



Bingham County Senior Citizens Center

October 2020
Volume 43, Issue 10

The Center News

Inside this issue

Board Elections.....	2
Prevent the Spread.....	3
Senior Tip.....	4
\$5 a Month Club.....	5
Activities	6
Medicare Counseling..	7
Covid-19	8
Calendar	9

Special points of interest

- Flu Shots—
October 15th
- Bingo—Every Monday
- SHIBA—Medicare
Counseling
- Free Haircuts for Vets—
Every Monday

Flu Shot ~ October 15th

The Southeastern Idaho Public Health Department will be at the Bingham County Senior Citizens Center October 15th from 10:00am to 12:00pm to provide Flu Shots. No appointment is necessary and please bring your insurance card.

Get your Flu
Shot
HERE!

October 15th 10 - 12pm

Helping Hands

Helping Hands will be meeting here at the Senior Center Every Tuesday.

If you would be interested in helping our community through different Humanitarian projects please join us.

Tuesday from 10am to 12pm.

Come enjoy time with friends and make a difference!



Board Member Nominations

Open Nominations for Board of Directors has been completed. The following individuals will be running for this years election in November.

For the two open Board Member Positions:

Dorine Adams

Paul Loomis

Bessie Willyerd

For the Liaison Position:

Debbie Kluvers

A brief description of each of these individuals will be posted at the Senior Center in the month of October and will then be included in the November newsletter.

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.

Prevent the spread of COVID-19

Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



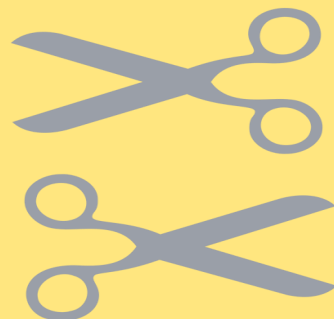
SOURCE: WORLD HEALTH ORGANIZATION

FREE Haircuts

Ron Brakke will be donating his time to offer FREE haircuts for Vets

Every Monday

from 9am to 11am here at the Senior Center. And only \$5 for men's cuts or women's short haircuts. He is a licensed professional. Please sign up at the front desk or call 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 11TH MEAL IS FREE!

BOARD MEMBERS

CHAIRMAN

TOM PACKER

VICE CHAIRMAN

LEON PETERSON

SECRETARY

PHILIP GOODWIN

TREASURER

JARED EDDINGTON

MEMBERS

BOBBETTE BROWN

MIKE PATTEN

EILEEN BREITWEGE

JEANIE POTTER

STAFF

DIRECTOR

PAM BEUS

OFFICE STAFF

TERA YOUNG

ELIZABETH TOLER

KITCHEN STAFF

SUSAN KARNS

JEREMY ATWOOD

ROSA SALCE

JESSE LEYVAS



Senior Tip—Legal

Probate Myths

Probate is not a 4-letter word! It's a way to properly administer your estate and distribute your assets to your loved ones.

The word probate does not need to make you shutter with fear. You may have heard these probate myths:

- Probate is difficult and should be avoided at all cost.
- If you don't have a Will, you don't need to probate.
- If you don't have a Will, the State will take all of your property.
- Probate is expensive and takes years to complete.

It is important to separate fact from fiction. First, probate is the process whereby the Court determines the validity of the Will and appoints a personal representative to settle the estate. The personal representative pays the claims and debts against the estate, identifies who is entitled to distribution of the assets, and ensures that the deceased's wishes are carried out.

I have been asked on occasion, "Why must we probate?" Imagine for a moment what it would be like if you were playing in a basketball game and there were no rules or referees. Whether you are playing basketball or probating an estate, without rules there would be chaos! In basketball, we need referees to make sure the game is being played fairly and according to the rules. When probating an estate, the Court makes sure the process is fair to everyone and that the rules are being followed.

Let's return to those probate myths. Probate is an efficient way to settle estates. In Idaho, the process usually can be completed within six months and

often costs between \$1,000 and \$2,000. If you don't have a Will, your property passes according to Idaho law—your family, not the state, would get your property.

However, not all estates have to be probated. For example, if there are bank accounts with a Pay-on-Death (POD) designation, they go directly to the named individual without probate. Insurance policies and financial investments with named beneficiaries do not need to be probated. Property held in joint tenancy with the right of survivorship is not probated. In addition, if you have a Trust your estate does not need to be probated. But buyer beware—putting property into a Trust can be expensive and difficult to manage, especially if you are buying and selling a lot of property, etc.

If you have a small estate, probate can probably be avoided with some planning. However, if you need to probate, in Idaho, it is simple, fast, and not that stressful.

**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

SEPTEMBER

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

FRED WOODLAND

DIANE MANSANREZ

Senior Center Activities

Activities are still limited to activities that we can practice 6ft social distancing.

See calendar for specific activity.

Please stay safe and hopefully we can get all of our activities up and running soon.



COME PLAY BINGO EVERY
MONDAY AFTERNOON
1PM TO 3PM
CARDS ARE ONLY \$1

The Kitchen will be taking cinnamon roll orders through October 23rd.

Rolls are only \$2.50 each.

Pick-up orders on October 27th.



**We Will Continue
Walking Through the
End of October**

**Meet Monday Mornings
at 9am Jensen's Grove
(West end of parking lot
by the interstate)**

Last walking day will be October 28th

Don't miss your chance!

Make your Medicare choices for 2021

**Annual Enrollment Period
October 15th to December 7th**

Free, Unbiased Medicare Counseling

**SHIBA Counselors can help you make your choices for
2021 without you having to leave your home - call to
speak to a Certified Medicare Counselor**

1-800-247-4422

SHIBA Helpline

8:00am - 5:00pm

Monday thru Friday



**Senior Health Insurance
Benefits Advisors**



Local help for people with Medicare

<http://shiba.idaho.gov>

1-800-247-4422



Protect Yourself from COVID-19

According to the CDC, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die.

As you get older, your risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older.

There are also other factors that can increase your risk for severe illness, such as having underlying medical conditions. By understanding the factors that put you at an increased risk, you can make decisions about what kind of precautions to take in your daily life.

The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to:

- Limit your interactions with other people as much as possible.

Take precautions to prevent getting COVID-19 when you do interact with others.

If you start feeling sick and think you may have COVID-19, get in touch with your healthcare provider within 24 hours

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Be sure to:

Wash your hands often with soap and water for at least 20 seconds

Avoid close contact with people; try to maintain 6 feet distance

Cover your mouth and nose with a mask when around others

Cover coughs and sneezes with a tissue or use the inside of your elbow

Clean and disinfect frequently touched surfaces every day

Monitor yourself for symptoms; take your temperature if symptoms develop

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.</p> <p>Meals are subject to change</p>			<p>1 9:30 Fit & Fall 3:30 Zumba Gold</p> <p>Beef Taco Casserole Soup/Salad</p>	<p>2 9-10:30 Breakfast 11-12:30 Food Distribution</p> <p>MOW—Chicken Gravy over Rice</p>	<p>3 8:30 Zumba Gold</p>
<p>5 8:00 Walking Group 1:00 Bingo 3:30 Zumba Gold</p> <p>Pork Gravy over Mashed Potatoes Soup/Salad</p>	<p>6 9:30 Fit & Fall 10:30 Helping Hands</p> <p>Philly Cheese Steak Soup/Salad</p>	<p>7 No activities</p> <p>Baked Chicken over Rice Soup/Salad</p>	<p>8 9:30 Fit & Fall 3:30 Zumba Gold</p> <p>Ham & Mashed Potatoes Soup/Salad</p>	<p>9 9-10:30 Breakfast 11-12:30 Food Distribution</p> <p>MOW—Goulash</p>	<p>10 8:30 Zumba Gold</p>
<p>12 8:00-CFSP BOXES 8:00 Walking Group 9:00 Haircuts 1:00 Hot Ball Bingo 3:30 Zumba Gold</p> <p>Chicken Pot Pie Soup/Salad</p>	<p>13 9:30 Fit & Fall 10:30 Helping Hands</p> <p>Hot Ham Sandwich Soup/Salad</p>	<p>14 No activities</p> <p>Vegetable Beef Soup Soup/Salad</p>	<p>15 9:30 Fit & Fall 10:00 Flu Shots 3:30 Zumba Gold</p> <p>Chicken & Biscuit Soup/Salad</p>	<p>16 9-10:30 Breakfast 11-12:30 Food Distribution</p> <p>MOW—Ham & Au Gratin Potatoes</p>	<p>17 8:30 Zumba Gold</p>
<p>19 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold</p> <p>Sloppy Joe Soup/Salad</p>	<p>20 9:30 Fit & Fall 10:30 Helping Hands</p> <p>Crispy Chicken Soup/Salad</p>	<p>21 No activities</p> <p>Pork BBQ Ribs Soup/Salad</p>	<p>22 9:30 Fit & Fall 3:30 Zumba Gold</p> <p>Lasagna Soup/Salad</p>	<p>23 9-10:30 Breakfast 12:00 Last day to pre-order Cinnamon Rolls 11-12:30 Food Distribution</p> <p>MOW—Chicken, Broccoli & Rice Casserole</p>	<p>24 8:30 Zumba Gold</p>
<p>26 8:00 Walking Group 9:00 Haircuts 1:00 Hot Ball Bingo 3:30 Zumba Gold</p> <p>Turkey over Mashed Potatoes</p>	<p>27 9:30 Fit & Fall 10:30 Helping Hands 11:00 – 1pm Cinnamon Roll Pick-up Baked Potato with Chili Soup/Salad</p>	<p>28 No activities</p> <p>Chicken Sandwich Soup/Salad</p>	<p>29 9:30 Fit & Fall 3:30 Zumba Gold</p> <p>Pork Chops Soup/Salad</p>	<p>30 9-10:30 Breakfast 11-12:30 Food Distribution</p> <p>MOW—Beef Taco Casserole</p>	

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Senior Citizens Center

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