

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.)

March 2019 Email: senioractivities@ida.net **Website:** www.pocatelloSeniorcenter.com **208-233-1212**



Silver Chords Concert - Saturday, March 23 @ 6p.m.

This event is an annual, major fundraiser for the Senior Activity Center! The Silver Chords program starts at 6:00 p.m. with a dance a follow. Dorothy Hatch will be directing with accompanists Jamie Ramsayer & Linda Lindley. **Tickets are \$8** and includes the dance, refreshments, and door prizes. Tickets can be purchased by a Silver Chords member or at the Senior Activity Center. Be sure to join us for a “great evening” of entertainment, as well as to support your Senior Activity Center!!!

Volunteer Appreciation Day!

March 28th @ 10:00 a.m.

Our volunteers are important individuals at the Center. They offer their labor of love for free. As a way to show appreciation, we would like to recognize our volunteers on March 28th at 10:00am. Light refreshments will be served.

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Thank You...

Darrell Brown
for updating
Our Website!

“CAR RAFFLE”

2002
Cadillac Deville
Raffle tickets on
sale March 1st

Board of Directors

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Wally Smith

Vice-Chairman
Ray Blanco

Secretary
Marjean Waford

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Pam Landon

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Sue Miller

Membership
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Roger Hernandez

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Terrel Tovey

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Idaho Purce



Brain teasers:



1. When I'm young, I'm sweet in the sun. At middle-age, I make you gay. When old, I'm valued more than ever. What am I?
2. Without it, I am dead. If I am not it, then I am behind. What am I?
3. A farmer has 19 sheep and all but seven die. How many are left?
4. I do not have any special powers, but I can predict the score of any football game before it begins. How can I do this?
5. A family lives in a sky rise building on the tenth floor. Every day their daughter takes the elevator from the family's apartment on the 10th floor to the ground floor and goes to school. When she returns later that day, she uses the elevator to get to the fifth floor, and then uses the stairs for the remaining five floors. Why?

Important Facts to Remember as We Grow Older:

Death is the number 1 killer in the world

Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing

Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.



2019 AARP Tax Assistance

Tuesday and Thursdays

9:30a.m. - 3p.m. in room 4

First come, first serve basis starting at 8:30 a.m.

Come early and have breakfast starting at 7:15a.m.

Items to bring:

1. Bring your ID
2. 2018 tax documents to be processed
3. 2017 return tax documents



It's easy and free!

Senior Activity Center's Number: QE927

Every time you shop at Smith's you can make a donation to the Sr. Activity Center by signing up for this program.

1. Go to **SmithsFoodandDrug.com/inspire**
2. Sign into your digital account or choose "Create an Account" and fill in the information.
3. Link your Rewards Card to your organization:
Enter organization's number: **QE927**
or at least 3 letters of your organization's name and click 'Search', select the organization and choose 'Save'.

Then, every time you shop at Smith's with your Rewards Card, they donate **0.5% of your total order** to your nonprofit.*

There's no cost to participate in this program, and you'll still earn fuel points on eligible purchases .

*0.5% based on eligible purchases.

Upcoming Events:

- 1) Car Raffle –tickets go on sale March 1st.
The drawing on June 8th.
(TICKETS: \$5 each or 3 for \$10)
- 2) March 12th - Supplemental Levy
Renewal Election.
- 3) June 7th & August 9th - AARP Driving
Classes 9am-4pm.

Breakfast Served:

7:15a to 9:30a

Lunch Served:

12 noon to 1:00p

MARCH Menu

8 oz. Milk served
with all meals

Tuesday

Wednesday

Thursday

Friday

<p>26</p> <p>Parmesan Chicken Baked Sweet Potato Fries Stewed Tomatoes Whole Wheat Roll Applesauce Dessert</p>	<p>27 Michael Corrigan @ 11:30a</p> <p>Tilapia OR Ham Wild Rice Medley Green Beans Melon Dessert</p>	<p>28</p> <p>Spaghetti w/meat sauce Green Salad Garlic Bread Baked Apples Dessert</p>	<p>1 Potato Bar w/ Chili w/all the fixings Tomatoes, Lettuce, Onions WWheat Corn- bread Pears</p>
<p>5 Breakfast</p> <p>Cheesy Rice & Ham Beets Peaches Whole Grain Corn Bread Dessert</p>	<p>6 Farnes & Fronske @ 11:30a</p> <p>BLT Sandwich Chicken Noodle Soup Romaine Salad w/Veggies Pineapple Whole Wheat Roll Birthday Cake by Quail Ridge</p>	<p>7 Breakfast</p> <p>Chicken Fried Steak Mashed Potatoes w/Gravy Winter Greens Applesauce Whole Wheat Roll Dessert</p>	<p>8 Beef Enchilada Casserole Green Beans WGrain Tortillas Green Beans Tropical Fruit Dessert</p>
<p>12 Breakfast</p> <p>Library @ Noon</p> <p>Meatloaf Baked Potato with Sour Cream Tomatoes, Squash, Onions Whole Wheat Roll Apricots Dessert</p>	<p>13 Rita Anderson @ 11:30a</p> <p>Baked Ham Potatoes w/Gravy Romaine Salad 3 way Veggies Whole Wheat Roll Apples Dessert</p>	<p>14 Breakfast</p> <p>Open Faced Roast Beef Sandwich Potatoes & Gravy Normandy Blend Whole Wheat Roll Mandarin Oranges Dessert</p>	<p>15 Chicken Alfredo w/Whole Grain Noodles Romaine Salad Garlic Toast Tropical Fruit Dessert</p>
<p>19 Breakfast</p> <p>Beef Stroganoff Winter Veggies Garlic Toast Oranges Dessert</p>	<p>20 AARP Library @ noon</p> <p>Roast Turkey Mashed Potatoes w/gravy Green Salad w/veggies Mixed Fruit Whole Wheat Roll Dessert</p>	<p>21 Breakfast</p> <p>Baked Spaghetti Romaine Salad w/ Tomatoes Garlic Toast Apples Dessert</p>	<p>22 Shepard's Pie Romaine Salad w/ carrots, tomatoes Fruit Melon Jell-O Dessert</p>
<p>26 Breakfast</p> <p>Tilapia OR Ham Brown Rice w/Gravy Capri Veggies Whole Wheat Roll Pears Dessert</p>	<p>27 Phil Dixon @ 11:30a</p> <p>Pot Roast Mashed Potatoes/Gravy Whole Wheat Roll Romaine w/carrots & Tomatoes Salad Strawberries Dessert</p>	<p>28 Breakfast</p> <p>Spare Ribs Rice Medley Romaine Salad Whole Wheat Roll Grapes Dessert</p>	<p>29 Baked Chicken Quinoa Romaine w/Cottage Cheese & Peaches Garlic toast Dessert</p>

The menu is subject to change due to availability

Sorry we missed your birthday: Bette Lochridge February 1st!



MARCH Birthdays...

1st	Gloria Barrus Susan Carter Ruth Hoadley Iris Stone	9th	Sherry McCasland Jerilynn Mecham	18th	Myrt Yokota
2nd	Frank Becker Carl Gaarsland DonEtta Hulkovich Linda Layne Robert McGregor Carol Whitworth Jack Younger	9th	Reed Jardine Joan Pew	19th	Dianne Ahrens Richard Brown Carl Cawdery Bernice Jacques
3rd	Jeanne Valentine	10th	Melvin Brown Donna Wilde	20th	Timothy Nichols Shari Yerbich
4th	Georgia Adams Mary McCollum Roxanne Mussulman Kathy Steinmetz	11th	Amparo Sanchez	21st	Sonia Gunter Cathy Vaughn
6th	Marianne Healea James Magarity Sonja Putty Mary Kaye Sherburne Jetta Smith	12th	Paul Bauer Merla Lords Carol Orgill Doug Petersen	22nd	Orvy Lords Myra Neibaur Sky Piersall Donald Truchot
7th	Rosalie Hottel Wanda Roper	13th	David Brockway Rex Francis	23rd	Sandy Jensen
8th	Eva May Jones Douglas Rhead	14th	Mel Nicholls	24th	Katherine Cunningham Frank Hatch
		16th	Dee Moore Linda Lee Smith	26th	Johnnie Elliot Jerry Hopkins
		17th	Ray Blanco Lois Parsley Deb Warren	27th	Dixie Christensen Phillip Colman Irma Tanner
		18th	Maleita Baker Golden Millward	28th	Claude Champney Laroy Stone Elaine Trahant
		18th	Muriel Haag	31st	LaVeda Price

 Academy of Nutrition
and Dietetics

**NATIONAL
NUTRITION MONTH®**
MARCH 2019

www.eatright.org

[#NationalNutritionMonth](https://twitter.com/NationalNutritionMonth)

National Nutrition Month is an annual nutrition and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.



There will be an AARP Driver Safety class on **Friday, March 29th** from 9 a.m. to 4 p.m. in Room #3. The AARP Driver's Safety Program is for individuals 16 years and older. Most insurance companies will give a discount on premiums if you are 50 years or older when the course is completed. Call your insurance company to see if you qualify for a discount. There is a fee of \$20 payable to AARP, or if you are an AARP member, it's \$15 with your AARP card.

What to Do If You Fall

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible.

Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.

Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.

Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.

If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.

Carrying a mobile or portable phone with you as you move about your house. It could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.

Tidbits about ...

Jo Anna Doan



Jo Anna has been coming to the Sr. Activity Center for over 20 years. Jo Ann and her late husband managed the Sr. Center in Teton Valley, they came to Pocatello with a lot of experience with Senior Centers. In her younger days, she worked at the Hanford Nuclear Site in Washington.

Kudo's to Jo Anna who has been volunteering in the kitchen on Wednesdays. She can count herself on the many "bionics" among us; having had two knee replacements. At home she enjoys the company of two cats: Julius & Caesar and a little Yorkie named Cleopatra.

In her spare time, Jo Anna enjoys volunteering at the Center and working on puzzles.



"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."




Rose-colored bifocals:

The older you are, the smarter you were as a kid!

Charlotte whittles so many years off her age that she's made all her daughters illegitimate!

Middle age is when you ask the barber to thicken it a little on the top.

MARCH Activities

Sun	Mon	Tues	Wed	Thur	Fri	Sat
24	25 Pool & Library	26 <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p	27 Mike Corrigan @ 11:30a <u>Hand & Foot:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p <u>Ping Pong:</u> 1p	28 <u>Silver Chords:</u> 9:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p	1 <u>Jackpot Bingo:</u> 1:p <u>Creative Writing:</u> 1p <u>Dance:</u> DJ Steve Riley 7:30p	2 Dance to DJ: John Jones 7:30p 
3	4 Pool & Library	5 Exec. Mtg. @ 9:00 a <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p	6 Farnes & Fronske @ 11:30a B-Cake by Quail Ridge <u>Zumba:</u> 8:30a <u>Hand & Foot:</u> 9:30a <u>Ballroom Dance</u> <u>Lesson:</u> 1p <u>Ping Pong:</u> 1p	7 <u>Silver Chords:</u> 9:30a <u>Alliance Blood Pressure:</u> 11a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p	8 <u>Zumba:</u> 8:30a <u>Jackpot Bingo:</u> 1p (Alliance prize Basket) <u>Creative Writing:</u> 1p <u>Dance:</u> DJ Steve Riley 7:30p	9 Dance to DJ: John Jones 7:30p 
10	11 Pool & Library	12 Brd. Mtg. @ 9:00a <u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p	13 Rita Anderson @ 11:30a <u>Zumba:</u> 8:30a <u>Alliance Rock Painting Class:</u> 10a <u>Hand & Foot:</u> 1p <u>Ballroom Dance</u> <u>Lessons:</u> 1p <u>Ping Pong:</u> 1p	14 <u>Silver Chords:</u> 9:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p	15 <u>Zumba:</u> 8:30a <u>Jackpot Bingo:</u> 1p <u>Creative Writing:</u> 1 <u>Dance:</u> DJ Steve Riley 7:30p	16 Dance to DJ: John Jones 7:30p 





A Big "Thank You" to our Experience Works partners.
We appreciate their help at the Center!!



United Way of Treasure Valley

March Activities Continued...

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<p style="text-align: center;">17</p> <p style="text-align: center;">Happy</p>  <p style="text-align: center;">St. Patrick's Day</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">Pool & Library</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Attorney @ 10a</p> <p style="text-align: center;"><u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p</p> <p style="text-align: center;"><u>TOPS:</u> 5p</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">AARP</p> <p style="text-align: center;">Library @ noon</p> <p style="text-align: center;"><u>Zumba:</u> 8:30a <u>Hand & Foot:</u> 1p <u>Ballroom Dance Lesson:</u> 1p <u>Ping Pong:</u> 3p</p>	<p style="text-align: center;">21</p> <p style="text-align: center;"><u>Alliance Blood Pressure:</u> 11:00a <u>Silver Chords:</u> 9:30 <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p</p>	<p style="text-align: center;">22</p> <p style="text-align: center;"><u>Zumba:</u> 8:30a <u>Jackpot Bingo:</u> 1p <u>Creative Writing:</u> 1p <u>Dance:</u> DJ Steve Riley 7:30p</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">★</p> <p style="text-align: center;">SILVER CHORDS CONCERT 6PM</p> <p style="text-align: center;">Dance To Follow 7:30p</p>
<p style="text-align: center;">24</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Pool & Library</p>	<p style="text-align: center;">26</p> <p style="text-align: center;"><u>Fit'n Fall:</u> 11a <u>Pinochle:</u> 1p</p> <p style="text-align: center;"><u>TOPS:</u> 5p</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Phil Dixon @ 11:30a</p> <p style="text-align: center;"><u>Zumba:</u> 8:30a <u>Hand & Foot:</u> 1p <u>Ballroom Dance Lesson:</u> 1p <u>Ping Pong:</u> 1p</p>	<p style="text-align: center;">28</p> <p style="text-align: center;"><u>Silver Chords:</u> 9:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">↙</p> <p style="text-align: center;"><u>Driving Class:</u> 9a - 4p <u>Zumba:</u> 8:30a <u>Jackpot Bingo:</u> 1p <u>Creative Writing:</u> 1p <u>Dance:</u> DJ Steve Riley 7:30p</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Dance 7:30p</p> 

- D** \$10.00 Club
John L. Brown
- O** Don Hulse
- N** Marvin & Elizabeth Smith
- A** Ardith Lane
- T** \$20.00 Club
Darrell & Nancy Hill
- I** Ed Moore
- O** Joan Houston
- O** Cass Fannesbeck
- N** Carol Orgil
- S** Theresa Peake
- Additional Donations
Shirley Rummage \$100.00
George Oyama \$200.00
Smith's Reward Card \$30.10
Dean Conley \$100.00

Helping Hands

Home Health



"Because there's no place like home"

232-2009

Unanswerable question posed to the host of a senior talk show:
"I want to know if it's okay to keep tinting my hair when my forty-eight-year-old daughter's decided to go gray?"

Middle Age: When a woman's hair starts turning from gray to black!

You Are Blessed

You are blessed if you woke up this morning with more health than illness. You are more blessed than the million who won't survive the week. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture or the pangs of starvation, you are ahead of twenty million people around the world.

If you attend a church meeting without fear of harassment, arrest, torture, or death you are more blessed than almost three billion people in the world.

If you have food in your refrigerator, clothes on your back, a roof over your head and a place to sleep, you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace, you are among the top 8% of the worlds' wealthy.

If you hold up your head with a smile on your face and are truly thankful, you are blessed because the majority can, but most do not.

If you can hold someone's hand, hug someone, or even touch him or her on the shoulder, you are blessed because you can offer a healing touch.

If you can read this message, you are more blessed than over two billion people in the world that cannot read anything at all.

You may be blessed in many more ways than you know.

—Author Unknown—



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

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



Beware of Potential Scams During Tax Season

It's that time of year for many, gathering your documents, putting them in order and filing your taxes. But a phone call from an "alleged" IRS agent telling you that you owe back taxes, or your information is wrong can really throw you for a loop. These scam calls often "threaten" if the consumer doesn't comply, they could face arrest or fines.

Tip to spot scammers: When they pressure you to act "now" and ask for non-traditional payments, i.e., wire transfers, prepaid debit card, etc. These forms of payment are largely untraceable and non-reversible. The IRS or any other company will never demand immediate payment, require a "specific" form of payment, or ask for credit card or debit numbers over the phone. NEVER give out your social security number over the phone. For more information about these possible cons or how to recognize them go the **bbb.org**.
Top Scams Targeting Senior Citizens: The Grandparent Scam, Computer Repair Scam, Door-to-Door Sales Scams, Charitable Donation Scams, Counterfeit Check Scams (you've won money OR mystery shopping job), Health Care Fraud (fake medicare or insurance reps), Telemarketing Fraud, Funeral & Cemetery Scams (call claiming deceased had outstanding bill or sell high-end products or services), Investment Schemes (promising quick & plentiful returns and foreign letter fraud schemes), Travel Scams (offers of "cheap" rates, freebies, high-pressure sales pitches to buy).

ISU NUTRITION FAIR - Saturday, March 9th from 10:00 a.m. to 2:00 p.m.

FREE Event in Albion Hall at ISU (next to Holt Arena), 711 S. 19th



Please join us at ISU with our Community Health Fair which aims to educate all individuals about nutrition. Following are some of the activities and booths planned:

- ◆ Fueling for Fitness...come test your skills with a certified personal trainer
- ◆ Free Nutrition Counseling with Registered Dietitian Nutritionists
- ◆ Cooking Demo: 10:30, 11:30, 12:30 and 1:30 with giveaways every demo
- ◆ Nutrition Info for Adults, kids and the young at heart
- ◆ Free activities and games for the kids

**DOOR
PRIZES**

SUPPLEMENTAL LEVY RENEWAL ELECTION - Tuesday, March 12, 2019

Early walk-in voting begins February 25th at the Bannock County Courthouse

The supplemental levy fills the gap between state funding and local operating costs. It has been an integral part of student success for more than 60 years. This is NOT a new tax. The levy has been in place for more than 60 years. All supplemental levy funds stay in our local community. The levy requires a simple majority to pass. Funds from the levy protect basic programs and day-to-day operations of schools.

Taxable home value (after homeowners exemption)

There will be a **Decrease** from 2017/18 levy of **\$.40** @ \$75,000 **\$.53** @ \$100,000 **\$1.07** @ \$200,000

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

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

Answers to the Brainteasers:

1. Wine
2. Ahead
3. Seven
4. The score is always the same before the game:
zero to zero!
5. She can't reach the buttons higher than five.

You can access the Scoop, menu and fundraisers, etc.
online at pocatelloseiorcenter.com

Once you are at the website, just click on the Red Tabs
to access the individual information you're looking for
as noted above.

Scoop Subscriptions:

If you have not paid for the Scoop for 2019, please do so at your earliest convenience. If you are interested in having the Scoop mailed to you or in renewing your current subscription, please go to the office to sign-up & submit payment. It's only \$1.00 per month / \$12.00 for the year. The subscriptions run Jan. to Dec. **We appreciate your continued interest & participation in the Senior Activity Center!**

Concern Form:

If you have any concerns about the Senior Activity Center, a form has been provided for your input. These forms are located in the South Entrance in a box on the wall. We appreciate your concerns.