

# Senior Scoop

**We continue  
to serve.**

Call to order your curbside pick-up  
for lunches at 208-785-4714.

**Pickup Time: 12:00 to 12:30PM**

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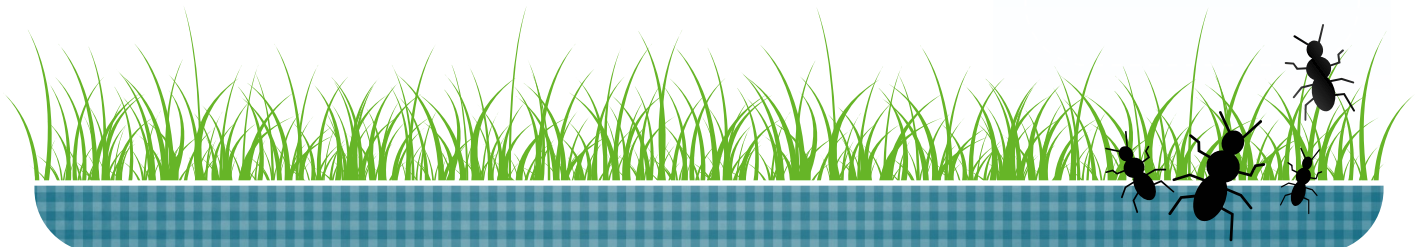
## Important Dates

5/10 Mother's Day

## At the Center—We continue to Serve

We are continuing to offer curbside pick-up for lunches during the week. Pick-up time is Monday through Thursday 12pm to 12:30pm. We are being very safe and utilizing gloves and masks during preparation and pick-up of all meals. Please support our center by ordering your lunch today.

Call 208-785-4714 to order your meal.



# 10 Creative, Quarantine-Friendly Ways to Connect This Mother's Day

April 15, 2020

## Activity Donations

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

Activities offered here at the Senior Center include:

- Bingo
- Bridge
- Pinochle
- Fit & Fall
- Chair Volleyball
- Etc...

These activities provide companionship, friendship, fitness, entertainment, well-being and overall good health.

Donations received go towards paying overhead and everyday costs in order to keep the Center open.

*Thank You!*

While it's so important to stay home and stay safe, that doesn't mean **SOCIAL DISTANCING** is easy. Though you may love to self-quarantine on a typical Friday night with Netflix and a bowl of popcorn, 24/7 social distancing is an entirely different story. It can **IMPACT YOUR MENTAL HEALTH** and it can definitely **AFFECT YOUR RELATIONSHIPS**. Whether you live in a different city, you have a parent who's immunocompromised, or you have a family of your own, not being able to give your mom a hug or have her shoulder to cry on can be really hard.

And so, as Mother's Day approaches, you might be asking yourself: How do I make mom feel special at a time like this? We've got you covered with some creative ways to reconnect socially while practicing isolation techniques.

### **Send a silly video**

Record a mini clip of you reciting a mini poem about mom, singing her favorite song or just listing all of her best qualities. Grandmothers love seeing fun videos of their grandkids, so don't forget to include them in the script.

### **Do Window Visits**

If you live locally, stop by and say hi. Six feet can feel really far, but it's close enough to say "Happy Mother's Day" in person.

### **Have A Mini Mother's Day Parade**

If you and your siblings live near mom or grandma, get everyone to decorate their cars and schedule a time to drive by her house. Be sure to involve the kids, honk a lot and bring the fun!

### **Try a Virtual Cooking Class**

Does mom/grandma love to cook? Set her up on Zoom and learn how to cook a family recipe from the master herself.

### **Tour Your Memories**

Teach Grandma how to Facetime and walk her through your fave **FAMILY PHOTO BOOK**. Then, ask her to share some pages from her most cherished album.

### **Just Call**

Sounds simple, but hearing a loved one's voice when you're isolated can do wonders.

### **Opt for Snail Mail**

This might seem like an outdated method of communication, but a handwritten letter is both sentimental and heartfelt. You can send it by postage or, if you live near enough to your mom, drop it off on her porch.

### **Sync up your watchlist**

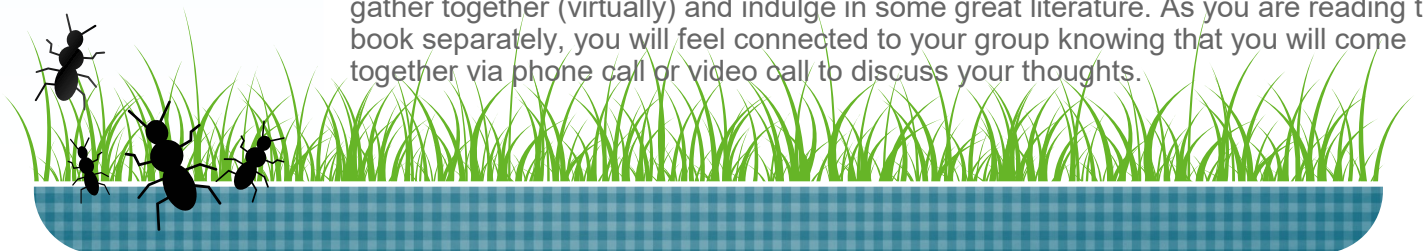
If you and your mom have the same taste in movies or TV shows, text each other and start watching at the same time. After the show is over, give her a call and recap all your favorite scenes and characters. If you're binging a season together, plan a time that you will watch episodes, even while you're apart.

### **Take a virtual workout class together**

For all the fit mother/daughter duos, we recommend that you do virtual workouts together. There are a lot of subscriptions you can sign up for right now that are cheap. If you FaceTime each other and set up your screens, you can sweat together!

### **Start a book club**

This activity is great because you can involve mom, grandma, siblings and friends to gather together (virtually) and indulge in some great literature. As you are reading the book separately, you will feel connected to your group knowing that you will come together via phone call or video call to discuss your thoughts.




## Ridley's Home Town Advantage Program

*Let's make this our biggest year ever!*

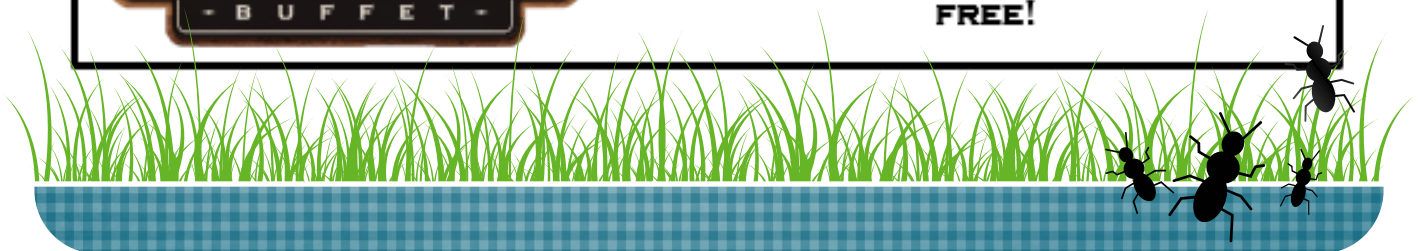
It is that time of year again to please donate your Ridley's points to the Bingham County Senior Citizens Center.

Fill out the form below and bring it in to be sent off. We really appreciate your donations. Thank You!

<b>HOME TOWN ADVANTAGE PROGRAM</b>	<b>REQUEST TO DONATE!</b>
	<b><i>Please donate my Advantage Card points to the following Home Town Advantage Program Organization:</i></b>
<b>Please send applications to:</b>  <b>Ridley's Family Markets</b> Attention: Cherie 621 Washington St S Twin Falls, ID 83301	Bingham County Senior Citizens Center 20 E. Pacific Street, Blackfoot, ID 83221
	<i>Please check how you want to donate your points :</i>
	<input type="checkbox"/> only _____ points one time (upon receipt of this request)
	<input type="checkbox"/> all points available one time (upon receipt of this request)
	<input type="checkbox"/> Recurring donation (at the end of each quarter through the end of the year)
	<b>Customer Name:</b>
	<b>Address:</b>
	<b>City, State and Zip</b>
	Phone # (     )     -     Advantage Card #:
	<b>Customer Signature</b> <span style="float: right;"><b>Date</b></span>



**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 1<sup>1</sup><sup>TH</sup> MEAL IS  
FREE!**





## Senior Tip—Legal Settling the Estate

### It's important to get along and be fair after a loved one passes away.

When a loved one passes away, families are faced with the task of settling the Estate. If the decedent did not have a Will, the property in the Estate passes Intestate—or without a Will—according to the laws of the state. If the decedent had a Will, the property passes according to the terms of the Will. The person nominated in the Will applies to the court to be appointed the Personal Representative. When appointed, he or she has the following duties: secure and inventory the property in the estate, distribute items listed on the Tangible Personal Property List, identify any outstanding obligations or debts that need to be paid and distribute the remaining property to the heirs, or those named in the Will.

Even with the directions that our loved one has left in his or her Will, families often come together to make decisions on how to settle the Estate. When a family comes together to wind up their loved ones' Estate, the meeting may be unfocused and unproductive due to a lack of planning and unclear objectives. Things may not go well due to haphazard thinking, with discussions proceeding in a "grasshopper" fashion, jumping from topic to topic. Participants come into the meeting with different values, objectives and abilities. All of this can lead to an unproductive meeting, resulting in conflict between the participants. So, a strategy is needed for these meetings to bring about collaboration, better focus, fewer arguments and better results. Let me suggest some ideas for these meetings that will help families work together and foster greater collaboration.

1. **Include everyone.** Give advance notice of the meeting and all members should be present if possible, or included by a conference call!
2. **Have a Facilitator.** Choose one member of the group to be the facilitator of the meeting. Typically, this would be the Personal Representative of the Will or the Trustee of the Trust.
3. **Have an agenda.** Make and give all the members an agenda of the topics to be discussed at the meeting. Members can give topics they want to discuss to the facilitator prior to the meeting.
4. **Set ground rules.** The facilitator should begin the meeting by reviewing the objectives of the meeting and establishing the ground rules—for example: how will decisions be made. It is important that everyone feels safe to talk and express their opinions.
5. **Follow the agenda.** The facilitator should announce the topic to be discussed and ask members of the group if they would like to express their opinion. Caution! This is a time for discussion to get everyone's opinion out on the table. No decisions should be made at this part of the meeting, and all ideas should be considered.
6. **Make a decision.** If the group has reached a consensus, the facilitator may state his or her understanding and ask the group if they agree. The facilitator could also ask the members of the group to suggest a course of action to take. If there is not unanimity among the members, the facilitator should call for a vote. Some decisions may be made by majority vote, while others would require a unanimous vote. For example, to change the distribution provisions in a Will or Trust would require the unanimous consent of all the affected parties. Copies of the relevant provision of the Will or Trust should be provided to all the members of the group.

Families should carefully decide how personal property with sentimental value is divided. Some families place a number on each item of property and then have the members draw a number. Others have each person list their top 2 choices and then work out a division based on those preferences. If no decisions are made and the meeting is adjourned, no one should take action on what they "thought" had been decided or what "they think is in the best interest" of the group.

7. **Decide the next action.** Once a decision has been made, decide the next action to take to achieve the desired results, who is responsible to take the action and when it should be finished.
  8. **Keep minutes.** It may help to record the meeting in case there is a disagreement as to what was decided. In any event, minutes should be kept of the decisions made and the actions to be taken and distributed to the members of the group.
- There will need to be follow-up and subsequent meetings may need to be held. But by proceeding in a structured fashion as outlined above, there will be less misunderstanding, greater harmony and a greater likelihood that the group will work together productively, and the desired results will be achieved.

Please see our website at [www.packereldercarelaw.com](http://www.packereldercarelaw.com) to view all our Senior Tips! (From 2012-2019)

Thomas W. Packer

186 East Judicial Street Blackfoot, Idaho 83221

208-785-5600

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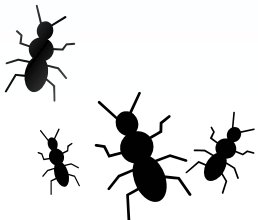
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# April

## \$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.*

JACKIE BABCOCK

MARY BALLARD

JERRY BARBRE

LOLA BROWER

WANDA BURGOYNE

BLAINE BURKMAN

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MAX MARES

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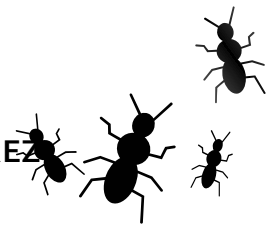
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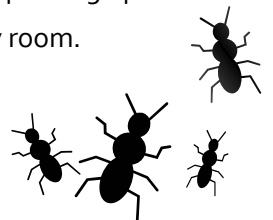
DELORIS ZAMORA






Summer is just around the corner in Southeast Idaho and there are many safety issues for everyone to remember to ensure their Summer is enjoyable. Here are a few reminders on how to stay safe, especially those who are Seniors:

- 1 – **Stay Hydrated:** The standard suggestion is to aim to drink **6-8 cups of water a day**. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration. Invest in a water bottle or two that it's easy to take along on your jaunts outside and challenge yourself to finish it before you get home.  
Don't just depend on your body to tell you when you're thirsty. One of the many small frustrations of aging is that seniors become less aware of their thirst. [Be proactive in staying hydrated](#) and make sure it's water, sports drinks or juice that you're drinking – sodas, coffee, and especially alcohol won't work as good alternatives for hydration.
- 2 – **Don't Stay Out for Too Long:** On days where it gets really hot, you should keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day out in the sun – stick to a couple of hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build to something dangerous if you're not careful to temper the time you spend outside on hot days.
- 3 – **Check the Forecast Before You Go Out:** You don't want to be caught unawares on a 104° day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly. Don't risk being stuck on a hike far from your car when record temperatures hit in the afternoon. When the heat starts to get extreme, make sure your plans give you an easy out from the outdoors so you can take breaks and cool off.
- 4 – **Keep Sunscreen Where it is Accessible and You'll Remember to Use It:** If you carry a purse, [keep your sunscreen](#) in it at all times. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when you need it. If you think you might forget to re-apply when needed, set yourself an alarm, pretty much all phones have that option these days.
- 5 – **Check the Side Effects of Your Prescriptions:** Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions. It probably won't mean you have to forego outdoor activities, just that you'll need to make extra sure to follow some of the other suggestions on this list to avoid problems.
- 6 – **Use Your Air Conditioning if You Have It:** It costs money, but summer heat waves can have serious consequences for seniors. Making sure you're reasonably comfortable and safe in your own home is worth the splurge. If you don't have an air conditioner, consider buying one. The [Low Income Home Energy Assistance Program](#) may help if the cost is prohibitive. If you don't have A/C in your home and can't find a way to afford it, take trips in the hottest part of the day to the mall, the movies, or the closest library. You can take advantage of their A/C for a little while before heading back home when the day starts to cool down.
- 7 – **Know the Early Signs of Heat Related Illness:** Hopefully these tips can help keep you from encountering a heat related illness, but you should still be prepared for the worst just in case. Review the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water, shade, or some time inside in air conditioning. It's better than a trip to the emergency room.  
<https://www.senioradvisor.com/blog/2015/08/summer-safety-tips-for-seniors/>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 11-12:30 Food Distribution <b>Goulash</b>	2
<b>4</b> Turkey & Gravy over Potatos	<b>5</b> Lemon Chicken	<b>6</b> BBQ Pork	<b>7</b> Baked Potato	<b>8</b> 11-12:30 Food Distribution <b>Chicken Noodle Bake</b>	9
<b>11</b> Hot Ham Sandwich	<b>12</b> Taco Bar	<b>13</b> Chicken Enchiladas	<b>14</b> Beef & Noodles	<b>15</b> 11-12:30 Food Distribution <b>Ham</b>	16
<b>18</b> Philly Cheese Steak Sandwich	<b>19</b> Chicken Sandwich	<b>20</b> Chef Salad	<b>21</b> Pork Loin	<b>22</b> 11-12:30 Food Distribution <b>Beef Stroganoff</b>	23
<b>25</b> Closed	<b>26</b> Pork Ragu	<b>27</b> Chicken Salad Sandwich	<b>28</b> Beef Gravy over Potatos	<b>29</b> <b>Chicken Gravy over Rice</b>	All meals served <b>30</b> <b>With Vegetable, Fruit, Grain, Dairy, and Dessert.</b> <b>Meals are subject to change</b>



Free, Unbiased Medicare  
Information for Idaho

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

VOLUME 43  
ISSUE 5  
May 2020



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