

Bingham County Senior Citizens Center

# The Center News

## Mother's Day Luncheon

### Special points of interest:

- Mother's Day Luncheon
- Senior Tip
- Activities Resume
- Volunteers Needed

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THE BEST CENTER

# IT'S OUR MOTHER'S DAY LUNCHEON!

*Curbside Pickup*  
**208-785-4714**  
*12pm to 12:30pm*

**MAY 05, 2021**  
**LIMITED SEATING WILL BE AVAILABLE IN THE DINING ROOM FROM 11AM TO 1PM**

Call and order curbside now or by 10am on May  
5th. Main Entrée is  
Chicken Tortellini and Shrimp

## Senior Center Activities

Most of the Senior Center's Activities have resumed following CDC guidelines to ensure everyone's safety. Please wear a mask when entering the Senior Center

Please Consider Donating **\$1 Each Time** you participate in an activity you like to enjoy at the Senior Center.

These donations will help the Centers overhead costs, which include: maintenance, custodial, power, gas, water, sewer.

### ACTIVITIES INCLUDE:

- ♦ All card games
- ♦ Fit & Fall
- ♦ Chair Volleyball
- ♦ Bingo
- ♦ Zumba

The donation box is placed at the hostess desk .

**Thank You!** For donating to The Center and keeping our activities available to all.

## Senior Center Activities



Currently looking for players  
Plays everyday Mon—Fri 9am to 11:30am



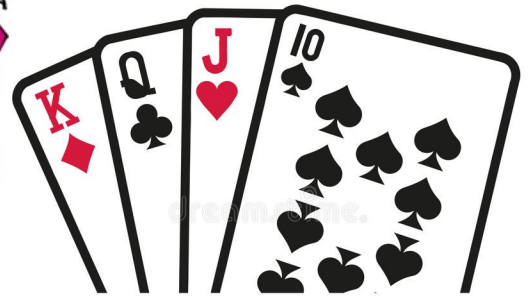
### HAND & FOOT

Currently looking for players  
Plays every Tuesday at 1pm



### Line Dancing

Currently looking for dancers  
Every Tuesday at 12:45pm to 1:30pm



### BRIDGE

Currently looking for players  
Plays every Wednesday at 1pm



Currently looking for players  
Plays every Wednesday at 9am



### FIT & FALL

Every Tuesday & Thursday at  
9:30am



PAPA MURPHY'S

# PIZZA PARTY FUNDRAISER

MAY 26TH  
11AM TO 8PM

20% OF YOUR PURCHASE WILL GO  
TO THE BINGHAM COUNTY SENIOR  
CITIZENS CENTER

Just mention that you are a  
supporter of the Senior Center –  
It's That Easy!

## Volunteers & Help Needed

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The Senior Center is looking for help in our kitchen. We have two open positions and would love to employ some of our seniors.

### AVAILABLE POSITIONS INCLUDE:

- ♦ Dishwasher/  
Kitchen Help
- ♦ Assistant Cook

### We are also looking for volunteers for the FOLLOWING POSITIONS:

- ♦ Waitress
- ♦ Host/Hostess
- ♦ Friday Food  
Distribution
- ♦ MOW Ride -  
Alongs



## BOARD MEMBERS

**CHAIRMAN**  
LEON PETERSON

**VICE CHAIRMAN**  
JEANIE POTTER

**SECRETARY**  
BENNIE LILLY

**TREASURER**  
JARED EDDINGTON

**MEMBERS**  
TOM PACKER  
PAUL LOOMIS  
DORINE ADAMS  
TODD BURKE

## STAFF

**DIRECTOR**  
PAM BEUS

**OFFICE STAFF**  
TERA YOUNG  
ELIZABETH TOLER

**KITCHEN STAFF**  
SUSAN KARNES  
JEREMY ATWOOD  
ROSA SALCE  
JESSE LEYVAS



## Senior Tip—Legal

**Community Property with Right of Survivorship**  
**Did you know that a home can't pass to your spouse with an 'or' clause?**

Many people are not aware that their interest in their home—unlike their bank account—does not automatically transfer to their spouse when they pass away. Similarly, most of us know that if you title your car in your name "or" in your spouse's name, then either spouse may transfer the title to the vehicle to another person, even after one of them has passed away. However, for your home, to automatically transfer to a surviving spouse, there are specific requirements that must be met.

Idaho is a community property state. Under the law, each spouse has a 50% ownership interest in their home. When a spouse dies, his or her interest in their home passes to their estate—not to the other spouse. However, in 2008, the Idaho Legislature passed Idaho Code Section § 15-6-401 (Community Property with Right of Survivorship in Real Property). To create a right of survivorship in real property, you must have a deed prepared that states that the transfer creates an estate in "community property with right of survivorship." If a husband and wife already own real property, they may deed the property to themselves, to be an estate in community property with right of survivorship.

Real property is your home, farm, or land. When real property is held by a husband and wife as community property with right of survivorship, it will automatically transfer and belong to the surviving spouse, upon the death of one spouse.

The practical effect of doing this is that when the first spouse passes away, rather than having to go through probate to transfer the deceased spouse's interest in the home to the surviving spouse, all that has to be done is to record a Death Certificate at the courthouse to transfer the interest to the surviving spouse.

It's a good idea if a husband and wife own a home, to prepare a Community Spouse Deed, which deeds the property back to themselves as an estate in community property with right of survivorship.

Getting a Community Spouse Deed in place can be part of a well-planned future that will make your life simpler in the long run.

**View our "Senior's Guide to a Well-Planned Future" on our website!**

**Please see our website at [www.packereldercarelaw.com](http://www.packereldercarelaw.com)**

**to view all our Senior Tips! (From 2012-2021)**

**Packer Elder Care Law - with you for life!**

**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  
208-785-2600**

# \$5.00 a Month Club

# April

*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**

**CHARLIE BROWNING**

**BLAINE BURKMAN**

**WANDA BURGOYNE**

**DEEANN CHAVEZ**

**BARBARA CHAFFIN**

**MARILYN CLEMENT**

**PAT CROSSLEY**

**JACK DETMER**

**NANCY GODFREY**

**SHIRLEY GOODYEAR**

**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**

**MARTHA OVERDORF**

**LEON & MARGARET PETERSON**

**AMY POWELL**

**RUSS & JEANIE POTTER**

**STEVE ROWE**

**RUDY & IRMA SANCHEZ**

**JOAN SHAFER**

**AL & KATHERINE STALDER**

**FRANK & KIMI TOMINAGA**

**JEAN WADSWORTH**

**VERLENE WALTERS**

**SPENCER & ANDREA WILLIAMS**

**GARY & SONJA WRIGHT**

**WAYNE & BECKY YOUNG**

## Wrap It Up for Health

Want an easy hand-held meal? Just wrap and roll nourishing, flavorful ingredients in a tortilla or flat bread.

- *Start with a sturdy, pliable wheat tortilla or flat bread.* Try tomato, spinach or other flavored tortillas. Need a gluten free option? Use a corn tortilla.
- *Layer on well-dried greens:* lettuce, spinach, watercress, and other greens.
- *Spread on cooked grains:* bulgur, couscous, rice (or tabouli).
- *Flavor with salsa or salad dressing.* Go easy so the filling won't be soggy.
- *Add crunchy veggies:* diced bell peppers, onion, mushrooms, sprouts, drained canned beans.
- *Top with meat, chicken, or seafood.* Slice it first.
- *Fold in the ends then roll.*

Ordering out or picking up a meal? Wraps aren't necessarily low-fat or low-calorie. A high-fat sauce or dressing, or a wrap that's twice what you need, may supply enough extra calories or fat for two meals.

Wrap leftovers or "plan-overs" for a quick lunch or supper.

### Southwest Tortilla Wraps

2 T. low-fat salad dressing or mayonnaise  
4 10-inch flour tortillas  
½ c. chunky salsa  
4 ounces sliced turkey or roast beef  
½ c. shredded low-fat Cheddar cheese  
4 leaves of lettuce or spinach  
½ c. thin strips red pepper  
¼ c. sliced green onions  
2 T. sliced black olives  
Pinch of cayenne pepper, optional

Spread salad dressing on tortillas; spread salsa over salad dressing. Layer lettuce on top. Top with turkey or meat, cheese, vegetables, and cayenne pepper as desired. Roll and serve, or heat 45 seconds in microwave on medium power. Each tortilla can be wrapped in plastic wrap after rolling and then refrigerated. Makes 4 serving. Source: Wheat Foods Council



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

April 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
<b>3</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold  <b>Turkey &amp; Mashed Potatoes Soup/Salad</b>	<b>4</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot  <b>Cheeseburger Soup/Salad</b>	<b>5</b> 9:00 Chair Volleyball 1:00 Bridge  <b>Mother's Day Luncheon</b> <b>Chicken Tortellini with Shrimp</b>	<b>6</b> 9:30 Fit & Fall 3:30 Zumba Gold  <b>Ham Soup/Salad</b>	<b>7</b> 9-10:30 Breakfast 11-12:00 Food Distribution  <b>MOW—Beefy Mac Casserole</b>	<b>8</b> 8:30 Zumba Gold
<b>10</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold  <b>Chicken Sandwich Soup/Salad</b>	<b>11</b> 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot  <b>Pork Loin Soup/Salad</b>	<b>12</b> 9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge 6:00 Homemakers  <b>Lasagna Soup/Salad</b>	<b>13</b> 9:30 Fit & Fall 3:30 Zumba Gold  <b>Chicken Enchilada Casserole Soup/Salad</b>	<b>14</b> 9-10:30 Breakfast 11-12:00 Food Distribution  <b>MOW—Pork Loin</b>	<b>15</b> 8:30 Zumba Gold
<b>17</b> <b>8:00-CFSP BOXES</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold  <b>Beef Stroganoff Soup/Salad</b>	<b>18</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot  <b>Chicken Fried Rice Soup/Salad</b>	<b>19</b> 9:00 Chair Volleyball 12:00 Mayor's Meeting 1:00 Bridge  <b>Turkey &amp; Dressing Soup/Salad</b>	<b>20</b> 9:30 Fit & Fall 3:30 Zumba Gold  <b>Baked Potato &amp; Chili Soup/Salad</b>	<b>21</b> 9-10:30 Breakfast 11-12:00 Food Distribution  <b>MOW—Chicken Broccoli Rice</b>	<b>22</b> 8:30 Zumba Gold
<b>24</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold  <b>Pork Chops &amp; Mashed Potatoes Soup/Salad</b>	<b>25</b> 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot  <b>Sloppy Joe's Soup/Salad</b>	<b>26</b> 9:00 Chair Volleyball 1:00 Bridge  <b>Chicken Strips Soup/Salad</b>	<b>27</b> 9:30 Fit & Fall 12:00 Sons of Utah Pioneers 3:30 Zumba Gold  <b>Deli Ham Sandwich Soup/Salad</b>	<b>28</b> 9-10:30 Breakfast 11-12:00 Food Distribution  <b>MOW—Beef Vegetable Soup</b>	<b>29</b> 8:30 Zumba Gold
<b>31</b>  <b>CLOSED</b>	<div>  </div>		All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change		



VOLUME 44  
ISSUE 5  
May 2021



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

