



THE CENTER NEWS

Bingham County Senior Citizens Newsletter

October 2021

In This Issue

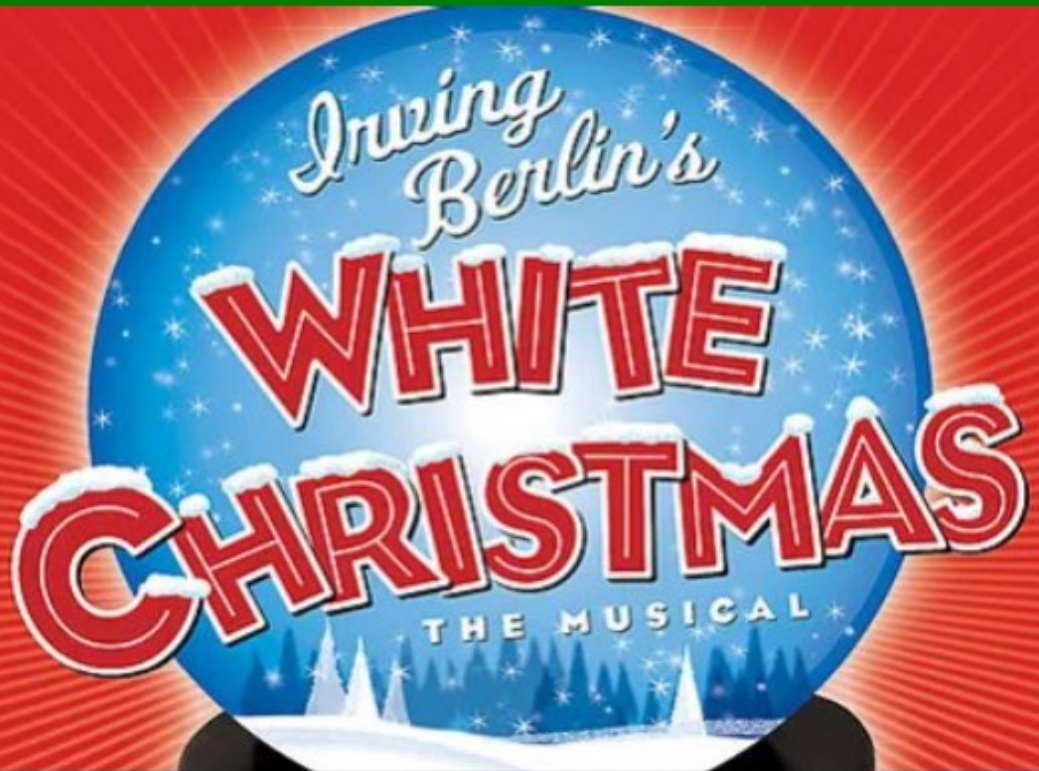
- White Christmas Musical
- Prime Rib Dinner—Fundraiser
- Election Ahead
- Senior Tip
- \$5 A Month Club
- U of I—On the Wild Side
- Flu, Covid and Booster shots Available
- Alliance—Flu Vaccine
- Calendar of Events



Winter Trip—White Christmas Musical

THE BINGHAM COUNTY SENIOR CITIZENS CENTER

WILL BE ATTENDING



AT THE PALACE THEATRE IN POCA TELLO, ID

DECEMBER 9TH * 5PM

Dinner Choices Include: Prime Rib, Stuffed Salmon, Chicken Cordon Bleu, Spiraled Ham

Price is dependent on Dinner choice. Please contact the Center at 208-785-4714
for more information or to reserve your seat.

Space is limited

Prime Rib Dinner Fundraiser

Senior Center Activities

Our Activities have resumed and we love to see everyone enjoying them.

Please donate **\$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 and sewer.

Thank You!

For donating to The Senior Center and keeping our activities available to all.

BINGHAM COUNTY SENIOR CITIZENS CENTER



COMMUNITY PRIME RIB DINNER FUNDRAISER

Everyone is Welcome
Tickets Available for only \$25
Beer & Wine will be sold separately

Friday October 22, 2021
6pm to 8pm
20 E. Pacific St., Blackfoot



SPONSORED BY

BINGHAM MEMORIAL HOSPITAL



Medicare Drug and Medical Plan Reviews

SHIBA will be conducting Medicare drug and medical plan reviews again this year during the Medicare Annual Enrollment Period.

**November 1st through
December 15th**

As SHIBA follows the Idaho Rebounds plan to safely and responsibly provide services, the staff remains available to serve you as we continue safe practices. We encourage email, phone calls and remote communication, if necessary we are also available for meetings by appointment. You can reach us at 1-800-247-4422.



Board of Directors—Election

Open Nominations for Board of Directors has been completed. The following individuals will be running for this years election in November.

For the two open Board Member Positions:

Jeanie Potter

Al Stalder

Benny Lilly

For the Liaison Position:

Darlene Grimm

Debbie Kluvers

A brief description of each of these individuals will be posted at the Senior Center in the month of October and will then be included in the November newsletter.

The election will be held on November 8th between the hours of 8:30 am and 3:00 pm.

Members may vote early on November 3rd between the hours of 10:00am and 3:00pm at the Senior Center.

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
MONICA BANKHEAD
MINDIE CAMERON
JEREMY ATWOOD
JESSE LEYVAS
CASEY WHEELER



Senior Tip—Financial

Financial Power of Attorney Frustrations

Signing a financial institution's power of attorney can resolve problems.

A power of attorney is the delegation of decision-making authority over an individual's property to another. The person delegating the authority is called the Principal, and the person receiving the authority is called the Agent. Delegating authority can be for incapacity planning or for convenience. The agent acts in financial matters for the principal's benefit. For example, the agent can deposit or withdraw money from bank accounts, buy or sell securities, operate or terminate an ownership interest in a business, purchase insurance, pay bills, lease or sell property, apply for government benefits, pay taxes, etc.

For the most part, powers of attorney work well and accomplish their intended purpose. Sometimes, however, problems arise when you present a power of attorney to the IRS, banks, or other financial institutions, who may hesitate to accept the power of attorney. The law states that institutions can be held liable for refusing to accept an acknowledged power of attorney. Nevertheless, institutions frequently cite their internal policies as the reason for their refusal.

One way to solve this problem is to ask the bank, the IRS, or other financial institutions for their power of attorney form, which you can sign in addition to your general power of attorney. IRS Form 2848 authorizes another person to represent an individual before the IRS. You can name an accountant, attorney, or a family member as your representative. This form allows your agent to transact matters for you with the IRS.

By signing IRS Form 2848 or a financial institution's power of attorney form, you will have less problems with them rejecting your power of attorney and you will be able to transact business with them more smoothly.

Please see our website at www.packereldercarelaw.com

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

Check out our booklet, "A Senior's Guide to a Well-Planned Future" on our website! 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
208-785-5600**

\$5.00 a Month

September

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

KEN & JOANNE BIBBY

LOLA BROWER

CHARLEY BROWNING

BLAINE BURKMAN

WANDA BURGOYNE

DEEANN CHAVEZ

MARILYN CLEMENT

CAROL COOPER-TORREZ

PAT CROSSLEY

JACK DETMER

NANCY GODFREY

SHIRLEY GOODYEAR

DARLENE GRIMM

BRAD & JULIE HALE

SAUNDRA HAMM

JOYCE HARTMAN

MARGARITE HARTMAN

MARY ANN IGOE

KATHY JONES

DON KELLY

BRUCE & CHARLOTTE KAISER

DEBBIE KLUVERS

ALICE KONISHI

JESSE LEYVAS

JON & MARLENE LYKSETT

DIANE MANSANREZ

JEN MANSANAREZ TAYLOR

MAX MARES

DOROTHY MCLEAN

CHERI MITCHELL

MIRIAM MONTAGUE

KEN NILSSON

MARTHA OVERDORF

LEON & MARGARET PETERSON

AMY POWELL

RUSS & JEANIE POTTER

STEVE ROWE

RUDY & IRMA SANCHEZ

JOAN SHAFER

AL & KATHERINE STALDER

LUCILE STECKLEIN

RON & TERESA TAPIA

JOHN TABERNA

FRANK & KIMI TOMINAGA

JEAN WADSWORTH

VERLENE WALTERS

SPENCER & ANDREA WILLIAMS

GARY & SONJA WRIGHT

WAYNE & BECKY YOUNG

On the Wild Side

Ready to go wild with your meals? Enjoy the nutty flavor and good nutrition of wild rice. Combine 1 cup raw wild rice with 3 (or 4) cups water, bring to a boil, then simmer, covered, for 30 to 45 minutes; you're done! Cooked wild rice can be refrigerated for about one week.

Wild rice isn't rice but instead an edible seed with more than twice the protein of brown or white rice---more iron and fiber, too.
Get wild today!

Northwest Asparagus Wild Rice Salad

1 cup uncooked wild rice
3 cups thinly sliced fresh or frozen asparagus
4 ounces cut-up smoked salmon
1 cup cranberries
1 cup sliced red bell pepper

Dressing*

¼ cup white wine vinegar
1 T. olive oil
1 T. Dijon-style mustard
½ tsp. salt

Cook wild rice to package directions. Rinse in cold water. Combine asparagus, salmon, cranberries, red bell pepper, and cooked rice. Mix well. Combine dressing ingredients. Toss dressing with salad. Makes 4-6 servings. Source: Washington Asparagus Commission

*Bottled dressing, such as Cranberry-ginger Vinaigrette, may be substituted.





Bingham County Senior Citizens Center



Get Your Flu & Covid Shots at the Senior Center October 19th

Southeast Idaho Public Health will be at the Senior Center to provide Flu, Covid 1st and 2nd doses, along with booster shots.

If you are in need of any of these shots, please come to the Senior Center to receive them.

All you need is a photo ID and a copy of your Insurance or Medicare card.

**20 East Pacific Street
9am to 12pm**

For inquiries, call 208-785-4714





Flu Vaccines 2021-2022

According to the CDC, *everyone 6 months of age and older should get an influenza (flu) vaccine every season, with rare exceptions. For the 2021-2022 flu season, three main types of influenza vaccines will be available. Two kinds—the inactivated influenza vaccines (IIV4s) and the recombinant influenza vaccine (RIV4)—are injectable (flu shots). The third type, the live attenuated influenza vaccine (LAIV4), is given by nasal spray.*

Different influenza vaccines are approved for different age groups. Some people (for example, pregnant people and people with some chronic health conditions) should not get some types of influenza vaccines, and some people should not receive influenza vaccines at all (though this is uncommon). Everyone who is vaccinated should receive a vaccine that is appropriate for their age and health status. There is no preference for any one vaccine over another.

September and October are generally good times to be vaccinated. Ideally, everyone should be vaccinated by the end of October. Adults, especially those older than 65, should not get vaccinated early (in July or August) because protection in this group may decrease over time. Children can get vaccinated as soon as vaccine becomes available—even if this is in July or August. Some children need two doses. For those children it is recommended to get the first dose as soon as vaccine is available, because the second needs to be given at least 4 weeks after the first. Early vaccination can also be considered for people who are in the third trimester of pregnancy, because this can help protect their infants during the first months of life (when they are too young to be vaccinated).

The timing of flu is difficult to predict and can vary in different parts of the country and from season to season. Reduced population immunity due to lack of flu virus activity since March 2020 could result in an early and possibly severe flu season.

<https://www.cdc.gov/flu/season/faq-flu-season-2021-2022.htm#Getting-a-Flu-Vaccine-During-the-COVID-19-Pandemic>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
4 9:00 Haircuts 9:00 Tai Chi 1:00 Bingo 3:30 Zumba Gold Spaghetti Buffet, Soup & Salad Bar	5 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Pizza Buffet, Soup & Salad Bar	6 9:00 Chair Volleyball 11:00 Angelina-Piano Music 1:00 Bridge Turkey & Mashed Potatoes Buffet, Soup & Salad Bar	7 9:30 Fit & Fall 3:30 Zumba Gold Chicken Alfredo Bake Buffet, Soup & Salad Bar	8 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Chicken Fajitas	9 8:30 Zumba Gold
11 8:00-CFSP BOXES 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Ham Buffet, Soup & Salad Bar	12 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot Malibu Chicken Buffet, Soup & Salad Bar	13 9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge Chili & Cinnamon Roll Buffet, Soup & Salad Bar	14 9:30 Fit & Fall 3:30 Zumba Gold Pork Chops Buffet, Soup & Salad Bar	15 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Chicken Lo-Mein	16 8:30 Zumba Gold
18 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Sloppy Joe's Buffet, Soup & Salad Bar	19 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Hot Dogs with Mac N' Cheese Buffet, Soup & Salad Bar	20 9:00 Chair Volleyball 11:00 Heritage-Piano Music 12:00 Mayor's Meeting 1:00 Bridge Chicken Parmesan Buffet, Soup & Salad Bar	21 9:30 Fit & Fall 3:30 Zumba Gold Open Face Hot Hamburger Sandwich Buffet, Soup & Salad Bar	22 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Pork Loin & Fried Potatoes	23 8:30 Zumba Gold
25 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Crispy Chicken Sandwich Buffet, Soup & Salad Bar	26 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Salisbury Steak Buffet, Soup & Salad Bar	27 9:00 Chair Volleyball 1:00 Bridge Sweet Pork Tacos Buffet, Soup & Salad Bar	28 9:30 Fit & Fall 3:30 Zumba Gold French Dip Buffet, Soup & Salad Bar	29 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Meatloaf and Mashed Potatoes	30

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

Visit us on the web at
www.seniors4ever.com



VOLUME 44

ISSUE 10

October 2021

