

Senior Scoop

NEWSLETTER

DECEMBER 2019

It's a Very Ugly Christmas Sweater Luncheon

Come enjoy Christmas Dinner/Luncheon
with us December 18th.

11AM to 1PM

And wear your Ugly Christmas Sweaters
Prizes will be given for Ugliest Sweaters.

Everyone is **WELCOME!**



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Special Points of Interest

- Ugly Sweater Luncheon
- Senior Tip
- Paparazzi Fundraiser
- Las Vegas Trip
- Rada Cutlery
- Sweet Cornbread Recipe

Nutrition Tips for You and the Family during the Holidays

Be Present

Be present in your activities with both your family and friends. At each event, take a few deep breaths and just focus on being present.

Slow Down

Holiday food comes once a year, so take the time to chew and savor all the flavors, textures and smells of your favorite foods. You'll be more satisfied with your food, and slowing down will help you listen to your fullness cues and stop before you're feeling stuffed and uncomfortable.

Find Balance

Avoid all-or-nothing thinking. Trying to avoid favorite holiday foods altogether may leave you feeling deprived. Allow yourself to enjoy the holidays, including your favorite seasonal foods, but take small portions. Balance heavy meals with better choices during other meals throughout the day, and consider increasing your activity during this time of the year to help compensate for the

extra calories.

Get Moving

Go for a walk together while things are baking in the oven. You can get your activity in while food is baking and it will keep you from nibbling in the meantime.

Incorporate More Vegetables

Try to plan for half of the foods you serve during holiday events to include vegetables. Spread vegetables throughout the buffet or table so they're easily accessible. Use brightly colored vegetables to add nutrition and color to the holiday table.

Get the Kids Involved

As you put together the holiday menu, think about ways to have the kids help with meal prep. The more kids get exposed to cooking when they're young, the more comfortable they'll be cooking in the future.

Easy Sweet Cornbread Recipe

This easy cornbread recipe makes a healthy, moist, and fluffy sweet cornbread that is perfect for breakfast, lunch or dinner!

Prep Time: 8 minutes **Cook Time:** 16 minutes

Servings: 16 squares **Calories:** 109 kcal

Ingredients

1/2 cup corn, thawed or fresh
1 cup spelt flour
1 cup yellow cornmeal
2 1/2 tsp baking powder
1 tsp sea salt
1/3 raw honey
1 egg
1 cup unsweetened almond milk
1/4 cup coconut oil, melted and cooled, plus more to grease baking dish

Instructions

- * Preheat oven to 400 degrees.
- * Grease and square baking dish and set aside.
- * Mash corn using potato masher and set aside.
- * Combine dry ingredients (spelt flour, cornmeal, baking powder, and sea salt) in a large mixing bowl.
- * In a separate, smaller mixing bowl, combine the wet ingredients (egg, honey, almond milk, coconut oil and corn).
- * Add wet ingredients to the dry ingredients and mix well. Try not to over-mix.
- * Add to the prepared pan and smooth out evenly.
- * Bake 16-18 minutes, or until an inserted toothpick or knife to the center of the cornbread comes out clean.



2019 Board Election Results

This Years Board of Directors Election Results are as follows:

BOARD MEMBERS:

Terry Goodwin

Total Votes = 65

Jon Lyksett

Total Votes = 39

Leon Peterson

Total Votes = 78

LIASION POSITION:

Marv Jones

Total Votes = 46

Wayne Young

Total Votes = 48

Write in Candidate

Total Votes = 2



Activity Donations

We love that we can offer a wide array of activities here at the Bingham County Senior Citizens Center. Activities provide companionship, fitness, mental wellness, and overall good health to all of our members. Thank You to everyone who donates to keep our activities going. This year we were able to raise \$2577.00 to help with the overhead cost.

Support The Senior Center When you shop on Amazon

Did you know you can support our Local Bingham County Senior Citizens Center when you shop on Amazon.

All you have to do is go to smile.amazon.com select BINGHAM COUNTY SENIOR CITIZENS CENTER and a percentage of your purchases will be donated to the Center.



Kitchen News

Baked Goods Prices will be increasing effective January 1st 2020 and are as follows:

Cinnamon Rolls ~ \$2.50 each

Banana Bread ~ \$3.00 loaf

Orange Cranberry ~ \$7.00 loaf

Pumpkin Bread ~ \$5.00 loaf

Dinner Rolls ~ \$4.00 dozen

Add \$1.00 for chocolate chips or walnuts

Catered Meals:

\$7.00 Regular

\$9.00 Double

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

JESSE LEYVAS



Senior Tip—Legal

Ethical Wills

An Ethical Will may be the most important thing you leave.

An Ethical Will is not a legal document; it is an expression of who you are, how you feel and what is important to you. A traditional will is used to pass on your assets. An Ethical Will is used to pass on your values. The stories you tell and the values you share will help your family and friends remember the person that you are. Take time to write about what is important to you and something you learned from grandparents, parents, spouse, children and others. Share what you are grateful for and what your hopes are for the future of your loved ones. Here are some examples of topics you could address in an Ethical Will:

- My life Experiences
- The importance of family
- Religion / Spirituality
- Learning from mistakes
- Being honest, truthful and sincere
- Giving and receiving
- The importance of learning and knowledge
- Reflections on how you coped with difficult situations
- Doing good and avoiding evil
- Lessons learned in Life
- The importance of humor and what made you laugh
- Important relationships
- Your top ten _____ (ie: books, songs, vacations...)
- What did you do for fun and what brought you joy

In conclusion, an Ethical Will can take the form of a letter written to one's own children or grandchildren, or it could be a longer, personal history with stories, experiences and wisdom for future generations. In many ways an Ethical Will could be the most important document that you leave your loved ones.

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

November

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
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
BILL & JOYCE ISOM
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
GARY & SONNA WRIGHT
FRED WOODLAND
WAYNE & BECKY YOUNG



Great Stocking
Stuffers



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!

Paparazzi Fundraiser:

Introducing Paparazzi Jewelry by Sassy Shinin' Starz, Teresa Stone.

It is Fashionable, Fun and Affordable Bling! Check out our selection right here at the Bingham County Senior Citizens Center. Multiple pieces will be on display and for sale. Get your bling and support your local Senior Center.

Each piece is only \$7 and a donation of \$2 goes to the Senior Center.

If you buy 12, get the 13th piece FREE!

Stop in today!



Last Minute Gift Ideas

If you need a wonderful last minute gift we have RADA Cutlery in stock here at the Bingham County Senior Citizens Center already in gift boxes.

Stop by the front desk and we can show you our amazing selection.



Visit Grand Canyon, Las Vegas, and the Hoover Dam

WITH THE BINGHAM COUNTY SENIOR CITIZENS CENTER

April 25 to May 2, 2020

(Saturday—Saturday)

8 Days 7 Nights

\$849

Price per person, based on
double occupancy

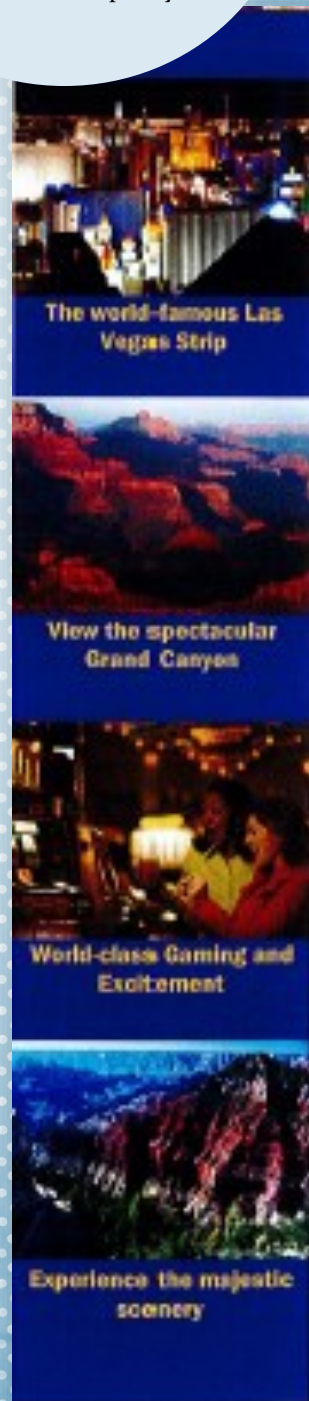
INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 7 nights lodging including 3 consecutive nights in a Las Vegas Casino Hotel
- ♦ 7 meals: 4 breakfasts and 3 dinners
- ♦ FREE DAY to shop, explore and discover Las Vegas
- ♦ Gaming and Sight-Seeing on the famous Las Vegas Strip
- ♦ Admission to the Hoover Dam Visitor Center
- ♦ Visit to magnificent Zion National Park
- ♦ Visit Grand Canyon National Park including an IMAX Grand Canyon Movie
- ♦ Guided Tour of spectacular Valley of Fire State Park
- ♦ And much more

\$75 Deposit due upon signing by **December 18th.**

Add \$399 for single occupancy.

FINAL PAYMENT DUE: 2/17/2020



FOR INFORMATION & RESERVATIONS CONTACT:

Liz Toler @ (208) 785-4714

Diamond Tours
Inc.
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What are Personal Care Services?

The Personal Care Services Program (PCS) is a Medicaid program relevant to elderly and/or disabled Idaho residents. Via this program, program participants are provided assistance with activities of daily living (ADLs) in their homes. ADLs may include preparing meals, eating, moving from one location to another, dressing, shopping, and so forth. The goal of this program is to help individuals maintain their independence and avoid placement in a nursing home. Therefore, this program is not available to individuals living in skilled nursing homes or intermediate care facilities. However, personal care can be provided to persons living in assisted living residences or adult foster care homes. This Medicaid program is administered by Idaho's Department of Health and Welfare.

The PCS program is for elderly and disabled residents of Idaho that are qualified for Idaho Medicaid and reside at home, in assisted living or in adult foster care (but not in nursing homes). Applicants must meet the financial requirements for Aid to the Aged, Blind, and Disabled (AABD) Medicaid, which for 2019, are as follows:

Income – single applicants are permitted monthly income of \$824. Annually, this means one's income cannot exceed \$9,888. Married applicants, with both spouses applying, can have a monthly income of up to \$1,777. This means the couple can have a combined annual income of \$14,124. Single applicants are permitted \$2,000 in countable assets, and married applicants are allowed \$3,000. Countable assets exclude one's home, home furnishings, personal items, and low value life insurance policies. A single vehicle is also exempt provided it is in use and not an investment. The home is exempt provided the owner, or one of the owners, lives in it and the value of the home equity is not greater than \$878,000.

It is possible for individuals who do not meet these requirements to still qualify for the PCS Program through a process known as Medicaid

planning. Those who cannot afford their care, might consider this approach. Excess income and assets are converted in form into not-countable income and exempt assets using trusts. This is a financially complex procedure and it is strongly advised that persons hoping to qualify through this approach find assistance prior to application.

PCS services can also be covered by VA Benefits, Long Term Care Insurance, Grants, Charitable Organizations. It is projected that most Medicare Advantage Plans will include PCS as a benefit in 2020.

Benefits and Services include:

- Assistance with the activities of daily living, such as bathing, grooming and personal hygiene
- Assistance taking prescription drugs
- Meal preparation
- Housekeeping
- Laundry
- Shopping for essentials, such as groceries and picking up medications
- Transportation assistance, as long as it is medically related

PCS benefits are provided across Idaho. There are no geographic restrictions for this program except participants cannot live in nursing homes or intermediate care facilities.

To learn more about the PCS program and to begin the application process, visit the Idaho Medicaid website or call your regional Department of Health & Welfare office.

There are many PCS companies in the area, one of which is Alliance PCS. We are happy to answer any questions you may have and look forward to assisting you and/or your loved ones in maintaining their independence and safety at home. You can contact Cecilia at Alliance PCS (208) 478-6677.

<https://www.payingforseniorcare.com/>

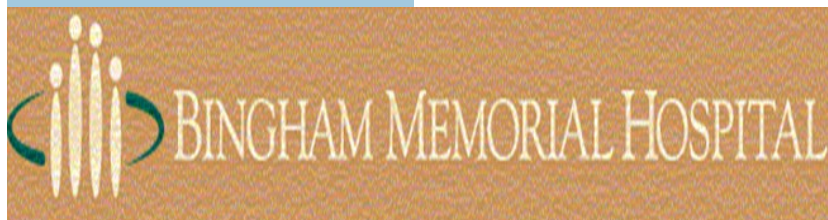
<https://www.alliancehealthcareofidaho.com>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold 6:30 SUP Xmas Dinner Chicken & Dumplings Buffet Soup/Salad Bar	3 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Chili Burger Buffet Soup/Salad Bar	4 9:00 Chair Volleyball 11:00 Harmonizers (music) 12:30 Bridge Ham Buffet Soup/Salad Bar	5 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Lasagna Buffet Soup/Salad Bar	6 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Beef Stroganoff	7 8:30 Zumba
9 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Sage Sausage Pasta Buffet Soup/Salad Bar	10 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) Grilled Ham Sandwich Buffet Soup/Salad Bar	11 9:00 Chair Volleyball 11:45 Julie from U of I 11:30 Four C's (Music) 12:30 Bridge 6:00 Homemakers Meatball Casserole Buffet Soup/Salad Bar	12 9:30 Fit & Fall 10:00 Helping Hands 1:00 Solace Sponsored Bingo 3:30 Zumba Gold BBQ Chicken Buffet Soup/Salad Bar	13 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Pot Pie	14 8:30 Zumba 5:00 Gold Prospectors
16 8:00-CFSP BOXES 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 1:00 Hand & Foot Vegetable Beef Soup Buffet/Salad Bar	18 9:00 Chair Volleyball 11:00 Harmonizers (music) 12:00 Mayor's Meeting 12:30 Bridge Christmas Luncheon 11 – 1pm	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—Pork Fried Rice	21 8:30 Zumba
23 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Creamy Chicken w/Rice Buffet Soup/Salad Bar	24 Closed Merry Christmas Eve	25 Closed Merry Christmas	26 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Croissant Sausage Square Buffet Soup/Salad Bar	27 9-10:30 Breakfast Buffet No FOOD DISTRIBUTION MOW—Beef Pot Pie	28 8:30 Zumba
30 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Taco Casserole Buffet Soup/Salad Bar	31 Closed Happy New Year's Eve	1 Closed Happy New Year 2020	<div>December</div>		
			All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change		

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WE'RE ON THE WEB
SENIORS4EVER.COM



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