



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.)

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

Like us on FACEBOOK at Pocatello Senior Activity Center

### 18th ANNUAL GOLF TOURNAMENT

Saturday, September 14th

Riverside Golf Course, Pocatello Idaho

Sponsored by Texas Roadhouse & Fort Hall Casino



- 4-person team scramble w/shotgun start at 9 AM
- \$30.00 per person excludes green and cart fees
- Includes: team awards, lunch, goody bag and cash placement prizes
- Raffle

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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Terrel Tovey

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Idaho Purce

#### PART 1

IDAHO STATE UNIVERSITY

### SENIOR GERIATRIC SYMPOSIUM

Friday, September 27, 2019 at Senior Activity Center

9:30 AM — 11:30 AM

Don't miss this seniors!

Please come early for three informative presentations:

- Mind Games; how the keep your brain healthy
- Nutrition
- Dental
- Fraud Squad

Snacks, red packets, raffle items, chicken fried steak for lunch and much more...Questions call the Center at (208) 233.1212.

**OMELET**

Omelet \$6.00  
Extra toppings each .25

**EGGS**

1 egg with toast \$1.75  
2 eggs with meat and toast \$4.50  
2 eggs with waffle or pancake \$3.75  
1 egg with waffle or pancake \$2.25  
2 eggs with choice of one meat: ham, sausage or bacon, toast or biscuit \$4.50

**POTATOES**

Hash browns \$1.50  
Hash browns with gravy \$1.75

**MEAT**

Ham, bacon or sausage \$2.25

**PANCAKES/WAFFLES/FRENCH TOAST**

Short stack \$2.25  
Blueberry waffle Small \$1.50 Large \$2.00  
French toast \$2.25

**OATMEAL**

Oatmeal \$2.00  
Oatmeal with toast \$2.75

**BREAD**

Toast .75  
Bagel with cream cheese \$2.00

**BISCUITS**

Biscuits: full order \$2.00 half order \$1.75  
Biscuits with gravy: full order \$2.50 half order \$1.75  
2 Biscuits \$1.50

**DRINKS**

Coffee .50  
Juice 1.00

BREAKFAST  
FUNDRAISER  
MENU



**SCAM PRESENTATION**

Sponsored by Area V Agency on Aging  
Southeast Idaho Council of Gov't., Inc.

Angelyn Norgaard,  
Community Outreach Specialist

“How to Recognize and Avoid Senior Scams”

September 10, 2019

12:00 PM

Senior Activity Center

Questions call Angelyn at 208.233.4032

Made with PosterMyWall.com



Sept. 23, 2019

10 AM — 1 PM

Dr. Ted Peterson will be  
teaching the class.

208.282.4631

Seeking kitchen volunteers,  
call Shirley Rummage at  
208.233.1212



**Don't miss out!**

**OPEN HOUSE**

Friday, October 25, 2019 11 AM — 3 PM

At the Senior Activity Center

Idaho Commission on Aging invites the public to join them  
along with local officials, agencies, and providers to  
an open house.

The commission will be here from Boise to take comments  
for Idaho's Senior Services State Plan.

Questions call Mike Hirshi at Area Agency on Aging at  
208.233.4032.

# SEPTEMBER LUNCH MENU

Meals served with 8 oz. Milk or coffee

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3 Breakfast</b> Roast Beef Potatoes Beets Whole Wheat Roll Dessert Dessert</p>	<p><b>4 ROY MCKEE @ 11:30</b>  Meatloaf Mashed Potatoes Spinach Whole Wheat Roll Melon Dessert by Quai Ridge</p>	<p><b>5 Breakfast</b>  Baked Spaghetti Salad Apricots Garlic Toast Dessert</p>	<p><b>6</b>  Oven Chicken Mashed Potatoes &amp; Gravy Applesauce Whole Wheat Roll Dessert by</p>
<p><b>10 Breakfast</b> Pastry Chicken Beets Whole Wheat Roll Mandarin Oranges Dessert</p>	<p><b>11 NKA TRIO @ 11:30</b> Pork Chops Parsley Potatoes Green Beans Melon Whole What Roll Dessert</p>	<p><b>12 Breakfast</b> Salisbury Steak Parsley Potatoes Green Beans Pears Whole Wheat Roll Dessert</p>	<p><b>13</b> Tilapia or Ham Brown Rice Coleslaw Tropical Fruit Baked Cornbread Dessert</p>
<p><b>17 Breakfast</b> Parmesan Chicken Rice Capri Veggies Mixed Fruit Dessert</p>	<p><b>18 A ARP</b> Roast Beef Mashed Potatoes with Gravy Mixed Squash Honey Dew Whole Wheat Roll Dessert</p>	<p><b>19 Breakfast</b> Open Face Turkey Sandwich Potatoes &amp; Gravy Broccoli &amp; Cauliflower Apple Whole Wheat Roll Dessert</p>	<p><b>20</b> Beef Stroganoff Biscayne Veggies Peaches Whole Wheat Roll Dessert</p>
<p><b>24 Breakfast</b> Oven Pork Rice Mixed Veggies Tropical Fruit Garlic Toast Dessert</p>	<p><b>25 NKA ENSEMBLE @ 11:30</b> Spare Ribs Potatoes Salad Pears Dessert</p>	<p><b>26 Breakfast</b> Pot Roast Parmesan Potatoes Broccoli Whole Wheat Roll Dessert</p>	<p><b>27</b> <b>ISU Senior Symposium</b> 9:30 am Chicken Fried Steak Country Gravy Mashed Potatoes Mixed Veggies Stewed Apples Dessert</p>
<p><b>30 Breakfast</b> Oven Turkey Mashed Potatoes Broccoli Peaches Dessert</p>	<p>Breakfast Served: Tuesday and Thursday 7:15 AM to 9:30 AM</p> <p>Lunch Served: Tuesday through Friday Noon to 1:00 PM</p> <p><b>The menu is subject to change due to availability</b></p>		

## SEPTEMBER Birthdays.....



1st	Elaine Hudson	11th	Doris Gilbert		
	Pam Wake		Sally Thomson		
	Sara Walker	12th	Nancy Ellis	22nd	Betty Curtis
2nd	Laurie Zimmerman		Mary Pond		Donna Jordahl
3rd	Stanley Burrup	13th	Norman Hill		Edward Leissring
4th	Barbara Blair		Archie Service		Annette Lewis
	Kay Hansen	14th	Abby Jensen	23rd	Ellen Kinler
	Sandra Snyder	15th	Walter Johnson		Jose Torres
5th	Roma Hurley		Margreatte Boodry	24th	Lorraine Winters
	Ron Nostdahl		Kristen Johnson	25th	Henry Thompson
	Lora Young	16th	Barbara Doerr		Loren Weaver
6th	Dale Gooch	17th	Laverne Cegielnik	26th	Teresa Mauch
	Brent Graves		Dale Kohler		Scot Young
7th	A. Blaine Smith	18th	Wanda Caruthers	27th	Bernice Buchanan
	Alan VanHook	19th	Ardith Land		C. Bryce Jaspersen
8th	Liz Gabbert	20th	Nancy Lee Hendricks		David Morris
	Jerry Schall		Shirley Hockett	28th	Chris Christensen
9th	Keith Blair		Cloe Lewis		Kaye Corbridge
	Wendie Mortensen		Rebecca Williamson-Warren		Arlene Foley
10th	Dot Thompson	21st	M. JoAnn Kington	29th	Dorothy Kinney
11th	Linda Crockford		Jackie Rupp		Ilene Smith
	Lynn Duer		Joan Sequito	30th	Judy Jaquez
			Betty Wellard		Connie Scott
					Butch Shepard

September is National Senior Center Month

**THE KEY TO AGING WELL** by [www.ncoa.org](http://www.ncoa.org)

The Key to Aging Well This year's theme was chosen to highlight how senior centers have the knowledge, programming, and resources to make a difference in people's lives—the virtual key to unlocking the components that will give an individual the opportunity to age well. Aging well means different things to different people. For some, aging well means Growing. They want to understand other cultures, meditate, and develop a more spiritual life or practice gratitude daily through journaling. Others see aging well as having time to devote to Learning, whether it is a new language, tap dancing, or taking up pickle ball, a popular recreation sport. Others see their most important work as Connecting to family, old friends, and growing new relationships. And some see giving back at the senior center and within the community as the thing that fosters purpose and a more meaningful life. But most people want to incorporate a little of all the above while they are on their journey to reach their full potential. Senior centers hold the key to enhancing all these varied experiences that are fundamental to aging well.

**Join us for the Senior Center Month Proclamation on  
Sept. 5 at City Council Meeting at City Hall**

## MEDICARE ENROLLMENT

2020 Medicare coverage  
October 15, 2019 to December 7, 2019  
*Open Enrollment*

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage. You can switch from original Medicare to Medicare Advantage, or vice versa.

Following is the number to schedule an appointment at our local SHIBA office at 1-800-247-4422 to go over all the options available to you. Or call the same number to schedule an appointment for counseling at the Senior Center for appointments on Thursday afternoons at 3p. These sessions are by appointment only. *Do not call Senior Center*



### “SEPTEMBER MOVIE”

The Sr. Activity Center will be showing a drama/romance this month, starring Kirk Douglas. The movie is free, as is the popcorn!

DATE: Tuesday, September 10th  
MOVIE: The Man From Snowy River  
TIME: 1:00 PM to approx. 3:00 PM  
ROOM: #11

After the death of his father, proud young Jim Craig (Tom Burlinson) sets out to become his own man. Taking a job with horse rancher Harrison (Kirk Douglas), Craig is treated poorly by the more experienced cowboys. If you love horses, you will enjoy seeing them in this movie.

*In*  
*Loving*  
*Memory*  
*Of*

**John Kominek**

From

*Judge Dan & Jan McDougall*

\$150.00

### PART 2

## Bridging the Gap!

Students and Older Adults  
Friday, October 4, 2019  
10:00 AM to 12:00 PM

- Are you a caregiver?
- Do you know someone who has been a caregiver?
- Have you cared for a senior in the past?

ISU needs your advice, stories, and overall experience being a caregiver. Students would like to pick your brain. Pocatello Regional Transit will pick up seniors at the center at 9:15 am and transport seniors to ISU Pond Student Union Building. Volunteers will be in orange vests to direct you to stairs or elevator. Questions call 208.282.3155. If you can not attend both sessions: Phase 1 (front cover) or Phase 2; try to attend at least one session. Help us learn from you!

# SEPTEMBER Activities

Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p> <p>CLOSED For Labor Day</p>	<p>3 Exec. Brd. Mtg. @ 9:00 a</p> <p><u>Bridge</u>: 9a <u>Fit'n Fall</u>: 11a <u>Social Bingo</u> 11:30a <u>Pinochle</u>: 1p <u>TOPS</u>: 6p</p>	<p>4 ROY MCKEE@11:30</p> <p><u>ZUMBA</u>: 8:30a <u>Hand &amp; Foot</u>: 1p <u>Bridge</u>: 1p <u>Ballroom Dance</u> <u>Lesson</u>: 1p</p>	<p>5 Senior Center Proclamation at City Council Meeting at City Hall</p> <p><u>Silver Chords</u>: 9:30a <u>Alliance Blood</u> <u>Pressure</u>: 11a <u>Social Bingo</u>: 11:30a <u>Fit'nFall</u>: 11:30a <u>Pinochle</u>: 1p <u>Line dancing</u>: 2p <u>Karaoke</u>: 7p</p>	<p>6</p> <p><u>ZUMBA</u>: 8:30a <u>Bridge</u>: 9a <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>7</p> <p>Dance to DJ: John Jones 7:30p</p>
<p>9</p> <p><u>Bridge</u>: 9a</p> <p>Pool Library</p>	<p>10 Brd. Mtg. @ 9:00am SICOG Scam Presentation at noon scams!</p> <p><u>Bridge</u>: 9a <u>Fit'n Fall</u>: 11a <u>Social Bingo</u> 11:30a <u>Movie</u>: 1p <u>Pinochle</u>: 1p <u>TOPS</u>: 6p</p>	<p>11 NKA @11:30am</p> <p><u>ZUMBA</u>: 8:30a <u>Hand &amp; Foot</u>: 1p <u>Bridge</u>: 1p <u>Ballroom Dance</u> <u>Lesson</u>: 1p</p>	<p>12</p> <p><u>Silver Chords</u>: 9:30a <u>Social Bingo</u>: 11:30a <u>Fit'nFall</u>: 11:30a <u>Pinochle</u>: 1p <u>Line Dancing</u>: 2p <u>Karaoke</u>: 7p</p>	<p>13</p> <p><u>ZUMBA</u>: 8:30a <u>Bridge</u>: 9a <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>14 GOLF TOURNAMNENT 9am</p> <p>Dance to DJ: John Jones 7:30p</p>
<p>16</p> <p><u>Bridge</u>: 9a</p> <p>Pool Library</p>	<p>17 Attorney @ 10a</p> <p><u>Bridge</u>: 9a <u>Fit'n Fall</u>: 11a <u>Social Bingo</u>: 11:30a <u>Pinochle</u>: 1p <u>TOPS</u>: 6p</p>	<p>18 AARP</p> <p><u>ZUMBA</u>: 8:30a <u>Hand &amp; Foot</u>: 1p <u>Bridge</u>: 1p <u>Ballroom Dance</u> <u>Lesson</u>: 1p</p>	<p>19</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>Line Dancing</u>: 2p <u>Karaoke</u>: 7p</p>	<p>20</p> <p><u>ZUMBA</u>: 8:30a <u>Bridge</u>: 9a <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>21</p> <p>Dance to DJ: John Jones 7:30p</p>
<p>23</p> <p><u>Bridge</u>: 9a</p> <p>Pool Library</p>	<p>24</p> <p><u>Bridge</u>: 9a <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>: 6p</p>	<p>25 NKA Ensemble @ 11:30a</p> <p><u>ZUMBA</u>: 8:30a <u>Hand &amp; Foot</u>: 1p <u>Bridge</u>: 1p <u>Ballroom Dance</u> <u>Lessons</u>: 1p</p>	<p>26</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>Line Dancing</u>: 2p <u>Karaoke</u>: 7p</p>	<p>27</p> <p><b>ISU SENIOR SYM- POSUM 9:30-11:30 in Dining Room</b></p> <p><u>Jackpot Bingo</u>: 1p <u>Creative Writing</u>: 1p <b>SOCK HOP DANCE 7:30p</b></p>	<p>28</p> <p>Dance to DJ: John Jones 7:30p</p>
<p>30</p> <p><u>Bridge</u>: 9a</p> <p>Pool Library</p>	<div style="border: 1px solid black; padding: 10px;"> <p>Do you live in the Lewis &amp; Clark Neighborhood? Join us for our annual neighborhood picnic at Freckleton Park (Wilson &amp; Maple) from 6-8 PM. Bring a dish to share, meat is provided. Questions call Ana Lish 208.223.5271.</p> </div>				



## Presidential Trivia Quiz

(how well do you know the U.S. Presidents?)

1. Who was the first president to have a Christmas tree in the White House?
2. Who was the only president who never married?
3. Which two presidents won Nobel Peace prizes?
4. Which president wrote *Year of Decisions*?
5. Which president took the oath of office from a woman?
6. Which president was the first to have his daughter marry in the White House?
7. Which two presidents signed the Declaration of Independence?
8. Which two presidents signed the U.S. Constitution?
9. Which president wrote *An Outdoor Journal*?
10. Who was the youngest elected president?
11. Who was the oldest elected president?
12. Which president wrote *A Time to Heal*?
13. Which president was the first to have a child born in the White House?
14. Which president had the shortest term of office?
15. Which president had the longest term of office?
16. Which president fathered the most children?
17. Which president was the first to have been divorced?

Answers on pg. 10



**Helping Hands**  
Home Health

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

**232-2009**

OLD FOLKS...Remember old folks are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs!

MERDITA: The pleasure of finding joy in the happiness and success of others.

## Women

**Participate in a Research Study on Health Earn up to \$97!**

All testing done at Senior Activity Center on September 3, 2019 (call prior to date to get screened)

We are looking for women\* to participate in a study on health and decision-making. In this study, you may be asked to make three appointments (½ hour to 2 hours each) to complete some questionnaires and behavioral decision-making tasks about health. You may also be asked to use your phone to text some information related to health.

For more information or to schedule an appointment, contact the Department of Psychology at Idaho State University at 208-282.5651 or you can email us at [womenstu@isu.edu](mailto:womenstu@isu.edu).

\*You must be 18 years or older to participate. Women who are pregnant, diagnosed with an eating disorder, HIV, or hemophilia are not eligible.





## SOCKHOP

Friday, September 27, 2019

7:30 pm to 10:00pm

On Friday, September 27, 2019. We will dance the night away to 50's and 60's music. This event is a fundraiser and we welcome the community to join. Potluck-bring your own dish. The cost is \$5.00 per person. Door prizes will be offered.

### All Dolled Up

A husband and wife had been married for 60 years and had no secrets except for one; the woman kept in her closet a shoebox that she forbade her husband from ever opening. But when she was on her deathbed-- and with her blessing he opened the box and found a crocheted doll and \$95,000 in cash.

My mother told me that a secret to a happy marriage was to "never argue" she explained. "Instead I should keep quiet and crochet a doll".

Her husband was touched...only one doll was in the box--that meant she'd been angry with him only once in 60 years. But, what about all this money, he asked? "Oh", she said. "That's the money I made from, selling all the dolls."

### 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

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



# Depression and the Elderly

by Lisa Jolly Alliance Home Health & Hospice

According to the American Psychological Association, 15 to 20 percent of Americans over the age of 65 have experienced depression. A threat to senior health, depression can lower immunity and can compromise a person's ability to fight infections. The symptoms of elderly depression can affect every aspect of your life, impacting your energy, appetite, sleep and interest in work, hobbies and relationships. Unfortunately, all too many depressed older adults fail to recognize the symptoms of depression, or don't take the steps to get the help they need.

Some symptoms to look for include:

- Sadness or feelings of despair
- Unexplained or aggravated aches and pains
- Loss of interest in socializing or hobbies
- Weight loss or loss of appetite
- Feelings of hopelessness or helplessness
- Lack of motivation and energy
- Sleep disturbances (difficulty falling asleep or staying asleep, oversleeping, or daytime sleepiness)

- Loss of self-worth (worries about being a burden, feelings of worthlessness or self loathing)
- Slowed movement or speech
- Increased use of alcohol or other drugs
- Fixation on death; thoughts of suicide
- Memory problems
- Neglecting personal care



Suggestions on how to increase your social interaction and feel better include:

- Go out! Don't stay cooped at home all day
- Join a Senior Center
- Participate in a Book Club
- Volunteer your time - lots of different organizations would love your help
- Adopt a pet
- Learn a new skill
- Create opportunities to laugh - spend time with grandchildren, rent a comedy or musical
- Move your body; a short walk every day will do wonders for you (even just around the block)
- Limit sugars and carbs in your diet; focus on eating more protein

## The Area V Agency on Aging

Located in Pocatello provides information and support which maximizes independence and quality of life for older adults, 60 years of age and older, individuals with disabilities and vulnerable adults 18 years and older. The agency serves the citizens of Bannock, Bear Lake, Bingham, Caribou, Franklin, Oneida and Power counties. We welcome you to our website for information on advocacy and services.

*We are the designated and local Aging and Disability*

*Resource Center for south-east Idaho.*

*We Provide services for the following needs:*

- *Home and Community – Based Services*
- *Caregiving*
- *Rights and Safety*
- *Advocacy and Leadership*
- *Partners*
- *Gifts and Donations*
- *Aging Resources Director*
- *Ombudsman*
- *Adult Protection*

TEL: (208) 233.4032



## Parkinson Support Group

Second Monday of every month  
at 11 AM

Monte Vista Hills

1071 Renee

Pocatello, Idaho 83201

Next meeting September 9, 2019  
at 11 AM

THANK YOU FOR YOUR  
DONATIONS

**Gary and Susan Campbell**



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

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NONPROFIT  
ORGANIZATION  
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### Office Hours

Monday: 9:30 AM—1:30 PM

Tuesday & Thursday: 7:15 AM—5:00 PM

Wednesday & Friday: 8:00 AM— 5:00 PM

### **Answers to Presidential Quiz...**

1. Benjamin Harrison
2. James Buchanan
3. Theodore Roosevelt & Woodrow Wilson
4. Harry S. Truman
5. Lyndon B. Johnson
6. James Monroe
7. Thomas Jefferson & John Adams
8. George Washington & James Madison
9. Jimmy Carter
10. John F. Kennedy
11. Ronald Reagan
12. Gerald Ford
13. Grover Cleveland
14. William Henry Harrison
15. Franklin D. Roosevelt
16. John Tyler
17. Ronald Reagan

*The Senior Activity Center does not discriminate against any person on the basis of race, color, national origin, disability, or creed in the admission, treatment or participation of its programs, services, activities, or employment.*

The person to find an error (excluding punctuation) in the Scoop and to notify the office **first** will receive a coupon for a free lunch! You can only win once every 3 months.

### **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.

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