

The Center News

Thanksgiving Luncheon

Please Join Us

Wednesday, November 17, 2021

11am to 12:30pm

For our Annual

Thanksgiving Luncheon

Turkey, Stuffing, Homemade Rolls and
all the Fix'ins

Everyone is Welcome!

*Happy
Thanksgiving*



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Special points of interest

- White Christmas Musical Trip—December 9th
- Turkey Luncheon—November 17th
- Senior Center Elections—November 8th

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.

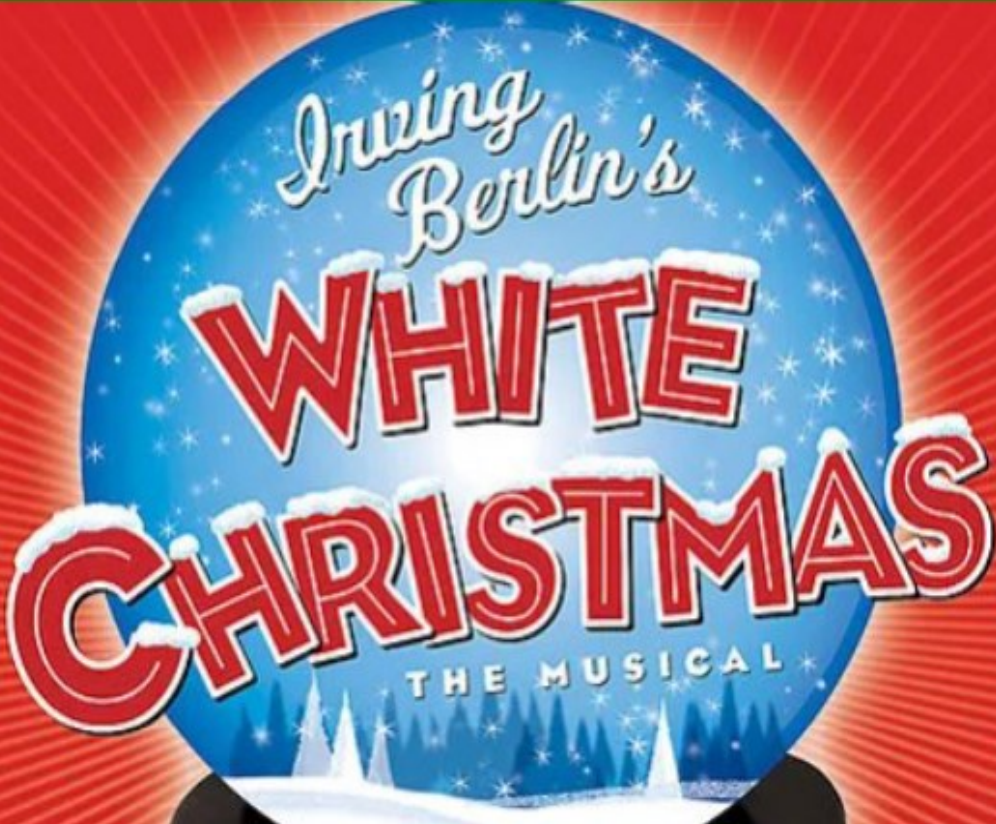
These donations will help the Centers overhead costs, which include: maintenance, custodial, power, gas, water and sewer.

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

Winter Trip—White Christmas Musical
We still have some availability—Contact Liz and get your seat reserved at 208-785-4714.

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

Safety Issues and How to Prevent Them



With age comes increased concern with personal safety and using caution to make sure our loved ones are safe from injuries, which once minor, can lead to rapid health decline with advanced age. It is easy to develop a false sense of safety and security when living in your own home. Please study and put in to action the following safety tips in your home to avoid safety issues in your future.

Slips and Falls: Slips and falls are the main cause of injury in a home, and the complications that can result are usually much worse than a scrape or a bruise. In 2013 alone, the direct medical costs for falls came to \$34 billion dollars! With careful planning and periodic home checkups, though, injuries can easily be avoided.

- Keep cords away from walkways
- Make sure all rugs, runners, and mats are slip resistant
- Provide adequate lighting in all areas of the house
- Keep exits and passageways free of miscellaneous debris
- Equip bathtubs and showers with non-slip surfaces, such as textured strips or mats
- Install one or two grab bars in the shower
- Stairs should have a handrail, decent lighting, and light switches at both ends. If the stairs need to be renovated, touch up the edges, carpet, and make sure the wood is even
- Remove all objects from stairways
- Keep a stable step-stool nearby
- Check for dry floors, and immediately clean up spills

Fires: Fires are one the primary safety issues for the elderly. They may be deadly, but thankfully there are lots of ways to prevent, put out, and escape from their wrath. Burns are a high threat to the senior community, and they should be prevented at all costs.

- Make sure the smoke-detectors work, and that there is one on each floor of the building
- Store paint, gasoline, and any other item that gives off a fume away from ignition sources

- Keep lids tightly closed on volatile substances
- Check the fuse box/circuit breaker. It is imperative that the box is the correct size
- Keep ashtrays and other smoking materials away from the bedroom. Smoking in the bedroom is dangerous and not worth the risk
- If using a heating device (such as an electric blanket or heater), make sure to follow the manufacturer's instructions to prevent mishaps
- Never sleep with a heating pad while it is turned on. Even at low settings, a heating pad can cause serious burns
- Always un-plug an electrical appliance when it is not in use
- Avoid resting furniture on top of cords. If a cord becomes damaged, it will become a fire and shock hazard
- Keep cords in good condition
- Do not overload cords.
- Make sure ventilation systems are up to date and in proper condition. Beware of improper venting, as it is the most frequent cause of carbon monoxide poisoning
- Roll up sleeves while cooking and avoid wearing loose clothing or jewelry near any form of flame. If you wear your hair long, tie it back
- Keep all non-cooking items (curtains, hand towels, pot holders, etc.) away from the fire range area
- If you have wood-burning heat equipment, make sure it is installed properly

Medicine and accidental poisoning:

Mixing up prescription medicines can be deadly.

- Make sure all medicines are stored in their original containers
- Outdated medications should be disposed of
- Store medicines beyond the reach of children
- Do not buy over-the-counter pills. If unwell, ask your doctor
- Keep a written calendar of what medications should be taken when and check them off as you do so

Improper Lighting:

A very simple-to-fix safety issue for the elderly is improper lighting. Fixing lighting can help in many ways – falling, taking the wrong medications, even electric shock. A well-lit house will prevent stumbles, showcase loose wire, prevent cuts and burns, and assist in label and calendar reading. Here are some of the best ways to ensure proper lighting.

- Make sure there is a source of light at both ends of all staircases
- Never walk in the dark. If an area is dark, provide lighting.
- There should be lamps and/or light switches within reach of the bed
- Night lights can be installed almost anywhere, and are extremely helpful around bathrooms, hallways, and other frequented evening areas
- Provide adequate lighting over the stove and food preparation counters

Small, simple safety steps can make all the difference to ensure you and your loved ones stay safe and avoid injury, hospitalization, pain, and increased risk of death. Do a quick "safety check" in your home today. A small amount of time spent today on prevention can make all the difference!

Sources

"Falls." *WHO*. N.p., n.d. Web. 16 Sept. 2015.

"Home Accident Prevention for Elderly." *Home Accident Prevention for Elderly*. N.p., n.d. Web. 16 Sept. 2015.

"Home Safety for the Elderly." – *InterNACHI*. N.p., n.d. Web. 16 Sept. 2015. "Older Adult Falls: Get the Facts." *Centers for Disease Control and Prevention*. Centers for Disease Control and Prevention, 01 July 2015. Web. 16 Sept. 2015.

<http://seniorsmatter.com/safety-issues-for-the-elderly/>

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Senior Tip—Legal

New Laws—IRA Beneficiaries

There now is a maximum 10-year post death payout for most retirement funds.

Let me start with a Happy Children's Fairytale: "Once upon a time, estate planners had a wonderful surprise gift for their clients. When the client showed up with a large IRA asset, an "ugly duckling" that came laden with indebtedness for unpaid income taxes, the planner could turn the ugly duckling into a swan called the "Stretch IRA"—deferring those taxes for decades after the client's demise, with a life expectancy payout to the client's children or grandchildren."

And the client, the family, and the estate planner lived happily ever after!

Disappointingly, the rest of this Tip contains the story of how the happy ending was taken away by the SECURE (Secure Every Community Up for Retirement) Act. When this law passed in December 2019, it radically changed the estate planning client's ability to effectively use his or her retirement benefits for their posterity long term. Except for a few types of beneficiaries, (listed below) the life expectancy payout is "gone with the wind," replaced by a maximum 10-year post death payout period. (This information comes from Estate Planning for Retirement Benefits in a Post-SECURE Act World, by Natalie B. Choate, Esq.)

There are five categories of eligible designated beneficiaries who are exempt from the 10-year SECURE ACT rule:

- A surviving spouse
- A minor child until he is 18
- A disabled person
- A chronically ill person
- A person who is not more than 10 years younger than the plan participant

The options for leaving benefits to the persons listed above vary, but there still may be the ability to do lifetime payouts for some of these beneficiaries. It is incumbent, then, when designating beneficiaries for IRAs, to understand the different payout rules for the different categories.

So what can you do? If you have an IRA, all pre-2020 plans need to be reviewed in light of the SECURE Act's changes. Many of those plans will not work as intended.

In addition, it is recommended that you check your beneficiaries from your financial institutions annually, or if any significant life changes occur.

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 Club

October

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.

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FRANK & KIMI TOMINAGA
JEAN WADSWORTH
VERLENE WALTERS
SPENCER & ANDREA WILLIAMS
GARY & SONJA WRIGHT
WAYNE & BECKY YOUNG

Board of Directors— 2021 Election



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.

MEET THE CANDIDATES

BENNY LILLY

35 years as a human resource manager and administrator in a non-profit organization, managing multi-million-dollar budgets and several functions within the organization, now retired. Responded to major catastrophes, such as Hurricane Katrina and the Haiti Earthquake, as an emergency response administrator. Managed food distribution centers feeding those in need. Extensive International travel and lived out of country for four years. Speak fluent Spanish. Married to college sweetheart, five children and 8 grandchildren. Blackfoot resident and Senior Center member for 4 years. Currently serving as Secretary on the Senior Center Board of Directors.

JEANIE POTTER

Worked 25 years at Idaho State University as an IT Systems Analyst. Retired in 2008. Since then I have volunteered:

- Bingham County Board of Guardians 4 years
- Meals on Wheels driver 8+ years
- Senior Center Board of Directors 3 years. Currently Vice-Chairman
- Started and run the Senior Center Helping Hands program.
- Started and instruct the Senior Center line dancing exercise class.
- Help with the Senior Center food distribution program.

AL STALDER

- Became a member of the Bingham County Senior Center in 2012.
- Served as Host for several years.
- Meals on Wheels driver two days per week.
- Plays Hand and Foot on Tuesdays.
- Participated as monitor in Senior Center Board Elections.
- Taught in Snake River High School from 1987 through 2011.
- Member of Blackfoot Elks Lodge.

MEET THE CANDIDATES ~ Liaison Position

DEBBIE KLUVERS

I have been married to John Kluvers for 46 years, have 3 adult children, 13 grandchildren, and 5 great grandchildren.

I am loving retired life but prior to that I worked at Alsco for 37 years.

Since retirement I have a great joy in the Bingham County Senior Citizens Center from Fit & Fall, Chair Volleyball, trips, and now volunteering for the food pantry. I have served for the last year as the Liaison Contact. I so enjoy the friendships from coming to the center.

DARLENE GRIMM

I was born and raised from Springfield, Pingree, to American Falls, where I graduated and went to Idaho State University. I have always worked in the Medical field until I retired 8 years ago.

I have been coming here to the Senior Center since. I so enjoy volunteering for Fit & Fall, Helping Hands, Hosting and the comradery. I also served one year on the Liaison Committee in 2019.

Control Emotional Eating

Feeling stressed, angry, or bored? Hungry or not, do you check out the refrigerator or vending machine?

Mood-triggered eating can turn into poor nutrition that leads to excess calories and unwanted weight gain. That may cycle to more negative feelings—perhaps guilt or poor self-esteem.

So stress won't get the best of you:

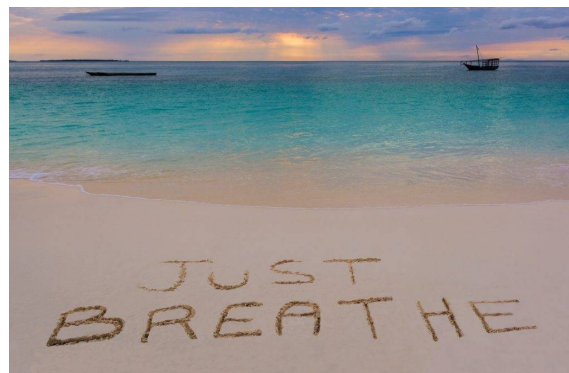
- Try positive self-talk. Forget what's wrong; think of one or two things that feel right. If it helps, talk aloud.
- Work it off with exercise. Put on your walking shoes and take a brisk walk. Turn on some music and relax muscle tension as you move to the beat.
- Give yourself permission for a "time-out". Try a bubble bath, soft music, a relaxing book, or giving a hug to someone who needs it as much as you do.
- Get professional help if you need it!

Stress-free foods

Water flavored with fresh fruit
Carrots, celery, apples
Nuts and seeds
Warm bread with your favorite spread

Stress-free activities

Walk your dog
Write a letter and mail it
Visit a friend
Donate your time or goods



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
October 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
1 9:00 Haircuts 9:00 Tai Chi 1:00 Bingo 3:30 Zumba Gold Fish & Chips Buffet, Soup & Salad Bar	2 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Grilled Chicken Club Buffet, Soup & Salad Bar	3 9:00 Chair Volleyball 11:00 Angelina-Piano Music 1:00 Bridge Tacos Buffet, Soup & Salad Bar	4 9:30 Fit & Fall 12:00 Sons of Utah Pioneers 3:30 Zumba Gold Grilled Ham & Cheese Buffet, Soup & Salad Bar	5 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Chicken & Stuffing	6 8:30 Zumba Gold
8 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Cheeseburger Buffet, Soup & Salad Bar	9 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot Chili Dogs Buffet, Soup & Salad Bar	10 9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge Chicken & Dumplings Buffet, Soup & Salad Bar	11 9:30 Fit & Fall 3:30 Zumba Gold Lasagna Buffet, Soup & Salad Bar	12 9-10:30 Breakfast 11-12:00 Food Distribution MOW— Ranch Pork Chops	13 8:30 Zumba Gold
15 8:00-CFSP BOXES 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Chicken Strips & Fries Buffet, Soup & Salad Bar	16 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Meatball Sub Sandwich Buffet, Soup & Salad Bar	17 9:00 Chair Volleyball 11:00 Heritage-Piano Music 12:00 Mayor's Meeting 1:00 Bridge Thanksgiving Luncheon	18 9:30 Fit & Fall 3:30 Zumba Gold Soup Buffet, Soup & Salad Bar	19 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Tuna Casserole	20 8:30 Zumba Gold
22 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Mac N' Cheese with Hot Dogs Buffet, Soup & Salad Bar	23 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Tator Tot Casserole Buffet, Soup & Salad Bar	24 9:00 Chair Volleyball 1:00 Bridge Chicken Enchiladas Buffet, Soup & Salad Bar	25 Closed Happy Thanksgiving	26 Closed	27 8:30 Zumba Gold
29 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold Chicken Parmesan Buffet, Soup & Salad Bar	30 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Baked Potato Buffet, Soup & Salad Bar	<div>  <h1>November</h1> </div>			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
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Blackfoot, ID 83221

(208) 785-4714

bcsc@seniors4ever.com

Visit us on the web at
www.seniors4ever.com



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