

Senior Scoop

November

Volume 42, Issue 11

Special points of interest:

- November 5th ~ Flu Shots
- November 11th ~ Board Elections
- Meet the Candidates
- November 13th at 12pm ~ Dance & Music by the Four C's Band
- November 20th ~ Thanksgiving Luncheon

Thanksgiving Luncheon ~ November 20th

We will be having our Annual Thanksgiving Luncheon

November 20th 11am to 12:30pm. Turkey, stuffing, and all the fix'ins. Come Enjoy a wonderful meal with friends.



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November Elections ~ November 11th

The election will be held on November 11th 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.

Meet the Candidates

TERRY GOODWIN

I am 78 years old and was born and raised in Blackfoot. I was married to the same woman for 53 years. I spent 4 years in the US Navy. I am a Vietnam veteran. I worked at the INL for 35 years retiring at the age of 57. I was a driver for Meals On Wheels for a couple of years until I was recruited to run for the Board Of Directors in 2009. I have been on the Board of Directors for 9 years.

JON LYKSETT

I was born in 1950 in Vancouver, Washington.

I traveled the world in a military family, settling in Utah and graduating from Bonneville High School in Ogden in 1968. I was active in music, both instrumental and choral, was three-time Utah State policy debate champion and named a Deseret News Sterling Scholar in Speech in 1968.

I attended Westminster College in Salt Lake City on a music scholarship, originally as a clarinetist, but graduated with a Fine Arts degree in Jazz Performance, Percussion Emphasis in 1972.

I pursued a successful career as an orchestra, ensemble, session and touring percussionist throughout college and afterwards in the professional world. When traveling became less than a desirable pursuit, the decision was made to follow another path.

Always having an interest in both education and disability issues, graduate studies eventually led to my becoming the first nationally certified Assistive Technology Professional in Idaho. I worked primarily in the non-profit arena, with significant positions as Director of the Idaho-Montana Agribility Project (serving farmers and ranchers with disabilities) and as an Adjunct Faculty member at the University of Idaho and Idaho State University, training special education teachers in developing technology solutions for their students.

The last ten years prior to my retirement was spent as an independent consultant for school districts, insurance companies, and government agencies, providing expert assistance in accessibility, job accommodation, and curriculum adaptation.

I retired in Spring of 2015, hoping to enjoy personal hobbies and leisure activities. I was diagnosed in the Fall of that year with a rare neuromuscular disease, Myasthenia Gravis, which caused a whole rethinking of retirement. Having spent a career as a "disability professional," I was now looking at life from the other side of the mirror.

Through discussion with some friends in summer of 2018, I began attending lunches and activities at the Bingham County Senior Citizen Center, with my wife Marlene. Fit and Fall Proof, Chair Volleyball, excursions with others, and the great meals have all made the Center a big part of my life.

Friendships made and projects undertaken have interested me in serving on the Board of Directors, should the membership so choose to elect me.

LEON PETERSON

My wife, Margaret and I have been married for 44 years. We moved to Blackfoot in July, 1977 and have lived here ever since. We raised four children in Blackfoot, two sons and two daughters and have 3 grandchildren.

I was raised on a farm in North Central Montana. As my brother and I grew, we were taught the value of work. After graduation from high school, I attended Montana State University receiving a degree in mathematics. Then I was accepted to Pacific University College of Optometry receiving a Doctorate four years later.

I spent three years in the Navy Practicing Optometry and then moved to Blackfoot to partner with Dr. Jack Christ. Since moving to Blackfoot I joined the Kiwanis Club and later serving on the board and serving as President. I also spent 20 years on the Blackfoot Library Board serving three terms as Chairman. I served twenty-two years in the Naval and Army Reserve with several terms as the Commanding officer of the Medical Unit.

After practicing Optometry for forty years, I sold my practice and retired.

Later I was asked to volunteer at the Blackfoot Senior Citizens Center. I was quickly impressed with how much the center does for the Community of Blackfoot on a limited budget. I am now serving on the Senior Center's board. I have also been delivering Meals-On-Wheels for over five years.

I feel I have a vast experience to offer the board including 40 years of running a medical practice. Since I am retired, I have the time to donate to helping the Center evolve into the future.

Meet the Candidates ~ Liaison Position

Wayne Young

Native Idahoan who graduated from Snake River High School and attended Idaho State Universities, College of Vocational Education, studied Automotive Parts Distribution. He retired from Basic American Foods in 2013, after 30 years of employment. During that time he worked in several different positions, everything from Labor to Boiler Operator.

Wayne and his wife, have volunteered with AARP as Driver Safety Instructors for the last 14 years. Teaching over 150 Classes together.

Wayne and Becky have 2 children and 6 grandchildren and enjoy spending time with their family. He has also volunteered his time and talent at the Field of Hero's, Veterans Homeless Stand Down, and the local Toy's for Tot's Campaign. As well as the Bingham County Historical Society Museum, and on the Communications Facilitations Committee here at the Bingham County Senior Citizens Center for the last year and other activities. Wayne looks forward to serving as one of the many volunteers at the center in the future.

Continued...Meet the Candidates ~ Liaison Position

Marvin Jones

Retired from active employment in June of 2012 where I was employed at the Southeast Idaho Council of Government. I worked there as an Adult Protection Investigator for the Area Agency on Aging for over ten years. As such I investigated cases of abuse, neglect and exploitation of vulnerable adults in southeast Idaho. I referred Cases to the appropriate county courts as needed through the local law enforcement agencies as required by law. Basically, I served as an advocate for the elderly and others unable to make informed decisions for themselves. The most grievous cases occurred when others took advantage of an elderly relative or "friend" for financial gain and the subsequent deprivation the adult experienced. I also represented the Agency on several Boards in the various counties.

During this time my wife and I developed an Apple Orchard on Rose Road. We sold our home and the Orchard in May of 2018. We have since spent our time renovating our "new" 50+ year old home.

I have served on the Bingham County Board of Guardians, Operated a Red Cross Blood Drive four times yearly for over three years. Prior to moving to Blackfoot, I was a volunteer firefighter in a rural community, an EMT-A for over 12 years, was the administrative head of the volunteer fire department and a Charter member of that county's Arson Task Force.

Since retirement I have served two separate summer church missions in Ketchikan, Alaska and one this past year for a week at UMCOR in Salt Lake. The goal of all was to help those in need.

I served as a Head Start Director for over 25 years and worked in Child Protective for 9 years.

During my life I have had the pleasure of raising three boys, the youngest was born hearing impaired and later became blind. We are actively involved with the youngest son, his wife and their 4 children. We have championed the rights of the disabled ever since the birth of this youngest son.

As for the senior center and my involvement I have participated in the Fit and Fall Proof exercise program, occasionally played the Chair Volleyball, but really enjoyed making some of the equipment for it. I also have enjoyed the meals and 'fellowship' I have had with others at the Center.

Avocationally, I have had hands on experience building a home, an addition and other buildings.



**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!**

\$5.00 a Month

October

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	ALICE KONISHI
JACKIE BABCOCK	JON & MARLENE LYKSETT
MARY BALLARD	MAX MARES
JERRY BARBRE	EMI MATSUURA
NORMAN & LEEANN BIRD	LYNN MICKELSEN
LOLA BROWER	CHERI MITCHELL
WANDA BURGOYNE	BLAINE & JULIE NEFF
BLAINE BURKMAN	KEN NILSSON
BARBARA CHAFFIN	TOM & SANDY PACKER
PAT CROSSLEY	RUSS & JEANIE POTTER
GLENNA DAVIS	RUTH RAY
JACK DETMER	CAROL RUPE
RALPH DUNN	M. JOAN SHAFER
NANCY GODFREY	BILLYE THOMAS
TERRY GOODWIN	FRANK & KIMI TOMINAGA
SHIRLEY GOODYEAR	MID TSUKAMOTO
PATRICIA GRIMMETTE	GEORGE & VERLENE WALTERS
JOYCE HARTMAN	SPENCER & ANDREA WILLIAMS
BILL & JOYCE ISOM	GARY & SONNA WRIGHT
DON KELLY	FRED WOODLAND
DEBBIE KLUVERS	WAYNE & BECKY YOUNG

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

Understanding the Annual Enrollment Period for Medicare

It's that time of year!

Understand your options and plan choices!

The annual Medicare Open Enrollment period is upon us! During open enrollment, individuals can make changes to their Medicare Part D prescription drug plans, and also change or enroll in Medicare Advantage plans.

This annual open enrollment period lasts from October 15th to December 7th and any changes you make will be reflected starting in January 2020. For example, if you decide to change your prescription drug plan during open enrollment, the new plan will be effective on January 1, 2020.

Why might you want to make a change to your prescription drug plan or Medicare Advantage plan? Some people choose to change plans if they have high prescription drug costs with prescriptions that are not covered under their current Part D plan's formulary (the plan's list of covered drugs). Some people also may change plans if they are paying a high monthly premium for their plan, but have few medications and may be able to enroll in a plan with a lower monthly premium. Still others may change a Medicare Advantage plan if they have been dissatisfied with their current plan.

What if you are satisfied with your current coverage? If you are already enrolled in a Medicare Part D prescription plan or a Medicare Advantage plan and you are satisfied with your coverage, you do not need to do anything

during open enrollment. Your coverage will automatically enroll for the coming year. Just remember, many plans will make changes to their coverage each year, so it is still a good idea to review your plan information.

Sometimes plans will discontinue service in your area and you may receive a non-renewal notice from the plan. If this occurs, or if you simply want to review your options, contact your local SHIBA office (1-800-247-4422 – SHIBA Medicare Helpline), your insurance agent, or go online to www.medicare.gov to review your plan options and choose a different plan that meets your needs.

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**

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.

**Free Haircuts for Vets
Every Monday
9am to 11am**



**Let's Dance ~ Wednesday
November 13th 12:00pm to 2pm**

**Music by the Four C's
Come enjoy lunch and
do a little dancing**



Kitchen Corner

Place your orders for Homemade Holiday Treats

We are currently taking orders for Thanksgiving Dinner Rolls & Specialty Breads.

\$3 per Dozen Rolls

\$2 Loaf—Pumpkin, Banana, or Zucchini

\$3 Loaf—Orange Cranberry

Add \$1 for Chocolate Chips or Walnuts



Senior Article October 2019

It's that time of year again...Flu season! Here is some basic education on the Flu and information on the Flu shot. It's important to be educated and informed on this disease and the immunization available.

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)

some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes. On average, about 8% of the U.S. population gets sick from flu each season, with a range of between 3% and 11%, depending on the season.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Fluzone High-Dose is three-component (trivalent) inactivated flu vaccine, manufactured by Sanofi Pasteur Inc. Fluzone High-Dose is licensed specifically for people 65 years and older. Fluzone High-Dose contains four times the antigen (the part of the vaccine that helps your body build up protection against flu viruses) of standard-dose inactivated influenza vaccines. The higher dose of antigen in the vaccine is intended to give older people a better immune response, and therefore, better protection against flu.

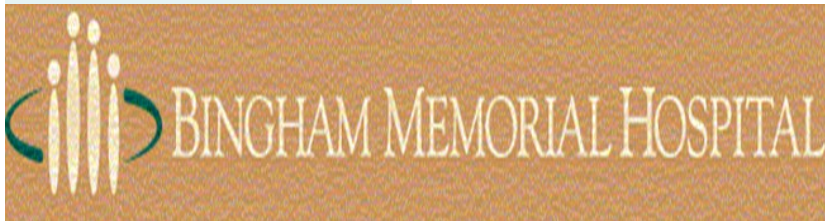
You should get a flu vaccine before flu viruses begins spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu. Make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>November</div>					
4 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Pork Chops Buffet Soup/Salad Bar	5 9:30 Fit & Fall 10:00 Flu Vaccinations 10:00 Helping Hands 1:00 Hand & Foot Chicken Pot Pie Buffet Soup/Salad Bar	6 9:00 Chair Volleyball 11:00 Harmonizers (music) 12:30 Bridge Philly Cheese Steak Buffet Soup/Salad Bar	7 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold BBQ Ribs Buffet Soup/Salad Bar	8 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Strips	9 8:30 Zumba 5:00 Gold Prospectors
11 Veterans Day-Free Haircuts for Vets 9am to 11am 8:00-CFSP BOXES 1:00 Bingo 3:30 Zumba Gold Chicken Teriyaki Buffet Soup/Salad Bar	12 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) Beef Taco Soup Buffet/Salad Bar	13 9:00 Chair Volleyball 11:45 Julie from U of I 12:00 Four C's (Dance) 12:30 Bridge 6:00 Homemakers Pork Roast Buffet Soup/Salad Bar	14 9:30 Fit & Fall 10:00 Helping Hands 1:00 Solace Sponsored Bingo 3:30 Zumba Gold Chicken Enchiladas Buffet Soup/Salad Bar	15 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Pork Loin	16 8:30 Zumba
18 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Spaghetti Buffet Soup/Salad Bar	19 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot Ham & Swiss Buffet Soup/Salad Bar	20 9:00 Chair Volleyball 11:00 Harmonizers (music) 12:00 Mayor's Meeting 12:30 Bridge Thanksgiving Luncheon	21 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold Mac & Cheese with Hot Dog Buffet Soup/Salad Bar	22 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW—Chicken Fried Rice	23 8:30 Zumba
25 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Ham & Bean Soup Buffet/Salad Bar	26 9:30 Fit & Fall 10:00 Helping Hands 12:00 Sorooptimists 1:00 Hand & Foot 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Baked Chicken Buffet Soup/Salad Bar	27 9:00 Chair Volleyball 12:30 Bridge Beef & Noodles Buffet Soup/Salad Bar	28 CLOSED HAPPY THANKSGIVING MOW - Ham	29 CLOSED MOW—Turkey Pot Pie	30 8:30 Zumba

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WE'RE ON THE WEB
SENIORS4EVER.COM



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Senior Citizens Center**

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