

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

Krysta MacFarlane

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

March 2024

You are invited to our

ST. PATRICK'S DAY

LUNCHEON

Thursday, March 14, 2024

Starts at 11:30am

Live Entertainment • Prizes • Fun

Tooele Senior Center

59 E Vine St. Tooele

Transportation provided from
Grantsville Senior Center



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,

Join us in celebrating National Nutrition Month by adopting healthier habits and savoring the journey towards wellness! During the month of March, everyone is invited to learn about making informed food choice and developing healthful eating and physical activity habits.

Here's what you can do:

Week 1: Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.

Week 3: Stay nourished and save money.

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

Week 4: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions. Practice gratitude for your body by giving it the fuel it needs.

Week 5: Make tasty foods at home.

- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.

Create happy memories by eating with friends and family when possible. For more tips and resources, visit eatright.org.

Here's to a nourishing month ahead!

Warm regards,

Amy Hoftiezer

Tooele County Aging Services
& Grantsville City Invites You To

IDA HOGGAN'S 105TH BIRTHDAY!



MARCH

TUESDAY

5

AT 12:30PM

**GRANTSVILLE SENIOR CENTER
120 S CENTER ST, GRANTSVILLE**



National Nutrition Month!

Come visit our Health Promotion
booths and learn about food
safety & nutrition.

**Grantsville Senior Center:
Wednesday, March 13th
@ 11:00am**

**Tooele Senior Center:
Wednesday, March 20th
@ 11:00am**





MARCH MEAL SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
				1
March is National Nutrition Month!				Sweet & Sour Pork Rice Fruit
4	5	6	7	8
Tilapia Rice Vegetable	Chicken Parmesan w/ Spaghetti Fruit	Chicken Fried Steak Mashed Potatoes w/gravy Vegetable	Chili Cheese Dog Vegetable Fruit	Chicken Salad Croissant Coleslaw Vegetable
11	12	13	 14	15
Salisbury Steak Mashed Potatoes w/ gravy Mixed Vegetables	Chicken Taco Rice Beans	Sloppy Joes Vegetable	St. Patrick's Day Luncheon! Corned Beef & Cabbage Vegetables Roll	Chicken Alfredo Vegetable
18	19	20	21	22
Biscuits & Gravy Sausage Breakfast Potato Fruit	Orange Chicken Rice Fruit	Swedish Meatballs Mashed Potatoes w/gravy Vegetable	Egg Salad Croissant Side Salad	Beef Patty w/ Gravy Roasted Potato Vegetable
25	26	27	28	29
Chicken Pesto Pasta Vegetable	Kalua Pork Rice Vegetables	Roasted Chicken Breast Mashed Potatoes w/ gravy Vegetable	Spaghetti & Meatballs Vegetable	Roast Beef Sandwich 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. Please bring your own take-out containers or join us for dine-in.

GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>May the dreams you hold dearest be those that come true, the kindness you spread keep returning to you.</i></p>				<ul style="list-style-type: none"> • 9:00am Folk Dancing • 10:00am Karaoke
4	5	6	7	8
<ul style="list-style-type: none"> • 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm BINGO 	<ul style="list-style-type: none"> • 9:00am Folk Dancing • 12:30pm Center closing early to Celebrate Ida Hoggan's 105th Birthday! 	<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 • 11:30am Wood Carving • 1:00pm Melodicas • 2:30pm Center closes early for all staff training. 	<ul style="list-style-type: none"> • 9:00am Folk Dancing • 10:00am Karaoke
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"> • 9:00am Folk Dancing • 10:00am Practice Tai Chi • 12:30pm Flint Knapping 	<ul style="list-style-type: none"> • 9:00am Exercise • 9:00am Fly-Tying • 10:00am Computer Class • 11:00am Nutrition Booth • 12:30pm Bunko • 1:00-3:00pm Stepping On 	<ul style="list-style-type: none"> • 11:30am St. Patrick's Day Luncheon @ Tooele Senior Center. Transportation provided to Tooele. 	<ul style="list-style-type: none"> • 9:00am Folk Dancing • 10:00am Karaoke
18	19	20	21	22
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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
<p><i>May the road rise up to meet you. May the wind be always at your back. May the warm rays of sun fall upon your home, And may the land of a friend always be near.</i></p> 				<ul style="list-style-type: none"> • 9:00am Chess • 9:30am Cardio Drumming
4	5	6	7	8
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 10:00am Meet the Mayor • 12:45pm Netflix Movies 	<ul style="list-style-type: none"> • 10:00am Mexican Train • 10:30am DIY Craft • 12:30pm Center closes. Celebrate Ida Hoggan's 105th B-Day @ Grantsville Senior Center. 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving 	<ul style="list-style-type: none"> • 9:00am Chess • 12:30pm BINGO • 1pm Line Dancing • 3:00pm Center closes early for all staff training. 	<ul style="list-style-type: none"> • 9:00am Chess • 9:30am Cardio Drumming
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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 Krysta MacFarlane, 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>



PREVENTION THROUGH CONNECTION
UTAH ELDER JUSTICE CONFERENCE

APRIL 25, 1-5 P.M.
Virtual

Discover strategies for older adults to prevent elder abuse. Join experts to learn how fostering vital connections is the key to prevention.

For questions or help registering, call 801-229-3808.

REGISTER AT [UTAHELDERJUSTICE.ORG](https://utahelderjustice.org)

EMILY ALLEN, AARP
Keynote Speaker

PREVENTION THROUGH CONNECTION AGENDA UTAH ELDER JUSTICE CONFERENCE

Full session descriptions and speaker bios can be found at UtahElderJustice.org.

Time	Session
1 p.m.	Welcome <i>Linda Cole, Deputy Director at MAG Aging & Family Services</i>
1:15 p.m.	The Impact of Social Isolation and Loneliness on Older Adults <i>Emily Allen, Senior Vice President of Programs at AARP</i>
2:15 p.m.	The Signs are All Around Us: Spotting Warning Signs of Older Adult Abuse <i>Megan Schmidt, Adult Protective Services Trainer</i>
3:20 p.m.	Caregiver Burnout: Managing Sparks and Rebuilding Energy <i>Kathy Nelson, Training Specialist at SLCO Aging & Adult Services</i>
4 p.m.	Safeguarding Elders: Connection and Legal Planning <i>Klea Harris, Attorney at Angel Advocates</i>



The Next Chapter

A social support and educational program for widows and widowers

Spring Into Action
10:30 - 11:15 am
Tooele Senior Center

Join us for our annual Easter service project. Lend a hand helping fill plastic eggs with treats and visit. Those in need will find an unexpected surprise hidden in their food bank order. All the supplies will be provided.

Thursday
March
14

TOOELE
COUNTY
HEALTH DEPARTMENT
AGING SERVICES
435-277-2420
tooelehealth.org

MARCH

MONDAY, MARCH 4 & 18

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 pm
Tooele Senior Center
59 E Vine St, Tooele*

TOOELE
COUNTY
HEALTH DEPARTMENT
(435) 277-2420

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

The Benefits of Eating With Others:

Connecting Nutrition and Socialization for Better Health

THE POSITIVE IMPACT OF EATING TOGETHER

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility



Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression



Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness



REDUCED HUNGER IS MORE COMMON AS WE AGE

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

Eating better overall
or certain food groups
like protein and
vegetables.



**Consuming
more calories**
to provide
needed energy.



**Taking in more
nutrients**
like iron, calcium,
and folate.



Sources cited

- Gender differences in longevity in free-living older adults who eat-with-others: A prospective study in Taiwan. 2017.
- A systematic review and meta-analysis of the social facilitation of eating. 2019.
- Social influences and eating behavior in later life: a review. 2011.
- "You've got to be old to go there:" psychosocial barriers and facilitators to social eating in older adults. 2020.
- Living alone but eating together: exploring lunch clubs as a dining out experience. 2017.
- Eating along or together among community-living older people - a scoping review. 2021.

MENTAL HEALTH MATTERS!

DO THIS NOT THAT

- | | |
|--------------------------------------|--------------------------------------|
| 1 Take some time to talk with others | 1 Avoid people and social situations |
| 2 Clarify what you are feeling | 2 Ignore your feelings |
| 3 Examine your reactions | 3 Shut down natural reactions |
| 4 Get professional help | 4 Stay away from therapists |
| 5 Try mindfulness practices | 5 Binge watch tv shows |

Recommended Vaccines for Older Adults: Pneumococcal

Pneumococcal disease can cause serious infections such as pneumonia, ear infections, meningitis, or a bloodstream infection. Older adults are at an increased risk of infection. It is recommended that adults age 65 and older get vaccinated against pneumococcal disease.

The pneumococcal vaccine is available at the Tooele County Health Department.
No appointment necessary.

The pneumococcal vaccine is covered by Medicare!

TOOELE
COUNTY
HEALTH DEPARTMENT



FREE TAX ASSISTANCE!

AARP FOUNDATION TAX-AIDE IS PREPARING TAX RETURNS AT THE TOOELE SENIOR CENTER, 59 EAST VINE IN TOOELE ON TUESDAYS AND WEDNESDAYS, FEBRUARY 6TH THRU APRIL 10TH.

Appointments are available by calling Tooele Tax-Aide at 435-277-0812. Tax Packets, which must be completed prior to your appointment, may be picked up at the Tooele Senior Center reception area.

You may also schedule your own drop-off appointment by going to:

<https://taxappointment.aarp.org/s/registration?locationId=alro0000000D32t>.

Tax-Aide volunteers are trained and IRS-certified every year. In Tooele, we are primarily using a drop-off method.



Call for an appointment
435-277-0812

Ending Care Appeals

DISCHARGE APPEALS AT A GLANCE:

Learn what to do if Medicare stops covering your care and you still need medical attention in a hospital or non-hospital setting.



Understand your right to appeal.

You have the right to file a fast appeal if you feel that continued care is medically necessary. There are separate processes for hospital and non-hospital appeals.



Begin the process of appealing.

If you disagree with your facility's decision to end your care, start an appeal by contacting your Beneficiary and Family Centered Care Quality Improvement Organization, or BFCC-QIO for short. The notices you receive in a hospital or non-hospital setting provide information about how to appeal if you think your care is ending too soon.



If you are a hospital inpatient, you should receive an **Important Message from Medicare** notice upon hospital admission and before discharge for inpatient stays lasting 3 days or more. If you think you are being discharged too soon, follow the instructions on the notice to file an appeal with the QIO.

The hospital must provide a **Detailed Notice of Discharge**, and the QIO should provide a decision within 24 hours of receiving all necessary information. You will be responsible for any care received after noon of the day following the QIO's decision if care is deemed to end.

If your non-hospital care is ending, you will receive a **Notice of Medicare Non-Coverage** 2 days before it is set to end. Home health care patients will receive the notice on their 2nd-to-last care visit. You can appeal if you believe your care is ending too soon.

A **Detailed Explanation of Non-Coverage** should be given by your provider. You can file an expedited appeal with the QIO by noon the day before your care ends. QIO will make a decision within 2 days of your care ending. If your care is ended, you will be responsible for any care received after the end date on the notice.

Understand your right to continue appealing.

If the appeal to the QIO is successful, the care will continue to be covered, but if it's denied, you can follow instructions on the denial notices to continue the appeal. There are 5 levels of appeal, and a separate timeframe exists for each level. Filing each appeal on time is crucial. If you can't appeal, a family member or representative can do it for you.



SHIP

State Health Insurance
Assistance Program

A Medicare counselor at your SHIP can guide you through the steps of the appeals process.

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

shiphelp.org

This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201.

8 SIGNS OF IDENTITY THEFT

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

- 1 You see withdrawals from your bank account that you can't explain.
- 2 Medical providers bill you for services you didn't use.
- 3 You don't get your bills or other mail.
- 4 Medical claims are denied because records show you've reached your benefit limits.
- 5 A health plan won't cover you because your medical records show a condition you don't have.
- 6 The IRS notifies you that more than one tax return was filed in your name.
- 7 Debt collectors call you about debts that aren't yours.
- 8 You find unfamiliar accounts or charges on your credit report.

If you suspect you or a loved one is a victim of identity theft, contact the Federal Trade Commission for financial identity theft and the SMP for medical identity theft.

<https://www.consumer.ftc.gov/articles/0271-warning-signs-identity-theft>

Supported by grant # 90MPC0002 from ACL

Financial Fraud

Federal Trade Commission
877-382-4357 www.ftc.gov

Medical Fraud

Medicare 800-633-4227
Social Security 800-772-1213

Contact Tooele County Aging Services at 435-277-2420 to receive assistance from a SMP Counselor.



Jim Delaney & Anne Goins



Your donations to Tooele County Aging Services Caregiver Library were appreciated!

Books, movies, games, & more can be borrowed by emailing sarah.obray@tooelehealth.org or calling 435-843-4119.



Family, Caregivers, and Friends are encouraged 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

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

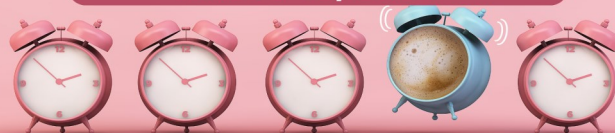
For more information call:

435-843-4106

TOOELE
COUNTY
HEALTH DEPARTMENT

DAYLIGHT SAVINGS TIME
CHANGE COMING UP...

March 10, 2024



Stepping On

Fall Prevention Course

Grantsville Senior Center
Wednesdays 1-3pm
Starting March 13th

Join us for this 7-week class to learn how to prevent falls through exercises, environment, medication management, and more!

Sign up
today!

Call the Grantsville Senior Center at
(435) 884-3446 or visit
healthyaging.utah.gov to register for this workshop.

Tai Chi for Arthritis

Tuesdays and Thursdays
10:00-11:00 am

Tooele Senior Center
59 E Vine St. Tooele

8 week workshop
For more information
Call 435-843-4110
Begins March 19, 2024

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

TOOELE COUNTY AGING SERVICES

SENIOR CENTER WOOD CARVING CONTEST

Show off your woodcarving skills!



CONTEST
DEADLINE
**MARCH
6TH**

WINNERS
ANNOUNCED
**MARCH
13TH**

PRIZES FOR
1ST, 2ND, 3RD
PLACE



- Voting at the Tooele Senior Center will take place from March 6th-13th.
- Participants of the senior centers may vote on their favorite carving. One entry allowed per person.

*For entry rules and details please
call Tren @ 435-850-9919

GIVE US YOUR FEEDBACK!

WE WANT TO UNDERSTAND WHAT YOU NEED IN YOUR COMMUNITY TO LIVE SAFE AND HEALTHY LIVES.

YOU CAN HELP BY TAKING THE UTAH COMMUNITY NEEDS ASSESSMENT!

WE ARE ESPECIALLY HOPING FOR YOU TO TAKE THIS SURVEY IF YOU ARE:

- OLDER THAN AGE OF 60
- AN ADULT WITH A DISABILITY
- A CAREGIVER
- A SERVICE PROVIDER FOR OLDER ADULTS OR PEOPLE WITH DISABILITIES

YOUR ANSWERS WILL BE USED BY THE DIVISION OF AGING AND ADULT SERVICES SO WE CAN BETTER MEET THE NEEDS OF PEOPLE ACROSS THE STATE OF UTAH.

LEARN MORE AND TAKE THE SURVEY AT [UTAHCOMMUNITYSURVEY.COM](https://utahcommunitysurvey.com), OR CALL 800-293-1538 EXT. 1610. IF YOU NEED TO TAKE THE SURVEY IN A LANGUAGE OTHER THAN ENGLISH, PLEASE CALL THE PHONE NUMBER.

Take the
Utah Community Needs Assessment
now!

Visit UtahCommunitySurvey.com
or
Call us at 800-293-1538 ext. 1610.



TOOELE
COUNTY
HEALTH DEPARTMENT

**VIRTUAL
Social
Security
Office
first and last
Tuesday
of each month**



**Meet with an SSI representative
VIRTUALLY
the first and last Tuesday of each month
9:00 am - 12:00 pm
Tooele Senior Center
59 E Vine St
NO appointment is necessary, EVERYONE welcome
First come, first served**

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