

SPECIAL
POINTS OF
INTEREST:

- **COVID Help Now Line**
- **Cold Weather Safety**
- **What is Hoarding?**
- **\$5 a Month Club**
- **A Better Way to Manage Chronic Disease**

INSIDE
THIS
ISSUE:

- | | |
|-----------------------------|---|
| Cold Weather Safety | 2 |
| Cold Weather Safety Cont... | 3 |
| Center Information | 4 |
| \$5 a Month Club | 5 |
| What is Hoarding? | 6 |
| Calendar | 7 |
| Manage Chronic Disease | 8 |
| Calendar | 9 |

The Center News

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IDAHO DEPARTMENT OF
HEALTH & WELFARE



COVID Help Now Line

Call or Text 986-867-1073 • Toll Free 866-947-5186
www.ioem.idaho.gov/covidhelpnow

As Idahoans feel the many impacts of COVID-19, the need increases for behavioral health support and services. The COVID Help Now Line offers statewide support for anyone challenged by the stress associated with this global pandemic.

The COVID Help Now Line is:

- Staffed from 8am to 8pm Mountain Time, 7 days a week.
- Available via phone, text, or chat. Callers may also leave a message during off hours and receive a return call the following day.
- Anonymous. Responders do not classify, label, or diagnose people, and no records or case files are kept.
- Accessible to hearing impaired via TTY and TRS services.

COVID Help Now Can:

- Help you understand your current situation.
- Help reduce your stress and provide emotional support.
- Help you with your immediate crisis needs and connect you with community resources.
- Help you identify coping strategies.
- Provide language assistance and interpreter services.



Annual Meeting

Please plan to attend the Bingham County Senior Citizens Centers Annual Meeting

on January 20th, 2020 at 12:30pm.

Come early and have lunch with us.

Everyone is welcome!

Cold Weather Safety for Older Adults

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.

- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.

- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.

- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.

Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning.

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

Here are some other tips:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy.

Change your clothes right away if they get damp or wet.

If you are needing financial assistance with heating and utility costs during the winter months, please contact:

Low Income Home Energy Assistance Program

National Energy Assistance Referral Hotline (NEAR)

866-674-6327 (toll-free)

energyassistance@ncat.org

<https://liheapch.acf.hhs.gov/help>

National Association of Area Agencies on Aging

202-872-0888

info@n4a.org

www.n4a.org

<https://www.nia.nih.gov/health/cold-weather-safety-older-adults>

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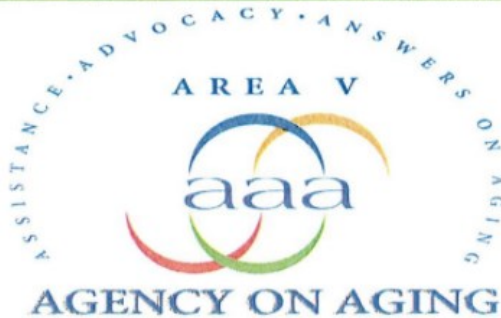
JESSE LEYVAS

Area V Agency on Aging Needs Assessment

Area V Agency on Aging 2020 Needs Assessment

<https://www.surveymonkey.com/r/VMJ2DFW>

Or scan this code from your phone



Area V Agency on Aging links you to a variety of services

Join us in helping shape the referrals and services we are able to assist you with by completing the Area V Agency on Aging Older Adults needs assessment. Contact the AAA for a copy of the needs assessment or complete the assessment on-line. Just go to the link listed on the back of this card to access the on-line version of our needs assessment.

Information and Assistance - Long Term Care Ombudsman - Transportation - Homemaker
Senior Medicare Patrol - Respite Care - Caregiver Support - Home Delivered Meals
Congregate Meals - Assistive Technology (Lending Closet) - Legal Assistance Adult
Protection - Chronic Disease Health Management - Veteran Support



For more information:
Phone: (208) 233-4032/800-526-8129
Web address: <http://sicog.org/AgingAgency/AreaAgingAgency.html>
Email: mike@sicog.org

Help us Help you...please complete our Needs Assessment

\$5.00 a Month



December

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

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TERRY GOODWIN

SHIRLEY GOODYEAR

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DWIGHT PETERSON

RUSS & JEANIE POTTER

RUDY & IRMA SANCHEZ

LUCILE STECKLEIN

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BILLYE THOMAS

FRANK & KIMI TOMINAGA

GEORGE & VERLENE WALTERS

SPENCER & ANDREA WILLIAMS

GARY & SONNA WRIGHT

FRED WOODLAND

Family & Friends – Hoarding Explained

Understanding Hoarding Behavior and How Not to Deal with It



Hoarding is an extremely complex issue. If you have family or friends that have issues with hoarding you might wonder why they do what they do. Or you might be embarrassed by their behavior and the unsightly mess in their home. Or you might have cut them out of your life completely.

Threatening to have everything removed from their home “because you care about them” – doesn’t work.
Threatening to cut off all ties to their grandkids if they don’t clean up their home – doesn’t work.

In this seminar you will:

- Learn what hoarding is – and is not
- Explore the complex issues surrounding hoarding
- Learn how to understand and support your family member/friend
- Learn ways to enable your family member/friend to start on the way to making changes
- Learn how to help your family member/friend “let go” and start to declutter
- Have the opportunity to ask questions

Family and Friends – Hoarding Explained

A Virtual Seminar

Session Information: Thursday, January 14th, 2021 - from 6:00 pm – 7:30 pm - Mountain Time

This seminar offers a judgment-free environment for people that have family or friends with hoarding issues.

Registration required. Call or email for more information. Seminar Fee is \$ 40.

Registration link: [Family-and-Friends-Seminar](https://forms.gle/ettZFGhGCq29eaJL8) / <https://forms.gle/ettZFGhGCq29eaJL8>

(440) 666 – 9326 or kefconsulting@gmail.com

***** Ask about our “Buried in Treasures” 16-week workshop for people with Hoarding issue**

Cravings-In your head

Ever feel like you must have a bag of chips, a chocolate bar, a spoonful of peanut butter? Cravings are normal. Their causes aren't clear-psychological, physical, or both. Perhaps your body craves foods with nutrients you need. Or maybe positive emotions, memories, and social situations reinforce your food cravings.

Cravings for fruits and vegetables are ones you should follow! If you want to tame a craving, consider these tips:

- Find a distraction. Your cravings may disappear; if not, choose a smaller portion.
- Pick a better-for-you version. Frozen yogurt instead of premium ice cream for less fat and more calcium.
- Have a small taste.
- Listen to your body cues. Are you really hungry for a full meal?
- Plan ahead. Have a small amount of a healthier choice nearby.

No-Bake Apricot Chia Bars

1 cup Medjool dates, pitted
1 cup dried apricots
2 T. chia seeds
¼ tsp. cinnamon
1 cup raw pumpkin seeds/pepitas
2 T. white chocolate chips



Line an 8X8 or 9X9 inch square pan with wax or parchment paper. Place dates, apricots, chia seeds and cinnamon in food processor and process until forms a large mass. Break up slightly with spatula and add seeds and chips and pulse a few more times. Press the mixture into the lined pan and press to an equal size with a glass to flatten. Refrigerate for 30-45 minutes, then slice into bars.

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
January 2021 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.



A Better Way to Manage Chronic Disease

Chronic Pain Self-Management Program

The self-management program helps people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives.

The teaching process makes this program effective. Classes are highly participatory. Mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.


The program is facilitated by leaders with their own health challenges. The program is highly interactive, focusing on building skills, sharing experiences, and support.

Millions of adults live with one or more chronic health conditions. The program helps people and their caregivers manage their symptoms, improve their quality of life, and reduce healthcare costs.

The classes are 2 ½ hours, once a week, for 6 weeks. The small group workshops include people with chronic disease and their caregivers. **The next class will be held online starting January 14th, from 2:00 to 4:30 p.m.**

If you would like to enroll, or if you have questions, contact **Gina or Laurie** at (208)233-4032.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 9:00 Haircuts 3:30 Zumba Gold Chicken & Dumplings Soup/Salad	5 9:30 Fit & Fall Pork loin & Rice Soup/Salad	6 No activities Chicken Fried Steak & Potatoes Soup/Salad	7 9:30 Fit & Fall 3:30 Zumba Gold Chicken Fajitas & Rice Soup/Salad	8 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Ham & Hash Casserole	9 8:30 Zumba Gold
11 9:00 Haircuts 3:30 Zumba Gold Philly Cheese Steak Sandwich Soup/Salad	12 9:30 Fit & Fall 12:00 Soroptimists Chicken Strips & Fries Soup/Salad	13 No activities Ham & Bean Soup Soup/Salad	14 9:30 Fit & Fall 3:30 Zumba Gold Cheeseburger Soup/Salad	15 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Chicken Broccoli Rice Casserole	16 8:30 Zumba Gold
18 8:00-CFSP BOXES 9:00 Haircuts 3:30 Zumba Gold Pork Chops & Potatoes Soup/Salad	19 9:30 Fit & Fall Chili & Cinnamon Roll Soup/Salad	20 No activities Chicken Enchilada & Rice Soup/Salad	21 9:30 Fit & Fall 3:30 Zumba Gold BBQ Pork Ribs Soup/Salad	22 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Beef & Noodles	23 8:30 Zumba Gold
25 9:00 Haircuts 3:30 Zumba Gold Chicken Noodle Soup Salad	26 9:30 Fit & Fall 12:00 Soroptimists Turkey Tetrazzini Soup/Salad	27 No activities Salisbury Steak & Potatoes Soup/Salad	28 9:30 Fit & Fall 3:30 Zumba Gold Baked Chicken & Rice Soup/Salad	29 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Ham with Au Gratin Potatoes	30 8:30 Zumba Gold
<div>  </div>			All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change		



**Bingham County Senior
Citizen Center**

P.O. Box 849
20 East Pacific Street
Blackfoot, ID 83221

Phone: 208-785-4714

Fax: 208-785-4715

Email: bcsc@seniors4ever.com

**It's your Birthday!
Stop by the office and get a
ticket to enjoy a free lunch at
the Senior Center**

Bridging the Generations

**We're on the web
seniors4ever.com**



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



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SENIOR DISCOUNT CARD? STOP BY
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