BINGHAM COUNTY SENIOR CENTER

The Senior Scoop

VOLUME 41 ISSUE 8

SPECIAL POINTS OF INTEREST:

- Medicare Educational Seminars
- No Potato Salad Recipe
- Senior Tip
- Events Calendar
- Did You Know?

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Medicare Enrollment

For 2019 coverage, **open enrollment** will run from October 15, **2018**, to December 7, **2018**. During the **annual enrollment period** (AEP) you can make changes to various aspects of your coverage. You can switch from Original **Medicare** to **Medicare** Advantage, or vice versa.

Come to one of our free **Medicare Educational Seminars** and get all of your questions answered here at the Bingham County Senior Center, 20 E. Pacific St.

Classes are being offered for the following dates and times:

August 23rd—5:30pm

September 27th—5:30pm

October 17th—10am

November 7th—10am

AARP SAFE DRIVING CLASS

Location: Bingham County Senior Center

When: September 12th Time: 9:00 to 4:00

Call Becky to Schedule

at (208) 684-3280

Nutrition on a Budget

Affordable Foods ~ Building Nutrient-Dense Diets on a Budget

"While some people with food insecurity lose weight due to malnutrition, many others are at risk for obesity because they consume high quantities of food that are low-cost, high-calorie, and nutrient deficient."

By: Clancy CashHarrison, MS, RD, LDN., Featured article in the Spring 2016 Issue of Nutrion Close-up. Retrieved: July 20, 2018

Nearly 50 million people in the United States can be classified as food insecure.[1] This staggering number supports the need for healthcare professionals to actively fight against hunger. Healthcare professionals can improve their patients' outcomes by working with community organizations to increase access to food.

The common visualization of hunger features children with bloated bellies, crying eyes, and skinny limbs. In the United States, food insecurity has a different face. Food-insecure patients can have normal growth patterns, and often have an overweight diagnosis. It is a face that hides an invisible epidemic. While some people with food insecurity lose weight due to malnutrition, many others are at risk for obesity because they consume high quantities of food that are low-cost, high-calorie, and nutrient deficient.[2]

Food is a fundamental requirement for survival. If the basic need for food is not met, a patient is unlikely to comply with medical advice or nutritional counseling. In most cases, patients believe it is more important for them to feed their family than pay for their own medication. To compensate for a food shortage, families reduce the size of their meals, and frequently go without food. They often prioritize food over electricity, rent, transportation, and medical expenses.[3] If a diabetic patient chooses food over medication, or is skipping meals frequently, their blood sugar can be difficult to regulate.[4]

Food insecurity has been shown to affect many dimensions of people's lives. Food insecurity with malnutrition places a patient at risk for poor health, which makes them more susceptible to disease and less able to fight it. Malnutrition also increases the risk for acute infections, stress, poor health, nutrient deficiencies, developmental delays, and mental health problems.[5]

While hunger impacts everyone's health negatively, it crushes children. Nourishing food is critical to a child's emotional health, mental development, and physical growth. Children facing hunger struggle with social and behavioral problems, impacting their ability to learn in school. They often have lower academic achievement, resulting in lower paying jobs as an adult. They are more likely to be hospitalized, and they have a higher risk for chronic health conditions such as obesity and anemia. These children also have an increased risk of depression and suicide.[6]

Healthcare professionals can fight hunger and improve their patients' outcomes by screening for food insecurity using a validated 2-statement tool, *The Hunger Vital Sign™*. The prevalence of food insecurity necessitates that healthcare professionals in clinical settings, especially those in low-income communities, use this tool. The Hunger Vital Sign™ uses statements about food insecurity to measure a family's concern regarding their access to food. Patients answer by choosing "often true," "sometimes true," or "never true." The two statements are:

- "Within the past 12 months we worried whether our food would run out before we got money to buy more."

"Within the past 12 months the food we bought just didn't last and we didn't have the money to get more."

The screening questions should be discussed during each routine office visit. If a patient answers "often true" or "sometimes true" to one or both statements, the family is at risk for food insecurity.

Early identification, assessment, and nutrition intervention of malnourished individuals or individuals at risk for malnutrition are critical to improve patients' medical outcomes. After a positive screening, a healthcare professional refers the patient to local public health professionals and community resources who can help with food assistance programs, such as the *Supplemental Nutrition Assistance Program*

Cont. pg.3

No Potato Salad Recipe

You Need

- 1 head of cauliflower cleaned and large chunked.
- 8 boiled eggs, cooled
- 2 bunches of green onions, diced
- 2 stalks of celery, diced
- 4 small banquet dill pickles, diced
- 1 can sliced olives, drained
- 1 cup mayonnaise
- 3 tablespoons yellow mustard
- Salt and pepper
- 1 tsp red wine vinegar

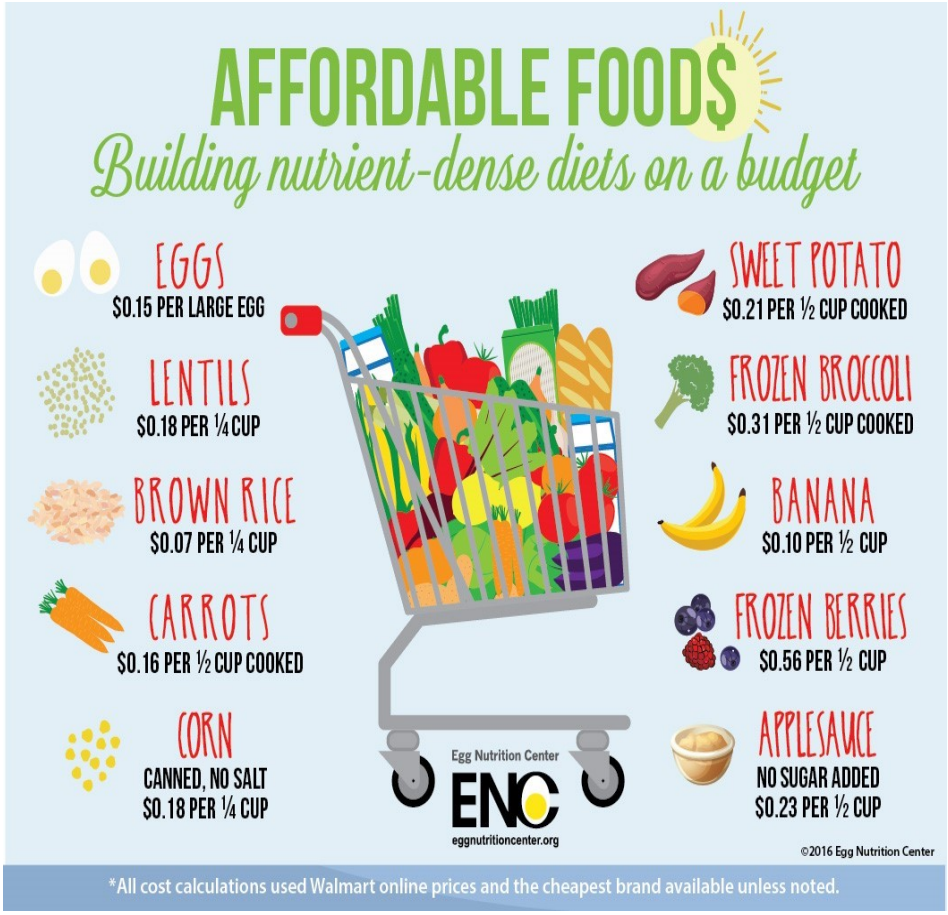
Directions

1. Steam Cauliflower 5-6 minutes. Immediately drain into colander and cool. After cooed cut into desired pieces.
2. Mix together all ingredients and enjoy!

(SNAP), the *Special Supplemental Nutrition Assistance Program for Women, Infants, and Children* (WIC), school nutrition programs, and emergency food resources.

Curbing our nation's food insecurity epidemic requires a multidisciplinary approach that involves collaboration between healthcare professionals and public health educators. Healthcare professionals empower patients to improve their health by teaching them the skills needed to gain access to food. Patients trust healthcare professionals, so it is up to these professionals to leverage this relationship in order to screen, diagnose, and discuss food insecurity with patients.

Clancy Cash Harrison, MS, RD, LDN *is a food security advocate and the award-winning author of the "*Feeding Baby**"** *cookbook. Clancy provides parents with logical and affordable approaches for healthy eating and believes food should be fun, not stressful or complicated.*



VOLUME 41 ISSUE 7

Bingham County Senior Center

Come Enjoy Breakfast at the Senior Center

Every Friday Morning

9-10:30 am.

Your Choice of

Eggs, Bacon, Sausage, Hash Browns, Toast, Pancakes, French Toast, Fruits, and a Selection of Pastries

The Hygiene Pantry Here at the Bingham County Senior Center is in Need of the Following Items: Toilet Paper, Paper Towels, Kleenex, Laundry Soap, and Dish Soap.

If you can please donate, it is graciously appreciated by those in need.

Thank You to all of our PROUD SPONSORS

of *Meals on Wheels* 2018:

Ridley's

Todd Burke—Farm Bureau

Gem Village –Assisted Living

Idaho Central Credit Union

KC's Wash Bucket

Homestead-Family Restaurant

Tom Packer-Elder Care Attorney

Kesler's

Rupe's Burger

Clogging Classes Have Begun.

You Can Still Come in and Join in the Fun!

Every Monday 9:30am to 10:15am

Here at the Senior Center

20 E. Pacific, Blackfoot

Clogging Shoes are not required

$5.00 A Month Club

July 2018

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.

JUNE ARAVE

JACKIE BABCOCK

MARY BALLARD

JERRY BARBE

PAM BEUS

LOLA BROWER

GLENNA DAVIS

JACK DETMER

BOBBIE & TOM DRYSDALE

RALPH DUNN

TERRY GOODWIN

SHIRLEY GOODYEAR

SAUNDRA HAMM

JOYCE HARTMAN

BILL & JOYCE ISON

DON KELLY

ALICE KONISHI

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RICHARD & SHIRLEY MERRIL

LYNN MICKELSEN

CHERI MITCHELL

KENNETH NILSSON

RUSSELL & JEANIE POTTER

RUTH RAY

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SENIOR TIPS
Tips on how to make your life better
From Packer Elder Care Law

Common-Law Marriage

Common-Law Marriages after 1996 are not recognized in Idaho.

Occasionally, I encounter couples that are living together, but have never gone through a formal marriage ceremony. This situation raises the issue of common-law marriage, which is widely misunderstood. Common-law marriages entered into before January 1, 1996 are recognized in Idaho. However, after January 1, 1996, Idaho does not recognize common-law marriage—consent to marry alone will not constitute a marriage; it must be followed by the issuance of a license and a solemnization ceremony. (Idaho Code § 32-201)

If you are trying to prove that you have a common-law marriage, that was entered into prior to 1996, you would have to establish the following four requirements: (1) The man and the woman must both have been eighteen years of age or older; (2) they must have consented with each other to be husband and wife; (3) after they consented the parties both assumed marital rights, duties, and obligations to each other—this requires that they lived together as husband and wife, treated each other in a manner typical of married people, and held themselves out as husband and wife; and (4) this was done while living in the state of Idaho.

By abolishing common-law marriage in 1996, Idaho eliminated much of the uncertainty, ambiguity and inconsistencies that surrounded common-law marriage.

Living together in Idaho after 1996, without a solemnization of your marriage, may affect your eligibility for Social Security and Medicaid benefits. In addition, you will not inherit from your significant other unless they have made provisions for you in their Will.

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 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

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!

Jackman Insurance Agency Sponsors
CHAIR VOLLEYBALL
Brandon Jackman, Agent
678 W Bridge, Blackfoot, ID 83221-2017
208-785-6000

like us on facebook

Like us on Facebook to get up-to-date information on events happening at the Senior Center.

Toenail Clinic

Call and schedule your toenail treatment. Space is limited, and appointments are required. August dates are the 9th & 23rd. (208) 785-4714

BINGHAM COUNTY SENIOR CENTER

Our Mission Statement is:

"To enhance the quality of life for seniors and others in our community through nutrition, housing, education, and social opportunities."

FIT and FALL Proof

Fit and Fall Proof™ (FFP) is an exercise-based fall prevention program for older adults in Idaho that focuses on improving strength, mobility, and balance to reduce an older adults' risk of falling. Our volunteer leaders are trained to teach classes in our community. Come and be a part of our Fit and Fall Proof class every **Tuesday and Thursday morning at 9:30am.**

After a 10-week session of FFP:

- Nearly 7 in 10 participants report improvements in their physical functioning, such as performing activities of daily living or walking.
- Almost 3 in 4 participants report an increase in their energy levels and improved mental health.

alliance homehealth & hospice
Solution to the healthcare puzzle

DID YOU KNOW?

People aged 65 years or older are more prone to heat-related health problems. If you are an older adult or a caretaker of an older adult, do you know the steps to take to stay safe during the hot summer days?

1) Older adults do not adjust as well as younger people to sudden changes in temperature.
2) Older adults tend to have chronic medical conditions that change the body's normal responses to heat.
3) Older adults are more likely to take prescription medications that can affect the body's ability to control temperature or sweat.

WHAT SHOULD YOU DO?

Stay in an air-conditioned building as much as possible. If you don't have air-conditioning you can contact your local health department for suggestions on community services that might be available to you in your area. Drink more water than usual, **DON'T WAIT** until you're thirsty. Wear loose, lightweight, light-colored clothing. You can also take cool showers or baths to cool down. Avoid strenuous activities and get plenty of rest. Keep in touch with family or friends frequently to let them know how you're doing. Make sure to stay in touch with your physician or health care provider on a regular basis letting them know how you're doing.

REMEMBER: It is important for you to stay informed. Check your local news for health and safety updates.

AUGUST

All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.
Meals are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12:30 Bridge 1-2:30 Food Distribution Baked Potato Bar Buffet Soup/Salad Bar MOW-Baked Potato w/Beef Stroganoff	**2** 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Chicken Enchiladas Buffet Soup/Salad Bar	**3** 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Pulled Pork	4 8:30 Zumba
6 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Chicken N Noodles Buffet Soup/Salad Bar	**7** 9:00 Living Well Class 9:30 Fit & Fall 12:00 Brower Camp 1:00 Hand & Foot Taco Bar Buffet Soup/Salad Bar	**8** 12:30 Bridge 1-2:30 Food Distribution Barbeque Chicken Buffet Soup/Salad Bar	**9** 9:30 Fit & Fall 10:00 Toenail Clinic (Need appt) 1:00 Bingo 3:30 Zumba Gold Cheese Burger Buffet Soup/Salad Bar	**10** 9-10:30 Breakfast Buffet 11-12:30 Food Distribution **11-CFSP BOXES** MOW—Roast Beef Sandwich	11 8:30 Zumba
13 8:00 Walking Group 9:30 Clogging 10:00 BP Clinic 1:00 Bingo 3:30 Zumba Gold French Dip Sandwich Buffet Soup/Salad Bar	**14** 9:00 Living Well Class 9:30 Fit & Fall 11:45 Julie from U of I 1:00 Hand & Foot 5:30 Bingo (Bring a snack to share) Chicken Fried Chicken Buffet Soup/Salad Bar	**15** 10-11:30 BP Clinic 12:30 Bridge 1-2:30 Food Distribution Pork Loin Buffet Soup/Salad Bar	**16** 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Mac N Cheese with all Beef Hot Dogs Buffet Soup/Salad Bar	**17** 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Pasta Bake	18 8:30 Zumba
20 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Teriyaki Chicken w Rice Buffet Soup/Salad Bar	**21** 9:00 Living Well Class 9:30 Fit & Fall 1:00 Hand & Foot Lasagna Buffet Soup/Salad Bar	**22** 12:30 Bridge 1-2:30 Food Distribution Roast Beef Buffet Soup/Salad Bar	**23** 9:30 Fit & Fall 10:00 Toenail Clinic 1:00 Bingo 3:30 Zumba Gold 5:30 Medicare Educational Seminar Hot Beef Sandwich Buffet Soup/Salad Bar	**24** 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Ham	25 8:30 Zumba
27 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Spaghetti w/Meatballs Buffet Soup/Salad Bar	**28** 9:30 Fit & Fall 1:00 Hand & Foot 5:30 Bingo (Bring a snack to share) Hot Turkey Sandwich Buffet Soup/Salad Bar	**29** 12:30 Bridge 1-2:30 Food Distribution Lemon Chicken Buffet Soup/Salad Bar	**30** 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Chili with Cinnamon Rolls Soup/Salad Bar	**31** 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Sloppy Joes	

Bingham County Senior Center
PO. Box 849
Blackfoot, ID 83221
Phone: (208)785-4714
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Senior Health Insurance Benefits Advisors

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BINGHAM MEMORIAL HOSPITAL