

# The Senior Scoop



## National Volunteer Appreciation Week

April 19th through the 25th

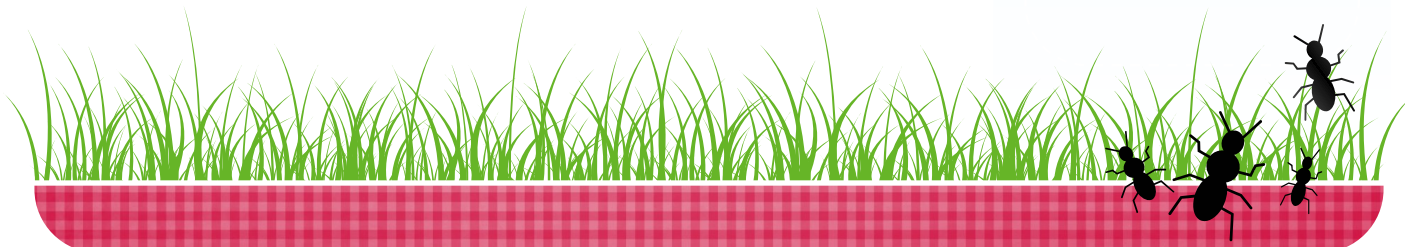
We will be celebrating National Volunteer Appreciation Week here at the Senior Center all week long. We have the most amazing volunteers and want them to know how much we LOVE and APPRECIATE everything they do for us all. We currently have over 65 volunteers that help us every month. No job is too small and we just honestly would not be able to do everything we do here at the Center without our volunteer's.

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### Important Dates

National Volunteer  
Appreciation  
Week—April 19-  
25th



## Helping Hands Projects ~ Volunteers Needed

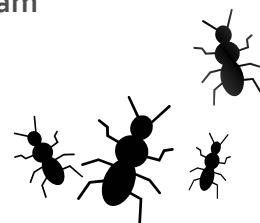
Helping Hands is projects for everyone to work on here at the Senior Center. Some of these projects include folding bags to making water-proof homeless mats, coloring projects for kids learning games, stuffing Easter eggs, etc.

We want to offer our help and give back to our wonderful community. Come in, volunteer some of your time, make friends, and make a difference.

Designated times to work on these projects are as follows:

**Tuesdays**—10am to 11:30am

**Thursdays**—10am to 11:30am



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*"Volunteers do not necessarily have the time; they just have the heart".*

*- Elizabeth Andrew*

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## 10 Ways a Senior Can Volunteer

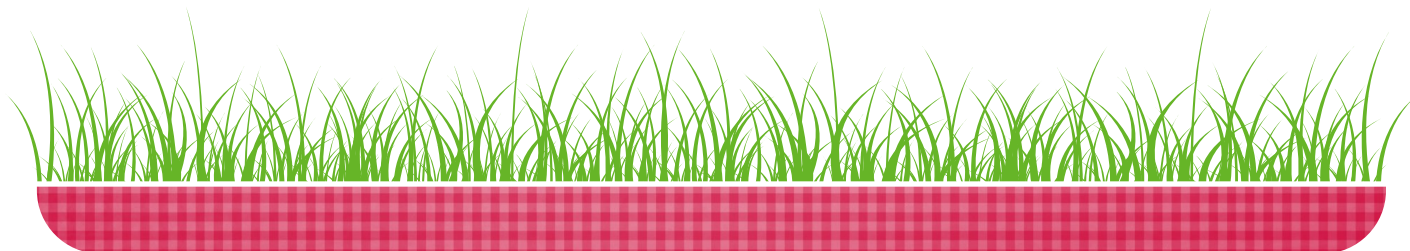
Seven in 10 U.S. senior volunteers (70 percent) and three in five Canadian senior volunteers (62 percent) say they plan on volunteering "forever" or they have no end in sight to their community service activities, according to research conducted by the Home Instead Senior Care® network.

Ambitious goals, right? Actually, seniors can make a mark well into their elderly years by following a few simple guidelines designed to keep volunteering from becoming a grind or, even worse, more like a job.

**1. Find a passion.** Some people live their

passion through jobs and careers, but that isn't always the case. Retirement is the time to save the whales, feed the homeless and brighten up the neighborhood. In other words, do what you've always wanted to do and didn't have time for before.

**2. Look for a need.** That won't be difficult these days. A 2009 survey, conducted by the Corporation for National and Community Service, found that 80 percent of nonprofit and AmeriCorps organizations surveyed reported some level of fiscal stress. To find out where you could do the most good, contact your local Area Agency on Aging office, church or



synagogue. Or contact the Senior Corps ([www.seniorcorps.gov](http://www.seniorcorps.gov)). In Canada, go to Volunteer Canada ([www.volunteer.ca](http://www.volunteer.ca) or call 613-231-4371) or your local volunteer centre.

**3.Laugh it off.** If you've had a bad day on the volunteer job, laugh it off. For a quick "laugh fix," visit [CaregiverStress.com](http://CaregiverStress.com) and "[Laugh with Mary Maxwell](#)." Mary is a senior who has her own perspective on aging that is sure to delight seniors everywhere.

**4.Avoid perfectionism.** It's easy to want that special church event to be perfect or that remodeling project to look like it belongs in the nation's leading home improvement magazine. Chill out! Perfectionism can ruin the project for you and everyone on your team.

**5.Strive for joy.** If nothing else, a volunteer job should be something fun. Volunteer work can be dirty and difficult (the top projects in the Home Instead Senior Care network survey, at 45 percent, are hands-on projects and general labor). It should still be something you enjoy. Whether it's immersing yourself in cement or cake batter, make sure what you're doing brings joy.

**6.Deflect criticism.** While you might not be taking the volunteer job too seriously, others may. That's why it's best to try to brush off criticism. If a fellow volunteer

thinks he or she can do the better job, step back. While criticism can be tough to take, it shouldn't ruin your ability to find a way to give.

**7.Steer clear of conflict.** While turf wars and disagreements can complicate life in the business world, try to avoid them in volunteer life. Remember, you're not fighting for job standing or salary. If you need to turn the other cheek or give up ground on an idea to keep the peace, consider doing so.

**8.Don't overdo.** Older adults can become so committed to a cause it becomes a job. While that kind of dedication is admirable, remember that retirement work should be a labor of love, not drudgery.

**9.Shun negativity.** You know the one—the neighbor who finds something wrong with every idea or the church member who shoots down all the fun stuff. Turn a deaf ear to the negativity and gravitate toward people and projects that share your interests.

**10.Get help.** If you're a senior or have a loved one who is yearning to volunteer, but needs help to make it happen, contact your local Home Instead Senior Care office which employs CAREGivers—many of whom are seniors themselves—who are screened, trained, bonded and insured. CAREGivers can help around the house with meal preparation and light housekeeping so their clients can

Retrieved 3/12/19 [www.salutetoseniorservice.com](http://www.salutetoseniorservice.com)

*Volunteering*

*Is at the*

*Very core*

*Of being a*

*Human.*

*No one*

*Has made it*

*Through life*

*Without*

*Someone else's*

*Help.*

*~ Heather French  
Henry*



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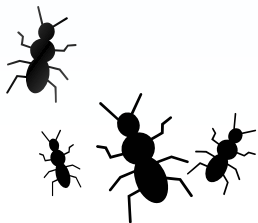
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## Senior Tip—Legal

### Smart Legal Planning

Choosing to act now and plan for your future is a “No Brainer!”

As you grow older, it makes sense to take stock of your life and consider what challenges you might face in the future and how you can prepare for them. You know what you want your future to be. By acting now, you can avoid many of the complications that come into people’s lives when they fail to plan.

Here are a few questions that you may want to consider: Who will make financial decisions for me if I become incapacitated? If I am unable to communicate, who will make my medical decisions? Who will take care of my estate and how will I pass my property on to my loved ones? Questions like these—and many more—can be resolved by getting a few documents in place.

There are two documents that authorize someone else to act on your behalf during your lifetime. A Durable Power of Attorney for Finances appoints an agent to act for you in financial matters, and a Healthcare Power of Attorney appoints an agent to make medical decisions for you if you cannot communicate. I have often seen people delay getting these documents. After they have become incapacitated, their family members want to know what they can do so that the family member can act on their behalf, i.e. pay the bills, apply for Medicaid, make healthcare decisions etc. Sadly, often there is not a lot that can be done short of applying for a Guardian or Conservator through the Court, which can be costly.

A Will or a Trust is a document that you can put in place to appoint a representative to handle your affairs after you pass away and to direct to whom you want your estate to be given to. If you die without these documents in place, the laws of the state of Idaho will determine who will be your Personal Representative and to whom your estate will go.

Here is a sampling, from my experience, of things you should think about that will avoid future problems:

- A couple can deed their home, held as community property, back to themselves as “community property with a right of survivorship”. By doing this, when one spouse dies, the home passes to the other spouse without having to probate.
- Couples who live together without getting married, need to have a Will. The law in Idaho is that if one of them dies without a Will, the other partner will inherit nothing, since they are not legally married.

- Couples who marry a second time later in life, often commingle their assets and place the new spouses’ name on the title to their property. When they do this, they make their property subject to the new spouse’s debts and creditor claims. Additionally, if a married person dies without a Will in Idaho, the surviving spouse inherits all the community property and half of the separate property. Also, the surviving spouse can claim a homestead allowance of \$50,000 and an exempt property allowance of \$10,000 from the estate of the deceased spouse. If these results are not the couple’s intent, or if they prefer their property to go to their children, they should sign a Prenuptial Agreement and keep their property separate.

- Many people go years without checking their insurance policies, investment accounts, IRA’s and 401K’s to make sure their Beneficiary designations are correct. Sometimes they are surprised to find that an ex-spouse or others are named as Beneficiaries that do not reflect their current wishes.

- If you have minor children, you should designate in your Will who you want to serve as the guardian of your children. If an accident, unforeseen illness or unexpected death occurs, and you have not nominated someone to serve as guardian, fighting among family members over who is to be guardian sometimes occurs, causing more stress on the already upset child. I should note that a minor, 14 years of age or older, has the legal right to object to a parental nomination of a guardian and nominate their own guardian. In conclusion, when you are healthy and doing fine is the time you should be planning who would act for you if you unexpectedly became incapacitated and what you want to happen with your estate when you pass away. It makes sense to put legal documents in place to take care of these things while you still can.

Please see our website at  
[www.packereldercarelaw.com](http://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.

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Blackfoot, Idaho 83221  
208-785-5600

# March

## \$5.00 a Month Club

*Our \$5.00 a month club is to support our Meals on Wheels program. We currently deliver daily meals to over 100 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.*

CRAIG ATWOOD

JACKIE BABCOCK

MARY BALLARD

JERRY BARBRE

LOLA BROWER

WANDA BURGOYNE

BLAINE BURKMAN

PAT CROSSLEY

GLENNA DAVIS

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DIANE MANSANREZ

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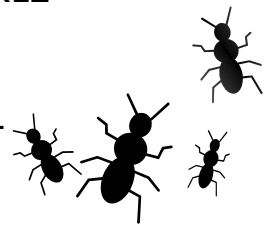
SPENCER & ANDREA WILLIAMS

VEEANN WILLIAMS

GARY & SONJA WRIGHT

FRED WOODLAND

DELORIS ZAMORA





## Donations

*Thank You!* to Everyone who donates to the Bingham County Senior Citizen Center. Every little bit helps and every little bit makes a huge difference.

Some of you have wondered how your donations are helping the Center. The donations received go towards covering the overhead and everyday costs in order to keep the Center open. These include: power, gas, city, water, sewer, maintenance, custodial, toilet paper, paper towels, and cleaning supplies. These are just a few of the cost's involved to give everyone an idea of how their donations help our local Senior Center.

This is OUR center—meaning each and everyone us.

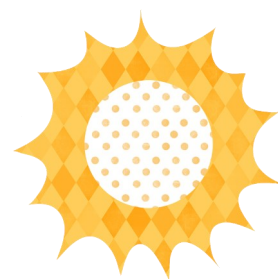
For the Month of March Activity Donations totaled \$197.00.

*WOW!!!! This is GREAT!*

Please consider donating **\$1** each time you participate in an activity you like to enjoy at the Senior Center.

Let's keep going to support

*~OUR CENTER*



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*"Life isn't just about the duration you spend, but by the donation of impact you can pass out before you eventually pass-out"*

— Seyi Ayoola

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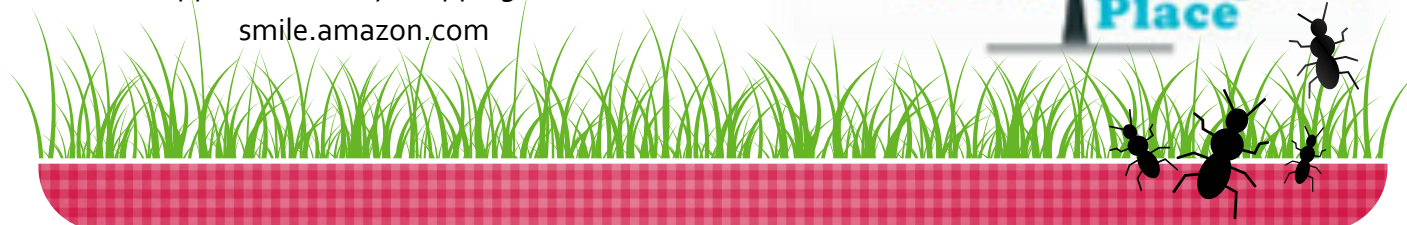
## Shop on Amazon?

You can Support the Bingham County Senior Citizen Center when you shop on



Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support BCSCC by shopping on  
[smile.amazon.com](https://smile.amazon.com)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>April</div> </div>		1 Turkey with Mashed Potatoes	2 Chef Salad	3 11-12:30 Food Distribution  Chicken Pasta Bake	4
6 Spaghetti	7 Chicken N Noodles	8 Ham	9 Sloppy Joes	10 11-12:30 Food Distribution  Ham Hash brown Casserole	11
13 Hot Ham Sandwich	14 Chicken Teriyaki over Rice	15 Baked Potato with Chili	16 Pork Chops	17 11-12:30 Food Distribution  Chicken Strips	18
20 Cheeseburger	21 Pork Gravy over Potatoes	22 Chicken Fajitas	23 Chili with Cinnamon Rolls	24 11-12:30 Food Distribution  Pork Loin	25
27 Chicken a La King	28 French Dip Sandwich	29 Mac & Cheese with Hotdogs	30 Chicken & Biscuits	1 Goulash  All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change	



Free, Unbiased Medicare  
Information for Idaho

1-800-247-4422 [www.shiba.idaho.gov](http://www.shiba.idaho.gov)

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