



Thanksgiving Luncheon

Please Join Us

Wednesday, November 15, 2023

11am to 12:30pm

For our Annual

Thanksgiving Luncheon

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

Everyone is Welcome!

Order Your Thanksgiving Dinner Rolls/ Pies Here

Dinner Rolls/Pie orders for Thanksgiving must be placed by November 17th. Pick-up will be on Wednesday November 22nd by 1pm.

Must order by the dozen—\$7 per dozen Whole Wheat or White.

Pumpkin Pies \$9

Chocolate or Banana Cream Pies \$8

Please call the Center at 208-785-4714 and speak with Cassie to place your order.

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
CHRIS MOON

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

HAPPENINGS AT THE SENIOR CENTER

Liaison Committee: It is with great sadness, the Liaison Committee announces the passing of Jerry Freeburne, one of our Committee members, on 9/9/2023.

The Committee would like to express our gratitude and appreciation to Jerry for his contributions and dedication in making the Committee successful. We will all miss his humor, smile and good heart.

Scoop: Why is it that line dancing to the sound of music seems to take our cares away? It might be the rhythm of our favorite song, listening to our favorite singer or just singing along.

Regardless of the reason, one thing is for sure: The physical, mental and emotional benefits of line dancing are endless. Line dancing is just plain fun, it is easy to learn, and you don't need a partner. It teaches you to move your body and stay on the beat. It improves your balance and your memory. One research study found that dancing can reduce the risk of Alzheimer disease and dementia.

Line dancing can be as gentle or energetic as you want it to be. It is an amazing way to exercise, on a regular basis, to very pleasant music. It is also a great way to stay in shape. If you don't like going to the gym, line dancing is a way to bring fun back into your exercise routine.

Instructional line dancing classes are held every Tuesday at 12:45 at the Senior Center. Now that you know all the benefits of line dancing, why not come and join the class. The instructors look forward to seeing and welcoming you.



*** We also help Seniors with:**

Review and Coordinate Healthcare
Medicaid Qualification
Probates / Guardianships

September 2023

Senior Tip – Healthcare

Annual Enrollment Period for Medicare

Tip - It's that time of year! Understand your options and plan choices!

The annual Medicare Open Enrollment period is upon us! During open enrollment, individuals can make changes to their Medicare Part D prescription drug plans and change or enroll in Medicare Advantage plans.

This annual open enrollment period lasts from October 15th to December 7th and any changes you make will be reflected starting in January 2024. For example, if you decide to change your prescription drug plan during open enrollment, the new plan will be effective on January 1, 2024.

Why might you want to make a change to your prescription drug plan or Medicare Advantage plan? Some people choose to change plans if they have high prescription drug costs with prescriptions that are not covered under their current Part D plan's formulary (the plan's list of covered drugs). Some people also may change plans if they are paying a high monthly premium for their plan but have few medications and may be able to enroll in a plan with a lower monthly premium. Still others may change a Medicare Advantage plan if they have been dissatisfied with their current plan.

What if you are satisfied with your current coverage? If you are already enrolled in a Medicare Part D prescription plan or a Medicare Advantage plan and you are satisfied with your coverage, you do not need to do anything during open enrollment. Your coverage will automatically enroll for the coming year. Just remember, many plans will make changes to their coverage each year, so it is still a good idea to review your plan information.

Individuals who have a Medigap plan where Medicare pays 80% of their hospital and doctor costs and the Medigap policy pays the additional 20% of the costs, can make changes to their plan or change their insurance carrier under the Birthday Rule. The Birthday Rule provides that individuals with a Medigap policy may make changes to their policy for 63 days from the date of their Birthday.

Sometimes plans will discontinue service in your area and you may receive a non-renewal notice from the plan. If this occurs, or if you simply want to review your options, contact your local SHIBA office (1-800-247-4422 – SHIBA Medicare

November Elections ~ November 13th

The election will be held on November 13th between the hours of 8:30am and 2:30 pm. Members may vote early on November 1st between the hours of 10:00am and 2:30 pm.

Meet the Candidates

PAUL LOOMIS

Work experience:

Owner / Operator Loomis Peak LLC; consisting of Project Management consulting and operations of the Candy Jar Store located at 105, NW Main St. Blackfoot, Idaho (February 2018 to the Present)
Mayor, City of Blackfoot, Idaho, four year term (January 7, 2014 to January 5, 2018).

Project Operations Manager, Premier Technology, Inc., Blackfoot, Idaho (6/2009 to 1/2014). Responsible for the supervision of Project Management, Engineering, and Design Departments.

Program Manager, Applied Marine Technology / SAIC, Alexandria, VA (1/2005 – 6/2009). Managed major Department of Defense research, development, and testing programs. Duties include test program administration, contract management, technical oversight, business development, and personnel management.

US Army (3/1979 - 1/2005)

Final Assignments in the Army:

Defense Threat Reduction Agency; Detachment Chief Dugway Proving Ground, UT and The Nevada Test Site, NV. Supervised a remote field testing detachment responsible for onsite research and development/acquisition efforts. Interfacing with multiple Department of Defense, other United States Governmental Agencies, Foreign Governmental Agencies, National Laboratories and Defense contractors.

HQ US Army Europe; Crisis Actions Branch Chief, Heidelberg Germany. Coordinated and synchronized crisis action planning and execution within the US Army Europe area of operations. Directed time sensitive staff actions and operations orders. Provided rapid response plans for contingencies and crisis resolution. Gathered and analyzed data. Monitored and supported daily activities in both Kosovo and Bosnia-Herzegovina.

HQ V Corps; Deputy Operations Officer, Heidelberg Germany. Directed planning and execution of Corps operations in Kosovo and other contingency areas.

Supervised a staff of eight branches. Set priorities and allocation of staff resources and directed workloads / activities. Planned, coordinated and executed all fielding of new equipment, established equipment authorization levels and personnel structure authorization documents. Developed and executed the Corps' modernization plan. Planned and executed directed base closures in Germany.

Military Rank at Retirement; Lieutenant Colonel

EDUCATION:

Master's, MA, Political Science, University of Nevada, Las Vegas; Bachelor's, BA, Social Science, Political Science and History, Chapman University AA, Social Science, Shasta JC

TRAINING:

Program Management, Systems Engineering, Systems Acquisition, Total Quality Management, Intelligence Analyst, Field Artillery Officer Basic and Advanced training, Combined Arms and Services Staff School, Army Command and General Staff College, Army Nuclear Research and Operations Officer training

AWARDS:

Military Decorations and Badges (Ranger, Airborne, Air Assault) Company Merit Awards

Meet the Candidates Continued

DORINE ADAMS

My name is Dorine Adams. I've been a long time resident of Blackfoot where my husband and I were blessed to raise our five children.

Through the years I have valued my opportunities to participate in this great community. I have spent time serving on the library board, at the EISF, and numerous church positions. I currently enjoy working at the courthouse as an election clerk and spending time with the members of our community delivering Meals-on-Wheels.

MERV DOLAN

Graduated from Borah High School Boise in 1963.

Worked in the automotive business truck & parts from store ownership to sales rep. for various companies.

Was involved in truck & tractor pulling events participating & promoting.

Currently a Planning & Zoning commissioner for the city of Blackfoot.

IRENE DOLAN

Started work at the state hospital south in 1969 at 19 years old worked a total of 36 years some college classes L.P.N. training.

During my time working at S.H.S I worked all units from Adolescents, Geriatric, Forensics, and Admissions.

Helped my husband with auto parts business doing bank deposits, posting receivables, handled payroll, and bill paying.

Was involved with truck & tractor pulling business registering vehicles handling banking deposits and payouts.

Meet the Candidates ~ Liaison Position

LEON DENNEY

My name is Leon Denney and was born in Casper, Wyoming a long time ago, & raised in East Texas on a small farm with my 12 brothers and sisters which taught me how to work in a cohesive environment to get things done.

I was a 4 year letterman in football and baseball in high-school which taught me the team first concept to reach a common goal. I attended college on academic and athletic scholarships earning a master degree in theoretical mathematics.

I am a retired farmer, rancher, and Line supervisor for Bonneville Power Admin and Dept Of Energy. I was also President of Local IBEW 283 and in all these capacities I worked with people to manage & complete projects.

CORPORATE SPONSORS

THE CANDY JAR

**TROIKA CLEANING &
RESORATION**

**STEWART HOOVER AMERICAN LEGION
POST 23**

21st CENTRY AUTO

THE ELKS LODGE # 1416

STATE RECOVERY

TAX TECH INC.

MEMBERS PREFERRED CREDIT UNION

RAYMOND & YUKIKO MATSUURA

IDAHO CENTRAL CREDIT UNION

VETERANS OF FOREIGN WARS

RUPES INC.

AL & KATHERINE STALDER

BIGHAM MEMORIAL

**HOMESTEAD FAMILY
RESTAURANT**

KESLERS MARKET

**FARM BUREAU—
TODD BURKE**

BPO-D.O.E.S. #190

1st RESPONSE RESTORATION

AWARENESS COUNSELING

\$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.















CONNIE ANDERSON	DAVID HALE	CHERI MITCHELL
CHELTA ARENS	SAUNDRA HAMM	MIRIAM MONTAGUE
CRAIG ATWOOD	MARGARITE HARTMAN	DIXIE MONTGOMERY
JACKIE BABCOCK	RULON HILLAM	JULIE MORRISSEAU
MARY BALLARD	RICK HOLMES	TOM & SANDY PACKER
PAM BEUS	MARY HOUSE	JAMES & JAN PARKS
ED & TANA BEVERLY	RUTH JONAS	LEON & MARGARET PETERSON
LOLA BROWER	KEITH & CATHY JOHNSON	RUSSELL & JEANIE POTTER
WANDA BURGOYNE	BRUCE & CHARLOTTE KAISER	DOUG & MARY REYNOLDS
DEEANN CHAVEZ	ADIEN KELLER	ARTHUR & ELAINE ROBINSON
MERV & IRENE DOLAN	ISIS KELLER	MARJORIE SCHAEFER
RALPH DUNN	JEFF KELLER	AL & KATHERINE STALDER
DENNIS & JEANE FOLKNER	DON KELLY	RANDY THOMPSON
JERRY & MARTY FREEBURNE	DEBBIE KLUVERS	CAROLINE TRACY
ROXIE GARDELS	ALICE KONISHI	JULIE URIAS
BONNIE GARDNER	JESSE LEYVAS	JEAN WADSWORTH
HARVEY & PATRICIA GERBER	BENNIE & DENISE LILLY	VERLENE WALTERS
DEANN GIBSON	PAUL & JUDY LOOMIS	SPENCER & ANDREA WILLIAMS
JODI GIOVANAZZI	DIANE MANSANAREZ	GARY & SONJA WRIGHT
NANCY GODFREY	EMI MATSUURA	WAYNE & BECKY YOUNG
AL & ANN GOEHRINGER	LOUISE MCDONALD	


Winter Preparedness Checklist

 Home Winter Preparedness Checklist 		
<input type="checkbox"/>  Select Foods See Additional Checklist	<input type="checkbox"/>  Warm Clothing Hats, Mittens, Parkas, Boots	<input type="checkbox"/>  Flashlights & Extra Batteries
<input type="checkbox"/>  Disposable Dishware Plates, Bowls, Utensils	<input type="checkbox"/>  Extra Blankets	<input type="checkbox"/>  First Aid Kit
<input type="checkbox"/>  Specialty Items Meds, Infant Formula, etc.	<input type="checkbox"/>  Matches For Candles & Gas Fireplaces	<input type="checkbox"/>  Cell Phone Fully Charged
<input type="checkbox"/>  Portable Radio AM/FM/Wx Radio & Batteries	<input type="checkbox"/>  Shovel/Snow Blower Check condition & maintain	<input type="checkbox"/>  Firewood For Wood Fireplaces

 Car Winterization Checklist 	
<input type="checkbox"/>  Check Engine Fluid Levels Oil, Coolant, Washer Fluid, etc.	<input type="checkbox"/>  Inspect Tire Tread Replace if Near Wear Limit
<input type="checkbox"/>  Test Battery Replace if Necessary	<input type="checkbox"/>  Install Snow Tires if You Own a Set
<input type="checkbox"/>  Use Deicing Washer Fluid Clean Windshield at Low Temps	<input type="checkbox"/>  Test Headlights & Taillights
<input type="checkbox"/>  Switch to Synthetic Oil Handles the Cold Better	<input type="checkbox"/>  Add & Inspect Winter Survival Kit

 Home Winter Survival Food Checklist 	
<input type="checkbox"/>  Canned Fruits and Vegetables Requires a Manual Can Opener	<input type="checkbox"/>  Bread and Condiments Keep Bread Frozen to Last Longer
<input type="checkbox"/>  Crackers, Nuts, Fruit Bars, Chips High Energy Foods	<input type="checkbox"/>  Cereal and Toaster Pastries
<input type="checkbox"/>  Soups Some Soups Require Water or Heating	<input type="checkbox"/>  Meals Ready to Eat (MREs)
<input type="checkbox"/>  Cookies and Hard Candy	<input type="checkbox"/>  Bottled Water 1 gallon per person, per day (for at least 3 days)

 Car Winter Survival Kit Checklist 		
<input type="checkbox"/>  Flashlight & Extra Batteries	<input type="checkbox"/>  Blankets/Sleeping Bag	<input type="checkbox"/>  Extra Clothing Hats, Mittens, Parkas, Boots
<input type="checkbox"/>  First Aid Kit	<input type="checkbox"/>  Non-Perishable Food Granola Bars, Dried nuts, etc.	<input type="checkbox"/>  Sand/Kitty Litter Used for Traction
<input type="checkbox"/>  Snow Shovel	<input type="checkbox"/>  Bottled Water	<input type="checkbox"/>  Cell Phone & Charger
<input type="checkbox"/>  Ice Scraper with Brush	<input type="checkbox"/>  Booster Cables	<input type="checkbox"/>  Flares/Triangles & other Bright Objects

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November</h1>					
6 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold Salisbury Steak Buffet, Soup & Salad Bar	7 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Chicken Fried Chicken Buffet, Soup & Salad Bar	8 9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge 6:00 Homemakers Pork Pot Pie Buffet, Soup & Salad Bar	9 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Philly Sloppy Joes Buffet, Soup & Salad Bar	10 9-10:30 Breakfast 11:30-12:30 Food Distribution MOW— Malibu Chicken	11 8:30 Zumba Gold
13 8:30 Voting for board of Directors 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold Open-Faced Hamburger Sandwich Buffet, Soup & Salad Bar	14 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot Sausage & Tortellini Buffet, Soup & Salad Bar	15 1:00 Bridge Thanksgiving Luncheon	16 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Lasagna Buffet, Soup & Salad Bar	17 9-10:30 Breakfast 11:30-12:30 Food Distribution MOW— Pork Roast	18 8:30 Zumba Gold
20 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold Monterey Chicken Buffet, Soup & Salad Bar	21 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Meatloaf Buffet, Soup & Salad Bar	22 9:00 Chair Volleyball 1:00 Bridge Sweet Pork Tacos Buffet, Soup & Salad Bar	23 Closed Happy Thanksgiving MOW- Turkey & Stuffing	24 Closed MOW- Chicken Parm	25 8:30 Zumba Gold
27 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold Spaghetti & Meatballs Buffet, Soup & Salad Bar	28 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Mongolian Chicken Buffet, Soup & Salad Bar	29 9:00 Chair Volleyball 1:00 Bridge Bratwurst & Sauerkraut Buffet, Soup & Salad Bar	30 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Chicken Fried Chicken Buffet, Soup & Salad Bar	All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change	

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

P.O. Box 849
20 E. Pacific Street
Blackfoot, ID 83221

(208) 785-4714

bcsc@seniors4ever.com

Visit us on the web at
www.seniors4ever.com



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

November 2023



MEALS on WHEELS
AMERICA

2023 MEMBER

United Way

