



Bingham County Senior Citizens Center

October 2019
Volume 42, Issue 10

Senior Scoop



Fundraiser PRIME RIB DINNER

October 11th

Friday 5pm - 7pm

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

Inside this issue

Board Elections.....	2
AARP Drivers Safety....	3
Senior Tip.....	4
\$5 a Month Club.....	5
Dance.....	6
Inflammation.....	7
Part D Medicare	8
Calendar	9

Special points of interest

- Prime Rib Dinner—
October 11th
- Dance—October 9th
12:30 to 2pm
- AARP Drivers Safety
Class—October 8th
- Free Haircuts for Vets—
Every Monday

Quilting Club

We would like to start a quilting club here at the Senior Center.

If you would be interested in joining or serving as a Chair Leader, please contact Liz at the front desk to sign up or call 208-785-4714.

We are tentatively planning on meeting every Wednesday from 1pm to 3pm.

Come enjoy quilting with friends!



Board Member Nominations

Open Nominations for Board of Directors has been completed. The following individuals will be running for this years election in November.

For the two open Board Member Positions:

Terry Goodwin

Jon Lyksett

Leon Peterson

For the Liaison Position:

Marv Jones

Wayne Young

A brief description of each of these individuals will be posted at the Senior Center in the month of October and will then be included in the November newsletter.

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

D17174j6 10j

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—Legal

Trustee's Duties

Always act in the best interest of the Beneficiaries, not your own!

If you have been named the Trustee of a Revocable Living Trust, there are a few things you should know. As Trustee, you have a fiduciary duty to the Beneficiaries of the Trust. In other words, you should always act expeditiously for the benefit of the Beneficiaries. You should avoid any conflicts of interest, such as using the trust assets to benefit yourself, borrowing money from the trust, placing money in an account you own or investing trust money in your own company. As incredible as it may seem, newspapers are full of such stories.

As the Trustee, you have a duty to openly and regularly communicate with the Beneficiaries and not withhold information from them. Here are some things Beneficiaries should know about:

- How money in the Trust is invested
- What are the Trust assets and liabilities
- Any sales of the assets/property in the Trust
- Any expenses paid for advisers, attorneys, accountants, real estate agents, etc.

You will need to keep detailed and accurate records so that you can provide an accounting to the Beneficiaries and be prepared to defend your actions if necessary.

When a Trust terminates, you need to distribute the Trust Estate to the Beneficiaries as soon as possible and close the Trust. Depending on the objectives of the Trust and the desires of the Beneficiaries, a Trust can be terminated in as short as 6 months or it can continue for several years.

When terminating the Trust, you must pay the Trust expenses, creditor claims and administrative costs. The balance of the Trust will be distributed to the Beneficiaries in kind (give the specific asset to the Beneficiaries), or you can sell the assets and distribute cash to them.

If there is personal property belonging to the Trust, you will decide to whom the property is to be distributed. With luck, a Tangible Personal Property list has been left in the Trust, indicating to whom the items go. If not, you will decide. One way to divide up the personal property is to place items of approximate, equal value into separate piles, put numbers on them and have people draw a number and claim that pile.

When you make the distribution of the Trust, you should consider holding back a small reserve to cover any additional expenses or tax liabilities. You should talk with your accountant about the need to file a tax return for the Trust.

Once you are confident that all Trust expenses have been paid, you may distribute the reserve balance to the Beneficiaries. You may want a signed receipt from the Beneficiaries that they have received the distributed assets and that they release you from any further liability or responsibility as the Trustee of the Trust.

It's an honor and a significant responsibility to be chosen as a Trustee—to be trusted to carry out the objectives of the Trust and protect the interest of the Beneficiaries. If you are concerned about something you don't fully understand, we are available to answer questions.

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

SEPTEMBER

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

PATRICIA GRIMMETTE

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 able to raise \$

Let's keep it going!

ACTIVITIES INCLUDE:

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

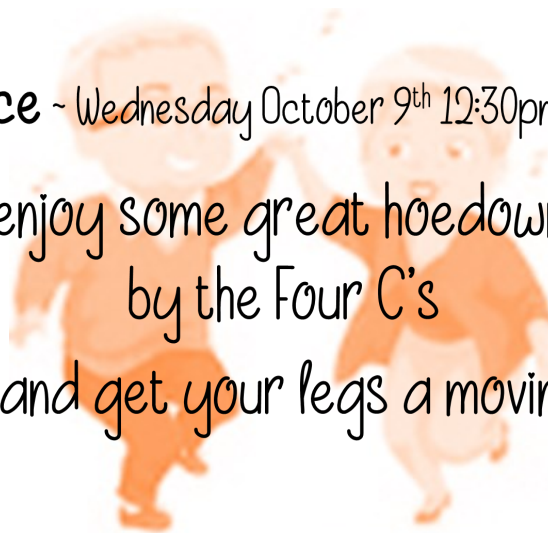
The donation box is placed at the hostess desk .

Thank You! For

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

Let's Dance ~ Wednesday October 9th 12:30pm to 2pm

Come enjoy some great hoedown Music
by the Four C's
and get your legs a movin'



Come spark
ideas to build
your financial
confidence

WELLS
FARGO



Bingham County Senior Center

Wells Fargo will be visiting your location. Come see us.

To help inspire you to reach your financial goals, Wells Fargo will be here to present information on services and resources available to you.

Join us to discuss ways to protect yourself from Identity Theft and Fraud

October 23rd at 11:30 AM

For More Information, Please Contact

Whitney Warner

Program Manager

208-251-3163

You May Also Email

whitney.j.warner@wellsfargo.com

Inflammation and Nutrition

Inflammation is a Normal Body Response to Promote Healing-Inflammation can be related to infections, wounds, allergens, toxins or other causes. Excess body fat may also promote changes in the body cells that promote chronic inflammation. Sometimes inflammation may not be obvious. For others, chronic inflammation may relate to a problem with their immune system. Whatever the cause, long term chronic inflammation may damage the body's DNA, increasing the risk for cancer, heart disease, type 2 diabetes and obesity.

Eating a variety of nutritious foods may help reduce inflammation in the body:

- Fruits and vegetables contain natural components called phytonutrients that may help protect against inflammation.
- **Healthy fats**, such as **monounsaturated fats**

and **omega-3 fatty acids**. Foods high in **saturated fats** may increase inflammation. Plus, **highly processed foods** and other foods with **trans fat** also may be inflammatory.

Anti-inflammatory Superfoods

Dark chocolate (more than 70-percent cocoa), red wine, green tea, turmeric and ginger are thought to help reduce inflammation.

Four Dietary Approaches That May Help Reduce Inflammation

Step 1: Make Fruits and Vegetables Half Your Plate

- Include vegetables and fruits with every meal
- Eat a variety of brightly colored vegetables and fruits including:
fresh, frozen, canned and dried. Just be sure to look for products with no added sugars and lower amounts of sodium.

Step 2: Be Smart about Protein

- 8-12 ounce per day is appropriate for most. Select fatty fish containing omega-3s a couple of times a week.
- Enjoy meatless meals with **tofu**, **tempeh**, and legumes such as **beans**, peas, and **lentils**.
- Minimize highly processed foods such as deli meat, bacon, and sausage.

Step3: Choose Healthy Fats

- Use monounsaturated fats, including olive, safflower, sunflower, canola, peanut & avocado oils.
- Eat omega-3 rich foods: Enjoy salmon or another fatty fish 2-3 times per week. Snack on nuts, such as walnuts. Toss ground flaxseed, chia seeds & hemp seeds into salads and other dishes.

Step 4: Select Whole Grains

- Choose **whole-grain** flours & cereals more often, rather than those made with refined flour.
- Include a variety of whole grains, such as brown rice, quinoa, millet and wheat berries.

Roasted Salmon with Orange-Herb

Ingredients

- 1 large onion, halved, thinly sliced
- 1 1/2 tablespoons olive oil
- 6 3-ounce skinless salmon fillets
- 3 tablespoons chopped fresh dill
- 1/2 cup orange juice
- 1/4 cup thinly sliced green onions
- 1 1/2 tablespoons fresh lemon juice
- Additional unpeeled orange slices
- 2 cups buttermilk

Directions

Preheat oven to 400°F. Place orange slices in single layer in 13x9x2-inch glass baking dish. Top with onion slices. Drizzle with oil. Sprinkle with salt and pepper. Roast until onion is brown and tender, about 25 minutes. Remove from oven. Increase oven temperature to 450°F.

Push orange and onion slices to side of baking dish. Arrange salmon in center of dish. Sprinkle with salt, pepper and 1 1/2 tablespoons dill. Spoon orange and onion slices atop salmon. Roast until salmon is opaque in center, about 8 minutes.

Meanwhile, mix orange juice, green onions, lemon juice and remaining 1 1/2 tablespoons dill in small bowl.

Transfer salmon to platter. Spoon onion alongside; discard roasted orange slices. Pour orange sauce over fish. Garnish with additional orange slices.

Medicare Drug and Medical Plan Reviews



SHIBA will be conducting Medicare drug and medical plan reviews again this year during the Medicare Annual Enrollment Period.

October 15 – November 26

SHIBA Medicare Counselors will be available every Tuesday & Thursday from 12:30pm—3:30pm at the Blackfoot School District Technology Center at 555 S. Broadway.

SHIBA Medicare Counselors will not be available the week of Thanksgiving, but will be available again Monday through Friday December 2—6th from 12:30pm—3:30pm.

No appointment is necessary to meet with a SHIBA Medicare Counselor. Bring your Medicare ID (red/white/blue card) and list of medications, if you take any. This is a FREE and UNBIASED service provided by the Idaho Department of Insurance.

Walking Group Announcement

**We Will Continue
Walking Through the
End of October**

**Meet Monday Mornings
at 9am Jensen's Grove
(West end of parking lot
by the interstate)**

Last walking day will be October 28th




**COME PLAY BINGO EVERY
MONDAY AND THURSDAY AFTERNOON**

1PM TO 3PM

CARDS ARE ONLY \$1

**ALSO PLAY NIGHT BINGO AT 5:30PM ON THE
SECOND AND FOURTH TUESDAY OF THE MONTH.
BRING A SNACK TO SHARE.**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change	1 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Salisbury Steak Buffet Soup/Salad Bar	2 9:00 Chair Volleyball 11:00 Harmonizers (music) 12:30 Bridge Pulled Pork Sandwich Buffet Soup/Salad Bar	3 9:30 Fit & Fall 10:00 Helping Hands 1:00 Solace Sponsored Bingo 3:00 Zumba Turkey a la King Buffet Soup/Salad Bar	4 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Cordon Bleu	5 8:30 Zumba
7 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Cheesy Hamburger Casserole Buffet Soup/Salad Bar	8 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) Chicken Sandwich Buffet Soup/Salad Bar	9 9:00 Chair Volleyball 11:45 Julie from U of I 12:30 Bridge 12:30 Four C's (Dance) 6:00 Homemakers Roast Beef Buffet Soup/Salad Bar	10 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Pork Ragu Buffet Soup/Salad Bar	11 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Tuna Noodle Casserole	12 8:30 Zumba 5:00 Gold Prospectors
14 8:00-CFSP BOXES 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Turkey & Potatoes Buffet Soup/Salad Bar	15 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Tator Tot Casserole Buffet Soup/Salad Bar	16 9:00 Chair Volleyball 11:00 Harmonizers (music) 12:00 Mayor's Meeting 12:30 Bridge Chicken N Noodles Buffet Soup/Salad Bar	17 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Roast Beef Sandwich Buffet Soup/Salad Bar	18 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef Stroganoff	19 8:30 Zumba
21 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Chicken Pasta Bake Buffet Soup/Salad Bar	22 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) Sloppy Joe Buffet	23 9:00 Chair Volleyball 11:30 Identity Theft & Fraud Information 12:30 Bridge Pork Gravy over Potatoes Buffet Soup/Salad Bar	24 9:30 Fit & Fall 10:00 Helping Hands 11:00 Westerner's (music) 1:00 Bingo 3:30 Zumba Gold 6:00 Sons of Utah Pioneers Chicken Fried Rice Soup/Salad Bar	25 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Turkey Tetrazinni	26 8:30 Zumba
28 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Beef Pot Pie Buffet Soup/Salad Bar	29 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Ham Buffet Soup/Salad Bar	30 9:00 Chair Volleyball 12:30 Bridge BBQ Chicken Buffet Soup/Salad Bar	31 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Chili w/ Spooky Buns Soup/Salad Bar		

VOLUME 42
ISSUE 10
OCTOBER 2019



Bingham County
Senior Citizens Center

Primary Business Address
20 E. Pacific St.
P.O. Box 849
Blackfoot, ID 83221

Phone: 208-785-4714
Fax: 208-785-4715
E-mail:
bcsc@seniors4ever.com

NON-PROFIT
ORGANIZATION
U.S POSTAGE PAID
BLACKFOOT, ID 83221
PERMIT NO. 221

