

# THE CENTER NEWS

Bingham County Senior Citizens Center Newsletter

August 2021

## New Activity

You can now enjoy doing Tai Chi here at the Center, the first Monday of each month from 9am to 10am.

Starting Monday August 2nd.

Come and see what it is all about!



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*“You can practice Tai Chi Chuan while you are walking, standing, sitting, and laying. The method is to use your mind to circulate the “chi”, and find the feeling.”*

*- Tung Ying Chieh Tai  
Chi Chaun Master*

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## Southeastern Idaho Senior Games

The Southeast Idaho Senior Games is endorsed by the Idaho Governor's Council on Physical Fitness & Sports and belongs to the U. S. National Senior Games Organization.

Senior Games are held once a year and there are over 25 different events held. There is definitely something for everyone. If you missed this years games be sure to get involved in next years games being held July 2022.

## Check out our Local Senior Games Super Stars

Jeanie Potter

Line Dancing

Lee Durney

Bridge

Don Walrath

Bridge, Hand and Foot, Golf & Corn hole.



You can find out more information at [seidahoseniorgames.org](https://seidahoseniorgames.org)





## In-Person Class in Blackfoot

Registration is required!

# DINING WITH DIABETES

## 4-WEEK COURSE

*Dining with Diabetes* is a program offered by the University of Idaho Extension that helps people with Type 2 diabetes, or their care providers, to identify and understand important information on how to manage this disease.

Participants will learn about diabetes and how to manage it through meal planning, portion control, understanding labels, and physical activity. Recipes will be demonstrated and tasted.

Program includes:

1. Four in-person classes August 25, September 1, 8, 15, 6-7:30 pm
2. Participant workbook with handouts.
3. Recipe book.
4. Access to private Facebook group for support and more ideas.
5. Cost is \$20. Contact Julie if you are interested in scholarship.

Register by paying at Bingham County Extension 208-785-8060

**Registration deadline is Wednesday, August 18 by 5 pm**

Bingham County Extension  
412 West Pacific Street, Blackfoot  
Julie Buck  
jhbuck@uidaho.edu  
208-785-8060

 **University of Idaho**  
Extension



## BOARD MEMBERS

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## Senior Tip—Legal

### Be Prepared in Case of Incapacity

**Consider getting your financial and healthcare powers of attorney in place.**

Many people are proactive and execute durable powers of attorney well before incapacity becomes an issue. In most cases, having these documents in place will make it unnecessary for the court to appoint a guardian or conservator (a court-supervised person to administer an individual's affairs).

Sometimes, a conservatorship or guardianship is necessary even when there are durable powers of attorney in place. For example, the agent appointed, or the attorney-in-fact, may be unable or unwilling to act or is disqualified from acting due to wrongdoing; the person who has become incapacitated may be a threat to himself or others; or the incapacitated person's family may not be able to agree on who should be making decisions, or may not agree with the decisions that are being made. In situations such as these, the appointment of a conservator or guardian by the court may be appropriate. (A Guide to Elder Law Practice, 2007 Timothy L Takacs.)

If the court determines that a conservator is needed, Idaho Code § 15-5-410 for conservators list the persons entitled for consideration in the following order:

- an individual nominated by the incapacitated person in a financial power of attorney;
- the spouse of the incapacitated person;
- an adult child of the incapacitated person;
- a parent of the incapacitated person; or
- any relative of the incapacitated person with whom he or she has resided six months prior to the filing of the petition.

The court may disregard this order of priority or designate any other person, if it determines it is in the best interest of the incapacitated person.

There are advantages and disadvantages to having a court-appointed conservator or guardian:

1. Advantage: Guardians and conservators are supervised by the court. Annual accountings must be turned into the court by the guardian and conservator.
2. Disadvantages: Guardianships and conservatorships are expensive—with court costs, visitor, and attorney's fees.

In conclusion, planning allows you to have a say in the important decisions affecting your life. In our website listed below, you can view our booklet called; "A Senior's Guide to a Well-Planned Future" or if you are interested, you could stop by our office and pick one up. This booklet details what you need to have in place to be prepared in case of incapacity.

**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 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



**July**

*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**

**JACKIE BABCOCK**

**CAROL BALDWIN**

**MARY BALLARD**

**JERRY BARBRE**

**PAM BEUS**

**LOLA BROWER**

**CHARLEY BROWNING**

**BLAINE BURKMAN**

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**RUSS & JEANIE POTTER**

**STEVE ROWE**

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**JOAN SHAFER**

**AL & KATHERINE STALDER**

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**JOHN TABERNA**

**FRANK & KIMI TOMINAGA**

**JEAN WADSWORTH**

**VERLENE WALTERS**

**SPENCER & ANDREA WILLIAMS**

**GARY & SONJA WRIGHT**

**WAYNE & BECKY YOUNG**



# Malnutrition in Seniors

July 2021

Malnutrition in older adults over the age of 65 is often underdiagnosed and can lead to other elderly health issues, such as a weakened immune system and muscle weakness. Malnutrition is when your body doesn't get enough nutrients

from the foods you eat to work properly. Nutrients include fats, carbohydrates, protein, vitamins, and minerals. These substances give your body energy. They help your body grow and repair tissues. They also regulate bodily functions such as breathing and the beating of your heart.

As the U.S. population ages, malnourishment is a growing concern. Good nutrition is very important for all older adults. It is especially important for older adults who are ill or have been diagnosed with a chronic disease or dementia. Malnutrition in older adults can lead to a number of health problems, including the following:

- Unintentional weight loss.
- Tiredness and fatigue (feeling out of energy).
- Muscle weakness or loss of strength. This could lead to falls, which could cause broken bones or fractures.
- Depression.
- Problems with memory.
- A weak immune system. This makes it hard for your body to fight off infections.
- Anemia.

Because of these health problems, malnourished adults tend to make more visits to their doctor, the hospital, and even the emergency room. They don't recover from surgery or other procedures as quickly as adults who are well nourished.

Malnutrition occurs when a person doesn't have enough food or doesn't eat enough healthy foods. A number of things may affect the amount and type of food that older adults eat. These include:

- **Health problems.** Older adults may have health problems that cause a loss of appetite or make it hard to eat. This could include conditions such as dementia and other chronic illnesses. They may be on restricted diets that make foods taste bland. They may also have dental problems that make it hard to chew or swallow foods.
- **Medicines.** Certain medicines can decrease appetite or affect the taste and smell of food.
- **Low income.** Older adults may be on a fixed income. They may be paying for expensive medicines to help manage health conditions. They may have trouble paying for groceries, especially the healthy foods they need.
- **Disability.** Older adults who have dementia or physical

disabilities may not be able to shop for groceries or cook for themselves.

- **Social issues.** Mealtimes can be social occasions. As we age, we may start to lose friends and family members. Older adults who usually eat alone may lose interest in cooking and eating.
- **Alcoholism** can decrease appetite and affect how the body absorbs nutrients from food.
- **Depression** in older adults can lead to loss of appetite.

It can be hard to tell if an older adult is malnourished. Check the refrigerator and pantry to find out the amount and type of food your loved one has on hand. Be sure to visit during mealtimes so you can observe their eating habits. Watch for signs of weight loss, such as clothing that is looser than normal. Easy bruising and slow wound healing are also signs of malnutrition.

Know which medicines your loved one takes and ask a doctor or pharmacist if any of the medicines may cause loss of appetite. If your loved one is depressed or is an alcoholic, help him or her seek treatment.

To improve your loved one's nutrition, try some of the following:

- **Encourage healthier food choices.** The best foods are those that are full of nutrients, such as fruits, vegetables, whole grains, and lean meats.
- **Snacking** on healthy foods is a good way to get extra nutrients and calories between meals.
- **Make food taste good again.** If your loved one is on a restricted diet, herbs and spices can help restore flavor to bland foods.
- **Consider adding supplements to your loved one's diet.** He or she may benefit from a supplement shake or other nutritional supplements. Talk to their doctor about these options.
- **Plan social activities.** Make mealtimes and exercise a social activity. Take your loved one on a walk around the block. Encourage him or her to meet a neighbor or friend for lunch.

You may need help making sure your loved one is eating right. Home health aides can help shop for groceries and prepare meals. Check with your local Council on Aging and other senior community resources and community programs, such as Meals on Wheels. They may be able to help you care for your loved one.

<https://familydoctor.org/preventing-malnutrition-in-older-adults/>  
<https://vitalrecord.tamhsc.edu/10-common-elderly-health-issues/>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 7:30 Walking Group 9:00 Tai Chi 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>Chicken Strips &amp; Fries Buffet, Soup &amp; Salad</b>	<b>3</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot <b>Spaghetti Buffet, Soup &amp; Salad Bar</b>	<b>4</b> 9:00 Chair Volleyball 11:00 Angelina—Piano Music 1:00 Bridge <b>Turkey &amp; Mashed Potatoes Buffet, Soup</b>	<b>5</b> 9:30 Fit & Fall 3:30 Zumba Gold <b>Pork Sandwich Buffet, Soup &amp; Salad Bar</b>	<b>6</b> 9-10:30 Breakfast 11-12:00 Food Distribution <b>MOW—Malibu Chicken</b>	<b>7</b> 8:30 Zumba Gold
<b>9</b> 7:30 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>Beef Stroganoff Buffet, Soup &amp; Salad</b>	<b>10</b> 9:30 Fit & Fall 10:30 Helping Hands 12:00 Sroptmists 12:45 Line Dancing 1:00 Hand & Foot <b>Ham &amp; Au Gratin Potatoes Buffet, Soup &amp; Salad Bar</b>	<b>11</b> 9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge <b>Teriyaki Chicken Salad Sandwich Buffet, Soup &amp; Salad Bar</b>	<b>12</b> 9:30 Fit & Fall 3:30 Zumba Gold <b>Hot Hamburger Sandwich Buffet, Soup &amp; Salad Bar</b>	<b>13</b> 9-10:30 Breakfast 11-12:00 Food Distribution <b>MOW—Pork &amp; Gravy</b>	<b>14</b> 8:30 Zumba Gold
<b>16</b> 7:30 Walking Group <b>8:00-CFSP BOXES</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>Chicken &amp; Stuffing Buffet, Soup &amp; Salad Bar</b>	<b>17</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot <b>Chili &amp; Cinnamon Rolls Buffet, Soup &amp; Salad Bar</b>	<b>18</b> 9:00 Chair Volleyball 12:00 Mayor's Meeting 1:00 Bridge <b>Sausage &amp; Pepperoni Pizza Buffet, Soup &amp; Salad Bar</b>	<b>19</b> 9:30 Fit & Fall 3:30 Zumba Gold <b>Chicken Parmesan Buffet, Soup &amp; Salad Bar</b>	<b>20</b> 9-10:30 Breakfast 11-12:00 Food Distribution <b>MOW—Tator Tot Casserole</b>	<b>21</b> 8:30 Zumba Gold
<b>23</b> 7:30 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>Grilled Ham &amp; Cheese Buffet, Soup &amp; Salad Bar</b>	<b>24</b> 9:30 Fit & Fall 10:30 Helping Hands 12:00 Sroptmists 12:45 Line Dancing 1:00 Hand & Foot <b>Chicken Enchiladas Buffet, Soup &amp; Salad Bar</b>	<b>25</b> 9:00 Chair Volleyball 1:00 Bridge <b>Meatloaf &amp; Mashed Potatoes Buffet, Soup &amp; Salad Bar</b>	<b>26</b> 9:30 Fit & Fall 3:30 Zumba Gold <b>Lemon Chicken &amp; Rice Buffet, Soup &amp; Salad Bar</b>	<b>27</b> 9-10:30 Breakfast 11-12:00 Food Distribution <b>MOW—Pork Lo Mein</b>	<b>28</b> 8:30 Zumba Gold
<b>30</b> 7:30 Walking Group 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>Grilled Chicken Club Buffet, Soup &amp; Salad</b>	<b>31</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot <b>Tacos Buffet, Soup &amp; Salad Bar</b>				All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change

# 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

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

(208) 785-4714

[bcsc@seniors4ever.com](mailto:bcsc@seniors4ever.com)

Visit us on the web at  
[www.seniors4ever.com](http://www.seniors4ever.com)



Free, Unbiased Medicare  
Information for Idaho

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

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