

January 2024

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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.*



*** We help Seniors with:**

Estate Planning Documents
Healthcare Needs / Paying for Care
Probates / Guardianships

November 2023

Senior Tip – Legal

Be Prepared

Tip – Give a trusted individual authority to act on your behalf, give them instructions on what to do, and give them the information they need.

When I turned 12 years old—nearly 60 years ago—I became a Boy Scout. I learned the Scout Motto, “Be Prepared.” It made sense to me. Being prepared helped me to avoid problems and to handle challenges when they arose.

As an attorney who works with seniors, my advice to them is to be prepared. As we age, being prepared can be a big help to our families. Through my experience, I have found that there are three components to being prepared.

First, put legal documents in place that give someone you trust the authority to act for you. These documents can include a Will that names a personal representative to administer your estate; a Power of Attorney for Finances and for Healthcare that names agents that can step in and help when needed; and a document designating someone to make funeral arrangements.

Second, give that person instructions, so he or she will know what you want them to do. This can be done by having conversations with them about your financial situation, your healthcare wishes, and how to handle your estate. Even better, I like the idea of preparing written instructions that you can keep with your documents. These instructions are not legally binding, but they explain what you would like your agents to do.

Third, give information to the people that you have named in your documents. For your personal representative, how do you want your estate handled? For finances, what are your retirement accounts, where are your insurance policies and investments and where are your bank accounts located? For healthcare, what medications are you taking, who is your doctor, and what kind of care do you want to receive?

My Dad had a stroke in his later years. He recovered but lost most of his speech, only being able to say a few words. One day he came to me and said, “Insurance.” I asked, “Do you have a life insurance policy?” “Find out,” was his reply. I checked with all the insurance agents in town and none of them had a policy with my Dad. I have often wondered if he had an insurance policy that I never found that would

HAPPENINGS AT THE CENTER

The Center's Pantry is no longer a part of the Idaho Food Bank. While the mission of The Center and the Center's by-laws do not provide for a pantry, staff and volunteers have always tried to provide a pantry as a courtesy to help the seniors. Dedicated volunteers are now contacting local businesses for contributions to The Center. **These contributions are not restricted to the pantry and can be used by the kitchen as well.** The Center will still be able to offer a pantry with some necessary changes such as:

- ☐ The pantry will be available for seniors 60 and older who support and participate in The Center's activities, meals and functions. It will not be available for the general public.
- ☐ **The kitchen can select items first. This helps with The Center's in-house food costs.**
- ☐ The pantry currently will be open Tuesday and Wednesday from 10:00 am to 12:30 pm. Pantry items can only be taken during these days/times.
- ☐ Patrons may visit one day a week.
- ☐ Limits may be placed on items, depending of their availability. This is so others have an opportunity to select items also.
- ☐ These same rules will apply to all, including volunteers.

A big thanks to volunteers for contacting businesses for contributions and for coming in as early as 5:30 am to unload, sort and shelf items. They also keep the pantry running Tuesday and Wednesday. A special thanks to Ridley's for their generous contributions, as well as Dance Honey and Basic American Foods. Hopefully the list of donors will grow with time.

FYI: The money you donate to the pantry goes towards the cost of the van and cargo trailer used to pick up donations. This includes the cost of those vehicles, insurance, registration, gas, maintenance, tires, etc. It also helps with the cost of running the walk-in freezer and large double door refrigerator.

If you know of businesses that could donate to the pantry, please contact them. Jesse will be happy to pick up their donations. We need to all work together to make this a successful pantry.

Also with changing donations that may alter these rules.

We will keep everyone posted.

CORPORATE SPONSORS

THE CANDY JAR

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RESORATION**

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TODD BURKE**

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

1st RESPONSE RESTORATION

AWARENESS COUNSELING

\$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.

CONNIE ANDERSON	DAVID HALE	LOUISE MCDONALD
CHELTA ARENS	SAUNDRA HAMM	CHERI MITCHELL
CRAIG ATWOOD	MARGARITE HARTMAN	MIRIAM MONTAGUE
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HARVEY & PATRICIA GERBER	JESSE LEYVAS	VERLENE WALTERS
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JODI GIOVANAZZI	PAUL & JUDY LOOMIS	GARY & SONJA WRIGHT
NANCY GODFREY	DIANE MANSANAREZ	WAYNE & BECKY YOUNG
AL & ANN GOEHRINGER	EMI MATSUURA	

Valentine's Day

*Save The Date!!
We will be having
a Valentine's Day
Luncheon .*

*Come hungry
Wednesday,
February 14th
11:00am-12:30pm*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED MOW- Chicken Fried Chicken	2 CLOSED MOW- Tuna Casserole	3 9:00 Chair Volleyball 12:30 Bridge Fish & Chips Buffet Soup/Salad Bar	4 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Meatloaf Buffet Soup/Salad Bar	5 9-10:30 Breakfast Buffet MOW— Spaghetti	6 8:30 Zumba
8 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold Hot Dogs & Mac N’ Cheese Buffet Soup/Salad Bar	9 9:00 Haircuts 9:30 Fit & Fall 10:30 Helping Hands 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot Chicken Enchiladas Buffet Soup/Salad Bar	10 9:00 Chair Volleyball 12:00 Four C’s (music) 12:30 Bridge 6:00 Homemakers Sloppy Joes Buffet Soup/Salad Bar	11 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Baked Potato Bar Buffet Soup/Salad Bar	12 9-10:30 Breakfast Buffet MOW— Chicken Strips & Fries	13 8:30 Zumba
15 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold Meatball Subs Buffet Soup/Salad Bar	16 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Sweet Pork Tacos Buffet Soup/Salad Bar	17 9:00 Chair Volleyball 12:30 Bridge Chicken Parmesan Buffet Soup/Salad Bar	18 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Nachos Buffet Soup/Salad Bar	19 9-10:30 Breakfast Buffet MOW—Pulled Pork Sandwich	20 8:30 Zumba
22 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold Chicken Stuffing Bake Buffet Soup/Salad Bar	23 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Salisbury Steak Buffet Soup/Salad Bar	24 9:00 Chair Volleyball 12:30 Bridge Sausage Tortellini Buffet Soup/Salad Bar	25 9:30 Fit & Fall 12:45 Dominos 3:30 Zumba Gold Teriyaki Chicken Buffet Soup/Salad Bar	26 9-10:30 Breakfast Buffet MOW—Beef & Bean Burrito	27 8:30 Zumba
29 9:00 Chair Volleyball 1:00 Bingo 3:30 Zumba Gold Ham & Au Gratin Buffet Soup/Salad Bar	30 9:30 Fit & Fall 10:30 Helping Hands 12:45 Line Dancing 1:00 Hand & Foot Patty Melts Buffet Soup/Salad Bar	31 9:00 Chair Volleyball 12:30 Bridge Chili & Cinnamon Rolls Buffet Soup/Salad Bar	All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change		
					



JANUARY 2024

**BINGHAM COUNTY SENIOR
CITIZENS CENTER**

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20 E. Pacific St.
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Blackfoot ID 83221

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Bridging the Generations

We're on the Web
Seniors4ever.com

