

BINGHAM COUNTY
SENIOR CITIZENS
CENTER

**SPECIAL
POINTS OF
INTEREST:**

- **Father's Day Luncheon—
June 12th**
- **Senior Trip—
Branson
Missouri**
- **4th of July
Community
BBQ**
- **What is a
Complete
Protein?**

**INSIDE
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Senior Scoop

VOLUME 42, ISSUE 6

JUNE 2019



Activity Donations

Activity Donations are going great and we just love that we can provide the activities that we do here at the Center like:

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

This months donations totaled **\$237.00**. These donations directly help our overhead costs. If you would like to start any new activities here at the center please contact Liz 208-785-4714 to get them scheduled. Some fun ideas might include Bunko, Mahjong, or etc...

Thank You!

Portneuf Medical Center

Southeast Idaho

Senior Games



Pickleball

Mountain View Event Center, 1567 Way to Grace, Pocatello, ID

Mixed Doubles — July 12, 2019; 4pm

Singles — July 13, 2019; 9am

Doubles — July 13, 2019; 11am

Event Coordinator – Deb Erramouspe

\$4 per event + \$25 registration fee

www.seidahoseniorgames.org – 208-233-2034

Early-bird registration ends **June 28, 2019**; you will receive a games packet, meal tickets and a T-shirt.

Registration closes **July 5, 2019**; you will receive a games packet and meal tickets.



Walking Group—Meeting Earlier

Everyone Welcome!

The walking group is now meeting at **8am**. It's that time of year to get out and start walking. Come be a part of our walking group.

Every Monday at 8:00am

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

We are going to Branson, Missouri

SENIOR CITIZENS CENTER PRESENTS

Branson Show Extravaganza



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 10 nights lodging including 4 consecutive nights in the Branson area
- ◆ 18 meals: 10 breakfasts and 8 dinners
- ◆ Admission to 7 Fabulous Branson Shows! Including:
- ◆ Three Morning Shows: THE BLACKWOODS, AMAZING ACROBATS OF SHANGHAI, & DOUG GABRIEL
- ◆ Three Evening Shows: PRESLEY'S COUNTRY JUBILEE, MILLION DOLLAR QUARTET SHOW, & SINATRA AND FRIENDS
- ◆ One Dinner Show: SHOWBOAT BRANSON BELLE
- ◆ and much more

\$1049 *

11 DAYS 10 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Fri - Mon)

September

20 - 30, 2019



**PRESLEY'S COUNTRY
JUBILEE**



**AMAZING ACROBATS OF
SHANGHAI SHOW**

Departure: Senior Citizens Center, 20 E. Pacific St, Blackfoot, ID @ 8 am

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confident® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$359 for single occupancy.

Final Payment Due: 7/13/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Liz @ (208) 785-4714

Diamond Tours^{inc.}

Bringing Group Travel to a Higher Standard®

All Fee's for this trip are due JULY 13th, 2019.

Don't miss this amazing trip!

Everyone is welcome to attend this trip.



DOUG GABRIEL SHOW



**THE "MILLION DOLLAR
QUARTET" SHOW**

BOARD MEMBERS

CHAIRMAN
TOM PACKER

VICE CHAIRMAN
LEON PETERSON

SECRETARY
PHILIP GOODWIN

TREASURER
JARED EDDINGTON

MEMBERS

BOBBETTE BROWN
MIKE PATTEN
EILEEN BREITWEGE
JEANIE POTTER
AL WIXO

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DIRECTOR
PAM BEUS

OFFICE STAFF
TERA YOUNG
ELIZABETH TOLER

KITCHEN STAFF
SUSAN KARNs
JEREMY ATWOOD
ROSA SALCE

We Want You!

To Join Us

*** JULY 4th ***

Community Barbecue

Fundraiser

Everyone Welcome!

Live Music By:
"JUST US"

Donations Help
* Meals On Wheels*

11:00-
1:00p.m.

Blackfoot Senior
Center
20 E. Pacific



May

\$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

ALICE KONISHI

JACKIE BABCOCK

JON & MARLENE LYKSETT

ANNETTE BAIR

MAX MARES

MARY BALLARD

EMI MATSUURA

JERRY BARBRE

CHERI MITCHELL

NORMAN & LEEANN BIRD

BLAINE & JULIE NEFF

LOLA BROWER

KEN NILSSON

WANDA BURGOYNE

RUSS & JEANIE POTTER

PAT CROSSLEY

RUTH RAY

GLENNA DAVIS

CAROLE RUPE

JACK DETMER

M. JOAN SHAFER

RALPH DUNN

BILLYE THOMAS

NANCY GODFREY

FRANK & KIMI TOMINAGA

SHIRLEY GOODYEAR

MID TSUKAMOTO

WILBUR & COLLEEN GREGORY

SPENCER & ANDREA WILLIAMS

SAUNDRA HAMM

VEEANN WILLIAMS

JOYCE HARTMAN

FRED WOODLAND

DON KELLY

WAYNE & BECKY YOUNG



1000 Springs Boat Tour

We still have a few seats available for the Thousands Springs Boat Tour on June 19th

Contact Liz at
208-785-4714

Senior Center—What's Happening



Bingo ~ Come Enjoy Every Monday and Thursday at 1pm. Also Night Bingo is the Second and Forth Tuesday at 6pm.

*Helping Hands Now
Only on
Thursdays 10:00 to 11:30*

BINGHAM COUNTY SENIOR CENTER

Our Mission Statement is:

"To enhance the quality of life for seniors and others in our community through nutrition, housing, education, and, social opportunities."

Clogging Classes Begin

June 17th

9:30—10:30am

Anyone may attend and clogging shoes are not required

Kitchen Update

Our Kitchen will now be taking orders 72 hours in advance for the following baked goods

- ♦ Cinnamon Rolls
- ♦ Dinner Rolls (Wheat or White)
- ♦ Specialty Breads:
- ♦ Banana
- ♦ Pumpkin
- ♦ Orange Cranberry



*Just give us a call at 208-785-4714 .
The kitchen staff appreciates your support!*

What is a Complete Protein?

Amino acids are the building blocks of protein. There are 20 amino acids in the body. These can be classified as essential or non-essential. All amino acids are important, but those the body is

unable to make on its own are called essential amino acids. The only way your body can get them is by eating protein. Most plant-based proteins are missing at least one essential amino acid, but by combining certain plant foods in the same day (not necessarily the same meal), you can provide your body with all the necessary amino acids. You can do this, for example, by eating rice and beans together or by eating peanut butter on whole grain toast. When you sit down to a meal, about 1/4 of your plate should be a source of protein.

What are some good sources of non-meat protein?

- **Quinoa & Other Whole Grains**

Whole grains are an important source of protein. The best is quinoa (pronounced KEEN-wah or kee-NOH-uh), which is originally from South America. It contains all nine essential amino acids. Hence it is considered a –complete protein just like meat. Although quinoa is technically a seed, it is usually regarded as a grain and can be found next to other grains in your local grocery store. Other good whole grains are brown rice, barley, buckwheat and whole wheat. These grains lack the amino acid lysine and are best eaten with nuts or legumes (for example--beans, lentils, peanuts, peas).

Eating Tips: Quinoa is simple and quick to make. Just add one cup of quinoa to 1 cup of water. Bring the water to a boil. Then reduce it to a simmer until the outer rings on the

quinoa grains begin to separate and look like a halo (10-15 minutes). If the water boils off before the quinoa is ready, add a little more water. Add any sauce, oil, seasonings, or vegetables to suit your taste!

- **Nuts, Seeds and Nut Butter**

Almonds, walnuts, cashews, pine nuts, and peanuts (which are classified as a legume) are all good protein sources for vegetarians, as are sesame and sunflower seeds.

Eating Tips: Raw, toasted or in a butter/spreadable form, nuts and seeds are a great protein source. Try adding them to your morning oatmeal or salads.

- **Legumes (aka Pulses)**

Kidney, garbanzo/chickpeas, white, black, pinto, edamame (green soybeans), and lentils are just a few of various beans available. These beans are easily digested and have twice as much protein as wheat and three times more than rice. **But they are missing the amino acid methionine and are best eaten with a whole grain.**

Eating Tips: Soak dry beans a day or two before you want to cook them. If you buy canned beans, rinse with water and drain them to remove some of the sodium added during canning. You can use frozen beans to save time and avoid extra sodium. Snack on hummus made from garbanzo beans or edamame with veggies and pita bread.

- **Tofu, Tempeh & Other Soy Products**

Soy is a bean, but because of its popularity and great health value, we are listing it separately from other beans. Tofu, tempeh (fermented soybeans) and other organic soy products are excellent

low-fat sources of protein. Although tempeh has a mild nutty flavor, tofu is relatively flavorless. You can find milk, yogurt, cheese, and ice cream all made from soy.

Eating Tips: Try adding tofu or tempeh to your next stir-fry. Crumble it in stews, soups, and pasta dishes, or lightly blend it and cook it up like scrambled eggs.

- **Imitation/Faux Meat**

Veggie burgers, seitan (aka mock duck, which comes from wheat), faux chicken patties and other fake meat products were once limited to specialty stores but are now more widely available. They are typically made from soy, wheat gluten protein, or a combination of the two. These items tend to have more fiber and less fat than the real thing.

Eating Tips: You can grill black bean burgers, make that faux turkey sandwich you have been craving, brown soy-based “ground beef” for tacos, chili or your favorite pasta dish.

- **Dairy and Eggs**

Dairy products and eggs are wonderful sources of complete protein. Dairy products include milk, cheese, yogurt,

Eating Tips: Adding one glass of milk to each meal provides half of the protein needed in a healthy diet. Yogurt alone, with fruit, cereal or added to smoothies is perfect for those sweet cravings. Eggs scrambled, poached, in an omelet or a stir-fry makes a nice addition to any meal.

- **Greek Yogurt**

Greek yogurt is an excellent source of healthy protein. The straining process removes much of the liquid whey, lactose and sugar, giving it a

What is a Complete Protein? Cont...

richer and creamier consistency. It is higher in protein and lower in sodium and carbohydrates than other yogurts. Traditional Greek yogurt has more fat than regular yogurt, but nonfat, 1% and 2% milkfat varieties are available. Yogurt also has the benefit of providing probiotics (good bacteria) that keep the gut healthy. Greek style yogurt is now available in most locations where yogurt is sold. At this time there is no information to suggest that one brand is better than another.

Eating Tips: You can add Greek yogurt to fruit or cereal, enjoy as a topping for chili, stews and soups, try it with walnuts and honey for dessert, or even use it as a healthy, protein-packed replacement for sour cream or cream cheese in recipes.

Serving Sizes

- Brown Rice, medium grn (cooked)-1/2 c or Woman's cupped palm = 2.3g protein 23g carb
- Quinoa (cooked)-1/2 c or Woman's palm = 4g protein, 20g carb
- Buckwheat (cooked) 1/2 c or Woman's palm 2.8g protein, 17g carb
- Wheat bread-1 slice = 2.7g protein, 12g carb
- Walnuts, English (raw) 1/4 c or 1 oz or 14 halves = 4.4g protein, 4g carb
- Peanut Butter, smooth-2 Tbsp = 8g protein, 6g carb
- Almond Butter-2 Tbsp = 6.7g protein
- Lentils (cooked)-1/2 c or Woman's palm 9g protein, 20g carb

- Kidney beans (cooked)-1/2 c or 4 oz or Woman's cupped palm = 7.7g protein, 20g carb
- Black beans-1/2 c or 4 oz or Woman's palm = 7.6g protein, 20g carb (7.5 g)
- Hummus (chickpeas)-2 Tbsp = 2.4g protein, 4g carb
- Tempeh (cooked)-Deck of cards = 18g protein, 9.4g carb
- Tofu (firm)-Deck of cards = 5.8g protein, 2g carb
- Veggie Burger-1 patty 11g protein 10g carb
- Egg: hardboiled-1 large egg = 7g protein, 0.6g carb
- Milk 1%: low-8 oz 1 glass = 8.2g protein 2.3, 12g carb
- Yogurt-1 container 8g protein, 22g carb
- Greek Yogurt-1 cup/1 individual container = 23g protein, 9g carb

Here are five simple ways to create a complete protein:

1. Combine a whole grain such as brown rice with lentils:

Brown rice is fairly cheap and plentiful. Lentils are also cheap and plentiful making this combination one of the best to build muscle with. Many vegan protein powders contain brown rice protein and sprouted brown rice, and for good reason. It's far better than white, that's for sure.

2. Combine a whole grain with nuts such as almonds:

Whole grains are a staple food for many while others avoid them at all costs. Everyone's body is different but I feel better when I work in some brown rice, kiwicha/amaranth, spelt or other gluten-free whole grain.

Almonds and other nuts are

excellent for protein, of course. Many varieties are better off being soaked overnight (and drained) before eating, or turned into nut milks. In this case, almonds are also excellent for creating a complete protein.

3. Combine a whole grain with beans: Beans are another cheap, plentiful protein source that anyone can make relatively quickly, and combined with whole grains, make a complete protein.

4. Combine beans and nuts: This combination is a little more surprising, but actually works well together if you're looking for full spectrum amino acids.

5. Combine hummus and whole grains: Hummus, made from chickpeas, is a surprisingly powerful snack that combines well with brown rice or other whole grains.

Mock Tuna Salad

- 1 (19 oz) can garbanzo beans (chickpeas), drained and mashed
- 2 tablespoons mayonnaise
- 2 teaspoons spicy brown mustard
- 1 tablespoon sweet pickle relish
- 2 green onions, chopped
- salt and pepper to taste

In a medium bowl, combine garbanzo beans, mayonnaise, mustard, relish, chopped green onions, salt and pepper. Mix well. Serve in a salad or on crackers or toast. 4 servings

Approximate nutrition information per serving: Protein: 7g, Total Fat: 7.2g,

Carbohydrates: 32.7g (fiber: 6.2g)

For an even healthier alternative, omit the pickle relish to reduce sodium and use light mayo or vegan mayo to reduce the amount of fat.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold Spaghetti Buffet Soup/Salad Bar	4 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Deli Ham Sandwich Buffet Soup/Salad Bar	5 9:00 AARP Driver's Safety Class 9:00 Chair Volleyball 11:00 Harmonizers ^(music) 12:30 Bridge Chicken Fajita Buffet Soup/Salad Bar	6 9:30 Fit & Fall 10:00 Helping Hands 1:00 Solace Sponsored Bingo 3:30 Zumba Gold Mac & Cheese w/Hot Dogs Soup/Salad Bar	7 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Pork Gravy Over Mashed Potatoes	8 8:30 Zumba
10 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold Chicken Teriyaki Buffet Soup/Salad Bar	11 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) Baked Potato Bar Soup/Salad Bar	12 9:00 Chair Volleyball 11:45 Julie from U of I 12:30 Bridge 6:00 Homemakers Pulled Pork Buffet Soup/Salad Bar	13 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Chicken Salad Buffet Soup/Salad Bar	14 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef Stroganoff	15 8:30 Zumba
17 8:00-CFSP BOXES 8:00 Walking Group 9:30 Clogging Class 1:00 Bingo 3:30 Zumba Gold Pork Chops Buffet Soup/Salad Bar	18 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Chicken N' Biscuits Buffet Soup/Salad Bar	19 9:00 Chair Volleyball 11:00 Harmonizers ^(music) 12:00 Mayor's Meeting 12:30 Bridge 2:00 Blue Cross of Idaho Meeting Roast Beef Buffet Soup/Salad Bar	20 9:30 Fit & Fall 10:00 Helping Hands 10:30 United Energy Workers 1:00 Bingo 3:30 Zumba Gold Taco Buffet Soup/Salad Bar	21 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Pot Pie	22 8:30 Zumba
24 8:00 Walking Group 9:30 Clogging Class 1:00 Bingo 3:30 Zumba Gold Hamburger Buffet Soup/Salad Bar	25 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Chef Salad Buffet Soup/Salad Bar	26 9:00 Chair Volleyball 11:00 Silvercords ^(music) 12:30 Bridge BBQ Chicken Buffet Soup/Salad Bar	27 9:30 Fit & Fall 10:00 Helping Hands 12:00 Sons of Utah Pioneers 1:00 Bingo 3:30 Zumba Gold Sloppy Joe Buffet Soup/Salad Bar	28 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Ham	29 8:30 Zumba
<div> <div>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.</div> <div>Meals are subject to change</div> </div>					<div> <div>June</div> <div></div> </div>
					<div>PAGE 9</div>



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BLACKFOOT, ID 83221
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Senior Citizens Center**

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