

Bingham County
Senior Citizen Center

February
2023



Happy
Valentine's
Day

*Join us for our
Valentine's Day Luncheon .
Enjoy live music from the
Four C's
Come hungry
Wednesday, February 8th
11:00am-1:00pm.*

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
JEREMY ATWOOD
CASSIE BISHEIMER

Activities Donations

Please Consider
Donating **\$1 Each Time**
you participate in an
activity you like to
enjoy at the Senior
Center.

Our Lunch Program is
not sustaining the
entire Center. These
donations will help the
Centers overhead
costs, which include:
maintenance,
custodial, power, gas,
water, sewer.

The Center is following
in the footsteps of
other Centers in our
area who are currently
doing this.

ACTIVITIES INCLUDE:

- ◆ All card games
- ◆ Fit & Fall
- ◆ Chair Volleyball
- ◆ Bingo
- ◆ Zumba

The donation box will
be placed at the
hostess desk .

Thank You! For
donating to The Center
and helping to keep
our activities available

Meals on Wheels Sponsorship

Our \$5.00 a Month Club goes directly to our
Meals on Wheels Program. Many homebound
seniors are unable to pay for their meal service.

Your generosity through donations and the
\$5.00 a Month club ensures that the meals con-
tinue to get delivered. Interested in being a
\$5.00 a month member? Call the Senior Center
for more information (208)785-4714

Best Valentine's Day Jokes

- What did the paper clip say to the magnet?" "I find you very attractive."
- "Why did the husband get his wife a kitten for Valentine's Day?" "He thought it was the *purr*fect present."
- "What did the stamp say to the envelope on Valentine's Day?" "I'm stuck on you!"
- "Why didn't the skeleton want to send any Valentine's Day cards?" "His heart wasn't in it."
- "What's Cupid's favorite band?" "Kiss!"
- "Why did the sheriff lock up their valentine?" "She stole their heart."
- "What do you call two birds in love?" "Tweethearts!"
- "What did the scientist say to her valentine?" "I think of you periodically."
- "How can you tell when a squirrel is in love?" "It goes nuts!"
- "I thought I won the argument with my wife as to how to arrange the dining room furniture. But when I got home the tables were turned."
- "I once fell in love with someone who only knew 4 vowels. They didn't know I existed."
- "What did the calculator say to the pencil?" "You can count on me."
- "How did the telephone propose to his girlfriend?" "He gave her a ring!"

HAPPININGS AT THE CENTER

Liaison Committee – The Committee held their monthly meeting on January 3, 2023.

The suggestion box was opened. There were no suggestions.

For those who do not know where to find the suggestion box, go through the two front doors at the Senior Center. A box is located on a table on the right side. Fill out the suggestion form and place it in the box.

The Liaison Committee would like to thank Kate Knudson, Darlene Grimm and others for putting up the great Christmas decorations.

The Scoop - How are you doing on the New Years resolution you made to get more physical activity? If you are not doing so good, why not come to the Fit and Fall Proof (FFP) exercise class at the Senior Center.

FFP is a program created by the Idaho Department of Health and Welfare in conjunction with District Health Departments. The program is designed specifically for older adults who want to improve their health and reduce their risk of falling. It is well documented, that people who have difficulty doing their daily activities, as well as those who are physically active, can benefit from the program.

While attending class, each participant work at their own pace. Remember, no one is too old to enjoy the benefits of regular physical exercise.

FFP classes are held every Tuesday and Thursday at 9:30.



Fit & Fall class Christmas Party 2022

EVERYONE IS WELCOME
TO OUR MARCH FOR MEALS-ON-WHEELS
PANCAKE BREAKFAST BUFFET FUNDRAISER

**SPONSORED BY TRAVIS PACKER AND
THE BLACKFOOT ELKS LODGE.**

SATURDAY MARCH 4TH 8AM-11AM
BINGHAM COUNTY SENIOR CENTER
20 E. PACIFIC ST.

\$8 A PERSON/\$6 FOR AGE 10 AND UNDER



AVAILABLE FOR PURCHASE:
CREAM PIES
PEANUT BUTTER BARS
CINNAMON ROLLS
FRUIT PIE BARS
RADA KNIVES

\$5.00 a Month Club



January

*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.***

CRAIG ATWOOD

JACKIE BABCOCK

PAM BEUS

LOLA BROWER

WANDA BURGOYNE

DEANN CHAVEZ

MERV & IRENE DOLAN

RALPH DUNN

ROXIE GARDELS

BONNIE GARDNER

NANCY GODFREY

JODI GIOVANAZZI

MARY HOUSE

RUTH JONAS

KEITH & CATHY JOHNSON

DON KELLY

DEBBIE KLUVERS

ALICE KONISHI

JESSE LEYVAS

LOUISE MCDONALD

CHERI MITCHELL

JULIE MORRISSEAU

TOM & SANDY PACKER

RUSSEL & JEANIE POTTER

DOUG & MARY REYNOLDS

ARUTHER & ELAINE ROBINSON

AL & KATHERINE STALDER

JEAN WADSWORTH

VERLENE WALTERS

VEEANN WILLIAMS

WAYNE & BECKY YOUNG



*** We help Seniors with:**

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

December 2022

Senior Tip- Financial

Putting Children on Bank Accounts

Tip – There are much better ways to get help with your finances.

Some parents, when their health begins to fail, decide to put a child on their bank account to help them manage their finances, pay bills, etc. Sometimes, doing this does not give rise to any problems. Other times, it can lead to problems after the parent has passed away. For example, after the parent passes, the child may decide to close the account and take the money that remains for themselves—claiming that was mom or dad's intention. This position taken by the child conflicts with Idaho Code Section 15-6-104, which states that "Sums remaining on deposit at the death of a party to a joint account belong to the surviving party ... as against the estate of the decedent if an intent to give the account can be shown by the surviving party..." If the intent to give the remaining money in the account to the child who took it cannot be shown, the other children must seek legal action to recover the money if they want it to be distributed according to the parent's Will.

If the parent intends to give the sums remaining in the account to one of the surviving children, the parent could state this in his or her Will, or the parent could make the account a Pay on Death (P.O.D.) account, which would make the parent's intent crystal clear. In this situation, after the parent dies, the child gives the bank a death certificate and the bank will release the remaining funds to the child.

Another problem that occasionally occurs when you put a child on a parent's bank account is that the child begins to take money for his or her personal use, while the parent is still alive. When this happens, it is almost impossible to get the child taken off the account.

There is a better way for a parent to get help with their finances. The parent can give an agent of his or her choosing a Power of Attorney (POA) for finances and property. The POA gives the agent the authority to help pay bills, sell property, apply for Medicaid, or do any other needed transactions. If a problem arises in the way that the child uses the POA, it is easily revoked. In addition, the Power of Attorney ends when the parent passes away, so the child cannot withdraw any sums remaining in the account at the parent's death.

Using a Durable Power of Attorney for Finances rather than putting a child on the bank account as a joint owner can avoid many problems.

February 2023 Nutrition Article

February is well known as "American Heart Month". Heart disease is the #1 leading cause of deaths in the U.S. Below are some tips and items to keep in mind while promoting one's heart health.

- Choose more unsaturated fats and less saturated fats
- Saturated fats include: those that stay solid at room temperature
- ☐ Butter
- ☐ Animal Fats (Lard, steaks, sausage, etc)
- Unsaturated fats include: those that are liquid at room temperature
- ☐ Olive oil, vegetable oil, avocados, etc.



- Consuming less salt
- Rinse any frozen and canned foods, salt is often used as a preservative. Thoroughly rinse under running water a couple of times will help to reduce sodium content
- Keep the salt shaker off the table! We often salt our food before tasting it.
- Look for sodium substitutes i.e. Seasoning, citrus, herbs (fresh or dry)
- Encourage foods rich in omega-3 fatty acids, as they promote positive heart health by reducing triglycerides in one's blood serum
- Fish (especially salmon), avocados, olive oil, walnuts, flaxseeds, etc

With all the dietary tips listed above, it's important to remember that exercise also plays such an important role in heart health. Understandably so, with colder temperatures we tend to stay indoors during this time. Get creative and use any resources available to you: walk a few laps at your indoor mall if able or grab a friend and walk/stretch/lift light weights (i.e. cans of food)

Seasonal foods in February?

- Citrus fruits - oranges, limes, grapefruit, etc.
- Fennel, cabbage, broccoli
- Pomegranate

Dark chocolate has many heart health properties compared to milk or semi-sweet. Dark chocolate is very high in flavonoids, a specific type of antioxidants (also found in wine, apples, etc) that has been shown to decrease risk of heart disease, cholesterol, hypertension, diabetes, and blood clots.

Dark Chocolate Covered Treats

2 regular size dark chocolate candy bars (or 6 oz of bagged dark chocolate chips)

2 cups of fruit and nuts, any kind!

- Strawberries, blueberries, pitted cherries, bananas. Etc.
- Dried cranberries, raisins
- Shelled pistachios and pecans

Line a baking pan with wax paper.

In a microwave safe bowl add in dark chocolate and melt for 30-second intervals, mixing in between. Once dark chocolate has melted, submerge half way all fruits and nuts, one at a time. Lay out on a wax paper lined pan. Once complete, set in the refrigerator for at least 5 min until solid. Enjoy this simple, rich and heart healthy treat!



**AARP will be here at the center starting
February 2nd to April 13th**

Mondays 2pm-5pm

Tuesdays 5pm-8pm

Thursdays 5pm-8pm

Saturdays February 4th and 18th from 1pm-4pm

Saturdays March 4th and 18th from 1pm-4pm

Saturday April 1st from 1pm-4pm

10 People max per day

First come First served

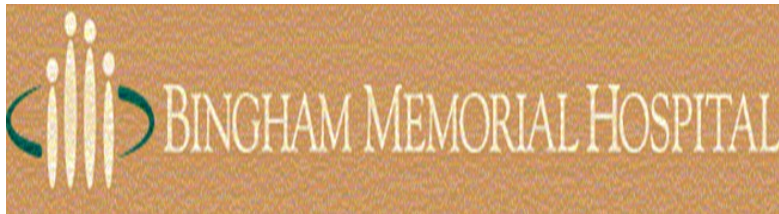
Sign-up sheet is available at the front desk.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Chair Volleyball 11:00 Piano Music-Angelina 12:30 Bridge Fish & Chips Buffet Soup/Salad Bar	2 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Turkey & Stuffing Buffet Soup/Salad Bar	3 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Spaghetti	4 8:30 Zumba
6 1:00 Bingo 3:30 Zumba Finger Steaks Buffet Soup/Salad Bar	7 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Chicken Parm Buffet Soup/Salad Bar	8 9:00 Chair Volleyball 11:30 FOUR C'S MUSIC 1:00 Bridge 6:00 Homemakers Beef Roast Buffet Soup/Salad Bar	9 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Sausage & Potato Casserole Buffet Soup/Salad Bar	10 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Hamburger Gravy/ Potatoes	11 8:30 Zumba
13 12:00 DOUP- Brower Co. 1:00 Bingo 3:30 Zumba Meatball Sandwiches Buffet Soup/Salad Bar	14 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot Sweet Pork Tacos Buffet Soup/Salad Bar	15 9:00 Chair Volleyball 1:00 Bridge Chicken Cordon Bleu Buffet Soup/Salad Bar	16 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Philly Cheesesteak Sandwich Buffet Soup/Salad Bar	17 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Smothered Pork Chop	18 8:30 Zumba
20 Closed MOW- Chicken & Stuffing	21 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Chicken Fried Chicken Buffet Soup/Salad Bar	22 9:00 Chair Volleyball 1:00 Bridge Nachoes Buffet Soup/Salad Bar	23 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Pork Roast Buffet Soup/Salad Bar	24 9-10:30 Breakfast Buffet 11-12:00 Food Distribution MOW—Chicken Strips	25 8:30 Zumba
27 1:00 Bingo 3:30 Zumba Ham & Swiss on a bun Buffet Soup/Salad Bar	28 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Garlic Bread Pizza Buffet Soup/Salad Bar	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



February 2023

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