

Welcome to the Center where friends meet...

Senior Activity Center

“The Scoop”

427 North 6th Avenue, Pocatello, Idaho 83201

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

OCTOBER 2019

Email: senioractivities@ida.net

Website: www.pocatelloSeniorcenter.com

TEL: (208) 233-1212

Board of Directors Annual Meeting

October 31 at 10am

Board of Directors is seeking nominations for three vacant positions on the board. You must have been a member for one (1) year, in order to be eligible. Please come meet your candidates and vote that day until 5pm. In order to vote, you must have been a member for thirty (30) days.

Karaoke Celebration

October 22 at 7pm

A Karaoke Celebration & Fundraising Festival will be held on October 22nd at 7pm. Participants to arrive by 6:30pm. Cost is \$3.00 per person donation (plus a participant fee of \$3.00 per song). The night will include musical entertainment, potluck refreshments, dancing and participant prizes. All donation proceeds will go to the center.



Idaho Commission on Aging “Open House”

October 25 at 11am

Here is your chance to voice your concerns regarding Idaho State’s Plan for seniors. The commission from Boise will be at Center from 11am-3pm. After lunch they will present a state plan. Don’t miss this opportunity to give your input.

Halloween Dance

October 25 at 7:30pm

There will be a Halloween Dance with prizes for 1st & 2nd place for best costume for men, women & couples. The cost will be \$5 per person. Come join us for a fun evening!

Costume Party

October 31st at 11:30 am

On Thursday, October 31st, there will be a Costume contest. Be sure to join us for a fun parade of wonderful costumes. Everyone is welcome to join in the parade! Prizes will be awarded.



Board of Directors

Chairman

Wally Smith

Vice-Chairman

Ray Blanco

Secretary

Marjean Waford

Treasurer

Pam Landon

Parliamentarian

Sue Miller

Membership

Nancy Ellis

Business Liaison

Diane Bilyeu

Personnel

Lorraine Winters

City of Pocatello

Rick Cheatum

City of Chubbuck

Roger Hernandez

Bannock County

Terrel Tovey

Community Rep.

Idaho Purce

What's the best way to help avoid health problems?

Considering the amount of health advice from far too many health experts, it is difficult to really grasp what is effective in preventing disease, prolonging life and improving the quality of life.



Here is where it gets problematic: you already have a problem, a condition, a symptom, or possibly a full-blown disease, so you seek resolution from one of the many after-the-fact care providers.

So the question still comes up: how we do it ourselves? Is the solution getting more sleep, lowering stress, drinking more water, eating organic and avoiding all processed and GMO foods? Is it having a lot of money, good relationships, faith to fall back on?

All of these certainly play a part, but the **Number 1** thing you can do to prevent disease, prolong life, and improve your quality of life, on your own, without the help of health experts, is **move**. Being sedentary for more than nine hours a day is dangerous to all of those health goals. For nearly six years, the Norwegian School of sports Sciences looked at how physical activity and sedentary time were linked with the risk of an early death. They found the risk of death for participants was 5 times higher for those who were inactive! This does not mean you have to join a health club or go on extensive, time-consuming bike rides. It just means you must move! The National Institute of Health suggests 150 minutes a week of moderate activity. It could be broken down to two 15 minute walks a day, or anything that fits your individual schedule.

All other things aside, the best health advice out there is — just move.

Dr. Warren Willey, Pocatello

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OCTOBER Lunch Menu

8 oz. Milk or coffee served with all meals

| Tuesday | | Wednesday | | Thursday | | Friday | |
|-----------|---|-----------|---|-----------|--|--|--|
| 1 | Breakfast Roast Beef Scalloped Potatoes Squash Fruit Cocktail Dessert | 2 | Marie Cain @ 11:30a Pork Chops Brown Rice Spinach Oranges B-cake by Quail Ridge | 3 | Breakfast Oven Chicken Potatoes & Gravy Green Beans & Squash Apples Dessert | 4 | Chicken Noodle Soup Romaine Salad WWheat Roll Peaches Dessert by Brookdale |
| 8 | Breakfast Baked Spaghetti Salad Garlic Toast Pineapple Dessert | 9 | Farnes & Fronske @ 11:30a Glazed Ham Baked Potato Green Salad WWheat Roll Melon / Dessert | 10 | Breakfast → <u>NeighborWorks</u> 11-1p Meatloaf Parmesan Potatoes Green Salad Green Grapes Dessert | 11 | Beef Stroganoff Beets WWheat Roll Pears Dessert |
| 15 | Breakfast Roasted Pork Mashed Potatoes/Gravy Scandinavian Veggies Applesauce Dessert | 16 | AARP Salisbury Steak Potatoes w/White Gravy Green Beans WWheat Roll Melon Dessert | 17 | Breakfast Open Roast Beef Sandwich w/Brown Gravy Romaine Berries Dessert | 18 | Turkey Pot Pie Wgrain Biscuits Fruit Cocktail Dessert |
| 22 | Breakfast Chicken Fajitas Beans Salad Tropical Fruit Dessert | 23 | Latin Dancers @ 11:30a Roast Turkey Potatoes w/gravy Scandinavian Veggies Corn Bread / Melon Dessert | 24 | Breakfast Vegetable Soup with Grilled Ham & Cheese Sandwich Broccoli Tropical Fruit / Dessert | 25 | Idaho Commission on Aging Open House 11AM-3PM Chicken Fried Steak Potatoes w/white gravy Green Beans Oranges Dessert |
| 29 | Breakfast Pork Chops Potatoes & Gravy Cornbread Strawberries Dessert | 30 | Holy Spirit Students @ 11:30a Roast Beef Potatoes w/gravy Salad Wgrain Rolls/Oranges Dessert | 31 | Breakfast Pulled Pork Sandwich Biscayne Veggies Tater Tots Pineapple Dessert | Halloween Costume Party at noon  Lunch Served: Tues. thru Fri. Noon to 1p | |

Breakfast Served:

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

The menu is subject to change due to availability of food



OCTOBER Birthdays.....



| | | | | | |
|------|--|------|---|------|--|
| 1st | Mike Hawkins Richard Martin | 15th | Jamie Crutch Marsha Fisher Rosa Mena | 23rd | Darlene Brown |
| 2nd | Joyce Holm Shirley Nielsen | 16th | Chester Avery Lee Dille Nina Gallegos Sheila Studebaker | 24th | Mary Davis |
| 4th | Bruce Haugen Timothy Cole Betty Moore | 17th | Sue Crafts Deborah Hebdon Michael McClenin Al Turner Keith Ward | 25th | Peggy Collins Kay Holmes Gwendolyn Kopp |
| 5th | Ruth Newell | 18th | Lyle Kirby Dorothy O'Brien | 26th | Jack Ard James Condie Dean Cowley Dawna Larsen Tom McCasland Ella Mae Mitchell Sherry Stanislawski |
| 7th | Jean Haugen | 20th | Stanley Payton | 27th | Donna Pearson Ivan Thornton |
| 8th | Sandra Ackerman Frances Call Megan Dustin Veda Melton Deborah Privett Marie Proctor James Sontag | 21st | Donna Bowman Norman Showalter | 28th | LaDonna Crampton Glen Damron G.W. Howell |
| 10th | Ruby Jones | 22nd | Arliss Champney Philip Dixon Carol Fout | 31st | John Jones |
| 12th | Anne Gaffney | | | | |
| 13th | Dona Lutz | | | | |
| 14th | Ron Valenty Joyce Weaver | | | | |

2019 Golf Tournament Sponsors

The following companies generously supported the golf tournament. Please help us recognize them by patronizing the business or saying thank you. Marjean Waford, Center, Board Member

Main Sponsor

Texas Roadhouse
Bingham Memorial Hospital
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Mutual Insurance Association
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Pocatello Central Labor Council
The Gables of Pocatello Assisted
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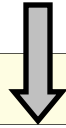
Pocatello Association of Realtors
Pocatello Pet Lodge
Senior Games
Westmark Credit Union

\$50 Club

Dennis Partner, Farmer Insurance
Agent
Duffy's Bar
F.C. Humphrey



OCTOBER Activities



| Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------|--|---|---|---|--|
| 30 Pool & Library | 1 Exec. Brd. Mtg. @ 9a Fit'n Fall: 11a Social Bingo: 11:30a Pinochle: 1p TOPS: 6p | 2 Marie Cain @ 11:30a ZUMBA: 8:30a Bridge Lessons: 10am Hand & Foot: 1p Bridge: 1p Ballroom Dance Lesson: 1p | 3 Silver Chords: 9:30a Alliance Blood Pressure: 11a Social Bingo: 11:30a Fit'n Fall: 11:30a Pinochle: 1p Line Dance Lessons: 2p Karaoke: 7p | 4 Bus Pick up at Center to go to ISU for Symposium: 9:15a & return after lunch Jackpot Bingo: 1:30p Creative Writing: 1p Dance: DJ/Steve Riley 7:30p | 5 Dance to DJ John Jones 7:30p |
| 7 Pool & Library | 8 Brd. Mtg. @ 9a Tai Chi: 9:30a Fit'n Fall: 11a Social Bingo: 11:30a Movie: 1p Pinochle: 1p TOPS: 6p | 9 Farnes & Fronske @ 11:30a ZUMBA: 8:30a Bridge Lessons: 10am Hand & Foot: 1p Bridge: 1p Ballroom Dance Lesson: 1p | 10 NeighborWorks 11-1p ➔ Silver Chords: 9:30a Social Bingo: 11:30a Fit'n Fall: 11:30a Pinochle: 1p Line Dance Lessons: 2p Karaoke: 7p | 11 ZUMBA: 8:30a Bridge: 9a Social Bingo: 11:30a Jackpot Bingo: 1p Creative Writing: 1p Dance: DJ Steve Riley 7:30p | 12 Dance to DJ John Jones 7:30p |
| 14 Pool & Library | 15 Attorney @ 10a Fit'n Fall: 11a Social Bingo: 11:30a Pinochle: 1p TOPS: 6p | 16 AARP ZUMBA: 8:30a Bridge Lessons: 10a Hand & Foot: 1p Bridge: 1p Ballroom Dance Lesson: 1p | 17 Silver Chords: 9:30a Alliance Blood Pressure: 11a Social Bingo: 11:30a Fit'n Fall: 11:30a Pinochle: 1p Line Dance Lessons: 2p Karaoke: 7p | 18 ZUMBA: 8:30a Bridge: 9a Social Bingo: 11:30a Jackpot Bingo: 1p Creative Writing: 1p Dance: DJ Steve Riley 7:30p | 19 Dance to DJ John Jones 7:30p |
| 21 Pool & Library | 22 Tai Chi: 9:30a Fit'n Fall: 11a Social Bingo: 11:30a Pinochle: 1p TOPS: 6p Karaoke Celebration: 7pm | 23 Latin Dancers @ 11:30a ZUMBA: 8:30a Bridge Lessons: 10a Hand & Foot: 1p Bridge: 1p Ballroom Dance Lessons: 1p | 24 Silver Chords: 9:30a Social Bingo: 11:30a Fit'n Fall: 11:30a Pinochle: 1p Line Dance Lessons: 2p Karaoke: 7p | 25 Idaho Commission on Aging - OPEN HOUSE 11a - 3p Halloween Dance: DJ Steve Riley @ 7:30p | 26 Dance to DJ John Jones 7:30p |
| 28 Pool & Library | 29 Fit'n Fall: 11a Social Bingo: 11:30a Pinochle: 1p TOPS: 6p | 30 Holy Spirit Students @ 1:30a ZUMBA: 8:30a Bridge Lessons: 10a Hand & Foot: 1p Bridge: 1p Ballroom Dance Lessons: 1p | 31 Silver Chords: 9:30a Social Bingo: 11:30a Fit'n Fall: 11:30a Pinochle: 1p Line Dance Lessons: 2p Karaoke: 7p | | |

“OCTOBER MOVIE”



The Sr. Activity Center will be showing a romantic comedy this month. The movie is free, as is the popcorn!

DATE: Tuesday, October 8th
MOVIE: **French Kiss**
TIME: 1:00pm to approx. 3:00pm
ROOM: #11

A woman (Meg Ryan) flies to France to confront her straying fiancé (Timothy Hutton), but gets into trouble when the charming crook (Kevin Kline) seated next to her uses her for smuggling.

NeighborWorks Pocatello

Be at the Center on October 10th (Thursday) from 11am to 1pm to hear about information regarding the Federal Home Loan Bank of Des Moines Affordable Housing Program (FHLB). This program provides funds to assist homeowners in repairing and rehabilitating their homes. It is intended to help people who need significant work completed, but encounter difficulties securing all the needed resources. They will discuss qualifying eligibility requirements and answer your questions.

NeighborWorks Pocatello
206 N. Arthur Ave.
Pocatello, Id 83201
208.232.9468

Medicare Enrollment

For 2020 Medicare coverage, *Open Enrollment* will run from October 15, 2019 to December 7, 2019. Contact the local SHI-BA office for an appointment call: (208) 236-6044.



Your donation is hugely valued!

Thank you

Jack Buffat - pancake mix

Ray Blanco - vacuum

Carrie Gardner & Wanda Burris - decorations

Shirley Davis- hygiene products

Jared Clinger - fresh corn

Kay Corbridge - peaches & tomatoes

Pam Landon - potato peeler

Artie Zohos - baklava

Jeanette Spicer - goody bags & pastries from Geraldine's

George Oyama & Marjean Waford - Monetary

2019 Golf Tournament Winners

1st Place Team

Mack Losser

Brian McConilli

Spence Taylor

Nick Carter

Don Jewell

T.J. Wilkes

Dave Wilkes

3rd Place Team

Greg Petersen

Dave Stoker

Tim Pearson

Adrian McKinney

2nd Place Team

Kyle Waford

Mindy Waford

Special Thanks

to the Golf Tournament Committee

John Belusci

Marjean Waford

Shirley Rummage

Jan Green

Abby Jensen

Karen Holston

George Oyama

Marty Riedle

Your Oral Health

Often overlooked, oral health is one of the most important issues for the elderly. The CDC's Division of Oral Health found that about 25 percent of adults over the age of 65 no longer have their natural teeth. Problems such as cavities & tooth decay can lead to difficulty maintaining a healthy diet, low self-esteem and other health conditions. Oral health issues associated with older adults are dry mouth, gum disease and mouth cancer. These conditions could be managed or prevented by making regular dental check-ups. Dental care, however, can be difficult for seniors to access due to loss of dental insurance after retirement or economical disadvantages.

Here are some things you can do to maintain a healthy mouth and strong teeth

- ◆ Drink fluoridated water & brush with fluoride toothpaste.
- ◆ Brush teeth thoroughly & floss between the teeth to remove dental plaque.
- ◆ Visit your dentist on a regular basis, even if you have no natural teeth or have dentures.
- ◆ If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease.
- ◆ If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, use sugarless gum or mints.
- ◆ See your doctor or a dentist if you have sudden changes in taste and/or smell.
- ◆ Do not use any tobacco products. If you smoke, cut back or quit.
- ◆ Limit alcoholic drinks.
- ◆ When acting as a caregiver, help those individuals brush & floss their teeth if they are not able to perform these activities independently.

Untreated oral health problems include the following

- ◆ Tooth decay
- ◆ Gum disease
- ◆ Tooth loss
- ◆ Oral cancer
- ◆ Chronic diseases



Lisa Jolly @ Alliance Home Health & Hospice

Riddle Jumble

Unscramble each word & use the letters with an x under them to unscramble the answer at the bottom.

1. TAWSCH _____
 X X

3. OSUHE _____
 X X

2. STUCMAHE _____
 X X

4. APCTH _____
 X

WHAT NUTS ALWAYS SEEM TO HAVE A COLD?

Answers on pg. 8

Senior Activity Center
427 North 6th Avenue
Pocatello, Idaho 83201

Office Hours

Monday: 9:30am-1:30pm

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

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



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

Answers to Jumble

1. Swatch
2. Mustache
3. House
4. Pach

What nuts always seem to have a cold? Cashews

Publisher: Nancy Ellis

Editor: Karen Holston

Upcoming Events:

- 1) Nov. 16 - Senior Ball
- 2) Nov. 22 - Thanksgiving Lunch
- 3) Nov. 23 - Silver Chords Concert
- 4) Nov. 28 - Whitworth free Thanksgiving Meal. Call Janice Whitworth at 208-317-4393 to be put on the list.