

# The Center News

## National Volunteer Appreciation Week

April 18th through the 24th

If you Volunteer, We Thank You! If you would like to volunteer please let us know. We have many different things you can help with here at the Senior Center.

We will be celebrating National Volunteer Appreciation Week here at the Senior Center all week long. We have the most amazing volunteers and want them to know how much we LOVE and APPRECIATE everything they do for us all. We currently have over 45 volunteers that help us every month. No job is too small and we just honestly would not be able to do everything we do here at the Center without our volunteer's.



**NATIONAL VOLUNTEER WEEK**  
Celebrate Service

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### Important Dates

National Volunteer  
Appreciation  
Week—April 18-  
24th



## Helping Hands ~ Is Back

Helping Hands has projects for everyone to work on here at the Senior Center. Some of these projects include folding bags to making water-proof homeless mats, coloring projects for kids learning games, and painting rocks, etc.

We want to offer our help and give

back to our wonderful community. Come in, volunteer some of your time, make friends, and make a difference.



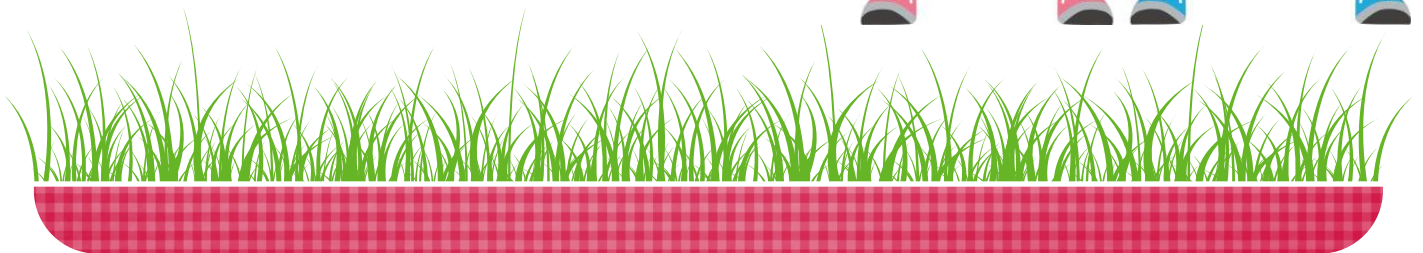
Designated times to work on these projects are as follows:

**Tuesdays—10:30am to 11:45am**



Chair Volleyball will begin April 7th at 9am for those who are fully vaccinated.

Fit & Fall is Every Tuesday & Thursday starting at 9:30am.



## What is National Volunteer Month?

Some organizations choose to extend National Volunteer Week and instead prefer to celebrate National Volunteer Month. Like Volunteer Week, Volunteer Month is a time to recognize volunteers and encourage volunteerism. The extended schedule allows organizations to add more special events and opportunities for supporters to get involved.

Some organizations may also choose to incorporate a Volunteer Appreciation Week during the month of April as part of National Volunteer Month. Volunteer Appreciation Week focuses strictly on recognizing and appreciating volunteers. (We'll cover volunteer appreciation ideas below.)

*Volunteer Month is also referred to as "Community Service Month," "Volunteer Appreciation Month," "Volunteer Recognition Month," or "Volunteerism Month."*

Retrieved 03/16/2021 <https://www.galaxydigital.com/blog/national-volunteer-week/>

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*"Volunteers do not necessarily have the time; they just have the heart".*

*- Elizabeth Andrew*

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*Volunteering*

*Is at the*

*Very core*

*Of being a*

*Human.*

*No one*

*Has made it*

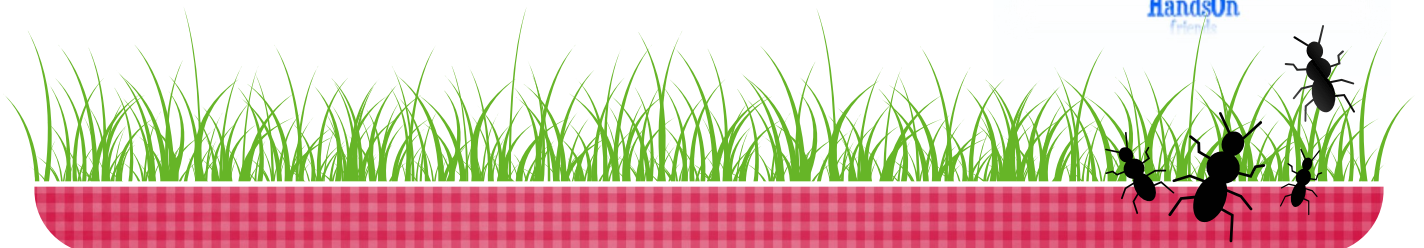
*Through life*

*Without*

*Someone else's*

*Help.*

*~ Heather French  
Henry*





## Senior Tip—Legal

It's Our 100th Senior Tip! Let's celebrate our connection with you.

Our motto: "Even the oldest tree some fruit may bear." Longfellow

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We have been connecting with you for 9 years, by sending you monthly, Senior Tips—and this is our 100<sup>th</sup>! We are an Elder Law Firm that specializes in helping Seniors with their legal, financial, and healthcare needs. To keep you informed on these key issues, we write tips in each of these three areas.

Our Elder Law practice is different by design. For example, if you need help finding long-term care, we can help with placement and can ensure that you get the quality care you deserve; if you need assistance paying for care, we help you apply for Medicaid; if you need to get your legal affairs in order, we make sure you have the right, legal documents in place.

We encourage all Seniors to have a well-planned future. As you grow older, you enter a new stage of life with new challenges. You are the one who knows best what you want your future to be. Because your loved ones may not know your desires, it's important that you communicate with them and put written documents in place to give them the authority to act on your behalf if needed. Too often people put this off—sometimes until incapacity sets in—and then it may be too late. This can lead to the Courts stepping in and appointing a guardian or conservator. Planning prevents someone else from deciding for you! By having the best plan in place for your individual needs, life goes more smoothly, giving you more time to focus on what brings you joy.

There is still much that Seniors can do during this time in their lives. This is illustrated in a poem by Henry Wadsworth Longfellow:

"What then? Shall we sit idly down and say  
The night hath come; it is no longer day?  
The night hath not yet come; we are not quite  
Cut off from labor by failing light;  
Something remains for us to do or dare;  
Even the oldest tree some fruit may bear;  
For age is opportunity no less  
Than youth itself, though another dress,  
And as the evening twilight fades away  
The sky is filled with stars, invisible by day."

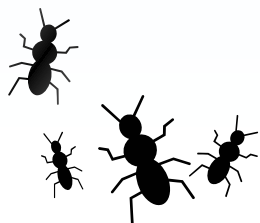
Our challenge to you in our 100<sup>th</sup> Senior Tip is for you to realize you still have much to offer. Make your life the best it can be—you only have one life to live. Enjoy it!

**View our "Senior's Guide to a Well-Planned Future" on our website! Packer Elder Care Law—with you for life!**

**Please see our website at [www.packereldercarelaw.com](http://www.packereldercarelaw.com) to view all our Senior Tips! (From 2012-2021)**

**Tom Packer is an Elder Law Attorney serving all 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**



# March

## \$5.00 a Month Club

*Our \$5.00 a month club is to support our Meals on Wheels program. We currently deliver daily meals to over 100 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

CAROL BALDWIN

MARY BALLARD

JERRY BARBRE

PAM BEUS

LOLA BROWER

BLAINE BURKMAN

WANDA BURGOYNE

DEEANN CHAVEZ

BARBARA CHAFFIN

MARILYN CLEMENT

PAT CROSSLEY

JACK DETMER

NANCY GODFREY

DARLENE GRIMM

SAUNDRA HAMM

JOYCE HARTMAN

MARGARITE HARTMAN

MARY ANN IGOE

DON KELLY

DEBBIE KLUVERS

ALICE KONISHI

JON & MARLENE LYKSETT

DIANE MANSANREZ

JEN MANSANAREZ TAYLOR

MAX MARES

DOROTHY MCLEAN

CHERI MITCHELL

LEON & MARGARET PETERSON

RUSS & JEANIE POTTER

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AL & KATHERINE STALDER

FRANK & KIMI TOMINAGA

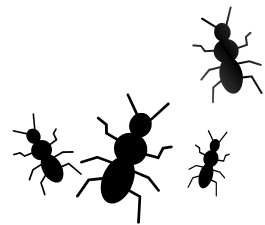
JEAN WADSWORTH

VERLENE WALTERS

SPENCER & ANDREA WILLIAMS

GARY & SONJA WRIGHT

WAYNE & BECKY YOUNG

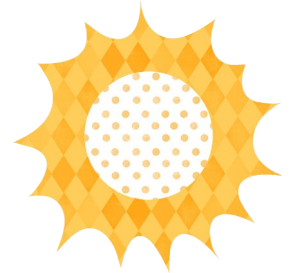
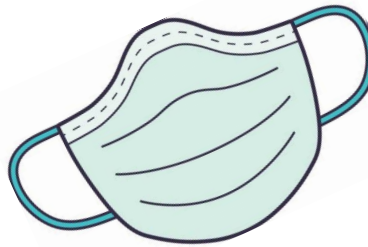




## Activities at the Center

The Center will begin to resume activities. We will still be practicing social distancing and wearing masks for those who have not been fully vaccinated. What does fully vaccinated mean? According to the Center for Disease (CDC), people are fully vaccinated for COVID-19 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or 2 weeks after they have received a single-dose vaccine (Johnson and Johnson). Fully vaccinated people can visit with other fully vaccinated

people indoors without masks or physical distancing. If you come to the Center please be aware that you may be asked to show your vaccination card before you are able to participate in any of the activities.



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*"Life isn't just about the duration you spend, but by the donation of impact you can pass out before you eventually pass-out"*

— Seyi Ayoola

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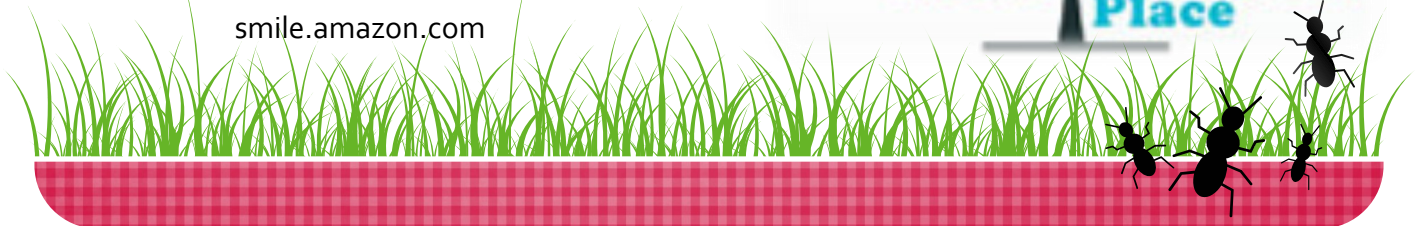
## Shop on Amazon?

You can Support the Bingham County Senior Citizen Center when you shop on



Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support BCSCC by shopping on  
[smile.amazon.com](https://smile.amazon.com)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
<b>5</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold 5 – 8pm AARP Tax Prep <b>Sloppy Joe's Soup/Salad</b>	<b>6</b> 9:30 Fit & Fall 10:30 Helping Hands 5 – 8pm AARP Tax Prep <b>Chicken Pasta Bake Soup/Salad</b>	<b>7</b> 9:00 Chair Volleyball 5 – 8pm AARP Tax Prep <b>BBQ Pork Sandwich Soup/Salad</b>	<b>8</b> 9:30 Fit & Fall 3:30 Zumba Gold <b>Salisbury Steak with Mashed Potatoes Soup/Salad</b>	<b>9</b> 9-10:30 Breakfast 11-12:30 Food Distribution 1 – 5pm AARP Tax Prep <b>MOW—Chicken Gravy over Rice</b>	<b>10</b> 8:30 Zumba Gold
<b>12</b> <b>8:00-CFSP BOXES</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold 5 – 8pm AARP Tax Prep <b>Ham &amp; Bean Soup Soup/Salad</b>	<b>13</b> 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptmihsts <b>Spaghetti Soup/Salad</b>	<b>14</b> 9:00 Chair Volleyball 11:00 FOUR C's Music <b>Chicken &amp; Dumplings Soup/Salad</b>	<b>15</b> 9:30 Fit & Fall 3:30 Zumba Gold <b>Pork Chops with Aug Gratin Potatoes Soup/Salad</b>	<b>16</b> 9-10:30 Breakfast 11-12:30 Food Distribution <b>MOW—Beef Taco Casserole</b>	<b>17</b> 8:30 Zumba Gold
<b>19</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>Chicken Teriyaki over Rice Soup/Salad</b>	<b>20</b> 9:30 Fit & Fall 10:30 Helping Hands <b>Ham &amp; Cheese Sliders Soup/Salad</b>	<b>21</b> 9:00 Chair Volleyball 12:00 Mayor's Meeting <b>Chicken Fried Steak with Mashed Potatoes Soup/Salad</b>	<b>22</b> 9:30 Fit & Fall 12:00 Sons of Utah Pioneers 3:30 Zumba Gold <b>Chicken &amp; Biscuit Soup/Salad</b>	<b>23</b> 9-10:30 Breakfast 11-12:30 Food Distribution <b>MOW—Ham &amp; Potato Casserole</b>	<b>24</b> 8:30 Zumba Gold
<b>26</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>French Dip Soup/Salad</b>	<b>27</b> 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists <b>Chicken Noodle Soup Soup/Salad</b>	<b>28</b> 9:00 Chair Volleyball <b>Pork Gravy over Mashed Potatoes Soup/Salad</b>	<b>29</b> 9:30 Fit & Fall 3:30 Zumba Gold <b>Chili &amp; Cinnamon Roll Soup/Salad</b>	<b>30</b> 9-10:30 Breakfast 11-12:30 Food Distribution <b>MOW—Tuna Noodle Casserole</b>	



Free, Unbiased Medicare  
Information for Idaho

1-800-247-4422 [www.shiba.idaho.gov](http://www.shiba.idaho.gov)

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Bingham County Senior  
Center  
20 E. Pacific St.  
P.O. Box 849  
Blackfoot ID, 83221

Phone: 208-785-4714  
Fax: 208-785-4715  
E-mail:  
[bcsc@seniors4ever.com](mailto:bcsc@seniors4ever.com)  
Website:  
[seniors4ever.com](http://seniors4ever.com)

