

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!

Inside this issue

Papa Murphy's	1
Gifts at the Center	2
What if we never	3
Christmas Dinner	4
\$5.00 A Month Club	5
Senior Tip.....	6
Events	7
Busy Minds	8
Senior Center Calendar .	9

Special points of interest

- 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 11TH 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.

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

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!

Christmas Dinner at The Senior Center



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

DIRECTOR
PAM BEUS

OFFICE STAFF
TERA YOUNG
ELIZABETH TOLER

KITCHEN STAFF
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 20th, 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 31st, 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
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

Toenail Clinic

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



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.

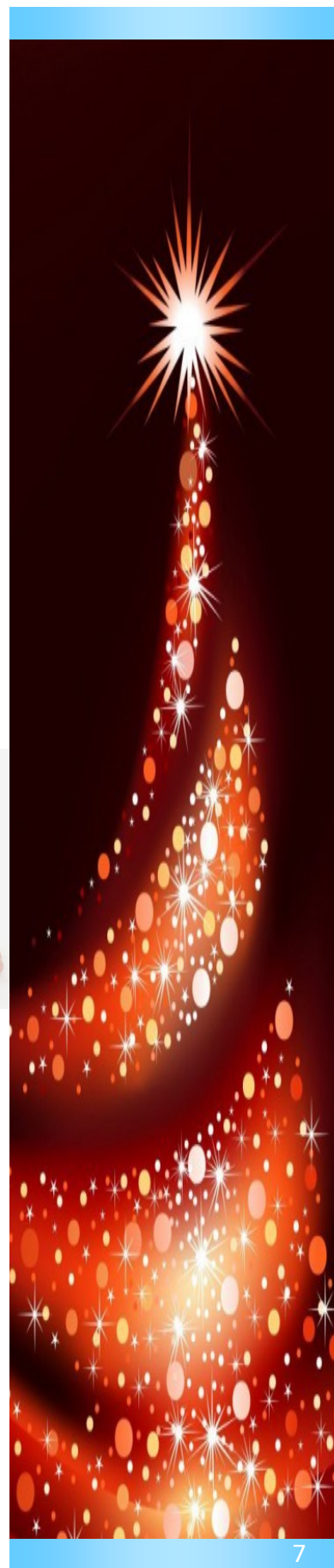
Community Dinner Table

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
3 1:00 Bingo 3:30 Zumba Gold 6:00 Sons of the Utah Pioneers Hamburger Soup Buffet Soup/Salad Bar	4 9:30 Fit & Fall 1:00 Hand & Foot Chicken N Noodles Buffet Soup/Salad Bar	5 9:00 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution Ribs Buffet Soup/Salad Bar	6 9:30 Fit & Fall 1:00 Solace Sponsored Bingo 3:30 Zumba Gold Lasagna Buffet Soup/Salad Bar	7 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Gravy over Rice	8 8:30 Zumba
10 10:00 BP Clinic 1:00 Bingo 3:30 Zumba Gold French Dip Buffet Soup/Salad Bar	11 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	12 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	13 9:30 Fit & Fall 10:00 United Energy Workers Healthcare 1:00 Bingo 3:30 Zumba Gold Sloppy Joes Buffet Soup/Salad Bar	14 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Goulash	15 8:30 Zumba
17 11:00-CFSP BOXES 1:00 Bingo 3:30 Zumba Gold Spaghetti Buffet Soup/Salad Bar	18 9:30 Fit & Fall 1:00 Hand & Foot Country Chicken Over Biscuits Buffet Soup/Salad Bar	19 9:00 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution Christmas Dinner 11 to 1pm	20 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Baked Potato Bar with Beef Stroganoff Buffet Soup/Salad Bar	21 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Noodle Soup	22 8:30 Zumba
24 Closed	25 Closed Merry Christmas!	26 9:00 Chair Volleyball 12:30 Bridge 1-2:30 Food Distribution Pork Loin Roast Buffet Soup/Salad Bar	27 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	28 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef Stroganoff	29 8:30 Zumba
31 Closed	<div>December</div>		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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