

Senior Scoop

It's a New Year

Happy New Year to all of our wonderful patrons, volunteers, and sponsors. The Bingham County Senior Citizen Center has a lot planned for this new year and would love to have everyone involved and in attendance. We would not be here if it wasn't for the Amazing people here in Bingham County!

Some things to be on the look out for this year are:

- ◆ January—Health Fair January 14th—Annual Meeting January 16th
- ◆ March—March for Meals
- ◆ April—National Volunteer Appreciation Week 7-13th
- ◆ May—Trip to Mount Rushmore & the Black Hills of South Dakota
- ◆ June—Trip to 1000 Springs
- ◆ July—4th of July BBQ Fundraiser Celebration
- ◆ August—Trip to Mountain River Ranch
- ◆ September—Trip to Branson, Missouri



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Special points of interest

- HEALTH FAIR—JANUARY 14TH
- FREE DENTAL PROGRAM
- ANNUAL MEETING—JANUARY 16TH

Bingham County Senior Center 2019 Health Fair

Monday, January 14th
9:30 - 12:30

Sponsored by:

Bingham County
Chiropractic—

Dr. Michael Johnson



**Southeastern
Idaho Public Health**



"Every day, in every way, empowering & improving health!"



"The first month of the year, a perfect time to start all over again, changing energies and deserting old moods, New Beginnings, New Attitudes"— Charmaine J Forde

Annual Meeting

Please plan to attend
the Bingham County
Senior Citizens Centers
Annual Meeting on
January 16th, 2019
at 12pm.

Come early and have
lunch with us.

Everyone is welcome!

We would like to give a Special Thanks to
Margaret Sykes for volunteering her time to
our Toenail Clinic. Margaret will be retiring in
January and will be missed greatly!!!

Coming Soon

The Senior Center is working
to get another volunteer for
its toenail clinic. Please refer
any possible candidates to
Liz 208-785-4714

It's your Birthday!
Stop by the office and get a ticket
to enjoy lunch on the Senior Center



*Jackman Insurance
Agency Sponsors*
CHAIR VOLLEYBALL
Brandon Jackman, Agent
678 W Bridge, Blackfoot, ID
208-785-6000



\$5.00 a Month Club



December

*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

BILL & JOYCE ISON

JACKIE BABCOCK

ALICE KONISHI

ANNETTE BAIR

JON & MARLENE LYKSETT

MARY BALLARD

EMI MATSUURA

JERRY BARBRE

RICHARD & SHIRLEY MERRIL

PAM BEUS

LYNN MICKELSEN

PAT CROSSLEY

CHERI MITCHELL

GLENA DAVIS

RUSSELL & JEANIE POTTER

JACK DETMER

RUTH RAY

BOBBIE & TOM DRYSDALE

M. JOAN SHAFER

RALPH DUNN

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

BOARD MEMBERS

CHAIRMAN
TOM PACKER

VICE CHAIRMAN
LEON PETERSON

SECRETARY
PHILIP GOODWIN

TREASURER
AL WIXO

MEMBERS
BOBBETTE BROWN
BECKY YOUNG
MIKE PATTEN
EILEEN BREITWEGE

STAFF

DIRECTOR
PAM BEUS

OFFICE STAFF
TERA YOUNG
ELIZABETH TOLER

KITCHEN STAFF
SUSAN KARNS
JEREMY ATWOOD
ROSA SALCE



Senior Tips

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

Provide for your pet in your will or trust.

"I like pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals (Winston Churchill).

If you have ever loved a pet, you understand the question that many of my clients ask: when I pass away, who will care for my pet? Pets offer companionship and bring joy into our lives, and in return we want to make sure they go to a good home.

There are several options for the placing pets, including family members, friends and adoption programs with organizations like the Idaho Humane Society. If you plan to leave your pet with an individual, you should discuss with the prospective caretaker if they are willing to care for your pet. If they accept, you can leave your pet in your Will to that person. You may also want to leave some money or other pet care items to that person, asking the person to use the money and items to care for your pet. Your request gives guidance to the caretaker but is nonbinding. You cannot leave money or other property directly to an animal.

A more complex and expensive method to provide for your pet is to set up a Pet Trust. Idaho Code § 15-7-601 allows for a Trust to be set up for a pet. Funds can be put into the Trust with instructions that are binding, as to how the money is to be used and how your pet is to be cared for.

If providing for your pet's future when you are gone is important to you, consider leaving specific instructions in your Will concerning with whom you want your pet placed. Know that your pet will go to a good home will ease your mind.

Please see our website at www.packereldercarelaw.com to view all our Senior Tips! (From 2012-2018)

Tom Packer is an Elder Law Attorney serving all 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**

Dental Program for Adults over the age of 60



WHAT SERVICES ARE COVERED?

Up to \$1,250 in FREE dental care, including:

Cleanings • X-rays • Fillings • Extractions • Dentures and denture repairs
Full listing available

TOO GOOD TO BE TRUE?

There are no hidden fees, surprises, or agendas. We simply want you and others in the community to have the best health possible.

HOW DO I APPLY?

If you are a low income adult over the age of 60, please call **1-866-894-3563** to receive an application and brochure with more program details.

deltadentalid.com

 **DELTA DENTAL®**

Meals-on-Wheels Sponsors

If your business or a business you know of would like to be a sponsor, please contact Liz at the Senior Center 208-785-4714



302 NE Main - Blackfoot • 785-5710

Special Thanks to
Doug Bowers and his team
Linda, Vicky, Samantha,
and Travis for
Detailing Our
Meals-On-Wheels Vehicles



Sing While You Drive


At 45 Miles per hour sing "Highways are Happy Ways"

At 55 Miles per hour sing "I'm but a Stranger Here, Heaven is my home"

At 65 Miles per hour sing "Nearer my god to thee"

At 75 Miles per hour sing "When the roll is called up yonder, I'll be there"

At 85 Miles per hour sing "Lord I'm coming home"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.</p> <p>Meals are subject to change</p>	<p>1</p> <p>Closed</p>	<p>2</p> <p>9:00 Chair Volleyball 12:30 Bridge</p> <p>Hamburger Soup Buffet Soup/Salad Bar</p>	<p>3</p> <p>9:30 Fit & Fall 1:00 Solace Sponsored Bingo 3:30 Zumba Gold</p> <p>Chicken N Noodles Soup/Salad Bar</p>	<p>4</p> <p>9-10:30 Breakfast Buffet 11-12:30 Food Distribution</p> <p>MOW—Chicken Pot Pie</p>	<p>5</p> <p>8:30 Zumba</p>
<p>7</p> <p>1:00 Bingo 3:30 Zumba Gold</p> <p>Teriyaki Chicken Buffet Soup/Salad Bar</p>	<p>8</p> <p>7:30 Board Meeting 9:30 Fit & Fall 12:00 Brower Camp 1:00 Hand & Foot 5:30 Night Bingo (Bring a snack to share)</p> <p>Spaghetti Buffet Soup/Salad Bar</p>	<p>9</p> <p>9:00 Chair Volleyball 11:45 Julie from U of I 12:30 Bridge</p> <p>Baked Chicken Buffet Soup/Salad Bar</p>	<p>10</p> <p>9:30 Fit & Fall 10:00 United Energy Workers Healthcare 1:00 Bingo 3:30 Zumba Gold</p> <p>BBQ Ribs Buffet Soup/Salad Bar</p>	<p>11</p> <p>9-10:30 Breakfast Buffet 11-12:30 Food Distribution</p> <p>MOW—Taco Macaroni</p>	<p>12</p> <p>8:30 Zumba</p>
<p>14</p> <p>9:30 Health Fair 11:00-CFSP BOXES 1:00 Bingo 3:30 Zumba Gold</p> <p>Cheeseburgers Buffet Soup/Salad Bar</p>	<p>15</p> <p>9:30 Fit & Fall 1:00 Hand & Foot</p> <p>Baked Potato Bar Buffet Soup/Salad Bar</p>	<p>16</p> <p>9:00 Chair Volleyball 12:00 Mayor's Meeting 12:30 Bridge</p> <p>Ham Buffet Soup/Salad Bar</p>	<p>17</p> <p>9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold</p> <p>Ham & Potato Soup Buffet/Salad Bar</p>	<p>18</p> <p>9-10:30 Breakfast Buffet 11-12:30 Food Distribution</p> <p>MOW—Chicken Noodle Soup</p>	<p>19</p> <p>8:30 Zumba</p>
<p>21</p> <p>1:00 Bingo 3:30 Zumba Gold</p> <p>Sloppy Joes Buffet Soup/Salad Bar</p>	<p>22</p> <p>9:30 Fit & Fall 12:00 Soroptimists 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Chicken Pasta Bake Buffet Soup/Salad Bar</p>	<p>23</p> <p>9:00 Chair Volleyball 12:30 Bridge</p> <p>Pork Chops Buffet Soup/Salad Bar</p>	<p>24</p> <p>9:30 Fit & Fall 11:00 Westerner's (music) 12:00 Sons of the Utah Pioneers 1:00 Bingo 3:30 Zumba Gold BBQ Chicken Buffet Soup/Salad Bar</p>	<p>25</p> <p>9-10:30 Breakfast Buffet 11-12:30 Food Distribution</p> <p>MOW—Goulash</p>	<p>26</p> <p>8:30 Zumba</p>
<p>28</p> <p>1:00 Bingo 3:30 Zumba Gold</p> <p>Chicken N Noodles Buffet Soup/Salad Bar</p>	<p>29</p> <p>9:30 Fit & Fall 1:00 Hand & Foot</p> <p>Chili with Cinnamon Rolls Buffet Soup/Salad Bar</p>	<p>30</p> <p>9:00 Chair Volleyball 12:30 Bridge</p> <p>Roast Beef Buffet Soup/Salad Bar</p>	<p>31</p> <p>9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Baked Potato Bar with Stroganoff Buffet Soup/Salad Bar</p>		



Free, Unbiased Medicare
Information for Idaho

1-800-247-4422 www.shiba.idaho.gov

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