

Aging Services

Tooele Center
59 E Vine
(435) 843-4110

Grantsville Center
120 S Center St
(435) 884-3446

Meals on Wheels
435-843-4110

Aging Director
Amy Hoftiezer

Senior Centers Supervisor
Bella Colovich

Activity Specialists
Kristen Bolinder
Shirlene Jensen
Amy Larsen
Karin Shields

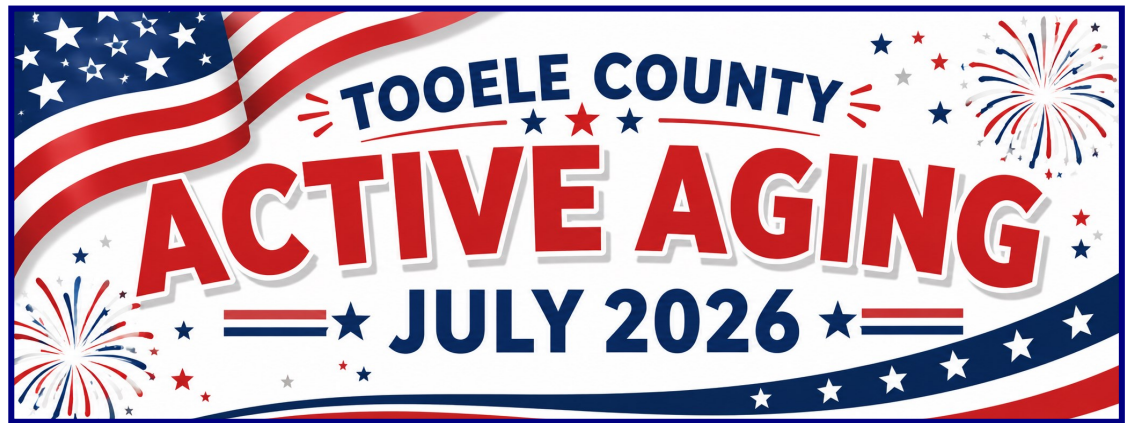
Kitchen/MOW Staff
Kim Hale
Rebecca Provencio
Alicia Bysecker
Griffin Gerhardt
Darrin Lowe
Carson Martinez
Pam Ludwig
Jacob Gabbard

Business Manager
Tracy Beckett

Financial Coordinator
Belinda Cardenas

Social Workers
Desirae Taylor
Jennifer Romero
Lisa Fowler

Gerontologist
Sarah Jane Obray



CONGRATULATES!

**TOOELE COUNTY
SENIOR CENTERS**



First Senior Centers in Utah to be Certified Centers of Kindness!

This recognition honors a year of intentional efforts to build a culture of kindness, connection, and belonging. Thank you to the older adults, volunteers, staff, and community partners whose daily acts of kindness made this achievement possible. ❤️

Come celebrate with us
AS WE ARE PRESENTED WITH THIS AWARD.

THURSDAY, JULY 16TH, 2026

1:00 PM

TOOELE SENIOR CENTER
59 E VINE ST, TOOELE, UT



Dear Friends,

As our nation prepares to celebrate its 250th anniversary, I find myself reflecting on our country's remarkable history and the many changes that have taken place over the years. In my own 50+ years, I have seen tremendous advances in technology, healthcare, and the way we connect with one another. Many of you have witnessed even more. As we celebrate Independence Day, I am grateful for our nation's founders, the generations of Americans who have helped preserve our freedoms, and especially our veterans and active-duty military members. Thank you for your service and sacrifice.

As many of you know, the cost of just about everything has increased over the years, and our meal program is no exception. Beginning July 1, the suggested contribution for a congregate or home-delivered meal will increase from \$4 to \$6. Even at \$6, it remains well below the actual cost of more than \$13 per meal. Every contribution received goes directly back into the meal program to help support meals and services for older adults in our community. Because this is a federally funded program for older adults, meals are offered on a contribution basis for individuals age 60 and older. Participants under age 60 are required to pay the full cost of the meal. As always, an inability to contribute will never prevent an older adult from receiving a meal.

I hope you enjoy the many celebrations happening throughout Tooele County this month. Stay safe, stay hydrated, be mindful of fire restrictions, and remember to be kind to one another.

Have a safe and enjoyable July!

Amy Hoftiezer

EMPLOYEE SPOTLIGHT

GOTCHA

JACOB GABBARD



- Welcome Jacob, our newest MOW driver!
- Jacob brings experience from working at Amazon and Maverik.
- Jacob is married to his wife, Amber, and shares his home with two cats. His roommate has a dog named Gracy who isn't technically his, but he secretly claims her as his own.
- In his free time, Jacob enjoys playing Pokémon Go and video games, cooking, baking, visiting the library, reading, writing short stories, and creating music with friends.
- When asked about his new role, Jacob shared, "This is one of the jobs that makes me feel like I'm truly doing something good for the community."



one kind act a day.



Take the pledge at
ThePowerOfKind.org



★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

TOOELE COUNTY

SENIOR CENTERS ARE CLOSED

FRIDAY, JULY 3RD
&
FRIDAY, JULY 24TH

★ NO HOME DELIVERED MEALS ★

JULY MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Carbonara Fettuccini Mixed Vegetables Apple	Turkey Club 3 Bean Salad Broccoli Sugar Free Pudding	Senior Centers Closed for Independence Day! No Home Delivered Meals
6	7	8	9	10
Teriyaki Chicken Quinoa Stir-Fry Veggies Fortune Cookie Orange	Beef Goulash Rigatoni with Marinara Sauce Corn Pears	Roasted Chicken Mashed Potatoes & Gravy Green Beans Carrots Banana	Swedish Meatballs with Gravy Rice Mixed Vegetables Mandarin Orange	Ham & Cheese Sandwich Pickled Beets Apple
13	14	15	16	17
Shepherd's Pie Mixed Vegetables Peaches	Pulled Pork Sandwich Carrots & Peas Banana	Sweet & Sour Chicken Rice Green Beans Broccoli Pineapple	Chicken Parmesan Italian Vegetables Peaches	Chicken Caesar Salad Pears
20	21	22	23	24
Beef Stroganoff Green Beans Apple	Chicken Fajitas Black Beans Fajita Vegetables Pineapple	Sliced Ham Macaroni & Cheese Broccoli Banana	Chili Dog Carrots Orange	Senior Centers Closed for Pioneer Day! No Home Delivered Meals
27	28	29	30	31
Chicken Ala King Rice Corn Green Beans Peaches	Beef Pot Roast w/ Gravy Diced Potatoes Carrots Roll Apple	Chicken Fettuccini Alfredo Broccoli Carrots Pears	Salisbury Steak Mashed Potatoes & Gravy Corn Orange	Egg Salad Croissant Pickled Beets Mandarin Orange

Meals are subject to change. For special diets or dietary requests, please call Bella Colovich at 435-843-4110.
 Meals are served Monday through Thursday 11:30am-12:30pm. Friday 10:30am-11:30am.
 Suggested contribution \$6.00 per meal, under 60 must pay \$13.00. Please join us for dine-in.

GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:00am Exercise 9:00am Fly-Tying 12:30pm Bunko	9:30am Line Dancing 12:30pm Wood Carving	Senior Centers Closed for Independence Day! 
6	7	8	9	10
9:00am Exercise 12:30pm BINGO	10:00am Practice Tai Chi 12:30pm Flint Knapping	9:00am Exercise 9:00am Fly-Tying 12:30pm Bunko	9:30am Line Dancing 12:30pm Wood Carving	9:30am Cardio Drumming
13	14	15	16	17
9:00am Exercise 12:30pm BINGO	9:00am Pinochle 10:00am Practice Tai Chi 12:30pm Flint Knapping	9:00am Exercise 9:00am Fly-Tying 12:30pm Bunko	9:30am Line Dancing 9:30am Wood Carving 12:30pm Center closes early for One Kind Act A Day award celebration @ Tooele Senior Center. Transportation provided to Tooele.	9:30am Cardio Drumming
20	21	22	23	24
9:00am Exercise 12:30pm BINGO	9:00am Pinochle 10:00am Practice Tai Chi 12:30pm Flint Knapping	9:00am Exercise 9:00am Fly-Tying 12:30pm Bunko	9:30am Line Dancing 12:30pm Wood Carving	Senior Centers Closed for Pioneer Day! 
27	28	29	30	31
9:00am Exercise 12:30pm BINGO	9:00am Pinochle 10:00am Practice Tai Chi 12:30pm Flint Knapping	9:00am Exercise 9:00am Fly-Tying 12:30pm Bunko	9:30am Line Dancing 12:30pm Wood Carving 1:00pm Virtual Vacations - Australia	9:30am Cardio Drumming

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 • 1pm Wood Carving	• 10:00am DIY Painting • 10:00 Practice Tai Chi • 12:30pm Bingo • 1pm Line Dancing	Senior Centers Closed for Independence Day! 
6	7	8	9	10
• 9:00am Fly-Tying • 10:00am Meet the Mayor! • 10:00am Exercise • 10:30am DIY Craft • 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	• 10:00am DIY Painting • 10:00am Practice Tai Chi • 12:30pm BINGO • 1pm Line Dancing	• 9:30am Cardio Drumming
13	14	15	16	17
• 9:00am Fly-Tying • 10:00am Exercise • 10:30am DIY Craft • 1pm Watercolors	• 9:30am Mexican Train • 12:30pm Bunko • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving	• 10:00am DIY Painting • 10:00am Practice Tai Chi • 1:00pm Join us for the One Kind Act A Day award celebration! • 2pm Line Dancing	• 9:30am Cardio Drumming
20	21	22	23	24
• 9:00am Fly-Tying • 10:00am Exercise • 10:30am DIY Craft • 1pm Watercolors	• 9:30am Mexican Train • 12:30pm Bunko • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving	• 10:00am DIY Painting • 10:00am Practice Tai Chi • 12:30pm BINGO • 1pm Line Dancing	Senior Centers Closed for Pioneer Day! 
27	28	29	30	31
• 9:00am Fly-Tying • 10:00am Exercise • 10:30am DIY Craft • 11pm 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	• 10:00am DIY Painting • 10:00am Practice Tai Chi • 12:30pm BINGO • 1pm Line Dancing • 1pm Virtual Vacations—Australia	• 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

ONLINE CONNECTIONS!

To access our newsletter online visit our website at:
<https://health.tooeleco.gov/aging-services>



Mindfulness Apps

Where: Online at both Tooele & Grantsville Senior Centers.

When: Monday, July 13th, at 11AM

Description: This webinar introduces mindfulness and its physical and mental benefits, such as reducing anxiety, improving memory, and lowering blood pressure. You'll learn about popular apps that teach breathing and meditation techniques, as well as new technologies such as wearable breath monitors.

For More Information Visit :

<https://states.aarp.org/utah/aarp-utah-university-webinars>

Explore the World
ON OUR VIRTUAL VACATIONS!



**Next Stop :
Australia!**

Join Us

Jul 30, 2026 @ 1:00PM

CALL TO RESERVE YOUR SPOT

435-843-4113

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

Medicare and Medicaid

If you qualify for both, you can have Medicare and Medicaid coverage. Learn how these two types of coverage work.

What is Medicaid?



Medicaid is a federal and state program that provides health coverage for certain people with limited income and assets. Each state runs different Medicaid-funded programs for different groups of people, including:

Older adults - Disabled people - Children - Pregnant people

All states have Medicaid programs for people with limited incomes and assets who need **nursing home care, long-term care services, and home health care services**. Some states also have programs for people who don't fit any of these categories.

Who qualifies for Medicaid?



Your income and assets must be below a certain amount to qualify. This amount varies from state to state and program to program. You are eligible for Medicaid if you fall into an eligible group and meet that group's financial eligibility requirements.

How does Medicare work with Medicaid?

If you qualify for a Medicaid program, it may help pay for costs and services that Medicare does not cover. Here are a few examples of how Medicaid can work with Medicare:



Medicaid can provide secondary insurance. This means that Medicare would pay for your care first, and then Medicaid may cover any remaining costs like coinsurance and copays.



Medicaid can help pay your premiums. In most cases, if you have both Medicare and Medicaid, you don't owe a premium for your Medicare.



Medicaid can help lower the costs of your prescriptions. People with both Medicaid and Medicare are enrolled in Extra Help automatically. This program helps with prescription drug costs.

How can I apply for Medicaid?

Learn more about Medicaid in your state through your local Department of Workforce Services office. Your local office can tell you how to submit an application and what documents and forms of identification you may need in order to apply. It can also give you information on the different programs in your state and the eligibility requirements for each. To learn more about how Medicare and Medicaid work together, contact Tooele County Aging Services at 435-277-2420.



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 Feb 11th
- Wed May 13th
- Wed Aug 12th
- Wed Nov 18th

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

TOOELE
COUNTY
HEALTH DEPARTMENT

*Happy
Birthday!*



STOP UNWANTED CALLS

The federal government's **National Do Not Call Registry** is a free easy way to reduce the telemarketing calls you get. To register your phone number visit www.donotcall.gov or call 1-888-382-1222 from the phone number you want to register.



WWW.DONOTCALL.GOV
888-382-1222



SMP
Smart Medicare Plan
Preventing Medicare Fraud

TOOELE
COUNTY
HEALTH DEPARTMENT



Monthly Tips For Family Caregivers



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



Having important legal documents in place can help protect your wishes and make things easier during major life events.

. Financial Power of Attorney - Names someone to help manage money, bills, and financial matters.

. Medical Power of Attorney / Advance Directive - Names someone to make medical decisions if you cannot speak for yourself.



. Will & Beneficiaries - Helps ensure your property, belongings, bank accounts, retirement accounts, and insurance policies go to the people you choose.

TOOELE
COUNTY
HEALTH DEPARTMENT

Tip: Legal Planning

The Next Chapter



The Next Chapter is a program designed to provide social support for widows and widowers navigating the challenges of losing a spouse. Tooele County Aging Services aims to foster a sense of community and belonging for those who are grieving. Each month, join others who are facing similar experiences, as you embark on a new chapter in your life story.

For details go to
health.tooeleco.gov
or call
435-277-2420

TOOELE
COUNTY
HEALTH DEPARTMENT

Tooele County Aging Services
Wendover Dinner & Bingo

DINNER & BINGO

Call 435-843-4110

RSVP

By Thursday, July 23rd by 11am
To reserve a meal!
Llame para reservar su cena!

WEDNESDAY, JULY 29TH
DOORS OPEN AT 3:30PM

MÍERCOLES, 29 DE JULIO
LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center
112 Moriah Ave, Wendover, UT

TOOELE
COUNTY
HEALTH DEPARTMENT

ADULTS
60+

Join the Fun with LINE DANCING

EASY STEPS • GREAT MUSIC • LOADS OF FUN



Whether you're a beginner or just love to move,
join our line dancing class every Thursday!



STARTING THURSDAY,
JULY 2, 2026



9:30AM-11:00AM



GRANTSVILLE SENIOR CENTER
120 S CENTER ST.

ANSWERS ABOUT ALZHEIMER'S

A free 4-session educational series for individuals who care for persons living with Alzheimer's Disease

Join us on Wednesdays
July 8th, 15th, 22nd, 29th, 2026

6:00 -7:30 PM

Tooele County Health Department, Room #180
151 N Main Street, Tooele

REGISTRATION REQUIRED:
Call (435)277-2420



Utah Department of
Health & Human Services
Aging & Adult Services

TOOELE
C O U N T Y
HEALTH DEPARTMENT

TOPICS:

- Dementia Definitions, Symptoms, Diagnostic Procedures, and Preventative Measures
- Recognizing Behavior Changes in Alzheimer's and Tips for Managing Them
- Adapting Communication Techniques for More Effective Interactions
- Modifying the Home Environment for Safety and Independence

PRESENTERS: **Kristy Russell**, MHL, CHES, Alzheimer's Disease and Related Dementias State Plan Specialist at the Utah Department of Health & Human Services

Kate Nederostek, MGS, CDP, Gerontologist, Program Manager for the Caregiver Support Program & Alzheimer's Disease & Related Dementias Program at the Utah Department of Health & Human Services

Lisa Fowler, SSW, Social Worker & LTC Ombudsman at the Tooele County Health Department Aging Services

Sarah Jane Obray, MS, Gerontologist, Group Facilitator at the Tooele County Health Department Aging Services

MONDAYS, JULY 6 & 20

JULY 2026

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	

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

TOOELE
C O U N T Y
HEALTH DEPARTMENT
(435) 277-2420

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

PARKINSON'S SUPPORT GROUP

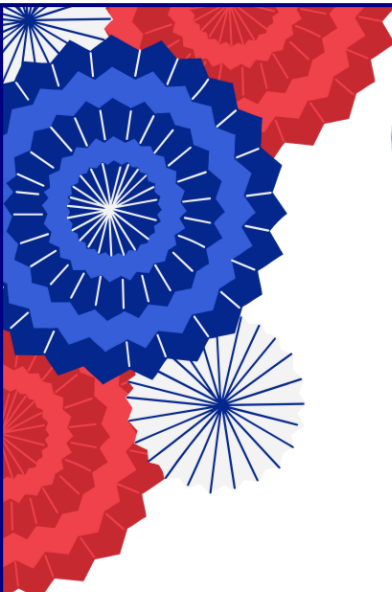
Held the
4th Monday
of every
month

Monday, July 27th
12:30 - 2:00 pm
at the Tooele Senior Center
59 E Vine Street

CONTACT HAL MEYER
(435)840-3683

Anyone affected by Parkinson's
is welcome to attend.
Come learn, connect, and find support.





Creatively Connecting

A Dementia-Friendly Event for Caregivers & Their Caree

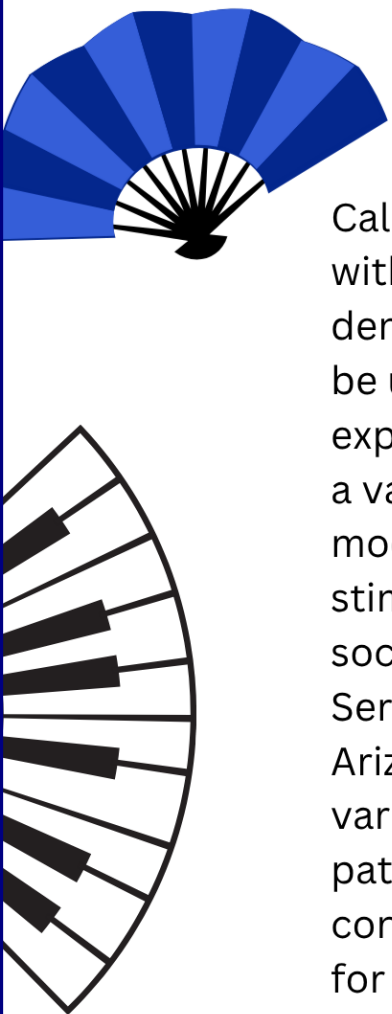
Piano Concert

with Arizona Mausling

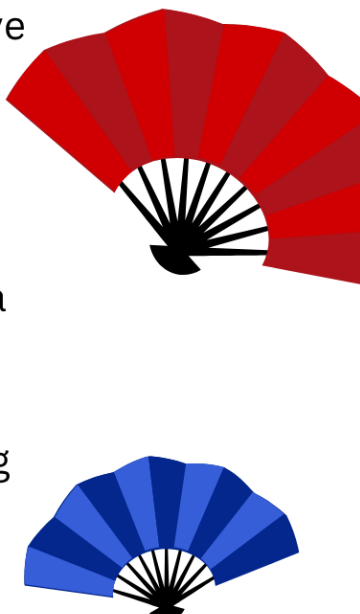
FRIDAY, JULY 17TH, 2026

1:00 - 1:45 PM

**TOOELE SENIOR CENTER
59 E VINE STREET**



Calling all fans - wave in the warm summer with us at Creatively Connecting, a dementia- friendly music event. Songs can be used as a way to connect with those experiencing cognitive loss. Music can be a valuable tool to reduce agitation, improve mood, promote physical movement, stimulate communication, and facilitate social interaction. Tooele County Aging Services is excited to host the talented Arizona Mausling; who will be performing a variety of familiar favorites and some patriotic tunes. This gathering is free and conducted in a way that is accommodating for people living with dementia and their accompanying care partner.



TOOELE
COUNTY
HEALTH DEPARTMENT

Enjoy music, visiting, and refreshments

★ ★ ★ ★ ★ FOURTH OF JULY ★ ★ ★ ★ ★

INDEPENDENCE DAY

Find the words in the grid and cross them out.

A	D	C	H	J	I	K	L	F	L	A	G
C	E	L	E	B	R	A	T	I	O	N	R
B	C	O	U	N	T	R	Y	R	M	P	N
D	L	E	F	G	F	R	E	E	D	O	M
P	A	R	A	D	E	O	S	W	V	Y	Q
T	R	U	P	A	T	R	I	O	T	I	C
J	A	M	E	R	I	C	A	R	Z	X	A
U	T	F	R	B	L	U	E	K	C	E	B
L	I	B	E	R	T	Y	H	I	K	L	M
Y	O	G	D	J	H	I	S	T	O	R	Y
I	N	D	E	P	E	N	D	E	N	C	E

RED
FLAG
LIBERTY
FIREWORK
CELEBRATION

JULY
PARADE
AMERICA
FREEDOM
INDEPENDENCE

BLUE
HISTORY
COUNTRY
PATRIOTIC
DECLARATION

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