

Bingham County Senior Citizens Center

November 2022

The Center News



Thanksgiving Luncheon

Please Join Us

Wednesday, November 16, 2021

11am to 1:00pm

For our Annual

Thanksgiving Luncheon

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

Everyone is Welcome!

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

TERA YOUNG

MONICA BANKHEAD

KITCHEN STAFF

MINDIE CAMERON

CASSIE BISHEIMER

JEREMY ATWOOD

JESSE LEYVAS

KESHAWN MONROE

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.

HAPPENINGS AT SENIOR CENTER

- Bingo – Monday at 1:00
- Bridge – Wednesday at 12:30
- Chair Volleyball – Wednesday at 9:00
- Dominoes – Thursday afternoons
- Fit and Fall Proof – Tuesday & Thursday at 9:30 to 10:15
- Hair cuts – Every Other Tuesday at 9:00
- Hand & Foot – Tuesday from 10:30 to 11:30
- Helping Hands- Tuesday from 10:30 to 11:30
- Liaison committee – 1st Tuesday of month
- Line Dancing – Tuesday from 12:45 to 1:30
- Pinochle – Monday thru Thursday mornings
- Zumba Gold – Monday & Thursday at 3:30, Saturday at 8:30

Liaison Committee - Two suggestions were submitted to the Committee. Both submittals complained about standing outside in the hot sun while waiting for food distribution. Why can't we wait inside like we did in the past?

Due to a few people not taking care of the Center's dining area, management decided that everyone must wait outside. Also, with the increased number of people waiting, there is not enough room inside for everyone.

Please dress appropriately for the weather conditions.

The scoop - Where do you get the best haircut ever? Right here at the Center. Sandra Hamm, a licensed cosmetologist, is volunteering her time to cut hair. She is at the Center every other Tuesday of the month from 9 to 11 am. Appointments are not necessary. The recommended donation is \$5.00 which is donated to the Center.

\$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.

CHELTA ARENS	JAMIE HAMILTON	RON & TERESA TAPIA
CRAIG ATWOOD	SAUNDRA HAMM	JEN MASANAREZ TAYLOR
JACKIE BABCOCK	MARGURITE HARTMAN	FRANK & KIMI TOMINAGA
MARY BALLARD	RUTH JONAS	JULIE URIAS
JERRY BARBRE	BRUCE & CHARLOTTE KAISER	JEAN WADSWORTH
PAM BEUS	DON KELLY	VERLENE WALTERS
ED & TANA BEVERLY	DEBBIE KLUVERS	SPENCER & ANDREA WILLIAMS
LOLA BROWER	ALICE KONISHI	GARY & SONJA WRIGHT
WANDA BURGOYNE	JESSE LEYVAS	WAYNE & BECKY YOUNG
LERAY BURKE	BENNIE & DENISE LILLY	
BLAINE & CHRISTINE BURKMAN	PAUL & JUDY LOOMIS	
COLENE CALLAHAN	DIANE MANSANAREZ	
NATALIE CAMPBELL	EMI MATSUURA	
BARBRA CHAFFIN	LYNN MICKELSEN	
DIXIE CHAPMAN	CHERI MITCHELL	
DEEANN CHAV EZ	DIXIE MONTGOMERY	
CONNIE CHRISTENSEN	KESHAWN MONROE	
ROBERT & MERILYN COLSON	JULIE MORRISSEAU	
MERV & IRENE DOLAN	MARTHA OVERDORF	
RALPH DUNN	LEON & MARGARET PETERSON	
JERRY & MARTY FREEBURNE	RUSSEL & JEANIE POTTER	
ROXIE GARDELS	RENN ROCK	
BONNIE GARDNER	STEVE ROWE	
NANCY GODFREY	RUDY & IRMA SANCHEZ	
AL & ANN GORHRINGER	AL & KATHERINE STALDER	



Recognizing and Battling Depression in Elderly Adults

Losing interest in activities? Struggling with feelings of helplessness and hopelessness? Finding it harder and harder to get through the day? These are a few common complaints of elderly adults who are struggling with depression. Depression can happen to any of us as we age, regardless of our background or achievements. Depression is far from an inevitable part of getting older. With the right support, treatment, and self-help strategies you can boost the way you feel, cope better with life's changes, and make your senior years a healthy, happy, and fulfilling time.

Depression is a common problem in older adults. The symptoms of elderly depression can impact your energy, appetite, sleep, and interest in work, hobbies, and relationships. Many fail to recognize the symptoms of depression, or don't take the steps to get the help they need. There are many reasons that elderly depression is so often overlooked:

- You may assume you have good reason to be down or that depression is just part of aging.
- You may be isolated—which can lead to depression—with few around to notice your distress.
- You may not realize that your physical complaints are signs of depression.
- You may be reluctant to talk about your feelings or ask for help.

Depression isn't a sign of weakness or a character flaw. It can happen to anyone, at any age, no matter your background or your previous accomplishments in life. While life's changes as you age—such as retirement, the death of loved ones, declining health—can sometimes trigger depression, they don't have to keep you down. No matter what challenges you face as you age, there are steps you can take to feel happy and hopeful once again and enjoy your golden years.

Here are some signs and symptoms of depression to look for:

- Sadness or feelings of despair
- Unexplained or aggravated aches and pains
- Loss of interest in socializing or hobbies
- Weight loss or loss of appetite
- Feelings of hopelessness or helplessness
- Lack of motivation and energy
- Sleep disturbances (difficulty falling asleep or staying asleep, oversleeping, or daytime sleepiness)
- Loss of self-worth (worries about being a burden, feelings of worthlessness or self-loathing)
- Slowed movement or speech

- Increased use of alcohol or other drugs
- Fixation on death; thoughts of suicide
- Memory problems
- Neglecting personal care (skipping meals, forgetting meds, neglecting personal hygiene)

What Can I Do To Help Myself?

It's a myth to think that older adults can't learn new skills, try new activities, or make fresh life-style changes. The truth is that the human brain never stops changing, so as an older adult, you're just as capable as a young person of learning new things and adapting to new ideas that can help you recover from depression.

To overcome depression—and stop it coming back—it's important to continue to feel engaged and enjoy a strong purpose in life. As we age, life changes and we lose things that previously occupied our time and gave our life meaning. You may retire, for example, or your children may leave home, or friends may move away. But there are still plenty of ways you can find new meaning in life and continue to feel connected and engaged.

Get out in to the world. Try not to stay cooped up at home all day. Go to the park, take a trip to the hairdresser, have lunch with a friend, visit a museum, or go to a concert or a play.

Volunteer your time. Helping others is one of the best ways to feel better about yourself and expand your social network.

Join a depression support group. Being with others facing the same problems can help reduce your sense of isolation. It can also be inspiring to hear how others cope with depression.

Take care of a pet A pet can keep you company, and walking a dog, for example, can be good exercise for you and a great way to meet people. Dog owners love to chat while their pets play together.

Learn a new skill. Pick something that you've always wanted to learn, or that sparks your imagination and creativity—a musical instrument, a foreign language, or a new game or sport, for example. Take a class or join a club to meet like-minded people.

Create opportunities to laugh. Laughter provides a mood boost, so swap humorous stories and jokes with your loved ones, watch a comedy, or read a funny book.

Sunlight can help boost serotonin levels and improve your mood. Whenever possible, get outside during daylight hours and expose yourself to the sun for at least 15 minutes a day.

- Have your coffee outside or by a window, enjoy a meal, or spend time gardening.
- Exercise outside by hiking, walking in a local park, or playing golf with a friend.
- If you live somewhere with little winter sunshine, try using a light therapy box.

<https://www.helpguide.org/articles/depression/depression-in-older-adults.htm>



*** We help Seniors with:**

Legal/Estate Planning Documents
Miller Trusts/Medicaid Qualification
Probates/Guardianships

**September 2022
Senior Tip - Legal**

Homestead Allowance and Exempt Property Claims

Tip - You may want to take Homestead Allowance and Exempt Property claims into account when you do your estate plan.

Many people are not aware that Idaho law allows a surviving spouse to claim a Homestead Allowance and Exempt Property from the estate of a spouse who has passed away, in addition to any property that he or she will receive under the will.

Idaho Law states that the surviving spouse is entitled to a Homestead Allowance of \$50,000.00 and to Exempt Property up to the value of \$10,000 in tangible personal property—including automobiles, furniture, appliances, family heirlooms and personal effects—from the estate of his or her spouse at the spouse's death.

This is significant in second marriages when one or both spouses have children from a prior marriage, and they want to ensure their children receive something from their estate. For example, a person may provide in a will that property goes to his or her children, but when the person passes away, the surviving spouse claims the Homestead Allowance and the Exempt Property, taking \$60,000.00 from the estate that was intended to go to the children. In some cases, there may not be sufficient assets left in the estate to make the distributions to the decedent's children that were intended.

There is a way to limit the Homestead Allowance and Exempt Property claims. Idaho Code § 15-2-406 states that a person may state in his or her will, that a surviving spouse is **not** entitled to the Homestead Allowance or any Exempt Property. If the person states this in his or her will, it prevents the surviving spouse from making a Homestead or Exempt Property claim.

The bottom line is that with careful planning, you can draft your will, to make sure your intent will be carried out.

Packer Elder Care Law - with you for life!
Please see our website at www.packereldercarelaw.com
to view all our Senior Tips! (From 2012-2022)

Tom Packer is an Elder Law Attorney serving all of Southeast Idaho.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert.</div> <div>Meals are subject to change</div>	<div>1</div> <div>9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot</div> <div>Hamburgers Buffet, Soup & Salad Bar</div>	<div>2</div> <div>9:00 Chair Volleyball 11:00 Angelina-Piano Music 1:00 Bridge</div> <div>Ham & Au Gratin Buffet, Soup & Salad Bar</div>	<div>3</div> <div>9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold</div> <div>Chicken Parm Buffet, Soup & Salad Bar</div>	<div>4</div> <div>9-10:30 Breakfast 11-12:00 Food Distribution</div> <div>MOW—Pot Roast</div>	<div>5</div> <div>8:30 Zumba Gold</div>
<div>7</div> <div>1:00 Bingo 3:30 Zumba Gold</div> <div>Philly Cheesesteak Buffet, Soup & Salad Bar</div>	<div>8</div> <div>9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot</div> <div>Potato Bar Buffet, Soup & Salad Bar</div>	<div>9</div> <div>9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge 6:00 Homemakers</div> <div>Beef Frank & Mac N' Cheese Buffet, Soup & Salad Bar</div>	<div>10</div> <div>9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold</div> <div>Chicken Fried Chicken Buffet, Soup & Salad Bar</div>	<div>11</div> <div>9-10:30 Breakfast 11-12:00 Food Distribution</div> <div>MOW— Hamburger Gravy Over Potatoes</div>	<div>12</div> <div>8:30 Zumba Gold</div>
<div>14</div> <div>12:00 DTUP-Brower Co. 1:00 Bingo 3:30 Zumba Gold</div> <div>Sloppy Joes Buffet, Soup & Salad Bar</div>	<div>15</div> <div>9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot</div> <div>Pork Loin Buffet, Soup & Salad Bar</div>	<div>16</div> <div>9:00 Chair Volleyball 1:00 Bridge</div> <div>Thanksgiving Luncheon</div>	<div>17</div> <div>9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold</div> <div>Open Faced Hamburger Sandwich Buffet, Soup & Salad Bar</div>	<div>18</div> <div>9-10:30 Breakfast 11-12:00 Food Distribution</div> <div>MOW— Pork Chop</div>	<div>19</div> <div>8:30 Zumba Gold</div>
<div>21</div> <div>1:00 Bingo 3:30 Zumba Gold</div> <div>Oven Roasted Chicken Breast Buffet, Soup & Salad Bar</div>	<div>22</div> <div>9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot</div> <div>Finger Steaks Buffet, Soup & Salad Bar</div>	<div>23</div> <div>9:00 Chair Volleyball 1:00 Bridge</div> <div>Nachos Buffet, Soup & Salad Bar</div>	<div>24</div> <div>Closed</div> <div>Happy Thanksgiving</div> <div>MOW- Chicken & Broccoli Casserole</div>	<div>25</div> <div>Closed</div> <div>MOW- Beef Enchilada</div>	<div>26</div> <div>8:30 Zumba Gold</div>
<div>28</div> <div>1:00 Bingo 3:30 Zumba Gold</div> <div>Spaghetti & Meatballs Buffet, Soup & Salad Bar</div>	<div>29</div> <div>9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot</div> <div>Pork Pot Pie Buffet, Soup & Salad Bar</div>	<div>30</div> <div>9:00 Chair Volleyball 1:00 Bridge</div> <div>Fish Tacos Buffet, Soup & Salad Bar</div>	<div>November</div>		

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

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Blackfoot, ID 83221

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Visit us on the web at
www.seniors4ever.com

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2022

