

The Center News

NEWSLETTER

**December
2022**

Christmas Luncheon

Come enjoy Christmas Dinner/
Luncheon

with us December 14th.

11:00AM to 1:00PM

And wear your Ugly Christmas
Sweaters

'tis the season...
TO ROCK
UGLY
SWEATERS



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

December 2022 Nutrition Article

Winter is here! Along with the holidays, snow, and hot cocoa come many viruses, coughs, and colds. Please help us reduce the spread of germs with proper handwashing. National Handwashing Awareness Week is December 5-11, 2022. According to the Center for Disease Control and Prevention (CDC), the following steps can help keep everyone healthy this winter season.

Wash hands with soap and water for at least 20 seconds

Singing the song, "Happy Birthday" is at least that long

Dry your hands using a clean towel or air dry them

Wash hands before food preparation, before eating a meal, after using the restroom, after sneezing/blowing nose, after leaving a public space, etc

What's in season during December?

Brussel Sprouts - wash clean, slice in half,
drizzle with olive oil, salt & pepper. Bake at
375 degrees for 30 minutes on a lined
baking pan. Delicious!

Cranberries

Kale

Green Beans

Broccoli

Oranges



Easy Citrus Cranberry Sauce

1 package of fresh cranberries (usually sold in 2 lb bags), washed clean

1/2 cup granulated sugar - Feel free to adjust to preferred taste

1/2 cup water

1 fresh orange ; juice and peel or zest

Bring water and sugar to a light boil, add cranberries and let sit for about 5 min, just until they begin to burst open. Turn off heat and mix in orange juice and zest. Let cool and enjoy! Store in an air-tight container in the refrigerator for 7-10 days.

*Feel free to add your own "mix-ins" i.e. raisins, cinnamon, ginger, etc.

Christmas Dinner Roll Orders

Christmas Dinner Roll orders will be taken up
to December 19th by 12pm.

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

1 Dozen rolls is only \$7

You may order White or Wheat.



Order Your Christmas Baked Goods From the Senior Center. Orders must be placed by
December 19th and picked up on December 22nd by 12 p.m. prices are listed below:

**Cinnamon Rolls ~ \$2.50 each or
\$25.00 a Dozen.**

Dinner Rolls ~ \$7.00 dozen

Coconut Cream Pie ~ \$10.00

Banana Cream Pie ~ \$10.00

Chocolate Cream Pie ~ \$10.00

Lemon Cream Pie ~ \$10.00

Liaison Committee

In the Center News for October, the Liaison Committee asked for volunteers to form a Senior Center Trip Committee. As of this date,

there have been no volunteers. Because there are no volunteers, the Senior Center will not be planning, organizing, coordinating, or making trips happen.

The suggestion box was opened at the November 1st meeting. There was a question as to why the name of the center was changed to The Best Center.

In the past, when the "pay to the order of" line on checks was filled in, various versions of Bingham County Seniors Citizens Center would be written on them. During an audit at the bank, the auditors told the bank they should only accept checks payable to Bingham County Senior Citizens Center or BCSCC. In order to ensure the bank will accept checks from the Center, a Legal document titled Doing Business As (DBA) was filed with the bank allowing the Senior Center to transact business as The Best Center. This is for banking purposes only. Using this name ensures the bank will accept checks from the Center. There will also be consistency and less confusion when filling out the pay to the order of line on checks. The name of the Center is still Bingham County Senior Citizens Center.

The Committee would like to thank all those who volunteer their time to make the Senior Center successful. A special thanks to Lucia Hinton for making all the wreath and pumpkin table decorations, Miriam Montague for furnishing the other table decorations, Helping Hands for painting them and Darlene Grimm for doing the finishing touches.

Thanks to Jeanie Potter and Mary House for taking the initiative to fix some of the window blinds.

The Scoop

How would you like to improve your health while having fun? You can do both by learning to do the Boot Scootin' Boogie, Cotton Eyed Joe or Rita's Waltz line dances. Line dancing improves your health because it is aerobic. It also improves your memory and ability to concentrate. Line dancing classes are held every Tuesday at 12:45 to 1:30. No partner needed. See you there for 45 minutes of fun and exercise. Contact Jeanie Potter if you would like to learn more.



venmo

**We are Excited to announce that we now have
a new Payment option.**

**Everyone is welcome to pay with Venmo
please make sure to Memo what you are
paying for (Lunch, Meals on Wheels,
Fundraising, \$5 a Month Club Etc.)**

Our Venmo is:

**Bingham County Senior Center
@TheBestCenter**





*** We help Seniors with:**

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

October 2022

Senior Tip-Healthcare

Resources for Seniors

Tip – Do you know what resources are available to help Seniors?

Many families, who provide care to a loved one, need help but don't know where to find it. There are many resources available if you know where to look for them. For example, the Area Agency on Aging in Pocatello, also known as SICOG, has the following programs:

Idaho Lifespan Respite. Often, caregivers providing care to someone with a significant disability or chronic illness are unable to get out of the home to do shopping and other things they need to get done. Lifespan Respite gives caregivers a break. It allows the caregiver to hire someone and provides funds to pay for up to 10 hours of respite care a month. To be eligible the caregiver must be providing unpaid service to a loved one with whom they live or to whom they are providing frequent on-site visits throughout the day.

Additionally, Seniors, who live alone and do not have a caregiver, may qualify for 10 hours a month of in-home care at no cost to them.

Veteran-Directed Home & Community Based Services. Veterans in this program are given a flexible, monthly budget to help them hire personal care aides and buy items and services that will help them live independently in their own home. A care advisor from the local Area Agency on Aging will work with the Veteran to identify care needs and assist in developing a spending plan to obtain the needed services.

Pro Age Connections. This program helps seniors who may need social contact. Volunteers reach out to those seniors by sending monthly post cards and making regular phone calls to seniors who sign up for the program.

Adult Protective Services. Adult Protective services protects vulnerable adults from abuse, neglect, and exploitation. If you know a vulnerable adult who is not getting the care they need, adult protective services are available to assist.

If you or your family feel that you may qualify for some of these services, contact your Area Agency on Aging. They are located at 214 East Center Street, Pocatello, Idaho 83201, 208-233-4032 / 935 East Lincoln Road, Idaho Falls, Idaho 83401, 208-522-5391.

\$5.00 a Month Club

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



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 11TH MEAL IS FREE!

amazonsmile
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.

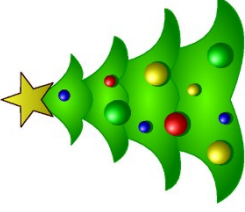
All you have to do is go to smile.amazon.com select BINGHAM COUNTY SENIOR CITIZENS CENTER and a percentage of your purchases will be donated to the Center.

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
			1 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Chicken Fried Chicken Soup/Salad	2 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Breakfast Burritos	3 8:30 Zumba Gold
5 1:00 Bingo 3:30 Zumba Gold Grilled Ham & Cheese Soup/Salad	6 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Stuffed Pepper Soup/Salad	7 9:00 Chair Volleyball 1:00 Bridge 6:00 Homemakers Chicken Alfredo Soup/Salad	8 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold 5:00 Sons Of Utah Pioneers Pork Roast Soup/Salad	9 9-10:30 Breakfast 11-12:00 Food Distribution MOW—Chicken Parm	10 8:30 Zumba Gold
12 1:00 Bingo 3:30 Zumba Gold Salisbury Steak Soup/Salad	13 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot Kielbasa & Pasta Casserole Soup/Salad	14 No activities 11:30 FOUR C'S MUSIC Christmas Luncheon 11am to 1:00 pm	15 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Monterey Chicken Soup/Salad	16 9-10:30 Breakfast 11-12:00 Food Distribution MOW— Beef Stroganoff	17 8:30 Zumba Gold
19 1:00 Bingo 3:30 Zumba Gold Last Day to order X-mas Dinner Rolls Chicken Lo Mein Soup/Salad	20 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Chili & Cinnamon Rolls Soup/Salad	21 9:00 Chair Volleyball 1:00 Bridge Tuna Casserole Soup/Salad	22 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Chicken & Dumplings Soup/Salad	23 Closed MOW—Roast Beef	24 Merry Christmas
26 Closed MOW—Garlic Bread Pizza	27 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Chicken Pot Pie Soup/Salad	28 9:00 Chair Volleyball 1:00 Bridge Lasagna Soup/Salad	29 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Ham & Au Gratin Soup/Salad	30 Closed MOW - Sweet & Sour Chicken with Rice	31 Happy New Year's Eve

DECEMBER
2022



WE'RE ON THE WEB
SENIORS4EVER.COM



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Senior Citizens Center
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P.O. Box 849
Blackfoot, ID 83221

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