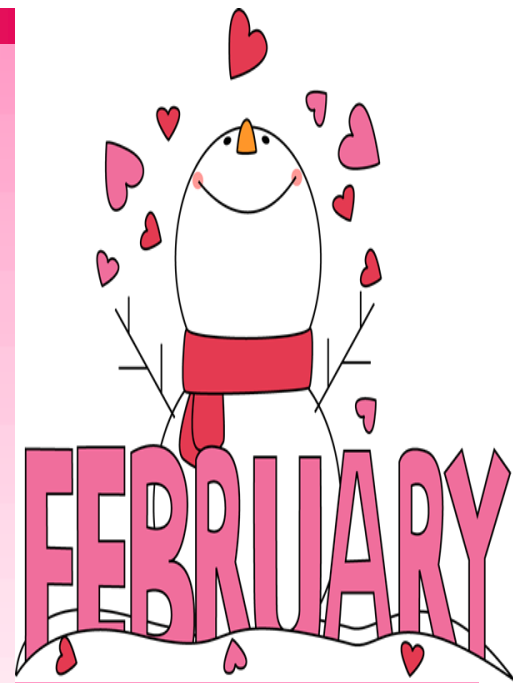


Senior Scoop



LOVE LUNCHEON 11AM – 1:00PM

FREE PICTURES WITH
YOUR FRIENDS AND
LOVED ONES

**WEDNESDAY FEB 12TH
BINGHAM COUNTY SENIOR CITIZENS
CENTER - 20 E PACIFIC STREET**

Inside this issue

MOW Fundraiser	2
AARP Drivers Safety ...	3
Senior Tip	4
\$5 a Month Club.....	5
Nutrient Dense Foods	6
Elk Refuge.....	7
Protect Yourself.....	8
Calendar	9

Special points of interest

- Love Luncheon—February 12th
- AARP Drivers Safety Class—February 26th
- Elk Refuge—March 13th
- Free Haircuts for Vets
- Senior Tip

Pancake Breakfast
Meals~on~Wheels Fundraiser

Annual
Membership
Meeting

Please plan to
attend the
Annual
Membership
Meeting on
February 19th
at 12pm



Like us on
Facebook



AARP Smart Driver Class ~ February 26th



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)

DATE(S)

Wednesday, February 26, 2020

TIME

9:00AM to 4:00PM

PLACE/LOCAL HOST

Blackfoot Senior Center
20 East Pacific Street

TO REGISTER

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

D17174/610

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

AARP Income Tax Preparation

AARP will be
offering Tax
Preparation Help
here at the
Bingham County
Senior Citizens
Center during the
following times
through April 13th:

Every Monday &
Wednesday
9~12pm

And Every Tuesday
& Thursday
5:30~8pm.

**tax
help!**

"FREE Haircuts for Vets"
\$5 for Men or Women with short hair.
~ Every Monday 9 to 11am ~

BOARD MEMBERS

CHAIRMAN

TOM PACKER

VICE CHAIRMAN

LEON PETERSON

SECRETARY

PHILIP GOODWIN

TREASURER

JARED EDDINGTON

MEMBERS

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DIRECTOR

PAM BEUS

OFFICE STAFF

TERA YOUNG

ELIZABETH TOLER

KITCHEN STAFF

SUSAN KARNS

JEREMY ATWOOD

ROSA SALCE

JESSE LEYVAS



Senior Tip—Legal

Ownership of the Family Vacation Home
Having a plan for the vacation home helps avoid problems in the future.

Family vacation homes evoke memories of going for a canoe ride on a lake, going for a walk along the beach or roasting marshmallows around a campfire—time spent together bonding as a family. However, when you have a vacation home, there is a need for careful planning, or it can become a problem with the potential to create divisions between family members.

The purpose of this Senior Tip is to discuss the different types of ownership available for family vacation homes. Future tips will address some of the pros and cons related to ownership of vacation homes.

If the family vacation home has been deeded to the children by the parents or transferred by Will or Trust, the children most likely own the property as **tenants in common**. Here are a few things you should know about this type of ownership: each tenant in common owns an undivided interest in the property; each tenant has a right of partition—which means each has a right to force the property to be divided or sold; each tenant can transfer his or her interest to a third party by deed or to a spouse or child in a Will; and a tenant in common has no legal obligation to pay rent or reimburse other tenants for the use of the vacation home.

Joint tenancy is another form of joint ownership. All the above rules for tenants in common apply to joint tenancy, but joint tenancy has a right of survivorship—the final survivor of all the original tenants will become the sole owner of the property. This can surprise family members in the future, when they learn that their family's ownership in the vacation home ended on the death of their parent.

Family vacation homes are sometimes owned by **Revocable or Irrevocable Trusts**. The management of the vacation home and the eventual distribution of the home when it is sold is set out in the terms of the Trust. The Trustee of the Trust has the duty to manage the vacation home according to the terms of the Trust.

The final type of ownership is a **Limited Liability Company (LLC)**. An LLC is formed by filing Articles of Incorporation with the Secretary of State's office. This is a one-page form that lists the names and addresses of the members and the Registered Agent. In Idaho there is a \$100 filing fee. Once the LLC is set up, the vacation home is deeded to the LLC. The advantage of a Limited Liability Company is that it limits the liability of the owners and is taxed like a partnership.

Limited Liability Companies are governed by an Operating Agreement that lays out how the vacation home will be managed, how a member's interest can be sold and how the LLC will eventually be dissolved. For example, the Operating Agreement could state that the family would keep the vacation home for a certain number of years and then sell it, or it could state that it is to be sold on an event like when the first of the original members dies. Understanding and reaching an agreement on the terms of the Operating Agreement may take time and effort but resolving issues up front will avoid problems later.

The vacation home is a place where families meet together and enjoy good times; however, as circumstances change, it's wise to have a plan in place to make sure it continues to be something that brings the family together.

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

January

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.

JACKIE BABCOCK

DIANE MANSANREZ

MARY BALLARD

MAX MARES

JERRY BARBRE

BLAINE & JULIE NEFF

LOLA BROWER

KEN NILSSON

BLAINE BURKMAN

DWIGHT PETERSON

PAT CROSSLEY

RUSS & JEANIE POTTER

GLENNA DAVIS

CAROL RUPE

JACK DETMER

M. JOAN SHAFER

RALPH DUNN

LUCILE STECKLEIN

NANCY GODFREY

BILLYE THOMAS

TERRY GOODWIN

JOHN TABERNA

SHIRLEY GOODYEAR

FRANK & KIMI TOMINAGA

WILBUR & COLLEEN GREGORY

MID TSUKAMOTO

JOYCE HARTMAN

GEORGE & VERLENE WALTERS

DON KELLY

SPENCER & ANDREA WILLIAMS

BRUCE & CHARLOTTE KAISER

VEEANN WILLIAMS

DEBBIE KLUVERS

GARY & SONJA WRIGHT

ALICE KONISHI

FRED WOODLAND

Senior Center Activities

Thank You to everyone who has donated to support our activities.

For the Month of January we were able to raise \$94.00

Let's keep it going!

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

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

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.

February Nutrition: Smart Snacking

February is National Snack Food Month? Snacking can be a healthy way to increase important nutrients often lacking in our diets and boost energy levels throughout the day. Following these simple tips can help you choose smart snacks that you can feel good about eating while still satisfying cravings.

Pair Fiber + Protein and/or Fat:

Pairing a fiber-rich food with lean protein and/or healthy fat helps provide balanced nutrition and stabilize blood sugars for optimal energy. You can build mix and match your own snacks by pairing a food with fiber (ex: fruit, veggie sticks, whole grain crackers, whole-grain cereal, whole grain toast) with a protein and/or healthy fat containing food (Ex: peanut butter, string cheese, hard boiled eggs, plain Greek yogurt, avocado, hummus).

Focus on Foods to Increase:

Snacks are a great way to incorporate more of the foods that so many of us are lacking in our diets, such as fruits and vegetables, low fat dairy or dairy substitutes and healthy fats. Examples of snacks with these foods include veggie sticks with low fat hummus, a piece of fruit with a spoonful of almond butter, ½ cup of low fat cottage cheese with fresh berries or pineapple or a smoothie with frozen fruit, a scoop of plain Greek yogurt, a handful of greens (spinach works well) and a splash of almond milk. With vegetables it's important to do some prep-work ahead of time so we are more likely to reach for them. Chopping up veggies of choice (carrots, bell pepper, broccoli, sugar snap peas etc.) and putting them in a Tupperware container in the center of the fridge can help.

Cure Cravings Wisely:

If craving something salty, whole grain crackers with string cheese, a palmful of whole-grain tortilla chips with 2 Tbsp. guacamole, ½ a whole wheat English muffin toasted with 1 slice cheese and sliced tomato and veggie sticks with 1 Tbsp. ranch. For a sweet tooth, fruit is always a great choice. You can try dipping strawberries in plain yogurt sweetened naturally with a drizzle of honey. Additional ideas include a handful of nuts mixed with a sprinkle of mini dark chocolate chips (add dried cherries or cranberries if desired), a banana or rice cake topped with 1 Tbsp. peanut butter and a sprinkle of mini chocolate chips, 1 cup of cherries topped with a spoonful vanilla yogurt and dusting of cocoa powder, 1 small square dark chocolate with a cup of low fat milk and no-sugar added applesauce topped with cinnamon and a sprinkle of pecans.

Portion Control:

Portioning and plating snacks, and as much as possible sitting at the table, is an easy way to help control our portion sizes and prevent "mindless" snacking. We don't have to completely give up favorite "less-healthy" snacks (such as chips, sweets etc.) however it is especially important to portion these snacks and focus on choosing more smart snacks most often.

Best "On-the-Go" Choices:

Portable smart snacks help prevent vending machine munchies. Trail mix is a great all-in-one snack that provides healthy fiber, fats and protein. You can make your own by mixing nuts of choice with dried fruit and if desired whole grain cereal and sprinkle chocolate chips. Packing fresh fruit or snack-size bag of whole grain crackers with individual peanut or almond butter packets is also a great choice. You can also choose a healthier granola bar that meets smart snacking requirements. Try to choose one that has 5 or more grams protein, 3 or more grams fiber and less than 10 grams of sugar.



BUBBA'S BBQ MEAL INCLUDES

Brisket & BBQ

Chicken

Potato Salad

Baked Beans

Garlic Toast

Drink

* Gratuity & Taxes

Visit Jackson Wyoming Elk Refuge & Visitor Center

Friday March 13th 2020

We will first visit the Greater Yellowstone Visitor Center for Feathered Fridays. During this program we will learn about and meet live raptors!

We will then enjoy a horse-drawn sleigh ride among an elk herd numbering in the thousands. A guide will lead us through one of nature's most amazing sights and get within 20-30 feet of the elk.

~Warm Dress is recommended

Price Includes:

- ~Chartered bus ride,
- ~Lunch at Bubba's BBQ
- ~Elk Refuge Sleigh Ride

Protect Yourself Against the Flu

Flu season is in full swing, so protecting yourself from getting the flu is very important to your overall health. According to preliminary estimates, 4,800 people have died and 87,000 people have been hospitalized already this 2019-2020 flu season. This article will cover the flu effects, and different ways to prevent getting the flu.

There are two main types of the influenza (flu) virus: Types A and B. Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. The flu can cause mild to severe illness, and at times can lead to death. Common symptoms of the flu include cough, runny/stuffy nose, headaches, fever (sometimes), feeling feverish/chills, muscle or body aches, fatigue, and sometimes have vomiting and diarrhea. Flu symptoms can begin about 2 days after exposure.

People infected with the flu are contagious in the first 3-4 days after their illness begins. Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. Some people with weakened immune systems, and young children may be able to infect

others for a longer period of time.

Complications of flu can include: ear infections, pneumonia, and sinus infections. The flu can also cause exacerbations of other chronic conditions such as diabetes, heart failure, and asthma. The flu is transmitted through tiny droplets when people talk, sneeze, or cough. These droplets land in the noses or mouths of others nearby. They may also be transmitted by touching a surface "infected" with the virus, then the person touching their own nose, eyes, or mouth.

As you age, so does your immune system, regardless of your current health status. As the immune system ages it gets weaker and is not able to fight infections effectively. Having other health issues, such as diabetes, COPD/asthma, obesity, stroke, cancer, kidney disease, inflammatory arthritis, and heart disease increases the risks for developing severe complications when coupled with the flu.

Studies show the following information regarding the flu:

- 60% of flu related hospitalizations are in people who are 65 years old or older.
- Every 12 minutes people aged 65 years or older die from the flu.

- Children younger than 18 are more than twice as likely to develop a symptomatic flu infection than adults 65 and older.

The best way to prevent catching the flu is by getting the flu vaccine each year. Flu shots have been shown to be 80% effective in preventing senior flu related deaths. The center of disease control recommends a yearly flu shot and reports it is the most important step in protecting against getting the flu and its potentially serious complications.

Other tips to help prevent getting the flu are: trying to avoid contact with sick people, if you are feeling sick, stay away from others for at least 24 hours after fever has resolved, cover your mouth with a tissue when sneezing or coughing, wash your hands frequently, avoid touching your nose, mouth, and eyes, clean and disinfect surfaces and objects that may have been handled by a sick person.

<https://www.cdc.gov/flu/prevent/prevention.htm>

<https://www.seniorflushot.com/flu-prevention>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9:00 Haircuts 9:00 AARP Income Tax Prep 1:00 Bingo 3:30 Zumba Gold Pork Chops Buffet Soup/Salad Bar	4 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot 5:30 AARP Income Tax Prep Philly Cheesesteak Sandwich Buffet Soup/Salad Bar	5 9:00 Chair Volleyball 9:00 AARP Income Tax Prep 11:00 Harmonizers (Music) 12:30 Bridge Chicken Pot Pie Buffet Soup/Salad Bar	6 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold 5:30 AARP Income Tax Prep Ham & Bean Soup Buffet Soup/Salad Bar	7 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW — Beef Fajitas	8 8:30 Zumba
10 9:00 Haircuts 9:00 AARP Income Tax Prep 1:00 Bingo 3:30 Zumba Gold Spaghetti Buffet Soup/Salad Bar	11 9:30 Fit & Fall 10:00 Helping Hands 12:00 Brower Camp 1:00 Hand & Foot 5:30 AARP Income Tax Prep 5:30 Alliance Sponsored Night Bingo (Bring a snack to share) Ham & Swiss Sandwich Buffet Soup/Salad Bar	12 9:00 Chair Volleyball 9:00 AARP Income Tax Prep 11:45 Julie from U of I 12:00 Four C's (music) 12:30 Bridge 6:00 Homemakers Valentines Luncheon Chicken Cordon Bleu Buffet Soup/Salad Bar	13 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold 5:30 AARP Income Tax Prep Mac & Cheese with Hot Dogs Buffet Soup/Salad Bar	14 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW — Turkey Pot Pie	15 8:30 Zumba 5:00 Gold Prospectors
17 8:00-CFSP BOXES 9:00 Haircuts 9:00 AARP Income Tax Prep 1:00 Bingo 3:30 Zumba Gold Chicken Teriyaki Buffet Soup/Salad Bar	18 9:30 Fit & Fall 10:00 Helping Hands 1:00 Hand & Foot 5:30 AARP Income Tax Prep Taco Soup Buffet Soup/Salad Bar	19 9:00 Chair Volleyball 9:00 AARP Income Tax Prep 11:00 Harmonizers (music) 12:00 Mayor's Meeting 12:30 Bridge Pork Loin Buffet Soup/Salad Bar	20 9:30 Fit & Fall 10:00 Helping Hands 1:00 Bingo 3:30 Zumba Gold 5:30 AARP Income Tax Prep Chicken Enchiladas Buffet Soup/Salad Bar	21 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW — Beef & Noodles	22 8:30 Zumba
24 9:00 Haircuts 9:00 AARP Income Tax Prep 1:00 Bingo 3:30 Zumba Gold Ham Buffet Soup/Salad Bar	25 9:30 Fit & Fall 10:00 Helping Hands 12:00 Soroptimists 1:00 Hand & Foot 5:30 AARP Income Tax Prep 5:30 Night Bingo (Bring a snack to share) Bake Chicken Buffet Soup/Salad Bar	26 9:00 AARP Driver's Safety 9:00 Chair Volleyball 9:00 AARP Income Tax Prep 12:30 Bridge Roast Beef 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 5:30 AARP Income Tax Prep BBQ Ribs Buffet Soup/Salad Bar	28 9-10:30 Breakfast Buffet 11-12:30 Food Distribution MOW — Chicken Fried Rice	29 8:30 Zumba
February					
All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change					

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FEBRUARY 2020



Bingham County
Senior Citizens Center

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

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bcsc@seniors4ever.com



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