



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.)

MAY 2019 Email: senioractivities@ida.net Website: www.pocatelloseniorcenter.com (208) 233-1212



### Idaho Gives “Open House”

Thursday, May 2nd from 10a.m. - 1p.m.

Join us on Idaho Gives Day for music, food, and fun. You'll have a chance to meet our board members and see why people come to the senior center. One of the biggest issues seniors experience as they age is that their social circles begin to shrink as years go by. Help us make a difference in their lives and give to the Center on May 2. Seniors have paved the way for us in life. Help us continue to provide a place for them to find meaning and purpose in their later days of living.

### Friday, May 10th - Mother’s Day Lunch @ Noon

Bring your Mother in to lunch on May 10th. There will be door prizes in honor of “Mother’s Day”.

### Old Town Pocatello - Oldies Rod & Custom Car Show

A fundraising Event for the Senior Activity Center

**Saturday, JUNE 8th - 9a.m. to 3p.m. on MAIN Street - FREE admission**

Pancake Breakfast ...8a.m. - 11a.m.

Trophy Presentation followed by the CAR RAFFLE beginning at 2p.m.

Raffle Tickets \$5 each or 3 for \$10 - 2002 Cadillac Deville w/108,812 original miles

Raffle tickets can be purchased at the Sr. Activity Center OR at the Farmers Market

You do not have to be present to win!

### Want to show your vehicle?

**Pre-registration by May 31st is required! Please visit [www.OLDTOWNPOCATELLO.COM](http://www.OLDTOWNPOCATELLO.COM) for information or to register or call the Senior Activity Center at 208-233-1212.**



### Board of Directors

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Publisher:  
Nancy Ellis  
Editor:  
Karen Holston

## Breakfast Menu:

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	Coffee...	\$.50
Oatmeal	\$2.00				

## Bingo Volunteers

Bobby McCullom - began filling in for bingo in the beginning and now has been calling as a regular for a couple of years. He really enjoys playing and likes watching people enjoy themselves. Bobby calls for the social bingo on Tuesdays, Thursdays & Fridays.

Lorraine Winters - has been calling bingo for about 6 years. What dedication! She calls the Jackpot bingo on Fridays.

A special thanks to Elizabeth Smith who helps set-up, as well as the other ladies who help with the rewards. All these people are volunteers. Please let them know how much you appreciate what they do.



## **Thursday, May 9th - Mother/Daughter Tea from 4:30p.m. to 6:30p.m.**

Sponsored by the **Salvation Army**. All women are welcome! Feel free to join them for great food, fellowship and fun as we celebrate MOMS. Come alone or bring your friend and/or daughter to honor ALL! RSVP by 04/30/19 @ 208-232-5318.

The Salvation Army, 400 N. 4th Ave., Pocatello, ID

## **MAY IS OLDER AMERICAN'S MONTH**

In honor of "Older American's Month", Concentrix employees will be bringing flowers to the Center. Spring is in the air, so let's bring in those May flowers. Concentrix will be at the Center on May 1st to do just that. Come join the fun, paint flower pots and plant some beautiful flowers to enjoy at home. Concentrix wants to give back to the community that has supported their organization for so long, as the senior center aligns with their culture and clients. We hope to see you there.



## **Still Seeking...Fundraising Chairman**

If interested, please contact the front desk to discuss this fun opportunity. You will have lots of help with team members. Some events are in the process already.

# MAY Lunch Menu

8 oz. Milk served  
with all meals

Tuesday

Wednesday

Thursday

Friday

<p><b><u>Breakfast Served:</u></b> Tues. &amp; Thurs. 7:15a - 9:30a</p> <p><b><u>Lunch Served:</u></b> Tues. - Fri. Noon to 1p</p>	<p><b>1</b> Darrell Brown @ 11:30a <b><u>Flowers by Concentrix</u></b>  Open-Face Roast Turkey Sandwich Baked Potatoes Green Salad Oranges Birthday Cake by Quail Ridge</p>	<p><b>2</b> Breakfast <b><u>IDAHO GIVES Open House</u></b> Chicken Fried Steak (beef) Mashed Potatoes/gravy Key Largo Veggies Whole Wheat Roll Melon / Dessert</p>	<p><b>3</b>  Chicken Tortilla Soup w/Quesadillas Peaches Salsa Dessert</p>
<p><b>7</b> Breakfast  Goulash w/Beef, Noodles, Beans &amp; Veggies Pears Dessert</p>	<p><b>8</b> Farnes &amp; Fronske @ 11:30a  Beef Enchiladas Black Beans Whole Grain Rice Banana Dessert</p>	<p><b>9</b> Breakfast  Pork Chops Potato Salad Beets Berries Dessert</p>	<p><b>10</b> <b><u>Mother's Day Lunch</u></b>  Glazed Ham Sweet Potatoes Capri Veggies Whole Grain Roll Oranges Dessert</p>
<p><b>14</b> Breakfast  Gate City Ladies  Beef Lasagna Romaine Salad Garlic Toast Peaches Dessert</p>	<p><b>15</b> AARP  Spaghetti w/meat Sauce Romaine Salad Garlic Bread Grapes Dessert</p>	<p><b>16</b> Breakfast <b><u>Elected Officials Serving Lunch</u></b>  Tilapia or Ham Baked Potato Carrots Banana / Dessert</p>	<p><b>17</b>  Tuscan Bean Soup Grilled Cheese Romaine Salad Garlic Toast Baked Apples</p>
<p><b>21</b> Breakfast  Baked Chicken Potatoes w/Sour Cream Green Beans Applesauce Whole Grain Bun Dessert</p>	<p><b>22</b> Latin Dancers @ 11:30a  Spiced Pork Patty Red Potatoes Spinach Cornbread Melon Dessert</p>	<p><b>23</b> Breakfast  Hot Beef Sandwich Whole Grain Bun Beets Strawberries Dessert</p>	<p><b>24</b>  Lentil Peas &amp; Ham Green Salad Mixed Veggies Bananas Dessert</p>
<p><b>28</b> Breakfast  BBQ Pork on Whole Grain Bun Broccoli Banana Dessert</p>	<p><b>29</b> Phil Dixon &amp; the Sunday Drivers @ 11:30a  Homemade Chili Coleslaw Pineapple Dessert</p>	<p><b>30</b> Breakfast  Pastry Stuffed Chicken Wild Rice Romaine Salad Peaches Dessert</p>	<p><b>31</b> Meatloaf Mashed Potatoes w/Gravy Carrots WWheat Roll Dragon Fruit Dessert</p>

The menu is subject to change due to availability

## M A Y Birthdays...



1st	Tracey Watson	13th	CoraLee Greek	24th	Marion Southwell
2nd	Frances Ashcroft		Barbara Showalter	25th	Kevin Knight
3rd	Gary Carter		Jeffrey Trunzer	26th	Lee Bennett
	David Davis	14th	Laddie Whitworth		Sally Phillips
	Fe Davis	15th	Doris Hawkins		Verl Spraker
4th	Shanna Erickson		Michelle Montgomery	28th	Geri Barlow
	Rosemary Fries	16th	Norman Jaussi		Rose Inman
	Donna Taylor		Victor Thomas		Garold Neiwert
6th	Kathleen Foster	17th	DeAnn DeLange		Cynthia Snider
	Connie McGregor		Isabel Salazar		Clark Wellard
7th	Verlin Crowe		Ed Spradlin		Robert Woody
	Beverly Lyon	18th	Drew Wood	29th	Donna Brown
	Elsie Oyama	19th	Andy Guerra		Virginia Kelly
	Sparky Hunt	20th	Marsha Parker	30th	Sharon Marie Harpster
10th	Linda Acosta		Leona Pepper		Larry Ikola
	Cary Campbell		Janet Simmons		Rodney Muhlestein
	Lea McGinnis		Eugene Tofanelli		Allen Thiel
	Gary Miller	21st	Dorothy Chatterton	31st	Michael Bateman
11th	Doreen Arnold		Helene Goodenough		Joan Houston
	Lewis Evans	23rd	George Oyama		Maxine Randleas
12th	Verlyn Dunn	24th	Karen Holston		
	Albert Zamaro		Sherri Palmer		

Happy "Belated" Birthday to **Opal Sherwood** 4/22. Did you know she has been coming to the Center for 25+ years and remembers when we had a gift shop!



### Come Meet our Elected Officials While You Eat!

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

### Upcoming Events:

- 1) June 7 - AARP driving classes 9am to 4pm
- 2) June 8 - Car show & car raffle

### Jackpot, Nevada Bus Overnighter - 6/9/19

Barton's Club 93 Hotel & Casino

Cost: room/bus double occupancy \$105

Room/bus single occupancy \$75

See flyer in dining room for additional information. **Payment must be received by 5/25.**

## Tidbits about Carrie Dee Gardner...

Carrie Dee moved to Pocatello in 1959. She married a Pocatello man and later became owner of B&G Plumbing. She is proud to say the company is on it's 4th generation. When Brent Thompson bought the Blue Heeler, Carrie Dee's husband made him an offer he couldn't refuse. He would put in horseshoe pits for free if Carrie Dee could be on the team. In fact, Carrie Dee opened the door for women to be on the Horseshoe Circuit. Prior to that, it was a men-only team!



After Carrie Dee's husband, Neil, passed away she decided she could no longer maintain the large property and ended up trading houses with a mutual friend. She has moved numerous times in Pocatello, each time fulfilling another need. Carrie Dee now lives in a wonderful Twin home on Whitewater. A beautiful location all on one level with just the perfect yard to maintain.

Carrie Dee thought that moving would help her get over the loss of her husband. However, she has discovered that "time" is what heals, along with the support of friends and family. Additionally, staying active is very important. Carrie Dee plays pinochle every Thursday, belongs to Gate City Ladies, NKA and is involved with the Inkom Bible Church (a very good extended family).

Carrie Dee has two brothers, a sister, a son and three daughters, as well as 10 grandchildren and 2 great-grandchildren. We love you Carrie Dee!



## JOIN US for Our

### "MAY MOVIE"

The Sr. Activity Center will be showing a drama this month. It is based on the true story of Helen Keller (Patty Duke), discovered to be deaf and blind at birth & her teacher (Anne Bancroft). "Ennobling and uplifting", this inspirational story of courage and hope is "one of the finest works of art in the history of motion pictures". The movie is free, as is the popcorn!

**DATE:** Tuesday, May 14th

**MOVIE:** **The Miracle Worker**

**TIME:** 1:00 p.m. to approx. 2:50 p.m.


**ROOM:** #11

Thank YOU Nancy & Darrell Hill for your donation of a new vacuum cleaner for the Center. It's much appreciated!



"When you're retired, you'll have plenty of time to do more reading...mostly prescription labels."

# MAY Activities

MON	TUE	WED	THU	FRI	SAT
<p>29</p> <p style="text-align: center;">Pool &amp; Library</p>	<p>30</p> <p><u>Fit'n Fall:</u> 11a <u>Social Bingo</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>1 <b>Darrell Brown</b> @ 11:30a B-Cake by Quail Ridge <u>Flowers by Concentrix</u></p> <p><u>ZUMBA:</u> 8:30a <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p</p>	<p>2 <b>IDAHO GIVES Open House</b></p> <p><u>Silver Chords:</u> 9:30a <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</p>	<p>3</p> <p><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</p>	<p>4 <b>Dance to DJ: Boyd Murdock 7:30p</b></p> 
<p>6</p> <p style="text-align: center;">Pool &amp; Library</p>	<p>7 <b>Exec. Brd. Mtg. @ 9:00 a</b></p> <p><u>Fit'n Fall:</u> 11a <u>Social Bingo</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>8 <b>Farnes &amp; Fronske @ 11:30a</b></p> <p><u>ZUMBA:</u> 8:30a <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p</p>	<p>9</p> <p><u>Silver Chords:</u> 9:30a <u>Social Bingo:</u> 11:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p</p>	<p>10 <b>Mother's Day Lunch</b></p> <p><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</p>	<p>11 <b>Dance to DJ: Boyd Murdock 7:30p</b></p>
<p>13</p> <p style="text-align: center;">Pool &amp; Library</p>	<p>14 <b>Brd. Mtg. @ 9:00a</b></p> <p><b>Gate City Ladies</b> <u>Fit'n Fall:</u> 11a <u>Social Bingo:</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>15 <b>AARP</b></p> <p><u>ZUMBA:</u> 8:30a <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lessons:</u> 1p</p>	<p>16</p> <p><u>Silver Chords:</u> 9:30a <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>Karaoke:</u> 7p</p>	<p>17</p> <p><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</p>	<p>18 <b>Dance to DJ: Boyd Murdock 7:30p</b></p>
<p>20</p> <p style="text-align: center;">Pool &amp; Library</p>	<p>21 <b>Attorney @ 10a</b></p> <p><u>Fit'n Fall:</u> 11a <u>Social Bingo:</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>22 <b>Latin Dancers @ 11:30a</b></p> <p><u>ZUMBA:</u> 8:30a <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lessons:</u> 1p</p>	<p>23</p> <p><u>Silver Chords:</u> 9:30a <u>Social Bingo:</u> 11:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p</p>	<p>24</p> <p><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</p>	<p>25 <b>Dance to DJ: John Jones 7:30p</b></p>
<p>27</p> <p style="text-align: center;">Pool &amp; Library</p>	<p>28</p> <p><u>Fit'n Fall:</u> 11a <u>Social Bingo:</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>29 <b>Phil Dixon &amp; The Sunday Drivers</b></p> <p><u>ZUMBA:</u> 8:30a <u>Hand &amp; Foot:</u> 1p <u>Ballroom Dance</u> <u>Lessons:</u> 1p</p>	<p>30</p> <p><u>Silver Chords:</u> 9:30a <u>Social Bingo:</u> 11:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p</p>	<p>31</p> <p><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</p>	



"My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?"

## LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.  
 My house isn't dirty. The cobwebs are gone.  
 My garden looks lovely and so does my lawn.  
 I think I might never put my glasses back on.

### Lentil Soup

¼ cup extra virgin olive oil

4 cups vegetable broth

2 cups water

1 teaspoon salt

Pinch of red pepper flakes

Freshly ground black pepper, to taste

1 cup chopped fresh collard greens or kale, tough ribs removed

1 cup brown or green lentils, picked over and rinsed

1 medium yellow or white onion, chopped

2 carrots, peeled and chopped

2 teaspoons ground cumin

1 teaspoon curry powder

½ teaspoon dried thyme

1 large can (28 oz.) diced tomatoes, lightly drained

1 to 2 tablespoons lemon juice, to taste

4 garlic cloves, pressed or minced

1. Add olive oil to a large Dutch oven or pot. Once the oil is shimmering, add the chopped onion & carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
2. Add the garlic, cumin, curry powder and thyme. Cook while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, to enhance their flavor.
3. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes (can omit if desired). Season with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.
4. If desired can place in blender & puree until smooth or you can use an immersion blender to blend a portion of the soup.
5. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving). Enjoy!

- D** \$10.00 Club  
**O** Ardith Land
- N** \$20.00 Club  
**A** Darrell & Nancy Hill  
**T** Cass Fonnesbeck  
**T** Theresa Peake \$25
- I**
- O** Other Donations  
**N** James Sykes \$50  
**S** George Oyama



**Riddle Me This**

- 1) What goes up when the rain comes down?
- 2) What's full of holes but still holds water?
- 3) Where is the only place that yesterday always comes after today?
- 4) What do you bury when it's alive and dig up when it's dead?
- 5) What can you see in the middle of March and April that you can never see in any other month?



Answers on Page 10

**Proclamation**

Mayor Blad will be signing a proclamation to designate May as Older Americans Month. He will do this at the regularly scheduled council meeting at 6pm on Thursday May 2nd.

**Flicker  
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**BROOKDALE**  
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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)



## Living with Uncertainty

Living with uncertainty is one of the hardest self-management tasks. It is something that most of us cannot avoid. Uncertainty is also one of the causes of emotional ups and downs. The diagnosis of a chronic condition takes away some of our sense of security and control. It can be frightening.

We are following our life path, and suddenly we are forced to detour to a different, unwanted path. And even as we work with health professionals and start new treatments, this uncertainty continues. Of course, we all have an uncertain future, but most people do not think about this. When we have a chronic condition, however, this becomes an important part of our lives. We are uncertain about our future health, and perhaps about our ability to continue to do the things we want, need, and like to do. Many people find it very challenging to make decisions while accepting uncertainty.

### Problem-Solving Steps

1. Identify the problem. This is the first and most important step in problem solving and usually the most difficult step as well. You may know, for example, that stairs are a problem, but it will take a little more effort to determine that the real problem is fear of falling.
2. List ideas to solve the problem. You may be able to come up with a good list yourself, but sometimes friends, family or members of your healthcare family may have good ideas.
3. Pick an idea to try. As you try something new, remember that new activities are usually difficult. Be sure to give your potential solution a fair chance before deciding it won't work.
4. Check the results: After you've given your idea a fair trial, if all goes well, your problem will be solved.
5. Pick another idea: If you still have a problem, pick another idea from your list and try again.
6. Use other resources: Check with your friends, family, etc. for more ideas if you still don't have a solution.
7. Finally: If you have gone through all the steps until all ideas have been exhausted and the problem is still unsolved, you may have to accept that your problem may not be solvable right now. The fact that a problem can't be solved right now doesn't mean that it won't be solvable later or that other problems cannot be solved. Even if your path is blocked, there are probably alternative paths. Don't give up. Keep going!

## Living a Healthy Life with Chronic Conditions

### Health benefits of lentils

Brown, green, yellow, red or black — lentils are **low** in **calories**, rich in **iron** and **folate** and an excellent source of **protein**. They pack health-promoting polyphenols and may reduce several **heart disease** risk factors. They're easily cooked in **5–20 minutes**, which — like soaking — reduces their anti-nutrient content. Low in calories and high in nutrition, lentils are the perfect legume to eat in the summer in salads, spreads, for crudite and crackers, and as an item on a vegetarian dinner plate.

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

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NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
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PERMIT NO. 148

Office Hours

Monday: 9:30am-1:30pm

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

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

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**Answers to Riddle me This**

- 1) An umbrella.
- 2) A sponge.
- 3) In a dictionary.
- 4) A plant.
- 5) The letter R

**Concern Form:**

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