

Senior Scoop



\$6

SPONSORED BY GARTH MICKELSEN
AND THE BLACKFOOT ELKS CLUB

March for Meals~on~Wheels Pancake Breakfast Buffet Fundraiser

EVERYONE WELCOME!

**SATURDAY MARCH 7, 2020
8AM-11AM
SENIOR CITIZENS CENTER
20 E. PACIFIC ST.**

ALSO AVAILABLE FOR PURCHASE:

*Specialty Breads *Brownies *Rada Knives
*Industrial Baking Sheets *Paparazzi Jewelry
Come and support local home-bound seniors!

**ALL PROCEEDS GO TOWARDS THE BLACKFOOT SENIOR CITIZENS CENTERS
MEALS-ON-WHEELS PROGRAM**

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Special points of interest

- Pancake Breakfast—
March 7th
- AARP Drivers Safety Class—
April 1st
- Elk Refuge—March 13th
- New Line Dancing—Every
Tuesday 12:30 pm

Free Dental Services

Pocatello Free Clinic is offering Free Dental services:

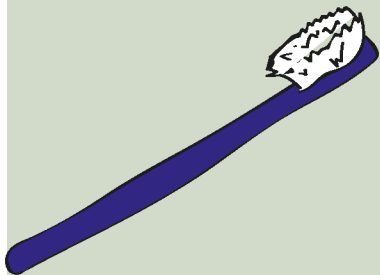
- Cleaning and Deep cleanings for adults
- Patients with Medicaid can be seen for dental cleanings
- X-Rays
- Fluoride Treatments

Hours: Tuesday and Thursdays—Schedule an appointment!

*Volunteer dental hygienists and Dentists.

Located at

1001 N. 7th Ave. Suite 155



AARP Smart Driver Class ~ April 1st

**AARP Driver Safety Program**

Take the classroom refresher course especially designed for drivers age 50 and over

MINIMAL FEE
Auto Insurance Discounts in Most States
(consult your insurance agent)

DATE(S) Wednesday, April 1, 2020
TIME 9:00AM to 4:00PM
PLACE/LOCAL HOST Blackfoot Senior Center
20 East Pacific Street
TO REGISTER \$20.00, \$15.00 with AARP Card
Contact: Wayne 208-684-3280

For additional local information or to volunteer, call TOLL-FREE at 1-888-227-7669 (1-888-AARP-NOW) or visit www.aarp.org/drive

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Senior Center

Free Line Dancing Lessons

The first Tuesday of each month

Line Dancing Practice
Every Tuesday thereafter
Come learn a fun new line dance
Start Time is at 12:30pm

HELPING HANDS

Help our community by volunteering your time!

We work on multiple community projects.

Some new and upcoming projects include:

Stuffing Easter Eggs

Painting Toys

Coloring Game Pieces

Folding bags for Homeless Mats

Braiding Jump Ropes

Candy Grams

Tuesday
10 to 11:30am

Thursday
10 to 11:30am

Everyone is Welcome to Participate and join in the Fun!

Meet new friends and enrich your life!

"FREE Haircuts for Vets"

\$5 for Men or Women with short hair.

~ Every Monday 9 to 11am ~



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 11TH MEAL IS
FREE!

AARP Income Tax Preparation

AARP will be
offering free Tax
Preparation Help
here at the
Bingham County
Senior Citizens
Center during the
following times
through April 13th:

Every Monday &
Wednesday

9~12pm

And Every Tuesday
& Thursday

5pm~7:30pm.

It will be on a first
come first serve
basis.



BOARD MEMBERS

CHAIRMAN

TOM PACKER

VICE CHAIRMAN

LEON PETERSON

SECRETARY

PHILIP GOODWIN

TREASURER

JARED EDDINGTON

MEMBERS

BOBBETTE BROWN

EILEEN BREITWEG

JEANIE POTTER

AL WIXO

STAFF

DIRECTOR

PAM BEUS

OFFICE STAFF

TERA YOUNG

ELIZABETH TOLER

KITCHEN STAFF

SUSAN KARNES

JEREMY ATWOOD

ROSA SALCE

JESSE LEYVAS



Senior Tip—Healthcare

Medicare Advantage Open Enrollment Period
Open enrollment periods can be confusing!
Understand your options.

We recently finished the annual Medicare Open Enrollment period for 2020, which ended on December 7, 2019. We hope you were able to review your Prescription Drug Plans and make adjustments as needed.

We are now in the Medicare Advantage Open Enrollment Period! This period runs from January 1st to March 31st each year. During this period, individuals who already have a Medicare Advantage plan are able to:

- Switch to a different Medicare Advantage Plan; or
- Drop your Medicare Advantage Plan and return to traditional Medicare, then sign up for a stand-alone Medicare Part D prescription drug plan.

Why might you want to make a change? Some individuals may not be happy with their current Medicare Advantage plan and may be unhappy with the network doctors or pharmacies in their plan.

What if you're satisfied with your current Medicare Advantage Plan? If so, you do not need to make any changes at this time. You will still have the option to make changes during next year's open enrollment period if your coverage needs change.

One extra note regarding individuals who qualify for a Low-Income Subsidy (Medicare

Part D Extra Help): Even though Medicare's Annual Enrollment Period ended on December 7th, those receiving "Part D Extra Help" are able to change their Prescription Drug Plans once per quarter throughout the calendar year. We'll talk more about the Low-Income Subsidy/Extra Help program in an upcoming Senior Tip.

If you would like to review your options, contact your local SHIBA office (1-800-247-4422 – SHIBA Medicare Helpline), your insurance agent, or go online to www.medicare.gov to review your plan options with Medicare Plan Finder.

Please see our website at www.packereldercarelaw.com to view all our Senior Tips! (From 2012-2019)

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**

\$5.00 a Month

February

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. Call the center and become a part of our Club today at 208-785-4714.

CRAIG ATWOOD

JACKIE BABCOCK

MARY BALLARD

JERRY BARBRE

LOLA BROWER

WANDA BURGOYNE

BLAINE BURKMAN

PAT CROSSLEY

GLENNA DAVIS

JACK DETMER

RALPH DUNN

NANCY GODFREY

TERRY GOODWIN

SHIRLEY GOODYEAR

WILBUR & COLLEEN GREGORY

PATRICIA GIMMETT

JOYCE HARTMAN

BRUCE & CHARLOTTE KAISER

DON KELLEY

DEBBIE KLUVERS

ALICE KONISHI

DIANE MANSANREZ

MAX MARES

CHERI MITCHELL

BLAINE & JULIE NEFF

KEN NILSSON

TOM & SANDY PACKER

DWIGHT PETERSON

RUSS & JEANIE POTTER

CAROL RUPE

M. JOAN SHAFER

LUCILE STECKLEIN

JOHN TABERNA

BILLYE THOMAS

FRANK & KIMI TOMINAGA

GEORGE & VERLENE WALTERS

SPENCER & ANDREA WILLIAMS

VEEANN WILLIAMS

GARY & SONJA WRIGHT

FRED WOODLAND

DELORIS ZAMORA

Visit Grand Canyon, Las Vegas, and the Hoover Dam

WITH THE BINGHAM COUNTY SENIOR CITIZENS CENTER

Senior Center Activities

Thank You to everyone who has donated to support our activities. For the Month of February we were able to raise \$267.00

Let's keep it going!

Please Consider Donating **\$1 Each Time** you participate in an activity you like to enjoy at the Senior Center.

These donations will help the Centers overhead costs, which include: maintenance, custodial, power, gas, water, sewer.

ACTIVITIES INCLUDE:

- ♦ All card games
- ♦ Fit & Fall
- ♦ Chair Volleyball
- ♦ Bingo
- ♦ Zumba

The donation box is placed at the hostess desk .

Thank You! For donating to The Center and keeping our activities available to all.

LIMITED SEATING IS STILL AVAILABLE

April 25 to May 2, 2020
(Saturday—Saturday)
8 Days 7 Nights

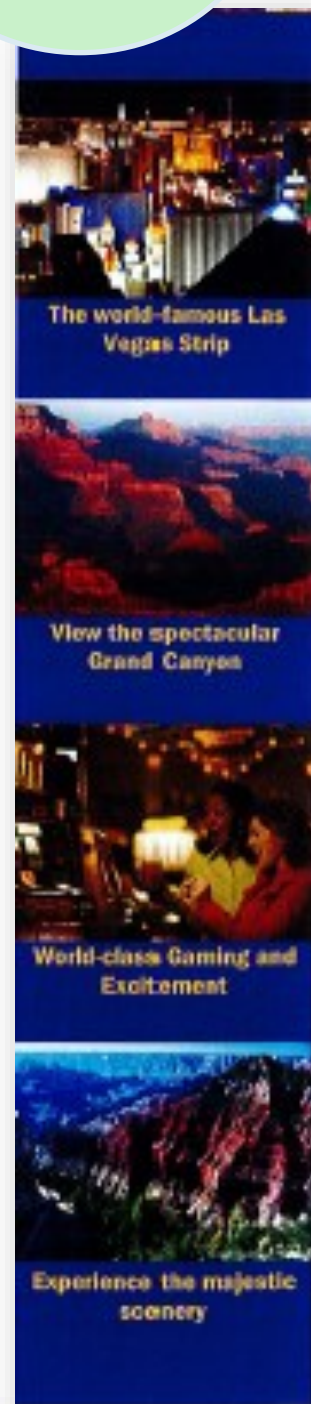
INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 7 nights lodging including 3 consecutive nights in a Las Vegas Casino Hotel
- ♦ 7 meals: 4 breakfasts and 3 dinners
- ♦ FREE DAY to shop, explore and discover Las Vegas
- ♦ Gaming and Sight-Seeing on the famous Las Vegas Strip
- ♦ Admission to the Hoover Dam Visitor Center
- ♦ Visit to magnificent Zion National Park
- ♦ Visit Grand Canyon National Park including an IMAX Grand Canyon Movie
- ♦ Guided Tour of spectacular Valley of Fire State Park
- ♦ And much more

\$849

Price per person, based on double occupancy

FINAL PAYMENT DUE: 3/27/2020



FOR INFORMATION & RESERVATIONS CONTACT:

Liz Toler @ (208) 785-4714

Gratuities for Motorcoach Driver and Step On Guide Included in Price

Diamond Tours inc.
Bringing Group Travel to a Higher Standard®



BUBBA'S BBQ MEAL INCLUDES

Brisket & BBQ

Chicken

Potato Salad

Baked Beans

Garlic Toast

Drink

* Gratuity & Taxes

Visit Jackson Wyoming Elk Refuge & Visitor Center

Friday March 13th 2020

We will first visit the Greater Yellowstone Visitor Center for Feathered Fridays. During this program we will learn about and meet live raptors!

We will then enjoy a horse-drawn sleigh ride among an elk herd numbering in the thousands. A guide will lead us through one of nature's most amazing sights and get within 20-30 feet of the elk.

~Warm Dress is recommended

Price Includes:

- ~Chartered bus ride,
- ~Lunch at Bubba's BBQ
- ~Elk Refuge Sleigh Ride

Reserve Your Spot by Calling

Liz at 208-785-4714.

Reservation must be made

by March 2nd



We are in the middle of winter; during the cold weather months the risk for getting sick increases. The flu has been prominent throughout the community, causing many hospitalizations this year. Another illness causing an increase in hospitalizations is pneumonia.

Pneumonia is an infection of the respiratory system; it can be caused by bacteria, fungi, or viruses. When an individual is infected with pneumonia, the air sacs of one or both lungs fill with fluid or pus, which results in coughing up phlegm or pus. Pneumonia can be life threatening. It is most serious in people with weakened immune systems, such as infants, young children, people with chronic health problems, and individuals over 65 years old.

Symptoms of pneumonia may include the following:

- Fatigue
- Lower than normal body temperature (in individuals with a weak immune systems or over 65 years old)
- Increase in shortness of breath
- Chest pain with coughing or deep breathing
- Nausea, vomiting, or diarrhea
- Confusion or changes in mental awareness (in adults 65 years old and older)
- Fever, sweating, and shaking chills
- Cough, may produce phlegm
- Newborns may not show many symptoms, but may appear tired, restless, or without energy. They may experience difficulty breathing and eating.

Pneumonia is acquired by breathing in germs (bacteria, fungi, and viruses). There are several types of pneumonia:

- Community acquired pneumonia is pneumonia that is acquired outside of a hospital or other health care facility. This type of pneumonia can occur after having the flu or a cold, and some organisms causing community acquired pneumonia are known as “walking pneumonia”
- Hospital-acquired pneumonia is when individuals catch pneumonia during a hospital stay. This type of pneumonia is more resistant to antibiotics, resulting in more serious problems.
- Healthcare-acquired pneumonia occurs when individuals live in long-term care facilities or receive services in an outpatient setting, such as a dialysis center. This pneumonia can also cause more serious problems due to being resistant to antibiotics.
- Aspiration pneumonia occurs when an individual has problems swallowing and food, liquids, saliva, or vomit goes into their lungs. This also may occur if an individual uses excessive drugs or alcohol, or has a brain injury.

Prevention and treatment of pneumonia includes:

- Seeing your health care provider with persistent fever of 102 F or higher or a persistent cough, especially if coughing up pus.
- Get vaccinated. Guidelines change over time, so make sure to talk with your healthcare provider about getting shots to protect from acquiring pneumonia.
- Practice good hygiene. Wash your hands regularly or use hand sanitizer that is alcohol-based to kill germs that cause pneumonia.
- Keep your immune system strong: eat a healthy diet, get enough sleep, and exercise regularly.
- Don't smoke. Smoking damages your lungs, which decreases your natural defenses against infection.

There are several home health agencies in the area that can help provide care in your home when you are ill and unable to leave your home unassisted. Alliance Home Health offers services in your home to help treat pneumonia: nursing staff are available to help educate on pneumonia treatment, medication education, lung assessment and oxygen saturations, and keep your doctor informed of your health status and response to treatment. We are happy to help answer any questions you may have and look forward to assisting you and/or your loved ones. You can contact Alliance Home Health at 208-552-0249.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 Haircuts 9:00 AARP Income Tax Prep 1:00 Bingo 3:30 Zumba Gold Chili Burger Buffet Soup/Salad Bar	3 9:30 Fit & Fall 10:00 Helping Hands 11:30 Matt Harmon (music) 12:30 Line Dancing Lesson 1:00 Hand & Foot 5:00 AARP Income Tax Prep Pork Chops Buffet Soup/Salad Bar	4 9:00 Chair Volleyball 9:00 AARP Income Tax Prep 11:00 Harmonizers (Music) 12:30 Bridge Chicken & Dumplings Buffet Soup/Salad Bar	5 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold 5:30 AARP Income Tax Prep Lasagna Buffet Soup/Salad Bar	6 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW — Pork Fried Rice	7 8:30 Zumba
9 9:00 Haircuts 9:00 AARP Income Tax Prep 1:00 Bingo 3:30 Zumba Gold Chicken Pot Pie Buffet Soup/Salad Bar	10 9:30 Fit & Fall 10:00 Helping Hands 12:00 Brower Camp 12:30 Line Dancing 1:00 Hand & Foot 5:00 AARP Income Tax Prep 5:30 Night Bingo (Bring a snack to share) Meatball Casserole Buffet	11 9:00 Chair Volleyball 9:00 AARP Income Tax Prep 11:45 Julie from U of I 12:00 Four C's (music) 12:30 Bridge 6:00 Homemakers BBQ Pork Buffet Soup/Salad Bar	12 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold 5:30 AARP Income Tax Prep Chicken Noodle Soup Buffet/Salad Bar	13 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef Stroganoff	14 8:30 Zumba 5:00 Gold Prospectors
16 8:00-CFSP BOXES 9:00 Haircuts 9:00 AARP Income Tax Prep 1:00 Bingo 3:30 Zumba Gold Hot Turkey Sandwich Soup/Salad Bar	17 9:30 Fit & Fall 10:00 Helping Hands 12:30 Line Dancing 1:00 Hand & Foot 5:00 AARP Income Tax Prep Shepherd's Pie St. Patrick's Day	18 9:00 Chair Volleyball 9:00 AARP Income Tax Prep 11:00 Harmonizers (music) 12:00 Mayor's Meeting 12:30 Bridge Vegetable Beef Soup Buffet/Salad Bar	19 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold 5:30 AARP Income Tax Prep Grilled Ham Sandwich Soup/Salad Bar	20 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Pot Pie	21 8:30 Zumba
23 9:00 Haircuts 9:00 AARP Income Tax Prep 1:00 Bingo 3:30 Zumba Gold Beef & Noodle Buffet Soup/Salad Bar	24 9:30 Fit & Fall 10:00 Helping Hands 12:00 Soroptimists 12:30 Line Dancing 1:00 Hand & Foot 5:00 AARP Income Tax Prep 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Chicken Fried Rice Buffet	25 9:00 Chair Volleyball 9:00 AARP Income Tax Prep 12:30 Bridge Pork Loin Buffet Soup/Salad Bar	26 9:30 Fit & Fall 10:00 Helping Hands 12:00 Sons of Utah Pioneers 1:00 Bingo 3:30 Zumba Gold 5:30 AARP Income Tax Prep Goulash Buffet Soup/Salad Bar	27 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Ham	28 8:30 Zumba
30 9:00 Haircuts 9:00 AARP Income Tax Prep 1:00 Bingo 3:30 Zumba Gold Creamy Chicken Rice Soup/Salad Bar	31	<div>March</div> <div>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change</div>			

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ISSUE 3
MARCH 2020



Bingham County
Senior Citizens Center

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20 E. Pacific St.
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Blackfoot, ID 83221

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E-mail:
bcsc@seniors4ever.com



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