

BINGHAM COUNTY SENIOR CENTER

SPECIAL POINTS OF INTEREST:

- 4th of July
Community
Barbecue
- Mini
Blueberry
Pies Recipe
- Senior Tip
- Events
Calendar
- Living Well
Class

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The Senior Scoop

VOLUME 41

ISSUE 7

★ Community Barbecue ★

★ Fundraiser ★



**Watermelon
Bash**

Sponsored by:
Alliance &
Ashley Manor

Blackfoot Senior Center..... 20 E. Pacific

★ 11:00-1:00 ★

Live Music By: "JUST US"

Donations Help ★ Meals On Wheels ★

Everyone Welcome!

Sugar Hides in Foods Where You Least Expect It—Here Are Some Common Sources You Might Not Expect

Sugar lives in a lot of foods and goes by many names. Dextrose. Corn syrup. Glucose. Agave nectar. Maltose. Molasses. No matter what it's called on the label, it's sugar. And whether you're eating granulated sugar or agave syrup, it all has virtually the same effect in your body: it's quickly digested and spikes your blood sugar levels. These rapid upswings in blood sugar can cause us to crash—hard—while adding calories at the rate of about 16 calories per teaspoon of sugar and not really any nutrients.

Most Americans are getting more sugar than they should, an average of 19.5 teaspoons daily. That's triple the recommended limit of 6 teaspoons of added sugar for women per day, and double the 9-teaspoon limit set for men by the American Heart Association. To put that number in perspective, a typical 12-ounce can of soda has 39 grams of sugar, or about 10 teaspoons of added sugar. Over time, too much sugar can lead to obesity, diabetes and heart disease.

We know some of the obvious sources of added sugars—sweet drinks, candy, cakes, pies, cookies. But there is also sugar lurking in places you may not expect, such as crackers and tomato sauce. Even though the amount of added sugar in these products may be small, it can add up quickly if you aren't careful. And with so many different names for sugar appearing on labels, it can be tough to track exactly how much of the sweet stuff is being

added to your food.

Fortunately, the FDA has approved a new nutrition label which, along with other updates, will include added sugars in grams and as a percent of the Daily Value. This new label should be in place by July 2018.

Until then, let us help! Here are some of the most common foods that contain added sugar.

Flavored Yogurt

Blueberry, 5.3 oz.

11 g added sugar = 2 3/4 tsp.

Spare yourself sugar overload and buy plain yogurt that you can sweeten yourself. Try adding a handful of berries or a small drizzle of honey for a more modest sugar intake.

Dairy-Free Milks (Soy milk)

Chocolate, 1-cup serving

17 g added sugar = 4 1/4 tsp.

It may seem obvious that chocolate milk contains sugar, but original "plain" flavors of non-dairy milks can have 6 grams of added sugar. Choose unsweetened dairy-free milks, which won't have any added sugar.

Peanut Butter

Creamy, 2-Tbsp. serving

2 g added sugar = 1/2 tsp.

Yes, even peanut butter has added sugar. Switch to natural brands that have just good old peanuts (and sometimes salt) listed as the ingredients.

Granola Bars

Honey-oat, 40 g

9 g added sugar = 2 1/4 tsp.

Granola bars sound like a really healthy snack, but 9 grams of added sugar is a lot for a little snack bar. Look for lower-sugar options.

Tomato sauce

Marinara, 1/2-cup serving

"Most Americans are getting more sugar than they should, average of 19.5 teaspoons daily"

By: Charlotte Fisher,
EatingWell.com, July
2017

Retrieved: June 12,
2018

Cont. pg.3

Mini Blueberry Pies Recipe

By Sandra K. Nissenberg, M.S., R.D.

A Berry Delicious Summer Treat

You Need

- 1 package of 6 mini graham cracker pie crusts
- 1 teaspoon flour
- 1 tablespoon brown sugar
- 1 tablespoon orange juice
- 1 cup fresh or frozen blueberries

Topping

- 2 tablespoons old-fashioned oats
- 2 tablespoons flour
- 2 tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 1 tablespoon melted butter



Directions

1. Preheat oven to 350F. Place pie crusts on a baking sheet.
2. Combine 1 teaspoon flour, 1 tablespoon brown sugar, and orange juice. Mix until flour is dissolved.
3. Add in blueberries. Stir to coat well.
4. Spoon the blueberry mixture into the pie crusts.
5. Mix the topping ingredients together in a small bowl.
6. Put a spoonful of topping onto each mini pie.
7. Bake the mini pies for 20-25 minutes or until topping is lightly browned. Cool for 5-10 minutes before eating.

9 g added sugar = 2 1/4 tsp.

Tomatoes are naturally sweet, but many store-bought brands add sugar to their sauce to enhance that sweetness. Nine grams of sugar in pasta sauce feels a tad overboard, but you can make your own sauce with no added sugar.

Dried Fruits

Sliced mango, 6 slices

11 g added sugar = 2 3/4 tsp.

Fruit is naturally sweet, so why add sugar? Fortunately, there are plenty of no-sugar-added options for dried fruit out there. Just be sure to read the ingredient list before you stock up.

Salad Dressings

Classic Italian, 2-Tbsp. serving

3 g added sugar = 3/4 tsp.

Salads are often a go-to when it comes to eating healthier, but they can quickly take a not-so-healthy turn once dressing enters the picture. Reading the ingredients list can save you serious added sugar and sometimes

funky ingredients.

Marinades

BBQ sauce, 2-Tbsp. serving

11 g added sugar = 2 3/4 tsp.

We'll admit BBQ sauce is a delicious staple of grilling season. But 11 grams of added sugar is a lot for just a little bit of sauce. Again, reading the label is your best bet here for choosing lower-sugar options.

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.”



BINGHAM COUNTY SENIOR CENTER

Quality Quilting Fabric Sale

\$5/yard or less

9 am to 12:30 pm

July 5th and 6th

At the Senior Center

20 E. Pacific, Blackfoot

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



The Hygiene Pantry Here at the Bingham County Senior Center is in Need of the Following Items:
Toilet Paper, Deodorant, Shampoo, and Laundry Soap

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

Clogging Classes Have Begun.

You Can Still Come in and Join in the Fun!

Every Monday at 9:30am to 10:15am

Here at the Senior Center

20 E. Pacific, Blackfoot



The WALKING GROUP

is Meeting at a

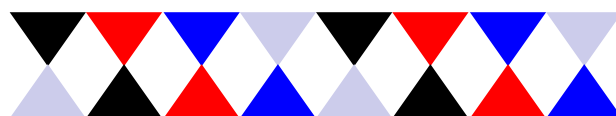
New Time: 8:00 am to try and

Beat the Heat

Meeting Place: Jensen's Grove

(West end of the parking lot by the interstate)

Come Out and Get Walking with Us!

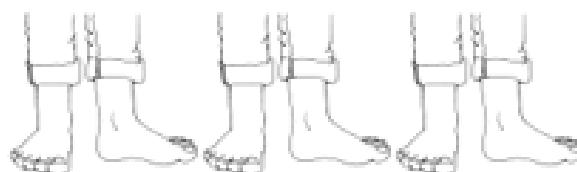


Toenail Clinic

Call and schedule your toenail treatment.

Space is limited, and appointments are required. July dates are the 12th & 26th.

(208) 785-4714



\$5.00 A Month Club



June 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	ALICE KONISHI
JACKIE BABCOCK	EMI MATSUURA
MARY BALLARD	RICHARD & SHIRLEY MERRIL
JERRY BARBE	LYNN MICKELSEN
PAM BEUS	CHERI MITCHELL
LOLA BROWER	DIXIE MONTGOMERY
GLENNA DAVIS	KENNETH NILSSON
JACK DETMER	RUSSELL & JEANIE POTTER
BOBBIE & TOM DRYSDALE	RUTH RAY
RALPH DUNN	M. JOAN SHAFER
SHARON EMPEY	BILLYE THOMAS
TERRY GOODWIN	FRANK & KIMI TOMINAGA
SHIRLEY GOODYEAR	MID TSUKAMOTO
SAUNDRA HAMM	GEM VILLAGE
JOYCE HARTMAN	MAX WATERS
BILL & JOYCE ISON	VEEANN WILLIAMS
PEGGY JORGENSEN	SPENCER & ANDREA WILLIAMS
DON KELLY	FRED WOODLAND

BOARD MEMBERS

CHAIRMAN
TOM PACKER

VICE CHAIRMAN
LEON PETERSON

SECRETARY
PHILIP GOODWIN

TREASURER
LARRY HINDERAGER

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ELIZABETH TOLER

KITCHEN STAFF
JEREMY ATWOOD
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SENIOR TIPS: TIPS ON HOW TO MAKE YOUR LIFE BETTER.

FROM PACKER ELDER CARE LAW

Retaining a Life Estate: If you have a small estate, you can deed your house and still be able to live there until you pass away, and avoid probate.

If you have a simple estate, you may wish to pass your home, using a Gift Deed and retain a life estate. This type of deed conveys your property to a person or persons and reserves to you, the Grantor, the right to use the property for the rest of your life. The ownership in the property is divided into two interests: a life estate and a remainder interest. The person who holds the life estate has the right to possess the property during his or her lifetime. The person who has the remainder interest has the right to possess the property after the life tenant passes away.

Example: John Smith, a single man, in consideration of the love that he has for his daughter, Laura, conveys his house to her as her sole and separate property reserving and excepting to John the right to all rents and profits on the property and the right to use the property for as long as John lives. At John's death, the house passes to Laura simply by recording a Death Certificate, without having to go through probate.

If you want to use a deed retaining a life estate, there are a couple of things you should know. First, once you have deeded the property retaining a life estate, you can no longer sell the property without the signature of the person holding the remainder interest. For example, a woman deeded her home to her daughter and retained a life estate. Later, she had a falling out with her daughter. She wanted to sell her home and move, however, her daughter refused to sign the deed, so the woman was unable to sell her home. Second, if you deed your home and retain a life estate and later apply for Medicaid, your life estate interest is counted as an asset towards eligibility.

A Gift Deed retaining a life estate is a way to transfer your property without going through probate and still retain the use of the property during your life time. Make sure you understand the risks before using this type of deed.

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**



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!

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



Now Hiring

The senior center is in need of a part-time dishwasher and bus driver for food pickup on Wednesday's (CDL not required). Position requires a clean driving record and ability to lift 70 pounds. Approximately 19.75 per week. Please call Liz at 208-785-4714 for more details.



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

CHAIR VOLLEYBALL

Chair Volleyball is a physical activity that provides a fun way to be active. Because players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. Regular participation in this activity can increase flexibility and stamina. Come and join in the fun!



Wednesday's 9-10:30 a.m.

At the Senior Center 20 E. Pacific St.



You don't stop laughing because
you grow older. You grow older
because you stop laughing.

— Maurice Chevalier —

AZ QUOTES

Thank You to all of our Volunteers

We could not do what we do for our
community if it was not for you!

*"Volunteers are not paid
-- not because they are
worthless, but because
they are priceless."*

Living Well with Diabetes

PAGE 8

A Free Workshop

This Medicare approved workshop is 6 sessions, 2.5 hours each. Open to anyone living with diabetes or prediabetes and family members.

WHEN

Tuesdays

July 17 - August 21, 2018

9:00 am - 11:30 am

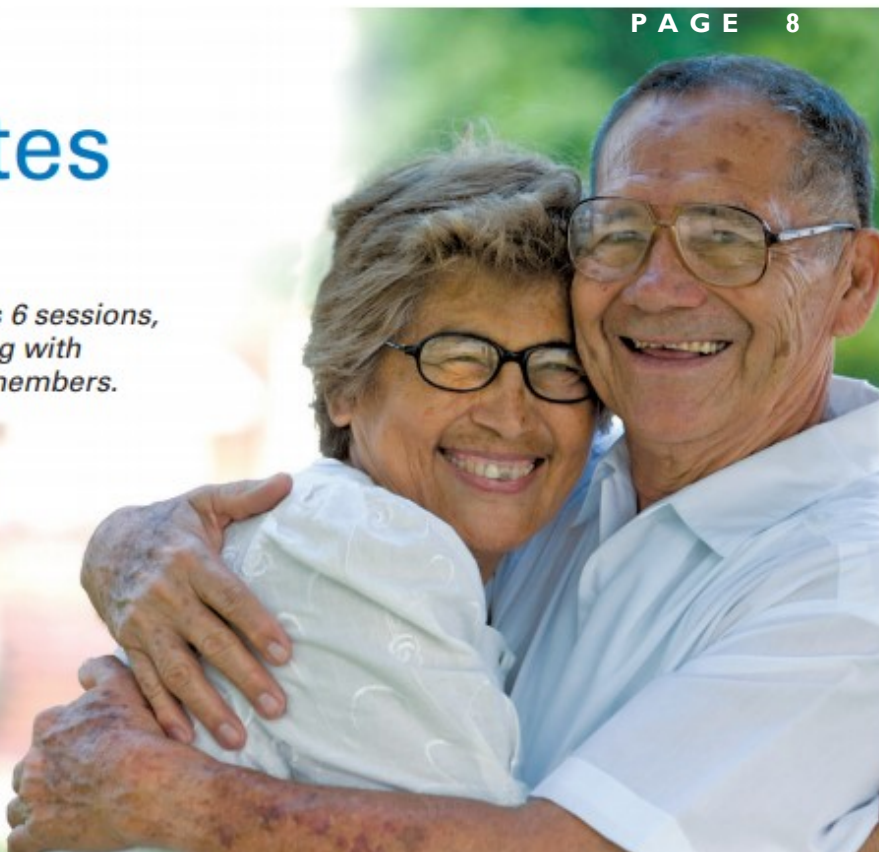
WHERE

Bingham County Senior Center

Back Room

20 East Pacific

Blackfoot, ID 83221



LEARN HOW TO BETTER MANAGE YOUR DIABETES

- Healthy eating
- Managing medications
- Dealing with depression & stress
- Safe exercise
- Communication skills
- Preventing low blood sugar

A fun and interactive self-management program developed by Stanford University.

Register by calling:


Pam Wake 208-221-0688 or LIZ at the Senior Center

To learn more about other workshops in Idaho call 208-383-5942.

Visit us at www.medicare.qualishealth.org/DSMP-Idaho.



This material was prepared by Qualis Health, the Medicare Quality Innovation Network - Quality Improvement Organization (QIN-QIO) for Idaho and Washington, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. ID-EDC-QH-06-19-2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Philly Steak Buffet Soup/Salad Bar	3 9:30 Fit & Fall 1:00 Hand & Foot Taco Salad Buffet Soup/Salad Bar MOW-Hot Turkey Sandwich	4 4 th of July BBQ 11-1pm Hamburger & Hotdogs Watermelon Bash sponsored by alliance & Ashley Manor	5 9-12:30 Fabric Sale 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Chicken Alfredo Buffet Soup/Salad Bar	6 9-12:30 Fabric Sale 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Goulash	7 8:30 Zumba
9 8:00 Walking Group 9:30 Clogging 10:00 BP Clinic 1:00 Bingo 3:30 Zumba Gold Chicken N Noodles Buffet Soup/Salad Bar	10 9:30 Fit & Fall 12:00 Brower Camp 1:00 Hand & Foot 5:30 Bingo (Bring a snack to share) French Dip Sandwich Buffet Soup/Salad Bar	11 9-10:30 Chair Volleyball 11:45 Julie from U of I 12:30 Bridge 1-2:30 Food Distribution Pork Loin Buffet Soup/Salad Bar	12 9:30 Fit & Fall 10:00 Toenail Clinic (Need appt) 1:00 Bingo 3:30 Zumba Gold Spaghetti Buffet Soup/Salad Bar	13 9-10:30 Breakfast Buffet 11-12:30 Food Distribution 11-CFSP BOXES MOW—Chicken Corn Chowder	14 8:30 Zumba
16 8:00 Walking Group 9:30 Clogging BP Clinic 1:00 Bingo 3:30 Zumba Gold Mac N Cheese with all Beef Hot Dogs Buffet Soup/Salad Bar	17 9:00 Living Well Class 9:30 Fit & Fall 1:00 Hand & Foot Sloppy Joes Buffet Soup/Salad Bar	18 9-10:30 Chair Volleyball 10-11:30 BP Clinic 12:30 Bridge 1-2:30 Food Distribution Baked Chicken Buffet Soup/Salad Bar	19 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Cheese Burger Buffet Soup/Salad Bar	20 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Teriyaki Chicken with Rice	21 8:30 Zumba
23 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Grilled Ham & Cheese Buffet Soup/Salad Bar	24 9:00 Living Well Class 9:30 Fit & Fall 1:00 Hand & Foot 5:30 Bingo (Bring a snack to share) Chili with Cinnamon Rolls Soup/Salad Bar	25 9-10:30 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution Baked Ham Buffet Soup/Salad Bar	26 9:30 Fit & Fall 10:00 Toenail Clinic (Need appt) 1:00 Bingo 3:30 Zumba Gold Hot Hamburger Buffet Soup/Salad Bar	27 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Hamburger Gravy with Mashed Potatoes	28 8:30 Zumba
30 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Chicken Pasta Bake Buffet Soup/Salad Bar	31 9:00 Living Well Class 9:30 Fit & Fall 1:00 Hand & Foot Chef Salad Buffet Soup/Salad Bar	All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change			

Bingham County Senior Center
PO. Box 849
Blackfoot, ID 83221
Phone: (208)785-4714
Dated Material Please Don't Delay

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