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
Val Wiseman
Kitchen/MOW Staff

Tracy Beckett Financial Analyst

Desirae Taylor Jennifer Romero Lisa Fowler

Social Workers

Sarah Jane Obray

Next Chapter & Support Group Facilitator





April is National

Volunteer Apprecation Month

We love & appreciate our Aging Services Volunteers!
Thank you for all you do!



Welcome springtime!

Spring is a time for new beginnings, fresh opportunities, and the warmth of friendship, and we have an array of activities planned to celebrate this wonderful season. From invigorating fitness classes to educational workshops, there's something for everyone to enjoy. Whether you're reconnecting with old friends or forging new connections, we invite you to partake in our activities and make lasting memories together.

One upcoming workshop that we're particularly excited about is the 2024 Utah Elder Justice Conference. Happening virtually on April 25th from 1-5 p.m., this conference is dedicated to exploring strategies for older adults to prevent elder abuse. Join experts as we delve into the importance of fostering vital connections as a key component of prevention. We're honored to have Emily Allen, Senior Vice President of Programs at AARP Foundation, as our keynote speaker. This event is free and open to older adults, their family members, professionals, and interested community members. Register online at utahelderjustice.org/10.1001/justice

Additionally, I'd like to take this opportunity to recognize April as Volunteer Appreciation Month. To each and every one of our volunteers, I extend my heartfelt gratitude and appreciation. Your dedication, passion, and selflessness make a significant difference in our community and beyond. Your tireless efforts, big or small, contribute to the betterment of society and inspire others to join in creating positive change. Your willingness to give your time, energy, and skills is truly commendable and invaluable. You are the backbone of our organization, and we are grateful for your unwavering support and commitment. Thank you for your boundless generosity, compassion, and commitment to making the world a better place. Your contributions do not go unnoticed, and we are honored to have you as part of our volunteer family.

As the days grow longer and the weather beckons us outdoors, let's seize the moment and create lasting memories together. Whether it's a leisurely stroll in the park or a lively game of bingo, let's embrace the spirit of spring and bask in its beauty. Let's make this spring a season to remember! We look forward to seeing you and sharing in the warmth and joy of the season.

With deep appreciation, Amy Hoftiezer



APRIL MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	
Chili Cheese Dog Vegetable	Sweet & Sour Pork Rice Bell Peppers	Chicken Fettuccine Alfredo Vegetable	Meatball Sub Vegetable Fruit	Chicken Salad Croissant Coleslaw Beets	
8	9	10	11	12	
Chicken Fried Steak Mashed Potatoes w/ gravy Vegetable	Chicken Caesar Salad Fruit	Sloppy Joes Vegetables	Orange Chicken Rice Mixed Vegetables Join us for the Senior's Got Talent Show @ Tooele Senior Center.	Roast Beef Sandwich Vegetable Fruit	
15	16	17	18	19	
Chicken Parmesan Spaghetti Vegetable	Beef Taco Rice Beans	Chicken Pesto Pasta Vegetable	Salisbury Steak Potatoes w/gravy Vegetable Fruit	Tilapia Rice Vegetable	
22	23	24	25	26	
Biscuits & Gravy Sausage Breakfast Potato Fruit	Cheeseburger Mixed Vegetables	Chicken Fajitas Rice Beans	Braised Beef w/ Veggies Roasted Potato w/ gravy Fruit	Egg Salad Sandwich Coleslaw Beets	
29	30				
Turkey Club Sandwich Fruit	Swedish Meatballs Mashed Potatoes w/ gravy Vegetable	Hello			

<u>Meals are subject to change</u>. 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
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	 9:00am Folk Dancing 10:00am Practice Tai Chi 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly-Tying 10:00am	 9:00am Pinochle 10:30am Habitat for Humanity 11:30am Wood Carving 1:00pm Melodicas 2:30pm Center closes early for all staff training. 	 9:00am Folk Dancing 10:00am Karaoke
8	9	10	11	12
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	 9:00am Folk Dancing 10:00am Practice Tai Chi 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly-Tying 10:00am	11:30am Senior's Got Talent Show. Transportation provided to Tooele Senior Center.	 9:00am Folk Dancing 10:00am Karaoke
15	16	17	18	19
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	 9:00am Folk Dancing 10:00am Practice Tai Chi 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly-Tying 10:00am	 9:00am Pinochle 12:30am Wood Carving 1:00pm Melodicas 	• 9:00am Folk Dancing • 10:00am Karaoke
22	23	24	25	26
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	 9:00am Folk Dancing 10:00am Practice Tai Chi 12:30pm Flint Knapping 	 9:00am Exercise 9:00am Fly-Tying 10:00am	 9:00am Pinochle 12:30pm Wood Carving 1:00pm Elder Abuse Conference Watch Party. 	9:00am Folk Dancing10:00am Karaoke
29	30			
 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	 9:00am Folk Dancing 10:00am Practice Tai Chi 12:30pm Flint Knapping 	We Cou Voluntee	でなる	

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	4	5	
 9:00am Fly-Tying 10:00am Exercise 10:00am Meet the Mayor 12:45pm Netflix Movies 	 10:00am Mexican Train 10:00am Tai Chi for Arthritis 10:30am DIY Craft 1pm Line Dancing 1pm Watercolor 	 10:00am Exercise 10:00am Bridge 1pm Wood Carving 	 9:00am Chess 10:00am Tai Chi for Arthritis 12:30pm BINGO 1pm Line Dancing 1pm Habitat for Humanity 3:00pm Center closes early for all staff training. 	• 9:00am Chess • 9:30am Cardio Drumming	
8	9	10	11	12	
 9:00am Fly-Tying 10:00am Exercise 12:45pm Netflix Movies 	 10:00am Mexican Train 10:00am Tai Chi for Arthritis 10:30am DIY Craft 1pm Line Dancing 1pm Watercolor 	 10:00am Exercise 10:00am Bridge 1pm Center closes early for Movie Day @ UEC Theater in Tooele. 	• 11:30am Senior's Got Talent Show @ Tooele Senior Center.	9:00am Chess9:30amCardioDrumming	
15	16	17	18	19	
 9:00am Fly-Tying 10:00am Exercise 12:45pm Netflix Movies 	 10:00am Mexican Train 10:00am Tai Chi for Arthritis 10:30am DIY Craft 1pm Line Dancing 1pm Watercolor 	 10:00am Exercise 10:00am Bridge 1:00pm Center closes early for Volunteer Appreciation Event. 	 9:00am Chess 10:00am Tai Chi for Arthritis 12:30pm BINGO 1pm Line Dancing 	• 9:00am Chess • 9:30am Cardio Drumming	
22	23	24	25	26	
 9:00am Fly-Tying 10:00am Exercise 12:45pm Netflix Movies 	 10:00am Mexican Train 10:00am Tai Chi for Arthritis 10:30am DIY Craft 1pm Line Dancing 1pm Watercolor 	I & IBIII VVOOG	 9:00am Chess 10:00am Tai Chi for Arthritis 10:00am Double Deck Pinochle 12:30pm BINGO 1pm Elder Abuse Conference Watch Party. 	 9:00am Chess 9:30am Cardio Drumming 	
29	30				
9:00am Fly-Tying10:00am Exercise12:45pm Netflix Movies	 10:00am Mexican Train 10:00am Tai Chi for Arthritis 10:30am DIY Craft 1pm Line Dancing 	We () Volunt	our cers		

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

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 <u>vital connections</u> is the key to prevention.

*PLEASE CALL 435-843-4110
SO WE CAN HELP YOU REGISTER
FOR THIS CONFERENCE; OR JOIN
US AT THE TOOELE &
GRANTSVILLE SENIOR CENTERS
FOR OUR WATCH PARTY!
*TREATS WILL BE PROVIDED.



AGENDA

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

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





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 or call 435-277-2420

TOOFLE COUNTY HEALTH DEPARTMENT MONDAY, APRIL 1 & 15

Dementia Caregiver Support Group Meetings

2-3 pm

Tooele Senior Center 59 E Vine St, Tooele

APRIL

SUN MON TUE WED FRI SAT 5 6 10 11 12 13 19 20 23 25 26 27



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

ACTIVE AGING Page 6

Join us to find out about the Critical Home Repair Program "CHiRP"

April 4, 2024 Habitat for Humanity presents at Grantsville Senior Center - 10:30 am Tooele Senior Center - 1:00 pm

- Salt Lake Valley Habitat for Humanity is known for building affordable homes. Did you know they also help families maintain safe and healthy homes through the Critical Home Repair Program (CHiRP)?
- People must often choose between home repairs or putting food on the table. CHiRP can help!

Safe housing is part of your overall health!

For a flyer with more information please ask the front desk.







Struggling with major home repairs?



Habitat for Humanity wants to help!

Our Critical Home Repair Program "CHIRP"

can keep your home safe and healthy.

✓ Roof✓ Plumbing✓ Flooring

g

✓ Electrical✓ Windows

AccessibilityMold

✓ Windows
✓ Mold
✓ Furnace, A/C
✓ Water Heater

I couldn't afford to repair my home on a single

income. The Habitat team took care of everything, and now my house is safe. -Kim



How does it work?

We do a thorough home assessment, identify critical issues, and manage the construction process, performing high-quality work in a timely manner.

How much is it?

There is **no up front cost** and homeowners may be eligible for a grant of up to \$5,000. Our low-interest financing makes repairs affordable.

Who is eligible?

Homeowners in Salt Lake, Davis, and Tooele Counties who meet income requirements. We help you through the eligibility and application process.



Call or scan to learn more about CHiRP!





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!







Laughter relaxes the whole body and relieves physical tension and stress.

Laughter boosts the immune system and reduces problems associated with high blood pressure, strokes, arthritis, and ulcers.

Laughter shuts down the release of stress hormones and triggers the production of feel-good neurochemicals.

Laughter promotes longevity and heals the brain through pleasure-enhancing neurochemicals.

ACTIVE AGING Page 7

Medicare Prescription Drug Plans

PART D COVERAGE PHASES

The cost of your medications may change throughout the year, depending on which coverage phase you're in.



Yearly Deductible

At the beginning of each year, you pay the full negotiated price for prescription drugs until you meet the deductible, which cannot exceed \$545 in 2024, with some plans having no deductible.

Initial Coverage

After meeting your deductible, your plan covers some prescription costs during the initial coverage period, with you paying a copayment or coinsurance.

Coverage Gap

When total drug costs —plus what you and your plan have paid for your drugs— reach \$5,030 in 2024, you enter the coverage gap where you pay 25% of the drug costs. (AKA: the **donut hole**.)

Catastrophic Coverage

In 2024, all Part D plans enter catastrophic coverage after reaching \$8,000 in out-of-pocket costs for covered drugs. During this period, there are no coinsurance or copayments for the rest of the year, capping spending in this phase.

Contact your State Health Insurance Assistance Program (SHIP) to check if you qualify for programs to reduce prescription drug expenses.

shiphelp.org | 877.839.2675

Local office | 435.277.2420





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

Part D Coverage Phases

PHARMACY & PRESCRIPTION DRUG FRAUD

Medicare pharmacy or prescription drug fraud occurs when Medicare is billed for a prescription that you did not receive, or if you are purposefully given a different medication than the one your doctor prescribed.



You see charged on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for:

- Drugs that were never picked up, delivered, or even prescribed.
- Prescription drugs, including opioids, prescribed by an unseen doctor.
- Drugs beyond the amount you were prescribed.
- A different prescription drug, often one that costs more, than the one you were prescribed.
- A drug that is not approved by the U.S. Food and Drug Administration (FDA).



The pharmacy refills a prescription without your knowledge, bills Medicare, and you do not pick it up.



The pharmacy charged for a costly compounded medication, such as pain cream, instead of a cheaper prescription as prescribed by the doctor.



A pharmacy purposely provided you with less medication than you were prescribed or expired drugs.



A pharmacy offers you "free" or "discount" drugs without an order from your doctor and then bills Medicare.



If you suspect potential pharmacy or prescription drug fraud, errors, or abuse, contact your

Senior Medicare Patrol (SMP).



SHIP
State Health Insurance

Contact your local SMP and SHIP counselors at:

435-277-2420



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. 2020



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

YOU'RE INVITED

TO AN

OPEN HOUSE

Tooele County Health Department Wendover Office

> 920 Wendover Blvd Wendover, UT

MAY 14TH 2:15-5PM

We have a new look!

Come tour our renovated office, learn about services offered, and enjoy entertainment and refreshments!

TOOF!

AGING SERVICES

WENDOVER DINNER & BINGO

FOR ADULTS 60+
FOOD - FRIENDSHIP - FUN

Doors Open at 3:30 pm Last Wednesday of each

Dinner Served at 4:00 pm

Wendover Community Center 112 300 South Wendover, UT

For more information call:

435-843-4106



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, 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.

Utah Department of Health & Human Services



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 appoinment is necessary, EVERYONE welcome

First come, first served

Springtime &



BIRDS
MAY
FLOWERS
TULIPS
DRAGONFLY
RAINCOAT
THAW
GARDEN
GALOSHES

BLOSSOMS SPROUT GREEN DAFFODILS BASEBALL BUTTERFLY CHICK BEES FRAGRANT APRIL
RAIN
GRASS
UMBRELLA
SOCCER
SUNSHINE
BUNNIES
OUTDOORS
HIKING

TOOELE COUNTY AGING SERVICES

59 E Vine Street Tooele, UT 84074



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TOOELE, UTAH
PERMIT NO. 36

TOOELE COUNTY TRANSPORTATION \sim 47 S Main Street, Room 222 * Tooele, Utah * 435-843-4114 *

TOOFLE C O U N T Y	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