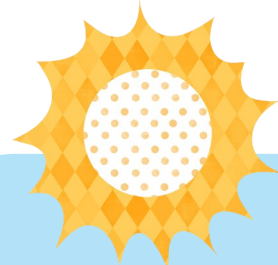


Bingham County Senior Citizens Center

MAY 2022



*Come celebrate all of our
wonderful mothers with a
Mothers Day Luncheon
Wednesday May 4th from
11:00 A.M. - 1:00 P.M.*



BOARD MEMBERS

CHAIRMAN
LEON PETERSON

VICE CHAIRMAN
JEANIE POTTER

SECRETARY
BENNIE LILLY

TREASURER
JARED EDDINGTON

MEMBERS

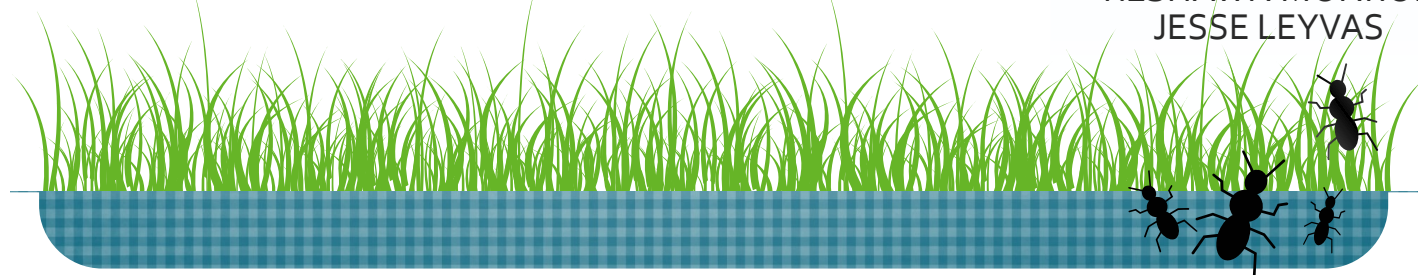
TOM PACKER
PAUL LOOMIS
DORINE ADAMS
TODD BURKE
AL STALDER

STAFF

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PAM BEUS

OFFICE STAFF
TERA YOUNG
MONICA BANKHEAD

KITCHEN STAFF
MINDIE CAMERON
CASSIE BISHEIMER
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JESSE LEYVAS



Activity Donations

Please consider donating **\$1** each time you participate in an activity you like to enjoy here at the Senior Center.

Activities offered here at the Senior Center include:

- Bingo
- Bridge
- Pinochle
- Fit & Fall
- Chair Volleyball
- Etc...

These activities provide companionship, friendship, fitness, entertainment, well-being and overall good health.

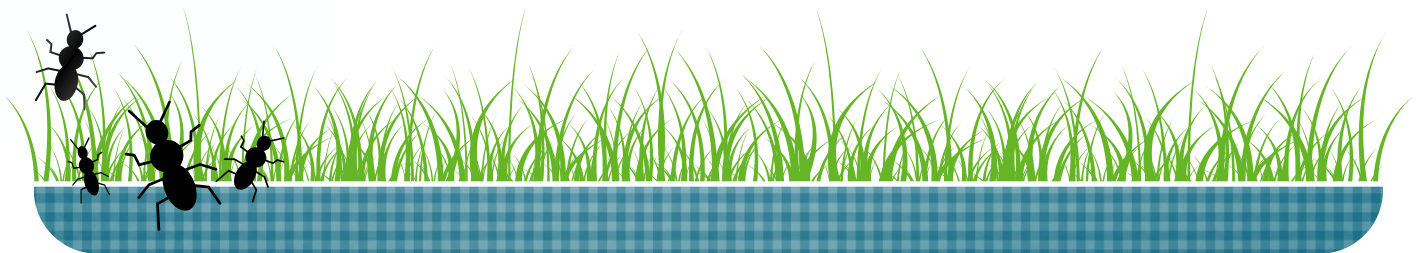
Donations received go towards paying overhead and everyday costs in order to keep the Center open.

Thank You!

Mom Puns

- "Why did the baby strawberry cry? Because his mom was in a jam!"
- "What did the mama tomato say to the baby tomato? Catch up!"
- "What did mommy spider say to baby spider? You spend too much time on the web."
- "What kind of sweets do astronaut moms like? Mars bars."
- "Why is a computer so smart? Because it listens to its motherboard."
- "Finally my winter fat is gone. Now I have spring rolls."
- "What kind of flowers are best for Mother's Day? Mums."
- "What's black and white and goes round and round? A penguin in the washing machine."
- "Why did the bean children give their mom a sweater? She was chili."

Mothers hold their children's
hands for a short while,
but their hearts forever.
~Author Unknown




Ridley's Home Town Advantage Program

Let's make this our biggest year ever!

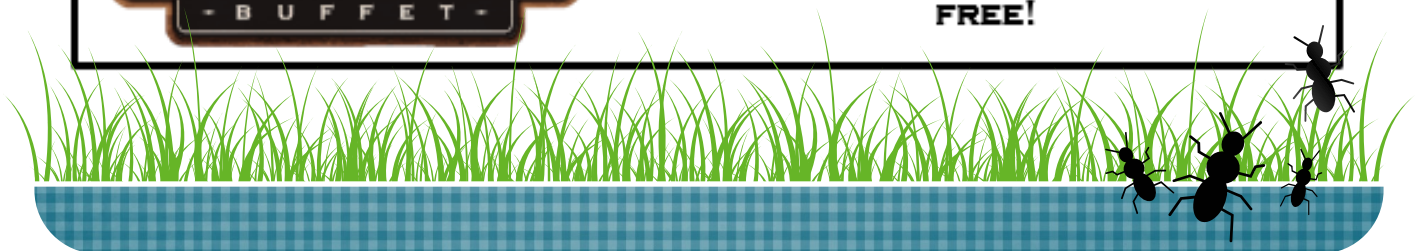
It is that time of year again to please donate your Ridley's points to the Bingham County Senior Citizens Center.

Fill out the form below and bring it in to be sent off. We really appreciate your donations. Thank You!

HOME TOWN ADVANTAGE PROGRAM	REQUEST TO DONATE!
	<p><i>Please donate my Advantage Card points to the following Home Town Advantage Program Organization:</i></p> <p>Bingham County Senior Citizens Center 20 E. Pacific Street, Blackfoot, ID 83221</p>
<p>Please send applications to:</p> <p>Ridley's Family Markets Attention: Cherie 621 Washington St S Twin Falls, ID 83301</p>	<p><i>Please check how you want to donate your points :</i></p>
	<p><input type="checkbox"/> only _____ points one time (upon receipt of this request)</p>
	<p><input type="checkbox"/> all points available one time (upon receipt of this request)</p>
	<p><input type="checkbox"/> Recurring donation (at the end of each quarter through the end of the year)</p>
	<p>Customer Name:</p>
	<p>Address:</p>
<p>City, State and Zip</p>	
<p>Phone # () - Advantage Card #:</p>	
<p>Customer Signature</p>	<p>Date</p>



**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 1¹TH MEAL IS
FREE!**





March 2022 Senior Tip - Legal Ethical Wills Consider leaving more than your property to your family.

A friend, who had been recently diagnosed in the early stages of Alzheimer's disease, came to me for advice on how to get his legal and financial affairs in order. I explained that he needed to name agents to make medical and financial decisions for him. We discussed what government programs and benefits were available to help pay for his care.

Knowing that my friend loved his family, I then encouraged him to write letters to his wife and children to let them know how much he cared for them. Like a letter written to loved ones, there is something called an Ethical Will that gives us the opportunity to express our thoughts, love, and values in writing for those we love. Why should we leave something in writing for our family? Eric Weiner, PhD, the author of "Ethical Wills: Words from the Jewish HEART" gives the following reasons for people to express their values to their family and future generations in an letter or Ethical Will:

"It hit me like a strong punch to the gut. During a keynote address, the speaker asked us if we knew the names of our grandparents. Most in attendance raised their hands. He then asked us if we knew the names and something about all eight of our great-grandparents. Less than half responded. I knew one grandparent. I never met any of my great-grandparents and knew very little about almost all of them. Will my fate be the same? Will I be remembered by some descendent 50 years from now who happens to be named after me?

Jews have long pondered this and developed a tool that promotes intergenerational connections. The ethical will allows us to tell our story for current and future generations. For Jews, it is not enough to only leave a traditional Will. We also have a spiritual duty to guide the next generation, to help brighten their way through life.

Where a traditional Will emphasizes money, possessions, real estate, and valuables, an Ethical Will describes our values, life stories, and blessings. While not a legal document, it adds something meaningful to the static, dry documents that rely on tax and legal language. Ethical Wills use the language of hope and immortality.

Ethical Wills have a long and rich tradition in Jewish history. They were first described 3,000 years ago in the Hebrew Bible when Jacob addressed his 12 sons on his deathbed. He told them stories, predicted their futures, and imparted his life lessons. . .

The main ingredient for writing an Ethical Will is to speak from the heart. You are constrained only by the limits of your imagination; just keep it positive. For example, here is an excerpt from an Ethical Will:

"Respect life – yours and others. I'm a believer in the Golden Rule—treat other people the way you want to be treated. I hope you find a vocation that adds value to the world . . . I feel lucky to have worked in hospice. Trying to relieve suffering has been a worthwhile pursuit for me.

' By writing an Ethical Will, maybe 50 years from now, if asked, our descendants will know something about us – how we lived our lives, what we stood for and believed in." (Ethical Wills: Words from the Jewish HEART)

As you consider taking the time to express your thoughts in writing, remember that this is a chance for you to leave something that will touch the hearts of your family and future generations.

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

A white starburst shape with a black outline, set against a yellow background. The word "April" is written in a bold, blue, sans-serif font inside the starburst.

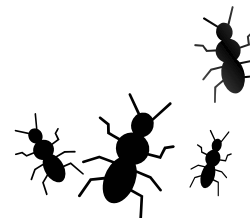
April

\$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	ANN GORHINGER	RENN ROCK
JACKIE BABCOCK	SAUNDRA HAMM	STEVE ROWE
MARY BALLARD	MARGERITE HARTMAN	RUDY & IRMA SANCHEZ
JERRY BARBRE	RUTH JONAS	AL & KATHERINE STALDER
PAM BEUS	BRUCE & CHARLOTTE KAISER	RON & TERESA TAPIA
LOLA BROWER	DON KELLY	JEN MANSANAREZ TAYLOR
WANDA BURGOYNE	DEBBIE KLUVERS	FRANK & KIMI TOMINAGA
LERAY BURKE	ALICE KONISHI	JEAN WADSWORTH
BLAINE & CRISTINE BURKMAN	GARY & LINDA LARSEN	VERLENE WALTERS
NATALIE CAMPBELL	JESSE LEYVAS	VEEANN WILLIAMS
BARBRA CHAFFIN	BENNIE & DENISE LILLY	GARY & SONJA WRIGHT
DIXIE CHAPMAN	PAUL & JUDY LOOMIS	WAYNE & BECKY YOUNG
DEEANN CHAVEZ	DIANE MANSANAREZ	
CONNIE CHRISTENSEN	EMI MATSUURA	
ROBERT & MERILYN COLSON	CHERI MITCHELL	
JACK DETMER	DIXIE MONTGOMRY	
RALPH DUNN	KEN NILSSON	
ROXIE GARDELS	MARTHA OVERDORF	
BONNIE GARDNER	LEON & MARGARET PETERSON	
NANCY GODFREY	RUSS & JEANIE POTTER	





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?

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.

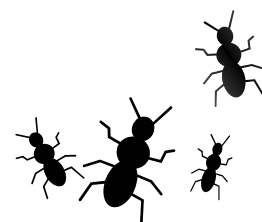
Fact: Taking certain herbals when taking prescription drugs can cause interactions. This means that one drug can counteract the other, making it ineffective.


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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 1:00 Bingo 3:30 Zumba Meatloaf Soup/Salad	3 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Smothered Pork Chops Soup/Salad	4 9:00 Chair Volleyball 1:00 Bridge Chicken & Cram Sauce Soup/Salad	5 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Tacos Soup/Salad	6 11-12:00 Food Distribution MOW- Ham & Au Gratin Potatoes	7 8:30 Zumba
9 1:00 Bingo 3:30 Zumba Crispy Chicken Sandwich Soup/Salad	10 9:30 Fit & Fall 10:30 Helping Hands 10:30 Liaison Meeting 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot Seafood Alfredo Soup/Salad	11 9:00 Chair Volleyball 11:30 FOUR C'S Music 1:00 Bridge 6:00 Homemakers Pork Pot Pie Soup/Salad	12 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Chicken & Broccoli Casserole Soup/Salad	13 11-12:00 Food Distribution MOW-Salisbury Steaks	14 8:30 Zumba
16 1:00 Bingo 3:30 Zumba Pulled Pork Soup/Salad	17 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Chicken Salad Sandwich Soup/Salad	18 9:00 Chair Volleyball 1:00 Bridge Stuffed Peppers Soup/Salad	19 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Creamy Pork & Potato Casserole Soup/Salad	20 11-12:00 Food Distribution MOW-Lemon Pepper Chicken	21 8:30 Zumba
23 1:00 Bingo 3:30 Zumba Hamburger Gravy & Potatoes Soup/Salad	24 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Pork Roast Soup/Salad	25 9:00 Chair Volleyball 1:00 Bridge Chicken Quesadilla Soup/Salad	26 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Cheeseburger Pie Soup/Salad	27 11-12:00 Food Distribution MOW-Keilbasa Pasta	28 8:30 Zumba
30 CLOSED MOW- Chicken Strips	31 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot French Dips Soup/Salad			All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change	



Free, Unbiased Medicare
Information for Idaho

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



Bingham County Senior
Citizen Center
20 E. Pacific St.
P.O. Box 849
Blackfoot ID, 83221

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

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