

January 2022



*Let the New Year discovers you fresher,
happier, healthier, more joyful, more
cheerful and more satisfied. Here is wishing
you a Happy New Year.*

Happy
Valentine's
Day

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Save The Date!!

*We will be having a Valentine's Day
Luncheon .*

Come hungry

Wednesday, February 9th

11:00am-1:00pm

Squash That Idea

Ready to “season” your family meal with nutrition and color? Winter squash adds both. Their hard yet edible skin and more intense flavors distinguish acorn, butternut, pumpkin, buttercup, calabaza, golden nugget, and turban squash from tender-skinned, mild-flavored summer squash.

The inside scoop makes a great nutrition story. The deep-yellow to deep-orange flesh offers more nutrients, fiber, and other phytonutrients than summer squash, notably more beta carotene and lutein (two antioxidants), more soluble and insoluble fiber (helps control cholesterol levels and promote elimination), and more thiamin and vitamin B6, potassium, and iron. It’s also a low-fat source of another antioxidant: vitamin E.

Enjoy winter squash

Peeled and cut up cooked in pasta sauces, soups, and stews.

Mashed and seasoned with cinnamon and nutmeg.

Cooked and tossed with other cooked veggies.

Spicy Apple-Filled Squash

1 acorn squash (about 1 pound)

1 apple, peeled, cored, and sliced

2 tsp. melted margarine

2 tsp. packed brown sugar

1/8 tsp. ground cinnamon 1/8 tsp. ground nutmeg

Dash of ground cloves



Wash your hands. Heat oven to 350°F. Grease a baking dish. Halve squash and remove seeds; bake 35 minutes. Keep oven on. Cut squash halves in tow; turn cut sides up. In small bowl, combine apple, margarine, brown sugar, cinnamon, nutmeg, and cloves, and mix well. Fill squash pieces with apple mixture. Cover with foil or lid; bake 30 minutes or until apples are tender. Makes 4 servings. Source: Washington State Apple Commission cinnamon.

Provided by Julie Buck, EdD, RDN Extension Educator, 208-785-8060, jhbuck@uidaho.edu

December 2021. Sources: 365 Days of Healthy Eating from the ADA; www.allrecipes.com

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Four Tips to Improve Your Nutrition in 2022

Here are four ways to get your nutrition on a healthier track in the new year:

1. Eat filling foods

Feeling hungry can be one of the greatest challenges to sticking with a healthy diet. Foods with high fiber content can help you feel fuller faster and stay full longer.

Try to eat more high-fiber foods including:

Fruits: Strawberries, raspberries, pears, and apples

Vegetables: Broccoli, peas, artichokes, and leafy greens

Grains: Whole-grain pasta, barley, and oat bran

Legumes & nuts: Almonds, walnuts, black beans and lentils

2. Sit down and eat slowly

Mindfulness is important in many areas of life, including mealtime. Sitting down to eat—not eating standing up over the kitchen sink—can help you make better nutrition choices. It can also help you avoid overeating.

Paying attention to meal presentation is also helpful. Serving food on pretty dinnerware and setting an attractive table can make mealtime more inviting.

3. Serving size awareness

Nutrition labels can be deceptive if you aren't careful. While you might take time to read the fat, sodium, and sugar

content, it's easy to overlook the serving size. For example, if you are enjoying a dish of ice cream, the serving size might be a half cup. Is that the amount you really eat? Pay close attention to labels to better manage portions.

4. Learn more about aging and nutrition

Knowledge is power when it comes to senior nutrition. One resource that can help seniors and family caregivers plan healthy meals is USDA's MyPlate. This tool is designed to help you visualize each meal and give you a better idea of what types of food should fill each section of the plate.

Falls Prevention Winter Tips

- ♦ **Walk like a penguin to avoid wintertime slips and falls.**
- ♦ **Keep your weight over the feet with your arms free and out to the side.**
- ♦ **Keep your feet about shoulder-width apart.**
- ♦ **Walk slowly and take shorter steps.**

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November 2021 Senior Tip – Legal Small Estate Affidavit

In some cases where the total value of an estate is less than \$100,000, you may claim property with an Affidavit and not file for probate.

Once in a while, a client will come to my office because their parent has passed away. My client explains that their parent had a checking and savings account and a car that was titled only in the parent's name.

They tell me that they have gone to the bank and the bank won't give them access to the bank accounts even though they presented them with a death certificate and sometimes with a Will nominating the child to be the personal representative. Then when they went to the assessor's office, the clerk told them that they would have to probate before they could transfer the car title. My client complains that they do not want to probate the estate and asks if there is some alternative to access the money in the bank and get a new title to the car.

The good news is that there is an alternate way. Idaho Code § 15-3-1201 establishes a procedure whereby property can be collected by an Affidavit. A person claiming to be the successor of the decedent may present an Affidavit, containing the information listed below, to any person or financial institution owing the decedent money or having possession of tangible personal property belonging to the decedent. Once they have been presented with an Affidavit, the bank is required to turn over the money in the accounts and any person holding tangible personal property must deliver it to the successor.

An Affidavit is a sworn statement signed before a Notary. Idaho Code § 15-3-1201 provides that the Affidavit must state the following:

The fair market value of the entire estate of the decedent, which is subject to probate, less encumbrances, does not exceed \$100,000;

That thirty days have elapsed since the death of the decedent;

No application for the appointment of a personal representative is pending or has been granted in any jurisdiction; and

That the claiming successor is entitled to payment or delivery of the property.

If you need to transfer the title of a vehicle, an Affidavit form for vehicles can be found on the Idaho Department of Transportation's website.

The successor—any person to whom payment has been made or to whom property has been transferred—is accountable to any creditor of the decedent and to any other persons with a right to the money or property.

This section of the Idaho Code provides an easy method for the collection of property for small estates without having to file for probate with the court. However, in some cases going through probate may be less troublesome than trying to collect property with a small estate Affidavit. For example, sometimes financial institutions are reluctant to give money to a person solely on an Affidavit and prefer to give it to a Personal Representative appointed by the probate court.

If you have questions about when it would be appropriate to use an Affidavit, we would be happy to answer them.

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

December

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.

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Getting Through the Holidays When Dealing With Grief

The holiday season is in full swing with Thanksgiving last month and Christmas around the corner; individuals who have lost loved ones, find these days to be some of the most difficult days of the year. Holidays are known as the time shared with loved ones, but if our loved ones have passed away, how is it expected for us to cope during these times? “No one can take that pain away. But grief is not just pain, grief is love. It is not the grief you want to avoid, it is the pain (that you want to avoid). Grief is the way out of the pain. Grief is our internal feelings and mourning is our external expressions”.

There are several ways to incorporate your lost loved one into the holidays. Below are suggestions that may work for those struggling to get through the holidays.

1. A prayer about the loved one before the Holiday dinner.
2. Light a candle in their memory.
3. Make an online tribute about your loved one
4. Tell or write down your favorite story about your loved one.
5. Tell or write down a funny story about your loved one.
6. Chat or reference them in social media/online.
7. Remember them in prayer at your place of worship.

More ideas that other individuals have found worked for them, to get through the holidays include; taking a year off and skipping the holidays. Another idea is to have a ‘Plan B’ in place, for example, when a song or movie is playing that you and your loved one enjoyed together, change the station, or try to remember the joy that was brought up watching the movie or listening to the songs. Other people have

found that staying involved in the holidays helps to provide a continuing symbol of life and is used as a framework during the tough times.

Extra tips to use when grieving during the holidays

1. Be gentle with yourself, protect yourself and your feelings.
2. Allow time to express your feelings.
3. Allow others to help. We all need help sometimes.
4. In grief, pay special attention to children, they are often the ‘forgotten grievers’
5. Don’t do more than you want to.
6. Don’t keep things bottled up.
7. Don’t ask friends in grief if you can help, instead ‘just help’ Find ways to include them in events. Be specific in your invitations.

Keep in mind:

“Holidays are clearly some of the roughest terrains we navigate after a loss. Finding meaning in the loss is as individual as we are. We often say a part of us died with them, but finding meaning is also realizing a part of them still lives within us. What is vitally important is that we be present for the loss in whatever form the holidays do or don’t take. These holidays are part of the grieving journey that we must fully feel. They are usually very sad, but sometimes we may catch ourselves doing okay, and we may even have a brief moment of laughter. Now more than ever, be gentle with yourself. Don’t do more than you want, and don’t do anything that does not serve your soul, your loss, or the meaning that still lives within you”.

<https://grief.com/grief-the-holidays/>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30 Zumba
3 9:00 Tai Chi 1:00 Bingo 3:30 Zumba Gold Open face hot Hamburger Buffet Soup/Salad Bar	4 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Pork Chops Buffet Soup/Salad Bar	5 9:00 Chair Volleyball 11:00 Piano Music (Angel) 12:30 Bridge Chicken Alfredo Buffet Soup/Salad Bar	6 9:30 Fit & Fall 3:30 Zumba Gold Beef Stroganoff Buffet Soup/Salad Bar	7 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Pork Pot Pie	8 8:30 Zumba
10 1:00 Bingo 3:30 Zumba Gold Lemon Pepper Chicken Buffet Soup/Salad Bar	11 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Goulash Buffet Soup/Salad Bar	12 9:00 Chair Volleyball 12:00 Four C's (music) 12:00 Mayor's Meeting 12:30 Bridge Pork Roast Buffet Soup/Salad Bar	13 9:30 Fit & Fall 3:30 Zumba Gold Chicken Stir-Fry Buffet Soup/Salad Bar	14 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Meatloaf	15 8:30 Zumba
17 1:00 Bingo 3:30 Zumba Gold Tuna Casserole Buffet Soup/Salad Bar	18 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Oven Roasted Chicken Buffet Soup/Salad Bar	19 9:00 Chair Volleyball 12:30 Bridge Chili & Cinnamon Rolls Buffet Soup/Salad Bar	20 9:30 Fit & Fall 3:30 Zumba Gold Sweet Pork Tacos Buffet Soup/Salad Bar	21 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Chicken & Rice	22 8:30 Zumba
24 1:00 Bingo 3:30 Zumba Gold Spaghetti Buffet Soup/Salad Bar	25 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Grilled Ham & Cheese Buffet Soup/Salad Bar	26 9:00 Chair Volleyball 12:30 Bridge Chicken & Dumplings Buffet Soup/Salad Bar	27 9:30 Fit & Fall 3:30 Zumba Gold Tacos Buffet Soup/Salad Bar	28 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Biscuits & Gravy	29
31 1:00 Bingo 3:30 Zumba Buffet Crispy Chicken Sandwich Soup/Salad Bar					





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**BINGHAM COUNTY SENIOR
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Primary Business Address
20 E. Pacific St.
P.O. Box 849
Blackfoot ID 83221

Phone: 208-785-4714
Fax: 208-785-4715
E-mail: bcsc@seniors4ever.com

Bridging the Generations

We're on the Web
Seniors4ever.com

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