



*Welcome to the Center where friends meet...*

## Senior Activity Center

### *The "Scoop"*

February 2017

### **February Fundraiser Festivities**

The Senior Activity Center is having a Afternoon High Tea fundraiser on **Saturday, February 11 from 1-4pm.** Admission is **\$10** per person. Which includes scrumptious finger foods, desserts and various teas. Wear your best fancy hat, the bigger the hat, the better.

An afternoon tea was initially developed as a private social event for ladies who climbed the echelons of society. It was only when Queen Victoria engaged in the Afternoon Tea ritual that it became a formal occasion on a larger scale, known as "tea receptions."

- The Valentine Dance is **Friday, February 10 from 7:30-10pm.** Admission is \$5 per person includes refreshments.
- **On Valentine's Day, February 14, 2017,** the Center will have entertainment and door prizes during the lunch hour.

### **2017 AARP Tax Assistance**

Every Tuesday and Thursday from 9:30-3:30 pm in room 4 until April 11, 2017. First come first serve basis starting at 8:30 am.

Items to bring:

1. Bring your ID
2. 2016 tax documents to be processed
3. 2015 return tax documents

### **Board of Directors**

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City of Pocatello  
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City of Chubbuck  
Melanie Evans

Business Liaison  
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# February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><b>Bake Sale</b>  <b>Thursday, February 9, 2017</b>  <b>starting at 9am!</b></p> </div>		<p>1 <i>Chinese New Year</i></p> <p>Cashew Chicken            Ham fried rice            Egg Rolls/sweet &amp; sour sauce, hot mustard            Tangerines - Milk            Fortune cookies</p>	<p>2</p> <p>Pulled Pork/bun            Pineapple Coleslaw            Whole grain chips            Bananas            Dessert            Milk</p>	<p>3</p> <p>Lasagna            Garlic Bread            Green Salad            Red Grapes            Lemon Pista-            chio            Biscotti            Milk</p>
<p>6</p> <p>Beef Barley Soup            Caesar Salad            Whole Wheat Rolls            Fruit            Dessert            Milk</p>	<p>7</p> <p>Breaded Fish Fillet w/tartar sauce            Rice Pilaf            Spinach w/lemon            Fruit            Biscuits &amp; Dessert            Milk</p>	<p>8 <i>Roy Mckee Band!</i></p> <p>Honey Baked Ham            Whipped Sweet Potatoes            Veggie            Fruit            Apple Crisp            Milk</p>	<p>9 Bake Sale</p> <p>Sloppy Joes            Oven Fries            Veggies            Applesauce            Dessert            Milk</p>	<p>10</p> <p>Pork Chops with gravy            Wild Rice Medley            Green Beans            Almondine            Fruit            Dessert            Milk</p>
<p>13</p> <p>Grilled Tuna Sandwich            Minestrone Soup            Fruit            Dessert            Milk</p>	<p>14 <b>Happy Valentine's Day</b>  <b>entertainment &amp; door prizes</b></p> <p>Chicken Cordeon Blu            Twice Baked Potato            Asparagus in Hollandaise .            Fruit compote            Dessert            Milk</p> 	<p>15 <i>AARP</i></p> <p>Roast Turkey with stuffing            Gravy            Key Largo Veggie            Fruit            Whole Wheat Roll            Blonde Brownies            Milk</p>	<p>16</p> <p>Tempura Pork            Quinoa Rice Mix            Veggies in cheese sauce            Whole Wheat Roll            Chocolate Mousse            Milk</p>	<p>17</p> <p>Hamburgers or Hot dogs            Ranch Beans            Chips            Fruit            Dessert            Milk</p>
<p>20 Closed for President's Day</p> 	<p>21</p> <p>Beef Stroganoff            Buttered Noodles            Veggies            Whole Wheat Roll            Fruit            Milk</p>	<p>22 <i>TBA</i></p> <p>Beef Fajitas            Refried Beans            Chips w/Guacamole            Carrots            Fruit / Dessert            Milk</p>	<p>23</p> <p>Tilapia or Ham            Sweet Potatoes            Shredded Cabbage Salad            Croissants/fruit            Dessert            Milk</p>	<p>24</p> <p>Spaghetti w/ meat sauce            Garlic Bread            Capri Veggies            Fruit/Milk            Dessert</p>
<p>27</p> <p>Eggs Benedict            V-8            Fresh Fruit            Chocolate Pudding            Cake            Milk</p>	<p>28</p> <p>Jambalaya            Red Beans &amp; Rice            Mama's Sweet Potatoes            Prawn Garnish            Fresh Fruit            Bread Pudding            Milk  <b>Mardi Gras</b></p>	<p><i>Buy your sweetheart or mom            and dad a great present-            purchase meal tickets.            \$50.00 for 11 meals!</i></p>		

## MEET SHERRY

Cheryl aka as Sherry has been in the food business for over 30 years. She retired from Heinz where she worked as a machine operator packaging food meals and has been a cook prep at the Senior Activity Center for several years via the “Experience Works” program. The 71 year old likes her job and enjoys interacting with everyone at the Center. She never wants to retire from her current “dream” occupation and wants to celebrate and serve many daily and future Thanksgiving and Christmas holiday meals at the Center.

## ANNOUNCEMENTS

- The Southeast Idaho Senior Games will be held July 7-15, 2017. Updates will be posted in forthcoming newsletters.
- The birthday list is delayed due to new computer updates. Thank you for your patience.
- Check out [www.pocatelloSeniorcenter.com](http://www.pocatelloSeniorcenter.com).

### Breakfast Menu

Tuesday & Thursday

Weekly fundraiser!

7:15 am to 9:30 am

\$2.25 Two eggs w/toast

\$1.25 One egg w/toast

\$4.00 Two eggs with ham, sausage, or bacon, toast or biscuit

\$3.50 Biscuits & sausage gravy

\$6.00 Omelets: “The Works”

Choose from: sausage, bacon, ham or mushrooms, peppers, onions, cheddar cheese.

(extra cheese, peppers or salsa...\$0.25)

Coffee \$0.50 Milk \$0.75

Juices \$1.00

Sides:

\$1.25 Hash browns

\$1.50 Two biscuits

\$3.00 Ham, bacon or sausage

\$1.50 Toast, or bagel w/cream cheese

\$2.00 Short stack

**New price increase  
effective Feb 2!**

Please don't forget the Senior Center when considering making a contribution. The Senior Activity Center is a nonprofit organization that is officially recognized by the Internal Revenue Service (IRS) as having 501(c) (3) status. Your donation are tax deductible.



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# “Community Spotlight”



BOB KIMBER

91 year old Veteran Bob Kimber sold magazines when he was eight years old and that fueled his interest in the business world. Below are some, not all, of his past accomplishments.

- Started in 1945 and continues to research and invest in Wall Street stocks and bonds.
- Served as a Submarine Chaser in World War 2, listening and reporting on enemy submarine activities.
- Is a boxer and still can throw a punch.
- Manage over nine Standard Oil Service Stations in the fifties.
- Received a Cosmetology Certificate from ISU in 60's and parlayed that into owning and managing nine Beauty Salons in Pocatello, Aberdeen, Burley and other S. Eastern Idaho cities.
- Was one of the first male ISU Cosmetology Instructors from 1974-1985.
- Won over 27 first place hair styling competitions in Idaho, Washington, Utah and Nevada.
- Owned and operated nine S. Eastern Idaho Laundry Mats and one of the first to install hair dryers in the businesses.
- Attends the Activity Center Weekly Writing Class and writes poems

Excerpt: from “This isn’t a Poem—or maybe it is”

-Age is just a number    -I’m not as old, as I used to be

-First I was boy                -Then a Kid, then a great guy

Bob has married three times and raised four children.

## **Board of Directors**

### **Chairman Mavis Bateman**

As Chairman of the Board of the Senior Activity Center, I look forward to this coming year, 2017, as we work together as a Board and Senior Members of the Center to make this a place where we can all come to receive nutritious and appetizing meals and to meet with friends and family for a fun and relaxing time.

My personal vision is to help each of us on the Board of Directors as we learn our duties and then fulfill our responsibilities. I'm excited about our Board and feel certain great things will come to pass as the Board learns to run smoothly in concert with manager, Anita.

My hope is that we will all work together, board, manager, and constituents to make this a happy positive place to come to. If anyone has positive comments or suggestions to help make this happen, please contact one of the board members or drop your comments in the suggestion box by the main door entrance.

We send a special "Thank you" to all who volunteer time and talents to make our Center run so smoothly.

## **Idaho Council for Deaf and Hard of Hearing**

Are you deaf or hard of hearing? The Idaho Council for the Deaf and Hard of hearing have many recourses to help you. They provide placards to carry in your vehicle in case you get pulled over by the police or are in a situation where you need to quickly let someone know that you are deaf or hard of hearing.

Council for the Deaf and Hard of Hearing  
1720 Westgate Drive Suite A2  
Boise, Idaho 83704

### **Assistive Technology**

Assistive Technology for the Deaf and Hard of Hearing is special technology made to assist them including hearing aids. Video relay services, tactile devices, alert devices and technology for supporting communication. This includes assistive, and adaptive devices, and also includes the process used in selecting, locating, and using them. Assistive Technology promotes greater independence by enabling people to perform tasks that they were formerly unable to accomplish.

**CDHH has a demonstration and loan program which allows you to borrow and test a device before purchasing one.**

Idaho Falls  
(208) 529-8610 voice

Pocatello– Idaho State University  
(208) 282-3495

Article provided by the Bingham County Senior Center

# February Activities

SUN	MON	TUES	WED	THUR	FRI	SAT
		Fiesta Country Band entertainment will play the first and second Thursday of the month	<b>1</b> <u>Gate City Ladies Club</u> <u>Special Bridge</u> 9:30am <u>ZUMBA</u> 9am <u>Hand &amp; Foot</u> 1pm <u>Bridge</u> 1pm <u>Drumming</u> 3:30pm	<b>2</b> <u>Toe Nail Clinic</u> <u>Fiesta Band Entertainment</u> 10-11 am, 1-2pm <u>Silver Chords</u> 9:30am <u>AARP Tax Assistance</u> 9:30-3:30pm <u>Com. Balance</u> 11:30am <u>Pinochle</u> 1pm <u>Pvt. Pinochle</u> 1pm <u>Karaoke</u> 7pm	<b>3</b> <u>ZUMBA</u> 9am <u>Bridge</u> 9:30am <u>Jackpot Bingo</u> 1:15pm <u>Creative Writing</u> 1pm <u>Hand &amp; foot</u> 5pm  <u>Fri. Dance</u> 7:30pm	<b>4</b> Sat Dance 7:30 pm Fiesta Country Band
<b>5</b> City of Refuge Bible Study 10am	<b>6</b> <u>Bridge</u> 9:30am <u>Lunch</u> 12pm	<b>7</b> SAC Executive Meeting <u>AARP Tax Assistance</u> 9:30-3:30pm <u>Com. Balance</u> 11am <u>Pinochle</u> 1pm <u>WII Bowling</u> 1pm <u>Tops</u> 5pm	<b>8</b> <u>Special Bridge</u> 9:30am <u>ZUMBA</u> 9am <u>Hand &amp; Foot</u> 1pm <u>Bridge</u> 1pm <u>Drumming</u> 3:30pm	<b>9</b> <b>Bake Sale</b> <u>Fiesta Band Entertainment</u> 10-11 am, 1-2pm <u>AARP Tax Assistance</u> 9:30-3:30pm <u>Silver Chords</u> 9:30am <u>Com. Balance</u> 11:30am <u>Pinochle</u> 1pm <u>Y Bridge</u> 1pm <u>Karaoke</u> 7pm	<b>10</b> <u>ZUMBA</u> 9am <u>Bridge</u> 9:30am <u>Jackpot Bingo</u> 1:15pm <u>Creative Writing</u> 1pm <u>Pinochle</u> 1pm <u>Valentine Dance</u> 7:30pm Admission \$5  	<b>11</b>  <b>High Tea 1-4 pm Fundraiser \$10 per person</b>  Sat Dance 7:30pm Fiesta Country Band
<b>12</b> City of Refuge Bible Study 10am	<b>13</b> <u>Bridge</u> 9:30am <u>Lunch</u> 12pm	<b>14</b> Board of Directors Mtg 9:30am <u>AARP Tax Assistance</u> 9:30-3:30pm <u>Com. Balance</u> 11am <u>Pinochle</u> 1pm <u>WII Bowling</u> 1pm <u>Tops</u> 5pm	<b>15</b> AARP <u>ZUMBA</u> 9am <u>Hand &amp; Foot</u> 1pm <u>Bridge</u> 1pm <u>Special Bridge</u> 9:30am <u>Drumming</u> 3:30pm	<b>16</b> <u>AARP Tax Assistance</u> 9:30-3:30pm <u>Silver Chords</u> 9:30am <u>Com. Balance</u> 11:30am <u>Pinochle</u> 1pm <u>Pvt. Pinochle</u> 1pm <u>Karaoke</u> 7pm	<b>17</b> <u>ZUMBA</u> 9am <u>Bridge</u> 9:30am <u>Jackpot Bingo</u> 1:15pm <u>Creative Writing</u> 1pm <u>Hand &amp; Foot</u> 5pm <u>Special Bridge</u> 1pm  <u>Fri. Dance</u> 7:30pm	<b>18</b> Sat Dance 7:30pm Fiesta Country Band

## February Activities

SUN	MON	TUES	WED	THUR	FRI	SAT
<p><b>19</b></p> <p>City of Refuge Bible Study 10am</p>	<p><b>20</b></p> <p>Closed for President's Day</p> 	<p><b>21</b></p> <p><u>AARP Tax Assistance</u> 9:30-3:30pm</p> <p><u>Com. Balance</u> 11am</p> <p><u>Pinochle</u> 1pm</p> <p><u>WII Bowling</u> 1pm</p> <p><u>Tops</u> 5pm</p>	<p><b>22</b></p> <p><u>ZUMBA</u> 9am</p> <p><u>Hand &amp; Foot</u> 1pm</p> <p><u>Bridge</u> 1pm</p> <p><u>Special Bridge</u> 9:30 am</p> <p><u>Drumming</u> 3:30pm</p>	<p><b>23</b></p> <p><u>AARP Tax Assistance</u> 9:30-3:30pm</p> <p><u>Silver Chords</u> 9:30am</p> <p><u>Com. Balance</u> 11:30am</p> <p><u>Pinochle</u> 1pm</p> <p><u>Y Bridge</u> 1pm</p> <p><u>Karaoke</u> 7pm</p>	<p><b>24</b></p> <p><u>ZUMBA</u> 9am</p> <p><u>Bridge</u> 9:30am</p> <p><u>Jackpot Bingo</u> 1:15pm</p> <p><u>Creative Writing</u> 1pm</p> <p><u>Pinochle</u> 1pm</p> <p><u>Fri. Dance</u> 7:30pm</p>	<p><b>25</b></p> <p>Sat Dance 7:30pm</p> <p>Fiesta Country Band</p>
<p><b>26</b></p> <p>City of Refuge Bible Study 10am</p>	<p><b>27</b></p> <p><u>Bridge</u> 9:30am</p> <p><u>Lunch</u> 12pm</p>	<p><b>28</b></p> <p><u>AARP Tax Assistance</u> 9:30-3:30pm</p> <p><u>Com. Balance</u> 11am</p> <p><u>Pinochle</u> 1pm</p> <p><u>WII Bowling</u> 1pm</p> <p><u>Tops</u> 5pm</p>				

### December Lunch Statistics

- Month of December 837 seniors over 60 attended lunch
- Labor & food cost for December lunch: \$7.84
- Average donation for meal in the month of December: \$4.43

### 2017 AARP Driving Classes Offered

AARP member \$15  
Non-member \$20

- March 17, 2017 8-5pm
- July 14, 2017 8-5pm
- September 15, 2017 8-5pm

Classes will be held at the Senior Center in Room 4.  
Call Dorothy for sign-up 233.1212.

## **THANK YOU**

Joann Olson managed the family owned business, BUTTERBURR'S, from 1981-1999 and today one of her granddaughters, Brittany Dahlquist, runs the business and Kim Olson who have cooked at the restaurant for 35 years.

Brittany and Olson contribute boxes and boxes of baked desserts every week to the Center for breakfast and lunches and these rolls are also available to take home by diners. Thank you Joann and Granddaughters for your kindness and sweet gifts.



### **CELEBRATE HEART HEALTH**

Provided by

Southeastern Idaho Public Health

[siphidaho.org](http://siphidaho.org)

In recognition of American Heart Health Month, there is a FREE Heart Health Screening and health check scheduled for Tuesday, February 28th from 9am to 12pm at Southeastern Idaho Public health located at 1901 Alvin Ricken Drive in Pocatello. Screenings will include: A1c Testing and Cholesterol Testing, medication review, stress management therapy, blood pressure checks, nutritional counseling, smoking cessation counseling, nicotine replacement therapy assistance, and oral health screenings. For more information about the event, contact Traci Lambson at 478-6316.



## 2016 MEDICAL BREAKTHROUGHS

The following was reported in the December 2016 Prevention magazine issue. Below are some, not all, of the breakthroughs.

- Researchers at the Roswell Cancer Institute in Buffalo, NY have started the first lung cancer vaccine testing. The vaccine is approved/used in Cuba.
- McGill University in Montreal, Canada have developed a stroke device. A Mesh Cage device called a stent retriever is threaded via a catheter into a blood vessel in the leg and guided to the blocked artery in the brain. Doctors open the Mesh Cage, grab the clot, restoring the blood flow. Treatment with the drug TPA follows and patients are able to care for themselves better.
- Medicare has approved people with a trial fibrillation (an irregular heartbeat that increases blood clots) to have an umbrella shaped implant via a catheter placed at the left atrium where most blood clots develop. When tissue forms over the implant, patients no longer need blood thinners.
- A glucose device that reads diabetic blood sugar levels without the use of needles is being tested by scientists at Cardiff University in Wales.
- Researchers at Mount Sinai Hospital in New York City have confirmed that mammograms can detect calcium build-up in coronary arteries and suggest patients seek more tests for possible heart disease.

### All Dolled Up

A husband and wife had been married for 60 years and had no secrets except for one; the woman kept in her closet a shoebox that she forbade her husband from ever opening. But when she was on her deathbed—and with her blessing he opened the box and found a crocheted doll and \$95,000 in cash.

My mother told me that a secret to a happy marriage was to “never argue” she explained. “Instead I should keep quiet and crochet a doll”.

Her husband was touched...only one doll was in the box—that meant she’d been angry with him only once in 60 years. But, what about all the money, he asked?

“Oh”, she said. “That’s the money I made from selling all the dolls.”

# THANK YOU FOR 2016!

## From Past Board President Paul Bauer

Thank you all Program Activity participants, diners, volunteers, staff and Community donors, businesses who contributed to making the Activity Center a success in 2016. Your contributions were noted and appreciated.

- Connections Credit Union
- Card players, creative writing class, pool room, karaoke, ZUMBA
- Friday/Saturday night dances, the Fiesta Country Band, Steve Riley, Max Carey, Mckee Family and Friends
- Silver Chords, drumming, Wii bowling, Senior Games
- Charity jackpot bingo, dance/exercise classes, toe/nail clinic
- Legal service attorneys, art class, library, ping pong, craft show
- AARP volunteer tax services, noon entertainers, Dr. Rahim/lemonade stand
- Businesses: Beltone, Brookdale, Maag Drugs, Butterburrs
- Nancy Ellis and Andy Guerra for your commitment to the newsletter
- Special fundraising events: Fashion Show, Car Show, Golf Tournament
- The Lin Whitworth Family/Friends for Thanksgiving/Christmas dinners
- The Senior Activity Center Board of Directors
- ISU Basketball players, SEICAA RSVP volunteers, City of Pocatello, Bannock County, SEICOG
- Thank you Bob Mckee, John Jones, Bob Crockford, Don Hulse and Sid Poulton for special tasks
- Breakfast and lunch volunteers– Special kudo’s to you early risers-Carol Baker, Karen Holston, Ann Lane and Julia Gardner

### Advertise in “The Scoop”

Business card \$25 per month or \$300.00 per year  
Half a page \$50 per month or \$600.00 per year

### Rental Space

Do you need a space for a party or special event?  
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## Old Folks

Remember old folks are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs.

I have become a little older since I saw you last and a few changes have come into my life since then. Frankly, I have become quite a frivolous old gal. I am seeing five gentlemen everyday. As soon as I wake up, **Will Power** helps me out of bed. Then I go to see **John**. Then **Charlie Horse** comes along, and when he is here he takes a lot of my time and attention. When he leaves, **Arthur Ritis** shows up and stays for the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with **Ben Gay**. What a life!



**Annie Hall's Vintage  
Fashion Show raised over  
\$600.00! Thank you Annie!**



### 2017 Portneuf Valley Paintfest

now accepting applications

If you are a senior citizen or know of a senior who lives in the city limits of Pocatello/Chubbuck, and needs the exterior of their home painted, contact:

**Lori Sekot**

**Idaho State Journal**

305 S. Arthur

Pocatello, ID 83204

208-232-4161

sekot@journalnet.com

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### PORTNEUF GRANGE

#229

*Lenore Petersen*

*Master*

*138 Cottonwood*

*Pocatello, ID 83204*



Meetings fourth Saturday of each month at  
noon 440 N. Main St. Pocatello  
[www.grange.org](http://www.grange.org)

Senior Activity Center  
427 N. 6th Avenue  
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