even if you are happy with your current health and drug plans, OEP is a good time to review what you have and make sure that your current coverage still meets your needs. Plans change year to year. Contact Tooele County Aging Services to schedule an appointment.

435-277-2420

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.



CAR WINTERIZATION SERVICES

WIPERS

Bring a set of wipers we'll change them out. Top off wiper fluid with sub zero wiper fluid. Clean windshield.

ENGINE

Oil check.

TIRES

Tire pressure check. Tire inflation. Tire tread depth check.

DATE

October 11th 2025
1:00pm - 4:00pm
Tooele Senior Center
Parking Lot

TIMES

Sign up for a specific time frame to be seen.

FREE!

This is a scout service project provided by the scouts of Troop 314

SIGN UP

Tooele Senior Center's Front Desk
(435)843-4110



FREE SHRED DAY

**PROTECT
DETECT
REPORT**

**October 3, 2025
12-2 PM**

Tooele Senior Center
59 E Vine St
Tooele, UT

Shred & Protect
Tooele County Aging Services invites you to safely dispose of sensitive papers:

- Anything with your **SSN** or account numbers
- **Medical bills/records**
- **Credit card/bank** statements
- **Pre-approved credit offers** (junk mail)

TOOELE COUNTY HEALTH DEPARTMENT **SHIP** **SMP** **LIMIT 5 BOXES PER VEHICLE** **435-277-2420**

Supported by Grant # HSA050061 and #HSA050069 from ACL, DHHS, Washington DC 20201



Holiday CARD MAKING

Get ready for the Holidays. Join us for a fun Holiday handmade card-making class. All materials are supplied.

Thursday, November 6th
10:00am - 2:00pm
Grantsville Senior Center
120 S Center St.




Thank You

We are so grateful to the Ladies Community Club of Tooele for volunteering their time and talent to refurbish the bench at the Tooele Senior Center. Your work is so appreciated!



Monthly Tips For Family Caregivers

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

Seeking support from other caregivers reduces isolation, provides practical tips, and offers emotional understanding from people who truly know what you're going through. Caregiver support groups help foster a sense of community and provide a safe space to share experiences and concerns.

TIP: Seek support from other caregivers

TOOELE COUNTY HEALTH DEPARTMENT



Tooele County Aging Services
Wendover Dinner & Bingo

DINNER & BINGO CENA & BINGO

Call 435-843-4110

RSVP

By Friday, October 24th
To reserve a meal!
Llame para reservar su cena!

WEDNESDAY, OCTOBER 29TH
DOORS OPEN AT 3:30PM
MIÉRCOLES, 29 DE OCTUBRE
LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center
112 Moriah Ave, Wendover, UT

TOOELE COUNTY HEALTH DEPARTMENT

ADULTS 60+

HALLOWEEN



AMUSEMENT
BATS
CANDY
DRACULA
FRANKENSTEIN
GHOSTS
HARVEST
MONSTER
OCTOBER
PRANK
SCARE
SPIDER
WITCH

APPLES
BLACK
CAT
EERIE
FRIGHTEN
GOBLIN
HAYRIDE
MUMMY
ORANGE
PUMPKINS
SHADOWS
SPOOKY

AUTUMN
BOO
COSTUMES
EXCITEMENT
GAMES
HALLOWEEN
MASK
NIGHT
PARTY
SAFE
SKELETON
TRICKORTREAT



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