

THE CENTER NEWS

Bingham County Senior Citizens Center Newsletter

July 2021

Happy 4th of July

In observance of the 4th of July the Bingham County Senior Citizens Center will be closed on July 5th. We wish everyone a very safe and fun holiday!



“May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right...”

- Peter Marshall



In This Issue

- Bar J Wranglers— August 5th Trip
- An Apple A Day
- Senior Tip
- \$5 A Month Club
- Oral Health
- Calendar of Events



Last Year They
will be
Performing

BAR J WRANGLERS

Some folks call it a western music show; some call it a stand-up comedy show with masterful cowboy music; others call it the best musical experience in the west. Call it what you want to - the fact remains - The Bar J Wranglers from Jackson Hole, Wyoming, deliver some of the purest harmony, best musicianship and funniest ranch humor ever seen on stage.

The Bar J Wranglers have performed nationwide with outstanding performers such as Roy Rogers, Randy Travis, Sons of the Pioneers and others.

Lets Go See the Bar J Wranglers

August 5th

Gate opens at 5:30pm and the Dinner Bell Rings at 7:00pm

Price is dependent on Meal Choice.

All meals served with baked potato, Bar J beans, homemade biscuits, chunky applesauce, old fashioned spice cake, real ranch coffee or tenderfoot lemonade. Choices include: BBQ Beef, Boneless Chicken Breast, Chicken & BBQ Beef Combo, BBQ Pork Rib, or Grilled 12oz Rib-Eye Steak.

An Apple A Day

There's truth in the time-honored adage that an apple a day keeps the doctor away.

Enjoy a crunchy, medium-size apple with its peel on, and get the benefits of about 4 grams of dietary fiber in just 80 calories. An apple's mostly soluble fiber may help lower blood cholesterol levels by binding to fatty substances and promoting their excretion. Its insoluble fiber helps waste move through your intestinal tract faster.

Other sweet benefits? Apples, especially their peels, are loaded with quercetin. A powerful antioxidant, quercetin may reduce the growth and spread of cancer cells, and help promote heart health by protecting your blood vessels from fatty deposits. What's more, tannins in apple juice may help keep your gums healthy.

Another "a-peeling" fact: aroma and flavor mostly come from fragrance cells in the peel. Vitamin C is just underneath.

Add to your meals:

- ✓ Toss in some apple crunch to a garden or chicken salad or tuna salad sandwich.
- ✓ Tuck in an apple whole, dried slices or canned apple juice in your briefcase or backpack.
- ✓ Spread chunky applesauce on your morning French toast, pancakes, or waffles, instead of syrup.

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

Source: Eileen Jenkins, 1975 via Laurie Francis



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
June 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.

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Senior Tip—Legal

Small Estate Affidavit

If your estate is less than \$100,000, it is unnecessary to probate it

In Idaho, small estates that have a value of less than \$100,000, do not need to be probated for the heirs to collect the property in the estate. Thirty days after a person has died, any heir of the decedent—on behalf of all the heirs—may present an affidavit to any individual holding property of the decedent to obtain the property.

Idaho Code § 15-3-1201 lays out the requirements for the affidavit, which must state the following:

- The fair market value of the entire estate of the decedent is less than \$100,000.
- Thirty days have elapsed since the death of the decedent.
- No application for the appointment of a personal representative in a probate proceeding is pending in any jurisdiction.
- The person claiming the property is entitled to payment or delivery of the property.

The effect of the affidavit is that the individual who delivers the personal property to the heir is released from any liability. They are released to the same extent as if they had dealt with a personal representative in a probate proceeding.

A form entitled Idaho Small Estate Affidavit for Collection of Decedent's Property, Possessions, & Accounts can be found online. However, if you need to transfer the title to a vehicle belonging to the decedent, you can find an Affidavit of Inheritance form on the Idaho Department of Transportation's web site.

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

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

May

Our \$5.00 a month club supports 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

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PAM BEUS

LOLA BROWER

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WAYNE & BECKY YOUNG



Your Oral Health

Often overlooked, oral health is one of the most important issues for the elderly. The CDC's Division of Oral Health found that about 25 percent of adults over the age of 65 no longer have their natural teeth. Problems such as cavities and tooth decay can lead to difficulty maintaining a healthy diet, low self-esteem, and other health conditions. Oral health issues associated with older adults are dry mouth, gum disease and mouth cancer. These conditions could be managed or prevented by making regular dental check-ups. Dental care, however, can be difficult for seniors to access due to loss of dental insurance after retirement or economical disadvantages.

Oral health problems in adults include the following:

- **Untreated tooth decay.** More than 1 in 4 (27%) adults in the United States have untreated tooth decay.
- **Gum disease.** Nearly half (46%) of all adults aged 30 years or older show signs of gum disease; severe gum disease affects about 9% of adults.
- **Tooth loss.** Complete tooth loss among adults aged 65-74 years has steadily declined over time, but disparities exist among some population groups. If left untreated, cavities (tooth decay) and periodontal (gum) disease lead to tooth loss.
- **Oral cancer.** Oral cancers are most common in older adults, particularly in people older than 55 years who smoke and are heavy drinkers.
 - People treated for cancer who have chemotherapy may suffer from oral problems such as painful mouth ulcers, impaired taste, and dry mouth.
- **Chronic diseases.** Having a chronic disease, such as arthritis, heart disease or stroke, diabetes, emphysema, hepatitis C, a liver condition, or being obese may increase an individual's risk of having missing teeth and poor oral health.
 - Patients with weakened immune systems, such as those infected with HIV and other medical conditions (organ transplants) and who use some medications (e.g., steroids) are at higher risk for some oral problems.
 - Chronic disabling diseases such as jaw joint diseases (TMD), autoimmune conditions such as Sjogren's Syndrome, and osteoporosis affect millions of Americans and compromise oral health and functioning, more often among women.

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

- Drink fluoridated water and brush with fluoride toothpaste.
- Practice good oral hygiene. Brush teeth thoroughly and floss between the teeth to remove dental plaque.
- Visit your dentist on a regular basis, even if you have no natural teeth or have dentures.
- Do not use any tobacco products. If you smoke, quit.
- Limit alcoholic drinks.
- If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease.
- If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.
- See your doctor or a dentist if you have sudden changes in taste and smell.
- When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.

Good oral health can contribute to your overall health as you age. Be sure to see your Dentist regularly.

<https://vitalrecord.tamhsc.edu/10-common-elderly-health-issues/>

<https://www.cdc.gov/oralhealth/basics/adult-oral-health/tips.html>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.</p> <p>Meals are subject to change</p>				<p>2 9-10:30 Breakfast 11-12:00 Food Distribution</p> <p>MOW—Pork Ragu</p>	<p>3 8:30 Zumba Gold</p>
<p>5 CLOSED</p>	<p>6 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot</p> <p>Chicken Fajitas Buffet, Soup & Salad Bar</p>	<p>7 9:00 Chair Volleyball 1:00 Bridge 6:00 Homemakers</p> <p>Ham and Cheese Sandwich Buffet, Soup & Salad Bar</p>	<p>8 9:30 Fit & Fall 3:30 Zumba Gold</p> <p>Chicken Alfredo Buffet, Soup & Salad Bar</p>	<p>9 9-10:30 Breakfast 11-12:00 Food Distribution</p> <p>MOW— Beef Goulash</p>	<p>10 8:30 Zumba Gold</p>
<p>12 8:00 Walking Group 8:00-CFSP BOXES 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold</p> <p>Chicken Sandwich Buffet, Soup & Salad Bar</p>	<p>13 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot</p> <p>Meatball Subs Buffet, Soup & Salad Bar</p>	<p>14 9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge</p> <p>Pork Chops Buffet, Soup & Salad Bar</p>	<p>15 9:30 Fit & Fall 3:30 Zumba Gold</p> <p>Mac N' Cheese with Hot Dog Buffet, Soup & Salad Bar</p>	<p>16 9-10:30 Breakfast 11-12:00 Food Distribution</p> <p>MOW—Chicken Stuffing</p>	<p>17 8:30 Zumba Gold</p>
<p>19 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold</p> <p>Chili Dogs Buffet, Soup & Salad Bar</p>	<p>20 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot</p> <p>Chicken Divan Buffet, Soup & Salad Bar</p>	<p>21 9:00 Chair Volleyball 12:00 Mayor's Meeting 1:00 Bridge</p> <p>BBQ Pork Ribs Buffet, Soup & Salad Bar</p>	<p>22 9:30 Fit & Fall 12:00 Sons of Utah Pioneers 3:30 Zumba Gold</p> <p>Chicken Pot Pie Buffet, Soup & Salad Bar</p>	<p>23 9-10:30 Breakfast 11-12:00 Food Distribution</p> <p>MOW—Ham and Hash Casserole</p>	<p>24 8:30 Zumba Gold</p>
<p>26 8:00 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold</p> <p>Ham Salad Sandwich Buffet, Soup & Salad Bar</p>	<p>27 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot</p> <p>Taco Buffet, Soup & Salad Bar</p>	<p>28 9:00 Chair Volleyball 1:00 Bridge</p> <p>Sweet and Sour Chicken Buffet, Soup & Salad Bar</p>	<p>29 9:30 Fit & Fall 3:30 Zumba Gold</p> <p>Philly Cheese Steak Buffet, Soup & Salad Bar</p>	<p>30 9-10:30 Breakfast 11-12:00 Food Distribution</p> <p>MOW—Roast Beef and Mashed Potatoes</p>	<p>31 8:30 Zumba Gold</p>

Bingham County Senior Citizens Center

Our Mission Statement is:

“To enhance the quality of life for seniors and others in our community through nutrition, housing, education, and, social opportunities.”

Contact Us

Give us a call for more information about our services and products

Bingham County Senior Citizens Center

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Visit us on the web at
www.seniors4ever.com



Free, Unbiased Medicare
Information for Idaho

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

VOLUME 44

ISSUE 7

July 2021

