

The Center News

NEWSLETTER

DECEMBER 2020

Christmas Luncheon

Come enjoy Christmas Dinner/Luncheon
with us December 16th.

11AM to 1PM

And wear your Ugly Christmas Sweaters

Everyone is **WELCOME!**

Lunch will be provided curbside if
wanted. Just call 208-785-4714 by 10am to
place your order for pick-up from
12pm to 12:30pm.

'tis the season...
TO ROCK
UGLY
SWEATERS



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Special Points of Interest

- Ugly Sweater Luncheon
- Senior Tip
- Rada Cutlery
- Order Dinner Rolls and Baked Goods
- Laughing improves your well-being

Go the Extra Smile

Laughter not only diffuses negative emotions and stress. It may also change your body's chemistry---so you really may laugh your troubles away.

Laughing improves your well-being

Reduces stress hormones, epinephrine and cortisol

Releases muscle tension and endorphins (the love hormone)

Boost immunity

Help protect against cancer

Increase tolerance to pain

KEEP HUMOR IN VIEW: At home or work, hang a funny cartoon, photo or quote.

LEARN TO LAUGH AT YOURSELF: It gives others permission to laugh with you.

WATCH A FUNNY MOVIE

READ THE CARTOONS

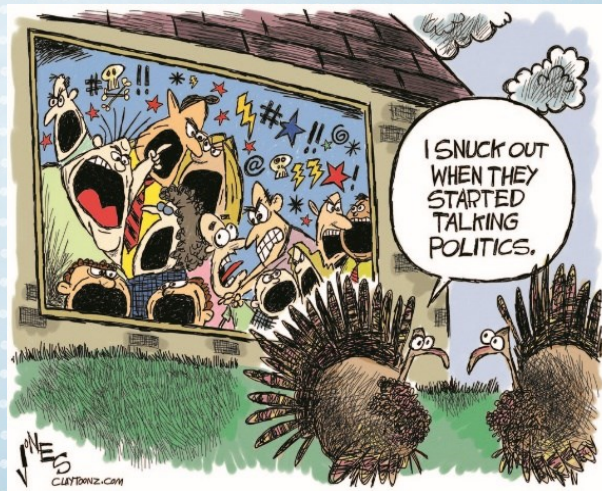
VISIT WITH JOYFUL PEOPLE

START EACH DAY ANEW

READ A FUNNY BOOK

LISTEN TO AN UPLIFTING

SPEAKER



Provided by Julie Buck EdD, RDN. University of Idaho Extension Educator, 208-785-8060, jhbuck@uidaho.edu Bingham County Extension Office, 412 W Pacific Street, Blackfoot

December 2020 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.

2019 Board Election Results

This Years Board of Directors Election Results are as follows:

BOARD MEMBERS:

Dorine Adams

Total Votes = 59

Paul Loomis

Total Votes = 74

Bessie Willyerd

Total Votes = 42

LIASION POSITION:

Debbie Kluvers

Total Votes = 89

Write in Candidate

Total Votes = 0

Christmas Dinner Roll Orders

Christmas Dinner Roll orders will be taken up to December 21st by 2pm.

Orders must be picked up December 23rd by 2pm.

1 Dozen rolls is only \$4

You may order White or Wheat

Kitchen News

Order Your Christmas Baked Goods From the Senior Center. Orders must be placed 24 hours in advance and prices are listed below:

Cinnamon Rolls ~ \$2.50 each

Banana Bread ~ \$4.00 loaf

Orange Cranberry ~ \$8.00 loaf

Pumpkin Bread ~ \$6.00 loaf

Dinner Rolls ~ \$4.00 dozen

Lemon Bread ~ \$6.00 loaf

Add \$1.00 for chocolate chips or walnuts

Coconut Bread ~ \$6.00 loaf

Cinnamon Swirl Bread ~ \$5.00

Catered Meals:

\$7.00 Regular

\$9.00 Double

BOARD MEMBERS

CHAIRMAN

TOM PACKER

VICE CHAIRMAN

LEON PETERSON

SECRETARY

PHILIP GOODWIN

TREASURER

JARED EDDINGTON

MEMBERS

BOBBETTE BROWN

EILEEN BREITWEGE

JEANIE POTTER

STAFF

DIRECTOR

PAM BEUS

OFFICE STAFF

TERA YOUNG

ELIZABETH TOLER

KITCHEN STAFF

SUSAN KARNES

JEREMY ATWOOD

ROSA SALCE

JESSE LEYVAS



Senior Tip—Healthcare

Medicare Annual Enrollment/Changes

Now is the time to review your coverage and your prescription drug plan.

The annual Medicare Open Enrollment period is upon us. During open enrollment, individuals can make changes to their Medicare Part D prescription drug plans and change or enroll in Medicare Advantage plans.

This annual open enrollment period lasts from October 15th to December 7th and any changes you make will be reflected starting in January 2021. For example, if you decide to change your prescription drug plan during open enrollment, the new plan will be effective on January 1, 2021.

Why might you want to make a change to your prescription drug plan or Medicare Advantage plan? Some people choose to change plans if they have high prescription drug costs with prescriptions that are not covered under their current Part D plan's formulary (the plan's list of covered drugs). Some people also may change plans if they are paying a high monthly premium for their plan but have few medications and may be able to enroll in a plan with a lower monthly premium. Still others may change a Medicare Advantage plan if they have been dissatisfied with their current plan.

What if you are satisfied with your current coverage? If you are already enrolled in a Medicare Part D prescription plan or a Medicare Advantage plan and you are satisfied with your coverage, you do not need to do anything during open enrollment. Your coverage will automatically enroll for the coming year. Just remember, many plans will make changes to their coverage each year that you may not be aware of, so it is still a good idea to review your plan information.

Sometimes plans will discontinue service in your area and you may receive a non-renewal notice from the plan. If this occurs, or if you simply want to review your options, contact your local SHIBA office (1-800-247-4422 – SHIBA Medicare Helpline), your insurance agent, or go online to www.medicare.gov to review your plan options and choose a different plan that meets your needs.

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.

Thomas W. Packer
186 East Judicial Street
Blackfoot, Idaho 83221
208-785-5600

\$5.00 a Month

November

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.

CHELTA ARENS
JACKIE BABCOCK
MARY BALLARD
JERRY BARBRE
LOLA BROWER
WANDA BURGOYNE
COLENE CALHANE
BARBARA CHAFFIN
PAT CROSSLEY
GLENNA DAVIS
JACK DETMER
RALPH DUNN
NANCY GODFREY
TERRY GOODWIN
SHIRLEY GOODYEAR
SAUNDRA HAMM
JOYCE HARTMAN
DON KELLY

DEBBIE KLUVERS
DIANE MANSANREZ
MAX MARES
CHERI MITCHELL
KEN NILSSON
TOM & SANDY PACKER
LEON & MARGARET PETERSON
DWIGHT PETERSON
RUSS & JEANIE POTTER
RUDY & IRMA SANCHEZ
LUCILE STECKLEIN
JOHN TABERNA
BILLYE THOMAS
FRANK & KIMI TOMINAGA
GEORGE & VERLENE WALTERS
SPENCER & ANDREA WILLIAMS
GARY & SONNA WRIGHT
FRED WOODLAND



Great Stocking
Stuffers



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!

amazonsmile
You shop. Amazon gives.

Support The Senior Center When you shop on Amazon

Did you know you can support our Local Bingham County Senior Citizens Center when you shop on Amazon.

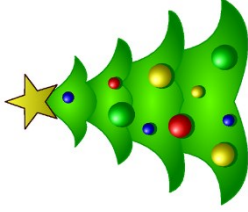
All you have to do is go to smile.amazon.com select BINGHAM COUNTY SENIOR CITIZENS CENTER and a percentage of your purchases will be donated to the Center.

Last Minute Gift Ideas

If you need a wonderful last minute gift we have RADA Cutlery in stock here at the Bingham County Senior Citizens Center already in gift boxes.

Stop by the front desk and we can show you our amazing selection.

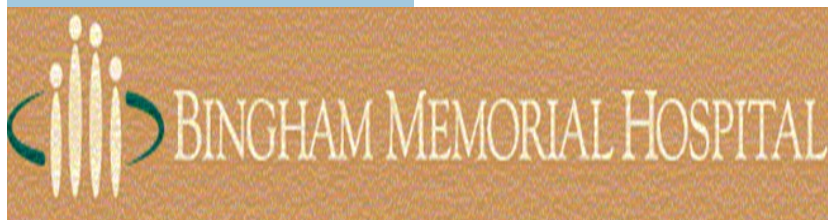


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 9:30 Fit & Fall Chicken & Biscuits Soup/Salad	1 9:30 Fit & Fall Chicken & Biscuits Soup/Salad	2 No activities Pork Loin & Mashed Potatoes Soup/Salad	3 9:30 Fit & Fall 3:30 Zumba Gold Shepherd's Pie Soup/Salad	4 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Chicken Gravy & Rice	5 8:30 Zumba Gold
7 1:00 Bingo 3:30 Zumba Gold Pork Gravy over Mashed Potatoes Soup/Salad	10 9:30 Fit & Fall 12:00 Soroptimists Sloppy Joes Soup/Salad	11 No activities Pineapple Chicken & Rice Soup/Salad	12 9:30 Fit & Fall 3:30 Zumba Gold Hot Ham Sandwich Soup/Salad	13 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Beef Stroganoff	14 8:30 Zumba Gold
14 8:00-CFSP BOXES 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Chicken Sandwich Soup/Salad	15 9:30 Fit & Fall Pork Ragu Soup/Salad	16 No activities Christmas Luncheon 11am to 1pm Roast Beef Soup/Salad	17 9:30 Fit & Fall 3:30 Zumba Gold Chicken Noodle Soup Soup/Salad	18 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Ham with Mashed Potatoes	19 8:30 Zumba Gold
21 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Last Day to order X-mas Dinner Rolls French Dip Soup/Salad	22 9:30 Fit & Fall 12:00 Soroptimists Chicken Pasta Bake Soup/Salad	23 No activities Christmas Roll Order Pick-up by 3pm BBQ Ribs Soup/Salad	24 Closed Merry Christmas Eve MOW—Goulash	25 Closed Merry Christmas MOW—Chicken Fried Rice	26 8:30 Zumba Gold All meals served with
28 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Hot Turkey Sandwich Soup/Salad	29 9:30 Fit & Fall Beef & Vegetable Soup/Salad	30 No activities Chicken Pot Pie Soup/Salad	31 Closed Happy New Year's Eve MOW—Ham & Cheesy Potatoes	1 Closed Happy New Year 2021	Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change

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WE'RE ON THE WEB
SENIORS4EVER.COM



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