

The Center News

November

Volume 43, Issue 11

Special points of interest:

- November 4th ~ Early Voting for Board Elections
- November 9th ~ Board Elections
- Meet the Candidates
- November 18th ~ Thanksgiving Luncheon
- November 23rd ~ Order your Thanksgiving Dinner Rolls

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NOVEMBER 18, 2020

ANNUAL THANKSGIVING LUNCHEON

We invite you to come enjoy a
Thanksgiving meal at the
Bingham County Senior Citizens Center.
Very limited seating is available please
consider ordering our meal curbside, just
call before 10am to order 208-785-4714.

11:00 AM TO 12:30 PM
EVERYONE WELCOME!

MASKS ARE REQUIRED WHEN NOT EATING AT
THE CENTER

November Elections ~ November 9th

The election will be held on November 9th between the hours of 8:30am and 3:30 pm.
Members may vote early on November 4th between the hours of 10:00am and 3:30 pm.

Meet the Candidates

PAUL LOOMIS

Work experience:

Owner / Operator Loomis Peak LLC; consisting of Project Management consulting and operations of the Candy Jar Store located at 105, NW Main St. Blackfoot, Idaho (February 2018 to the Present)

Mayor, City of Blackfoot, Idaho, four year term (January 7, 2014 to January 5, 2018.

Project Operations Manager, Premier Technology, Inc., Blackfoot, Idaho (6/2009 to 1/2014). Responsible for the supervision of Project Management, Engineering, and Design Departments.

Program Manager, Applied Marine Technology / SAIC, Alexandria, VA (1/2005 – 6/2009). Managed major Department of Defense research, development, and testing programs. Duties include test program administration, contract management, technical oversight, business development, and personnel management.

US Army (3/1979 - 1/2005)

Final Assignments in the Army:

Defense Threat Reduction Agency; Detachment Chief Dugway Proving Ground, UT and The Nevada Test Site, NV. Supervised a remote field testing detachment responsible for onsite research and development/acquisition efforts. Interfacing with multiple Department of Defense, other United States Governmental Agencies, Foreign Governmental Agencies, National Laboratories and Defense contractors.

HQ US Army Europe; Crisis Actions Branch Chief, Heidelberg Germany. Coordinated and synchronized crisis action planning and execution within the US Army Europe area of operations. Directed time sensitive staff actions and operations orders. Provided rapid response plans for contingencies and crisis resolution. Gathered and analyzed data. Monitored and supported daily activities in both Kosovo and Bosnia-Herzegovina.

HQ V Corps; Deputy Operations Officer, Heidelberg Germany. Directed planning and execution of Corps operations in Kosovo and other contingency areas.

Supervised a staff of eight branches. Set priorities and allocation of staff resources and directed workloads / activities. Planned, coordinated and executed all fielding of new equipment, established equipment authorization levels and personnel structure authorization documents. Developed and executed the Corps' modernization plan. Planned and executed directed base closures in Germany.

Military Rank at Retirement; Lieutenant Colonel

EDUCATION:

Master's, MA, Political Science, University of Nevada, Las Vegas; Bachelor's, BA, Social Science, Political Science and History, Chapman University AA, Social Science, Shasta JC

TRAINING:

Program Management, Systems Engineering, Systems Acquisition, Total Quality Management, Intelligence Analyst, Field Artillery Officer Basic and Advanced training, Combined Arms and Services Staff School, Army Command and General Staff College, Army Nuclear Research and Operations Officer training

AWARDS:

Military Decorations and Badges (Ranger, Airborne, Air Assault) Company Merit Awards

DORINE ADAMS

My name is Dorine Adams. I've been a long time resident of Blackfoot where my husband and I were blessed to raise our five children.

Through the years I have valued my opportunities to participate in this great community. I have spent time serving on the library board, at the EISF, and numerous church positions. I currently enjoy working at the courthouse as an election clerk and spending time with the members of our community delivering Meals-on-Wheels.

BESSIE LOU WILLYERD

Bessie Lou has been married for 56 years, mother of 6, grandmother of 20, and great-grandmother of 4.

Bessie Lou has been a scout leader for many years and was awarded the Silver Beaver.

During her lifetime, Bessie Lou has been a nanny, worked in a bakery, in a grocery store as a clerk, as a custodian, and as a trainer for Curves for Women.

Since retiring, she and her husband, Keith, have served two missions for the Church of Jesus Christ of Latter-day Saints. More recently they have been delivering meals to those in need through Meals-on-Wheels. Bessie Lou also volunteers with the food pantry at the Bingham County Senior Citizens Center.

Meet the Candidates ~ Liaison Position

DEBBIE KLUVERS

I have been married to John Kluvers for 46 years, have 3 adult children, 13 grandchildren, and 5 great grandchildren.

I am loving retired life but prior to that I worked at Alsco for 37 years.

Since retirement I have a great joy in the Bingham County Senior Citizens Center from Fit & Fall, Chair Volleyball, trips, and now volunteering for the food pantry. I so enjoy the friendships from coming to the center.

Order Your Thanksgiving Dinner Rolls Here

Dinner Roll orders for Thanksgiving must be placed by November 23rd. Pick-up will be on Wednesday November 25th by 3pm.

Must order by the dozen—\$4 per dozen Whole Wheat or White

Please call the Center at 208-785-4714 and speak with Rosa to place your order.

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

Personal Representative's Duties

If you have been asked to be a Personal Representative, there are some things you should know.

Being asked to be a Personal Representative indicates someone's trust in you. You do not need special financial or legal knowledge to be a good Personal Representative.

Common sense, conscientiousness and honesty are the main requirements.

If you have been nominated to be a Personal Representative, you are not obligated to serve. When the time comes, you may decide if you want to accept the responsibility. If you decide not to serve, or if you resign, an alternate named in the Will can take over.

As Personal Representative, your duties may include the following:

- Consulting with an attorney to decide whether probate proceedings are needed. You may need to probate, even if you do not have a Will.
- Filing the Will in the local probate court, asking the court to appoint you as Personal Representative and then shepherding the estate through probate.
- Deciding whether at least some assets can be transferred immediately, such as personal belongings to the people named in a tangible personal property list.
- Locating, inventorying, and securing estate assets and then sensibly managing them during the probate process. During this time, you may need to manage investments, pay bills, and sell items of estate property.
- Paying continuing expenses that are necessary to keep estate property secure—for example, mortgage payments, utility bills and homeowner's insurance premiums.
- Handling day-to-day details, such as terminating leases and other outstanding contracts, and notifying banks and government agencies—such as the Social Security Administration, the Post Office, Medicare and the Department of Veteran's Affairs—of the death, and

the fact that you are winding up the affairs.

- Sending notice of the probate proceeding to the beneficiaries named in the Will.
- Paying any debts that the estate is legally required to pay. As part of this process, you may want to notify creditors of the probate proceeding. Creditors then have four months to file a claim for payment of any bills or other obligations incurred by the deceased person. If you do not file a notice, the debts are not cut off.
- You may have to file a final income tax return for the year in which the deceased person died.
- Finally, after debts and taxes have been paid you may distribute the remaining residuary estate to the persons named in the Will or to the heirs at law if there is no Will.

A lawyer will help you to probate the estate. You will still be responsible for making decisions and administering the estate, but the lawyer will guide you through the process and file documents with the probate court. You may be reimbursed out of the estate for your services or any expenses you incurred.

The main reason for acting as Personal Representative is to honor the person who requested you to serve and to make sure his or her wishes are carried out.

Please see our website at 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.

\$5.00 a Month

October

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

DIANE MANSANREZ

MARY BALLARD

MAX MARES

JERRY BARBRE

CHERI MITCHELL

LOLA BROWER

KEN NILSSON

WANDA BURGOYNE

TOM & SANDY PACKER

COLENE CALHANE

LEON & MARGARET PETERSON

PAT CROSSLEY

DWIGHT PETERSON

GLENNA DAVIS

RUSS & JEANIE POTTER

JACK DETMER

RUDY & IRMA SANCHEZ

RALPH DUNN

LUCILE STECKLEIN

NANCY GODFREY

JOHN TABERNA

TERRY GOODWIN

BILLYE THOMAS

SHIRLEY GOODYEAR

FRANK & KIMI TOMINAGA

SAUNDRA HAMM

GEORGE & VERLENE WALTERS

JOYCE HARTMAN

SPENCER & ANDREA WILLIAMS

DON KELLY

FRED WOODLAND

DEBBIE KLUVERS



Safety Issues and How to Prevent Them

With age comes increased concern with personal safety and using caution to make sure our loved ones are safe from injuries, which once minor, can lead to rapid health decline with advanced age. There are five main

areas of safety which are of increased concern with the elderly: Slips and Falls; Fires; Electric Shock; Medicine and Accidental Poisoning; and Improper Lighting. It is easy to develop a false sense of safety and security when living in your own home. Falls are the second leading cause of accidental injury and unintentional injury deaths in the United States today among the elderly population. Please study and put in to action the following safety tips in your home to avoid safety issues in your future.

Slips and Falls: Slips and falls are the main cause of injury in a home, and the complications that can result are usually much worse than a scrape or a bruise. In 2013 alone, the direct medical costs for falls came to \$34 billion dollars! With careful planning and periodic home checkups, though, injuries can easily be avoided.

- Keep cords away from walkways
- Make sure all rugs, runners, and mats are slip resistant
- Provide adequate lighting in all areas of the house
- Keep exits and passageways free of miscellaneous debris
- Equip bathtubs and showers with non-slip surfaces, such as textured strips or mats
- Install one or two grab bars in the shower
- Stairs should have a handrail, decent lighting, and light switches at both ends. If the stairs need to be renovated, touch up the edges, carpet, and make sure the wood is even
- Remove all objects from stairways
- Keep a stable step-stool nearby
- Use a suitable visual aid if needed to prevent trips
- Check for dry floors, and immediately clean up spills

Fires: Fires are one the primary safety issues for the elderly. They may be deadly, but thankfully there are lots of ways to prevent, put out, and escape from their wrath. Burns are a high threat to the senior community, and they should be prevented at all costs.

- Make sure the smoke-detectors work, and that there is one on each floor of the building
- Store paint, gasoline, and any other item that gives off a fume away from ignition sources
- Keep lids tightly closed on volatile substances
- Check the fuse box/circuit breaker. It is imperative that the box is the correct size. If you are unsure of whether the fit is perfect, don't hesitate to ask for assistance. An incorrect fuse box size will lead to an overloaded outlet or house wiring system, and a potential fire
- Keep ashtrays and other smoking materials away from the bedroom. Smoking in the bedroom is dangerous and not worth the risk
- If using a heating device (such as an electric blanket or heater), make sure to follow the manufacturer's instructions to prevent mishaps
- Never sleep with a heating pad while it is turned on. Even at low settings, a heating pad can cause serious burns

- Always un-plug an electrical appliance when it is not in use
- Avoid resting furniture on top of cords. If a cord becomes damaged, it will become a fire and shock hazard
- Keep cords in good condition
- Do not overload cords.
- Make sure ventilation systems are up to date and in proper condition. Beware of improper venting, as it is the most frequent cause of carbon monoxide poisoning
- Roll up sleeves while cooking, and avoid wearing loose clothing or jewelry near any form of flame. If you wear your hair long, tie it back
- Keep all non-cooking items (curtains, hand towels, pot holders, etc.) away from the fire range area
- If you have wood-burning heat equipment, make sure it is installed properly

Electric Shock: A very real safety issue for the elderly that we don't often give much thought to is electric shock. There aren't many things more surprising than an accidental shock! New technological devices are constantly being integrated into the average American home, as well as innovative sources of unwanted electrical contact. Listed below are some easy ways to take caution against the Age of Technology.

- Keep cords intact and in proper working condition. Frayed and damaged cords may cause electric shock or fire
- To ensure that no wiring is exposed, make sure all outlets and switches have cover plates
- Turn all small electrical appliances off when they are not in use
- Make sure all power tools equipped with a three-prong plug are double-insulated

Medicine and accidental poisoning: Mixing up prescription medicines can be deadly.

- Make sure all medicines are stored in their original containers
- Outdated medications should be disposed of
- Store medicines beyond the reach of children
- Do not buy over-the-counter pills. If unwell, ask your doctor
- Keep a written calendar of what medications should be taken when and check them off as you do so

Improper Lighting: A very simple-to-fix safety issue for the elderly is improper lighting. Fixing lighting can help in many ways – falling, taking the wrong medications, even electric shock. A well-lit house will prevent stumbles, showcase loose wire, prevent cuts and burns, and assist in label and calendar reading. Here are some of the best ways to ensure proper lighting.

- Make sure there is a source of light at both ends of all staircases
- Never walk in the dark. If an area is dark, provide lighting.
- There should be lamps and/or light switches within reach of the bed
- Night lights can be installed almost anywhere, and are extremely helpful around bathrooms, hallways, and other frequented evening areas
- Provide adequate lighting over the stove and food preparation counters

Small, simple safety steps can make all the difference to ensure you and your loved ones stay safe and avoid injury, hospitalization, pain, and increased risk of death. Do a quick "safety check" in your home today. A small amount of time spent today on prevention can make all the difference!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Teriyaki Chicken & Rice Soup/Salad	3 9:30 Fit & Fall 10:30 Helping Hands Ham & Bean Soup Salad	4 No activities Beef Stroganoff Soup/Salad	5 9:30 Fit & Fall 3:30 Zumba Gold Chicken Enchilada Soup/Salad	6 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Ham & Hash brown Casserole	7 8:30 Zumba Gold
9 1:00 Hot Ball Bingo 3:30 Zumba Gold Cheeseburgers Soup/Salad	10 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists Lemon Chicken & Rice Soup/Salad	11 No activities Pork Roast & Mashed Potatoes Soup/Salad	12 9:30 Fit & Fall 3:30 Zumba Gold Chili & Cinnamon Rolls Soup/Salad	13 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Chicken Pot Pie	14 8:30 Zumba Gold
16 8:00-CFSP BOXES 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Ham & Mashed Potatoes Soup/Salad	17 9:30 Fit & Fall 10:30 Helping Hands Meatball Casserole Soup/Salad	18 No activities Thanksgiving Luncheon Turkey & Mashed Potatoes Soup/Salad	19 9:30 Fit & Fall 3:30 Zumba Gold BBQ Pork Sandwich Soup/Salad	20 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Beef Taco Noodle Casserole	21 8:30 Zumba Gold
23 9:00 Haircuts 1:00 Hot Ball Bingo 3:30 Zumba Gold Last Day to order Thanksgiving Dinner Rolls Chicken & Noodles Soup/Salad	24 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists Pork Chops & Au Gratin Potatoes Soup/Salad	25 No activities Thanksgiving Roll Order Pick-up by 3pm Mac & Cheese with Hot Dog Soup/Salad	26 Closed MOW – Turkey & Dressing	27 Closed MOW—Pork Fried Rice	28 8:30 Zumba Gold
30 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Beef Taco Soup Salad					

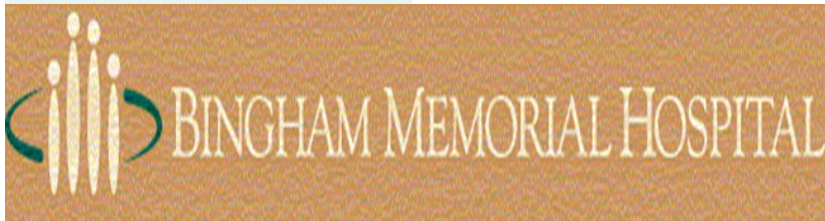
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WE'RE ON THE WEB
SENIORS4EVER.COM



Free, Unbiased Medicare
Information for Idaho

1-800-247-4422 www.shiba.idaho.gov



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Senior Citizens Center**

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