

Senior Scoop



\$94

1000 Springs Boat Tour ~ June 19th

Relax and visit with friends, while relishing the view of the 1000 Springs area. We will be leaving the Bingham County Senior Citizens Center at 9am. Boat Tour begins at 12pm. This trip includes: Transportation, Full Scenic Tour, Meal, Gratuity for servers and Ice Tea, Lemonade, or Coffee. Don't miss this exciting trip. Limited seating is available. You must sign-up and pay by June 12th.

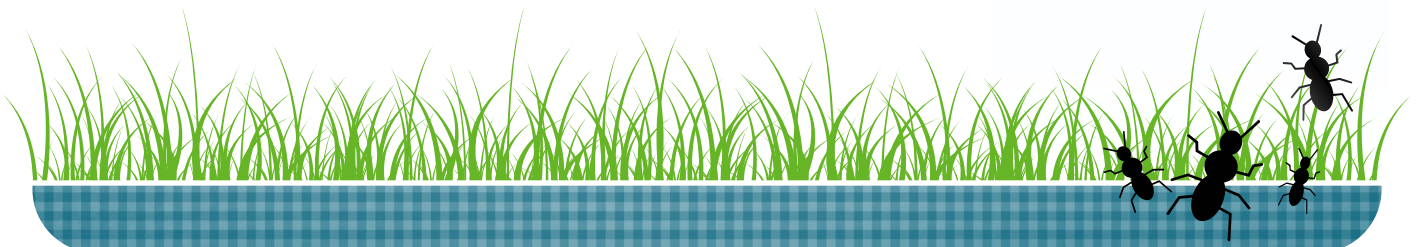
Call Liz at 208-785-4714 to reserve your seat.

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Important Dates

- 5/6 Walking Group Begins
- 5/8 Mother's Day Luncheon
- 5/16 Free Testing
- 6/5 AARP Driver Safety Class
- 6/19 1000 Springs Tour



Mother's Day Luncheon

Activity Donations

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

Activities offered here at the Senior Center include:

- Bingo
- Bridge
- Pinochle
- Fit & Fall
- Chair Volleyball
- Etc...

These activities provide companionship, friendship, fitness, entertainment, well-being and overall good health.

Donations received go towards paying overhead and everyday costs in order to keep the Center open.

For the Month of April Activity Donations totaled \$261.00.

Thank You!



BINGHAM COUNTY SENIOR CITIZENS CENTER

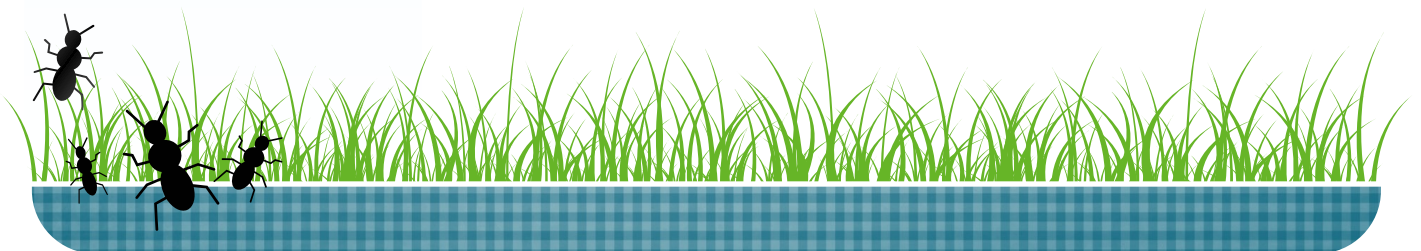
MOTHER'S DAY LUNCHEON

Join us in celebrating mothers
and all they do for us!

WEDNESDAY MAY 8TH
LUNCH IS FROM 11 - 1:00 PM



Find us at:
20 E. Pacific Street
208-785-4714




Ridley's Home Town Advantage Program

Let's make this our biggest year ever!

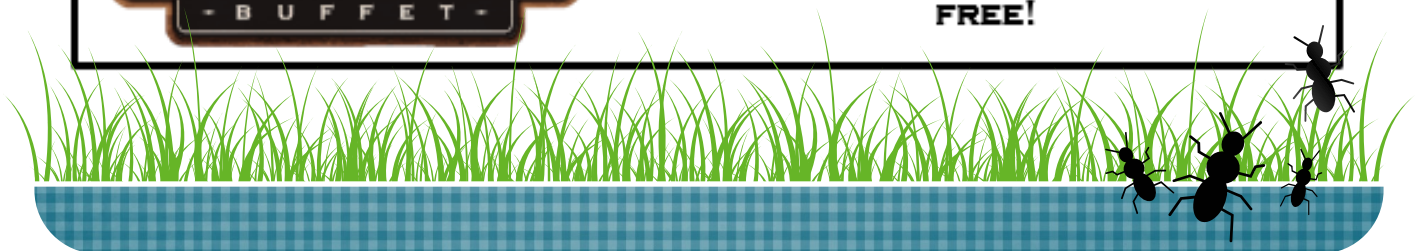
It is that time of year again to please donate your Ridley's points to the Bingham County Senior Citizens Center.

Fill out the form below and bring it in to be sent off. We really appreciate your donations. Thank You!

HOME TOWN ADVANTAGE PROGRAM	REQUEST TO DONATE! <i>Please donate my Advantage Card points to the following Home Town Advantage Program Organization:</i>
	
Please send applications to: Ridley's Family Markets Attention: Cherie 621 Washington St S Twin Falls, ID 83301	<i>Please check how you want to donate your points :</i>
	<input type="checkbox"/> only _____ points one time (upon receipt of this request)
	<input type="checkbox"/> all points available one time (upon receipt of this request)
	<input type="checkbox"/> Recurring donation (at the end of each quarter through the end of the year)
	Customer Name:
	Address:
City, State and Zip	Phone # () - Advantage Card #:
Customer Signature	Date



**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!**





BOARD MEMBERS

CHAIRMAN
TOM PACKER

VICE CHAIRMAN
LEON PETERSON

SECRETARY
PHILIP GOODWIN

TREASURER
JARED EDDINGTON

MEMBERS

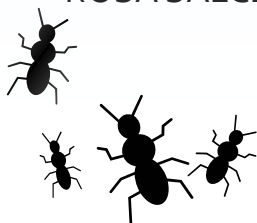
BOBBETTE BROWN
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OFFICE STAFF
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SUSAN KARNES
JEREMY ATWOOD
ROSA SALCE



Senior Tip

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

Living Wills Specify Healthcare Wishes

Are you aware of these lesser-known facts?

Often, there is apprehension concerning end-of-life decisions. To make it easier, there are legal documents that you can put in place to carry out your wishes. One is a Living Will, which is an advance directive that sets forth your instructions for life-sustaining medical procedures if you are unable to communicate your wishes to your family and healthcare provider. Below are some lesser-known facts concerning a Living Will and Durable Power of Attorney for Health Care (DPOAHC) in Idaho.

- A Living Will directs your family and healthcare providers on whether to continue or withhold life-sustaining treatments such as intubation, mechanical ventilation, or tube feeding for hydration and nutrition.
- A Living Will takes effect only when a medical doctor certifies that you have a terminal and incurable illness, or you are in a persistent vegetative state.
- In Idaho, the Living Will and DPOAHC are combined into one document.
- A Durable Power of Attorney for Health Care allows you to appoint a person to make all decisions regarding your healthcare and takes effect only when you are not able to communicate.
- If you can communicate, you will continue to make your own decisions concerning your healthcare, and what treatments you want. This includes making decisions about where you live—at home or in a facility.
- There is a presumption in favor of cardiopulmonary resuscitation (CPR) if you do not have a pulse and are not breathing. This is a different condition than being diagnosed as terminally ill. If you do not want CPR you should indicate it in your Living Will and should fill out a Physician's Order for Scope of Treatment (POST) with your doctor.
- Living Wills created in other states that substantially conform to Idaho's Living Will statutes, are recognized as valid.
- Persons may give consent for their care to others, in the following order: a Guardian, the person named as an Agent in their Living Will, a spouse, a parent, a relative or any other

competent individual representing himself or herself to be responsible for your healthcare.

- If you have not made a prearranged funeral plan or if provisions relating to the disposition of your remains are unclear—for example, do you want cremation or a burial—the decision is made by the person designated as your Durable Power of Attorney for Health Care. If you want to make provisions relating to the disposition of your remains, you may want to prepare a document which specifies what you would like to have done.
- A Living Will can be registered with the Idaho Secretary of State's office, and if registered, your information will be available online to doctors, even if you are traveling.
- If you change your mind, you can amend or revoke your Living Will and Durable Power of Attorney for Health Care.

When it comes to end-of-life decisions, there are things you can do to make it feel less daunting. Getting correct information and knowing what's available, will help you make better choices.

Please see our website at
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

April

\$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

ALICE KONISHI

JON & MARLENE LYKSETT

EMI MATSSURA

LYNN MICKELSEN

CHERI MITCHELL

BLAINE & JULIE NEFF

KEN NILSSON

RUSS & JEANIE POTTER

RUTH RAY

CAROLE RUPE

M. JOAN SHAFER

BILLYE THOMAS

FRANK & KIMI TOMINAGA

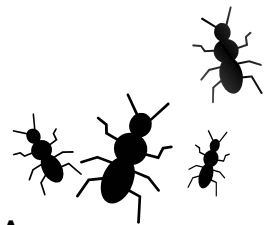
MID TSUKAMOTO

RAY & DORI VILAPIANDO

SPENCER & ANDREA WILLIAMS

VEEANN WILLIAMS

FRED WOODLAND



NEW Helping Hands Projects ~ Volunteers Needed

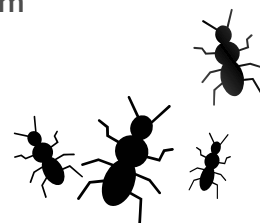
We are bringing in Helping Hand projects for everyone to work on here at the Senior Center. Some of these projects include folding bags to making water-proof homeless mats, coloring projects for kids learning games, painting, etc.

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:

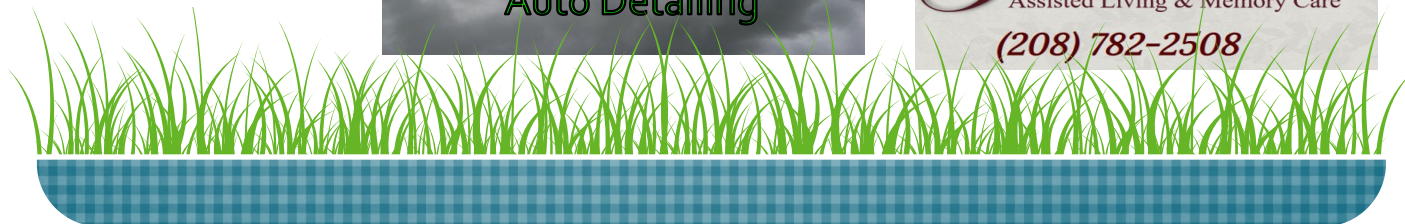
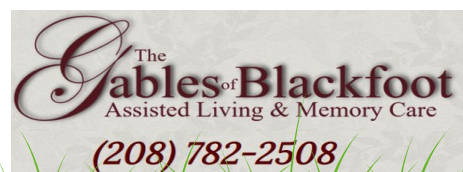
Tuesdays—10am to 11:30am

Thursdays—10am to 1:00pm

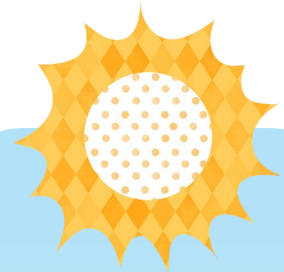


Volunteer Some of Your Time, Make Friends, and Make a Difference

Local Sponsors and Supporters of the Bingham County Senior Citizen Center



AARP Driver Safety Class ~ June 5th



United Energy
Workers
Healthcare

United Energy
Workers Healthcare
will be here at the
Senior Center

May 16th 10:30am to
12pm

Come in and get
FREE TESTING for
the following:

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

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

June 5, 2019

Time

09:00 AM - 04:00 PM

Location

Bingham County Senior Center.
20 E Pacific ST.
Blackfoot, ID 82331

To Register

Instructor: Wayne Young
Telephone: 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

WALKING GROUP

Let's Get Walking!!!

It is that time of year again to get out and start walking. Come be a part of our walking group. Everyone Welcome!

Starting Monday, May 6th 9:00am

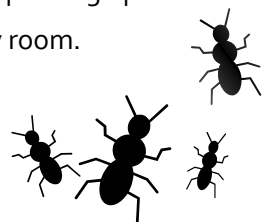
Meeting Place: Jensen's Grove (West end of parking lot by interstate)






Summer is just around the corner in Southeast Idaho and there are many safety issues for everyone to remember to ensure their Summer is enjoyable. Here are a few reminders on how to stay safe, especially those who are Seniors:

- 1 – **Stay Hydrated:** The standard suggestion is to aim to drink **6-8 cups of water a day**. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration. Invest in a water bottle or two that it's easy to take along on your jaunts outside and challenge yourself to finish it before you get home.
Don't just depend on your body to tell you when you're thirsty. One of the many small frustrations of aging is that seniors become less aware of their thirst. [Be proactive in staying hydrated](#) and make sure it's water, sports drinks or juice that you're drinking – sodas, coffee, and especially alcohol won't work as good alternatives for hydration.
- 2 – **Don't Stay Out for Too Long:** On days where it gets really hot, you should keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day out in the sun – stick to a couple of hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build to something dangerous if you're not careful to temper the time you spend outside on hot days.
- 3 – **Check the Forecast Before You Go Out:** You don't want to be caught unawares on a 104° day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly. Don't risk being stuck on a hike far from your car when record temperatures hit in the afternoon. When the heat starts to get extreme, make sure your plans give you an easy out from the outdoors so you can take breaks and cool off.
- 4 – **Keep Sunscreen Where it is Accessible and You'll Remember to Use It:** If you carry a purse, [keep your sunscreen](#) in it at all times. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when you need it. If you think you might forget to re-apply when needed, set yourself an alarm, pretty much all phones have that option these days.
- 5 – **Check the Side Effects of Your Prescriptions:** Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions. It probably won't mean you have to forego outdoor activities, just that you'll need to make extra sure to follow some of the other suggestions on this list to avoid problems.
- 6 – **Use Your Air Conditioning if You Have It:** It costs money, but summer heat waves can have serious consequences for seniors. Making sure you're reasonably comfortable and safe in your own home is worth the splurge. If you don't have an air conditioner, consider buying one. The [Low Income Home Energy Assistance Program](#) may help if the cost is prohibitive. If you don't have A/C in your home and can't find a way to afford it, take trips in the hottest part of the day to the mall, the movies, or the closest library. You can take advantage of their A/C for a little while before heading back home when the day starts to cool down.
- 7 – **Know the Early Signs of Heat Related Illness:** Hopefully these tips can help keep you from encountering a heat related illness, but you should still be prepared for the worst just in case. Review the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water, shade, or some time inside in air conditioning. It's better than a trip to the emergency room.
<https://www.senioradvisor.com/blog/2015/08/summer-safety-tips-for-seniors/>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
6 1:00 Bingo 3:30 Zumba Gold Chicken Salad Sandwich Buffet Soup/Salad Bar	7 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Taco Bar Soup/Salad Bar	1 9:00 Chair Volleyball 12:30 Bridge 1:00 Helping Hands Chicken Fried Rice Buffet Soup/Salad Bar	2 9:30 Fit & Fall 10:00 Helping Hands 1:00 Solace Sponsored Bingo 3:30 Zumba Gold Spaghetti Buffet Soup/Salad Bar	3 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Pork Chops	4 8:30 Zumba
13 8:00-CFSP BOXES 1:00 Bingo 3:30 Zumba Gold Potato Bar Buffet Soup/Salad Bar	14 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) BBQ Chicken Buffet Soup/Salad Bar	8 9:00 Chair Volleyball 11:45 Julie from U of I 12:30 Bridge 1:00 Helping Hands Lemon Chicken Buffet Soup/Salad Bar Mother's Day Luncheon	9 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Deli Ham Sandwich Soup/Salad Bar	10 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Taco Macaroni	11 8:30 Zumba
20 1:00 Bingo 3:30 Zumba Gold Grilled Ham & Cheese Buffet Soup/Salad Bar	21 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Mac & Cheese w/Hot Dogs Buffet Soup/Salad Bar	22 9:00 Chair Volleyball 12:30 Bridge 1:00 Helping Hands Chicken Enchiladas Buffet Soup/Salad Bar	23 9:30 Fit & Fall 10:00 Helping Hands 12:00 Sons of Utah Pioneers 1:00 Bingo 3:30 Zumba Gold Philly Cheese Steak Sandwich Soup/Salad Bar	24 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Ham	25 8:30 Zumba
27 CLOSED	28 9:30 Fit & Fall 10:00 Helping Hands 12:00 Soroptimists 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Baked Chicken Buffet Soup/Salad Bar	29 9:00 Chair Volleyball 12:30 Bridge 1:00 Helping Hands Beef Roast Buffet Soup/Salad Bar	30 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Chef Salad Buffet Soup/Salad Bar	31 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Noodle Bake	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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bcsc@seniors4ever.com
Website: seniors4ever.com

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