

BINGHAM COUNTY
SENIOR CITIZEN
CENTER

**SPECIAL
POINTS OF
INTEREST:**

- **Valentines
Day
Luncheon**
- **Senior Tip**
- **One-Time
Payment for
Utility Bills**
- **\$5 a Month
Club**
- **Kissable?
Keeping our
mouth
healthy**

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The Center News

VOLUME 44, ISSUE 2

FEBRUARY 2021

BINGHAM COUNTY SENIOR CITIZENS CENTER

LOVE LUNCHEON CURBSIDE

Order Lunch by calling 208-785-4714 by **10am**

Pick-up is available from
12pm to 12:30pm curbside.

Lunch will be Chicken Cordon Bleu with Shrimp
Skewers over Rice Pilaf, Cheesecake and more.

We are taking orders **NOW!**

**Limited Seating will be Available in the Dining Room
from 11am to 1pm**

Place

20 E. Pacific St.
Blackfoot

Date

February 10th
Wednesday



BOARD MEMBERS

CHAIRMAN

LEON PETERSON

VICE CHAIRMAN

JEANIE POTTER

SECRETARY

BENNIE LILLY

TREASURER

JARED EDDINGTON

MEMBERS

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PAUL LOOMIS

PHILIP GOODWIN

DORINE ADAMS

TODD BURKE

STAFF

DIRECTOR

PAM BEUS

OFFICE STAFF

TERA YOUNG

ELIZABETH TOLER

KITCHEN STAFF

SUSAN KARNIS

JEREMY ATWOOD

ROSA SALCE

JESSE LEYVAS

Senior Tip—Healthcare

Fulfilling Basic Needs

Next time you get a chance, ask a senior about his or her life!

According to Anthony Robbins, a life coach, all of us have 6 basic human needs:

1. **Certainty:** to be comfortable and have some level of consistency.
 2. **Uncertainty:** we need variety and change to feel alive.
 3. **Significance:** the need to feel unique, special, and important.
 4. **Love and connection:** we need to give and receive affection and support from others.
 5. **Growth:** to become more.
 6. **Contribution:** to give beyond ourselves.
- (www.TonyRobbins.com)

As we grow older, we still need certainty—we want to have predictability and to make our own decisions. We need uncertainty—we need spontaneous activities and things to do that keep our interest. We need significance—to be treated with respect and dignity. We need love and connection—we need time with our families and friends who love and care about us. We also need growth and contribution. Longfellow observed: "Even the oldest tree some fruit may bear." This reminds me of John Wooden, the famous UCLA basketball coach, who said: "Nowadays my bad knees and bad hips make it difficult to walk very far or to stand for very long...even at 94, I want to be the best I can be, and hard work is the only way to make this happen."

When I was a nursing home administrator, I loved to talk with the residents about their lives. One resident's father had been a Confederate soldier in the Civil War. Another had come with his family from Russia and entered the United States through Ellis Island. Later, they homesteaded 160 acres in American Falls. Next time you are with a Senior, take the time to ask him or her about their life. It will show them respect, that you care, and it will give them the opportunity to make a contribution to your life.

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**

**NEED HELP PAYING YOUR
UTILITY BILL?**

WE CAN HELP WITH A ONE-TIME PAYMENT

**FUNDING IS AVAILABLE IF THE
FOLLOWING CRITERIA IS MET:**

- **Must be 60 years of age or older**
- **Your Income must be less than \$2,250 per month**
- **Utility bill must be current**

Utility bills that qualify for a one-time payment include Power/Electric, Gas, or Water/Sewer.

**A COPY OF YOUR CURRENT BILL WILL
BE NEEDED FOR PAYMENT.
FOR MORE INFORMATION PLEASE
CONTACT US.**

**CONTACT US:
BINGHAM COUNTY
SENIOR CITIZENS
CENTER
AT 208-785-4714**

No Appointment is
needed

You can find us at:
20 East Pacific Street,
Blackfoot ID, 83221

We will
be
closed
February
15th
For
Presidents'
Day

BINGO

We will be starting Bingo back up beginning February 1st
Every Monday thereafter
1pm to 3pm
Masks are required

Fit & Fall



Every Tuesday &
Thursday 9:30am
Class size is limited to
10 only
Masks are required

We are practicing Social Distancing and Wearing Face Masks here at the Senior Center.

If you plan on visiting the Center please wear your mask and if you are not feeling well please stay home.

We are trying to keep everyone safe!



\$5.00 a Month



January

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

LOLA BROWER

BLAIN BURKMAN

BARBARA CHAFFIN

PAT CROSSLEY

JACK DETMER

DON KELLY

DEBBIE KLUVERS

DIANE MANSANREZ

DORTHY MCLEAN

CHERI MITCHELL

RUSS & JEANIE POTTER

VERLENE WALTERS

SPENCER & ANDREA WILLIAMS

Kissable?

Keeping our mouth healthy and breath fresh is an everyday effort. Odors from foods such as onions, and garlic are absorbed into the bloodstream, transferred to the lungs and exhaled. If you struggle with bad breath, try the following:

- ✓ Brush well (twice daily); floss well (daily).
- ✓ Brush your tongue, too.
- ✓ Nibble the garnish; chew the seeds. Parsley, mint, anise, and dill or fennel seeds freshen your breath naturally.
- ✓ Drink more water, especially if your mouth is dry. More saliva flow helps oral bacteria wash away.
- ✓ Use a mouthwash as a quick fix.
- ✓ Stop smoking.

If bad breath persists, see your dentist or physician.

Apple Cake Squares

2 eggs
2 cups sugar
1/2 cup oil
2 teaspoons baking soda
1/2 teaspoon salt
1 teaspoon vanilla
2 teaspoons cinnamon
2 cups flour
4 cups diced apples (more or less)
1 cup nuts (if desired)

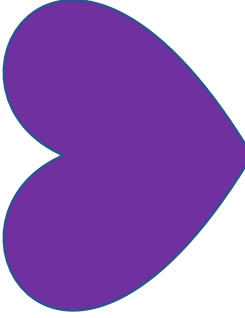



Mix the eggs, sugar and oil. Then add soda, salt, vanilla, cinnamon, and flour, mixing well again. Add apples and nuts then mix. Grease and flour a 9" x 13" pan. Pour in batter and bake at 350°F for 45-60 minutes. Let cake cool at least 6 hours before serving.

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

February 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Sloppy Joe's Soup/Salad	2 9:30 Fit & Fall Chicken & Biscuits Soup/Salad	3 No activities Turkey & Mashed Potatoes Soup/Salad	4 9:30 Fit & Fall 3:30 Zumba Gold Beef Vegetable Soup Soup/Salad	5 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Chicken Gravy Rice	6 8:30 Zumba Gold
8 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Hot Ham Sandwich Soup/Salad	9 9:30 Fit & Fall 12:00 Soroptimists Beef Stroganoff Soup/Salad	10 No activities ♥Love Luncheon♥ Chicken Cordon Bleu Soup/Salad	11 9:30 Fit & Fall 3:30 Zumba Gold Pork Ragu Soup/Salad	12 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Beefy Macaroni	13 8:30 Zumba Gold
15 Closed	16 8:00-CFSP BOXES 9:30 Fit & Fall Pork Gravy & Mashed Potatoes Soup/Salad	17 No activities Lasagna Soup/Salad	18 9:30 Fit & Fall 3:30 Zumba Gold Chicken Sandwich Soup/Salad	19 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Ham & Bean Soup	20 8:30 Zumba Gold
22 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold French Dip Soup/Salad	23 9:30 Fit & Fall 12:00 Soroptimists Chicken Noodle Soup Soup/Salad	24 No activities BBQ Ribs Soup/Salad	25 9:30 Fit & Fall 3:30 Zumba Gold Baked Potato & Chili Soup/Salad	26 9-10:30 Breakfast 11-12:30 Food Distribution MOW—Chicken Spaghetti	27 8:30 Zumba Gold
				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



**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 1ST MEAL IS
FREE!**

