



# The Center News

Open Nominations for Board of Directors will  
Commence

**September 1st to September 14th.**

The nomination box will be located at the  
Bingham County Senior Citizens Center during  
this time.

The election will be held on November 9th  
between the hours of 8:30 am and 3:30 pm.

Members may vote early on November 4th  
between the hours of 10:00am and 3:30pm at  
the Senior Center.

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### Special points of interest

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- Board Nominations  
Open—Sept. 1—14
- Senior Tip
- Free Haircuts for Vets—  
Every Monday
- Home Energy  
Assistance Program

Haircuts ~ Every Monday



**!!ATTENTION!!**

**There will only be ONE Fit & Fall exercise class held during our normal scheduled time at 9:30am, Every Tuesday and Thursday. Class size is still limited to only 12 members and 3 instructors.**

**!!ATTENTION!!**

*“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*



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

## It's a Real Stretch

Know the “tight” feeling that often goes with stress? Or the uncomfortable stiffness that comes from sitting in one place too long? Then you may like stretching to:

- Promote relaxation
- Improve blood flow
- Help your body feel more flexible, which reduces muscle injury
- Keeps your muscles from tightening up after exercise

Stretch anywhere, anytime. Start with these easy stretches at work, as you watch TV, or while you talk on the phone:

- Stand and stretch, reaching for the ceiling.
- Roll your shoulders forward and backward, then lift (shrug) and bring them down.
- Sit and lean forward, bringing your chest and head between your legs. Put your hands on your feet.
- Or find a stretching class that includes breathing and relaxation, perhaps yoga, Pilates, Tai Chi, or “gentle stretching”.
- Be sure to remove all trip hazards from your work out area. IE. Rugs, pets



Provided by Julie Buck EdD, RDN. University of Idaho Extension Educator, 208-785-8060, [jhbuck@uidaho.edu](mailto:jhbuck@uidaho.edu) Bingham County Extension Office 412 W Pacific Street, Blackfoot  
September 2019 Source: 365 Days of Healthy Eating from the ADA

To enrich education through diversity, the University of Idaho is an equal opportunity/affirmative action employer and educational institution.

## BOARD MEMBERS

### CHAIRMAN

TOM PACKER

### VICE CHAIRMAN

LEON PETERSON

### SECRETARY

PHILIP GOODWIN

### TREASURER

JARED EDDINGTON

### MEMBERS

BOBBETTE BROWN

EILEEN BREITWEGE

JEANIE POTTER

TODD BURKE

BENNIE LILLY

## STAFF

### DIRECTOR

PAM BEUS

### OFFICE STAFF

TERA YOUNG

ELIZABETH TOLER

### KITCHEN STAFF

SUSAN KARNIS

JEREMY ATWOOD

ROSA SALCE

JESSE LEYVAS



## Senior Tip—Healthcare

### Understanding Miller Trusts for Medication Qualifications

**If a senior has a gross income of over \$2,349 per month they will be required to set up a Miller Trust before they can be eligible.**

To qualify for Medicaid, a senior's income and assets must fall below the established Medicaid guidelines. Often a senior has too much income to qualify yet cannot afford the cost of their assisted living or nursing-home care. For example, the current federal income limit for Medicaid eligibility is \$2,349 per month, but costs for care can range from \$4,000 to \$10,000 per month.

What is a senior to do in this case? Idaho allows seniors to establish a qualified income trust, called a Miller Trust, where the excess income, over the income limit can be placed. When a Miller Trust is established, a senior is able to qualify for Medicaid even if their income exceeded the income limit, as long as the excess income is deposited into a Miller Trust Account and used toward the cost of their care.

After a Miller Trust document is created and an account set up at a banking institution, the excess income must be deposited into the Miller Trust Account each month, and then spent by the Trustee toward the senior's care costs and other limited needs. The Trustee of the account cannot be the Medicaid applicant, since they are giving up their rights to those funds and entrusting the Trustee to manage the funds. A Miller Trust is not a way to protect funds from Medicaid, but rather a way to hold income in a protected manner

so it can be used to pay for the senior's care and allow the senior to qualify for Medicaid.

In conclusion, if a senior applies for Medicaid and has a gross income of over \$2,349 per month, they will be required to set up a Miller Trust before Health and Welfare will approve them. In these cases, we advise calling our office or consulting with an elder law attorney prior to filing a Medicaid application to ensure that approval for Medicaid is not delayed.

**Please see our website at [www.packereldercarelaw.com](http://www.packereldercarelaw.com) to view all our Senior Tips! (From 2012-2020)**

**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



*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

MAX MARES

MARY BALLARD

CHERI MITCHELL

JERRY BARBRE

KEN NILSSON

LOLA BROWER

TOM & SANDY PACKER

WANDA BURGOYNE

LEON & MARGARET PETERSON

PAT CROSSLEY

DWIGHT PETERSON

GLENNA DAVIS

RUSS & JEANIE POTTER

JACK DETMER

RUDY & IRMA SANCHEZ

RALPH DUNN

M. JOAN SHAFER

NANCY GODFREY

LUCILE STECKLEIN

TERRY GOODWIN

JOHN TABERNA

SHIRLEY GOODYEAR

BILLYE THOMAS

SAUNDRA HAMM

FRANK & KIMI TOMINAGA

JOYCE HARTMAN

GEORGE & VERLENE WALTERS

DON KELLY

SPENCER & ANDREA WILLIAMS

DEBBIE KLUVERS

GARY & SONJA WRIGHT

DIANE MANSANREZ

FRED WOODLAND

Applications accepted  
November 1<sup>st</sup> - January 31<sup>st</sup>



## Home Energy Assistance Program

We can help you pay your heating bill so you can focus on the things that matter most.

The Low-Income Home Energy Assistance Program (LIHEAP) may be able to help you with:

Past due utility bills

Wood fuel costs

Heating system repairs

Disconnect/Reconnect fees

Propane fuel costs

Heating system replacements

To learn more, see if you qualify, or make an appointment to apply, call a local office near you:

**Boise**  
(208) 345-2820

**El Ada**  
Community Action Agency, Inc  
2250 S. Vista Ave.  
Boise, Idaho 83704

Ada, Cwygod, & Elmore counties

**Lewiston**  
(208) 746-3351

Community Action Partnership, Inc  
124 New 8th St  
Lewiston, Idaho 83501

Benewah, Bonner, Boundary, Clearwater,  
Idaho, Latah, Lewis, Kootenai, Nez Perce, &  
Shoshone counties

**Idaho Falls**  
(208) 522-5361

**Eastern Idaho**  
Community Action Partnership, Inc  
935 E Lincoln Rd.  
Idaho Falls, Idaho 83401

Bonneville, Butte, Clark, Custer,  
Fremont, Jefferson, Lemhi, Madison, &  
Teton counties

**Caldwell**  
(208) 454-0675

**Western Idaho**  
Community Action Partnership, Inc  
502 Main St.  
Caldwell, Idaho 83605

Adams, Boise, Canyon, Gem, Payette,  
Valley, & Washington counties

**Twin Falls**  
(208) 733-9351

**South Central**  
Community Action Partnership, Inc  
550 Washington St S.  
Twin Falls, Idaho 83301

Blaine, Camas, Cassia, Gooding,  
Jerome, Lincoln, Minidoka, & Twin Falls  
counties

**Pocatello**  
(208) 232-1114

**South Eastern Idaho**  
Community Action Agency, Inc  
641 N. 8th Avenue  
Pocatello, Idaho 83201

Bannock, Bear Lake, Blgham,  
Caribou, Franklin, Oneida, & Power  
counties



IDAHO DEPARTMENT OF  
HEALTH & WELFARE

In accordance with federal law and U.S. Department of Agriculture (USDA) policy, the Idaho Department of Health and Welfare is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.

11/9/2014  
Rev. 10/2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 Fit & Fall  Ham & Au Gratin Potatoes Soup/Salad	<b>2</b> No activities  Salisbury Steak Soup/Salad	<b>3</b> 9:30 Fit & Fall 3:30 Zumba Gold  Hawaiian Chicken & Rice Soup/Salad	<b>4</b> 9-10:30 Breakfast 11-12:30 Food Distribution  MOW—Tuna Noodle Casserole	<b>5</b> 8:30 Zumba Gold
<b>7</b>	<b>8</b> 9:30 Fit & Fall  Chicken & Biscuits Soup/Salad	<b>9</b> No activities  French Dip Soup/Salad	<b>10</b> 9:30 Fit & Fall 3:30 Zumba Gold  Meatloaf Soup/Salad	<b>11</b> 9-10:30 Breakfast 11-12:30 Food Distribution  MOW—Chicken Noodle Bake	<b>12</b> 8:30 Zumba Gold
<b>14</b> <b>8:00-CFSP BOXES</b> 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold Board Nominations Close Ham & Swiss Sandwich Soup/Salad	<b>15</b> 9:30 Fit & Fall  Mac & Cheese with Hot Dogs Soup/Salad	<b>16</b> No activities  Chicken Enchiladas Soup/Salad	<b>17</b> 9:30 Fit & Fall 3:30 Zumba Gold  Pork Ragu Soup/Salad	<b>18</b> 9-10:30 Breakfast 11-12:30 Food Distribution  MOW—Beef Stroganoff	<b>19</b> 8:30 Zumba Gold
<b>21</b> 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold  Chicken Strips Soup/Salad	<b>22</b> 9:30 Fit & Fall  Pork Chops Soup/Salad	<b>23</b> No activities  Taco Salad Soup/Salad	<b>24</b> 8:30 Fit & Fall 9:30 Fit & Fall 3:30 Zumba Gold  Chicken & Dumplings Soup/Salad	<b>25</b> 9-10:30 Breakfast 11-12:30 Food Distribution  MOW—Turkey & Mashed Potatoes	<b>26</b> 8:30 Zumba Gold
<b>28</b> 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold  Spaghetti Soup/Salad	<b>29</b> 9:30 Fit & Fall  Chicken Fajitas Soup/Salad	<b>30</b> No activities  Pork Loin Soup/Salad	 <h1>September</h1>		
<p><b>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.</b></p> <p><b>Meals are subject to change</b></p>					

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Senior Citizens Center

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