

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

Amy Larsen

Jeanette Boyer

Activity Specialists

Meals on Wheels

435-843-4110

Kim Hale

Rebecca Provencio

Alicia Bysecker

Kari Winn

Kyle Kortie

Lisette Spalding

Robert Rainwater

Kitchen/MOW Staff

Tracy Beckett

Financial Analyst

Desirae Taylor

Jennifer Romero

Social Workers

Sarah Jane O Bray

Next Chapter & Support
Group Facilitator



- **Live Fire Dancer!**
- **Prizes**
- **Good Food**

Cherry Street Park
115 E Cherry St., Grantsville, UT

**Transportation provided from
Tooele Senior Center**

September is National Senior Center Month!

National Senior Center Month is an opportunity to celebrate Senior Centers and the incredible work they do enriching and extending the lives of older adults.

"Discover your Tooele County Senior Centers!" Come and enjoy programs and activities, make new friends and enjoy a nutritious meal. Participant in classes of all kinds. Be a part of the active aging older adult community.

We hope to see you soon!



LEARN MORE AT:
WWW.TOOELEHEALTH.ORG/ACTIVE-AGING

Director's message for Tooele County older adults:

I struggled with my message for this month because I don't want to "make this about me" by any means. Maui is my all-time favorite place in the world. I was in Maui during the recent wildfires. Luckily, I was 26 miles south of Lahaina in Kihei and thankfully we were safe, and our area was unaffected by the fire. I feel bad even saying "unaffected" because truly everyone is affected by what happened in Maui. So many people lost their lives, homes, businesses, and property. Many people are still unaccounted for, it's unimaginable for most of us. The world is and will forever be affected. I wanted to share a few things that I learned personally through this experience that I hope can help others.

1. Sometimes the best way you can help is to stay out of the way. Locals know the area and know best how to take care of their community and what resources are available. Sometimes volunteers take up valuable time and energy. Follow the directions of local community leaders and first responders, respect locals' wishes, and let them do things their way.
2. If you want to help, donate to credible organizations like the Red Cross or the United Way. Sadly, sometimes people take advantage of tragic events and will try to profit for themselves. Do your research and avoid donating to a scam.
3. Be aware of your surroundings. You cannot take a vacation from being safe. Know which direction is north, south, east, and west. Know what the major roadways are in your area and know where evacuation routes are located. Know how to get local news and weather alerts, whether on television, radio, or social media, but know how to get important information wherever you are. Visit tccem.org for more information from Tooele County Emergency Management.
4. Take care of yourself and the environment. Do things that will keep you and our Earth healthy. Little things like drinking water from a reusable water bottle. Practice reducing, reusing, and recycling. Spend time outdoors and pay homage to nature.
5. Live 'aloha'. 'Aloha' can mean hello, goodbye, and even welcome. But the spirit of 'aloha' also means mutual regard and affection and extends warmth in caring with no obligation in return. 'Aloha' is the essence of relationships in which each person is important to every other person for their collective existence. Appreciate everything and be thankful for the beauty of the world around you. Be kind and respect all people's cultures and traditions. Please send thoughts of love, positivity, and healing, to the people of Maui and honor them by living 'aloha'. Aloha to you all,

Amy Hoftiezer



NOW ACCEPTING

Senior Farmers Market Nutrition Program

The Senior Farmers Market Nutrition Program provides \$50 in vouchers to eligible seniors to purchase fresh fruits, vegetables, herbs and honey from authorized locations.

TO QUALIFY, YOU MUST

- Be 60 years or older
- Be a Utah resident
- Meet income guidelines

Find more information at SFMNP.Utah.org!

TOOELE COUNTY HEALTH DEPARTMENT AGING SERVICES

IF YOU ARE 60+ JOIN US!

FOOD | GAMES | PRIZES | PARTY
THURSDAY, SEPTEMBER 28, 2023
WENDOVER COMMUNITY CENTER
DOORS OPEN: 3:30 PM
DINNER & GAMES START: 4:00 PM
435-843-4106

SEPTEMBER MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
				1
 				Turkey Sandwich Fruit
4	5	6	7	8
Senior Centers Closed for Labor Day Holiday No Home Delivered Meals	Sloppy Joes Mixed Veggies Fruit	Senior Centers Closed for Health Dept training No Home Delivered Meals	Tilapia Mixed Vegetables Coleslaw	Chef Salad
11	12	13	14	15
Cheeseburger Salad	Pulled Pork Sandwich Mixed Veggies Fruit	Chicken Taco Rice & Beans	Lemon Pepper Chicken Mixed Vegetables	Egg Salad Sandwich Beets Fruit
18	19	20	21	22
Biscuits & Gravy Sausage Breakfast Potatoes	Salisbury Steak Mashed Potatoes Vegetables	Chicken Fajitas Bell Peppers Beans	Corned Beef Vegetables Fruit	Chicken Caesar Salad
25	26	27	28	29
BLT Sandwich Beets Fruit	Chili Cheese Dog Vegetable Fruit	Chicken Tenders Mac & Cheese Vegetable Fruit	Country Fried Steak Mashed Potatoes Vegetable	Ham Sandwich Beets Fruit

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 \$4.00 per meal, under 60 must pay \$6.00. Starting May 1st, containers will not be provided for take-out meals. Please bring your own containers or join us for a dine-in meal.



GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
SEPTEMBER IS NATIONAL SENIOR CENTER MONTH! EXPERIENCE ALL OUR ACTIVITIES! 				<ul style="list-style-type: none"> 9:00am Karaoke
4	5	6	7	8
Senior Centers closed for Labor Day holiday 	<ul style="list-style-type: none"> 10:00am Tai Chi for Arthritis 12:30pm Flint Knapping 1:00pm Walk w/Ease 2:00pm Folk Dancing 	Senior Centers closed for Health Dept training No Home Delivered Meals	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Tai Chi for Arthritis 12:30pm Wood Carving 1:00pm Melodicas 2:00pm Folk Dancing 	<ul style="list-style-type: none"> 9:00am Karaoke 10:00am Walk w/ Ease
11	12	13	14	15
<ul style="list-style-type: none"> 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	<ul style="list-style-type: none"> 10:00am Tai Chi for Arthritis 12:30pm Flint Knapping 1:00pm Walk w/ Ease 2:00pm Folk Dancing 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly-Tying 10:00am Computer Class 12:30pm Bunko 	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Tai Chi for Arthritis 12:30pm Wood Carving 1:00pm Melodicas 2:00pm Folk Dancing 	<ul style="list-style-type: none"> 9:00am Karaoke 10:00am Walk w/ Ease
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25	26	27	28	29
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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
 Shirlene Jensen, Activity Specialist (435) 843-4753 Amy Larsen, Activity Specialist (435) 843-4754
 Bella Colovich, Senior Centers Supervisor (435) 843-4106

TOOELE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
SEPTEMBER IS NATIONAL SENIOR CENTER MONTH! EXPERIENCE ALL OUR ACTIVITIES! 				<ul style="list-style-type: none"> • 9:00am Chess • 9:30am Cardio Drumming
4	5	6	7	8
Senior Centers Closed for Labor Day Holiday 	<ul style="list-style-type: none"> • 10:00am Practice Tai Chi • 10:00am Mexican Train • 10:30am DIY Craft • 1pm Line Dancing • 1pm Watercolor 	Senior Centers closed for Health Dept training No Home Delivered Meals	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Practice Tai Chi • 12:30pm BINGO • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:00am Chess • 9:30am Cardio Drumming
11	12	13	14	15
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 12:45pm Movie "The Boy Who Harnessed the Wind" 	<ul style="list-style-type: none"> • 10:00am Practice Tai Chi • 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 Stepping On 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Pinochle • 10:00am Practice Tai Chi • 12:30pm BINGO • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:00am Chess • 9:30am Cardio Drumming
18	19	20	21	22
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 12:45pm Movie "Jesus Revolution" 	<ul style="list-style-type: none"> • 10:00am Practice Tai Chi • 10:00am Mexican Train • 10:30am DIY Craft • 1pm Line Dancing • 1pm Watercolor 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving • 1pm Stepping On 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Practice Tai Chi • 11:00am Fall Prevention Awareness Day! • 12:30pm BINGO • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:00am Chess • 9:30am Cardio Drumming
25	26	27	28	29
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 12:45pm Movie "Happiness for Beginners" 	<ul style="list-style-type: none"> • 10:00am Practice Tai Chi • 10:00am Mexican Train • 10:30am DIY Craft • 1pm Line Dancing • 1pm Watercolor 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving • 1pm Stepping On 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Pinochle • 10:00am Practice Tai Chi • 12:30pm BINGO • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:00am Chess • 9:30am Cardio Drumming

Puzzles, Library 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 Jeanette Boyer, Activity Specialist (435) 843-4113
 Bella Colovich, Senior Centers Supervisor (435) 843-4106

THE VIRTUAL CORNER!

To access our newsletter online visit our website at:

<https://tooelehealth.org/active-aging>

SEPTEMBER IS: SUICIDE PREVENTION MONTH



THE GOAL OF SUICIDE PREVENTION IS TO REDUCE FACTORS THAT INCREASE RISK AND INCREASE FACTORS THAT PROMOTE RESILIENCE.

[HTTPS://WWW.CDC.GOV/SUICIDE/INDEX.HTML](https://www.cdc.gov/suicide/index.html)

#BETHERE TO HELP PREVENT SUICIDE

[HTTPS://WWW.CDC.GOV/INJURY/FEATURES/BE-THERE-PREVENT-SUICIDE/INDEX.HTML](https://www.cdc.gov/injury/features/be-there-prevent-suicide/index.html)

SEPTEMBER IS ALSO FALL PREVENTION AND NATIONAL SENIOR CENTERS MONTH

6 STEPS TO PREVENT A FALL

[HTTPS://WWW.CDC.GOV/INJURY/FEATURES/BE-THERE-PREVENT-SUICIDE/INDEX.HTML](https://www.cdc.gov/injury/features/be-there-prevent-suicide/index.html)

GET CONNECTED AT YOUR SENIOR CENTER BY PARTICIPATING IN ALL THE FUN ACTIVITIES IT PROVIDES!

WE LOVE SEEING ALL OF OUR OLDER ADULTS HAVING FUN AT THE SENIOR CENTERS!



SENIOR CENTERS ARE CLOSED

Wednesday, September 6th

Senior Centers are closed for Health Dept training

NO HOME DELIVERED MEALS

Message to our seniors:

Dear Seniors,

The long, hot summer continues to hold on and I can hardly wait for cooler weather! Thanks to the occasional rain storm, we have made it through the summer with plenty of water. Thank you to everyone who has done their part to conserve.

September 4th is Labor Day and the center will be closed on that date. My schedule does not allow for me to meet with you until Monday, October 2nd at 10am for our monthly Mondays with the Mayor event. I'm looking forward to seeing all of you then. If you have a specific topic that you would like me to discuss, please send me an email: dwinn@tooelecitcity.org

Take care and I'll see you all soon!

Mayor Debbie Winn

435-843-2104


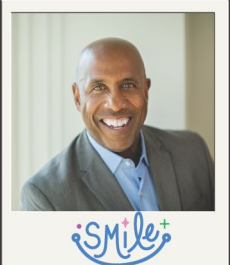
dwinn@tooelecitcity.org



Picture Day



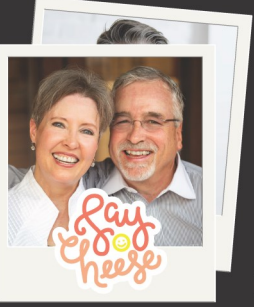
LOOKING GOOOD!

Bell Photography

will be at the
Tooele Senior Center
Sept 13, 2023
to take
professional photos!

9 am - 12 pm Older Adults
12 pm - 3 pm County Employees



Pictures will be taken for FREE but prints will be purchased directly from Bell.

CARGILL THANK you

- FOR YOUR CONTRIBUTION
TO OUR MEALS PROGRAM.
WE APPRECIATE YOUR
SUPPORT!



REGISTER TODAY • LIMITED SPACE

You're Invited!

Fridays • 12:00 - 1:00 pm
Tooele County Health Dept

Call Tooele County
Aging Services
to reserve your spot
435•277•2420

September
15

**They've Fallen,
How Should I Help
Them Up**

September
22

**Mentioning
Unmentionables**

September
29

Food for Thought

more at tooelehealth.org



Are You Suffering from Depression?

Join Us for the Nature Rx Program!

This study aims to understand the the benefits of forest bathing on depressive symptoms. You will receive free forest bathing classes at the Red Butte Garden and a \$50 gift card!

To participate, you need to be:



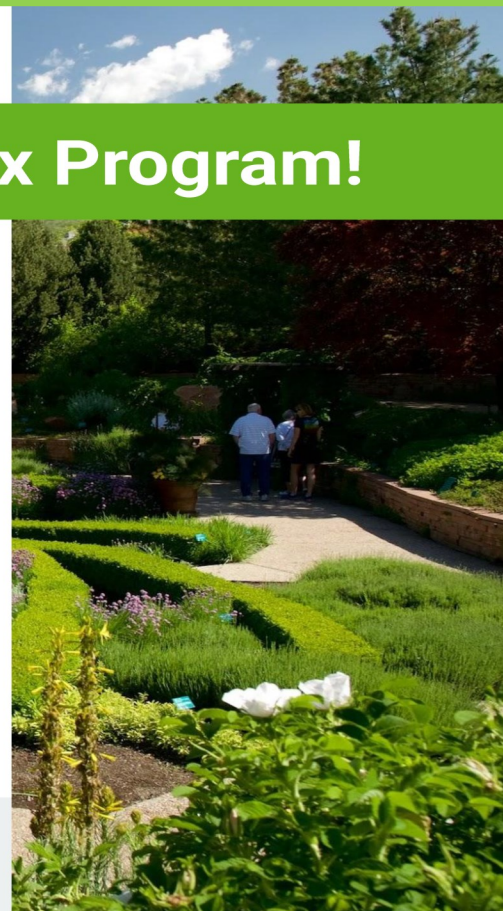
65 years or older



Having mild depression

**LIMITED SPACE
SIGN UP NOW!**

harp.utah.edu/recruitment



Dementia Caregiver Support Group

Monday, September 18th

2:00 to 3:00 pm

in the Tooele Senior Center
Conference Room

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



AGING SERVICES

alzheimer's association



WWE

WALKING CLUB

WALK WITH EASE

Walk With Ease is a program that helps adults living with arthritis and/or other ongoing health conditions to increase their physical activity and better manage their symptoms. Small groups participate in a discussion, warm up and stretching, followed by a group walk. This one-hour class meets 2 times a week over a period of 6-weeks.

BENEFITS

- IMPROVED ABILITY TO WALK AND FUNCTION
- DECREASED DEPRESSION
- DECREASED PAIN
- GAIN CONFIDENCE IN YOUR ABILITY TO EXERCISE
- PRIZES!

Begins Tuesday, September 5, 2023

Grantsville Senior Center

Tuesdays 1pm-2pm

Fridays 10 am -11am

To register call 435-884-3446



THE NEXT CHAPTER

A social support and educational program
for widows and widowers

Tuesday, September 19th

11:30 - 12:30 pm

Settlement Canyon

Turn left off Hwy 36 on to Settlement Canyon Rd

Picnic in the Canyon

Bring your lunch and enjoy the great outdoors with us. If we're lucky, we'll see beautiful leaves changing color. Meet in the parking area by the entrance station at 11:30 am. We'll carpool into the canyon to a picnic area and the entrance fee will be taken care of. If you arrive later, the fee to enter the canyon is \$3 per car.

Family, Caregivers, and Friends
are invited to join the

PARKINSON'S SUPPORT GROUP



Meetings are
the 3rd Thursday of each month
12:30 - 2:00 pm
at the Tooele Senior Center

CONTACT HAL MEYER
(435)840-3683



Facts About Suicide and Guns

A suicidal crisis is often very brief—10 minutes or less.

Having access to guns during a suicidal crisis increases the odds that an attempter will die.

Locking up guns can save a life!



Could you use Extra Help
with prescription costs?



Medicare
.gov

Call Tooele County Aging Services
at (435)277-2420 to learn more.

THE **HEAT PROGRAM** CAN HELP WITH YOUR UTILITY BILLS

BRING THESE
DOCUMENTS
to apply for **free**
utility assistance:

Current photo ID

Social security cards
for **EVERYONE** living in
the home

Recent utility bills

Proof of income for
previous calendar
month for **EACH** adult

**If applicable, proof of: child
under 6, disability or medical/
dental/vision deductions.

OUTREACH EVENT @

TOOELE SENIOR
CENTER
59 E VINE ST

WEDNESDAY
OCTOBER 18TH
9:00AM-12:00PM

GRANTSVILLE SENIOR
CENTER
120 S CENTER ST

MONDAY
OCTOBER 16TH
9:00AM-12:00PM

Household Size	Monthly Income Limit	Household Size	Monthly Income Limit
1	\$1,823	4	\$3,750
2	\$2,465	5	\$4,393
3	\$3,108	6	\$5,035

Utah Community Action™ **HEAT**
in service of
Utah Community Action

Tai Chi for Arthritis

Tuesdays & Thursdays

10:00am-11:00am

Grantsville Senior Center
Begins September 5th

8 week workshop

REGISTER BY CALLING

435-884-3446 or at the
Grantsville Senior Center

Tai Chi

Tai Chi has been
used for centuries
to help improve
balance of the mind
and body. Use these
Tai Chi techniques
to help ease pain
and increase
flexibility.



**SOCIAL SECURITY
VIRTUAL VISITS WILL
NOT BE AVAILABLE ON
SEPT 26, 2023!**

They will be
returning on
10/03/2023

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

HAPPY FALL!

**FALL PREVENTION
AWARENESS DAY**

**JOIN US AND LEARN
HOW TO PREVENT FALLS!**

SEPT. 21ST AT 11 AM

**TOOELE SENIOR CENTER
59 E VINE ST**

**GRANTSVILLE SENIOR
CENTER
120 S CENTER ST**



Senior Center Month

Find some of the activities you can do at the Tooele County Senior Centers

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

FLY-TYING

BUNKO

FOLKDANCING

FLINTKNAPPING

POOL

PARTIES

MOVIES

TAICHI

WOODCARVING

KARAOKE

CHESS

COMPUTERS

MELODICAS

CRAFTS

MEXICAN TRAIN

PAINTING

LINEDANCING

CARDIODRUMMING

BRIDGE

PINOCHLE

EXERCISE

GOLDENMILE

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 *

 TOOELE COUNTY	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