

# The Center News

NEWSLETTER

December  
2021

## Christmas Luncheon

Come enjoy Christmas Dinner/  
Luncheon

with us December 15th.

**11:00AM to 1:00PM**

And wear your Ugly Christmas  
Sweaters

*'tis the season...*  
TO ROCK  
**UGLY**  
SWEATERS



### Inside This Issue:

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### Special Points of Interest

- Ugly Sweater Luncheon
- Senior Tip
- Rada Cutlery
- Order Dinner Rolls and Cream Pies





## Have a Spa Day

Need a chance to rejuvenate and de-stress your life? Rather than splurge at an expensive resort spa, luxuriate with a spa day at home.

### At-home spa tips

Create the space: a quiet spot, comfortable chairs and pillows, gentle music, aromatic candles.

Fill baskets with spa products: moisturizers, facial creams, massage lotions, fragrances, nail polish, pumice stone, and more.

Prepare simple, flavorful “spa food” from your home kitchen:

Fruit, vegetables, legumes, whole-grain foods—in mixed salads, pasta or rice dishes, light soups, fruit smoothies.

Low-fat ingredients and cooking: perhaps grilled vegetables, herb-roasted chicken salad, seared salmon, broiled fish tacos, yogurt dips.

Refreshing drinks: green tea, 100% juice, fruit smoothies, sparkling water, fruit infused water.

Sensible portions—with a plate that’s at least two-thirds veggies, fruit, and whole-grain foods and one-third animal-based foods. Try tapa-size portions.

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

December 2020 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.



## 2021 Board Election Results

*This Years Board of Directors Election Results are as follows:*

### **BOARD MEMBERS:**

*Jeanie Potter*

*Total Votes = 51*

*Bennie Lilly*

*Total Votes = 25*

*Al Stalder*

*Total Votes = 44*

### **LIASION POSITION:**

*Debbie Kluvers*

*Total Votes = 26*

*Darlene Grimm*

*Total Votes = 43*

*Write in Candidate*

*Total Votes = 0*

## Christmas Dinner Roll Orders

Christmas Dinner Roll orders will be taken up to December 17th by 12pm.

Orders must be picked up December 22nd by 1pm.

1 Dozen rolls is only \$4

You may order White or Wheat.

## Kitchen News

Order Your Christmas Baked Goods From the Senior Center. Orders must be placed by December 17th and picked up on December 20th by 1 p.m. prices are listed below:

**Cinnamon Rolls ~ \$2.50 each**

**Dinner Rolls ~ \$4.00 dozen**

**Catered Meals:**

**\$7.00 Regular or \$9.00 Double**

**Coconut Cream Pie ~ \$8.00**

**Banana Cream Pie ~ \$8.00**

**Chocolate Cream Pie ~ \$8.00**

**Lemon Cream Pie ~ \$8.00**



## 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

MONICA BANKHEAD

### KITCHEN STAFF

MINDIE CAMERON

JEREMY ATWOOD

CASSIE BISHEIMER

CALEB COLLINS



## Senior Tip—Healthcare

### Common Estate Planning Misperceptions

Not understanding how the law works can lead to confusion and frustration.

Often people have misconceptions about how the law and estate planning documents work. Here are some common misconceptions I run into:

**Fiction:** I have a financial power of attorney for my father. After he passes away, the bank will let me access his account to settle his affairs.

**Fact:** If you have a financial power of attorney for someone, when they die, the POA is terminated. It is no longer valid, and you cannot use it to have access to bank accounts.

**Fiction:** I am nominated in my mother's Will to be her Personal Representative, so when she passes, I can settle her affairs.

**Fact:** When someone nominates another person to serve as their Personal Representative in their Will, that's all that it is—a nomination. They are not authorized to act in that capacity until they file an application with the court and are appointed by the court to be the Personal Representative.

**Fiction:** I have a Will, so my kids won't need to probate my estate.

**Fact:** The probate process is to determine if the Will is valid. To probate the estate and be appointed the personal representative, you must file an application with the court along with the original Will. The court reviews the application and Will and determines if they are in order. It then approves the application and issues Letters Testamentary. With the Letters, you can take whatever actions are needed to administer the estate of the deceased person.

**Fiction:** Here is one from Medicaid Law: If I am eligible for Medicaid, Medicaid will pay all the costs of my care.

**Fact:** When you qualify for Medicaid, Medicaid requires that all your monthly income—social security, pension, etc.—is paid to the facility for your care except for \$109 for personal needs. Medicaid will make up the difference between what the facility charges for your care and what you must pay. If you are married, some of your income can be diverted to your spouse who remains at home to meet his or her needs.

**Fiction:** I need to put my property in a Trust to avoid paying inheritance tax.

**Fact:** An estate tax at the federal level is charged to all decedent's estates when their assets pass on to their beneficiaries, whether they have a will or a trust. However, most estates won't encounter the federal estate tax since it only applies to estates worth more than \$11.7 million for 2021. Therefore, doing any kind of planning to avoid estate taxes for most people is unnecessary.

**Fiction:** When I pass away, my house automatically transfers to my spouse.

**Fact:** In many cases, your car and bank account automatically transfer to your spouse after you pass away, but your house is a different story. To have your house transfer to your spouse after you pass away you need a Deed that includes these 5 words: "with the right of survivorship."

Understanding how the law and legal documents work can help you make better decisions—with less angst.

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

Thomas W. Packer

186 East Judicial Street Blackfoot, Idaho 83221 208-785-5600

# \$5.00 a Month

## November

*Our \$5.00 a month club is to support our Meals on Wheels program. We currently deliver daily meals to over 80 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  
WANDA BURGOYNE  
DEEANN CHAVEZ  
MARILYN CLEMENT  
JACK DETMER  
NANCY GODFREY  
SHIRLEY GOODYEAR  
JANICE HAMES  
SAUNDRA HAMM  
JOYCE HARTMAN  
MARGARITE HARTMAN  
MARY ANN IGOE  
BARBRA & MARVIN JONES  
DON KELLY  
BRUCE & CHARLOTTE KAISER  
DEBBIE KLUVERS  
ALICE KONISHI  
JESSE LEYVAS  
JON & MARLENE LYKSETT  
DIANE MANSANREZ

JEN MANSANAREZ TAYLOR  
EMI MATSUURA  
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  
DARLENE WALKER  
VERLENE WALTERS  
SPENCER & ANDREA WILLIAMS  
GARY & SONJA WRIGHT  
WAYNE & BECKY YOUNG





Great Stocking  
Stuffers



DO YOU HAVE YOUR CHUCK-A-RAMA SENIOR DISCOUNT CARD? STOP BY THE SENIOR CENTER TO PICK ONE UP FOR \$1.00. SAVES 20% ON EACH MEAL AND YOUR 11<sup>TH</sup> MEAL IS FREE!

**amazon**smile  
You shop. Amazon gives.

## Support The Senior Center When you shop on Amazon

Did you know you can support our Local Bingham County Senior Citizens Center when you shop on Amazon.

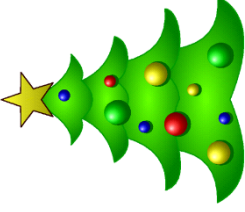
All you have to do is go to [smile.amazon.com](https://smile.amazon.com) select BINGHAM COUNTY SENIOR CITIZENS CENTER and a percentage of your purchases will be donated to the Center.

### Last Minute Gift Ideas

If you need a wonderful last minute gift we have RADA Cutlery in stock here at the Bingham County Senior Citizens Center already in gift boxes.

Stop by the front desk and we can show you our amazing selection.

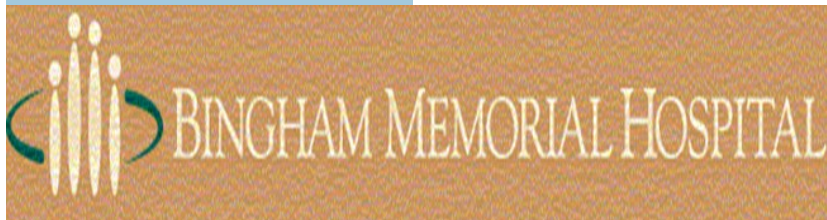


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:00 Chair Volleyball 11:00 Piano Music – Angelina 1:00 Bridge <b>Chicken &amp; Rice Soup/Salad</b>	<b>2</b> 9:30 Fit & Fall 3:30 Zumba Gold <b>Chicken Fried Steak Soup/Salad</b>	<b>3</b> 9-10:30 Breakfast 11-12:30 Food Distribution <b>MOW—Breakfast Burritos</b>	<b>4</b> 8:30 Zumba Gold
<b>6</b> 9:00 Haircuts 9:00 Tai Chi 1:00 Bingo 3:30 Zumba Gold <b>Fish &amp; Chips Soup/Salad</b>	<b>7</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot <b>Tater Tot Casserole Soup/Salad</b>	<b>8</b> 9:00 Chair Volleyball 11:30 FOUR C'S MUSIC 1:00 Bridge 6:00 Homemakers <b>Chicken Alfredo Soup/Salad</b>	<b>9</b> 9:30 Fit & Fall 3:30 Zumba Gold 5:00 Sons Of Utah Pioneers <b>Pork Loin Soup/Salad</b>	<b>10</b> 9-10:30 Breakfast 11-12:30 Food Distribution <b>MOW—Chicken Al'creme</b>	<b>11</b> 8:30 Zumba Gold
<b>13</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>Salisbury Steaks Soup/Salad</b>	<b>14</b> 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot <b>Pizza Soup/Salad</b>	<b>15</b> No activities <b>Christmas Luncheon 11am to 12:30 pm</b> <b>Roast Beef Soup/Salad</b>	<b>16</b> 9:30 Fit & Fall 3:30 Zumba Gold <b>Monterey Chicken Soup/Salad</b>	<b>17</b> 9-10:30 Breakfast 11-12:30 Food Distribution Last Day to order X-mas Dinner Rolls <b>MOW—BBQ Ribs</b>	<b>18</b> 8:30 Zumba Gold
<b>20</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>Roasted Chicken Thighs Soup/Salad</b>	<b>21</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot <b>Pizza Burger Soup/Salad</b>	<b>22</b> 9:00 Chair Volleyball 1:00 Bridge <b>Mongolian Pork &amp; Rice Soup/Salad</b>	<b>23</b> <b>Closed</b>	<b>24</b> <b>Closed Merry Christmas Eve</b> <b>MOW—Roast Beef (Christmas Dinner)</b>	<b>25</b> <b>Merry Christmas</b>
<b>27</b> 9:00 Haircuts 1:00 Bingo 3:30 Zumba Gold <b>Tuna Melt Soup/Salad</b>	<b>28</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot <b>Chicken Pot Pie Soup/Salad</b>	<b>29</b> 9:00 Chair Volleyball 1:00 Bridge <b>Philly Cheese Steaks Soup/Salad</b>	<b>30</b> <b>Closed</b>	<b>31</b> <b>Closed Happy New Year's Eve</b> <b>MOW- Sweet &amp; Sour Chicken &amp; Rice</b>	<b>1</b> <b>Happy New Year 2022</b>

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WE'RE ON THE WEB  
SENIORS4EVER.COM



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