

## 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**  
Activity Specialists

**Meals on Wheels**  
**435-843-4110**

**Kim Hale**  
**Rebecca Provencio**

**Alicia Bysecker**  
**Kari Winn**

**Kyle Kortie**  
**Lisette Spalding**  
**Glenn Puckrin**  
Kitchen/MOW Staff

**Tracy Beckett**  
Financial Analyst

**Desirae Taylor**  
**Jennifer Romero**  
**Lisa Fowler**  
Social Workers

**Sarah Jane O Bray**  
Next Chapter & Support  
Group Facilitator

**TOOELE**  
COUNTY  
HEALTH DEPARTMENT

# Tooele County ACTIVE AGING January 2024

# Thank you!

We are so grateful for the  
generous donations this season to  
the Tooele County older adults.



Thank you  
“Wal\*Mart DC  
Transportation  
Department”  
Employees !

Thank you  
Tooele High  
FFA & Broken  
Arrow!

Thank you  
Humble Me &  
Associates!



# ATTENTION!



NEW OAAPS FORMS ARE REQUIRED BY THE STATE TO BE UPDATED YEARLY FOR ACCURATE REPORTING INFORMATION. BY FILLING OUT THE FORM AND RETURNING IT BEFORE END OF MARCH 2024, YOU WILL CONTINUE TO STAY UPDATED ON OUR ACTIVITIES AND EVENTS BY RECEIVING THE MONTHLY NEWSLETTER.



PLEASE REVIEW & SIGN THE CODE OF CONDUCT  
ON THE BACK OF THE FORM.

Dear Tooele County Older Adults,

## HAPPY NEW YEAR!

With the new year, Tooele County released their new logo with the following information:

"Tooele County features beautiful desert landscapes, rich with color and life. Now, it has a new logo to match.

For those familiar with Tooele County, its mention conjures images or historic sites, wild horses, and machines built for speed. But above all these? The iconic sunsets shining over the Great Salt Lake. This was the primary inspiration behind the design of the county logo.

With colors taken directly from the Great Salt Lake, this new logo celebrates the richness of the palette of colors offered by the unique environment. From the soil to the sky, there are unexpectedly vibrant shades of blue, green, pink, and orange.

Built within the bold letters is the silhouette of Antelope Island with ripples lapping against its shore. The letters themselves are styled in the font Neighbor, an appropriate choice for the friendly faces that Tooele residents have come to expect."

So, what do you think?



Tooele County Aging Services is a Division of the Tooele County Health Department, and we too will begin using this new logo with the new year. We invite you to take a moment to appreciate this artistic representation of our county and its remarkable features. As we move forward, let's embrace the spirit of being good neighbors, just as the font suggests, and continue to enjoy the awe-inspiring views that surround us.

In addition to this exciting update, January brings a host of activities and opportunities for connection. There's something for everyone to kickstart the year with positivity and joy.

If you have any questions or would like more information about the new logo or upcoming events, feel free to reach out. Here's to a January filled with warmth, community, and the beauty of Tooele County!

Warm regards,

Amy Hoftiezer



**Senior Centers  
are Closed  
Monday, January 15th**

**No Home Delivered Meals**



Family, Caregivers, and Friends  
are invited to join the

## 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**

## AGING SERVICES WENDOVER DINNER & BINGO FOR ADULTS 60+

**FOOD - FRIENDSHIP - FUN**

Doors  
Open at  
3:30 pm

Last  
Wednesday  
of each  
month

Dinner  
Served at  
4:00 pm

Wendover Community Center  
112 300 South  
Wendover, UT

**For more information call:**

**435-843-4106**





# JANUARY MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>Closed for New Year's Day!</b>  <b>No Home Delivered Meals</b>	<b>Meatball Sub</b> Vegetable	<b>Chicken Casserole</b> Rice Vegetables	<b>Breaded Fish</b> Vegetable	<b>Roast Beef Sandwich</b> Fruit
8	9	10	11	12
<b>Biscuits &amp; Gravy</b> Sausage Fruit	<b>Chicken Alfredo</b> Vegetable	<b>Beef Patty</b> Vegetables Fruit	<b>Pulled Pork Sandwich</b> Vegetable	<b>Egg Salad Sandwich</b>
15	16	17	18	19
<b>Closed for Martin Luther King Jr Day!</b>  <b>No Home Delivered Meals</b>	<b>Salisbury Steak</b> Mashed Potatoes Vegetable	<b>Orange Chicken</b> Rice Peppers	<b>Mac &amp; Cheese w/ Ham</b> Vegetable	<b>Taco Salad</b>
22	23	24	25	26
<b>Sloppy Joe</b> Baked Beans Fruit	<b>Teriyaki Chicken</b> Rice Fruit	<b>Shrimp Fettuccine</b> Vegetable	<b>Beef Stew</b> Roll Fruit	<b>Chicken Salad</b> Fruit
29	30	31		
<b>Chicken Parmesan</b> Vegetable	<b>Shepherd's Pie</b> Mashed Potatoes Vegetable	<b>Meatloaf</b> Mashed Potatoes Vegetable		

**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. Please bring your own take-out containers or join us for dine-in.

# GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><b>Closed for New Year's Day!</b></p> 	<ul style="list-style-type: none"> <li>9:00am Folk Dancing</li> <li>10:00am Practice Tai Chi</li> <li>12:30pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>9:00am Fly-Tying</li> <li>10:00am Computer Class</li> <li>12:30pm Bunko</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Pinochle</li> <li>9:00am Folk Dancing</li> <li>12:30pm Wood Carving</li> <li>1:00pm Melodicas</li> <li><b>Center Closes @ 2:30pm</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00am Karaoke</li> </ul>
8	9	10	11	12
<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>10:00am Cardio Drumming</li> <li>12:30pm BINGO</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Folk Dancing</li> <li>10:00am Practice Tai Chi</li> <li>12:30pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>9:00am Fly-Tying</li> <li>10:00am Computer Class</li> <li>12:30pm Bunko</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Pinochle</li> <li>9:00am Folk Dancing</li> <li>12:30pm Wood Carving</li> <li>1:00pm Melodicas</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Karaoke</li> </ul>
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<p><b>Closed for Martin Luther King Jr Day!</b></p> 	<ul style="list-style-type: none"> <li>9:00am Folk Dancing</li> <li>10:00am Tai Chi for Arthritis</li> <li>12:30pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Exercise</li> <li>9:00am Fly-Tying</li> <li>10:00am Computer Class</li> <li>12:30pm Bunko</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Pinochle</li> <li>9:00am Folk Dancing</li> <li>10:00am Tai Chi for Arthritis</li> <li>12:30pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Karaoke</li> </ul>
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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	2	3	4	5
<b>Closed for New Year's Day!</b> 	<ul style="list-style-type: none"> <li>10:00am Mexican Train</li> <li>10:30am DIY Craft</li> <li>1pm Line Dancing</li> </ul> <b>No Social Security</b>	<ul style="list-style-type: none"> <li>10:00am Exercise</li> <li>10:00am Bridge</li> <li>1pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>12:30pm BINGO</li> <li>1pm Line Dancing</li> <li><b>Center Closes @ 3:00pm</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>9:30am Cardio Drumming</li> </ul>
8	9	10	11	12
<ul style="list-style-type: none"> <li>9:00am Fly-Tying</li> <li>10:00am Exercise</li> <li>10:00am Meet the Mayor</li> <li>12:45pm Movies available on Netflix ask staff for assistance</li> </ul>	<ul style="list-style-type: none"> <li>10:00am Mexican Train</li> <li>10:30am DIY Craft</li> <li>1pm Line Dancing</li> <li>1pm Watercolor</li> </ul>	<ul style="list-style-type: none"> <li>10:00am Exercise</li> <li>10:00am Bridge</li> <li>1pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>12:30pm BINGO</li> <li>1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00am Chess</li> <li>9:30am Cardio Drumming</li> </ul>
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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/aging-services>

<https://connect2affect.org/>

Are you or a loved one at risk for social isolation? Take the assessment to find out if you are at risk. Just type in the website and click on TAKE THE ASSESSMENT.

— ❄️ ❄️ ❄️ —  
**“SOCIAL ISOLATION  
IS MORE THAN  
FEELING LONELY”**  
— ❄️ ❄️ ❄️ —

❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️  
**26% INCREASED RISK  
OF EARLY DEATH DUE  
TO SUBJECTIVE  
FEELING OF  
LONELINESS**

❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️  
**17% OF ADULTS  
AGE 65 AND OLDER  
ARE ISOLATED**

❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️  
**46% OF  
WOMEN  
AGES 75 AND  
OLDER LIVE  
ALONE**

Coming up with resolutions  
for the new year?

## JOIN US AT THE CENTERS

### Wellness

Exercise Classes, Tai Chi,  
Cardio Drumming, Line Dancing,  
Health Promotion Presentations,  
Support Groups, Exercise Room  
with treadmill, stepper, bike,  
and more

### Nutrition

Lunch served  
Monday thru Thursday  
11:30 am - 12:30 pm  
Fridays 10:30 am - 11:30 am

### Library

Books, Videos, DVDs, Computers



### Hobbies/Crafting

Wood Carving, Melodicas, Karaoke,  
DIY Crafts, Flint Knapping,  
Water Color Painting, Fly-Tying,  
and more

### Games

Bridge, Puzzles, Dominoes, BINGO,  
Chess, Pinochle, Bunko

### Activities

Virtual Activities for those who  
can't join us in-person, Movies,  
Holiday Parties, Walk Events,  
Computer Classes, Outings,  
Community Connections

TOOELE CENTER  
59 E Vine St  
(435)843-4110

GRANTSVILLE CENTER  
120 S Center St  
(435)884-3446

## Turning 65? Need to enroll in Medicare?

To enroll in Medicare contact the Social Security Administration

- Call 800-772-1213 to schedule an appointment or enroll over the phone
- Enroll online at [www.ssa.gov/benefits/medicare/](http://www.ssa.gov/benefits/medicare/)
- Contact your local State Health Insurance Program (SHIP) for guidance on how to navigate the Medicare program at 435-277-2420 or [www.tooeleaging.org](http://www.tooeleaging.org)



This project was supported, in part, by grant no. 90SATC0002 from the US ACL, DHHS, Washington DC 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy. [June 2022]





## Medicare Fraud by the Numbers

### Tips for Protecting Yourself and Medicare

Medicare fraud is big business for criminals – Medicare loses billions of dollars each year due to fraud, errors, and abuse. Estimates place these losses at approximately \$60 billion annually, though the exact figure is impossible to measure.

Medicare fraud hurts us all. When thieves steal from Medicare, there is less money for the health care you really need. You pay for things you might never get. You can get hurt when you get tests, medicine, or care you don't need. Doctors, pharmacies, and medical suppliers can make mistakes and bad choices. Sometimes they straight-up steal from Medicare. Medicare is trying to crack down.

**Operation Double Helix**  
35 individuals responsible  
for an over \$2.1 billion  
genetic testing scheme

**Operation Rubber Stamp**  
Identified over \$1.5 billion in  
fraudulent billing for durable  
medical equipment (DME)

### How You Can Help

Be the first line of defense in protecting your Medicare benefits.

- **Treat your Medicare card like a credit card.** Your Medicare number can be valuable to thieves who want to steal your medical identity or bill Medicare without even seeing you.
- **Don't take advice or offers of medical services** from people you don't know who call, come to your house, or approach you in public.
- **Read your Medicare Summary Notice or Explanation of Benefits.** Look for services or equipment you didn't receive, double charges, or things your doctor didn't order.
- **Ask questions and report problems.** Call the doctor or company and ask them about mistakes. Call the insurance company if you still have questions. Get help from your local SMP.
- **Volunteer.** No one cares more about keeping criminals out of Medicare than the people who need it. Become a part of your local SMP program. Help protect your friends and neighbors.

### How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against health care fraud.

Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues.

It also can provide information and educational presentations.



**To locate your state Senior Medicare Patrol (SMP): 435-277-2420**  
Visit [www.smpresource.org](http://www.smpresource.org) or call 1-877-808-2468.

This project was supported, in part, by grant number 90MPRC0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



## 5 BENEFITS OF EXERCISE FOR MENTAL HEALTH



**MOOD BOOST**  
Exercise improves mood and reduces symptoms of depression.



**STRESS RELIEF**  
Physical activity helps alleviate stress and promotes relaxation.



**COGNITIVE ENHANCEMENT**  
Regular exercise enhances cognitive function and boosts memory.



**POSITIVE DISTRACTION**  
Physical activity distracts you from negative thoughts and emotions



**SOCIAL SUPPORT**  
Exercising with a friend can be a great way to connect

### Important Update: Changes to Social Security Dates in January

There will be no Social Security on January 2, 2024.  
Social Security available on January 30, 2024.

JANUARY

2024

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							

## The Next Chapter

A social support and educational program for widows and widowers

Monthly meetings - outings, presentations, service activities

For More information see [tooelehealth.org](http://tooelehealth.org) or call 435-277-2420

MONDAY, JANUARY 15

*Dementia Caregiver Support Group meeting*  
*2-3 pm*

*Tooele Senior Center*  
*59 E Vine St, Tooele*

## JANUARY

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	29	30	31			

**TOOELE**  
COUNTY  
HEALTH DEPARTMENT  
(435) 277-2420

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

*Lace-up your walking shoes and join us!*

WWE

## WALKING CLUB

### WALK WITH EASE

**BENEFITS**

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

Small group discussion  
Warm-ups & stretching  
Group walk

This one-hour class meets 2 times a week over a period of 6-weeks

## FREE

Beginning Monday, January 22, 2024  
Monday & Wednesday @ 1:00pm  
Tooele Senior Center  
59 E Vine St. Tooele

**TOOELE**  
HEALTH DEPARTMENT

# Tai Chi for Arthritis

Tuesdays and Thursdays  
10:00-11:00 am

8 week workshop  
For more information  
Call 435-884-3446  
Begins January 16, 2024

Grantsville Senior Center  
120 S Main St. Grantsville

## 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.

**TOOELE**  
COUNTY  
HEALTH DEPARTMENT

**AmeriCorps Seniors**

## VOLUNTEERS NEEDED!

**CLASSROOM GRANDPARENT**

- Help struggling children succeed
- Make new friends & make a difference

**SENIOR COMPANION**

- Help fellow seniors stay independent
- Provide friendship to those in need

**INTERESTED IN VOLUNTEERING?**

Contact Amber Einerson to learn more:

(435) 850-0647  
aeinerson@utah.gov  
userve.utah.gov/seniors

## Power, Gas & Water Bill Assistance

**HEAT**  
A Service of UCA

**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

# Sudoku Challenge!

Enter numbers in the empty squares so that the numbers 1-9 appear only once in each row, column and box

2		6				7		8
7						5		9
	9	5	7		2	4		
8		7					9	2
		1		9	7		8	4
6		9		1		3	7	5
				2		8		1
9				7	4	2		3
	6				5	9	4	7

	7	5					8	
4	6	8	2		7	1		9
9			5	8	4		7	6
			4			7		
8		9	3					5
				6	5	4		8
		7		5	1	9	4	2
		4				8		1
6	2		8		9			7

		7	1	3		2		6
2	6		7					
1	4	3	6	8	2			9
					1	8	9	
	8	1						
3			4		8	1	6	5
9	1							3
6		4	2	1				
7	2		9	4	3	6		1

5						6		1
	3	4		6		8		
		7			5		4	9
9	5			7	3	1		
	7	3	8	4	1		2	5
	1	8	5			7	3	6
					8		9	
7	4			9			1	8
	9	1					6	3

CREATED ON: [www.theteacherscorner.net](http://www.theteacherscorner.net)



# 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 \*

 <b>TOOELE COUNTY</b>	<b>SENIOR'S MEDICAL SHUTTLE</b>	<b>UTA 451 EARLY MORNING COMMUTERS &amp; REVERSE</b>	<b>UTA F453 MID-DAY SERVICE TOOELE - SLC FLEX</b>	<b>UTA ON-DEMAND MICROTRANSIT</b>
<b>Scheduling phone number</b>	(435) 843-4114	(801) 743-3882	(801) 743-3882	(435) 843-4114
<b>Who can use these services?</b>	Seniors 60 & older	The public	The public	The public
<b>Wheelchair accessible?</b>	YES	YES	YES	YES
<b>What can I use these services for?</b>	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.
<b>Door-to-door service?</b>	YES	NO	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.	Curb to Curb Service
<b>Price</b>	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
<b>Hours of operation</b>	Mon-Fri 7:00am - 4:00pm Last appt time at 2:00		Mon-Fri 7:30am - 5:00pm	Mon-Fri 7:00am - 7:00pm