



Welcome to the Center where friends meet...

# Senior Activity Center

## “The Scoop”

427 North 6th Avenue, Pocatello, Idaho

(Located behind the Idaho Department of Labor on S. 5th St.)

APRIL 2019 Email: senioractivities@ida.net Website: www.pocatelloseniorcenter.com (208) 233-



### CAR RAFFLE 2002 Cadillac Deville

The Senior Activity Center is currently selling raffle tickets for a donated 2002 Cadillac Deville. The tickets can be purchased at the office or at the desk in the dining room. Tickets are one for \$5 or three for \$10. All proceeds will go toward the Nutrition Program.

The Cadillac is a 4-door sedan with **43,334 original miles**. It’s features include: automatic transmission, air-conditioning, etc. The center will be running the raffle thru Saturday, June 8th. The drawing will be held in Old Town Pocatello at the Oldies Rod & Custom Car Show on Main street. Be sure to join the fun and buy a ticket or two. You do not have to be present to win!

### Silver Chords Easter Program - Friday, April 19th at 11:00 am

Please join us for some wonderful Easter music by the Silver Chords Choir. Also, we would love to have you show us your creativity by coming to the Center in your **Easter Bonnet**. The Easter Bonnet contest will be held at **11:00 am**. Prizes will be awarded, so don’t be shy. We’ll be looking forward to seeing you there!

*Happy Easter*



### Index

Fundraiser	page 1
Brainteasers, Upcoming Events, Tidbits	page 2
Menu, Meal Times	page 3
Birthdays, Movie, Volunteers	page 4
Medical Aids, Whole Grains, Recognition	page 5
Activities, Donations	pages 6, 7
Health, Do Not Call National Register Number	page 8
Medication Management, Recipe	page 9
Answers to Brainteasers	page 10
Chuckles, Advertisers	various pages



Publisher:  
Nancy Ellis  
Editor:  
Karen Holston

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Idaho Purce

## Word Scramble



1. Msosobl \_\_\_\_\_
2. Wram \_\_\_\_\_
3. Rbsid \_\_\_\_\_
4. Ofdaidl \_\_\_\_\_
5. Wogr \_\_\_\_\_
6. Owsfrl \_\_\_\_\_
7. Letm \_\_\_\_\_
8. Nptal \_\_\_\_\_
9. Hcath \_\_\_\_\_
10. Ipnci \_\_\_\_\_

Answers on Pg. 10



## Tidbits about...JoAnn Kington



JoAnn was born in North Branch, Michigan. She met her husband through his sister, while living in Portland. JoAnn was great friends with his sister. In fact, they used to double date. Turns out he was a Pocatello boy! They moved to Pocatello in 1955.

JoAnn worked many jobs over her years in Pocatello. The most rewarding and enjoyable was antique collecting and furniture restoration. According to JoAnn, there's something special about giving new life to a forgotten chair or weather-beaten table. It all started with her finding a rare fiesta ware vase for 50 cents and selling it years later for more than \$400. From there, JoAnn got serious, collecting hundreds of pieces of carnival glass and different varieties of pottery (mostly Roseville).

Five years ago, JoAnn moved into town. She liquidated all their collections in one of the biggest estate sales that year. Fridays are special to JoAnn as she loves having lunch at the Sr. Activity Center and playing bingo with a great group of friends.

**IDAHO GIVES  
OPEN HOUSE  
MAY 2, 2019  
10am-1pm**



## Upcoming Events:

- 1) April 11—Suicide Class by Cynthia Billmeyer, Helping Hands 11am
- 2) May 2— Idaho Gives, Open House at the Center at 10am—1pm
- 3) May 14— Hosting Gate City Ladies lunch at noon
- 4) June 7— AARP driving classes 9am to 4pm
- 5) June 8— Car show 8am-3pm and car raffle at 3pm

We need you to tell your friends and family members about the important work we do and ask them to join us in helping to make a difference.

Get ready to give? On May 2 starting at 12a.m. on May 2, visit <https://www.idahogives.org/> and make a donation to us. You will have 24 hours to make your donation, and all giving will end at 11:59p.m. on May 2.

**Idaho Gives Open House —10a.m. - 1p.m.  
Come meet our board members, staff and tour the Center. Desserts will be provided.**

**Breakfast Served:** 7:15a to 9:30a  
**Lunch Served** 12 noon to 1:00p

# APRIL Menu

**8 oz. Milk served  
with all meals**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>2</b> Breakfast</p> <p><b>Beef Enchiladas</b>  <b>Lettuce, Tomato</b>  <b>Beans / Rice</b>  <b>Avocado</b>  <b>Peaches</b>  <b>Dessert</b></p>	<p><b>3</b> Latin Dancers @ 11:30a</p> <p><b>Hamburger Steak</b>  <b>with Gravy</b>  <b>Rice</b>  <b>Capri Veggies</b>  <b>Apples</b>  <b>Birthday Cake</b>  <b>by Quail Ridge</b></p>	<p><b>4</b> Breakfast</p> <p><b>Chicken Fried Steak</b>  <b>Potatoes/Gravy</b>  <b>Green Beans</b>  <b>Peaches</b>  <b>Whole Wheat Roll</b>  <b>Dessert</b></p>	<p><b>5</b></p> <p><b>Chicken Noodle</b>  <b>Soup</b>  <b>Cheese Sandwich</b>  <b>Carrots / Pears</b>  <b>WWheat Crackers</b>  <b>Dessert</b></p>																																										
<p><b>9</b> Breakfast</p> <p><b>Cassoulet w/pork</b>  <b>White Beans</b>  <b>Zucchini</b>  <b>Baked Apples</b>  <b>Whole Grain Bread</b>  <b>Dessert</b></p>	<p><b>10</b> Roy McKee @ 11:30a</p> <p><b>Meatloaf</b>  <b>Baked Potato</b>  <b>Winter Squash</b>  <b>Melon</b>  <b>Dessert</b></p>	<p><b>11</b> Breakfast</p> <p><b>Oven Chicken</b>  <b>Potatoes</b>  <b>Green Salad</b>  <b>Peaches</b>  <b>Whole Wheat Roll</b>  <b>Dessert</b></p>	<p><b>12</b></p> <p><b>Spaghetti</b>  <b>Romaine Salad</b>  <b>Grapes</b>  <b>WGrain Toast</b>  <b>Dessert</b></p>																																										
<p><b>16</b> Breakfast</p> <p><b>Shepherd Pie</b>  <b>w/Beef</b>  <b>Whole Wheat Crust</b>  <b>Apple Slices</b>  <b>Dessert</b></p>	<p><b>17</b> AARP Library @ noon</p> <p><b>Chicken Fried Steak</b>  <b>Potatoes &amp; Gravy</b>  <b>Green Beans</b>  <b>Oranges</b>  <b>Dessert</b></p>	<p><b>18</b> Breakfast</p> <p><b>Beef Tacos</b>  <b>Black Beans</b>  <b>Lettuce/Tomatoes</b>  <b>WGrain Tortilla</b>  <b>Peaches</b>  <b>Dessert</b></p>	<p><b>19</b> Easter Lunch, Program &amp; Hat Parade 11:am</p> <p><b>Roasted Turkey</b>  <b>Mashed Potatoes &amp;</b>  <b>Gravy</b>  <b>Salad</b>  <b>Melon</b>  <b>Dessert</b></p>																																										
<p><b>23</b> Breakfast</p> <p><b>Chicken Alfredo</b>  <b>WGrain Noodles</b>  <b>Carrots</b>  <b>Fruit Cocktail</b>  <b>Dessert</b></p>	<p><b>24</b> Tim Bridges @ 11:30a</p> <p><b>Vegetable Beef Soup</b>  <b>Cheese Sandwich</b>  <b>Whole Wheat Bread</b>  <b>Oranges</b>  <b>Dessert</b></p>	<p><b>25</b> Breakfast</p> <p><b>BBQ Ribs</b>  <b>Potatoes</b>  <b>Cauliflower</b>  <b>Oranges</b>  <b>WW Roll</b>  <b>Dessert</b></p>	<p><b>26</b></p> <p><b>Baked Potato</b>  <b>w/Chili</b>  <b>Green Beans</b>  <b>WWheat Crackers</b>  <b>Pears</b>  <b>Dessert</b></p>																																										
<p><b>30</b> Breakfast</p> <p><b>Sloppy Joes</b>  <b>Whole Wheat Bun</b>  <b>Green Beans</b>  <b>Melon</b>  <b>Dessert</b></p>	<p><b>Breakfast Menu:</b></p> <table border="0"> <tr> <td>Two Eggs w/Toast</td> <td>\$2.50</td> <td>Biscuits &amp; Sausage Gravy-full order</td> <td>\$2.50</td> <td>half order</td> <td>\$1.75</td> </tr> <tr> <td>Two Eggs w/Meat, Toast</td> <td>\$4.50</td> <td>Omelet</td> <td>\$6.00</td> <td>extra toppings</td> <td>\$.25</td> </tr> <tr> <td>One Egg w/Toast</td> <td>\$1.75</td> <td>Two Biscuits</td> <td>\$1.50</td> <td></td> <td></td> </tr> <tr> <td>Short Stack Pancakes</td> <td>\$2.25</td> <td>Bagel w/Cream Cheese</td> <td>\$2.00</td> <td></td> <td></td> </tr> <tr> <td>Ham, Bacon or Sausage</td> <td>\$2.00</td> <td>Hash browns</td> <td>\$1.50</td> <td></td> <td></td> </tr> <tr> <td>French Toast</td> <td>\$2.25</td> <td>Toast</td> <td>\$.75</td> <td></td> <td></td> </tr> <tr> <td>Oatmeal</td> <td>\$2.00</td> <td>Coffee</td> <td>\$.50</td> <td></td> <td></td> </tr> </table>			Two Eggs w/Toast	\$2.50	Biscuits & Sausage Gravy-full order	\$2.50	half order	\$1.75	Two Eggs w/Meat, Toast	\$4.50	Omelet	\$6.00	extra toppings	\$.25	One Egg w/Toast	\$1.75	Two Biscuits	\$1.50			Short Stack Pancakes	\$2.25	Bagel w/Cream Cheese	\$2.00			Ham, Bacon or Sausage	\$2.00	Hash browns	\$1.50			French Toast	\$2.25	Toast	\$.75			Oatmeal	\$2.00	Coffee	\$.50		
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Oatmeal	\$2.00	Coffee	\$.50																																										



## APRIL Birthdays...

1st Darlene Proctor	11th Joan Foster	23rd Connie Hampel
2nd Edwin Maynard	Georgia Grant	24th Caleb Hibbert
Hilda Sisneros	12th Vicki Clark	26th Kelly Hill
3rd Jean Foster	Mary Cleaver	Gary Snider
Paula McGuire	Juan Hernandez	27th John Moser
Gloria Parker	Randee Jablonski	28th Darold Johnson
Darwin Peck	Bonnie Williams	Stacy Johnson
4th Con Gilmore	13th Pete Parker	Jamie Ramsayer
Patte Murillo	14th Eldred May	29th Elworth Erickson
Mary Riley	16th William Anderson	Nancy Hill
5th Nancy Anderson	Cristy Bishop	David Munster
6th Audene Campbell	Jodee Welch	30th Payson Fugitt
7th Tim Alston	17th Clark Christiansen	Wayne Kies
Jill Bloxham	Sid Poulton	
Diane Hopla	19th Donn Holston	
Joseph Jensen, Jr.	20th Mark Crawley	
8th Shirley Rummage	Tod Freeman	
Sherry Young	Lydia Hofmeister	
9th Shirley Little	Helen Humphreys	
Richard Scott	21st Verona Buffat	
10th Christine Rhodes	Inge Crump	
Judy Slaughter	Sharon Smith	
Charlene Young		

### THANK YOU for Being a Volunteer

To care so much for your fellow man is a quality all too rare. Yet you give of your time and talents, for all in need to share.

So thank you for being a volunteer. We're privileged to work with you. We want you to know how appreciated you are, **not just today, but the whole year through!**



I DON'T DO DRUGS...



I GET THE SAME EFFECT BY STANDING UP EAST!



### JOIN US FOR A "NEW" EVENT

#### APRIL MOVIE

The Senior Activity Center will be showing a movie this month. The movie will be free! Depending on the response, we will show another movie the following month, adjusting as we go to fit the needs of the attendees.

**DATE:** Tuesday, April 9th

**MOVIE:** Seven Brides for Seven Brothers

**TIME:** 1:15pm to approx. 3:15pm

**ROOM:** #11



### Come Meet our Elected Officials While You Eat

Prosecutor Steve Herzog will be leading his team of nine elected officials on Thursday, May 16, 2019 to serve lunch at noon and at 12:30p.m., the officials will be available for to answer any questions you may have.

# All I Need to Know I Learned From the Easter Bunny!



- ◆ Don't put all your eggs in one basket
- ◆ Everyone needs a friend who is all ears
- ◆ There's no such thing as too much candy
- ◆ All work & no play can make you a basket case
- ◆ A cute tail attracts a lot of attention
- ◆ Everyone is entitled to a bad hare day
- ◆ Let happy thoughts multiply like rabbits
- ◆ Keep your paws off of other people's jelly beans
- ◆ Good things come in small, sugar coated packages
- ◆ The grass is always greener in someone else's basket

## Special Recognition

When Jo Rogers, assistant cook was asked to help out in the kitchen and take a temporary lead she never once hesitated. In fact, she has gone above and beyond on multiple occasions. Lately, she has been coming in early and working into the late afternoons without blinking an eye; Jo exemplifies dedication to the highest degree. Thank you Jo!

Ann Lane has shown the utmost dedication to the Center since the day she walked through the doors. Her steadfast work ethic could easily go unnoticed as she is quiet and goes about her workdays, but her efforts are deserving of recognition. She always has a smile on her face and a kind word to share. She's part of our family and we love her. Thank you for your extra hard work this last month.

If board members are truly going to lead a non-profit that they serve at, they must share the burden. And, that's exactly what Pam Landon, Sue Miller, Nancy Ellis and Lorraine Winters has modeled. They have stepped up their role as influencers and assisted in many ways, but particularly with the help in the kitchen this last month. It's appreciated, board members, thank you!

## Medical Aids

If you are in need of a medical aid such as a walker, wheel chair, cane, etc., please check with the following places:



### Heritage Home Health

1009 W. Quinn Rd., Pocatello, Idaho

### SICOG

214 East Center, Pocatello, Idaho



### Life Incorporated

640 Pershing, Pocatello, Idaho





They may have just what you need—**FREE**. Additionally, they will also take donated items!

## Health Benefits of Whole Grains

1. **Whole Grains can contain a lot of Fiber**—Adults need about 25 to 35 grams of fiber daily, and whole grains contain two types —soluble and insoluble —which are both beneficial to your health.
2. **They Help Digestion** —Whole grains have other digestive benefits as well. The fiber content keeps bowel movements regular (studies have shown that people who eat more fiber need fewer laxatives).
3. **They Can Help Lower Cholesterol**—Whole grains not only help prevent your body from absorbing "bad" cholesterol, they may also lower triglycerides, both of which are major contributors to heart disease. Whole grains lower the risk of heart disease. —[www.choosemyplate.gov](http://www.choosemyplate.gov)

# A P R I L Activities

Sun	Mon	Tues	Wed	Thur	Fri	Sat
31	1  Pool & Library	2 Exec. Mtg. @ 9:00 a  <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p  <u>TOPS:</u> 5p	3 <b>Latin Dancers</b> @ 11:30a  B-Cake by Quail Ridge  <u>Hand &amp; Foot:</u> 9:30a <u>Ballroom Dance</u> <u>Lesson:</u> 1p	4  <u>Silver Chords:</u> 9:30a <u>Alliance Blood</u> <u>Pressure:</u> 11a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p	5  <u>Jackpot Bingo:</u> 1p <u>Creative Writing:</u> 1p  <u>Dance:</u> DJ Steve Riley 7:30p	6  <b>Dance</b> to <b>DJ:</b> Steve Riley 7:30p  
7	8  Pool & Library	9 Brd. Mtg. @ 9:00a  <u>Fit'n Fall:</u> 11a  <u>Pinochle:</u> 1p  <u>TOPS:</u> 5p	10 <b>Roy McKee @</b> 11:30a  <u>Zumba:</u> 8:30a <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p	11 <b><u>Suicide Prevention</u></b> <b><u>Class 11a by</u></b> <b><u>Cynthia Billmeyer</u></b> <b><u>from Helping</u></b> <b><u>Hands</u></b>  <u>Silver Chords:</u> 9:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p	12  <u>Zumba:</u> 8:30a <u>Jackpot Bingo:</u> 1p  <u>Creative Writing:</u> 1p  <u>Dance:</u> DJ Steve Riley 7:30p	13  <b>Dance</b> to <b>DJ:</b> Boyd Murdock 7:30p  
14	15  Pool & Library	16 <b>Attorney</b> @ 10a  <u>Fit'n Fall:</u> 11a  <u>Pinochle:</u> 1p  <u>TOPS:</u> 5p	17 <b>AARP</b> <b>Library @ noon</b>  <u>Zumba:</u> 8:30a  <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lessons:</u> 1p	18  <u>Silver Chords:</u> 9:30a <u>Alliance Blood</u> <u>Pressure:</u> 11a  <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p  <u>Karaoke:</u> 7p	19 <b>Easter Lunch</b>  <u>Silver Chords</u> <b><u>Easter Program &amp;</u></b> <b><u>Hat Parade at 11am</u></b>  <u>Zumba:</u> 8:30a <u>Jackpot Bingo:</u> 1p <u>Creative Writing:</u> 1p  <u>Dance:</u> DJ Steve Riley 7:30p	20  <b>Dance</b> to <b>DJ:</b> Boyd Murdock 7:30p  

**Check out updated website: [www.pocatelloseiorcenter.com](http://www.pocatelloseiorcenter.com)**

**A P R I L Activities Continued...**

Sun	Mon	Tues	Wed	Thu	Fri	Sat	
21	22 Pool & Library	23 <u>Fit'n Fall:</u> 11a  <u>Pinochle:</u> 1p  <u>TOPS:</u> 5p	24 <b>Tim Bridges</b> @ 11:30a  <u>Zumba:</u> 8:30a <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p	25  <u>Silver Chords:</u> 9:30 <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p  <u>Karaoke:</u> 7p	26  <u>Zumba:</u> 8:30a <u>Jackpot Bingo:</u> 1p <u>Creative</u> <u>Writing:</u> 1p  <u>Dance:</u> DJ Steve Riley 7:30p	27  <b>Dance</b> <b>To</b> <b>D.J.</b> <b>Boyd</b> <b>Murdock</b> <b>7:30p</b>	
28	29 Pool & Library	30 <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p  <u>TOPS:</u> 5p	 <p><b>Helping Hands</b> <b>Home Health</b> <i>"Because there's no place like home"</i> <b>232-2009</b></p>				

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**\$10.00 Club**  
Ross Jensen

**\$20.00 Club**  
Teresa Peake  
Cass Foncesbeck  
Joan Houston

**\$100.00 Club**  
Diane Bilyeu  
Payson Fugitt

On behalf of  
**Lorenzo Miranda Jr.**  
and  
**Jennifer Wagoner**

The Allstate Foundation-  
Helping Hands Grant  
recognized their volunteer  
service to us and awarded  
\$1,000 to the Center.  
**Thank you**  
**Lorenzo and Jennifer!**

*In*   
*Loving*  
*Memory*

**Judy Yearsley**

*A donation has been made by:*  
*Annice Frovick*  
*George & Elsie Oyama*  
*Shirley Rummage*

**I'm combining Easter and April Fool's day this year.  
I'm sending the kids out to look for eggs I haven't hidden.**

## Keeping Your Bones Strong to Prevent Falls

Falls are a common reason for trips to the emergency room and for hospital stays among older adults. Many of these hospital visits are for fall-related fractures. You can help prevent fractures by keeping your bones strong.

Having healthy bones won't prevent a fall, but if you fall, it might prevent breaking a hip or other bone, which may lead to a hospital or nursing home stay, disability, or even death. Try to get at least 150 minutes per week of physical activity as this can help keep your bones stronger.

Other ways to maintain bone health include quitting smoking and limiting alcohol, as this can decrease bone mass and increase the chance of fractures. Also, try to maintain a healthy weight. Being underweight increases the risk of bone loss and broken bones.

**Alliance Home Health—Lisa Jolly**

### National Do Not Call Registry

The National Do Not Call Registry gives you the opportunity to limit the telemarketing calls you receive at home or on your cell phone. Unfortunately, this won't stop ROBO calls. However, it does limit the live calls. The following number can be used to register your phone numbers: **1-888-382-1222** You must call from the phone you want to register.

## Flicker Physical Therapy

*Specialized one-on-one care.*

- Post-surgical Rehab
- Home Therapy
- Fall Prevention



Now offering  
Warm Water Pool Therapy!

**208-237-1882**

4922 Yellowstone Ave Suite J  
Chubbuck, ID 83202

Across from Smith's, Next to ISU Credit Union



When you turned 70, did your passions fade? We didn't think so.

Family... Hobbies... Travel

If anything, age strengthens those desires. But, as you get older, you sometimes need a little help. When you are a resident at a Brookdale Senior Living community, we can assist you with the little things.

LIKE: housekeeping, laundry, meals, medical transportation. Getting you more involved in activities you used to enjoy and introducing you to some new ones, **plus** a great social atmosphere.

Most importantly, we cater to your specific needs. We are staffed with an RN and LPN. So go do the things you love to do and let us help with the rest. We'd love to tell you more, but we've run out of room. Call or email for more information. We would love to schedule a visit, complete with a great lunch.

Call: **208-237-6866** or

Email: [sharon.nilson@brookdale.com](mailto:sharon.nilson@brookdale.com) or  
[anna.capell@brookdale.com](mailto:anna.capell@brookdale.com)



## Medication Management for Older Adults

As we age, our bodies change. Some changes we can see and feel: aches and pains may linger and simple movements like walking or getting out of a chair may be slower or more painful than they used to be. Some we can't, like how our bodies may change in how they respond to and absorb medicines. For example, changes in the digestive system can affect how fast medicines enter the bloodstream.

Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly affecting the way a drug breaks down and is removed from the body. This means medicines may stay in the body longer and cause more severe side effects if doses are not properly adjusted and monitored. Because of these and other changes in our body as we age, there is also a higher risk of drug interactions in older adults.

**Alliance Home Health—Lisa Jolly**

### 10 Facts That Pertain to Older Adults:

- ◆ Seniors use more medicines
- ◆ Older adults often use multiple medicines
- ◆ Your Liver & kidneys may not work as well
- ◆ Medicines may stay in the body longer
- ◆ Age-related changes to the body
- ◆ Increased sensitivity to many medicines
- ◆ Impaired memory and hearing/vision loss
- ◆ Use of different healthcare professionals
- ◆ Chronic conditions are more common
- ◆ More difficult to follow medication plans

0:15 Prep  
0:45 Cook  
6 Servings

### Honey Peach and Passion Crumble

A dairy-free crumble with so many textures and flavors!  
Honey, peaches, oats, coconut - it really has it all!

#### Ingredients:

- 1kg peaches, cut into thin wedges
- 3 passion fruit, pulp removed
- 1/2 teaspoon vanilla bean paste
- 80ml (1/3 cup) honey
- 75g (3/4 cup) rolled oats
- 40g (1/2 cup) quinoa flakes
- 20g (1/3 cup) flaked coconut
- 40g (1/4 cup) natural sliced almonds
- 45g (1/4 cup) whole meal spelt flour
- 1 teaspoon ground cinnamon
- 40g solidified coconut oil
- ◆ Low-fat Greek yogurt or coconut yogurt, to serve (optional)
- ◆ Extra passion fruit pulp, to serve (optional)

#### Instructions:

##### Step 1

Preheat oven to 180C/160C. Place the peach, passion fruit pulp, vanilla and 1 tablespoon of the honey in a 1.4L baking dish. Gently toss to combine.

##### Step 2

Combine oats, quinoa, coconut, almonds, flour and cinnamon in a large bowl. Add coconut oil. Use your fingertips to rub the oil into the flour mixture until combined. Drizzle over the remaining honey. Use fingertips to rub the honey into the flour mixture until the mixture resembles coarse crumbs. Sprinkle over the peach mixture. Cover with foil. Bake for 15 minutes. Bake, uncovered, for a further 30 minutes or until browned and peaches are tender. Serve with yogurt and extra Passion fruit, if using.

Senior Activity Center  
427 N. 6th Ave.  
Pocatello, Idaho 83201

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NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
PERMIT NO. 148

Office Hours

Monday: 9:30am-1:30pm

Tuesday & Thursday: 7:15am-5:00pm

Wednesday & Friday: 8:00am-5:00pm



**Senior Activity Center  
Volunteer of the Year**



The importance of volunteers to our Center cannot be overestimated. It is for this reason that the Senior Activity Center **Volunteer Award** is new this year.

Our dear “Annie” has demonstrated outstanding service, dedication and commitment to the Center for five years. Ms. Annie commits up to five hours every day to the Center. If she has another commitment, she always returns to fulfill her allegiance faithfully. She has gone beyond faithful! She is very loyal to the Senior Activity Center. We love her and couldn’t imagine the Center without her!

Drop by the Center and meet this special lady...most likely you'll find her in the kitchen.

**Concern Form:**

When a concern arises, we encourage the public to utilize the concern form, located in the South entrance on the wall.

**Answers to the Word Scramble:**

- |             |            |
|-------------|------------|
| 1. Blossom  | 6. Flowers |
| 2. Warm     | 7. Melt    |
| 3. Birds    | 8. Plant   |
| 4. Daffodil | 9. Hatch   |
| 5. Grow     | 10. Picnic |