

# Senior Scoop

## Papa Murphy's Pizza Fundraiser



**PAPA MURPHY'S**

# FUNDRAISER

977 MARKET ST. BLACKFOOT, ID

**BUY PIZZA ON**

# DECEMBER 5TH, 2018

**20% OF YOUR PURCHASE WILL GO TO THE BINGHAM COUNTY SENIOR CENTER**

Just Mention That You Are A Supporter of your Local Senior Center - It's That Easy!

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### Special points of interest

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- Papa Murphy's Fund Raiser
- Senior Tip
- Busy Minds Fight Dementia

## Winter Trip

### We Still Have Seats Available

To Salt Lake  
City to See the  
Amazing Light  
Display at  
Temple  
Square,  
December 4th

Come Enjoy  
Great Food,  
Good Friends,  
and an  
Amazing  
View !

Contact Liz at  
208-785-4714

## Sympathy and Other Cards Needed

### WITH DEEPEST SYMPATHY

Please consider donating  
sympathy or any other type  
of cards to the Bingham  
County Senior Center.

We love to let our friends  
know we are thinking of  
them and send out many  
different types of cards.



### CHRISTMAS GIFTS AT THE CENTER

The Senior Center is a Great Place to get  
Amazing Christmas Gifts

We have:

Rada Cutlery—Industrial Baking Sheets with  
Lids— Quilts—Afghans—Baby Blankets with  
Booties & Hats— Knitted Hats and Scarves

**Find Your Perfect Gift Here**



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 11<sup>TH</sup> MEAL IS  
FREE!

# What If You Never Ate Vegetables?

Vegetables are easily neglected but what would happen if you never ate them? Vegetables are important for our health as they provide an abundant amount of vitamins and minerals our bodies need to function properly. Vegetables boost our immune system, help regulate our metabolism, protect our skin, and preserve our eyesight. Thus, if we do not ever eat our veggies, our hair would become dry, our energy levels would be low, and our wounds may not heal properly or as quickly. Furthermore, we may lose some teeth and experience muscle spasms.

If you think you can get away from these ailments using supplements, think again? Supplements provide some of the vitamins and minerals you need but they lack the fiber, flavonoids, antioxidants, and phytochemicals found in vegetables that all work together to help make our bodies healthy. Thus, opt for eating vegetables in all forms (fresh, frozen, and canned) to ensure you are giving your body the nutrients it needs. If you prefer fresh vegetables and saving money by purchasing them in season check out this seasonal produce chart from [cookingmatters.org](http://cookingmatters.org).

**Do you also know?...**

**Potatoes top bananas in Potassium. Yes, bananas are a great source of potassium but potatoes have more! Potatoes are low in fat and are a good source of vitamins and iron. Potassium also helps strengthen our muscles and control our blood pressure.**

**You can use cucumbers as erasers.**

**Just use the outside skin of the cumpers to erase any mistake you made. Cucumbers are a good source of the following; vitamin K, B Vitamins, coppers, potassium, Vitamin C, and manganese. Cucumbers are also 95% water so they are wonderful at keeping you hydrated.**

**Cauliflower is related to Kale. Cauliflower is part of the Brassica genus, which means it's related to brussels sprouts, broccoli, and kale. Cauliflower is also packed with Vitamin C as one cup provides 75% of your daily recommended intake.**



photo courtesy of [pexels.com](http://pexels.com)

# Christmas Dinner at The Senior Center

## Kitchen Corner

The kitchen is working hard to bring baked goods to you during the Holidays. This month the kitchen will be taking weekly orders for Orange Cranberry Bread and Pumpkin Bread.

We will also be taking orders up to December 17th for Dinner Rolls. They will be ready for pick-up Friday the 21st. One dozen for only \$3.

Cinnamon Roll orders will be taken for the last week of December. Pick-up December 27th.

**Place your orders  
now!**



*Merry Christmas*



**EVERYONE WELCOME**

**DECEMBER 19TH**

**11 to 1:00 p.m.**

**COME AND ENJOY A  
CHRISTMAS**

**HAM DINNER BUFFET**



# \$5.00 a Month Club



**November**

*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

ALICE KONISHI

JACKIE BABCOCK

JON & MARLENE LYKSETT

ANNETTE BAIR

EMI MATSUURA

MARY BALLARD

RICHARD & SHIRLEY MERRIL

JERRY BARBRE

LYNN MICKELSEN

PAM BEUS

CHERI MITCHELL

PAT CROSSLEY

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

BILL & JOYCE ISON

FRED WOODLAND

## BOARD MEMBERS

**CHAIRMAN**  
TOM PACKER

**VICE CHAIRMAN**  
LEON PETERSON

**SECRETARY**  
PHILIP GOODWIN

**TREASURER**  
LARRY HINDERAGER

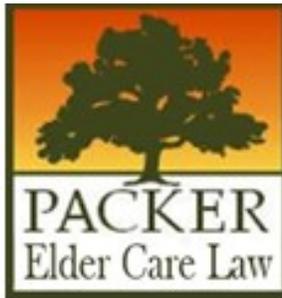
**MEMBERS**  
BOBBETTE BROWN  
BECKY YOUNG  
MIKE PATTEN  
EILEEN BREITWEGE

## STAFF

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SUSAN KARNs  
JEREMY ATWOOD  
ROSA SALCE  
MACKENZE SMITH



## Senior Tips

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

**Social Security Benefits—When a Family Member Dies**  
How to handle that final check

We frequently hear from clients after their spouse has passed away, wondering if they have to return the final Social Security benefit paid to their spouse. It can be a confusing process to figure out Social Security rules, but in this case, the guideline is quite simple, although it can feel unfair.

Here are two things to remember:

- Social Security benefits are paid a month behind. For example, the check you receive in December is November's benefit.
- A person must live the entire month to receive the benefits for that month, per Social Security regulations.

For example, if your husband passed away on December 20<sup>th</sup>, his estate is entitled to keep the Social Security payment that arrived in December. The payment arriving in December is for November's benefit, since benefits are paid a month behind.

However, his estate is not entitled to keep the December benefits that would be paid in January, since he did not live the full month of December. In fact, if he dies anytime within the month of December, even if he passes away on December 31<sup>st</sup>, his estate is not entitled to December benefits. Putting it simply, the estate will receive a check from Social Security for the last full month that he lived.

**What happens if you receive an extra monthly benefit?**

In many cases, the funeral home will report the person's death to Social Security, but if Social Security was not notified prior to the payment being processed, you may receive an extra payment. If the funds are directly deposited into your bank account, you can contact the bank and request that the funds be returned to Social Security. If you receive a paper check, you should return the check to Social Security and do not cash it. To report a death or to apply for benefits, you can call 1-800-772-1213.

As the surviving spouse or as a minor child, you may be eligible for a one-time death benefit of \$255. Some spouses are also entitled to widow or widower benefits, although additional regulations apply. However, knowing at least the basic regulations can help you make some sense in a confusing system! We are here to help if you have additional questions.

**Please see our website at [www.packereldercarelaw.com](http://www.packereldercarelaw.com) to view all our Senior Tips! (From 2012-2017)**

**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**

Merry Christmas To All of Our Volunteers, Sponsors,  
and Many Visitors of Bingham County Senior Center.  
**Thank You for your service in 2018!**



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



*Special Thanks to  
Doug Bowers and his team  
Linda, Vickey, Samantha,  
and Travis for  
Detailing Our  
Meals-On-Wheels Vehicles*



Every 2nd Thursday of the Month  
United ENERGY WORKERS Healthcare  
Will be coming to the Center  
from 10am to 12pm to provide:  
Blood Pressure Checks, Blood Sugar Levels,  
Blood Oxygen Saturation, Temperature,  
Pulse Rate, Respiration, and a Nurse on  
Hand for any questions.



**Toenail Clinic**

Call and Schedule your  
toenail treatment.  
Space is limited, and  
appointments are  
required.  
(208) 785-4714

# Community Dinner Table

For All Who Need A Hot Meal

Tuesdays, 5:00—6:30 p.m.

October 30, 2018 through March 26, 2019  
Jason Lee Memorial United Methodist  
Church

168 S. University, 208-785-3611



## Busy Minds Fight Dementia

From [Healthday](#): Mentally stimulating activities can protect a person's brain against aging, even if genetically predisposed toward dementia or Alzheimer's disease, a new study report.

Some activities that keep the brain busy are: using a computer, crafting, playing games and participating in social activities. These appear to lower the risk of age-related mental decline in people 70 and older, the Mayo Clinic study found. "These kind of commonly engaged in, stimulating activities actually reduce the risk of people developing mild cognitive impairment," said co-author Dr. Ronald Petersen (he's the director of the Mayo Clinic Alzheimer's Disease Research Center in Rochester, Minn).

Researchers found the benefits of mental stimulation even helped people who have apolipoprotein E (APOE) E4, a genetic risk factor for dementia and Alzheimer's. For their study, Mayo researchers followed more than 1,900 mentally healthy men and women participating in the Mayo Clinic Study of Aging for four years on average. Their average age when the study began was 77.

During that period, more than 450 participants developed mild cognitive impairment -- a slight but noticeable decline in memory and thinking skills that may be the first step toward developing dementia or Alzheimer's disease.

Although the study wasn't designed to prove a cause-and-effect relationship, those who regularly engaged in certain mind-stimulating activities had a lower risk of memory and thinking troubles. For example, researchers saw this risk go down by:

- 30 percent with computer use,
- 28 percent with crafting activities,
- 23 percent with social activities,
- 22 percent with playing games.

The researchers found that people who performed these activities at least one to two times per week had less decline in memory and thinking skills than people who did these activities only two to three times per month or less, noted senior author Dr. Yonas Geda, in a Mayo news release (Geda is a psychiatrist and behavioral neurologist at Mayo Clinic's Arizona campus).

Reading books and newspapers regularly didn't seem to confer the same benefits for thinking and memory, the study suggested.

People with the APOE E4 genetic risk factor received some protection from mental decline if they engaged in computer use or social activities, the researchers added. A good brain workout appears to require different levels of intellectual stimulation, such as thinking out problems in your mind and then manipulating objects to create the solution, Petersen said.

"Think of operating a computer, especially for an older person," he said. "It can be challenging. Things always go wrong, and you have to

problem-solve to figure out why something didn't work like it should have." Crossword and Sudoku puzzles probably are good brain exercises as well, Petersen said, although he said this research shouldn't be read as a direct endorsement of online brain training programs such as Lumosity or BrainHQ.

Dr. Paul Wright is chair of neurology for North Shore University Hospital in Manhasset, N.Y., and Long Island Jewish Medical Center in New Hyde Park, N.Y. He said the new study provides geriatric doctors with more evidence to convince patients that brain workouts are important for healthy aging.

"This way we can actually tell our patients with mild cognitive impairment that there is evidence now that if you stay mentally active, you will actually do much better than if you don't," Wright said.

These exercises also need to involve "not just looking at something, but the interaction with your vision and your hands and movement," he added.

On a final note, Petersen warned that people shouldn't turn these activities into daily drudge work.

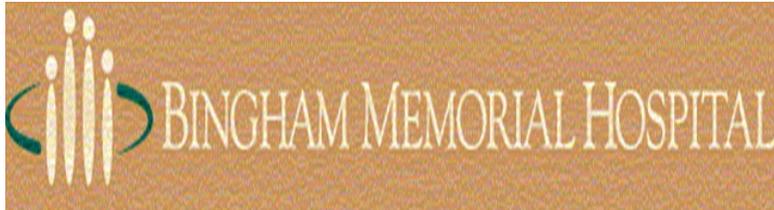
"You don't want to do 10 crossword puzzles a day like going to the gym and walking around the track for an hour," he said. "As you age, try not to withdraw, try not to slow down intellectually. Stay engaged out there. Do things you enjoy, and it will be fun. If you enjoy doing something, do it, and do it avidly because it might in fact be beneficial to you."

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> 1:00 Bingo 3:30 Zumba Gold 6:00 Sons of the Utah Pioneers Hamburger Soup Buffet Soup/Salad Bar	<b>4</b> 9:30 Fit & Fall 1:00 Hand & Foot Chicken N Noodles Buffet Soup/Salad Bar	<b>5</b> 9:00 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution Ribs Buffet Soup/Salad Bar	<b>6</b> 9:30 Fit & Fall 1:00 Solace Sponsored Bingo 3:30 Zumba Gold Lasagna Buffet Soup/Salad Bar	<b>7</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Gravy over Rice	<b>8</b> 8:30 Zumba
<b>10</b> 10:00 BP Clinic 1:00 Bingo 3:30 Zumba Gold French Dip Buffet Soup/Salad Bar	<b>11</b> 7:30 Board Meeting 9:30 Fit & Fall 12:00 Brower Camp 1:00 Hand & Foot 5:30 Night Bingo (Bring a snack to share) Fajita Buffet Soup/Salad Bar	<b>12</b> 9:00 Chair Volleyball 11:45 Julie from U of I 12:00 Mayor's Meeting 12:30 Bridge 1-2:30 Food Distribution Baked Chicken Buffet Soup/Salad Bar	<b>13</b> 9:30 Fit & Fall 10:00 United Energy Workers Healthcare 1:00 Bingo 3:30 Zumba Gold Sloppy Joes Buffet Soup/Salad Bar	<b>14</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Goulash	<b>15</b> 8:30 Zumba
<b>17</b> <b>11:00-CFSP BOXES</b> 1:00 Bingo 3:30 Zumba Gold Spaghetti Buffet Soup/Salad Bar	<b>18</b> 9:30 Fit & Fall 1:00 Hand & Foot Country Chicken Over Biscuits Buffet Soup/Salad Bar	<b>19</b> 9:00 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution <b>Christmas Dinner            11 to 1pm</b>	<b>20</b> 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Baked Potato Bar with Beef Stroganoff Buffet Soup/Salad Bar	<b>21</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Noodle Soup	<b>22</b> 8:30 Zumba
<b>24</b> <b>Closed</b>	<b>25</b> <b>Closed</b> <b>Merry Christmas!</b>	<b>26</b> 9:00 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution Pork Loin Roast Buffet Soup/Salad Bar	<b>27</b> 9:30 Fit & Fall 11:00 Westerner's (music) 12:00 Sons of the Utah Pioneers 1:00 Bingo 3:30 Zumba Gold Chili with Cinnamon Rolls Buffet Soup/Salad Bar	<b>28</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef Stroganoff	<b>29</b> 8:30 Zumba
<b>31</b> <b>Closed</b>				All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. <b>Meals are subject to change</b>	



1-800-247-4422 [www.shiba.idaho.gov](http://www.shiba.idaho.gov)

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