



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.)

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



Saturday, August 3rd

9:00a to 1:00p



Invite your family, friends and neighbors to join us for a picnic in the Park (on the grassy area in front of the Center) for a grilled hot dog, chips, cookie and drink for \$5 from 11 - 1p. **Then** while you're enjoying your lunch, you can browse the items we have gathered for our wonderful Yard Sale. There will be lots to see and maybe you can find a special item you can't live without! See you there!



GOLF TOURNAMENT

Saturday, September 14th

Riverside Golf Course, Pocatello, Idaho

- 4-person team scramble w/Shotgun start at 9 a.m.
- \$30.00 per person, which includes: team awards, lunch, goody bag
- Green fees & cart will apply, if you don't have a season pass
- Raffle
- Cash placement prizes

Don't miss out on this super fun tournament. A great opportunity to show off your skills, or not! All proceeds to benefit the Nutrition Program for our seniors. Be sure to sign-up your team at the Center.

Board of Directors

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Line Dancing Lessons

Every Thursday
2p - 3p in the dining room
taught by John Jones. Yehaw



Publisher:
Nancy Ellis
Editor:
Karen Holston

Breakfast Menu

One Egg w/Toast - \$1.75	Two Eggs w/Toast - \$2.50	Oatmeal - \$2.00	Oatmeal w/Toast - \$2.75
Two Eggs w/Meat and Toast	\$4.50	Biscuits & Sausage Gravy - Full Order...\$2.50	
Two Eggs w/Waffle or Pancake	\$3.75	Half Order...\$1.75	
One Egg W/Waffle or Pancake	\$2.25	Omelet...\$6.00	Extra Toppings...\$.25
Two Eggs w/Choice: Ham, Sausage or Bacon, Toast or Biscuit	\$4.50	Two Biscuits	\$1.50
Short Stack Pancakes	\$2.25	Bagel w/Cream Cheese	\$2.00
Blueberry Waffles	Small - \$1.50 Large - \$2.00	Hash Browns	\$1.50
Ham, Bacon or Sausage	\$2.00	Hash Browns w/Gravy	\$1.75
French Toast	\$2.25	Toast...\$.75	Coffee...\$.50

Opioid Use, Misuse & Addiction Presentation

Thursday, August 8th

12:05 - 12:20p



Test your opioid knowledge and learn:

- ◆ Dangers and risks associated with use and misuse of opioids and warning signs
- ◆ Alternative pain treatments and ways to become proactive in your healthcare choices
- ◆ Safety tips for storing medications and proper methods for disposal
- ◆ Opioid reversal medications and treatment services

Presentation by The Southeastern Idaho Public Health Department

Need Help With Your Medicare Insurance?

Medicare Counseling services are available at the Pocatello Senior Center.

Day of the Week: Thursday

Time: 3:00 to 5:00p

These sessions are by
“appointment only”

The counseling will be provided by a SHIBA Certified Volunteer Counselor.

You can schedule your appointment by calling the Idaho SHIBA hotline at: 1-800-247-4422.

If you need a ride to the Senior Activity Center for lunch, etc., you can contact the Pocatello Regional Transit (PRT) at 208-232-0111 (their door-to-door line).

AUGUST Lunch Menu

8 oz. Milk or coffee served with all meals

Tuesday	Wednesday	Thursday	Friday
30 Breakfast Chicken Enchiladas Green Beans Salad Pears Dessert	31 Marie Cain @ 11:30a Pot Roast w/Mashed Potatoes & Gravy Salad Apples Dessert	1 Breakfast Stuffed Pork Loin Baked Potato w/S. Cream Romaine Salad Whole Grain Roll Apples Dessert	2 Chicken Fried Steak Potatoes w/White Gravy Asparagus Whole Grain Roll Tropical Fruit Dessert by Brookdale
6 Breakfast Beef Pot Pie Carrots Mandarin Oranges Dessert	7 Rita Anderson @ 11:30a Meat Loaf Baked Potato w/S.Cream Spinach Cantaloupe B-cake by Quail Ridge	8 Breakfast Opioid Use, etc. 12:05-12:20 SEIPH Dept. BBQ Ribs Whole Grain Rice Green Beans Strawberries Dessert	9 Hot Dog OR Kielbasa Veggie Medley Grapes Dessert
13 Breakfast Turkey w/Stuffing Sour Cream Potatoes Green Beans Pears Dessert	14 Michael Corrigan @ 11:30 Spaghetti w/Meat Sauce Romaine Salad Pineapple Garlic Toast Dessert	15 Breakfast Oven Chicken Parsley Potatoes Beets Corn Muffins Grapes Dessert	16 Chicken Fried Steak Potatoes w/White Gravy Green Beans Tropical Fruit Whole Grain Roll Dessert
20 Breakfast Roast Beef Sandwich Carrots Peaches Dessert	21 The Eclectics (Bowmans) @ 11:30a Ham OR Tilapia Coleslaw Corn Muffins Honeydew Melon Dessert	22 Breakfast Pork Chops w/Gravy Rice Pilaf Whole Grain Biscuits Mixed Melon Dessert	23 Beef Tips Mashed Potatoes & Gravy Peas / Applesauce Whole Grain Roll Dessert
27 Breakfast Pastry Stuffed Chicken Veggie Medley Apples Whole Wheat Roll Dessert	28 Darrell Brown @ 11:30a Pulled Pork Fries Scandinavian Veggies Apricots Dessert	29 Breakfast Salisbury Steak Mashed Potatoes w/Gravy Green Beans / Melon Whole Grain Roll Dessert	30 Chicken Cordon Blue Wild Rice Green Beans Whole Grain Bun Peaches Dessert

Lunch Served:

Tues. - Fri.
 Noon to 1p

The menu is subject to change due to availability

Breakfast Served:

Tues. & Thurs.
 7:15a - 9:30a

AUGUST Birthdays.....



1st	Ellen Watson	10th	Lucille Linford	23rd	Donna Anderson
2nd	Marti Burnquist		Lawanda Liddil		Sandra Cleaveland
	Bob Hood		Sue Miller		Linda Edwards
	Ron Lloyd		Wallace Smith		Dan Germain
	Bob McAteer	11th	Katie Whiting		Carol Hegstrom
3rd	Janice Grindey	12th	Iris Ivie	24th	Evelyn Hitchcock
	M.C. Lyons		Linda Lindley		Delmar Irish
	Mark Nye		Vickie Pool		Bob Myers
4th	Pat Crites	13th	Margo May	25th	Elnora Burrup
	Jane Lamprecht		Robert Ray		Bonnie Houghland
	Dave Murin	14th	Leah Rae Bybee		Pat Lambert
	Robert Slaughter		Linda Theiring		David Losee
	Anne Smith	15th	Rayetta Otto		Dianna Schreiber
	Ida Torres	16th	Cathy McPherson	26th	Donna Butcher
5th	Sandy Henson		Ralph Rodriguez		Marge Meyer
	Maria Wells	17th	Brenda Sue Gates		Larry Orgill
6th	Sandra Babb		Gloria Powell	27th	Gretchen Richardson
	Sandy Gilmore		Sophie McCurry		Joyce Losser
7th	Donna Boe		Arlene Ravndal	28th	Linda Furstenwerth
	Kay Crandall		Lorna Stacey		Larry Lasater
	Kathi Galloway	18th	John Fronske	29th	Ron Harada
	Frances Thompson	19th	Linda Taylor		Linda Kramer
8th	Carolyn Fulton	20th	Joseph Atkinson		Burnise Mecham
	Phyllis Haskett		Lorenzo Miranda		Monte Rasmussen
	Kathleen Kies		Eric Ray		Marla Simmons
	Dana Olson	21st	Carla Crawley	30th	Ann Rogers
9th	Cecil Hathaway	22nd	Eugene Banks	31st	Glenna Anderson
			Nioma Becker		Carole Kawamura
			Ann Lane		Dorothy Hatch
					Barbara McFadden
					Kim McLain

Upcoming Events:

- 1) September 14 - Golf Tournament
- 2) September - Sock Hop
- 3) October 4 - Annual Thomas Geriatric Symposium





Preparing Makes Sense for Older Americans. Get Ready Now.

Make a Plan for what you will do in an emergency.

The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life.

1. **Develop a Family Emergency Plan:** Your family may not be together when disaster strikes, so plan how you will contact one another & review what you will do in different situations. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Depending on your circumstances and the nature of the disaster, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Watch television & listen to the radio for official instructions as they become available.

Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them. Boy, oh boy, did we go around! Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back. Guess he was embarrassed.



JOIN US for Our "AUGUST MOVIE"

The Sr. Activity Center will be showing an American political comedy this month. The movie is free, as is the popcorn!

DATE: Tuesday, August 13th
MOVIE: Dave
TIME: 1:00 p.m. to approx. 3:00 p.m.
ROOM: #11

This uplifting movie plays to the fantasy of the everyman or everywoman who thinks they could make a real difference in this country, if only they had the chance. Starring Kevin Kline and Sigourney Weaver in a highly enjoyable film.

Best of Helpful Hints:

- ◆ A rib of celery in your bread bag will keep the bread fresh for a longer time
- ◆ Try soaking fish in vinegar and water before cooking it for a sweet tender taste
- ◆ Feed geraniums rinsed coffee grounds
- ◆ Keep clear plastic wrap in the refrigerator to prevent it from ever sticking together

I can find one word only in the English language that has the letters "gnt," in that order, in its spelling. **What is that word?**

Answer on Pg. 10

AARP Driving Class
 August 9th
 9am-4pm



AUGUST Activities

Mon	Tue	Wed	Thu	Fri	Sat
29 Pool & Library	30 <u>Fit'n Fall</u> : 11a <u>Social Bingo</u> 11:30a <u>Pinochle</u> : 1p <u>TOPS</u> : 5p	31 Marie Cain @ 11:30a <u>ZUMBA</u> : 8:30a <u>Hand & Foot</u> : 1p <u>Ballroom Dance</u> <u>Lesson</u> : 1p	1 <u>Alliance Blood</u> <u>Pressure</u> : 11a <u>Social Bingo</u> : 11:30a <u>Fit'n Fall</u> : 11:30a <u>Pinochle</u> : 1p <u>Line Dance Lessons</u> : 2p <u>Karaoke</u> : 7p	2 <u>ZUMBA</u> : 8:30a <u>Social Bingo</u> : 11:30a <u>Jackpot Bingo</u> : 1p <u>Creative Writing</u> : 1p <u>Dance</u> : DJ Steve Riley 7:30p	3 Dance to DJ: John Jones 7:30p
5 Pool & Library	6 Exec. Brd. Mtg. @ 9:00 a <u>Fit'n Fall</u> : 11a <u>Social Bingo</u> 11:30a <u>Movie</u> : 1p <u>Pinochle</u> : 1p <u>TOPS</u> : 5p	7 Rita Anderson @ 11:30a <u>ZUMBA</u> : 8:30a <u>Hand & Foot</u> : 1p <u>Ballroom Dance</u> <u>Lesson</u> : 1p	8 Opioid Use, etc. 12:05-12:20 SEIPH Dept. <u>Social Bingo</u> : 11:30a <u>Fit'n Fall</u> : 11:30a <u>Pinochle</u> : 1p <u>Line Dance Lessons</u> : 2p <u>Karaoke</u> : 7p	9 <u>ZUMBA</u> : 8:30a <u>Social Bingo</u> : 11:30a <u>Jackpot Bingo</u> : 1p <u>Creative Writing</u> : 1p <u>Dance</u> : DJ Steve Riley 7:30p	10 Dance to DJ: John Jones 7:30p
12 Pool & Library	13 Brd. Mtg. @ 9:00a <u>Tai Chi</u> : 9:30a <u>Fit'n Fall</u> : 11a <u>Social Bingo</u> : 11:30a <u>Pinochle</u> : 1p <u>TOPS</u> : 5p	14 Michael Corrigan @ 11:30a <u>ZUMBA</u> : 8:30a <u>Hand & Foot</u> : 1p <u>Ballroom Dance</u> <u>Lesson</u> : 1p	15 <u>Alliance Blood</u> <u>Pressure</u> : 11a <u>Social Bingo</u> : 11:30a <u>Fit'n Fall</u> : 11:30a <u>Pinochle</u> : 1p <u>Line Dance Lessons</u> : 2p <u>Karaoke</u> : 7p	16 <u>ZUMBA</u> : 8:30a <u>Social Bingo</u> : 11:30a <u>Jackpot Bingo</u> : 1p <u>Creative Writing</u> : 1p <u>Dance</u> : DJ Steve Riley 7:30p	17 Dance to DJ: John Jones 7:30p
19 Pool & Library	20 Attorney @ 10a <u>Fit'n Fall</u> : 11a <u>Social Bingo</u> : 11:30a <u>Pinochle</u> : 1p <u>TOPS</u> : 5p	21 The Eclectics (Bowmans) @ 11:30a <u>ZUMBA</u> : 8:30a <u>Hand & Foot</u> : 1p <u>Ballroom Dance</u> <u>Lessons</u> : 1p	22 <u>Social Bingo</u> : 11:30a <u>Fit'n Fall</u> : 11:30a <u>Pinochle</u> : 1p <u>Line Dance Lessons</u> : 2p <u>Karaoke</u> : 7p	23 <u>ZUMBA</u> : 8:30a <u>Social Bingo</u> : 11:30a <u>Jackpot Bingo</u> : 1p <u>Creative Writing</u> : 1p <u>Dance</u> : DJ Steve Riley 7:30p	24 Dance to DJ: John Jones 7:30p
26 Pool & Library	27 <u>Tai Chi</u> : 9:30a <u>Fit'n Fall</u> : 11a <u>Social Bingo</u> : 11:30a <u>Pinochle</u> : 1p <u>TOPS</u> : 5p	28 Darrell Brown @ 11:30a <u>ZUMBA</u> : 8:30a <u>Hand & Foot</u> : 1p <u>Ballroom Dance</u> <u>Lessons</u> : 1p	29 <u>Silver Chords</u> : 9:30a <u>Social Bingo</u> : 11:30a <u>Fit'n Fall</u> : 11:30a <u>Pinochle</u> : 1p <u>Line Dance Lessons</u> : 2p <u>Karaoke</u> : 7p	30 <u>ZUMBA</u> : 8:30a <u>Social Bingo</u> : 11:30a <u>Jackpot Bingo</u> : 1p <u>Creative Writing</u> : 1p <u>Dance</u> : DJ Steve Riley 7:30p	31 Dance to DJ: John Jones 7:30p

Tidbits about Opal Sherwood...

Opal has lived in Pocatello about 49 years and of those years, she has been coming to the Center for approximately 25-28 years. Wow!

Throughout her life, Opal has enjoyed bowling and dancing. She also enjoys playing pinnacle and spending time with her friends. She and her late husband, Max, enjoyed their outings bowling together. Opal had 11 children, 8 of which are still living...4 boys and 4 girls. According to Opal, she's kept quite busy with her grandchildren and great-grandchildren.

Riddle Me This...

1. What can travel around the world while staying in a corner?
2. I'm tall when I'm young and I'm short when I'm old. What am I?
3. What has hands but can not clap?
4. You can drop me from the tallest building and I'll be fine, but if you drop me in water I die. What am I?
5. What has a head and a tail, but no body?
6. What gets wetter and wetter the more it dries?
7. Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?
8. What kind of tree can you carry in your hand?
9. Which word in the dictionary is spelled incorrectly?
10. What gets broken without being held?

Answers on Pg. 10



The Senior Activity Center would like to extend an invitation for members to join the \$5 a month club.



Check out the board in the hall which shows the names of the current members of our monthly club.

YOU KNOW YOU'RE GETTING OLD
WHEN YOUR BANK SENDS YOU
THEIR FREE CALENDAR...



ONE MONTH AT A TIME!

Helping Hands Home Health



*"Because there's no
place like home"*

232-2009

Seeking volunteers to assist in the kitchen for a couple of hours: Call Shirley Rummage at 208.233.1212

Greek Yogurt

Greek yogurt is an excellent source of healthy protein. The straining process removes much of the liquid whey, lactose and sugar, giving it a richer and creamier consistency. It is higher in protein and lower in sodium and carbohydrates than other yogurts. Traditional Greek yogurt has more fat than regular yogurt, but nonfat, 1% and 2% milkfat varieties are available. Yogurt also has the benefit of providing probiotics (good bacteria) that keep the gut healthy.

The Importance of Nutrient Dense Foods

As we age, our body & life change & so does what you need to stay healthy. Changes in your home life, health, medicine, income, and sense of smell & taste may affect your interest in healthy eating & physical activity.

Healthy Weight

Why is keeping a healthy weight important? As you age, you may notice changes in your body's makeup. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. So, you need to eat foods that are high in nutrients or are "nutrient dense." Nutrient-dense foods pack a lot of vitamins, minerals, & other nutrients your body needs into a small amount of calories. Continued on page 9...

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



BROOKDALE
SENIOR LIVING

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 or
anna.capell@brookdale.com

Malnutrition in Seniors



Malnutrition in older adults over the age of 65 is often under diagnosed and can lead to other elderly health issues, such as a weakened immune system & muscle weakness. Malnutrition is when your body doesn't get enough nutrients from the foods you eat to work properly. Nutrients include fats, carbohydrates, protein, vitamins and minerals. These substances give your body energy. They help your body grow & repair tissues. They also regulate bodily functions such as breathing and the beating of your heart.

Malnutrition in older adults can lead to a number of health problems, including the following:

- ◆ Unintentional weight loss
- ◆ Tiredness and fatigue (feeling out of energy)
- ◆ Muscle weakness or loss of strength. This could lead to falls, which could cause broken bones or fractures
- ◆ Depression
- ◆ Problems with memory
- ◆ A weak immune system. This makes it hard for your body to fight off infections
- ◆ Anemia

Because of these health problems, malnourished adults tend to make more visits to their doctor, the hospital, and even the emergency room. They don't recover from surgery or other procedures as quickly as adults who are well nourished.

Malnutrition occurs when a person doesn't have enough food or doesn't eat enough healthy foods. A number of things may affect the amount and type of food that older adults eat. These may include: health problems, medicines, low income, disability, social issues, alcoholism and depression.

Eat more of these nutrient-dense foods:

- ◆ Fruits & vegetables (choose a range of types with vibrant colors)
- ◆ Whole grains, like oatmeal, whole-wheat bread & brown rice
- ◆ Fat-free or low-fat milk & cheese, or soy or rice milk that is fortified with vitamin D & calcium
- ◆ Beans, nuts & seeds

Eat less of these foods

1. Sugar-sweetened drinks & desserts that have added sugars
2. Foods with butter, shortening, or other fats that are solid at room temperature
3. White bread, rice & pasta made from refined grains

Additionally, home health aides can help shop for groceries and prepare meals. Check with your local Council on Aging and other senior community resources and community programs, such as Meals on Wheels.

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

Office Hours

Monday: 9:30am-1:30pm

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

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

Answers to Riddles

1. Stamp
2. A candle
3. A clock
4. Paper
5. A coin
6. A towel
7. Meat
8. Palm
9. Incorrectly
10. A promise

What is that word? Sovereignty

Concern Form:

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

Scoop Subscription:

If you would like to have the Scoop delivered to your home, please check with the office to be sure we have your address **OR** provide us with your e-mail address, if you would prefer to receive it on-line. The subscription runs Jan. to Dec. for \$1 per month.