

Bingham County  
Senior Citizen Center

February  
2025

Happy  
Valentine's  
Day

*Join us for our  
Valentine's Day Luncheon.  
Enjoy live music from the  
Four C'S  
Come hungry  
Wednesday, February 12Th  
11:00am-12:30pm.*

## BOARD MEMBERS

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**CHAIRMAN**  
LEON PETERSON

**VICE CHAIRMAN**  
JEANIE POTTER

**SECRETARY**  
DEBBIE KLUVERS

**TREASURER**  
JARED EDDINGTON

**MEMBERS**  
TOM PACKER  
PAUL LOOMIS  
DORINE ADAMS  
TODD BURKE  
AL STALDER

## STAFF

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**DIRECTOR**  
PAM BEUS

**OFFICE STAFF**  
TERA YOUNG  
MONICA BANKHEAD

**KITCHEN STAFF**  
MINDIE CAMERON  
JEREMY ATWOOD  
CASSIE DUCHSCHER  
CHRIS MOON

## 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 continue 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!"

## Message from the Director:


There still seems to be some confusion among some of our patrons. I want to reiterate: This senior center is a non-profit 501c3 organization. Living in Blackfoot or Bingham County does not entitle you to eat here for free. We are not owned or operated by the county or city, and the building belongs to us. Therefore, employees don't receive county or city benefits and we are responsible for all expenses such as building insurance and repairs, utilities, food, purchase and maintenance of our Meals on Wheels vehicles, etc. As I previously stated, both the city and county do help with some funding. The county and city funding accounts for 15% of our yearly operating budget.

Our largest single funding source comes from the Area Agency on Aging. Funding from them covers 24% of our operating costs. As you can see all totaled that represents about 40% of the costs to run our center for the year. Because we utilize Area Agency funding we cannot require senior citizens to pay for their meal we can only ask for a suggested donation.

Our meal cost runs around \$9.00 per meal. This includes food, labor and overhead costs, involved in running this building. Area Agency reimburses us \$3.00 per meal served to a registered member of the senior center. This is why filling out the blue registration form is so important. They reimburse \$0 for persons under 60 which is why we require them to pay. We request a \$6.00 donation from seniors which allows us to break even on our meal cost. However, for the year 2024 the average donation per meal served was only \$2.95. We really appreciate the seniors who are willing and able to donate more than the requested \$6.00.

60% of our total operating budget comes from Donations, Fundraisers and Grants. I hope this clarifies some misconceptions, if anyone has questions, please feel free to come see me.

Pam Beus, Director



Night BINGO fundraiser for  
Meals on Wheels at the Bing-  
ham County Senior Center.

20 East Pacific Street.



Friday February 28th starting at  
6:00 P.M.

\$10 in the door per person.

This will include 1 bingo board and  
Food.

Additional bingo boards can be  
purchased for \$2

We will have cash prizes and prizes  
from local businesses.

We encourage people to bring  
Drinks of their choice.



1 \* We help Seniors with : Estate Planning Documents; Wills, POA Healthcare Needs Probates

December 2024

Qualifying for Medicaid Coverage in An Assisted Living Facility Tip – To qualify for Medicaid you must meet certain income, asset and health requirements.

Medicaid is a federal program administered by the states—a good example of American Federalism—that helps pay for care in an assisted living facility for people who don't have the resources to pay for their care. Unlike Medicare, which you qualify for by turning 65, to qualify for Medicaid you must meet certain income, asset, and health requirements. In addition, Medicaid is a loan which must be paid back out of the estate of the person who received Medicaid. This is known as Estate Recovery and is a tip for another day.

Let's look at the financial eligibility requirements for Medicaid. To qualify for Medicaid coverage in an assisted living facility, you must meet both income and asset limits:

Income Limits

- Individual monthly income limit: Generally, around \$2,742 (300% of SSI for 2024)
- Income above this limit may still qualify through a Miller Trust

Social Security, pensions, IRA distributions, and most other income sources count

Asset Limits

Individual asset limit: \$2,000 in Idaho

- Married couples may protect additional assets for the non-applicant spouse

Exempt assets include:

- o Primary residence (if spouse or dependent lives there)
- o One vehicle
- o Personal belongings and household items
- o Burial plots and prepaid funeral arrangements
- o Life insurance with face value under \$1,500

There are also medical eligibility requirements. To meet those requirements, you must demonstrate the need for assisted living level care.

Medical Eligibility Requirements

Require assistance with multiple Activities of Daily Living (ADLs)

- Need regular supervision due to cognitive impairment
- Have documented medical conditions requiring ongoing care
- Must be assessed by state Medicaid authorities

Application Process

Here are the steps you take to complete the application process

Gather documentation:

- o Birth certificate and ID
- o Proof of income (tax returns, Social Security statements)
- o Bank statements and investment accounts
- o Property deeds and vehicle titles
- o Medical records and physician statements
- o Insurance policies

2. Complete Medicaid application through the Department of Health and Welfare

3. Submit to medical assessment by state evaluator

4. Facility must be Medicaid-certified

Important Considerations

Depending on your situation, applying for Medicaid can be a lengthy, complex and sometimes frustrating process. If you are considering applying for Medicaid, remember to apply early as soon as you have met the above requirements. If you have transferred assets to someone without compensation, there is a 5 year look back period that may affect your eligibility. Finally, if you have questions or need assistance, consider talking with an Elder Law Attorney.

Please see our website at [www.packereldercarelaw.com](http://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.

Thomas W. Packer 186 East Judicial Street Blackfoot, Idaho 83221 208-785-5600 Page 2 of 2



**“American Heart Month”** is widely recognized in February. 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, flax-seeds, 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
- Pistachios and pecans (shell taken off)

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!

### 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, budgeting, and recipe ideas

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 1ST 8AM-11AM  
BINGHAM COUNTY SENIOR CENTER  
20 E. PACIFIC ST.

\$12 A PERSON/\$6 FOR AGE 10 AND UNDER



AVAILABLE FOR PURCHASE:  
CREAM PIES  
CHOCOLATE CHIP COOKIES  
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 homebound senior a meal.** Call the center and become a part of our Club today at 208-785-4714.*

JACKIE BABCOCK

PAUL & CAROL JORDAN

MARY BALLARD

DON KELLY

PAM BEUS

JOHN & DEBBIE KLUVERS

LOLA BROWER

MARCIA KNIGHT

DAVID DOSS

CHERI MITCHELL

DENNIS & JEANE FOLKNER

RUSSELL & JEANIE POTTER

JODI GIOVANAZZI

JULIE URIAS

SAUNDRA HAMM

DWAYNE UGAKI

KEITH & CATHY JOHNSON

SPENCER & ANDREA WILLIAMS

RUTH JONAS

BESSIE WILLYERD

The Senior Center decorated and donated two Christmas trees and one wreath to the 2024 Blackfoot Christmas Tree Fantasy.

The theme of the first tree, decorated by the Staff and Kitchen, was Feliz Navidad. The tree was decorated to symbolize having a spicy Christmas and a spicy New Year. The tree sold for \$ 375.00.

The second tree's theme was Candy Cane Christmas and was decorated by the Helping Hands Group. It was decorated to symbolize the bringing together of joy, generosity, and the spirit of Christmas. It sold for \$275.00.

Candy Cane Christmas was the theme of the wreath. It was decorated by the Helping Hands Group. It was decorated to symbolize that candy canes are a beloved symbol of Christmas. It sold for \$75.00.

All the money raised by the Christmas Tree Fantasy Auction is donated to various Bingham County charities.

Bingham County Senior Center

20 E Pacific Street, 208-785-4714



## February Cookie

### Red Velvet

**\$6 for a 6 pack of cookies.**

Sign-up will be available until 02/07/25.

Cookies pick-up will be 02/13/25

March's Cookie

**GRASS HOPPER COOKIE**

**(MINT CHOCOLATE)**

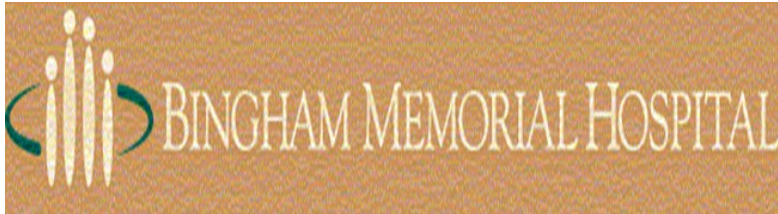
# February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			All meals served with Vegetable, Fruit, Grain, Dairy, and Dessert. Meals are subject to change		1
<b>3</b> 9:00 Chair Volleyball 1:00 Bingo  Hot Dogs & Mac N' Cheese Soup/Salad Bar	<b>4</b> 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold  Chicken Fried Chicken Soup/Salad Bar	<b>5</b> 9:00 Chair Volleyball 1:00 Bridge 1:00 Line Dancing  BBQ Pulled Pork Soup/Salad Bar	<b>6</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold  Meatballs and Penne Soup/Salad Bar	<b>7</b> 9-10:30 Breakfast Buffet  MOW—Sweet & Sour Chicken	<b>8</b>
<b>10</b> 9:00 Chair Volleyball 1:00 Bingo  Finger Steaks Soup/Salad Bar	<b>11</b> 9:00 Haircuts 9:30 Fit & Fall 12:00 Soroptimists 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold  Chicken Fajitas Soup/Salad Bar	<b>12</b>  NO Activities Valentines Luncheon Four C's music  Roast Beef Soup/Salad Bar	<b>13</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold  Breaded Pork Steak Soup/Salad Bar	<b>14</b> 9-10:30 Breakfast Buffet  MOW—Chicken Alfredo	<b>15</b>
<b>17</b>  Closed  MOW- Sloppy Joes	<b>18</b> 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold  Grilled Ham & Cheese Soup/Salad Bar	<b>19</b> 9:00 Chair Volleyball 11:00 Dale Brown 1:00 Bridge 1:00 Line Dancing  Tuna Casserole Soup/Salad Bar	<b>20</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold  Chili and Cinnamon Rolls Soup/Salad Bar	<b>21</b> 9-10:30 Breakfast Buffet  MOW— Polish Dog	<b>22</b>
<b>24</b> 9:00 Chair Volleyball 1:00 Bingo  Breaded Chicken Sandwich Soup/Salad Bar	<b>25</b> 9:30 Fit & Fall 12:45 Line Dancing 1:00 Hand & Foot 2:15 Zumba Gold  Chicken Fried Steak Soup/Salad Bar	<b>26</b> 9:00 Chair Volleyball 11:00 Under Western Skies 1:00 Bridge 1:00 Line Dancing  Patty Melts Soup/Salad Bar	<b>27</b> 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold  Mongolian Pork Soup/Salad Bar	<b>28</b> 9-10:30 Breakfast Buffet  MOW— Goulash	



Free, Unbiased Medicare  
Information for Idaho

1-800-247-4422 [www.shiba.idaho.gov](http://www.shiba.idaho.gov)



February 2025

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