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Senior Scoop

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Special Points of Interest

- Valentines Day Luncheon
- Apple Cider
 Chicken Recipe
- . Senior Tip



FREE PICTURES WITH
YOUR FRIENDS AND
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Four Tips to Improve Your Nutrition in 2020

Here are four ways to get your nutrition on a healthier track in the new year:

1. Eat filling foods

Feeling hungry can be one of the greatest challenges to sticking with a healthy diet. Foods with high fiber content can help you feel fuller faster and stay full longer.

Try to eat more high-fiber foods including:

Fruits: Strawberries, raspberries, pears, and apples

Vegetables: Broccoli, peas, artichokes, and leafy greens

Grains: Whole-grain pasta, barley, and oat bran

Legumes & nuts: Almonds, walnuts, black beans and lentils

2. Sit down and eat slowly

Mindfulness is important in many areas of life, including mealtime. Sitting down to eat—not eating standing up over the kitchen sink—can help you make better nutrition choices. It can also help you avoid overeating.

Paying attention to meal presentation is also helpful. Serving food on pretty dinnerware and setting an attractive table can make mealtime more inviting.

3. Serving size awareness

Nutrition labels can be deceptive if you aren't careful. While you might take time to read the fat, sodium, and sugar

content, it's easy to overlook the serving size. For example, if you are enjoying a dish of ice cream, the serving size might be a half cup. Is that the amount you really eat? Pay close attention to labels to better manage portions.

4. Learn more about aging and nutrition

Knowledge is power when it comes to senior nutrition. One resource that can help seniors and family caregivers plan healthy meals is USDA's MyPlate. This tool is designed to help you visualize each meal and give you a better idea of what types of food should fill each section of the plate.

Apple Cider Chicken

Ingredients

- 4 teaspoons extra-virgin olive oil — divided
- 1 1/2 pounds boneless skinless chicken thighs — (about 8, depending on size)
- 1 teaspoon kosher salt divided
- 1/2 teaspoon freshly ground black pepper — divided
- 1/2 cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm sweet apples, cored and cut into 1/2-inch slices (I used Gala)
- 2 teaspoons chopped fresh rosemary — plus additional for

Instructions

- 1. Heat 2 teaspoons of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.
- 2. In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional 🤞 chopped rosemary as desired...

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Senior Tip—Legal

Transferring Vehicle Titles in an Estate

How do I transfer the title of a vehicle of a person who has passed away?

The question—How do I transfer the title of a vehicle of a person who has passed away? —is frequently asked. If the estate of the person who has passed away is probated, the Personal Representative of the estate can sign and transfer the title to the vehicle by providing the Department of Transportation with a copy of his or her Letters of Administration that have been issued by the Court. If the vehicle was held in a trust, the Trustee of the trust has the authority to transfer the title.

But what do you do if the deceased person had a small estate that was not probated, so there is no Personal Representative to sign the title? In this case, the Idaho Department of Transportation's website has an Affidavit of Inheritance form that can be printed and filled out by a priority heir and filed with the application for a new Idaho Certificate of Title on the vehicle.

If you need assistance with understanding more about this process, we are here to help. Please see our website at www.packereldercarelaw.com to view all our Senior Tips! (From 2012-2020)

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
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\$5.00 a Month

Our \$5.00 a month club is to support our Meals on Wheels program. We currently deliver daily meals to over 80 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.

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Getting Through the Holidays When Dealing With Grief



The holiday season is in full swing with Thanksgiving last month and Christmas around the corner; individuals who have lost loved ones, find these days to be some of the most difficult days of the year. Holidays are known as the time shared with loved ones, but if our loved ones have passed away, how is it expected for us to cope during these times? "No one can take that pain away. But grief is not just pain, grief is love. It is not the grief you want to avoid, it is the pain (that you want to avoid). Grief is the way out of the pain. Grief is our internal feelings and mourning is our external expressions".

There are several ways to incorporate your lost loved one into the holidays. Below are suggestions that may work for those struggling to get through the holidays.

- 1. A prayer about the loved one before the Holiday dinner.
- 2. Light a candle in their memory.
- 3. Make an online tribute about your loved one
- 4. Tell or write down your favorite story about your loved one.
- 5. Tell or write down a funny story about your loved one.
- 6. Chat or reference them in social media/online.
- 7. Remember them in prayer at your place of worship.

More ideas that other individuals have found worked for them, to get through the holidays include; taking a year off and skipping the holidays. Another idea is to have a 'Plan B' in place, for example, when a song or movie is playing that you and your loved one enjoyed together, change the station, or try to remember the joy that was brought up watching the movie or listening to the songs. Other people have

found that staying involved in the holidays helps to provide a continuing symbol of life and is used as a framework during the tough times.

Extra tips to use when grieving during the holidays

- 1. Be gentle with yourself, protect yourself and your feelings.
- 2. Allow time to express your feelings.
- 3. Allow others to help. We all need help sometimes.
- 4. In grief, pay special attention to children, they are often the 'forgotten grievers'
- 5. Don't do more than you want to.
- 6. Don't keep things bottled up.
- 7. Don't ask friends in grief if you can help, instead 'just help' Find ways to include them in events. Be specific in your invitations.

Keep in mind:

"Holidays are clearly some of the roughest terrains we navigate after a loss. Finding meaning in the loss is as individual as we are. We often say a part of us died with them, but finding meaning is also realizing a part of them still lives within us. What is vitally important is that we be present for the loss in whatever form the holidays do or don't take. These holidays are part of the grieving journey that we must fully feel. They are usually very sad, but sometimes we may catch ourselves doing okay, and we may even have a brief moment of laughter. Now more than ever, be gentle with yourself. Don't do more than you want, and don't do anything that does not serve your soul, your loss, or the meaning that still lives within you".

https://grief.com/grief-the-holidays/

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan	January	closed Happy New Year 2020	9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Chicken Soup Buffet Soup/Salad Bar	3 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW— Beef Cheesy Casserole	4 8:30 Zumba
6 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Chicken Sandwich Buffet Soup/Salad Bar	7 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Pork Ragu Buffet Soup/Salad Bar	9:00 Chair Volleyball 11:45 Julie from U of I 12:00 Four C's (music) 12:30 Bridge 6:00 Homemakers Baked Ham Buffet Soup/Salad Bar	9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold French Dip Buffet Soup/Salad Bar	10 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Tuna Noodle Casserole	11 8:30 Zumba 5:00 Gold Prospectors
8:00-CFSP BOXES 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Turkey Buffet Soup/Salad Bar	14 9:30 Fit & Fall 10:00 Helping Hands 12:00 Brower Camp 1:00 Hand & Foot 5:30 Night Bingo (Bring a snack to share Tator Tot Casserole Buffet Soup/Salad Bar	9:00 Chair Volleyball 11:00 Harmoneers (music) 12:00 Mayor's Meeting 12:30 Bridge Chicken N Noodles Buffet Soup/Salad Bar	16 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Sloppy Joe Buffet Soup/Salad Bar	9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef Stroganoff	18 8:30 Zumba
9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Salisbury Steak Buffet Soup/Salad Bar	21 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Chicken Pasta Bake Buffet Soup/Salad Bar	9:00 Chair Volleyball 12:30 Bridge Pork Gravy over Potatoes Buffet Soup/Salad Bar	9:30 Fit & Fall 10:00 Helping Hands 12:00 Sons of Utah Pioneers 1:00 Bingo 3:30 Zumba Gold Chicken Fried Rice Soup/Salad Bar	24 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Turkey Tetrazzini	25 8:30 Zumba
9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Beef Pot Pie Buffet Soup/Salad Bar	9:30 Fit & Fall 10:00 Helping Hands 12:00 Soroptimists 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Ham Buffet Soup/Salad Bar	9:00 Chair Volleyball 12:30 Bridge BBQ Chicken Buffet Soup/Salad Bar	30 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Chili w/ Cinnamon Rolls Soup/Salad Bar	31 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Strips	All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change





BINGHAM COUNTY SENIOR CITIZENS CENTER

Primary Business Address 20 E. Pacific St. P.O. Box 849 Blackfoot ID 83221

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Bridging the Generations

We're on the Web Seniors4ever.com

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