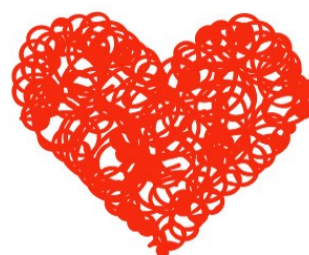


Senior Scoop



Inside this issue

Movie Night	2
Mt. Rushmore Trip	3
Pancake Breakfast	4
\$5 A Month Club	5
Senior Tip.....	6
New Medicare Card	7
Whole Grains.....	8
Events & Menu	9

Special points of interest

- Mount Rushmore Trip
- Movie Night
- Pancake Breakfast
- Benefits of Whole Grains

Activities Donations

Please Consider
Donating **\$1 Each Time**
you participate in an
activity you like to
enjoy at the Senior
Center.

Our Lunch Program is
not sustaining the
entire Center. These
donations will help the
Centers overhead
costs, which include:
maintenance,
custodial, power, gas,
water, sewer.

The Center is following
in the footsteps of
other Centers in our
area who are currently
doing this.

ACTIVITIES INCLUDE:

- ◆ All card games
- ◆ Fit & Fall
- ◆ Chair Volleyball
- ◆ Bingo
- ◆ Zumba

The donation box will
be placed at the
hostess desk .

Thank You! For
donating to The Center
and helping to keep
our activities available

Hygiene Pantry

We have need for the following:

- | | |
|-----------------|--------------------|
| ◆ Toilet Paper | ◆ Bar Soap |
| ◆ Denture Cream | ◆ Body Wash |
| ◆ Deodorant | ◆ Dish Soap |
| ◆ Lotion | ◆ Sanitation Wipes |
| ◆ Mouth Wash | ◆ Hand Sanitizer |

Blackfoot Movie Mill ~ SENIOR DAY

We are having a

MOVIE NIGHT

1st Wednesday of Every Month
Seniors can watch any
Movie* at any Time for \$7.
This includes 16oz Soda
and 44oz Popcorn.

JUST SAY YOU ARE ASSOCIATED WITH THE
BLACKFOOT SENIOR CENTER

* 3-D movies are excluded

Blackfoot
MOVIE MILL
369 W Bridge St
Downtown Blackfoot





\$615

Mount Rushmore

Mount Rushmore & The Black Hills of South Dakota

Our next trip will be to the wonderful state of South Dakota. Visit Mount Rushmore, tour Wildlife Loop Road at Custer State Park, visit Crazy Horse Memorial, Tour Deadwood, plus gaming.

This trip is sure to be fun and is such an amazing price. We will leave **Sunday May 19th at 8AM** and return **Saturday May 25th**.

Deposit of \$75 due February 25th. Final Payment due March 12, 2019. Price is based on double occupancy per room. Single or triple occupancy is available for a different price.

For more information or to get signed up please contact

**Elizabeth at 208-785-4714 or
elizabeth@seniors4ever.com**

Incredible Price Includes:

7 Days 6 Nights

10 meals: 6
breakfasts and 4
dinner

Visit to the Mount
Rushmore National
Memorial

Tour of Wildlife
Loop Road at Custer
State Park

Admission to the
Unique Journey
Museum

Guided Tour of
Deadwood, plus
visit Deadwood
Casino

Visit to the amazing
Crazy Horse
Memorial and much
more



\$6

**SPONSORED BY GARTH MICKELSEN
AND THE BLACKFOOT ELKS CLUB**

EVERYONE WELCOME
**MARCH FOR
MEALS -ON-WHEELS
PANCAKE BREAKFAST
BUFFET FUNDRAISER**

**SATURDAY MARCH 2ND | 9AM-11AM
BINGHAM COUNTY SENIOR CENTER
20 E. PACIFIC ST.**

ALSO AVAILABLE FOR PURCHASE:

***SPECIALTY BREADS *CREAM PIES *BROWNIES
*CINNAMON ROLLS *PEANUT BRITTLE
*RADA KNIVES *INDUSTRIAL BAKING SHEETS W/ LIDS**

**ALL PROCEEDS GO TOWARDS THE
BLACKFOOT SENIOR CENTER
MEALS-ON-WHEELS PROGRAM**

\$5.00 a Month Club

January

*Our \$5.00 a month club is to support our Meals on Wheels program. 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

DEBBIE KLUVERS

JACKIE BABCOCK

ALICE KONISHI

ANNETTE BAIR

JON & MARLENE LYKSETT

MARY BALLARD

LYNN MICKELSEN

JERRY BARBRE

KEN NILSSON

NORMAN & LEEANN BIRD

CAROL RUPE

LOLA BROWER

RUTH RAY

PAT CROSSLEY

M. JOAN SHAFER

GLENNA DAVIS

BILLYE THOMAS

JACK DETMER

FRANK & KIMI TOMINAGA

RALPH DUNN

TWILA TURNMIRE

SHARON EMPY

MID TSUKAMOTO

NANCY GODFREY

RAY & DORI VILAPIANDO

WILBUR & COLLEEN GREGORY

VEEANN WILLIAMS

SHIRLEY GOODYEAR

SPENCER & ANDREA WILLIAMS

JOYCE HARTMAN

FRED WOODLAND

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ELIZABETH TOLER

KITCHEN STAFF
SUSAN KARNS
JEREMY ATWOOD
ROSA SALCE



Senior Tips

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

Medicaid - Estate Recovery
What to expect when Medicaid pays for long-term care.

Medicare, which pays for hospital, doctor and medication expenses, does not pay for long-term care. **Medicaid** funds long-term care services for individuals who meet the qualifying criteria. Medicare is an entitlement program that you do not have to pay back. On the other hand, when an individual, 55 years or older, has received Medicaid funds to pay for his or her healthcare, the Department of Health and Welfare, IDHW, is required by federal law to recover the cost of their care through estate recovery. This is why many people worry about Medicaid "taking their house."

If a married individual, who received Medicaid Funds, passes away, IDHW will not make a claim against that person's estate until the surviving spouse has also passed away. During the surviving spouse's lifetime, there are no restrictions on how the assets in the estate are used, as long as they are used for the surviving spouse's benefit and not given away. In addition, the surviving spouse can continue to live in the home or sell it and make other living arrangements. Whatever is left in the estate when the surviving spouse passes away is subject to estate recovery.

When both spouses have passed away, the Personal Representative of their estate is required to provide written notice of the probate to the Estate Recovery division of IDHW. Estate Recovery is made against real and personal property in the estate. It is also made against property held in a revocable trust or property held in joint tenancy. However, IDHW does not make a claim against the death benefit of a life insurance policy.

There are some exemptions from Estate Recovery. One is, the decedent's surviving spouse or adult children are allowed to keep any

tangible, personal property such as household items, furnishings, automobiles, family heirlooms and personal effects, up to \$10,000. Also, if an adult child pays fair market value for any item of property in the estate, they can keep it in the family.

Sometimes, I use this analogy to explain Estate Recovery. When I was in law school, I didn't have enough money to cover all the expenses, so I took out a student loan. When I graduated, I received a letter from the bank with my loan repayment schedule. Similarly, when a person who received Medicaid "graduates," or passes away, their estate will receive a claim from estate recovery to pay back the money they borrowed to pay for their care.

These are complex laws and regulations. Make sure to speak with someone who has experience in this area before making any decisions.

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.**

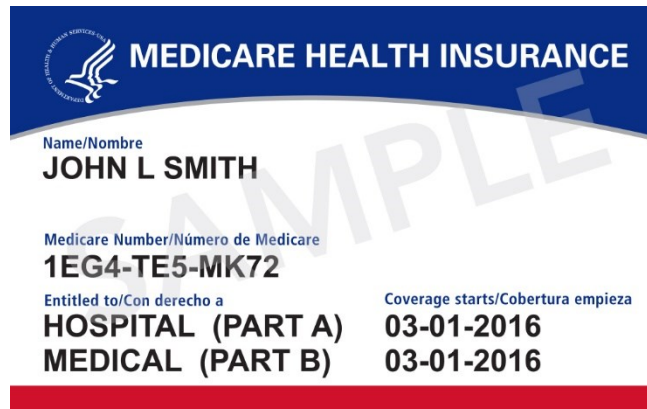
**Thomas W. Packer
186 East Judicial Street
Blackfoot, Idaho 83221
208-785-5600**



Your New Medicare Card

Over the past few months all Idaho Medicare recipients should have received a new Medicare card. All new cards will be distributed by April 2019. This new card has a Medicare Number that is unique to each person, instead of their Social Security Number. New numbers and cards were issued to help protect your identity.

This is an example of what your new card looks like:



Here are a few things to know about your new card:

1. Your new card will come directly to your home. There's nothing you need to do. If you have not received your new card you can log on to your [mymedicare.gov](https://www.medicare.gov) account or call the Medicare Hotline at 800-633-4227. Officials there can tell you whether there might be a problem, such as a wrong mailing address. In the meantime, you can continue to use your old Medicare card.
2. Once you get your new Medicare card, destroy your old card. Use your new Medicare Number immediately. Inform your physicians, pharmacists, etc... of your new number.
3. Your new Medicare Number is a unique combination of numbers and letters. Your new number uses numbers 0 thru 9. The letters S, L, O, I, B, and Z are never used.
4. If you have a Medicare Advantage plan, the Medicare Advantage Plan ID card is your main card, but your doctor may want to see your new Medicare card as well, so keep it handy.

Watch out for Scams!

Medicare will never call you uninvited and ask you to give out your personal or private information in order to send your new Medicare Number and card.

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. Phone scammers are using the introduction of the new cards as an opportunity to separate Medicare beneficiaries from their money. One of the main scams that has emerged is a call requiring payment before the card can be issued. The cards are free and you don't need to do anything to get yours.

When you get your new card, safeguard it like you would any other health insurance or credit card. While removing the Social Security number cuts down on many types of identity theft, you'll still want to protect your new card because identity thieves could use it to get medical services.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

<https://www.medicare.gov/NewCard>

<https://www.elderlawanswers.com/wheres-my-new-medicare-card-how-to-find-out-the-status-16763>

Benefits of Whole Grain Food

The 2015-2020 Dietary Guidelines for Americans recommends eating 6 ounces of grain foods daily (based on a 2000-calorie diet) and getting at least half or 3 ounces of that grain intake from 100% whole grains. However, due to an increasing amount of research showing the various health benefits derived from whole grains, and even a possible detrimental effect when eating mostly refined grains, it is recommended to choose mostly whole grains instead of refined grains.

Whole grains offer a “complete package” of health benefits. All whole grain kernels contain three parts: the bran, germ, and endosperm. Each section houses health-promoting nutrients. The bran is the fiber-rich outer layer that supplies B vitamins, iron, copper, zinc, magnesium, antioxidants, and phytochemicals. Phytochemicals are natural chemical compounds in plants that have been researched for their role in disease prevention. The germ is the core of the seed where growth occurs; it is rich in healthy fats, vitamin E, B vitamins, phytochemicals, and antioxidants. The endosperm is the interior layer that holds carbohydrates, protein, and small amounts of some B vitamins and minerals.

These components have various effects on our bodies: Bran and fiber slow the breakdown of starch into glucose—thus maintaining a steady blood sugar rather than causing sharp spikes. Fiber helps lower cholesterol as well as move waste through the digestive tract. Fiber may also help prevent the formation of small blood clots that can trigger heart attacks or strokes. Phytochemicals and essential minerals such as magnesium, selenium and copper found in whole grains may protect against some cancers.

An easy way to tell if a food product is high in 100% whole grains is to make sure it is listed first or second in the ingredient list. Or better yet, choose unprocessed whole grains: ● Amaranth ● Kamut ● Spelt ● Barley ● Millet ● Brown Rice ● Quinoa ● Triticale ● Buckwheat ● Rye ● Wheat Berries ● Bulgur ● Oats ● Wild Rice



DELICIOUS WHOLE GRAIN, HIGH-PROTEIN PANCAKES

Ingredients

- 1 cup whole wheat flour
- 1/2 cup rolled oats
- 1/4 cup cornmeal
- 3 tablespoons flaxseed meal
- 3 tablespoons brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 egg, beaten
- 2 cups buttermilk
- (Use cooking spray as needed)

Directions

1. In a large bowl, stir together the whole wheat flour, oats, cornmeal, flaxseed meal, brown sugar, baking powder, and baking soda. Pour in buttermilk and egg. Stir just until smooth.
2. Heat a large skillet or griddle over medium heat. Coat with cooking spray. Drop batter by large spoonful's onto the griddle, and cook until bubbles form and the edges are dry.

Flip, and cook until browned on the other side. Repeat with remaining batter.

For larger batches, keep pancakes warm in a single layer on a cooling rack positioned over a baking sheet in a 300 degrees F oven (150 degrees C).

Nutrition Facts Per Serving: 306 calories; 13g protein

February

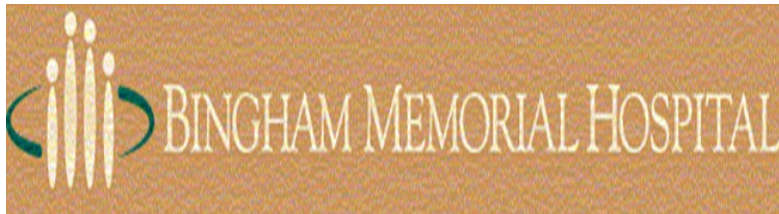
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Free, Unbiased Medicare
Information for Idaho

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

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