

THE SENIOR SCOOP

Bingham County Senior Center

MAY 2018

Volume 41, Issue 5

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Walking Group
Bingham County Senior Center
"Between a walk and a hard pace"

Monday's 9:00 AM

Meeting place: Jensen's Grove

(West end of parking lot by interstate)

Everyone welcome!



AARP SAFE DRIVING CLASS

Location: Bingham County Senior Center

When: June 6th

Time: 9:00-4:00

Call Becky to schedule: (208)684-3280



The Senior Center is having a dance!

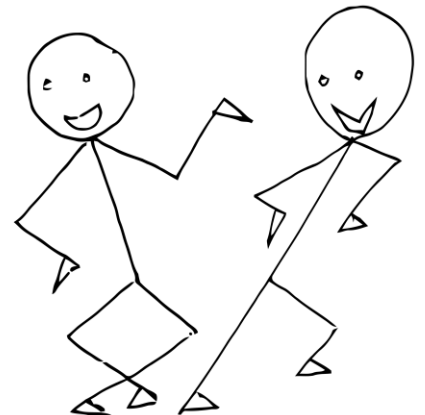
Friday June 15th

6:00-8:00 PM

Live Band

Refreshments

More information coming soon!



"I WAS DRUGGED BY MY PARENTS"

When I was asked why we didn't have a drug problem when you and I were growing up I replied.

"I had a drug problem when I was young. I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions.

I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn't put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profanity. I was drug to the neighbors to help some poor soul who had no one to mow the yard, repair a clothesline or chop some firewood.

Those drugs are still in my veins and they affect my behavior. They are stronger than cocaine, crack or heroine. If children today had this kind of drug problem, America would be a better place."

Author unknown

City of Blackfoot

COMMUNITY RESOURCE FAIR

Monday, May 7th, 2018 from 10 AM to 2 PM

Performing Arts Center

870 S. Fisher, Blackfoot

Connect with Community Resources

Speak to Service Providers

Engage within your Community

Agencies will be available to discuss

Children's Services

Transportation

Mental Health

Housing

Aging

And Many More!

Transportation to BPAC for the Community
Resource Fair available!

For more information call Area Agency on Aging
(208) 233-4032

Dominoes?

We would like to get a group together to play dominoes. If you don't know how, we will teach you! Call or stop by the Senior Center to sign up.

(208)785-4714



APRIL 2018

\$5.00 A MONTH CLUB

THANK YOU TO ALL THAT CONTRIBUTE!

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. Your help ensures that we can deliver to everyone.

BILL & JOYCE ISON

ALICE KONISHI

KENNETH NILSSON

RUSSELL & JEANIE POTTER

M. JOAN SHAFER

FRANK & KIMI TOMINAGA

SAUNDRA HAMM

FRED WOODLAND

JOYCE HARTMAN

TERRY GOODWIN

GLENNA DAVIS

BOBBIE & TOM DRYSDALE

EMI MATSUURA

DON KELLY

LYNN MICKELSEN

SPENCER & ANDREA WILLIAMS

PAM BEUS

RALPH DUNN

CHERI MITCHELL

MID TSUKAMOTO

MARY BALLARD

SHIRLEY GOODYEAR

DIXIE MONTGOMERY

MAX WATERS

RUTH RAY

JACK DETMER

JACKIE BABCOCK

JUNE ARAVE

LOLA BROWER

VEEANN WILLIAMS



Mother's Day Buffet

May 2nd

11:00-12:30

Your choice of Chicken or Shrimp

salad bar, soup & dessert

Senior Tips

Tips on how to make your life better.

From Packer Elder Care Law

April 2018

Prenuptial Agreements

For those whose spouse has passed away and who are considering remarriage, a Prenuptial Agreement can assure that your estate will go to your children.

If your spouse has passed away and you are contemplating a second marriage, you may want to consider making a Prenuptial Agreement. With a Prenuptial Agreement and proper Wills, you can set out the duties and obligations that you and your new spouse will have upon death or divorce and assure that the property that you bring into the marriage will pass to your children.

A Prenuptial Agreement will typically include the following provisions:

- A disclosure of each party's assets and income.
- A waiver of claim against each other's assets.
- How daily expenses are to be paid.
- Whether the parties will file joint or individual income tax returns.
- Whether the surviving spouse may continue to live in



BENEFITS OF SENIOR FITNESS

Seniors with weaker muscles appear to have a higher risk of developing Alzheimer's disease and mild cognitive impairment, as well as a more rapid rate of cognitive decline, according to researchers at Rush University Medical Center. "Our findings suggest that impaired muscle strength precedes the development of cognitive impairment in aging and may be an early clinical marker," said Patricia Boyle, PhD, a research in the Rush Alzheimer's Disease Center. "However, decreased strength may not be a true risk factor. Rather, loss of muscle strength may be the result of an underlying disease process that also leads to cognitive decline and clinical symptoms of Alzheimer's."

According to the National Institute on Aging, even very small changes in muscle strength—muscle increases that may not even be visible in the mirror—can make a real difference in function, especially in people who have already lost a lot of muscle. Lower-body strength exercises also will improve your balance, which helps prevent falling and its serious consequences.

Hammertoes: What are they?

Hammertoes

Hammertoes are little toes that buckle or curl under. Toe joints usually curl because of tight tendons or muscle imbalance. Wearing tight socks or shoes may increase your risk of developing hammertoes. Over time, these toes may hurt and make movement more difficult.

Symptoms

You may have hammertoes if you experience pain upon pressure at the top of the bent toe from footwear or have painful corns, redness or swelling on the top of the joint. You may experience restricted or painful motion at the toe joint or pain in the ball of the foot at the base of the affected toe.

What can be done

If you have hammertoes, Dr. Doug Williams can examine all your toes and determine whether or not the buckled joints can be moved. He can also look for corns which often form between curled toes or on top of the toe joints where they rub against your shoes. If the corns become irritated, they can turn into wounds and become infected. An x-ray of the toes may be taken to determine the severity of the deformity and to check for arthritis in the joints.

Types of hammertoes

There are two types of hammertoes – flexible and rigid. Flexible hammertoes can be straightened with your fingers and although they may look painful, they may not even hurt. A rigid hammertoe cannot be moved and is oftentimes more painful. If your hammertoes are mild, conservative treatment may solve the problem.

Treatment

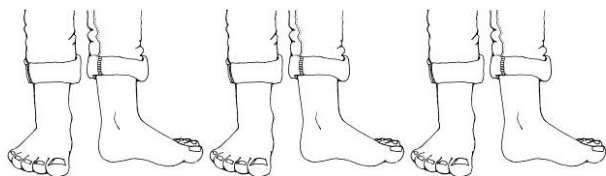
Changing your shoes, using splints or pads to hold your toes straight or cushioning corns and calluses may be all that is needed. If your hammertoes are more severe, surgery may be required. Almost all hammertoe surgeries are out-patient procedures. You may even be able to bear weight on your foot by the time you go home. You may need to wear a surgical shoe for several weeks after surgery. People with hammertoes don't have to live with pain. With your doctor's help, even severe hammertoes can usually be treated so you can move more easily. If you have any questions regarding hammertoes or any other foot problems, contact Dr. Williams at 785-6700 or visit his office at 53 Poplar Street, across from Bingham Memorial Hospital.

Toenail Clinic

Call and schedule your toenail treatment.

Space is limited, and appointments are required.

(208)785-4714



Join us for Bingo every Monday and Thursday at
1:00

And

Night Bingo on the 2nd and 4th Tuesday of the
month at 5:30.

(Bring a snack to share for Night Bingo)

Everyone over 18 welcome!

\$1.00 a card

Chair Volleyball is Almost here!

If you are interested in being on our chair volleyball league, call and sign up.



We would love to have you!

Wednesday's 9:00-10:30

(208)785-4714

Starting in May!



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 1ST MEAL IS FREE!

Are you looking for volunteer opportunities?

Check out justserve.org to see what's available in our community.

NEVER STOP READING

TALKING BOOK SERVICE
A FREE LENDING LIBRARY

Who Qualifies:

Idaho residents unable to read regular print due to temporary or permanent conditions

- Legally blind
- Visual disability
- Physical disability
- Reading disability

What's Available:

- Audio books & magazines
- Braille books & magazines
- Audio players
- Downloadable books & magazines

FREE DELIVERY TO YOUR HOME!

CONTACT:

Idaho Talking Book Service
Monday-Friday 8 am – 5 pm,
MT

1-800-458-3271

OR

Stop by The Senior Center for a free brochure

Bookshelves Needed

Our library is expanding, and our shelving is breaking! The Senior Center needs several large, sturdy bookshelves. If you are handy and would like to build some, or have some to donate, we would be thrilled!



Comfort Home Care

helping hands, caring hearts

(208)681-5533

Non-Medical in Home Elder Care

