

January 2023

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

Senior Article

January 2023



It's that time of year again...Flu season! Here is some basic education on the Flu and information on the Flu shot. It's important to be educated and informed on this disease and the immunization available.

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all these symptoms:

- ☐ fever* or feeling feverish/chills
- ☐ cough
- ☐ sore throat
- ☐ runny or stuffy nose
- ☐ muscle or body aches
- ☐ headaches
- ☐ fatigue (tiredness)
- ☐ some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes. On average, about 8% of the U.S. population gets sick from flu each season, with a range of between 3% and 11%, depending on the season.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. You should get a flu vaccine before flu viruses begins spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu. Make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

[cdc.gov](https://www.cdc.gov)

HAPPENINGS AT THE CENTER

Liaison Committee – The chairperson of the Liaison Committee for the 2023 year is Darlene Grimm. Chelta Arena serves as the secretary. Members are Jerry Freeburn, Wayne Young, and Marcia Knight. Meetings are held the first Tuesday of each month at 10:30.

The suggestion box was opened. There was one concern involving why do the Bingo players pay \$5 when attending bingo.

Response: Each player pays \$1 for a Bingo card. A portion of the money is donated to the Center. Currently the amount is approximately \$5. The Center uses the money to pay for operating costs. The remaining money goes to the winning Bingo players.

The donation box is put on a table during other activities. Everyone is encouraged to contribute. The money is used to pay for the operation of the Center.

The liaison Committee would like to thank those who donated the beautiful Christmas trees to the Center.

The scoop - Have you ever wondered what volunteers do when participating in Helping Hands?

Helping Hands volunteers are busy each week doing a variety of services for the community. The volunteers sort, size and put into plastic bags donated children's clothing for the Village. At Easter, they stuff plastic eggs with candy for the Chamber of Commerce Easter Egg Hunt. They help the Stoddard Elementary School assemble Valentine's day, Halloween or Christmas candy grams for the Parent Teacher Organization (PTO). Plastic grocery bags are folded, making them ready to be cut and crocheted by others into mats for the homeless. They also work on various projects for the Idaho Falls Humanitarian Center.

These are just some of the activities going on at Helping Hands.

As volunteers are working, they are making new friends and having fun.

Helping Hands is held every Tuesday at 10:30 to 11:30. Contact Jeanie Potter if you would like to volunteer or have a project Helping Hands could assist you with.



*** We help Seniors with:**

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

November 2022

Senior Tip-Healthcare

Friendship is a Priceless Gift

Tip - Why not reconcile with someone this Holiday Season?

I have always been intrigued by the story of Thomas Jefferson and John Adams. Here is the story as told by the History Channel.

<https://www.history.com/this-day-in-history/thomas-jefferson-and-john-adams-die>.

Former Presidents Thomas Jefferson and John Adams—who were once fellow Patriots and then adversaries—died on the same day, July 4, 1826, within five hours of each other.

Thomas Jefferson and John Adams were the last surviving members of the original American revolutionaries who had stood up to the British empire and forged a new political system in the former colonies. However, while they both believed in democracy and life, liberty, and the pursuit of happiness, their opinions on how to achieve these ideals diverged over time.

Adams preceded Jefferson as president (1797-1800); it was during this time that their ideas about policymaking became as distinct as their personalities. The irascible and hot-tempered Adams was a firm believer in a strong centralized government, while the erudite and genteel Jefferson believed federal government should take a more hands-off approach and defer to individual states' rights. As Adam's vice president, Jefferson was so horrified by what he considered to be Adam's abuse of the presidency—particularly his passage of the restrictive Alien and Sedition Acts of 1798—that he abandoned Adams and Washington for his estate at Monticello, Virginia. There, he plotted how to bring his Republican faction back into power in the presidential election of 1800. After an exceptionally bitter campaign, in which Jefferson and Adams engaged in slanderous attacks on each other in print, Jefferson emerged victorious. It appeared the former friends would be eternal enemies.

After Jefferson's two presidential terms (1801-1809), Jefferson and Adams each expressed to third parties their respect for the other, and their desire to renew their friendship. Adams was the first to break the silence; he sent Jefferson a letter dated January 1, 1812, in which he wished Jefferson many happy new years to come. Jefferson responded with a note, in which he fondly recalled when they

\$5.00 a Month Club

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.

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

Valentine's Day

*Save The Date!!
We will be having
a Valentine's Day
Luncheon .
Come hungry
Wednesday,
February 8th
11:00am-1:00pm*



Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED MOW- Chicken strips		3 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Meatloaf Buffet Soup/Salad Bar	4 9:00 Chair Volleyball 12:30 Bridge Chicken Drumsticks Buffet Soup/Salad Bar	5 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Tacos Buffet Soup/Salad Bar	6 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW— Ham & Au Gratin Potatoes	7 8:30 Zumba
	9 12:00 DTUP-Brower Co. 1:00 Bingo 3:30 Zumba Gold Crispy Chicken Sandwich Buffet Soup/Salad Bar	10 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soproptomists 12:45 Line Dancing 1:00 Hand & Foot Seafood Alfredo Buffet Soup/Salad Bar	11 9:00 Chair Volleyball 12:00 Four C's (music) 12:30 Bridge 6:00 Homemakers Pulled Pork Buffet Soup/Salad Bar	12 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Chicken & Broccoli Casserole Buffet Soup/Salad Bar	13 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW— Salisbury Steak	14 8:30 Zumba
16 1:00 Bingo 3:30 Zumba Gold Breaded Pork Steak Buffet Soup/Salad Bar		17 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Chicken Enchiladas Buffet Soup/Salad Bar	18 9:00 Chair Volleyball 12:30 Bridge Goulash Buffet Soup/Salad Bar	19 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Creamy Pork & Potato Casserole Buffet Soup/Salad Bar	20 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Lemon Pepper Chicken	21 8:30 Zumba
	23 1:00 Bingo 3:30 Zumba Gold Hamburger Gravy & Potatoes Buffet Soup/Salad Bar	24 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Pork Roast Buffet Soup/Salad Bar	25 9:00 Chair Volleyball 12:30 Bridge Chicken Quesadilla Buffet Soup/Salad Bar	26 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Cheeseburger Pie Buffet Soup/Salad Bar	27 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Mongolian Pork	28 8:30 Zumba
30 1:00 Bingo 3:30 Zumba Gold Beef Franks & Mac N' Cheese Buffet Soup/Salad Bar	31 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot French Dips Buffet Soup/Salad Bar			All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change		



NON-PROFIT
ORGANIZATION
U.S POSTAGE PAID
BLACKFOOT, ID 83221
PERMIT NO. 221

**BINGHAM COUNTY SENIOR
CITIZENS CENTER**

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Blackfoot ID 83221

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Bridging the Generations

We're on the Web
Seniors4ever.com



**JANUARY
2023**

