

# Senior Scoop

## Winter Trip ~ Salt Lake City ~ Dec. 4th

**\$80**

**Come Enjoy the Most Magical Time of Year with Us**

**December 4th. We will be traveling to Salt Lake City to View the Amazing Light Display at Temple Square.**

**Sign-Up by November 2nd to save \$10. Price includes Lunch , Transportation, and Dinner at the Garden Restaurant.**

### **Itinerary Includes:**

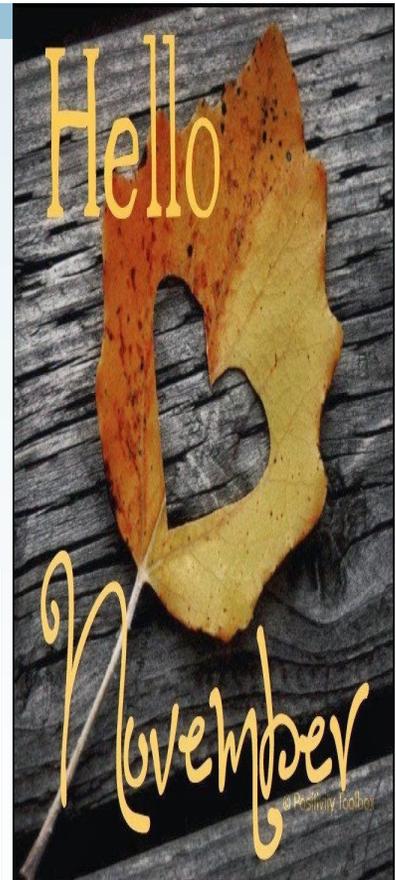
**11am ~ Lunch will be served at the Bingham County Senior Center, 20 East Pacific Street**

**12:30pm ~ Depart the Senior Center**

**3pm ~ Arrive at Temple Square. You can either explore the Temple grounds or shop at the City Creek Mall.**

**6pm ~ 3-Course Dinner at the Garden Restaurant**

**8pm ~ Depart Salt Lake City**



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### Special points of interest

- Board Elections
- Papa Murphy's Fund Raiser
- Senior Tip
- Fall Risk Education

# Annual Board of Directors Election

BINGHAM COUNTY SENIOR  
CITIZEN CENTER

NOV  
12TH

# BOARD ELECTION

## REQUIREMENTS TO VOTE:

### BCSCC MEMBER

A member is anyone who is 60 years of age or older and lives in the BCSCC service area for a minimum of 6 months

### CONGREGATE

You must have filled out the Congregate Meal Registration Form or the Basic Home Delivered Meals Registration Form as required by The Area Agency

### VOTE

Each member can vote one time at the Annual Board of Directors Election & must select TWO of the nominated candidates

NOVEMBER 12TH, 8AM TO 3:30PM  
20 E. PACIFIC ST.  
BLACKFOOT, IDAHO

## Papa Murphy's Senior Center Fundraiser

Please help us raise money by purchasing Papa Murphy's Pizza on December 5th, From 11am to 8pm. All you have to do is:

- **RSVP on the Event's Meal Page:** RSVPing is **super easy**, plus it lets the group organizer and restaurant get a better idea of the turnout!

Meal Page address:  
<https://www.groupraise.com/events/76591>

- **Show Up:** Once you've committed, come show your support! Bring friends too--even if they haven't RSVPed online. They can still participate by placing a Take-out order as well!

- **Be Mindful:** Please remember that for every GroupRaise fundraiser you are treated as a regular restaurant customer. The Bonus: a percentage of your meal goes to a worthy cause!

- **Inform The Cashier/Server That You're A Supporter:** The restaurant only counts sales from supporters during the specified time frame. Let your server know you're a supporter to make sure your check is counted towards your group.

- **Have Fun!** Who knew changing the world could be so easy?

## Meet the Nominated Board Members

### Al Wixo

Al has lived in Blackfoot for 7 ½ years and has been volunteering as a Meals-on-Wheels driver for almost 4 years. He truly enjoys delivering meals and getting to meet all the wonderful Meals-on-Wheels recipients. Al has thirty years of experience as a general sales manager for three bakeries in 10 different states. He also has extensive experience in food service, grocery, whole sale, and retail adding up to 20 years. Ten of those years, Al was an owner and operator of 2 supermarkets. Al enjoys working with the public and is honored to be considered for the Bingham County Senior Citizens Center Board of Directors. He gives 110% in everything he does and plans to honor this when serving on the Board.

### Tom Packer

Tom Packer has lived in Blackfoot his whole life. He is an elder law attorney, has a master's degree in Public Administration and has served as Chairman of the Board of the Bingham County Senior Center for the last 4 years. He enjoys working with Seniors in his law practice and at the Senior Center. As an attorney, Tom counsels the board on legal issues that arise, advocating for fairness and due process in decisions the Board makes. He would like to continue working with the Board to ensure the success of the Senior Center.



**DO YOU HAVE YOUR CHUCK-A-RAMA SENIOR DISCOUNT CARD? STOP BY THE SENIOR CENTER TO PICK ONE UP FOR \$1.00. SAVES 20% ON EACH MEAL AND YOUR 1<sup>ST</sup> MEAL IS FREE!**



## Get Your Flu Shot Here

**Tuesday November 6th**

**10:30 to 11:30 a.m.**

Southeastern Idaho Public Health will be on-site at the Bingham County Senior Citizen Center.

They are able to bill Insurance, Medicaid, and Medicare just bring your card.

If you do not have insurance prices are:

\$37 for regular dose

\$67 for high dose (Anyone 65+ is required to get a high dose)

### Kitchen Corner

**Come Enjoy  
Breakfast at  
the Senior  
Center.**

**Every Friday  
Morning from  
9-10:30 a.m.**

**Eggs, Sausage,  
Bacon, Hash  
Browns, Fruit,  
Pastries, and  
Toast.**

**Everyone is  
Welcome!**



We, here at the Senior Citizen Center, want to Thank all of our patrons and Especially our Volunteers. Without everyone's donations and willingness to give up their personal time to volunteer, We Would Not Be Here.

Please plan to attend our  
Thanksgiving Luncheon November 14,  
11 to 12:30 p.m.

# \$5.00 a Month Club



**October**

*Our \$5.00 a month club is for our Meals on Wheels recipients. We currently deliver daily meals to over 100 home-bound seniors in Bingham County. Many of our seniors are unable to pay for this service. **You can help by buying a senior a meal.** Call the center and become a part of our Club today at 208-785-4714.*

JUNE ARAVE

ALICE KONISHI

JACKIE BABCOCK

JON & MARLENE LYSKET

ANNETTE BAIR

EMI MATSUURA

MARY BALLARD

RICHARD & SHIRLEY MERRIL

JERRY BARBE

LYNN MICKELSEN

PAM BEUS

CHERI MITCHELL

GLENNA DAVIS

KENNETH NILSSON

JACK DETMER

RUSSELL & JEANIE POTTER

BOBBIE & TOM DRYSDALE

RUTH RAY

RALPH DUNN

M. JOAN SHAFER

SHARON EMPY

BILLYE THOMAS

TERRY GOODWIN

FRANK & KIMI TOMINAGA

WILBUR & COLLEEN GREGORY

MID TSUKAMOTO

SHIRLEY GOODYEAR

VEEANN WILLIAMS

SAUNDRA HAMM

SPENCER & ANDREA WILLIAMS

JOYCE HARTMAN

FRED WOODLAND

BILL & JOYCE ISON

## BOARD MEMBERS

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**CHAIRMAN**  
TOM PACKER

**VICE CHAIRMAN**  
LEON PETERSON

**SECRETARY**  
PHILIP GOODWIN

**TREASURER**  
LARRY HINDERAGER

**MEMBERS**  
BOBBETTE BROWN  
BECKY YOUNG  
MIKE PATTEN  
EILEEN BREITWEGE

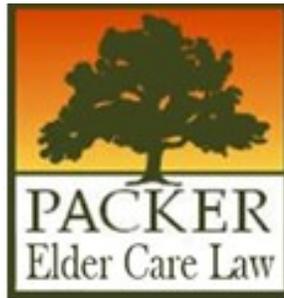
## STAFF

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**DIRECTOR**  
PAM BEUS

**OFFICE STAFF**  
TERA YOUNG  
ELIZABETH TOLER

**KITCHEN STAFF**  
SUSAN KARNES  
JEREMY ATWOOD  
ROSA SALCE  
JONATHAN HUGHES



## Senior Tips

Tips on how to make your life better  
From Packer Elder care Law

**Signatures on Legal Documents**  
Does it really matter how you sign your name?

When signing legal documents, this question frequently comes up—how should I sign my name? There is not a black and white answer to this question, but here are some guidelines.

There are good reasons to sign your name on legal documents the same way your name is listed on government documents, such as your Social Security card or your Driver's License. If the document is going to be notarized, a notary public may ask to see your identification card to identify you and compare signatures. The goal is to sign your name in a way that will avoid confusion.

There is no law that I am aware of that says you must sign your name a certain way. But title companies, banks and county assessor's offices often get particular about how documents are signed, especially documents that transfer title to real property.

Below are some general rules that court clerks and title companies have suggested to me. I realize that sometimes these suggestions might conflict with each other. You can choose the one that fits your situation the best.

- Sign your name the way it is listed on government documents that identify you.
- Sign your name the same way that it is listed in the heading, the body of the document or the signature line.
- If you are signing a deed, sign your name the same way that it was written in the deed that transferred the property to you. Sometimes when your name has been written multiple ways on previous deeds, you can state your name and then state, "also known as", then write your name the other ways that it was written previously.
- If you have a common name or the same name as a parent, use your full name, with your middle name, or Jr. or Sr. if applicable, to avoid confusion.

Generally speaking, a person is not going to escape liability, or on the other hand a contract or other legal document is not going to be invalidated because you didn't use your full name, your name is misspelled, or you signed Bill Smith when your name is William Smith.

Signing your name as indicated above will avoid confusion and make it easier for title companies and assessor's offices to verify your signature.

**Please see our website at [www.packereldercarelaw.com](http://www.packereldercarelaw.com) to view all our Senior Tips! (From 2012-2018)**

**Tom Packer is an Elder Law Attorney serving all of Southeast Idaho. As part of his law practice, Tom offers Life Care Planning to deal with the challenges created by long-term illness, disability and incapacity. If you have a question about a Senior's legal, financial or healthcare needs, please call us.**

**Thomas W. Packer  
186 East Judicial Street  
Blackfoot, Idaho 83221  
208-785-5600**

## Bingham County 40th Anniversary Christmas Tree Fantasy

**Bingham County Christmas Tree Fantasy opens November 28th through December 1st.**

**The Christmas Tree Auction is on Thursday, November 29th at 7pm—Bidder registration is at 6pm.  
Hor d'oeuvres start at 6:30pm.**

**Reasons to Attend the Bingham County Christmas Tree Fantasy & Auction include:**

-  **Free appetizer for bidders during the auction**
-  **Simplify life, buy a pre-decorated tree**
-  **Auction purchases are tax deductible**
-  **All Christmas Trees are one-of-a-kind and you get to keep all the ornaments or consider donating a tree to the Senior Citizen Center**

**All money raised is donated to non-profit organizations that support Bingham County.**

**Located in the Needlecraft building at the Eastern Idaho State Fairgrounds.**



*Christmas Tree Fantasy*

## Community Dinner Table

For All Who Need A Hot Meal

Tuesdays, 5:00—6:30 p.m.

October 30, 2019 through March 26, 2019  
Jason Lee Memorial United Methodist  
Church

168 S. University, 208-785-3611

### Idaho Arthritis Support Group

Idaho residents only that have Arthritis.

Goal: to create a place to meet individuals in your area that understand what you are going through.

Become friends and be that support for each other.

<https://www.facebook.com/groups>  
Type in Idaho Arthritis Support  
Click on join—answer 3 questions and you can connect.

## FALL RISK EDUCATION

**A simple thing can change your life—like tripping on a rug or slipping on a wet floor. If you fall, you could break a bone, like thousands of older men and women do each year. For older people, a break can be the start of more serious problems, such as a trip to the hospital, injury, or even disability.**

Research has identified many risks that contribute to falls. Most risk factors can be eliminated or reduced. Risk factors include:

- Generalized weakness
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps, throw rugs or clutter that can be tripped over, and
- No handrails along stairs or in the bathroom.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling.

Scientists have linked several personal risk factors to falling, including muscle weakness, problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension). Foot problems that cause pain and unsafe footwear, like

backless shoes or high heels, can also increase your risk of falling. Confusion can sometimes lead to falls. For example, if you wake up in an unfamiliar environment, you might feel unsure of where you are. If you feel confused, wait for your mind to clear or until someone comes to help you before trying to get up and walk around.

Some medications can increase a person's risk of falling because they cause side effects like dizziness or confusion. The more medications you take, the more likely you are to fall.

### **Take the Right Steps to Prevent Falls**

If you take care of your overall health, you may be able to lower your chances of falling. Most of the time, falls and accidents don't "just happen." Here are a few tips to help you avoid falls and broken bones:

- **Stay physically active.** Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss.
- **Have your eyes and hearing tested.** Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.
- **Find out about the side effects of any medicine you**

**take.** If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.

- **Get enough sleep.** If you are sleepy, you are more likely to fall.
- **Limit the amount of alcohol you drink.** Even a small amount of alcohol can affect your balance and reflexes. Studies show that the rate of hip fractures in older adults increases with alcohol use.
- **Stand up slowly.** Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked as often as needed.
- **Use an assistive device if you need help feeling steady when you walk.** Appropriate use of canes and walkers can prevent falls.
- **Be very careful when walking on wet or icy surfaces.** Try to have sand or salt spread on icy areas by your front or back door.
- **Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet.** It is important that the soles are not too thin or too thick. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- **Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall.** A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

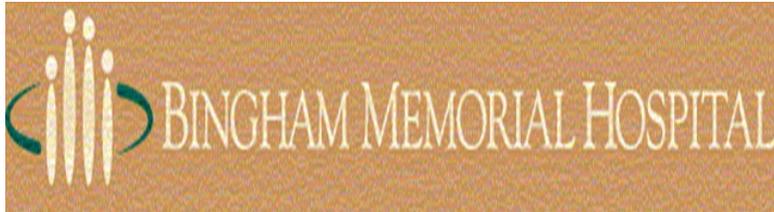
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
<b>5</b> 1:00 Bingo 3:30 Zumba Gold  Spaghetti Buffet Soup/Salad Bar	<b>6</b> 9:30 Fit & Fall 10:30 Flu Vaccine 1:00 Hand & Foot  Taco Soup Buffet Soup/Salad Bar	<b>7</b> 9:00 Chair Volleyball 10:00 Medicare Seminar 12:30 Bridge 1-2:30 Food Distribution  Baked Chicken Buffet Soup/Salad Bar	<b>8</b> 9:30 Fit & Fall 1:00 Solace Sponsored Bingo 3:30 Zumba Gold  BBQ Ribs Buffet Soup/Salad Bar	<b>9</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution  MOW—Chicken Noodle Soup	<b>10</b> 8:30 Zumba
<b>12</b> 10:00 BP Clinic <b>11-CFSP BOXES</b> 1:00 Bingo 3:30 Zumba Gold  Chicken N Noodles Buffet Soup/Salad Bar	<b>13</b> 7:30 Board Meeting 9:30 Fit & Fall 12:00 Brower Camp 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Taco Bar Buffet Soup/Salad Bar	<b>14</b> 9:00 Chair Volleyball 11:45 Julie from U of I 12:30 Bridge 1-2:30 Food Distribution  Turkey Dinner Soup/Salad Bar	<b>15</b> 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold  Chili with Cinnamon Rolls Buffet Soup/Salad Bar	<b>16</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution  MOW—Chicken w/Rice & Gravy	<b>17</b> 8:30 Zumba
<b>19</b> 1:00 Bingo 3:30 Zumba Gold  Potato Ham Soup Buffet Soup/Salad Bar	<b>20</b> 9:30 Fit & Fall 1:00 Hand & Foot  Sloppy Joes Buffet Soup/Salad Bar	<b>21</b> 9:00 Chair Volleyball 10:00 Medicare Seminar 12:00 Mayor's Meeting 12:30 Bridge 1-2:30 Food Distribution Teriyaki Chicken Bow Buffet Soup/Salad Bar	<b>22</b>  <b>Closed</b> <b>Happy Thanksgiving!</b>	<b>23</b>  <b>Closed</b>	<b>24</b> 8:30 Zumba
<b>26</b> 1:00 Bingo 3:30 Zumba Gold  Chicken Pasta Bake Buffet Soup/Salad Bar	<b>27</b> 9:30 Fit & Fall 12:00 Sorptomist's 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Mac N Cheese w/All Beef Hot Dogs Buffet Soup/Salad Bar	<b>28</b> 9:00 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution  Pork Chops Buffet Soup/Salad Bar	<b>29</b> 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold  Cheese Burger Buffet Soup/Salad Bar	<b>30</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution  MOW—Chicken Pot Pie	



Free, Unbiased Medicare  
Information for Idaho

1-800-247-4422 [www.shiba.idaho.gov](http://www.shiba.idaho.gov)

VOLUME 41  
ISSUE 11  
November 2018



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