

Senior Scoop



Fundraiser PRIME RIB DINNER

October 11th
Friday 5pm - 7pm

Come enjoy delicious, tender cuts of quality prime
rib cooked to perfection.

Tickets are only \$20 purchased prior to dinner or
\$25 at the door. Beer & Wine sold separately.

Call 208-785-4714 for more information.

BINGHAM COUNTY SENIOR CITIZEN CENTER
20 E. PACIFIC STREET

PRIME RIB SPONSORED BY THE BINGHAM MEMORIAL HOSPITAL
ALL PROCEEDS GO DIRECTLY TO THE SENIOR CENTER

Inside this issue

Nutrition Class	2
AARP Drivers Safety.....	3
Senior Tip.....	4
\$5 a Month Club	5
Senior Center Month..	6
10 Tips	7
Oral Health	8
Calendar	9

Special points of interest

- Prime Rib Dinner—
October 11th
- Board Nominations
Open—Sept. 1—13
- AARP Drivers Safety
Class—October 8th
- Free Haircuts for Vets—
Every Monday



University
of Idaho

Nutrition for Healthy Aging

Want to maintain nutritional health as we age?

Attend this 1 ½ hour class to learn practical ways to use healthy food choices to improve our health.

Plant-based foods; fruits, vegetables and fiber/ Vitamin D & Calcium with Lentil Chili recipe sample.

High Quality Protein/ Water intake with flavored water samples.

\$5.00 cost. Call Bingham County Extension to register. 208-785-8060



Wednesday, September 25 ■ 8:30-10:00 am ■ Blackfoot Senior

For More Information:

208-785-8060 ■ Julie Buck jhbuck@uidaho.edu

It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and

!!ATTENTION!!

**There will be no
exercise classes
during the week
of the fair.**

!!ATTENTION!!

Board Member Nominations

Open Nominations for Board of Directors will Commence
September 1st to September 14th.

The nomination box will be located at the
Bingham County Senior Citizens Center during this time.

The election will be held on November 10th between the
hours of 8:30 am and 3:30 pm.

Members may vote early on November 6th between the
hours of 10:00am and 3:30pm at the Senior Center.

AARP Smart Driver Class ~ October 8th



**AARP Driver
Safety Program**

Take the classroom
refresher course
especially designed
for drivers age 50
and over

MINIMAL FEE
Auto Insurance
Discounts in
Most States
(consult your
insurance agent)

Tuesday, October 8, 2019

9:00AM to 4:00PM

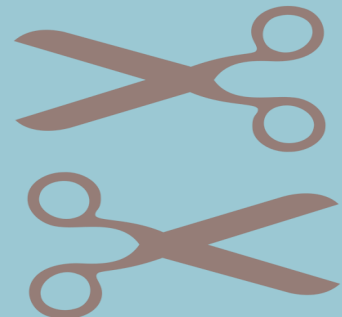
Blackfoot Senior Center
20 East Pacific Street

\$20.00, \$15.00 with AARP Card
Contact: Wayne 208-684-3280

For additional local information or to volunteer, call TOLL-FREE at
1-888-227-7669 (1-888-AARP-NOW) or visit www.aarp.org/drive

FREE Haircuts

Ron Brakke will be donating his time to offer FREE haircuts for Vets Every Monday from 9am to 11am here at the Senior Center. And only \$5 for men's cuts or women's short haircuts. He is a licensed professional. Please sign up at the front desk or call 208-785-4714.





**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

MIKE PATTEN

EILEEN BREITWEGE

JEANIE POTTER

AL WIXO

STAFF

DIRECTOR

PAM BEUS

OFFICE STAFF

TERA YOUNG

ELIZABETH TOLER

KITCHEN STAFF

SUSAN KARNS

JEREMY ATWOOD

ROSA SALCE



Senior Tip—Healthcare

Advanced Care Planning

Communicating your healthcare wishes will ensure that you get the care you want.

Most of us dislike thinking about the possibility of an accident or illness impacting us, especially if something is severe enough to impact our ability to communicate our wishes for medical care.

While it can be difficult to think about these scenarios, when events do occur, circumstances are made even more challenging if you have not discussed and documented your wishes and preferences ahead of time.

The term “Advanced Care Planning” is often used to describe the process of learning your options for healthcare intervention, discussing your desires and letting others know your decisions. Let’s first outline the types of decisions that you might need to make:

- **Emergency Care Decisions** – If you did not have a pulse, would you want to have CPR (cardiopulmonary resuscitation); if you were having difficulty breathing, would you want a ventilator used (a machine that breathes for you); if you could not take food and water normally, would you want artificial nutrition and hydration (such as a feeding tube) given? Generally, these measures are implemented temporarily until you recover from your illness or injury.

- **End-of-Life Care Decisions** – This relates to your desired level of medical care if you are unable to communicate and your doctor has determined that you are terminally ill and will not recover. In this situation, would you want aggressive interventions, such as a long-term ventilator or feeding tube to be used or would you want simply to receive comfort care?

- **Choosing a Healthcare Agent** – You can choose someone you trust to make healthcare decisions on your behalf if you are unable to make those decisions for yourself.

After determining your preferences, you need to make your wishes known. There are typically two main components to an Advanced Directive--a Living Will and a Durable Power of Attorney for Healthcare.

Living Will – A Living Will goes into effect if you are unable to communicate your wishes and a physician has determined you will not recover. In the living will, you specify in writing what treatment you do and do not want, and under these conditions.

Durable Power of Attorney for Healthcare

– A Durable Power of Attorney for Healthcare names someone to make medical decisions for you if you cannot communicate and are unable to make decisions for yourself.

Other Documents – If you or a loved one is in poor health and has a clear preference for no Emergency Care, such as not wanting CPR or a breathing tube under any circumstance, you may also want to consider completing a **POST (Physician’s Order for Scope of Treatment)** form with your physician. A POST allows you to obtain a doctor’s order for a **DNR (Do Not Resuscitate)** status, if you do not want to have CPR to restart your heart, or other interventions, to keep you alive.

We recommend that everyone complete a Living Will and Durable Power of Attorney for Healthcare while they are competent and capable of communicating their wishes clearly. Often when a crisis strikes, you may not be able to communicate your preferences and your physicians and family members are left with the decision-making burden. Completing these documents allows you to clearly communicate your wishes, and also provides a gift for your family members to alleviate their distress and know they are acting according to your wishes in difficult times.

We are here to help if you have questions, would like assistance with understanding more about this process or preparing these documents, or need additional information or referrals to resources in your community.

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

\$5.00 a Month

August

Our \$5.00 a month club is to support our Meals on Wheels program. We currently deliver daily meals to over 80 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

BLAINE BURKMAN

BARBARA CHAFFIN

PAT CROSSLEY

GLENNA DAVIS

JACK DETMER

RALPH DUNN

NANCY GODFREY

TERRY GOODWIN

SHIRLEY GOODYEAR

JOYCE HARTMAN

DON KELLY

DEBBIE KLUVERS

ALICE KONISHI

JON & MARLENE LYKSETT

MAX MARES

EMI MATSUURA

LYNN MICKELSEN

CHERI MITCHELL

BLAINE & JULIE NEFF

KEN NILSSON

TOM & SANDY PACKER

RUSS & JEANIE POTTER

RUTH RAY

CAROL RUPE

M. JOAN SHAFER

BILLYE THOMAS

FRANK & KIMI TOMINAGA

MID TSUKAMOTO

GEORGE & VERLENE WALTERS

SPENCER & ANDREA WILLIAMS

VEEANN WILLIAMS

GARY & SONNA WRIGHT

FRED WOODLAND

WAYNE & BECKY YOUNG

Senior Center Activities

Please Consider

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

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

For the Month of September we raised \$184.00

Let's keep it going!

ACTIVITIES INCLUDE:

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

The donation box is placed at the hostess desk.

Thank You! For

donating to The Center and keeping our activities available to all.

September is National Senior Center Month

This Year's theme is *Senior Centers: The Key to Aging Well*

This year's theme was chosen to highlight how senior centers have the knowledge, programming, and resources to make a difference in people's lives—the virtual key to unlocking the components that will give an individual the opportunity to age well.

Aging well means different things to different people. For some, aging well means Growing. They want to understand other cultures, meditate, and develop a more spiritual life or practice gratitude daily through journaling. Others see aging well as having time to devote to Learning, whether it is a new language, tap dancing, or taking up chair volleyball, a popular recreation sport. Others see their most important work as Connecting to family, old friends, and growing new relationships. And some see Giving back at the senior center and within the community as the thing that fosters purpose and a more meaningful life. But most people want to incorporate a little of all the above while they are on their journey to reach their full potential. Senior centers hold the key to enhancing all these varied experiences that are fundamental to aging well. (<https://www.ncoa.org/> retrieved 8/20/19)

Days to Celebrate this month

September 2 ~ Labor Day

September 8 ~ Grandparents Day

September 11 ~ Patriot Day

September 23-27 ~ Malnutrition Awareness Week

September 23 ~ Falls Prevention Awareness Day

September 23-27 ~ National Employ Older Workers Week

September 25 ~ National Women's Health & Fitness Day

September 29 ~ World Heart Day

Senior centers are the perfect places for the senior citizens to have fun without worrying about anything else. Come to the Bingham County Senior Citizens Center — Liz





**10
tips
Nutrition
Education Series**



**MyPlate
MyWins**

Based on the
**Dietary
Guidelines
for Americans**

Add more vegetables to your day

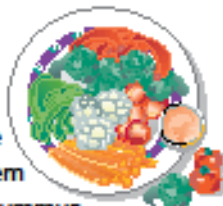
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



3 Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6 Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



10 Vary your veggies

Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.



Your Oral Health

Often overlooked, oral health is one of the most important issues for the elderly. The CDC's Division of Oral Health found that about 25 percent of adults over the age of 65 no longer have their natural teeth. Problems such as cavities and tooth decay can lead to difficulty maintaining a healthy diet, low self-esteem, and other health conditions. Oral health issues associated with older adults are dry mouth, gum disease and mouth cancer. These conditions could be managed or prevented by making regular dental check-ups. Dental care, however, can be difficult for seniors to access due to loss of dental insurance after retirement or economical disadvantages.

Oral health problems in adults include the following:

- **Untreated tooth decay.** More than 1 in 4 (27%) adults in the United States have untreated tooth decay.
- **Gum disease.** Nearly half (46%) of all adults aged 30 years or older show signs of gum disease; severe gum disease affects about 9% of adults.
- **Tooth loss.** Complete tooth loss among adults aged 65-74 years has steadily declined over time, but disparities exist among some population groups. If left untreated, cavities (tooth decay) and periodontal (gum) disease lead to tooth loss.

- **Oral cancer.** Oral cancers are most common in older adults, particularly in people older than 55 years who smoke and are heavy drinkers.
 - o People treated for cancer who have chemotherapy may suffer from oral problems such as painful mouth ulcers, impaired taste, and dry mouth.
- Having a chronic disease, such as arthritis, heart disease or stroke, diabetes, emphysema, hepatitis C, a liver condition, or being obese may increase an individual's risk of having missing teeth and poor oral health.
 - o Patients with weakened immune systems, such as those infected with HIV and other medical conditions (organ transplants) and who use some medications (e.g., steroids) are at higher risk for some oral problems.²
 - o Chronic disabling diseases such as jaw joint diseases (TMD), autoimmune conditions such as Sjögren's Syndrome, and osteoporosis affect millions of Americans and compromise oral health and functioning, more often among women.²

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

- Drink fluoridated water and brush with fluoride toothpaste.
- Practice good oral hygiene. Brush teeth thoroughly and floss

between the teeth to remove dental plaque.

- Visit your dentist on a regular basis, even if you have no natural teeth or have dentures.
- Do not use any tobacco products. If you smoke, quit.
- Limit alcoholic drinks.
- If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease.
- If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.
- See your doctor or a dentist if you have sudden changes in taste and smell.

When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.

Good oral health can contribute to your overall health as you age. Be sure to see your Dentist regularly.

<https://vitalrecord.tamhsc.edu/10-common-elderly-health-issues/>
<https://www.cdc.gov/oralhealth/basics/adult-oral-health/tips.html>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED Labor Day	3 10:00 Helping Hands 1:00 Hand & Foot Hot Ham Sandwich Buffet Soup/Salad Bar	4 11:00 Harmonizers <small>(music)</small> 12:30 Bridge Baked Chicken Buffet Soup/Salad Bar	5 10:00 Helping Hands 1:00 Solace Sponsored Bingo Baked Potato w/Chili Buffet Soup/Salad Bar	6 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Pork Fried Rice	7 8:30 Zumba
9 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Chicken Teriyaki Buffet Soup/Salad Bar	10 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot 5:30 Night Bingo (Bring a snack to share) Philly Cheese Steak Sandwich Buffet Soup/Salad Bar	11 9:00 Chair Volleyball 11:45 Julie from U of I 12:30 Bridge 6:00 Homemakers Baked Ham Buffet Soup/Salad Bar	12 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Chicken & Biscuit Buffet Soup/Salad Bar	13 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef & Noodles	14 8:30 Zumba 5:00 Gold Prospectors
16 8:00-CFSP BOXES 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Hot Turkey Sandwich Buffet Soup/Salad Bar	17 9:30 Fit & Fall 10:00 Helping Hands 12:00 Brower Camp 1:00 Hand & Foot Chef Salad Buffet Soup/Salad Bar	18 9:00 Chair Volleyball 11:00 Harmonizers <small>(music)</small> 12:00 Mayor's Meeting 12:30 Bridge Meatloaf Buffet Soup/Salad Bar	19 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Pork Chops Buffet Soup/Salad Bar	20 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Pot Pie	21 8:30 Zumba
23 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Goulash Buffet Soup/Salad Bar	24 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Pork Gravy over Potatoes Buffet Soup/Salad Bar	25 8:30 Nutrition for Healthy Aging Class 9:00 Chair Volleyball 12:30 Bridge Oriental Chicken Rice Buffet Soup/Salad Bar	26 9:30 Fit & Fall 10:00 Helping Hands 11:00 Westerner's <small>(music)</small> 1:00 Bingo 3:30 Zumba Gold Chili w/ Cinnamon Rolls Soup/Salad Bar	27 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Ham	28 8:30 Zumba
30 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Chicken Fajitas Buffet Soup/Salad Bar	<div>  <h1>September</h1> </div>			All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change	

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**Bingham County
Senior Citizens Center**

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P.O. Box 849
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