

THE CENTER NEWS

Bingham County Senior Citizens Newsletter

October 2025

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Kitchen News
October Cookie
Pumpkin S'mores Cookies
\$6 for a 6 pack of cookies.

Sign-up will be available until 10/16/25 pick-up will be 10/23/25

November Cookie
Iced Oatmeal

Sign-up will be available until 11/13/25 Pick-up will be 11/20/25



Marc Carroll

I have been married for 57 years to my wife Marilynn. We have 3 daughters, 7 grandchildren, and 3 great grandchildren, and our entire family lives in or directly around Blackfoot. I retired from the INL in 2011 after nearly 35 years of service. I have always believed in a strong volunteer ethic and have served the community in a variety of volunteer positions, from PTA President, youth sports administration-coaching-officiating, variety of ad hoc school board and City assignments including chair of Transportation Commission for 11 years, and United Way Executive Board for 9 years. I am concluding 8 years as mayor, at which position I have learned very much about local government. My hobbies include yard work and house maintenance, coaching/consulting in youth soccer, and doing whatever my wife asks me to do.

Betti Eskelsen

I was born in Northern California. I went to school and graduated from high school in Hollister, California. I then went on to Ricks College in Rexburg.

After one year of school I met and amazing man and we were married. We raised six children in Blackfoot. Later I returned to school at Idaho State University abd received my degree in Elementary Education.

I have taught school at Irving Kindergarten and Sho-Ban Junior/ senior High School.

We love our community and have tried to help with activities whenever possible. I served as P.T.A. president and my husband and I have helped with the community dinner table.

I have been very active with activities at the senior center, where I have met so many wonderful people.

We are blessed to live in a wonderful community with so many wonderful people. I would like to serve and help to keep the senior center the wonderful place that it is.

Paul E. Jordan

Born in Heber City, Utah, I resided in five western states during my upbringing. My father, a construction worker, followed the development of the nation's freeway system during the Eisenhower administration.

Consequently, we frequently relocated, residing in 35 towns from my age five to fourteen before settling in Elko, Nevada, in 1967.

After graduation from Elko High School in 1970, I met my wife, Carol, a native of Elko. We married in 1972 then four months later I was drafted into the United States Army. I attended basic training at Fort Leonard Wood, Missouri, followed by electronics school at Redstone Arsenal in Huntsville, Alabama. My permanent duty station was in Nurnberg, Germany, where I served until my honorable discharge in July 1974.

Excluding military service, I worked for Safeway Stores, Inc. from 1969 to 1979. Upon my discharge from the Army, I enrolled at Elko Community College (now Great Basin College). In 1976 I relocated my family to Orem, Utah, with Safeway, where I continued college at Brigham Young University (BYU). I majored in Finance with minors in Accounting and Economics.

In 1979, I graduated from BYU and secured employment with Idaho First National Bank, relocating to Mountain Home. A 35-year banking career took our family to Caldwell, Filer, Montpelier, and finally to Blackfoot (1986), where we chose to settle permanently. I have held bank management positions at Idaho First (now US Bank), First Federal Savings (now WaFed Bank), Bank of Commerce, Zions Bank, and Citizens Community Bank.

I retired in 2014 and presently serve as a Meals On Wheels volunteer with my wife, Carol each Thursday.

Tami Jones

Let me introduce my self my name is Tami Jones I have lived in Blackfoot most of my life I was raised in American Falls by educators and followed in their footsteps and went into education myself. I taught special education for 10 years ages birth to 21 in Pocatello then taught in Blackfoot grades 2, 4 and 5 to finish my 27 year career.

I retired in 23 and really missed the social interaction with the community and decided to check out the Senior Center and was encouraged by my good friend Jackie Babcock I began eating lunch, exercising, and playing bingo. It has become an integral part of my life.

I believe the Senior Center is an excellent resource for the community and would be honored to help the Center grow and prosper. My life experiences will help me fulfill that goal.

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

October 2025 Nutrition Article



Fiber

Fiber is a carbohydrate that cannot be broken down within our bodies, therefore we dispose of it in our output naturally. A diet rich in fiber can help keep us regulated (not constipated), bulk up stools, regulate blood glucose (blood sugar) levels, lower cholesterol, and provide us with much needed energy. The recommended daily intake of fiber is 25-30 grams/day. Foods high in fiber include beans, whole grains, berries, and apples!

October 27 is APPLE DAY

Apples are an easy-to-find fruit in Southeast Idaho during the Fall months. Local pumpkin

patches will often offer fresh pressed cider and apple products. Applesauce and apple butter are quick and easy to prepare, and offer tons of fiber and vitamin C (1 medium sized apple = 4 grams of fiber and about 15% of daily recommended vitamin C intake).

Apple Sauce

- 4 apples of your choice, peeled, cored, and cubed
- 1/2 cup sugar (or sugar substitute)
- 1/2 cup water
- 1 tsp ground cinnamon

Place all ingredients in a medium-size pot and simmer for 15-20 min. Mash with a potato masher to desired consistency. Enjoy!

Apple Butter or Pumpkin Butter

- 6 medium sized apples (or 2 cups of pumpkin) of your choice, peeled, cored, and cubed
- 1/3 cup sugar
- 1/3 cup brown sugar
- 2 tsp ground cinnamon
- 2 tsp salt
- 1 tsp salt

Place all ingredients into a medium sized pot and simmer on medium-low for 30 min or until apples/pumpkins are tender. Smash with a potato masher to desired consistency.

- * Serve sauce or butter on top of ice cream, pudding, toast, cottage cheese, melted brie, etc
- * Rather than using a pot, a slow cooker can also be used at "low" setting for 8-9 hours
- * Store apple/pumpkin butter in an airtight container for up to 10 days or freeze up to 9 months!



* We help Seniors with:

Estate Planning – Wills, Powers of Attorney Healthcare / Financial Needs Probates

August 2025 Legal

Homeowner's Exemption

Tip – Remember to apply for the Homeowner's Exemption when transferring property.

The Idaho homeowner's exemption provides property tax relief for qualifying homeowners, but it comes with specific requirements that property owners must understand to maintain eligibility.

The homeowner's exemption is not automatically applied. Property owners must actively request the exemption through the appropriate county assessor's office. This is a critical step that many property owners overlook.

To qualify for the homeowner's exemption, the property owner must actually live in the home as their primary residence. The exemption is not available for:

- · Investment properties
- Rental properties
- · Second homes or vacation properties
- · Properties where the owner does not reside

When a property has multiple owners, all owners must live in the home and request the exemption to maintain eligibility. This requirement creates potential complications in various ownership scenarios, including:

- Joint ownership between spouses where one spouse relocates
- · Family members added to title who don't reside in the property
- · Business partnerships or LLC ownership structures

Gifting your home to family members or others can result in the loss of the homeowner's exemption. This is a significant financial consideration that property owners should carefully evaluate before transferring ownership.

When you gift your home:



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GLAMBIA NUTRITIONALS—BLACKFOOT FACILITY
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AL & KATHERINE STALDER

THE CANDY JAR

STATE RECOVERY

STEWART HOOVER AMERICAN LEGION POST 23

\$5.00 a Month Club



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 Homebound senior a meal.

Call the center and become a part of our Club today at 208-785-4714.

CHELTA ARENS
JACKIE BABCOCK
MARY BALLARD
BONNIE BARKER
PAM BEUS
LOLA BROWER
MARILYN BUMP
DEEANN CHAVEZ
DAVID DOSS

CHAD & AUDREY EBERHARD
NICK & NICHOLLE EFERING
MILT & BETTI ESKELSEN

ANDY DUNCAN

DENNIS & JEANE FOLKNER

MARTY FREEBURN
ROXIE GARDEL
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NANCY GORDON
JODI GIOVANAZZI
JAMIE HAMILTON
SAUNDRA HAMM
MARGERITE HARTMAN
Denise Hutfless
KEITH & CATHY JOHNSON
RUTH JONAS
TAMI JONES

BRUCE & CHARLOTTE KAISER

DON KELLY

JOHN & DEBBIE KLUVERS

PAUL & CAROL JORDAN

MARCIA KNIGHT
ALICE KONISHI
RICHARD & JANICE LAWS
JESSE LEYVAS
BENNIE & DENISE LILLY

PAUL& JUDITH LOOMIS

CHUCK MCVAY
CHERI MITCHELL
DIXIE MONGOMERY
JAMES & JAN PARK
RUSSELL & JEANIE POTTER

MARY REYNOLDS
KRYSTAL SEAMONS
CHARLENE SERES

AL & KATHERINE STALDER

JOHN TABERNA
TWILA TURNMIRE
JULIE URIAS
DWAYNE UGAKI
BEA WILLIAMS

BESSIE WILLYERD
WAYNE & BECKY YOUNG

SPENCER & ANDREA WILLIAMS

Senior Center Activities

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Octo	ctober	1:00 Chair Volleyball 1:00 Bridge 1:00 Beginner Line Dance 2:00 Advanced Line Dance BBQ Pork & Salad Bar	2 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold Chicken Drumsticks & Salad Bar	3 9-10:30 Breakfast MOW – Spaghetti	4
6 9:00 Chair Volleyball 1:00 Bingo Soft Tacos & Salad Bar	7 9:30 Fit & Fall 1:00 Hand & Foot 2:15 Zumba Gold Chicken Alfredo & Salad Bar	9:00 Chair Volleyball 11:30 FOUR C's Music 1:00 Bridge 1:00 Beginner Line Dance 2:00 Advanced Line Dance Chicken Fried Steak & Salad Bar	9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold Mongolian Pork & Salad Bar	9-10:30 Breakfast MOW – Sweet & Sour Chicken	11
CLOSED MOW- Pot Roast	14 9:00 Haircuts 9:30 Fit & Fall 1:00 Hand & Foot 2:15 Zumba Gold Brats & Sauerkraut & Salad Bar	15 9:00 Chair Volleyball 1:00 Bridge 1:00 Beginner Line Dance 2:00 Advanced Line Dance Rish & Chips & Salad Bar	16 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold French Dip Sandwiches & Salad Bar	9-10:30 Breakfast MOW— Breaded Pork Chop	18
9:00 Chair Volleyball 1:00 Bingo Chicken Parm & Salad Bar	21 9:30 Fit & Fall 1:00 Hand & Foot 2:15 Zumba Gold Hamburgers & Salad Bar	9:00 Chair Volleyball 1:00 Bridge 1:00 Beginner Line Dance 2:00 Advanced Line Dance Chicken Noodle over potatoes & Salad Bar	9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold Chili & Cinnamon Rolls & Salad Bar	9-10:30 Breakfast MOW – Tuna Casserole	25
9:00 Chair Volleyball 1:00 Bingo Turkey Bacon Croissant & Salad Bar	9.30 Fit & Fall 1:00 Hand & Foot 2:15 Zumba Gold Chicken & Stuffing & Salad Bar	29 9:00 Chair Volleyball 1:00 Bridge 1:00 Beginner Line Dance 2:00 Advanced Line Dance Pork Stroganoff & Salad Bar	30 9:30 Fit & Fall 10:30 Helping Hands 12:45 Dominos 2:15 Zumba Gold Chicken Tacos & Salad Bar	31 9-10:30 Breakfast MOW— Taco Tortellini	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

bcscc@seniors4ever.com

Visit us on the web at www.seniors4ever.com

October 2025







