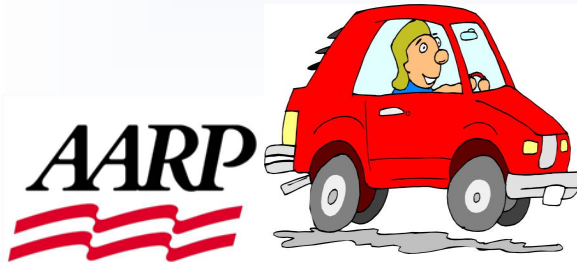


Senior Scoop

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 **October 18th** from 9:00am to 4:00pm.

Please Call Becky to Schedule or to Get More Information at
(208) 684-3280



Come to our Spooky Halloween Lunch

Wednesday October 31st

11-12:30 pm

Lunch includes:

Slaughtered Pig with Smashed

Potatoes

Witches Brew and Creepy

Confections

Inside this issue

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Special points of interest

- Become a Meals-on-Wheels Driver
- Senior Tip
- ALZHEIMER'S: Early detections matters





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:

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 Information.



“Stand Tall & Fight Falls”

Please join us for the 7th Annual
“Humpty Dumpty”
Falls Prevention Health Fair

Friday, October 12th

9:30 am – 12:30 pm

**Southeastern Idaho Public Health
1901 Alvin Ricken Drive – Pocatello**



The health fair will include:

- Health stations to learn about preventing a fall.
- Personal assessments to determine your risk of a fall.
- Community resources available to help you prevent a fall.
- Light refreshments.

For more information, please contact Michelle Butterfield at 208-239-5207.



Fit and Fall Proof™



Funding for this event was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed in written event materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Become a Meals on Wheels Driver



AmericaLetsDoLunch.org

Drop off a warm meal and get more than you expect

Nothing is more rewarding than helping your fellow neighbor. Deliver a meal and help provide a welfare check to ensure our homebound seniors are safe.

What does it take to become a Meals on Wheels Driver?

- Clean Driving Record
- Willing to give a 60 to 90 minutes a day to deliver the meals
- Must have a positive disposition and want to help the seniors in our community

What are the Benefits?

- We provide the vehicle and gas
- We provide lunch to all drivers
- All it takes is a little bit of your time

Contact Tera Young here at the Bingham County Senior Center 208-785-4714 to schedule an initial ride-a-long.

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Gem Village
Assisted Living Community
208-785-9920



**Idaho
Central**
CREDIT UNION



302 NE Main - Blackfoot • 785-5710



Winter Trip ~ Salt Lake

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.

Kitchen Corner

The kitchen would like to welcome their newest member to the team, Mackenzie Smith.

For the month of October we will be taking orders for **Pumpkin Bread 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.

Our Centers averages cost per meal is between **\$8 to \$10** depending on the meal of the day. This includes raw food, wages, and overhead. Our donations per meal range from **\$2 to \$4**. Our Center runs on your donations. Without you we would not be here to provide meals, activities, food pantry, hygiene pantry, and companionship. Please donate when you can and keep our Senior Center Active.

Hygiene Pantry Needs

We have a great need for the following items here at the Senior Center for our Hygiene Pantry:

- Toilet Paper
- Bar Soap
- Laundry Soap
- Deodorant



Please donate to support our seniors in need

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 1pm. Night Bingo Every 2nd and 4th Tues. of the month starting at 6pm. Only \$1 a Card and Priceless Fun!

We Have Baby Crib Blankets

Thanks to the Circle of Sharing Hands, we have Baby Crib Quilts and Blankets

They make the best gift!

You can check out our NEW arrivals here at the Senior Center in the front door cabinets. We have a beautiful assortment ranging from \$15 to \$25.



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!

\$5.00 a Month Club



September

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

ANNETTE BAIR

EMI MATSUURA

MARY BALLARD

RICHARD & SHIRLEY MERRIL

JERRY BARBE

LYNN MICKELSEN

PAM BEUS

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

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KITCHEN STAFF
SUSAN KARNES
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ROSA SALCE
MACKENZIE SMITH



Senior Tips

**Tips on how to make your life better.
From Packer Elder Care Law**

**Property – Community or Separate?
Separate Property May Become
Community Property if it is commingled.**

I recently received a call asking for clarification of a Senior Tip I wrote a few months ago. Below is the answer to the question. The call made me think that there may be others with questions that they would like answered. If you have a question that you would like me to address in a Senior Tip, you are welcome to call me or email me at tpacker@srv.net.

The previous Senior Tip discussed how community and separate property are treated differently under Idaho inheritance laws. The question that was asked was how do you know whether property is community property or separate property.

Here are the definitions of separate property and community property:

- All property the husband or wife owned before marriage, and all property acquired during the marriage by gift or inheritance, and any proceeds from this property, is considered separate property. (Idaho Code § 32-903)
- All **other** property acquired during the marriage by either husband or wife is community property. (Idaho Code § 32-906.)

Here are a few examples of the different ways separate and community property are treated under Idaho law:

- As to community property, the surviving spouse will inherit **all** the deceased spouse's community property and $\frac{1}{2}$ of the separate property. The other $\frac{1}{2}$ of the separate property will pass to the surviving parents or children of the decedent. (Idaho Code § 32-102)
- The separate property of one spouse is not liable for the debts that the other spouse contracted **before** the marriage. (Idaho Code § 32-910-11)
- Either spouse alone can incur a debt that obligates their community property, but not the separate property of the other spouse. However, as to the community property, **both** spouses must sign to purchase or sell real property. (Idaho Code § 32-102)

If a husband or wife brings separate property into a marriage and commingles it either with the community property or the separate property of the other spouse, it may be converted into community property. For example, if you receive an inheritance, and you deposit the money into a community bank account it will become community property. If each spouse sells their home, and they buy a new home together with the proceeds of their sales, the new home will be community property.

You can give your separate property, or $\frac{1}{2}$ of your community property to whomever you want after your death, but you must have a Will to do so. If you don't have a Will, your property will be distributed by the laws of the state as explained above.

Many people, not understanding these laws, make decisions that produce results they did not intend

**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.

October is Breast Cancer Awareness Month

Resource: <https://foodasmedicineinstitute.com/2016/10/26/nutrition-and-breast-cancer-prevention/>

Research has shown us how important eating a variety of nutritiously dense food is for optimizing our health. How important is nutrition and diet when it comes to preventing chronic illnesses like cancer? In honor of breast cancer awareness month, The Food As Medicine Institute looks into well researched foods that may help women prevent breast cancer.

Cruciferous Vegetables

This vegetable family is a powerhouse of nutritional benefit. Broccoli, cauliflower, Brussels sprouts and cabbage all contain a compound, which research has shown to block breast cancer tumor growth. A great reason to eat these nutritionally dense vegetables daily.

Turmeric

Turmeric is a potent spice that contains many anti-inflammatory and antioxidant properties. It also contains a polyphenol, which has been recognized as an anti-cancer and chemo-preventative agent. While inflammation is a normal process our body uses to heal, it can spiral out of control if left unchecked. Inflammation contributes to almost every single chronic illness, including breast cancer, so limiting inflammation is important. Turmeric can help in this process. It is a warming spice typically found in curry and other traditional Indian dishes, but can be added to many dishes. Be sure to pair it with black pepper in order to activate its full potential.

Colorful Fruits and Veggies

There is a reason we are told to eat the rainbow. Nature has a beautiful way of alerting us to foods that are beneficial for our health. Antioxidant containing fruits and veggies tend to have bright colors like blues, reds and purples. Examples of foods containing high levels of antioxidants are berries, apples (be sure to eat the peels), and pomegranate. Most health care providers recommend two-three servings per day of these nutritional superfoods. Antioxidants help take care of free radicals which we are exposed to in our environment and produce in our bodies as a natural byproduct of metabolism. Free radicals can cause damage to our cells, cell damage can lead to cancers including breast cancer, and so a diet rich in antioxidants is an important part of cancer prevention.

Walnuts

These flavorful nuts contain important nutrients like antioxidants, essential amino acids and omega-3 fatty acids that help limit inflammation and inhibit the activity of free radicals. Additionally, walnuts have been shown to slow tumor growth. A small handful of walnuts a day are a great addition to many individual's diets.

Flax

Flax seeds contain a component called Lignans and flavonoids. A recently published article shows that components found in flax was actually able to not only inhibit breast cancer tumor growth, but also destroy breast cancer cells. Flax is a small seed that can either be eaten whole to increase fiber intake, or ground up and sprinkled into food, on top of salads or baked into food. Because of the nature of the seed and how our body digests it, grinding it up is more beneficial for the anti-cancer properties of this delicious food.

Sweet Potatoes

Sweet potatoes contain nutrients that assist in a number of important ways to benefit our health. In relation to breast cancer prevention, sweet potatoes play an important role in supporting our immune system. Immune health is crucial when we are talking about breast cancer prevention. The role of the immune system is to seek out abnormal cells and destroy them. Sweet potatoes contain B vitamins and potassium, both providing the body with a number of health benefits. They also contain compounds that have incredible immune benefits including assisting the body in removing potentially harmful bacteria and cells. Sweet potato peels contain constituents that can serve as a dietary component in preventing cancer cell growth in a number of different types of cancer, including breast cancer.

Fish

Fatty fish like salmon are another excellent source of omega-3s and Essential Fatty Acids. Mackerel and tuna are other great options for omega-3 fats. Fish provides a lean protein source that is healthy alternative to chicken and red meat as well as providing anti-inflammatory benefits.

It is empowering to realize that we can improve our health every time we prepare meals for ourselves! Keep in mind, that for most of these foods, in order to receive the full cancer fighting benefits, it may be necessary to be eating or drinking multiple servings a day or week. And while eating foods that are nutrient dense and contain cancer-fighting properties is an important part of a holistic wellness plan, this does not replace getting regularly scheduled screening exams and check ups from a licensed healthcare provider.



ALZHEIMER'S DISEASE KNOW THE 10 SIGNS

*Early Detection Matters**

Have you noticed any of these warning signs?

MEMORY LOSS THAT DISRUPTS DAILY LIFE.

One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. Other include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. **Example:** Sometimes forgetting names or appointments, but remembering them later.

CHALLENGES IN PLANNING AND/OR PROBLEM SOLVING.

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. **Example:** Making occasional errors when balancing a checkbook.

DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, WORK OR LEISURE.

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. **Example:** Occasionally needing help to use the settings on a microwave or changing channels on the television.

CONFUSION WITH TIME OR PLACE.

People with Alzheimer's can lose track of dates, seasons and passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes

they may forget where they are or how they got there. **Example:** Getting confused about the day of the week but figuring it out later.

TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS.

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not recognize their own reflection. **Example:** Thinking spouse is an old classmate or total stranger.

NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING.

People with Alzheimer's may have trouble following or joining conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves, struggle with vocabulary, has problems finding the right word or calls things by the wrong name. **Example:** calling a watch a "hand clock".

MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS.

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time. **Example:** Misplacing glasses or the remote control and finding them in the refrigerator or freezer.

DECREASED OR POOR JUDGMENT.

People with Alzheimer's may experience changes in judgment or decision making. They may use poor

judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. **Example:** Making such decisions as buying large amounts of products from the home shopping networks on television.

WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES.

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced. **Example:** Feeling weary of work, family or social obligations.

CHANGES IN MOOD AND PERSONALITY.

The mood and personalities of people with Alzheimer's can change. They may become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, work, with friends or in places where they are out of their comfort zone. **Example:** Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Early diagnosis provides the best opportunities for treatment, support and future planning.

If you have any questions about any of these warning signs please call your physician. You can also call Alliance Home Health and Hospice and speak with a nurse at 208-478-6677.

****For more information from the Alzheimer's Association, go to alz.org/10 signs***

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| 1 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Taco Soup Buffet Soup/Salad Bar | 2 9:30 Fit & Fall 1:00 Hand & Foot Philly Cheese Steak Buffet Soup/Salad Bar | 3 12:30 Bridge 1-2:30 Food Distribution Teriyaki Chicken Rice Bowl Buffet Soup/Salad Bar | 4 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Spaghetti Sandwich Buffet Soup/Salad Bar | 5 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Burger | 6 8:30 Zumba |
| 8 8:00 Walking Group 9:30 Clogging 10:00 BP Clinic 1:00 Bingo 3:30 Zumba Gold Lasagna Buffet Soup/Salad Bar | 9 7:30 Board Meeting 9:30 Fit & Fall 12:00 Brower Camp 1:00 Hand & Foot 5:30 Bingo (Bring a snack to share) Baked Chicken Buffet Soup/Salad Bar | 10 11:45 Julie from U of I 12:30 Bridge 1-2:30 Food Distribution Sloppy Joes Buffet Soup/Salad Bar | 11 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Chef Salad Buffet Soup/Salad Bar | 12 9-10:30 Breakfast Buffet 11-12:30 Food Distribution 11-CFSP BOXES MOW—Chicken Noodle Soup | 13 8:30 Zumba |
| 15 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Hot Turkey Sandwich Buffet Soup/Salad Bar | 16 9:30 Fit & Fall 1:00 Hand & Foot Taco Macaroni Casserole Buffet Soup/Salad Bar | 17 9-4 Driver's Safety 10-11 Alliance BP Clinic 12:30 Bridge 1-2:30 Food Distribution Roast Beef Buffet Soup/Salad Bar | 18 9:30 Fit & Fall 10:00 Toenail Clinic (Need appt) 1:00 Bingo 3:30 Zumba Gold Chili with Cinnamon Rolls Soup/Salad Bar | 19 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Baked Ham | 20 8:30 Zumba |
| 22 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Mac N Cheese w/All Beef Hot Dogs Buffet Soup/Salad Bar | 23 9:30 Fit & Fall 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Cheese Burger Buffet Soup/Salad Bar | 24 12:30 Bridge 1-2:30 Food Distribution French Dip Buffet Soup/Salad Bar | 25 9:30 Fit & Fall 10:00 Toenail Clinic 1:00 Bingo 3:30 Zumba Gold 6:00 Sons of Utah Pioneers Ham & Potato Soup Buffet Soup/Salad Bar | 26 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Goulash | 27 8:30 Zumba |
| 29 8:00 Walking Group 9:30 Clogging 1:00 Bingo 3:30 Zumba Gold Chicken Rice Casserole Buffet Soup/Salad Bar | 30 9:30 Fit & Fall 1:00 Hand & Foot Chicken Parmesan Buffet Soup/Salad Bar | 31 12:30 Bridge 1-2:30 Food Distribution Baked Ham Buffet Soup/Salad Bar | <div>  </div> | | |



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Bingham County Senior Center

20 E. Pacific St.
Blackfoot, ID 83221

Phone: 208-785-4714
Fax: 208-785-4715
E-mail:
bcsc@seniors4ever.com



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