

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

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

November 2024

TOOELE COUNTY
AGING SERVICES
CRAFT & BAKE FAIR

SUPPORT, VIEW, AND PURCHASE A
VARIETY OF EXCELLENT WORKS OF
ART, CRAFTS AND BAKED GOODS

FREE ENTRY FOR EVERYONE
AT TOOELE SENIOR CENTER
59 E VINE STREET, TOOELE

THURSDAY, NOVEMBER 20TH
10:00AM - 3:00PM

**PROCEEDS FROM BOOTH
RENTALS & BAKE SALE HELP
FUND ACTIVITIES AT THE
SENIOR CENTERS**

The logo for Tooele County Health Department, featuring the word "TOOELE" in large, stylized blue letters with a mountain range graphic behind it, and "COUNTY HEALTH DEPARTMENT" in smaller blue letters below.

Dear Friends,

As we enter this season of gratitude, I find myself reflecting on how thankful I am for the people and purpose that surround me every day. I am grateful for our wonderful community, for each participant who brings joy and connection to our programs, and for our dedicated staff who make a difference in the lives of older adults throughout Tooele County.

I want to give a special thank-you to all of our participants who are Veterans. Your service and strength inspire us every day. This year, my gratitude feels especially close to home as I think of my own son who serves in the United States Air Force. The courage and commitment of all our Veterans remind us how fortunate we are to live with the freedoms you've protected.

On a personal note, I am filled with joy and gratitude for my family, especially as I celebrate becoming a grandmother this year. This season reminds me how important it is to slow down, spend time with loved ones, and give thanks for the simple moments that mean the most.

As we continue our One Kind Act a Day initiative, I encourage everyone to take time each day to notice something you are thankful for and to share kindness whenever you can. Gratitude and kindness truly go hand in hand as they both have the power to strengthen our hearts, lift our spirits, and bring our community closer together.

Wishing you a November filled with warmth, gratitude, and togetherness.

Happy Thanksgiving,
Amy Hoftiezer



Daylight Savings Time Ends

Don't forget to change your clock back
on November 2, 2025.

EMPLOYEE SPOTLIGHT AMY HOFTIEZER

- Amy Hoftiezer is the Director of Tooele County Aging Services, part of the local health department. This connection between public health and aging ensures that the needs of older adults are included in every aspect of health policy and community planning.
- Amy has been with the Tooele County Health Department for 13 years, with the last three focused on Aging Services. She is currently pursuing her Master's degree in Gerontology at the University of Utah.
- A seventh-generation Tooele resident, Amy loves her community and is passionate about helping older adults thrive. She is married to her best friend, Rick, and has two adult children—a daughter finishing pharmacy school at the University of Utah and a son serving as a staff sergeant in the United States Air Force—along with a wonderful daughter-in-law, a new grandson, and one very spoiled dog.



NOVEMBER MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Fettucine Alfredo Mixed Vegetables Orange	Ham & Split Pea Soup Chocolate Chip Cookie	Grilled Chicken Breast w/ Dill & Chicken Gravy Couscous Banana	Chili Cheese Dog Mixed Vegetables Apple	Egg Salad Croissant Pickled Beets Coleslaw Pineapple
10	11	12	13	14
Beef Stew Roll Apple	Senior Centers closed for Veterans Day! ===== ★ ★ ★ ★ ★ ===== <u>No Home Delivered Meals</u>	Sloppy Joe Brussels Sprouts Orange	Pulled Pork Sandwich Roasted Cabbage Green Beans Mixed Fruit	Turkey Club & Bacon Sandwich Cucumber Onion Salad Banana
17	18	19	20	21
Meatball Sub Italian Vegetables Apple	Chicken Carbonara Mixed Vegetables Orange	Teriyaki Chicken Quinoa Green Beans Sliced Carrots Pineapple Fortune Cookie	Ham Mashed Potatoes & Gravy Vegetable Blend Cobbler	Roast Beef Sandwich Coleslaw Sugar Free Pudding
24	25	26	27	28
Spaghetti & Meatballs Mixed Vegetables Apple	Pork Bratwurst Roasted Cabbage Peas Banana	Beef Stroganoff Broccoli Mandarin Orange	Senior Centers closed for Thanksgiving! <u>No Home Delivered Meals</u> 	Senior Centers closed for Thanksgiving! <u>No Home Delivered Meals</u>

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
3	4	5	6	7
• 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	• 10:00am Holiday Card Making Class • 12:30pm Wood Carving	• 9:00am Exercise
10	11	12	13	14
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm BINGO	Senior Centers closed for Veterans Day! 	• 9:00am Exercise • 9:00am Fly Tying • 10:00am Computers • 12:30pm Bunko	• 12:30pm Wood Carving • 1:00 pm Virtual Bingo w/ Sheriff Wimmer	• 9:00am Exercise
17	18	19	20	21
• 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	• 10am-3:pm Craft Fair & Bake Sale @ Tooele Senior Center • 11:30am Friends-giving Luncheon & Honor Veterans@ Tooele Senior Center! <u>Transportation provided from Grantsville Senior Center</u>	• 9:00am Exercise
24	25	26	27	28
• 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	Senior Centers closed for Thanksgiving! 	Senior Centers closed for Thanksgiving! 

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
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 9:30am Mexican Train 12:30pm Bunko 1pm Line Dancing	10:00am Exercise 10:00am Bridge 1pm Wood Carving 1pm Folk Dancing	9:30 Beginner Computers 10:00 DIY Painting 10:30 Advanced Computers 12:30pm BINGO 1pm Line Dancing	9:30am Cardio Drumming
10	11	12	13	14
9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 12:45pm Movies 1pm Folk Dancing 1pm Watercolors	Senior Centers closed for Veterans Day! 	10:00am Exercise 10:00am Bridge 1pm Wood Carving 1pm Folk Dancing	9:30 Beginner Computers 10:00 DIY Painting 10:30 Advanced Computers 12:30pm BINGO 1:00pm Virtual Bingo w/ Sherriff Wimmer 1pm Line Dancing	9:30am Cardio Drumming
17	18	19	20	21
9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 12:45pm Movies 1pm Folk Dancing 1pm Watercolors	9:30am Mexican Train 12:30pm Bunko 1pm Line Dancing	10:00am Exercise 10:00am Bridge 1pm Wood Carving 1pm Folk Dancing	10am-3pm Craft & Bake Sale 11:30am Friendsgiving Luncheon & Honor Veterans! <i>Our program is growing & parking is limited. Please consider carpooling</i> 	9:30am Cardio Drumming
24	25	26	27	28
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 9:30am Mexican Train 12:30pm Bunko 1pm Line Dancing	10:00am Exercise 10:00am Bridge 1pm Wood Carving 1pm Folk Dancing	Senior Centers closed for Thanksgiving! 	Senior Centers closed for Thanksgiving! 

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>



**Join Us
on
Zoom
For Fun
& Prizes!**

**THURSDAY
November 13th**

1:00 PM

**Call: 435-843-4110
to reserve your spot
with your email address**



Hope FOR THE HOLIDAYS

Sunday, November 2, 2025

4:00 - 5:00 pm

Tooele Senior Center
59 East Vine Street, Tooele

You, your family, and friends are invited to join us at this annual evening of hope, support, and inspiration. A special guest speaker will be explaining the history and traditions of Día de los Muertos. This meaningful cultural celebration offers a beautiful way to feel close to loved ones who have died, express cherished memories, and find moments of joy while grieving. We welcome you to participate by contributing to our ofrenda (or our display of honor) with a photo or memento of the person you're remembering. Items will be returned to you at the conclusion of the event. Please call (435) 277-2420 to RSVP.



Refreshments served

Take-home item given



AGING SERVICES
435-277-2420



Dementia
Caregiver Kits



Book
Recommendations



CELEBRATE
National Family Caregivers Month
AT OUR LIBRARIES

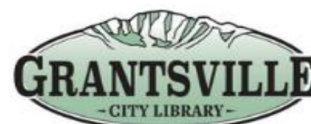
NOVEMBER
2025

Community
Resources



Tooele City
EST. 1853
LIBRARY
128 West
Vine Street

VISIT



**42 NORTH
BOWERY STREET**

TURNING 65 AND NEED TO LEARN ABOUT MEDICARE?

Tooele County Aging Services offers free Medicare 101 classes covering: eligibility, enrollment, Medicare parts, coverage, costs, and how it works with employer health plans.

MEDICARE 101 CLASSES

- Wed Nov 12th
- Wed Feb 11th

Classes will be held at TCHD
151 N Main St Tooele
Room 180 6-7 pm

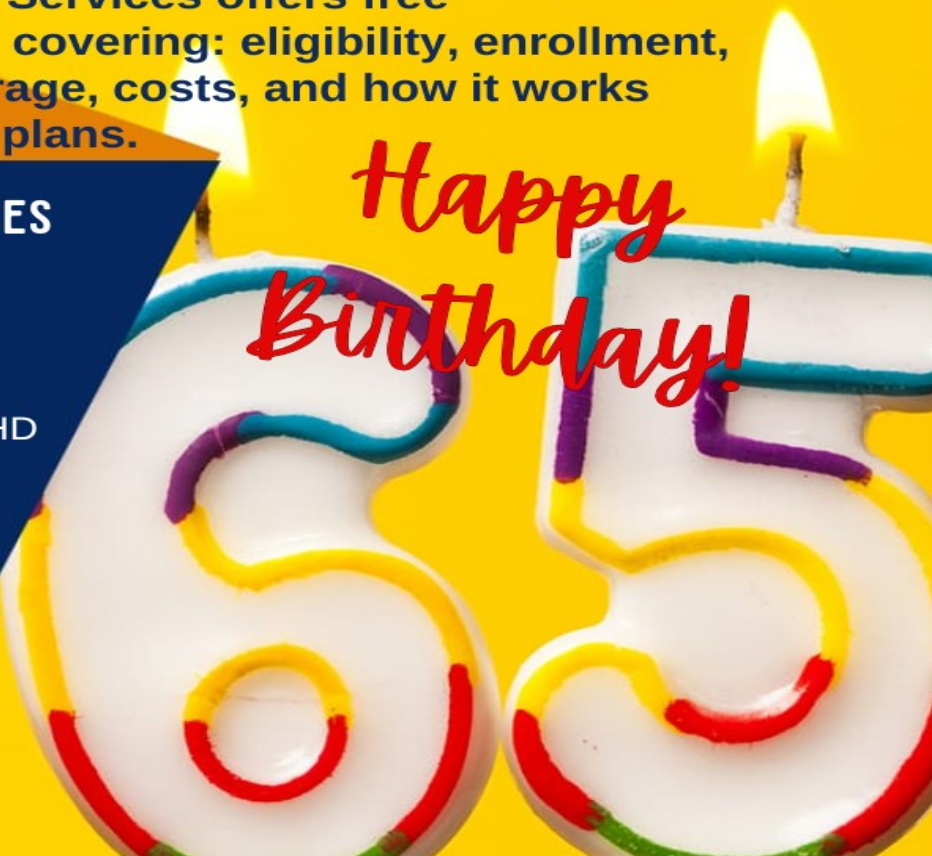
register online at
www.tooeleaging.org

or call

435-277-2420



*Happy
Birthday!*



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

CELEBRATE

National Family Caregivers Month WITH US

Let's Take a Walk Down Memory Lane

Listening to a favorite song from your high school days, watching family movies, or enjoying one of your mother's recipes are all ways to spark reminiscing. The feelings of nostalgia and reflecting on the past can actually be beneficial to our well-being and those we care for. Join us to learn about the power of reminiscing and discover ways to incorporate it into your life.

MONDAY
NOVEMBER 17, 2025

1:30-2:30 PM

**TOOELE COUNTY
HEALTH DEPT**
151 N MAIN ST, TOOELE



PRESENTATION BY:
Kate Nederostek, MGS,
CDP, Gerontologist

Program Manager
Caregiver Support Program &
Alzheimer's Disease & Related
Dementias Program
at the Utah Department of
Health & Human Services



CALL

Tooele County Aging Services

TO REGISTER

(435)277-2420

Dementia Caregiver Support Group Meetings

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	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

Monday, Nov 3rd
2-3:30 pm

Tooele Senior Center

Monday, Nov 17th
1:30-2:30 pm

Tooele County Health Dept.

TOOELE
COUNTY
HEALTH DEPARTMENT
(435) 277-2420

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

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.



Monthly Tips For Family Caregivers

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

One of the important steps for caregivers is learning as much as possible about your loved one's disease or condition. This knowledge will make caregiving less daunting and allow you to anticipate changes and challenges. Learning about disease progression, treatment options, and management strategies, can help you feel more prepared. Knowing what to expect helps reduce anxiety and uncertainty for both of you.

TIP: Educate yourself

TOOELE
COUNTY
HEALTH DEPARTMENT

★★★★★  ★★★★★
Tooele County Aging Services
salutes all who have served
and continue to serve!



Senior Centers Are Closed

Tuesday, November 11, 2025

★ No Home Delivered Meals ★

PARKINSON'S SUPPORT GROUP

November 20th
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.



one kind act a day.

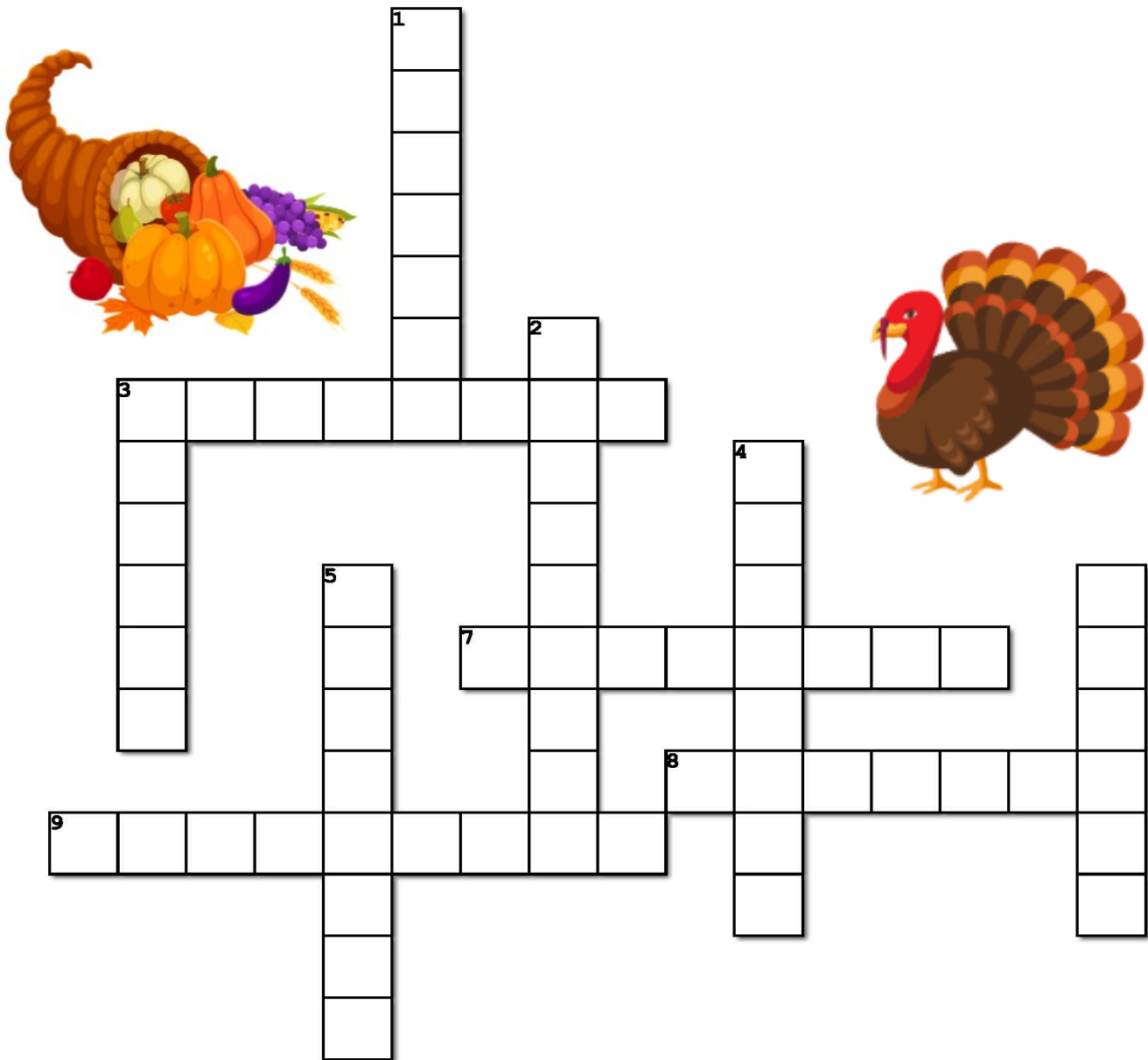


Take the pledge at
ThePowerOfKind.org



Happy Thanksgiving

Complete the crossword puzzle below



Across

- 3. Day of the week
- 7. Month
- 8. Pie
- 9. Red Berry

Down

- 1. Shared feast with the Pilgrims
- 2. Pilgrims sailed on this
- 3. Thanksgiving bird
- 4. Pilgrim landing rock
- 5. Sport commonly watched
- 6. Plenty

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