

Senior Scoop

Winter Trip ~ Salt Lake City

Mark your calendars to go see the beautiful holiday lights at Temple Square, December 4th. We will leave at 12:30pm from the Senior Citizen Center. Lunch at the Center is included with the price.

We will travel to Salt Lake City, arriving at approximately 3pm. You can either explore the Temple Square Grounds or Shop at the City Creek Mall.

Dinner will be at the Garden Restaurant, located at the top of the Joseph Smith Building. The view of the lights from here is AMAZING! We will be served a three-course meal with your choice of Meatloaf, Chicken with Farfalle Pasta, or Seared Glazed Salmon. If you are interested in going please sign-up with Liz or call 208-785-4714.

Sign-up by November 2nd and get a discounted price of \$80.00. Space is limited. After November 2nd the price will be \$90 due to bus arrangements. Price includes lunch, transportation, and dinner.

AARP Smart Driver Course

This course will help you refresh your driving skills, and may even help you save on your auto insurance! This class will be held at the Bingham County Senior Center, 20 E Pacific Street, Blackfoot, on **September 12th** from 9:00am to 4:00pm.

Please Call Becky to Schedule or to Get More Information at

(208) 684-3280



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Special points of interest

- Ways to stay fit here at the Senior Center
- Senior Tip
- Management of high blood pressure.



Medicare

Still have questions regarding your Medicare?

Don't worry we still have upcoming Medicare Educational Seminars here at the Bingham County Senior Center.

20 E. Pacific Street

Classes are being offered for the following dates and times:

September—5:30pm

October 17th—10am

November 7th—10am

Like Us on Facebook

Did you know when you like a business on Facebook any updates, videos, or photos that the business publishes will show up in your News Feed.

Give us a Like and stay up-to-date with all the current Bingham County Senior Centers



To the Patrons of the Bingham County Senior Center

A suggestion was made at the recent public forum to create an ombudsman position to improve communication between the seniors of the Center and the Board of Directors. We are moving forward to implement this suggestion.

In our July Board meeting, we discussed this position and decided to call it a liaison position. The liaison will act as a link to assist communication and cooperation between the Board, the management and the seniors of the Center. The liaison will be able to bring suggestions and concerns to Board meetings. The Board has asked Pete Stuart to serve as an interim liaison through the end of year, and he has accepted this position.

The Board has also formed an interim committee to work with the liaison, which we have named the Connections Committee.

To fully implement these changes, the Board will amend its policies and procedures to include a job description for the liaison, a description of the role of the Connections Committee, and a description of how the liaison and the Connections Committee will interact with the seniors, the Board, the management and the staff at the Center. This amendment will also include how the liaison position and the committee are chosen.

The creating of a liaison position and a Connections Committee does not do away with our policy of having seniors, who have concerns, to first go to Pam, our executive director, either in person or in writing with their concerns to see if she can resolve them. Our goal is for the Board, the liaison, the Connections Committee and the Center's management and staff to all work together to make the Center better.

Board of Directors of the Bingham County Senior Center

Staying Fit at the Senior Center



Bingham County's Fit & Fall Class

Fit and Fall Proof Class

What is Fit and Fall Proof™?

Developed in Idaho in 2004, 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. Local volunteer leaders are trained to teach classes in their communities.

What are the Benefits of attending Fit and Fall Proof™ classes?

- Maintain an independent, freely functioning lifestyle
- Improve muscular strength
- Achieve gains in flexibility, enabling older adults to reach and bend
- Increase balance and posture
- Improve mobility, endurance, and walking gait

Fit and Fall Proof™ is changing lives! Results for attendees who participated in the pre- and post- Timed Up and Go test demonstrate great improvement in mobility after participating for 10 weeks. New participants show the greatest improvement in mobility.

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.

Fit and Fall Proof™ Here at the Bingham County Senior Center meets every Tuesday and Thursday at 10:00am starting September 11th. Everyone is Welcome to Come!

Zumba Gold

Zumba Gold is a kinder, gentler Zumba workout for active older adults, beginners, folks with health issues, or anyone who wants a fun and get a exhilarating workout! Dance is a great way to:

- Burn Fat
- Improve flexibility
- Increase muscular strength
- Improve mood and mental functioning
- Preserve health of the spine, hips and lower joints
- Improve balance
- Boost endorphins and get the heart pumping

Zumba Gold is offered at the Senior Center on Mondays and Thursdays at 3:30pm. A regular class is held on Saturday morning at 8:30am for more advanced attendees. All classes are only \$3 each. Punch cards are also available bringing the cost to \$2.50 per class! This is a very inexpensive way to get fit and stay healthy.

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 increases flexibility and stamina. Come and join in the fun!

Starting in September

Call the Senior Center for more information at 208-785-4714

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



Kitchen Corner

A lot has been happening in our Kitchen here at the Senior Center. We have a new Head Chef named Susan Karns. She previously worked as the assistant cook and is excited to now be cooking full-time and planning our menu's.

We have two new employee's. Rosa Salce will be the assistant cook and Jonathan Hughes is assisting with the dishes. Jeremy Atwood is still working hard putting our Meals on Wheels together. Stop in and say hello to our crew.

We are now taking orders for **Cinnamon Rolls WEEKLY!** Please place your orders on or before Tuesday afternoon. All orders will be available for pick-up Thursday after 10:30am.

Orders can be made through the hostesses or by calling the Center at 208-785-4714.

We are also working on baking up yummy treats weekly. Some of our previous treats include Pumpkin Bread, Brownies, Cake, and Zucchini Bread. Come in and enjoy our next homemade treats.

The kitchen staff would like to Thank everyone for their feedback and suggestions and we all look forward to working with you and meeting everyone!

Books & Puzzles

We have a great collection of novels and puzzles here at the Senior Center that are available to everyone to borrow or swap with some you have already read. Come and find a new book or a new puzzle to challenge your mind.



Come borrow some books or puzzles

Rada Cutlery and Commercial Baking Sheets

Have a Wedding coming up or want to get someone the perfect Christmas present?

We have the PERFECT gift!

Check out our Rada Cutlery gift sets and our Commercial Baking Sheets with Lids. They are the perfect gift, that last's forever.

Toenail Clinic

Call and Schedule your toenail treatment.

Space is limited, and appointments are required.
(208) 785-4714



It's your Birthday!

Stop by the office and get a ticket to enjoy lunch on the Senior Center



KEEP CALM
HUG A
SENIOR CITIZEN



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!

\$5.00 a Month Club



August

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. You can help by buying a senior a meal. Call the center and become a part of our Club today at 208-785-4714.

JUNE ARAVE

BILL & JOYCE ISON

JACKIE BABCOCK

ALICE KONISHI

MARY BALLARD

EMI MATSUURA

JERRY BARBE

RICHARD & SHIRLEY MERRIL

PAM BEUS

LYNN MICKELSEN

LOLA BROWER

CHERI MITCHELL

GLENNA DAVIS

KENNETH NILSSON

JACK DETMER

RUSSELL & JEANIE POTTER

BOBBIE & TOM DRYSDALE

RUTH RAY

RALPH DUNN

M. JOAN SHAFER

TERRY GOODWIN

FRANK & KIMI TOMINAGA

WILBUR & COLLEEN GREGORY

MID TSUKAMOTO

SHIRLEY GOODYEAR

VEEANN WILLIAMS

SAUNDRA HAMM

SPENCER & ANDREA WILLIAMS

JOYCE HARTMAN

FRED WOODLAND

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VICE CHAIRMAN
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PHILIP GOODWIN

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OFFICE STAFF
TERA YOUNG
ELIZABETH TOLER

KITCHEN STAFF
SUSAN KARNS
JEREMY ATWOOD
ROSA SALCE
JONATHAN HUGHES



Senior Tips

Tips on how to make your life better
From Packer Elder care Law

Where There's a Will There's a Way!
Choosing to make a Will ensures your estate
goes to whom you intend

Some people don't see the importance of making a Will—a written declaration of what will happen to their money and property after they die. Under Idaho inheritance laws, if a married person dies without a Will, the spouse inherits all the community property and half of the separate property. The remaining half of the separate property is inherited by the decedent's children.

If, however, the decedent is single and has no children, the next in line to inherit would be the decedent's living parents. If the parents are deceased, the decedent's siblings are the next in line. If there are siblings, the estate is divided by the number of siblings, living and dead. Each living sibling receives one share. The share of a deceased sibling is divided equally between his or her children. In this event, the estate may pass to persons to whom the decedent never intended.

Sometimes people fail to make a Will, but verbally state to whom they want their property to go. A Court will not honor a verbal statement. If there is no Will, the inheritance laws must be followed.

I know of a situation where a man died, who had never married and had no children and whose parents were deceased. He told his siblings that he wanted them to have his estate, but he never wrote a Will. His estate ended up being divided among his nieces and nephews, to whom he had never intended to give any

money or property.

In another situation, a couple had lived together for years, but never married. They never got around to making Wills and then one of them unexpectedly died. Sadly, the surviving partner inherited nothing. If the deceased partner had written a Will, she could have left everything to her partner.

Where there's a Will, there's a way for your property to go to those you intend. By creating a Will, your desires will be followed. You can name a Personal Representative to handle your estate, you can name a Guardian and Conservator for a minor or disabled child, and you can designate who will receive your estate.

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
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Blackfoot, Idaho 83221
208-785-5600**

Looking to Reduce Your Family's Intake of Added Sugars? Here's How

By Jessica Cording, MS, RD, CDN

Published July 31, 2018

High added sugar intake has been linked to everything from dental cavities to obesity to Type 2 diabetes to heart disease to other health conditions — many of which last into adulthood. Minimizing added sugars is a priority for many parents, but it's not as simple as trading cookies and soda for fruit and water. Avoiding obvious sources is one thing, but added sugar can be found in many foods where you may not expect it.

According to the 2015 *Dietary Guidelines for Americans*, added sugars include sugars, syrups and other caloric sweeteners. Simply put, added sugars sweeten a food — and although they add calories, they offer virtually no nutrition.

On an ingredient label, sugar may appear under many names — more than 50, actually. Some of the most common ones include cane sugar, evaporated cane juice, corn syrup, high-fructose corn syrup, raw sugar and crystal solids. And, don't forget brown sugar, honey, maple syrup and brown rice syrup.

The 2015 *Dietary Guidelines for Americans* recommends limiting added sugars to no more than 10 percent of daily calorie needs. That's about 12 teaspoons (48 grams of added sugar) on a 2,000-calorie diet. But for kids — especially little kids, who may only need 1,200 to 1,400 calories per day — it's even less. For them, added sugars should not top 7 or 8 teaspoons (30 to 35 grams of added sugar).

But, rather than obsessing over grams and teaspoons, focus on reducing added sugars by limiting products that contain them.

Common Sources of Added Sugars

Some sources of added sugars are easy to spot, such as:

- Sugary beverages (soda, fruit punch, sweet coffee and energy drinks)
- Sugary cereal
- Candy and chocolates
- Flavored yogurt
- Baked goods such as cakes, pastries and cookies

However, added sugars can hide in some surprising places, including:

- Whole-grain cereals and granola
- Instant oatmeal
- Frozen foods
- Granola bars, protein bars and cereal bars
- Pasta sauce
- Dried fruit, canned fruit, applesauce and fruit juices
- Baby food
- Barbecue sauce, ketchup, salad dressing and other condiments

Tips for Avoiding Added Sugars

The first step in reducing your family's added sugar intake takes place in the grocery store. Scan labels for added sweeteners and, instead, fill your shopping cart with healthier options. Try using naturally sweet fruits and vegetables when baking and cooking. Examples include bananas, sweet potatoes and apples. You can add a mashed banana to your oatmeal in the morning and microwave it for a minute, which adds sweetness.

For beverages, choose plain water most often along with milk, unsweetened tea



Photo: noblige/iStock/ThinkStock

and sparkling water. Add fruit and herbs to water for extra flavor. You also can reduce added sugar intake at home by cooking from scratch. By making your own granola, pasta sauce and condiments and serving homemade baked treats, you are in control of the ingredients used. As your family's taste buds adjust, gradually use less and less of the sweetened varieties.

Make a healthy relationship with food the overall focus instead of a completely sugar-free diet. Encourage positive associations with foods such as fruits and vegetables by playing up their good qualities and fresh taste — and save the super sweet stuff for special occasions.

“ The first step in reducing your family’s added sugar intake takes place in the grocery store”

MANAGEMENT OF HIGH BLOOD PRESSURE

Most of the time hypertension (high blood pressure) has no symptoms. Some symptoms that could occur is chest pain, confusion, headaches (usually feels like pressure and doesn't go away quickly), confusion ear noise or buzzing, irregular heartbeat, nosebleed, tiredness and visual changes. If the headaches or any of the other symptoms occur, you should call your doctor.



MONITOR YOUR BLOOD PRESSURES DAILY if you are able to. You can also go to your doctor's office for blood pressure checks if needed. If you are able to monitor your blood pressure regularly write them down so you can report the readings to your physician. Some electronic cuffs will record the results automatically.

WHAT CAN YOU DO TO MANAGE YOUR BLOOD PRESSURE?

EXERCISE

Exercise is one of the most effective treatments for high blood pressure (hypertension). If not contraindicated by other existing health conditions, get at least 30 minutes of low-intensity exercise such as walking, every day.



REDUCE YOUR SUGAR AND SALT INTAKE.

Choose a diet rich in fruits, vegetables and low-fat or fat-free dairy foods.



IF YOU SMOKE, PLEASE STOP!!!!!!

REDUCE STRESS


Use relaxation therapy, such as mediation and other mind body relaxation techniques. Some other things you can do is deep breathing and progressive muscle relaxation.

TAKE YOUR MEDICATION

If your doctor has prescribed medication remember to take it as scheduled.



REMEMBER TO CALL YOUR PHYSICIAN IF YOU ARE HAVING ANY OF THE SYMPTOMS AS NOTED ABOVE OR IF YOU HAVE ANY QUESTIONS ABOUT YOUR GENERAL HEALTH.

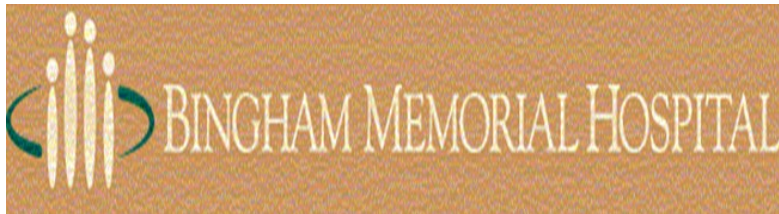
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Closed	4 9:30 Fit & Fall 12:00 Brower Camp 1:00 Hand & Foot Chicken Pasta Bake Buffet Soup/Salad Bar	5 12:30 Bridge 1-2:30 Food Distribution Chef Salad Buffet Soup/Salad Bar	6 9:30 Fit & Fall 1:00 Bingo Hot Ham Sandwich Buffet Soup/Salad Bar	7 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Baked Beans with Smokies	8 8:30 Zumba
10 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Sloppy Joes Buffet Soup/Salad Bar	11 10:00 Fit & Fall 12:00 Brower Camp 1:00 Hand & Foot 5:30 Bingo (Bring a snack to share) French Dip Buffet Soup/Salad Bar	12 9-10:30 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution BBQ Chicken Drumstick Buffet Soup/Salad Bar	13 10:00 Fit & Fall 10:00 Toenail Clinic (Need appt) 1:00 Bingo 3:30 Zumba Gold Baked Potato Buffet Soup/Salad Bar MOW – Taco Soup	14 9-10:30 Breakfast Buffet 11-12:30 Food Distribution 11-CFSP BOXES MOW—Chicken Gravy over Rice	15 8:30 Zumba
17 8:00 Walking Group 9:30 Clogging 10:00 BP Clinic 1:00 Bingo 3:30 Zumba Gold Cheese Burger Buffet Soup/Salad Bar	18 10:00 Fit & Fall 11:45 Julie from U of I 1:00 Hand & Foot Chicken & Broccoli Casserole Buffet Soup/Salad Bar	19 9-10:30 Chair Volleyball 10-11:30 BP Clinic 12:30 Bridge 1-2:30 Food Distribution Taco Bar Buffet Soup/Salad Bar	20 10:00 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Spaghetti Buffet Soup/Salad Bar	21 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Hamburger Gravy over Egg Noodles	22 8:30 Zumba
24 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Philly Cheese Steak Buffet Soup/Salad Bar	25 10:00 Fit & Fall 1:00 Hand & Foot 5:30 Bingo (Bring a snack to share) Goulash Buffet Soup/Salad Bar	26 9-10:30 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution Pork Ribs Buffet Soup/Salad Bar	27 10:00 Fit & Fall 10:00 Toenail Clinic 1:00 Bingo 3:30 Zumba Gold 5:30 Medicare Educational Seminar Chili with Cinnamon Rolls Soup/Salad Bar	28 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken N’ Noodles	29 8:30 Zumba
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			All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change		



Free, Unbiased Medicare
Information for Idaho

1-800-247-4422 www.shiba.idaho.gov

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September

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