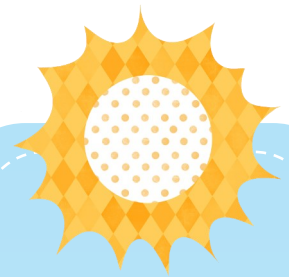


April 2022

Bingham County Senior Citizens Center



The Center News

National Volunteer Appreciation Week

April 17th through the 23rd

If you Volunteer, We Thank You! If you would like to volunteer please let us know. We have many different things you can help with here at the Senior Center.

We will be celebrating National Volunteer Appreciation Week here at the Senior Center all week long. We have the most amazing volunteers and want them to know how much we LOVE and APPRECIATE everything they do for us all. We currently have over 45 volunteers that help us every month. No job is too small and we just honestly would not be able to do everything we do here at the Center without our volunteer's.



NATIONAL VOLUNTEER WEEK
Celebrate Service

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Important Dates

National Volunteer
Appreciation
Week—April 17-
23rd



Helping Hands

Helping Hands has projects for everyone to work on here at the Senior Center. Some of these projects include folding bags to making water-proof homeless mats, coloring projects for kids learning games, and painting rocks, etc.

We want to offer our help and give

back to our wonderful community. Come in, volunteer some of your time, make friends, and make a difference.

Designated times to work on these projects are as follows:

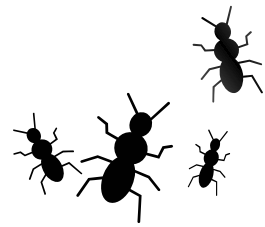
**Tuesdays—
10:30am to
11:45am**



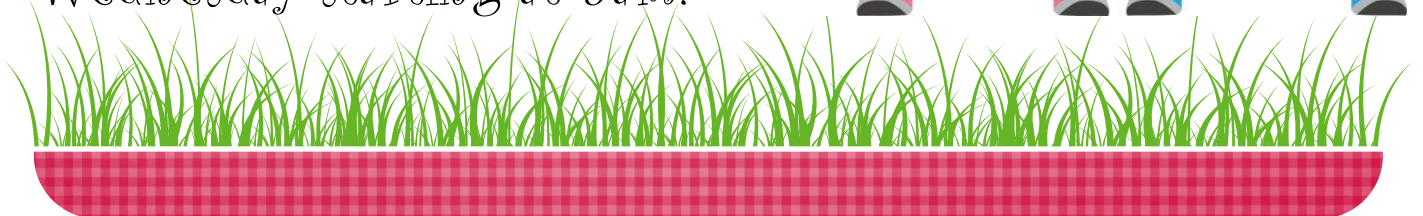
Chair Volleyball is every
Wednesday starting at 9am.

Come play

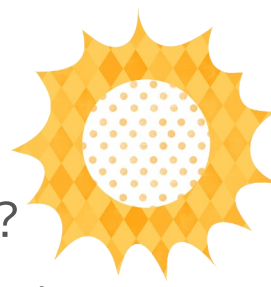
*Dominos every
Thursday staring
at 12:45*



*Fit & Fall is Every Tuesday &
Thursday starting at 9:30am.*



What is National Volunteer Month?



Some organizations choose to extend National Volunteer Week and instead prefer to celebrate National Volunteer Month. Like Volunteer Week, Volunteer Month is a time to recognize volunteers and encourage volunteerism. The extended schedule allows organizations to add more special events and opportunities for supporters to get involved.

Some organizations may also choose to incorporate a Volunteer Appreciation Week during the month of April as part of National Volunteer Month. Volunteer Appreciation Week focuses strictly on recognizing and appreciating volunteers. (We'll cover volunteer appreciation ideas below.)

Volunteer Month is also referred to as "Community Service Month," "Volunteer Appreciation Month," "Volunteer Recognition Month," or "Volunteerism Month."

Retrieved 03/16/2021 <https://www.galaxydigital.com/blog/national-volunteer-week/>

"Volunteers do not necessarily have the time; they just have the heart".

- Elizabeth Andrew

Volunteering

Is at the

Very core

Of being a

Human.

No one

Has made it

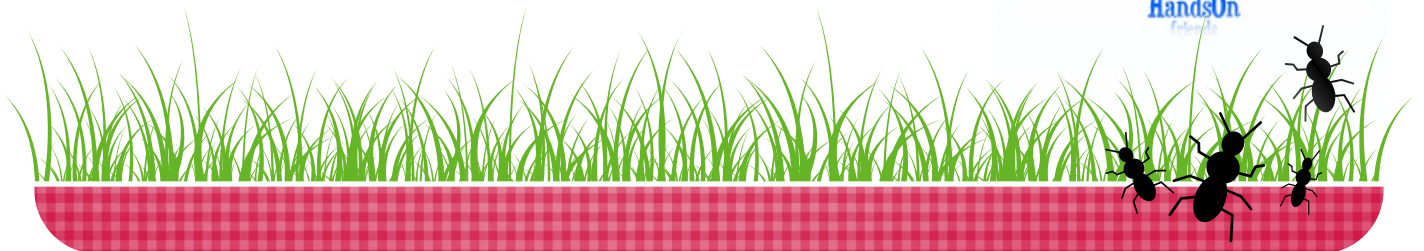
Through life

Without

Someone else's

Help.

*~ Heather French
Henry*





BOARD MEMBERS

CHAIRMAN
LEON PETERSON

VICE CHAIRMAN
JEANIE POTTER

SECRETARY
BENNIE LILLY

TREASURER
JARED EDDINGTON

MEMBERS
TOM PACKER
PAUL LOOMIS
DORINE ADAMS
TODD BURKE
AL STALDER

STAFF

DIRECTOR
PAM BEUS

OFFICE STAFF
TERAYOUNG
MONICA BANKHEAD

KITCHEN STAFF
MINDIE CAMERON
CASSIE BISHEIMER
JEREMY ATWOOD
KESHAWN MONROE

Senior Tip - Legal

Problems with Revocable Living Trusts

Tip: If you have a Revocable Living Trust, don't forget to fund it.

A Revocable Living Trust is one way to transfer property at your death. To avoid probate is one of the primary reasons people set up a revocable living trust. Another good reason to set up a trust, is if you own property in multiple states. By having a trust, it is not necessary to probate in each state.

But creating the trust is only the first step; the next step is to fund the trust. To fund the trust means you must transfer your property into the trust. How you transfer property into the trust depends on what type of property it is. For example, if you want to transfer your home into the trust, you must sign and record a deed.

You don't just fund the trust once, but every time you procure additional property or accounts—during your entire lifetime—you must take the steps to put them into your trust. Twenty years down the road, if you sell your house and buy a new one, you must deed the new house into the trust. Often, lives get busy, and people simply forget to put newly acquired property into the trust.

And therein lies the problem. Sometimes people will set up a trust, but for some reason, they never transfer their property, or they forget to transfer newly acquired property into the trust; so, at their death, their estates end up being probated anyway.

Most people who create a revocable living trust will also write a pour over will. These wills provide if the person failed to transfer property into the trust, the property is transferred into the trust by their will at their death.

I recently saw a case where a couple set up a revocable living trust, but never put their property into the trust and then passed away. This couple only had one son, and everything went to him. However, they had a pour over will that accompanied the trust, which said their property had to first be transferred into the trust, and then the trust said their property went to the son. This created an expensive, absurd result that was caused by not properly funding the trust.

In conclusion, managing a trust properly can be complicated. If you are going to have a trust, seek competent legal advice, make sure to put your property into the trust, and then review it with your attorney periodically to make sure everything is in order.

View our "[Senior's Guide to a Well-Planned Future](#)" on our website! Packer Elder Care Law- with you for life!

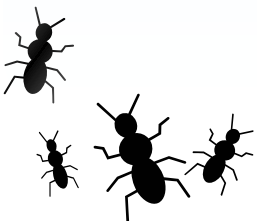
Please see our website at www.packereldercarelaw.com

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



March

\$5.00 a Month Club

*Our \$5.00 a month club is to support 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

MARY BALLARD

JERRY BARBRE

PAM BEUS

LOLA BROWER

WANDA BURGOYNE

LERAY BURKE

NATALIE CAMPBELL

DEEANN CHAVEZ

CONNIE CHRISTENSEN

ROBERT & MERILYN COLSON

JACK DETMER

RALPH DUNN

ROXIE GARDELS

BONNIE GARDNER

NANCY GODFREY

SAUNDRA HAMM

MARGERITE HARTMAN

RUTH JONAS

BRUCE & CHARLOTTE KAISER

DON KELLY

DEBBIE KLUVERS

ALICE KONISHI

JESSE LEYVAS

BENNIE & DENISE LILLY

PAUL & JUDY LOOMIS

DIANE MANSANAREZ

EMI MATSUURA

CHERI MITCHELL

DIXIE MONTGOMRY

KEN NILSSON

MARTHA OVERDORF

LEON & MARGARET PETERSON

RUSS & JEANIE POTTER

RUDY & IRMA SANCHEZ

AL & KATHERINE STALDER

JEN MANSANAREZ TAYLOR

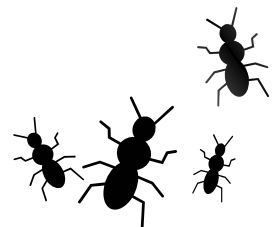
FRANK & KIMI TOMINAGA

JEAN WADSWORTH

VERLENE WALTERS

GARY & SONJA WRIGHT

WAYNE & BECKY YOUNG



APRIL IS MEDICATION MANAGEMENT MONTH

Medication Safety Tips for Seniors



Medication Safety Tips

Make it easy to see the medication:

- Wear glasses
- Use a magnifier
- Use strong lighting
- Ask for large print labels

Create a routine for taking medicine at the same time as another daily event, such as meal time or bath time.

Create a way to remember when doses of medicine have been taken. Ideas include:

- Pill reminders with spots for four doses per day
- Pill timers which beep a sound at medication time
- Write dose times on a calendar and make a check mark after each dose is taken

Questions to Ask Your Doctor About New Medications

- What is the name of the medication?
- What am I taking it for?
- Are there any side effects?
- How long do I take this medicine?

Questions to Ask Your Pharmacist about New Medications

- Is the medicine taken with food or on an empty stomach?
- Should certain food, drink or other drugs be avoided?
- Is an easy-opening cap available?
- Is a large print label available?

Idaho Falls Office: 208.552.0249 Fax: 208.552.6172

Rexburg Office: (208) 359-9667 Fax: (208) 552-6172

Pocatello Office: (208) 478-6677 Fax: (208) 478-2618

Facts about Herbal Products and Herbal Supplements

Fact: Herbal Products are NOT tested by the U.S. Food and Drug Administration for safety and effectiveness. This means that it is not known if an herbal will help or harm someone your age, with your disease or taking your drugs.

Fact: Taking certain herbals when taking prescription drugs can cause interactions. This means that one drug can counteract the other, making it ineffective.

Call the Poison Center at 1-800-222-1222

The Poison Center hotline is

open 24 hours-a-day, 7 days-a-week. **All calls are FREE.** Most poisoning cases can be handled at home. Registered Nurses

answer the hotline calls.


The Poison Center Can Help · If a grandchild takes a seniors' medication

- If illness occurs from medication side effects or interactions
- If the wrong pill is swallowed
- If too many pills are taken
- If chemicals are swallowed, inhaled or splashed in the eye

Gooding Office: (208) 969-9152 Fax: (208) 969-9168

Twin Falls Office: (208) 733-2234 Fax: (208) 969-9168



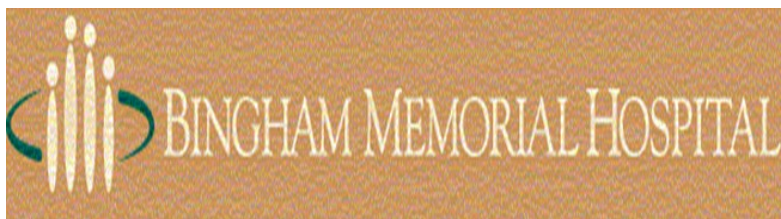
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9-10:30 Breakfast 11-12:00 Food Distribution 1 – 4pm AARP Tax Prep MOW—Creamy Pork & Potato Casserole	2 8:30 Zumba Gold
4 9:00 Tai Chi 1:00 Bingo Open Face Hot Hamburger Soup/Salad	5 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot 5 – 8pm AARP Tax Prep Chicken Parmesan Soup/Salad	6 9:00 Chair Volleyball 1:00 Bridge Pulled Pork Sandwich Soup/Salad	7 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold 5 – 8pm AARP Tax Prep Beef & Bean Burrito Soup/Salad	8 9-10:30 Breakfast 11-12:00 Food Distribution 1 – 4pm AARP Tax Prep MOW—Chicken & Dumplings	9 8:30 Zumba Gold
11 1:00 Bingo Beef Franks and Mac N' Cheese Soup/Salad	12 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 10:30 Liaison Meeting 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot 5 – 8pm AARP Tax Prep Grilled Ham & Cheese Soup/Salad	13 9:00 Chair Volleyball 11:00 FOUR C's Music 1:00 Bridge 6:00 Homemakers Chicken Fried Chicken Soup/Salad	14 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold 5 – 8pm AARP Tax Prep Lasagna Soup/Salad	15 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Pork Roast	16 8:30 Zumba Gold
18 1:00 Bingo Chicken Alfredo Soup/Salad	19 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Philly Cheese Steak Soup/Salad	20 9:00 Chair Volleyball 1:00 Bridge Fish & Chips Soup/Salad	21 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Chicken Lo Mein Soup/Salad	22 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Goulash	23 8:30 Zumba Gold
25 1:00 Bingo Ham & Scalloped Soup/Salad	26 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot BBQ Chicken Sandwich Soup/Salad	27 9:00 Chair Volleyball 12:00 Mayors Meeting 1:00 Bridge Chicken Fried Chicken Soup/Salad	28 9:30 Fit & Fall 12:30 Sons of Utah Pioneers 12:45 Dominos 3:30 Zumba Gold French Onion Pork Chop Soup/Salad	29 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Chicken Broccoli Rice Casserole	30 8:30 Zumba Gold



Free, Unbiased Medicare
Information for Idaho

1-800-247-4422 www.shiba.idaho.gov

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seniors4ever.com

