

Aging Services

Tooele Center

59 E Vine
(435) 843-4110

Grantsville Center

120 S Center St
(435) 884-3446

Amy (Bate) Hoftiezer
Aging Director

Bella Colovich
Senior Centers Manager

Kristen Bolinder
Terri Garrard
Shirlene Jensen
Amy Larsen
Activity Specialists

Kim Hale
Rebecca Provencio
Alicia Bysecker
Kari Winn
Steve Johnston
Kyle Kortie
Linda Gregory
Kitchen/MOW Staff

Cissy Morton
Mobility Manager

Tracy Beckett
Financial Analyst

Evelyn Van Zanten
Desirae Taylor
Jennifer Romero
Social Workers
Sarah Jane Obray
Next Chapter & Support
Group Facilitator



Thanksgiving

LUNCHEON

GOOD FOOD - PRIZES - ENTERTAINMENT

THURSDAY
NOV
17TH

Starts at 11:30 am

TOOELE SENIOR CENTER
59 E VINE ST. TOOELE

TRANSPORTATION PROVIDED FROM
GRANTSVILLE SENIOR CENTER



*Dementia
Caregiver Kits*

*Book
Recommendations*

Movie Suggestions

CELEBRATE
National Family Caregivers Month
AT OUR LIBRARIES

NOVEMBER
2022

*Community
Resources*



Tooele City
EST. 1853
LIBRARY
128 West
Vine Street

VISIT

CPB
**GRANTSVILLE
CITY LIBRARY**
42 NORTH
BOWERY STREET

Message to our seniors:

I can't believe it's already November, it's un-be-leaf-able!

I love this time of year, the cooler temperatures, beautiful fall colors, and pumpkin-spiced everything warms my heart. I have an extra special reason to love this time of year now, my anniversary, because I just got married! Now I have a new last name--same person, new name. I am now Amy Fait (formerly Bate) Hoftiezer and I have a wonderful husband and I am very thankful for his love and support.

Thank you for allowing me to introduce myself to all of you in last month's newsletter. I have been learning so much about Aging Services and I have been enjoying it. Always feel free to share your thoughts, concerns, and ideas with me. There is an excellent team of people working for Aging Services who all do such an amazing job they make my life easier, and I want to thank them all for all they do! November is the time we should all express gratitude, so why not do it all year long?!

Not only is November a time to give thanks for Thanksgiving but also a time to thank our Veterans and celebrate them. Thank you, Veterans, for your service. Thank you for your time, bravery, and sacrifice for this country. I am forever grateful for what you've done to maintain America's freedom.

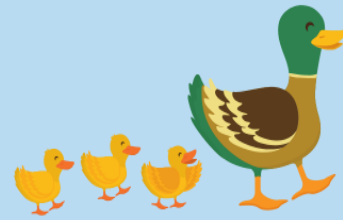
As a reminder, Tooele County Health Department's Aging Services supports the vision of USAging that every person should be able to age with optimal health, well-being, independence, and dignity in their homes and communities. To achieve this, we are committed to building a society that values and supports people as they age.

Fall is proof that change is beautiful. I hope you all enjoy some good food, friendships, and family this month and I hope to see you all soon. I am very grateful to do this work!

Best Wishes,

Amy Fait (formerly Bate) Hoftiezer
Director of Aging Services

Medicare Open Enrollment is here



Get your ducks in a row!

Get FREE unbiased one-on-one help



Our SHIP (State Health Insurance Program) counselors can help:

- Compare your Medicare plan options for 2023
- Apply for Extra Help

Call (435) 277-2420 to make an appointment



Thanksgiving
Project
Dinner

DELIVERY

CALL 435-228-6144

SIGN UP DEADLINE IS
FRIDAY, NOV 4TH, 2022
@ 5:00 PM

MEALS WILL START BEING DELIVERED AT NOON

NOVEMBER MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Breaded Fish Roasted Potatoes Carrots Roll	Turkey Casserole Rice Vegetable	Sloppy Joes Baked Beans Green Beans Pudding Cup	Egg Salad Sandwich Broccoli Cookie
7	8	9	10	11
Biscuits & Gravy Sausage Carrots Fruit Cup	Sweet & Sour Chicken Rice Bell Peppers	Meatball Subs Vegetables Pudding Cup	Breaded Chicken Sandwich Roasted Potatoes Fruit	Closed for Veterans Day  No Home Delivered Meals
14	15	16	17	18
Salisbury Steak Mashed Potatoes Mixed Veggies Roll	Chicken Parmesan Spaghetti Vegetables	Pork Carnitas Spanish Rice Black Beans Fruit	Turkey & Gravy Mashed Potatoes Corn Roll Apple Crisp	Ham Sandwich Salad Cookie
21	22	23	24	25
Swedish Meatballs Brown Rice Vegetables Fruit Cup	Chicken Chow Mein Stir Fry Veggies Salad Fruit	Shepherd's Pie Mashed Potatoes Roll Fruit	Closed for Thanksgiving  No Home Delivered Meals	Closed for the Holiday  No Home Delivered Meals
28	29	30		
Chili Cornbread Vegetable Cookie	Pulled Pork Sandwich Vegetable Fruit Cup	Meatloaf Roasted Potatoes Carrots Roll Pudding Cup		

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 \$3.00 per meal.

TOOELE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
 <ul style="list-style-type: none"> • 10:00am Mexican Train • 10:00am Tai Chi • 10:30am DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Mexican Train • 10:00am Tai Chi • 10:30am DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Walk w/ Ease • 1pm Wood Carving • 1:00-3:00pm Stepping On 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Tai Chi • 12:30pm BINGO • 1pm Line Dancing • 3:00pm Center closing early for staff mtg 	<ul style="list-style-type: none"> • 9:00am Chess • 9:30am NEW! Cardio Drumming
7	8	9	10	11
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Meet the Mayor • 10:00am Exercise • 12:45pm Movie "Top Gun Maverik" • 1pm Walk w/ Ease 	<ul style="list-style-type: none"> • 10:00am Mexican Train • 10:30am DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Walk w/ Ease • 1:00-3:00pm Stepping On 	<ul style="list-style-type: none"> • 9:00am Chess • 12:30pm BINGO • 1pm Line Dancing 	<p>Closed for Veterans Day</p> 
14	15	16	17	18
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 12:45pm Movie "Mack & Rita" • 1pm Walk w/ Ease 	<ul style="list-style-type: none"> • 10:00am Mexican Train • 10:30am DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving • 1pm Walk w/ Ease • 1:00-3:00pm Stepping On 	<ul style="list-style-type: none"> • 9:00am Chess • 11:30am Join us for the Thanksgiving Luncheon combined event @ Tooele Senior Center 	<ul style="list-style-type: none"> • 9:00am Chess • 9:30am NEW! Cardio Drumming
21	22	23	24	25
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 12:45pm Movie "Downtown Abbey, A New Era" • 1pm Walk w/ Ease 	<ul style="list-style-type: none"> • 10:00am Mexican Train • 10:30am DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Walk w/ Ease • 1pm Wood 	<p>Closed for Thanksgiving</p> 	<p>Senior Center Closed</p> 
28	29	30		
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 12:45pm Movie "Gigi & Nate" • 1pm Walk w/ Ease 	<ul style="list-style-type: none"> • 10:00am Mexican Train • 10:30am DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving 		

Puzzles, Library, Quilting and Exercise Room Daily

59 E Vine St, Tooele Front Desk (435) 843-4110 Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon
 Kristen Bolinder, Activity Specialist (435) 843-4103 Terri Garrard, Activity Specialist (435) 843-4113
 Bella Colovich, Senior Center Manager (435) 843-4106

GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<ul style="list-style-type: none"> 9:00am Crafts/Coloring 10:00am Tai Chi 10:00am Walk w/ Ease 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly-Tying 10:00am Computer Classes 12:30pm Bunko 	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Tai Chi 11:00am Wood Carving 1:00pm Melodicas 2:30pm Center closes early for staff mtg. 	<ul style="list-style-type: none"> 9:00am Card Making Activity 9:00am Karaoke 10:00am Walk w/ Ease
7	8	9	10	11
<ul style="list-style-type: none"> 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	<ul style="list-style-type: none"> 9:00am Crafts/Coloring 10:00am Tai Chi 10:00am Walk w/ Ease 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly-Tying 10:00am Computer Classes 12:30pm Bunko 	<ul style="list-style-type: none"> 9:00am Pinochle 12:30pm Wood Carving 1:00pm Melodicas 	<p>Closed for Veterans Day</p>  <p>VETERANS DAY</p>
14	15	16	17	18
<ul style="list-style-type: none"> 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	<ul style="list-style-type: none"> 9:00am Crafts/Coloring 10:00am Tai Chi 10:00am Walk w/ Ease 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly-Tying 10:00am Computer Classes 12:30pm Bunko 	<ul style="list-style-type: none"> 9:00am Pinochle 11:30am Join us for the Thanksgiving luncheon combined event @ Tooele Senior Center 	<ul style="list-style-type: none"> 9:00am Karaoke 10:00am Walk w/ Ease
21	22	23	24	25
<ul style="list-style-type: none"> 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	<ul style="list-style-type: none"> 9:00am Crafts\Coloring 10:00am Tai Chi 10:00am Walk w/ Ease 12:30pm Flint 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly-Tying 10:00am Computer Classes 12:30pm Bunko 	<p>Closed for Thanksgiving</p> 	<p>Senior Center Closed</p> 
28	29	30		
<ul style="list-style-type: none"> 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	<ul style="list-style-type: none"> 9:00am Crafts/Coloring 10:00am Tai Chi 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly-Tying 10:00am Computer Classes 12:30pm Bunko 		

Puzzles, Library, Quilting and Exercise Room Daily

120 S Center St Grantsville, Front Desk (435) 884-3446 Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon
 Shirlene Jensen, Activity Specialist (435) 843-4753 Amy Larsen, Activity Specialist (435) 843-4754
 Bella Colovich, Senior Center Manager (435) 843-4106

Hope FOR THE HOLIDAYS

Thursday, November 10
6:00 - 7:30 pm
Tooele Senior Center

All are invited to this free event, where attendees will learn about community resources, tips for coping with grief during the holiday season, and ideas for celebrating loved ones who have passed. Call (435)277-2420, if questions.

Refreshments served

Take-home items given



You're Invited



Lunch & Learn

For Caregivers



Register Today - Limited Space

November 4th - Caregivers are Scent-sational!

Join us in celebrating YOU during National Family Caregiver Month. Because of the taxing responsibilities of caregiving, it is very important to take care of yourself. Come learn some strategies utilizing your senses from Dr. Susan Nate, a Licensed Professional Counselor with Choices for Change Counseling practice, and receive a gift to help you relax at home.

Fridays, 12:00 pm - 1:00 pm

Tooele County Health Department

Please RSVP to Tooele County Aging Services

(435) 277-2420

For details go to: tooelehealth.org

HONORING ALL WHO SERVED

VETERANS DAY

★ ★ ★ SENIOR CENTERS CLOSED ★ ★ ★

FRIDAY, NOVEMBER 11TH

Happy Thanksgiving

**WE WILL BE
CLOSED**

**ON THURSDAY & FRIDAY
NOVEMBER 24TH & 25TH**

Message to our seniors:

Greetings to my friends at the Tooele Senior Center! I realized today that it has been nearly 5 years that I became Mayor and discontinued working at the center. Time just goes way too fast! I realized that I have made so many friends and had such great experiences while serving you. I also know that I have lost way too many friends and most recently my best friend, my mom. Mom (Ella Rae Hayes) began attending the senior center after retiring from the Tooele Army Depot after 33 years of employment. She loved line dancing and taught at the center for nearly 30 years. She loved to dance and perform with her great "line dancing family". I want to express my appreciation for all of you who were her friends and kept her feeling young all these years. May each one of you know how much I love and appreciate you and that you have made such a great positive impact on my life. I treasure our experiences together. I'm looking forward to seeing each of you again at our Monday's with the Mayor event at 10am on Monday, November 7th. Until then, take care and hold the ones you love tightly!

Mayor Debbie Winn

435-843-2104
dwinn@tooelecity.org



Alzheimer's Association Caregiver Support Group

Monday, November 7th & 21st
2:00 to 3:00 pm

at the Tooele Senior Center
59 East Vine Street

Questions? Call 435-277-2420
See tooelehealth.org



alzheimer's association



Family, Caregivers, and Friends
are invited to join us

PARKINSON'S SUPPORT GROUP

3rd Thursday of each month
at 12:30 pm

CONTACT HAL MEYER
(435)840-3683

SOCIAL SECURITY

Tooele Senior Center

1st & Last Tuesday of each month

SOCIAL SECURITY HELP
(VIRTUAL ONLY)

First Come First Serve

9:00 am-12:00pm

Navigating Medicare?

 SHIP can help YOU!



Understand
costs and
coverage



Compare
options



ENROLL
Enroll in
or change
plans



Correct billing
issues

Local SHIP Counselors with Tooele County Aging Services
are ready to assist YOU. Call (435) 277-2420



SHIP counseling services are confidential
and free of charge.



FLY-TYING CLASSES

STARTING ON MONDAY, OCTOBER 17TH
AT THE TOOEELE SENIOR CENTER

Mondays at 9:00am | Tooele Senior Center
Wednesdays at 9:00am | Grantsville Senior Center



Card Making CRAFT

Friday, November 4th
@ 9:00am

Grantsville Senior Center
120 S Center St
Grantsville



Join Us!

CARDIO DRUMMING

× × × ×
× × × ×
× × × ×
× × × ×

Fridays at 9:30 am
Tooele Senior Center
59 E Vine St

Mondays at 10:00 am
Grantsville Senior Center
120 S Center St

^ ^ ^ ^ ^
^ ^ ^ ^ ^
^ ^ ^ ^ ^
^ ^ ^ ^ ^



Celebration of Life!

In memory of those who have passed on since 2020, we will be having a Celebration of Life event in January 2023.

If you would like to make sure your loved one is included in this event please contact Terri in Tooele @ 435-843-4113 or Shirlene in Grantsville @ 435-857-4753.

COMPUTER CLASSES

Grantsville Senior Center



Wednesdays @ 10:00am
120 S Center St. Grantsville, UT
435-884-3446



Volunteers Needed!

Serve as a Senior Companion & make a difference in your community

Eligibility

- Individuals age 55 and older
- Those willing to volunteer at least 5 hours per week
- Meet low income requirements

Benefits of Volunteering

- Provides a *sense of purpose* and strengthens the social ties that protect individuals from isolation during difficult times.
- Higher *levels of happiness*, life-satisfaction and self-esteem.
- Positive correlation between volunteering and *lower levels of depression*.
- Older adults who volunteer frequently *live longer* and report *fewer disabilities* than those who do not.
- Community service among retirees is strongly correlated with *life satisfaction*.

As a Volunteer You Receive:

- A stipend (does not affect SSI or other benefits)
- Mileage reimbursement
- Paid leave/holidays
- New friendships & connections

You can help provide *independence, friendship, comfort, and confidence* for seniors in your community. Serve as a friend and companion to an older neighbor to help them live in their own home as long as possible.

Ready to Volunteer?
Contact Wendy Carrigan
(801) 449-0357
wcarrigan@utah.gov



BE A DEAR AND VOLUNTEER TODAY

All volunteers must be 18 years old and above.
To learn more about volunteering at the local senior centers please call 435-843-4110 for Tooele, 435-884-3446 for Grantsville
Make a difference in someone's life by helping out.

Power, Gas & Water Bill Assistance



NOW YEAR-ROUND

HEAT is a FREE program for income-eligible residents of Salt Lake and Tooele counties.

- **Power & gas** assistance up to \$700 for heating (Oct-Mar)
- **Power & gas** assistance up to \$700 for cooling (Apr-Sep)
- **Water** assistance for those with participating water vendors
- **Crisis** assistance for qualifying crisis with a 48-hour notice

APPLY TODAY

www.utahca.org • (801) 359-2444

TOOELE COUNTY AGING SERVICES

Wendover Older Adult Thanksgiving Dinner & Bingo!

THURSDAY, NOVEMBER 10TH @ 5:00 PM

The Wendover Community Building located at 112 E Moriah Ave, Wendover, UT (across from the "Kids Are People Too Daycare").

Contact Lucia Benitez for more information (435) 277-2327

El condado de Tooele invita a los mayores de edad 60+ a una cena en el Centro Comunitario de Wendover, Utah (frente a la guardería)

Seniors 60 years and older \$3.00 contribution

Under 60 must pay \$5.00

60+ contribución voluntaria \$3

Menores de 60 deben pagar \$5



VETERAN'S DAY



Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

Air Force

Armistice

Army

Battle

Brave

Casualty

Cemetery

Commando

Courage

Defend

Freedom

Honor

Navy

Peace

Protect

Remember

Sacrifice

Soldier

Valor

Veteran

WWII

TOOELE COUNTY AGING SERVICES

59 E Vine Street
Tooele, UT 84074



NON-PROFIT ORG.
U.S. POSTAGE
PAID
TOOELE, UTAH
PERMIT NO. 36



Introducing UTA On Demand in Tooele County!

UTA On Demand can take you wherever you want to go. You can travel anywhere within the zone or connect to transit to travel beyond it.

Take UTA On Demand to places like:
Grantsville High School, Northpointe Medical Clinic, Tooele Youth Center and connect to UTA transit at Benson Grist Mill Park & Ride.

Download the UTA On Demand App Now!
New Users get 10 rides free!

Call 435-843-4114 to get help with the app, set up your account or to book a shared ride.

Available on the App Store

GET IT ON Google Play

For more information:

rideuta.com/ondemand

Hours of Service:
7:00 a.m.—7:00 p.m. Mon.—Fri.
No service Sat/Sun

UTA ON DEMAND

Powered by **OVIA**