

Special points of
interest:

- > Volunteers Needed
- > Haircuts—Every Monday
- > AARP—On-line Classes Available
- > Helping Hands—Returning Tuesdays
- > Cloth Face Coverings

Senior Scoop

Volunteers—Needed

We are currently practicing 6-foot social distancing, sanitization, and wearing masks. We encourage everyone to wear their mask's while at the Senior Center. Currently we are looking for Volunteers to help with:

- ◆ Hosting
- ◆ Ride-a-Longs with Meals-on-Wheels Drivers
- ◆ Servers
- ◆ and Help with Sanitization

If you are willing to volunteer some of your time, please contact us at 208-785-4714 or stop in and talk to Liz or Tera.

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Haircuts ~ Every Monday

"FREE Haircuts for Vets"
\$5 for Men or Women with short hair
~ Every Monday 9 to 11am ~
Please call to schedule at 208-785-4714



AARP



Refreshing your driving skills from home could reduce your auto insurance costs

The award-winning AARP Smart Driver course will help you refresh your driving skills and increase your confidence on the road. You'll also learn the latest traffic laws and proven safe-driving strategies. Plus, when you complete the course, you could qualify for a multiyear discount on your auto insurance.*

25% OFF

Register at:
aarpdriversafety.org
Use promo code: **DRIVINGSKILLS**

Offer valid through July 31, 2020, for the online course only.**

AARP
Driver Safety

TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.

* Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.
** Register by July 31, 2020. You then have a full 60 days (30 days in Connecticut and New York) to complete the course to qualify for the discount.

Kitchen News

Bread—Prices Vary

Flavors Include:

- Banana
- Pumpkin
- Lemon Poppy Seed
- Orange Cranberry
- Lemon Blueberry
- other flavors upon request

Chocolate Chips & Walnuts cost
\$1 Extra

Dinner Rolls—\$4 dozen

Dinner Rolls are available to
order with a 48 hour notice.

We offer white or whole
wheat rolls

Cinnamon Rolls—\$2.50 Each

Please make your order by
August 14th.

Cinnamon Rolls will be
available for pick-up
August 18th after 11am.



Helping Hands ~ Returning Tuesday's ONLY

*Helping Hands works on community
humanitarian projects.*

*Helping hands will be starting back up beginning
Tuesday August 4th from 10:30am to 12pm and
every Tuesday thereafter, here at the Senior
Center.*

*Come in, volunteer some of your time, make
friends, and make a difference!*



**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 1ST MEAL IS
FREE!**



Senior Tip—Tips on how to make your life better.

Custodial Trust

A simple and inexpensive way to create a Trust.

There is a relatively unknown and unused law in Idaho known as the Uniform Custodial Trust Act. Setting up a trust under this Act provides for a more structured setting for managing assets than can be achieved by simply naming an agent to manage property under a financial power of attorney. Under the trust, you can track how the trustee is managing your property and direct him or her in the administration of the trust.

In some circumstances, this additional tool may be helpful in planning for your future. For instance, if you had concerns about your money being used to take care of you, you could put some money into a trust with specific instructions that the money is to be used for whatever needs you might have if you become incapacitated.

The comments to the Act state: "The objective of the statute is to provide a simple trust that is uncomplicated in its creation, administration, and termination."

Having such a trust may avoid the necessity of a conservatorship if you become incapacitated. It also allows a parent to set up a trust for a disabled child.

Idaho Code §68-1318 provides a form that can be used to create a custodial trust. Signing the form and delivering it to the custodial trustee creates the custodial trust. You may want to seek legal advice to explain how custodial trusts work and how to set one up correctly.

If you have set up a trust for your own benefit, you are the beneficiary of the trust. As the beneficiary, you may terminate the custodial trust at any time; you may receive so much of the income and property of the trust that you request; and you may direct the investments and management of the property in the trust as long as you are not incapacitated. If you become incapacitated, the trustee will manage the property in the trust subject to the terms you have set up, and follow "the standard of care that would be observed by a prudent person dealing with the property of another."

The Act outlines the general duties and powers of the trustee in managing trust property. The trustee keeps records of all transactions with respect to the trust property, provides information to the beneficiary upon request and makes an annual accounting.

Idaho Code § 68-1317 provides that on the termination of the trust, the unspent assets go to the beneficiary, to the estate of the beneficiary, or to the person or entity designated by the deceased beneficiary or designated in the original document creating the trust.

Thus, we can see that the Custodial Trust Act provides a simple way to set up a trust to manage property, which is especially useful in the event of incapacity. If you are considering a trust, take a look at the Custodial Trust Act.

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**

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

\$5.00 a Month Club

July

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.

JACKIE BABCOCK

MARY BALLARD

JERRY BARBRE

LOLA BROWER

WANDA BURGOYNE

PAT CROSSLEY

GLENNA DAVIS

JACK DETMER

RALPH DUNN

NANCY GODFREY

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DWIGHT PETERSON

RUSS & JEANIE POTTER

RUDY & IRMA SANCHEZ

M. JOAN SHAFER

LUCILE STECKLEIN

JOHN TABERNA

BILLYE THOMAS

FRANK & KIMI TOMINAGA

GEORGE & VERLENE WALTERS

SPENCER & ANDREA WILLIAMS

VEANN WILLIAMS

GARY & SONJA WRIGHT

FRED WOODLAND



Cloth Face Coverings



According to the center for disease control, to help prevent the spread of COVID-19, it is recommended for people to wear cloth face coverings in the public setting when social distancing measures can not be maintained. SARS-CoV-2, the virus that causes COVID-19 is spread through droplets when an infected person talks, raises their voice, coughs, or sneezes. These droplets can be inhaled into the lungs or land in the mouth or noses of nearby people spreading the disease. Therefore individuals who may, unknowingly, be infected with the virus can help prevent the spread of respiratory droplets by wearing a face covering.

Cloth face covering considerations

- They are used to protect other people in case you are infected
- Should fit snugly against the sides of your face and chin, and cover your mouth and nose
- Wash your hands before touching applying the face covering
- Should not be worn by children younger than 2 years old
- Should not be worn by individuals with trouble breathing, are unconscious, incapacitated or are unable to remove the covering without assistance
- Should not be shared between people
- Should be changed if they become wet or soiled, and a wet/soiled mask should not be worn for an extended period of time
- When removing do not touch your mouth, eyes or nose, and wash your hands immediately
- Wash cloth face coverings after each use, using soap/detergent and room temperature water, followed by either; soaking in 0.1% chlorine bleach for one minute then thoroughly rinsing it with room temperature water, or by boiling the mask for one minute
- Use a dryer at the highest setting or lay flat in the direct sunlight until completely dry

Simple cloth face coverings can be made at home and may help prevent the spread of COVID-19 per the Centers for Disease Control and Prevention.

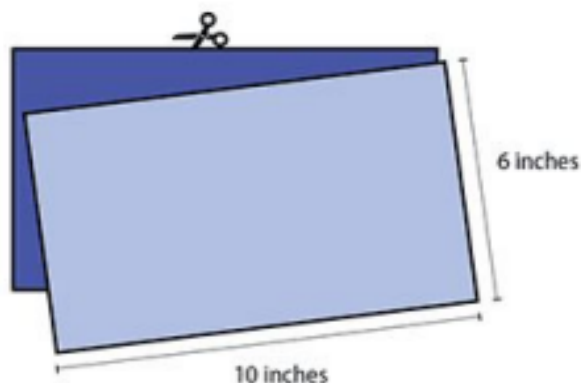
Below is information from their website and instructions on how to make a face covering

Sewn Cloth Face Covering Materials

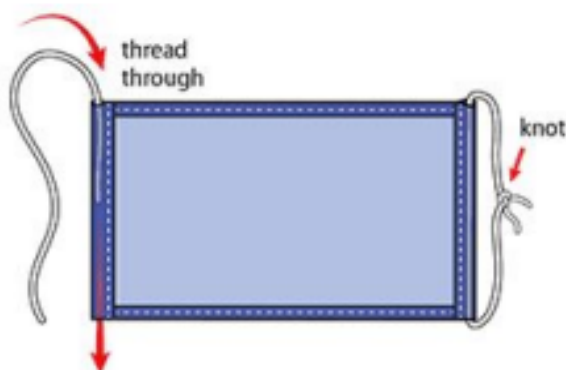
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

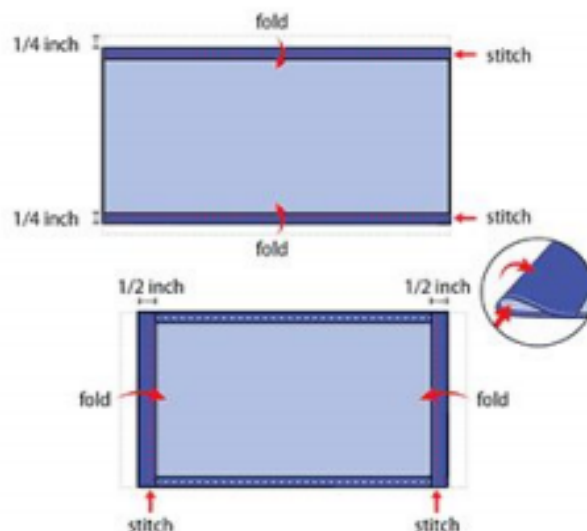
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

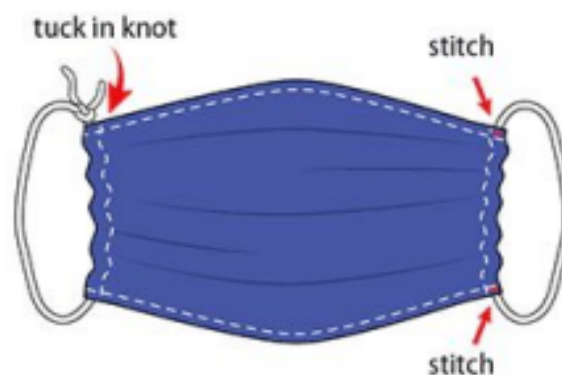


4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Through the Grapevine

Looking for an easy, low-calorie, yet sweet snack? Grab a handful of grapes. So easy: no preparation—just wash them under cold water.

Nutritionally speaking, grapes supply vitamin C. Found mainly in the skin, resveratrol in grapes may help reduce heart disease risk. Early research suggests a role in cancer protection, too.

Refresh your palate with grapes today.


- Toss halved grapes in salad—spinach salad, slaw, pasta salad, or chicken or seafood salad. Make it portable as a salad wrap.
- Freeze grapes—a refreshing snack, or can be used as “ice cubes” in water, iced tea, or fruit juice.

Tropical Fruit Salad

2 cups seedless grapes, any color
1 medium banana, peeled and sliced
1 mango, peeled and cubed
1 tsp. grated fresh ginger
½ cup low-fat tropical fruit yogurt
4 mint sprigs

Combine grapes, banana, and mango; toss to mix. Stir ginger into yogurt. Spoon dressing over mixed fruits, or add to fruits and mix to combine. Portion into individual glass bowls; garnish with mint. Makes 4 servings. Source: California Table Grape Commission



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold Turkey & Mashed Potatoes Soup/Salad	4 8:30 Fit & Fall 9:30 Fit & Fall 10:30 Helping Hands Beef & Noodles Soup/Salad	5 No activities Lemon Chicken Soup/Salad	6 8:30 Fit & Fall 9:30 Fit & Fall 3:30 Zumba Gold Pork Ribs Soup/Salad	7 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Beef Taco Noodle Bake	8 8:30 Zumba Gold
10 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold Chicken Sandwich Soup/Salad	11 8:30 Fit & Fall 9:30 Fit & Fall 10:30 Helping Hands Chef Salad Soup/Salad	12 No activities Philly Cheese Steak Soup/Salad	13 8:30 Fit & Fall 9:30 Fit & Fall 3:30 Zumba Gold Chicken A La King Soup/Salad	14 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Ham	15 8:30 Zumba Gold
17 8:00-CFSP BOXES 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold Cheese Burgers Soup/Salad	18 8:30 Fit & Fall 9:30 Fit & Fall 10:30 Helping Hands Chicken Salad Sandwich Soup/Salad	19 No activities Pork Loin Soup/Salad	20 8:30 Fit & Fall 9:30 Fit & Fall 3:30 Zumba Gold Baked Potato with Chili Soup/Salad	21 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Chicken Broccoli and Rice Casserole	22 8:30 Zumba Gold
24 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold Deli Ham Sandwich Soup/Salad	25 8:30 Fit & Fall 9:30 Fit & Fall 10:30 Helping Hands Lasagna Soup/Salad	26 No activities Crispy Chicken Breast Soup/Salad	27 8:30 Fit & Fall 9:30 Fit & Fall 3:30 Zumba Gold Pork Chops Soup/Salad	28 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Beefy Cheese Noodles	29 8:30 Zumba Gold
31 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold Chicken Cordon Bleu Soup/Salad	<div>  </div>				All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change

We're On the Web
seniors4ever.com



Bingham County Senior
Citizen Center

Bridging the Generations

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