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# Senior Scoop



## National Volunteer Appreciation Week

### April 7th through the 13th

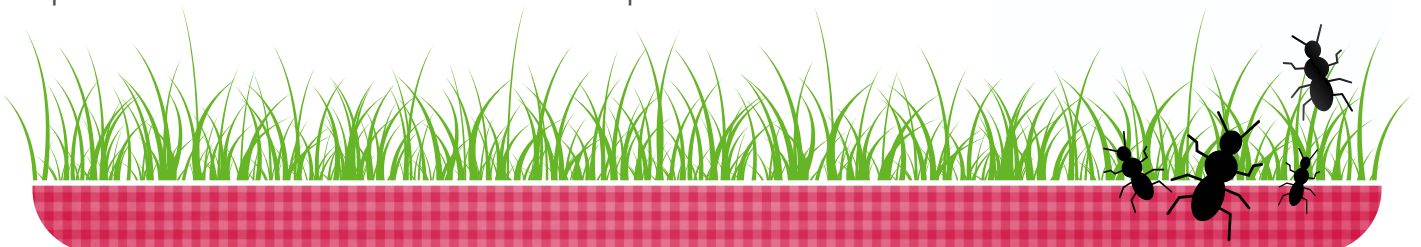
We will be celebrating National Volunteer Appreciation Week here at the Senior Center all week long. We have the most amazing volunteers and want them to know how much we LOVE and APPRECIATE everything they do for us all. We currently have over 65 volunteers that help us every month. No job is too small and we just honestly would not be able to do everything we do here at the Center without our volunteer's.

### Volunteer Dinner

If you are signed up as a Retired Senior Volunteer (RSVP) please see Liz at the front desk for a ticket to our RSVP Roast Beef dinner April 11th. Additional tickets are available for purchase.

#### Important Dates

- 4/11 Downsize & Organize Classes begin.
- 04/11 Volunteer Appreciation Dinner
- 04/17 Music by Four C's
- 4/18 Free Testing by United Energy Workers Healthcare
- 4/23 Alliance Sponsored Night Bingo
- 04/30 Last Day to sign up for Mount Rushmore Trip.



**LIMITED SEATS  
Still Available—  
Visit Mount  
Rushmore & the  
Black Hills of South  
Dakota**

We currently have a few available seats for our trip to Mount Rushmore May 19th—25th.

**\$615 includes:**

- \* Motor Coach transportation
- \* 6 nights lodging
- \* 10 meals: 6 breakfasts and 4 dinners
- \* 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 gaming at a Deadwood Casino
- \* Visit to the Amazing Crazy Horse Memorial
- \* and much more!

**Don't miss this opportunity!**

**Call Liz at 208-785-4714 for more information or to reserve your seat.**

**Simplify Life Series ~ Downsize & Organize**

**April 11, 16, 25, 30, 2019**

**8:30-9:30am**

**Blackfoot Senior Citizen Center**

Ready to downsize and organize your living space?

This 4 class series offers useful information , checklists and storage solutions to simplify your life. You may attend any or all of the classes. To register for these **FREE** classes ,

call Julie Buck at 208-785-8060.

**United Energy Workers Healthcare**

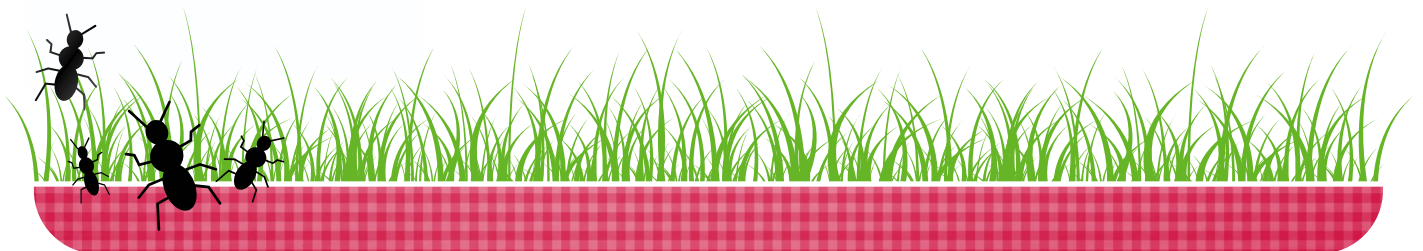
United Energy Workers Healthcare

will be here at the Senior Center

April 18th 10:30am to 12pm

Come in and get **FREE TESTING** for the following:

- ♦ Blood Pressure Checks
- ♦ Temperature
- ♦ Blood Sugar
- ♦ Pulse Rate
- ♦ Blood Oxygen Saturation
- ♦ Respiration
- ♦ Nurse on-hand for Question



## Donations

*Thank You!* to Everyone who donates to the Bingham County Senior Citizen Center. Every little bit helps and every little bit makes a huge difference.

Some of you have wondered how your donations are helping the Center. The donations received go towards covering the overhead and everyday costs in order to keep the Center open. These include: power, gas, city, water, sewer, maintenance, custodial, toilet paper, paper towels, and cleaning supplies. These are just a few of the costs involved to give everyone an idea of how their donations help our local Senior Center.

This is OUR center—meaning each and everyone us.

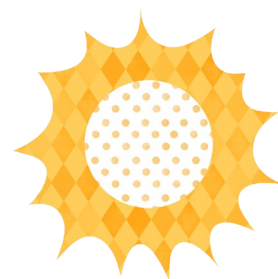
For the Month of March Activity Donations totaled \$864.00.

*WOW!!!! This is GREAT!*

Please consider donating **\$1** each time you participate in an activity you like to enjoy at the Senior Center.

Let's keep going to support

*~OUR CENTER*



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*"Life isn't just about the duration you spend, but by the donation of impact you can pass out before you eventually pass-out"*

— Seyi Ayoola

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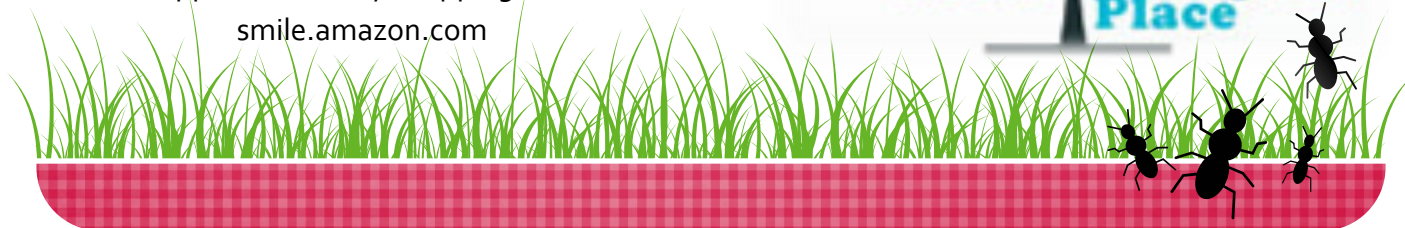
## Shop on Amazon?

You can Support the Bingham County Senior Citizen Center when you shop on



Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support BCSCC by shopping on  
[smile.amazon.com](https://smile.amazon.com)





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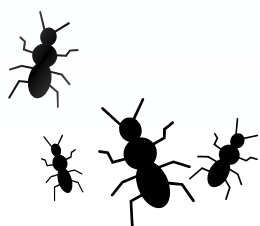
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## Senior Tips

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

## Veteran's Benefits

Understanding the VA Aide and Attendance Pension

Veterans who have served on active duty during wartime are often unaware that they may be eligible for a VA Aide & Attendance Pension to help with the cost of assisted living, adult daycare, skilled nursing, and home care. A veteran's surviving spouse may also be eligible for this assistance. The amount of this pension may be up to \$1881 to \$2230 per month, depending on the veteran's family size, and the funds are given directly to the veteran or surviving spouse to help pay for his or her care.

The general qualifications include:

- A veteran must have served on active duty for at least 90 days, with at least one day during wartime.
- The veteran must have been honorably discharged.
- The veteran must be at least 65, or officially disabled if younger.
- A veteran must require help with activities of daily living.
- A veteran must meet the income and asset guidelines.

There are three levels of VA Pensions: Basic Pension, Aid & Attendance, and Housebound. A veteran must be eligible for the Basic Pension in order to qualify for the Aid & Attendance and Housebound benefits and must have limited income and assets to be eligible. However, the income and asset guidelines are considered quite generous, given that the VA allows veterans to deduct their projected ongoing medical expenses from their income to reduce the amount of their countable income.

For example, if Bill has an income of \$32,000 per year, but has assisted-living expenses of \$36,000 per year, he would

show a deficit and may be eligible for the full pension amount of \$1881 per month, for a single person. With these additional funds, he could easily afford to pay for his assisted-living care. While the guidelines are far more complex than outlined in this brief example, it is helpful to see how a veteran could potentially be eligible. There is also an asset limit of \$123,600, not including a primary home and vehicle, as well as a look-back period of three years for gifts and items sold.

Assistance is available for veterans interested in learning more about the VA Aide & Attendance Pension or for those interested in applying.

Remember, you do not need to have a service-connected disability to be eligible for this pension. The Veteran's Service Officers are able to assist with this process at 208-235-7890 or more information can be found online at [https://www.benefits.va.gov/pension/aid\\_attendance\\_housebound.asp](https://www.benefits.va.gov/pension/aid_attendance_housebound.asp). You are also welcome to call our office to obtain more information.

Please see our website at  
[www.packereldercarelaw.com](http://www.packereldercarelaw.com)

to view all our Senior Tips! (From 2012-2019)

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

# March

## \$5.00 a Month Club

*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

JACKIE BABCOCK

ANNETTE BAIR

MARY BALLARD

JERRY BARBRE

NORMAN & LEEANN BIRD

LOLA BROWER

WANDA BURGOYNE

PAT CROSSLEY

GLENNA DAVIS

JACK DETMER

RALPH DUNN

SHARON EMPY

NANCY GODFREY

SHIRLEY GOODYEAR

WILBUR & COLLEEN GREGORY

SAUNDRA HAMM

JOYCE HARTMAN

DON KELLY

DEBBIE KLUVERS

ALICE KONISHI

JON & MARLENE LYKSETT

EMI MATSSURA

LYNN MICKELSEN

CHERI MITCHELL

BLAINE & JULIE NEFF

KEN NILSSON

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RUTH RAY

M. JOAN SHAFER

BILLYE THOMAS

FRANK & KIMI TOMINAGA

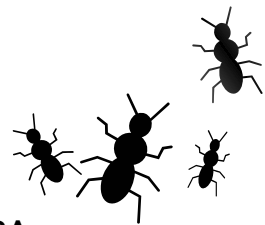
MID TSUKAMOTO

RAY & DORI VILAPIANDO

VEEANN WILLIAMS

SPENCER & ANDREA WILLIAMS

FRED WOODLAND



## NEW Helping Hands Projects ~ Volunteers Needed

We are working on bringing in Helping Hand projects for everyone to work on here at the Senior Center. Some of these projects include folding bags to making water-proof homeless mats, coloring projects for kids learning games, stuffing Easter eggs, etc.

We want to offer our help and give back to our wonderful community. Come in, volunteer some of your time, make friends, and make a difference.

Designated times to work on these projects are as follows:

**Tuesdays**—10am to 11:30am

**Wednesdays**—1pm to 3pm

**Thursdays**—10am to 11:30am



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*"Volunteers do not necessarily have the time; they just have the heart".*

*- Elizabeth Andrew*

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## 10 Ways a Senior Can Volunteer

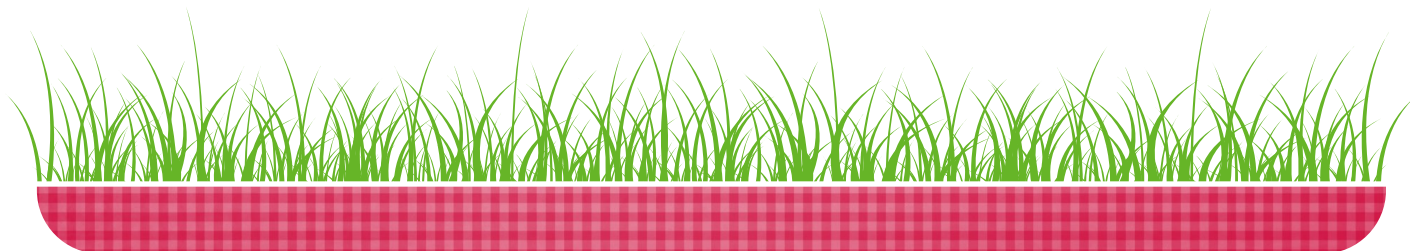
Seven in 10 U.S. senior volunteers (70 percent) and three in five Canadian senior volunteers (62 percent) say they plan on volunteering "forever" or they have no end in sight to their community service activities, according to research conducted by the Home Instead Senior Care® network.

Ambitious goals, right? Actually, seniors can make a mark well into their elderly years by following a few simple guidelines designed to keep volunteering from becoming a grind or, even worse, more like a job.

**1. Find a passion.** Some people live their

passion through jobs and careers, but that isn't always the case. Retirement is the time to save the whales, feed the homeless and brighten up the neighborhood. In other words, do what you've always wanted to do and didn't have time for before.

**2. Look for a need.** That won't be difficult these days. A 2009 survey, conducted by the Corporation for National and Community Service, found that 80 percent of nonprofit and AmeriCorps organizations surveyed reported some level of fiscal stress. To find out where you could do the most good, contact your local Area Agency on Aging office, church or



synagogue. Or contact the Senior Corps ([www.seniorcorps.gov](http://www.seniorcorps.gov)). In Canada, go to Volunteer Canada ([www.volunteer.ca](http://www.volunteer.ca) or call 613-231-4371) or your local volunteer centre.

**3.Laugh it off.** If you've had a bad day on the volunteer job, laugh it off. For a quick "laugh fix," visit [CaregiverStress.com](http://CaregiverStress.com) and "[Laugh with Mary Maxwell](#)." Mary is a senior who has her own perspective on aging that is sure to delight seniors everywhere.

**4.Avoid perfectionism.** It's easy to want that special church event to be perfect or that remodeling project to look like it belongs in the nation's leading home improvement magazine. Chill out! Perfectionism can ruin the project for you and everyone on your team.

**5.Strive for joy.** If nothing else, a volunteer job should be something fun. Volunteer work can be dirty and difficult (the top projects in the Home Instead Senior Care network survey, at 45 percent, are hands-on projects and general labor). It should still be something you enjoy. Whether it's immersing yourself in cement or cake batter, make sure what you're doing brings joy.

**6.Deflect criticism.** While you might not be taking the volunteer job too seriously, others may. That's why it's best to try to brush off criticism. If a fellow volunteer

thinks he or she can do the better job, step back. While criticism can be tough to take, it shouldn't ruin your ability to find a way to give.

**7.Steer clear of conflict.** While turf wars and disagreements can complicate life in the business world, try to avoid them in volunteer life. Remember, you're not fighting for job standing or salary. If you need to turn the other cheek or give up ground on an idea to keep the peace, consider doing so.

**8.Don't overdo.** Older adults can become so committed to a cause it becomes a job. While that kind of dedication is admirable, remember that retirement work should be a labor of love, not drudgery.

**9.Shun negativity.** You know the one—the neighbor who finds something wrong with every idea or the church member who shoots down all the fun stuff. Turn a deaf ear to the negativity and gravitate toward people and projects that share your interests.

**10.Get help.** If you're a senior or have a loved one who is yearning to volunteer, but needs help to make it happen, contact your local Home Instead Senior Care office which employs CAREGivers—many of whom are seniors themselves—who are screened, trained, bonded and insured. CAREGivers can help around the house with meal preparation and light housekeeping so their clients can

Retrieved 3/12/19 [www.salutetoseniorservice.com](http://www.salutetoseniorservice.com)

*Volunteering*

*Is at the*

*Very core*

*Of being a*

*Human.*

*No one*

*Has made it*

*Through life*

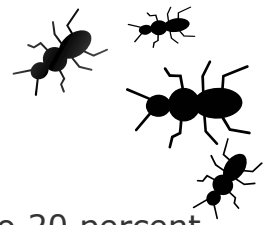
*Without*

*Someone else's*

*Help.*

*~ Heather French  
Henry*





## Depression and the Elderly

According to the [American Psychological Association](#), 15 to 20 percent of Americans over the age of 65 have experienced depression. A threat to senior health, depression can lower immunity and can compromise a person's ability to fight infections. Depression is a common problem in older adults. And the symptoms of elderly depression can affect every aspect of your life, impacting your energy, appetite, sleep, and interest in work, hobbies, and relationships. Unfortunately, all too many depressed older adults fail to recognize the symptoms of depression, or don't take the steps to get the help they need.

Some symptoms to look for include:

- ◆ Sadness or feelings of despair
- ◆ Unexplained or aggravated aches and pains
- ◆ Loss of interest in socializing or hobbies
- ◆ Weight loss or loss of appetite
- ◆ Feelings of hopelessness or helplessness
- ◆ Lack of motivation and energy
- ◆ Sleep disturbances (difficulty falling asleep or staying asleep, oversleeping, or daytime sleepiness)
- ◆ Loss of self-worth (worries about being a burden, feelings of worthlessness or self-loathing)
- ◆ Slowed movement or speech
- ◆ Increased use of alcohol or other drugs
- ◆ Fixation on death; thoughts of suicide
- ◆ Memory problems
- ◆ Neglecting personal care (skipping meals, forgetting meds, neglecting personal hygiene)

In addition to treatment with medication and therapy, other ways to improve senior living might be to increase physical activity — 59.4 percent of adults 65 and older don't meet CDC recommendations for exercise— or to interact socially more — seniors report spending just 8 to 11 percent of their free time with family and friends, according to the Federal Interagency Forum on Aging-Related Statistics.

Suggestions on how to increase your social interaction and feel better include:

- ◆ Go out! Don't stay cooped up at home all day.
- ◆ Join a Senior Center
- ◆ Participate in a Book Club
- ◆ Volunteer your time; Alliance Hospice is always looking for Hospice volunteers!
- ◆ Adopt a pet
- ◆ Learn a new skill
- ◆ Create opportunities to laugh
- ◆ Move your body; a short walk every day will do wonders for you
- ◆ Limit sugars and carbs in your diet; focus on eating more protein
- ◆ Eat every 3-4 hours
- ◆ Aim for 7-9 hours of sleep every night

If the above-mentioned things don't help, don't be afraid to ask for professional help. Talk to your physician about how you're feeling. They may recommend counseling (group or individual), medication, or other treatments.

<https://www.everydayhealth.com/news/most-common-health-concerns-seniors>

<https://www.helpguide.org/articles/depression/depression-in-older-adults.htm>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9-12 AARP TAX PREP 1:00 Bingo 3:30 Zumba Gold  Hot Ham Sandwich Buffet Soup/Salad Bar	<b>2</b> 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot  Chicken Pasta Bake Buffet Soup/Salad Bar	<b>3</b> 9:00 Chair Volleyball 12:30 Bridge 1:00 Helping Hands  Meatloaf Buffet Soup/Salad Bar	<b>4</b> 9:30 Fit & Fall 10:00 Helping Hands 1:00 Solace Sponsored Bingo 3:30 Zumba Gold  Ham & Potato Soup Buffet Soup/Salad Bar	<b>5</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution  MOW— Chicken Broccoli Casserole	<b>6</b> 8:30 Zumba
<b>8</b> 9-12 AARP TAX PREP 1:00 Bingo 3:30 Zumba Gold  Hamburger Buffet Soup/Salad Bar	<b>9</b> 9:30 Fit & Fall 10:00 Helping Hands 12:00 Brower Camp 1:00 Hand & Foot 5:30 Night Bingo (Bring a snack to share) Pork Chops Buffet Soup/Salad Bar	<b>10</b> 9:00 Chair Volleyball 11:45 Julie from U of I 12:30 Bridge 1:00 Helping Hands  BBQ Chicken Buffet Soup/Salad Bar	<b>11</b> 8:30 Downsize & Organize Class 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold  Taco Buffet Soup/Salad Bar	<b>12</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution  MOW—Pork Roast	<b>13</b> 8:30 Zumba
<b>15</b> <b>8:00-CFSP BOXES</b> 9-12 AARP TAX PREP 1:00 Bingo 3:30 Zumba Gold  Chicken Fajitas Buffet Soup/Salad Bar	<b>16</b> 8:30 Downsize & Organize Class 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot  Baked Potato Buffet Soup/Salad Bar	<b>17</b> 9:00 Chair Volleyball 11:00 Four C's (music) 12:00 Mayor's Meeting 12:30 Bridge 1:00 Helping Hands  Ham Buffet Soup/Salad Bar	<b>18</b> 8:30 Downsize & Organize Class 9:30 Fit & Fall 10:00 Helping Hands 10:30 United Energy Workers 1:00 Bingo 3:30 Zumba Gold  Chicken 'N' Noodles Buffet Soup/Salad Bar	<b>19</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution  MOW—Beef Stroganoff	<b>20</b> 8:30 Zumba
<b>22</b> 1:00 Bingo 3:30 Zumba Gold  Pork Loin Buffet Soup/Salad Bar	<b>23</b> 9:30 Fit & Fall 10:00 Helping Hands 12:00 Soroptomists 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Herb Baked Chicken Buffet Soup/Salad Bar	<b>24</b> 9:00 Chair Volleyball 12:30 Bridge 1:00 Helping Hands  Chili & Cinnamon Rolls Buffet Soup/Salad Bar	<b>25</b> 8:30 Downsize & Organize Class 9:30 Fit & Fall 10:00 Helping Hands 12:00 Sons of Utah Pioneers 1:00 Bingo 3:30 Zumba Gold  Pulled Pork Buffet Soup/Salad Bar	<b>26</b> 9-10:30 Breakfast Buffet 11-12:30 Food Distribution  MOW—Chicken Teriyaki Rice	<b>27</b> 8:30 Zumba
<b>29</b> 1:00 Bingo 3:30 Zumba Gold  Goulash Biscuit Buffet Soup/Salad Bar	<b>30</b> 8:30 Downsize & Organize Class 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot  Hot Turkey Sandwich Buffet Soup/Salad Bar	<div>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.</div> <div>Meals are subject to change</div> <div>April</div>			



Free, Unbiased Medicare  
Information for Idaho

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

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Bingham County Senior Center  
20 E. Pacific St.  
P.O. Box 849  
Blackfoot ID, 83221

Phone: 208-785-4714  
Fax: 208-785-4715  
E-mail: [bcsc@seniors4ever.com](mailto:bcsc@seniors4ever.com)  
Website: [seniors4ever.com](http://seniors4ever.com)

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