

January 2025

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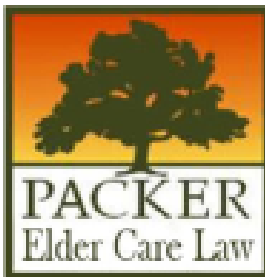
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*Let the New Year discovers you fresher,
happier, healthier, more joyful, more
cheerful and more satisfied. Here is wishing
you a Happy New Year.*



*** We help Seniors with:**

Estate Planning Documents; Wills, POA
Healthcare Needs / Probates

November 2024

Legal Advice

Tip – Wills and Powers of Attorney are Safety Nets

Having a Will and Power of Attorney are crucial legal documents that protect both you and your loved ones in times of crisis. A Will ensures that your property, money, and possessions go to the people you choose after your death, rather than letting the government dictate by statute to whom your belonging will go. Without a Will, your family members might end up fighting over your assets, or your belongings could go to relatives you never intended to inherit them.

A Power of Attorney is equally important because it allows someone you trust to make decisions on your behalf if you become too sick or injured to make them yourself. These documents can cover both financial and medical decisions. For example, if you were in a serious car accident and couldn't communicate, your chosen representative could pay your bills, manage your bank accounts, and make critical healthcare decisions based on your previously stated wishes. Without these documents, your family might need to go through a complicated court process to help you, wasting precious time and money when quick decisions might be needed.

These legal documents aren't just for older people or those with serious illnesses – they're important for everyone over 18. Think of them as a safety net, similar to how you wouldn't drive a car without insurance. While it might feel uncomfortable to think about these scenarios, having these documents in place is a responsible way to protect yourself and show your family you care about their well-being. The small investment of time and money to create these documents now can save your loved ones significant stress, expense, and heartache in the future.

**Please see our website at www.packereldercarelaw.com
to view all our Senior Tips! (From 2012-2024)**

**Tom Packer is an Elder Law Attorney serving all of Southeast Idaho.
If you have a question about a Senior's legal, financial, or healthcare
needs, please call us.**

Correction:

I recently spoke with the Director of the Shelley Senior Center. He said that the city owns the building where they are located not the county. He also told me that they are responsible for their own repairs. I just wanted to clarify because I do not want to give inaccurate information in my communication.

Pam Beus, Executive Director



Kitchen News

January Cookie

White Trash Cookie

\$6 for a 6 pack of cookies.

Sign-up will be available until 1/6/2024.

Cookies pick-up will be 1/9/2024

February's Cookie

Red Velvet

January 2025 Nutrition Article

Happy New Year's friends! With a new year, we often set New Year's Resolutions & goals. Popular resolutions often include losing weight, drinking more water, and eating healthier. Here are a few tips to help you reach some nutritional goals:

- Drinking more water
 - Aim for at least 8 cups of water per day
 - Water bottles with labels can help reach intake goals
 - Setting timers/alarms for reminders to drink up
- 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)
- Eating less saturated fat and more unsaturated fat to encourage heart health
 - Saturated fats solidify at room temperature: butter, lard, animal fat
 - Unsaturated fats remain liquid at room temperature: Oils, avocados, etc.

Seasonal foods in January?

- Citrus fruits - oranges, limes, grapefruit, etc.
- Garlic, green beans, broccoli, and sweet potatoes

Protein Packed Chili

- 1 pound ground beef, drained
- 1 can small red beans, rinsed and drained
- 1 can pinto beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1 can crushed tomato
- 1 can (16 oz) tomato juice
- 1 cup water
- 1 tbsp ground chili powder
- 1 tsp garlic powder (or fresh)

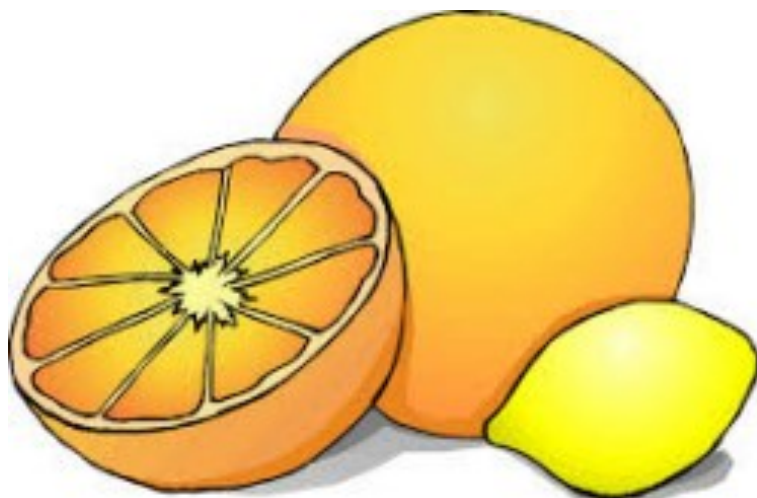
Salt and pepper to taste

Possible garnish: Corn chips, shredded cheese, onion, mustard, etc.

Brown ground beef, and drain. Return to a large pot and add in the rest of the ingredients. Bring to a low simmer for 10-15 minutes. Turn off, let cool for 5 minutes, and top with desired garnishes.

FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. Ask your center staff for details today!
 - Please reach out to our site for help with the following:
 - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
 - Food resources - Food banks, pantries, programs, etc.
 - Menu planning and recipe ideas
 - Budgeting



\$5.00 a Month Club



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.

RAY & CHELTA ARENS	AL & ANN GOEHRINGER	SHEAR MADNESS
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MARILYN BUM P	RUTH JONAS	LEON & MARGARET PETERSON
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JODI GIOVANAZZI	PAUL & JUDY LOOMIS	WAYNE & BECKY YOUNG

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SCHWAB CHARITABLES

THE CANDY JAR

STATE RECOVERY

ALSCO


1ST RESPONSE RESTORATION

Just a Reminder all \$5 a month memberships renew in January.

Valentine's Day

*Save The Date!!
We will be having
a Valentine's Day
Luncheon .
Come hungry
Wednesday,
February 12th
11:00am-12:30pm*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
6 9:00 Chair Volleyball 1:00 Bingo Nachos Soup/Salad Bar	7 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Chicken & Stuffing Soup/Salad Bar	1 <div style="text-align: center;">CLOSED</div> MOW-Brats & Sauerkraut	2 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold French Dips Soup/Salad Bar	3 9-10:30 Breakfast Buffet MOW—Breaded Pork Chops	4
13 9:00 Chair Volleyball 1:00 Bingo Meatball Subs Soup/Salad Bar	14 9:00 Haircuts 9:30 Fit & Fall 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Sweet Pork Tacos Soup/Salad Bar	15 9:00 Chair Volleyball 12:30 Bridge 1:00 Line Dancing Tuna Melt Soup/Salad Bar	16 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold Hamburger Gravy over Potatoes Soup/Salad Bar	17 9-10:30 Breakfast Buffet MOW— Hotdogs & Mac N' Cheese	18
20 9:00 Chair Volleyball 1:00 Bingo Chicken Strips Soup/Salad Bar	21 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Stuffed Peppers Soup/Salad Bar	22 9:00 Chair Volleyball 12:30 Bridge 1:00 Line Dancing Chicken Enchiladas Soup/Salad Bar	23 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold Sausage & Potato Casserole Soup/Salad Bar	24 9-10:30 Breakfast Buffet MOW—Chili	25
27 9:00 Chair Volleyball 1:00 Bingo Garlic Bread Pizza Soup/Salad Bar	28 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold Teriyaki Chicken Soup/Salad Bar	29 9:00 Chair Volleyball 12:30 Bridge 1:00 Line Dancing Beef & Broccoli Soup/Salad Bar	30 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold Monterey Chicken Soup/Salad Bar	31 9-10:30 Breakfast Buffet 6:00- Night Bingo MOW—Breakfast Burrito	All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change



JANUARY
2025

**BINGHAM COUNTY SENIOR
CITIZENS CENTER**

Primary Business Address
20 E. Pacific St.
P.O. Box 849
Blackfoot ID 83221

Phone: 208-785-4714
Fax: 208-785-4715
E-mail: bcsc@seniors4ever.com

Bridging the Generations

**[We're on the Web
Seniors4ever.com]**

