

Senior Scoop

\$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**

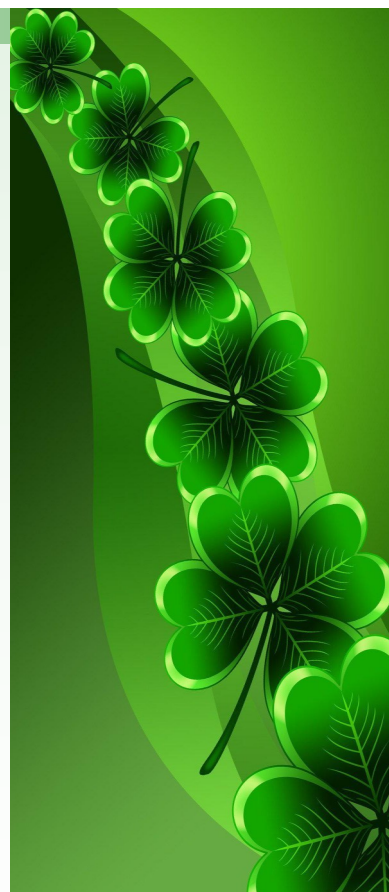
**ALL PROCEEDS GO TOWARDS THE
BLACKFOOT SENIOR CENTER
MEALS-ON-WHEELS PROGRAM**

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Special points of interest

- Pancake Breakfast
- March for Meals-On-Wheels
- Mount Rushmore
- Drivers Safety Class



Activities Donations

Thank You to everyone who has donated to support our activities. For the Month of February we were able to raise \$236.00.

Let's keep it going!

Please Consider

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

These donations will help the Centers overhead costs, which include: maintenance, custodial, power, gas, water, sewer.

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.

MARCH FOR MEALS-ON-WHEELS



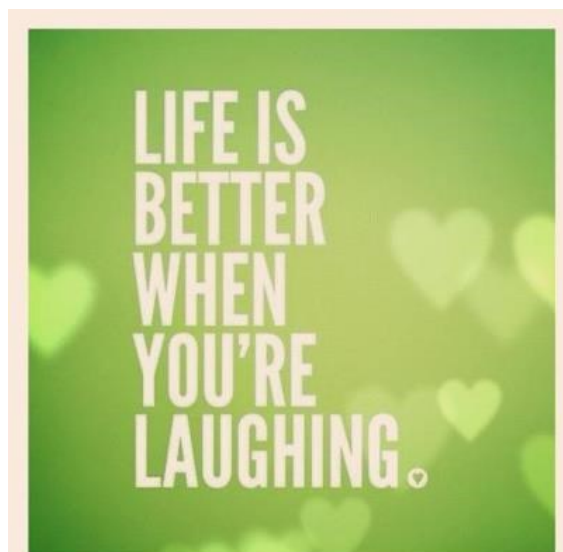
The whole month of March we will be celebrating and fundraising for the Meals-on-Wheels program. You can support the program by donating or helping deliver meals by riding-along with our drivers. Take a couple hours out of your day to deliver a hot meal to a senior.

TOGETHER WE CAN DELIVER!

Thank You to our 2019 Meals-on-Wheels Sponsors

We can't forget our generous Drivers who donate their time to deliver meals daily! We couldn't do this without you.

Thank You!



302 NE Main - Blackfoot • 785-5710



Mount Rushmore & The Black Hills of South Dakota



This is going to be a Fun Trip with Great Company.

DON'T MISS OUT ON THIS WONDERFUL OPPURTUNITY!!!

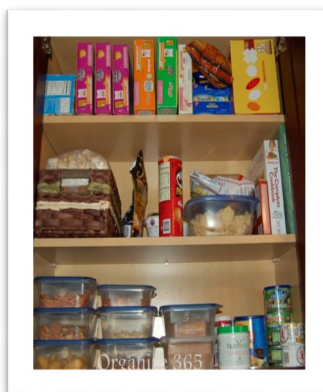
All Dues for this trip must be paid in full March 12, 2019.

If you need further details, Please contact Liz at 208-785-4714

Improvement-Not Perfection Free Classes to help you get organized

Want to organize, sort and practice simplifying your life? Join the Simplify Life Series. FREE classes to learn ways to sort, organize, use containers and repurpose household items. Four class series to attend as needed.

Bingham County Senior Citizen Center—20 E. Pacific St
April 11, Downsize 8:30-9:30AM
April 16, Organize 8:30-9:30AM
April 25, Treasured Belongings 8:30-9:30AM
April 30, Clothing Storage 8:30-9:30AM



Congregate Satisfaction Survey Results

The results of the Area Agency on Aging Congregate Meals Site Satisfaction Survey are posted on the board here at the Bingham County Senior Citizen Center. Also, results for the Area Agency on Aging Meals-on-Wheels Satisfaction Survey have been sent out to each Meals-on-Wheels participant.

Movie Night

First Wednesday of
Every Month.

Seniors can watch
any Movie at any
Time for \$7. This
includes 16oz. Soda
and 44oz. Popcorn at
the Blackfoot Movie
Mill.

SAFER DRIVING

CAN SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save money on your car insurance!*

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Plus, there are no tests to pass.

**There's a course near you.
Sign up today!**

Date

March 27, 2019

Time

09:00 AM - 04:00 PM

Location

Blackfoot, Idaho
Bingham County Senior Center
20 East Pacific ST.

To Register

Instructor: Wayne Young
Call 1-208-684-3280

CLASSROOM COURSE

\$15 for AARP members
\$20 for non-members

TO FIND ADDITIONAL COURSES:

Call **1-877-846-3299**
or visit **www.aarp.org/findacourse44**

TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

AARP®
Driver Safety

**BECOME AN AARP DRIVER SAFETY
VOLUNTEER**

Volunteer today:

aarp.org/adsvolunteer

¡Necesitamos voluntarios bilingües que hablan español!

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Senior Tips

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

Testamentary Special Needs Trust
By setting up a Special Needs Trust for your spouse in your Will, you can improve their quality of life.

If your spouse is disabled and receiving Medicaid or if there is a concern that your spouse may become disabled and need to apply for Medicaid to help pay for care, you may want to set up a Testamentary Special Needs Trust (a Trust created in your Will) to supplement your spouse's needs beyond what is paid for by Medicaid.

Assets transferred into a Testamentary Special Needs Trust do not trigger the Medicaid asset transfer penalty, nor are they counted for eligibility purposes. The Trust is used to supplement the needs of your spouse over and above his or her care, support and maintenance.

A Special Needs Trust provides for material goods, services and experiences that will make your spouse's life as pleasant and comfortable as possible. For example, expenditures for travel, companionship, cultural experiences, recreational activities and sporting activities may be paid for out of the Trust. The Trustee may use the income and principal of the Trust to pay for medical or dental treatments for which there are no private or public funds available. Supplemental care (nursing care, for example) rehabilitative services or assistance programs that are not otherwise provided for, may also be considered by the Trustee. In addition, Trust funds may be used to pay for the difference in cost of a private room, rather than a shared room, in institutional settings. All these things can greatly enhance your spouse's life.

If you pass away before your spouse, and you don't have a Special Needs Trust, the assets in your estate will go directly to your spouse and he or she would lose eligibility for public assistance programs. Your spouse would have to spend down the assets they received to \$2,000 and then reapply for Medicaid. In that case, there would be no funds available to provide for the additional needs of your spouse, as mentioned above.

Supplemental Needs Trusts are legal, appropriate and encouraged by state law and statutes. These Trusts are set up by caring family members to provide for the extra needs of a disabled spouse, beyond what is provided by public benefit programs.

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**

\$5.00 a Month Club

February

*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

WILBUR & COLLEEN GREGORY

SHIRLEY GOODYEAR

JOYCE HARTMAN

DON KELLY

DEBBIE KLUVERS

ALICE KONISHI

JON & MARLENE LYKSETT

EMI MATSSURA

LYNN MICKELSEN

BLAINE & JULIE NEFF

KEN NILSSON

RUSS & JEANIE POTTER

RUTH RAY

M. JOAN SHAFER

BILLYE THOMAS

FRANK & KIMI TOMINAGA

TWILA TURNMIRE

MID TSUKAMOTO

RAY & DORI VILAPIANDO

VEEANN WILLIAMS

SPENCER & ANDREA WILLIAMS

FRED WOODLAND

Health Benefits of Whole Grains

1. **WHOLE GRAINS CAN CONTAIN A LOT OF FIBER**—Fiber is one big reason to eat whole grains. Adults need about 25 to 35 grams of fiber daily, and whole grains contain two types—soluble and insoluble—which are both beneficial to your health.
2. **THEY HELP DIGESTION**—Whole grains have other digestive benefits as well. The fiber content keeps bowel movements regular (studies have shown that people who eat more fiber need fewer laxatives).
3. **THEY CAN HELP LOWER CHOLESTEROL**— Whole grains not only help prevent your body from absorbing "bad" cholesterol, they may also lower triglycerides, both of which are major contributors to heart disease. In fact, whole grains lower the risk of heart disease overall.
4. **THEY LOWER BLOOD PRESSURE** —The heart benefits of whole grains don't stop with cholesterol and triglycerides. They also lower blood pressure, one of the most important risk factors for heart disease. One study found a 19% lower risk of hypertension among men who ate more than 7 servings of whole grain breakfast cereal a week compared with those who ate one or less.
5. **THEY HELP REGULATE BLOOD SUGAR** —One of the main benefits of whole grains is that compared to refined grains, they help keep your blood glucose from spiking, which can reduce your risk of type 2 diabetes, among other things.
6. **THEY ARE A GOOD SOURCE OF B VITAMINS** —Whole grains are rich in the B vitamins thiamin, riboflavin, and niacin, all of which are involved with metabolism. Another B vitamin, folate (folic acid), helps the body form red blood cells.
7. **THEY DELIVER ESSENTIAL MINERALS** —Along with vitamins, whole grains are a great source of the minerals our bodies need to stay healthy.
8. **THEY CONTAIN RESISTANT STARCH** —Carbs can be good for you. The trick is to find the right kind of carb and Resistant Starch is one. It's a carb that acts more like a fiber. Because it's not easily digested, it moves slowly through your digestive system burning more fat, stoking the hormones that make you feel full, maintaining your insulin in good working order and keeping blood sugar and cholesterol levels down.

HONEY PEACH AND PASSION CRUMBLE

Ingredients

- 1kg peaches, cut into thin wedges
- 3 passionfruit, pulp removed
- 1/2 teaspoon vanilla bean paste
- 1/3 cup honey
- 3/4 cup rolled oats
- 1/2 cup quinoa flakes
- 1/3 cup flaked coconut
- 1/4 cup natural sliced almonds
- 1/4 cup whole meal spelt flour
- 1 teaspoon ground cinnamon
- 1/2 cup solidified coconut oil

Directions

1. Preheat oven to 180C/160C fan forced. Place the peach, passionfruit pulp, vanilla and 1 tablespoon of the honey in a 1.4L baking dish. Gently toss to combine.
2. Combine oats, quinoa, coconut, almonds, flour and cinnamon in a large bowl. Add coconut oil. Use your fingertips to rub the oil into the flour mixture until the mixture resembles coarse crumbs. Sprinkle over the

peach mixture. Cover with foil. Bake for 15 minutes. Bake, uncovered, for a further 30 minutes or until browned and peaches are tender. Serve with yogurt and extra passionfruit, if using.

Servings: 6

Prep Time: 15 minutes

Cook Time: 45 minutes

Medication Management for Older Adults



As we age, our bodies change. Some changes we can see and feel: aches and pains may linger and simple movements like walking or getting out of a chair may be slower or more painful than they used to be. Some we can't, like how our bodies may change in how they respond to and absorb medicines. For example, changes in the digestive system can affect how fast medicines enter the bloodstream.

Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly affecting the way a drug breaks down and is removed from the body. This means medicines may stay in the body longer and cause more severe side effects if doses are not properly adjusted and monitored. Because of these and other changes in our body as we age, there is also a higher risk of drug interactions in older adults.

10 Important Facts to Know

1. **Seniors use more medicines**—prescription, over-the-counter (OTC) and supplements—than any other age group in the U.S.
2. **Older adults often use multiple medicines**, increasing the risk of drug interactions, mix-ups and the potential for harmful side effects.
3. **Your liver and kidneys may not work as well as when you were younger.** This decreased function can affect the way a medicine works, is absorbed, broken down and removed from the body.
4. **Medicines may stay in the body longer** and cause more severe side effects if doses are not properly adjusted.
5. **Age-related changes to the body** such as weight loss, decreased body fluid and increased fatty tissue can alter the way drugs are distributed and concentrated in the body.
6. **Increased sensitivity to many medicines is more common** in older adults.
7. **Impaired memory and hearing and vision loss can make it more difficult** to understand and remember medicine instructions, especially for those who have complicated treatment regimens. Many older Americans also face declining eyesight, grip strength, mobility and memory lapses—all of which can affect the ability to safely take medication as prescribed.
8. **Older adults tend to receive prescriptions from different healthcare professionals.** This fact can make it more difficult to track medicines and identify drug interactions, harmful doses, and unnecessary or ineffective medicines.
9. **Chronic conditions such as diabetes, high blood pressure, arthritis, and cancer, are more common in older adults** and often require a more complex medicine management regimen.
10. **Older adults may not follow medication plans** because of forgetfulness, bothersome side effects, a perception that the medicine isn't working, and/or the cost. Not following instructions or treatment plans, associated with medicines is called non-adherence.

Tips to Avoid and Prevent Problems

Learn about your health conditions and the medicines you take. Talk with your healthcare providers, read trustworthy online sites, join health support groups. You are your own best advocate and champion when it comes to your health, and knowledge about your own self care is key.

Make and maintain a medication list that includes:

- Names of all medications you use, including any OTCs, dietary supplements and herbal remedies
 - The healthcare provider who prescribed each Rx medication
 - The purpose of each medication or the symptoms the medication is supposed to treat
 - How often and at what dose (amount) you take each
 - Whether refills are needed
- Be sure to update the list when you start taking something new or if a medicine is stopped or if your healthcare professional changes the dosage strength. Your primary care provider should review all of your medications regularly to make sure you are only taking those you need. Remind him or her of any allergies or problems you've had with certain medicines. Don't stop taking prescribed medicine without checking with him/her first.

Be sure to read the Drug Facts label (found on all OTC packages), **package inserts** or **Patient Medicine Information leaflets** (provided with your prescription medicine (s)) when starting a new medication. These can provide important information to help you get the best results and avoid problems. These tell you:

1. What your medicine is used for
2. How to take your medicine correctly (how often you should take it and at what amount or dosage)
3. Possible side effects or allergic reactions to watch out for
4. Warnings including who shouldn't take the medicine, when to stop use and ask a doctor, who is at increased risks of side effects
5. Storage instructions

Use one pharmacy so that your prescription records are all in one place. This enables your pharmacist to regularly monitor the medications you take and let you know about potential drug interactions.

Safely store medicines. Check expiration dates. Keep all medications in the bottle, box or tube that they came in so the dosage and directions are always close at hand. Keep medicines up and away and out of sight of pets and when grandchildren come to visit. Never share your prescription medicines or take others' medications.

Contact your healthcare provider if you have any problems with your medicine. There are no "stupid questions" and no question is too trivial when it comes to your health and your medicines.

MARCH

All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.
Meals are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Pork Roast	2 8:30 Zumba
4 9-12 AARP TAX PREP 1:00 Bingo 3:30 Zumba Gold Chicken Fajitas Buffet Soup/Salad Bar	5 9:30 Fit & Fall 1:00 Hand & Foot Mac & Cheese with Hot Dog Buffet Soup/Salad Bar	6 9:00 Chair Volleyball 12:30 Bridge Pork BBQ Ribs Buffet Soup/Salad Bar	7 9:30 Fit & Fall 1:00 Bingo 3:30 Zumba Gold Chicken Teriyaki Rice Buffet Soup/Salad Bar	8 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef Gravy Potatoes	9 8:30 Zumba
11 8:00-CFSP BOXES 9-12 AARP TAX PREP 1:00 Bingo 3:30 Zumba Gold Pork Chops Buffet Soup/Salad Bar	12 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) BBQ Chicken Buffet Soup/Salad Bar	13 9:00 Chair Volleyball 12:00 Mayor's Meeting 11:45 Julie from U of I 12:30 Bridge Beef Roast Buffet Soup/Salad Bar	14 9:30 Fit & Fall 1:00 Solace Sponsored Bingo 3:30 Zumba Gold Ham Buffet Soup/Salad Bar	15 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Pasta Bake	16 8:30 Zumba
18 9-12 AARP TAX PREP 1:00 Bingo 3:30 Zumba Gold Steak Strips Buffet Soup/Salad Bar	19 9:30 Fit & Fall 1:00 Hand & Foot Hot Turkey Sandwich Buffet Soup/Salad Bar	20 9:00 Chair Volleyball 12:30 Bridge Chicken Cordon Bleu Buffet Soup/Salad Bar	21 9:30 Fit & Fall 10:30 United Energy Workers Healthcare 1:00 Bingo 3:30 Zumba Gold Beef Stroganoff Buffet Soup/Salad Bar	22 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Pork Chops	23 8:30 Zumba
25 9-12 AARP TAX PREP 1:00 Bingo 3:30 Zumba Gold Chicken Biscuit Buffet Soup/Salad Bar	26 9:30 Fit & Fall 12:00 Soroptimists 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Roast Beef Sandwich Buffet Soup/Salad Bar	27 9:00 AARP DRIVER'S SAFETY CLASS 9:00 Chair Volleyball 12:30 Bridge Pork Roast Buffet Soup/Salad Bar	28 9:30 Fit & Fall 12:00 Sons of the Utah Pioneers 1:00 Bingo 3:30 Zumba Gold Baked Chicken Buffet Soup/Salad Bar	29 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef Goulash	30 8:30 Zumba



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

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