

Twin Falls Senior Center

July 2021 Newsletter



The Center

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(Monday thru Friday)
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Staff

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Regine Ruhter
Meals Coordinator:
Tina Wright
Office Assistant:
Aubri Petersen
1st impressions:
Kathy Shank
Kitchen Manager
Velma Anderson
Kitchen: Lisa Belt
Kitchen: Taylor Stone
Kitchen: Chantal Jones
Kitchen: Brandi Olsen
Kitchen: Madison Ward
Kitchen: Dave Packham
Custodian: Zach stone
Custodian: Kameron Riddle

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Directors Monthly Note



By Arnold Friberg, painted in 1976 in honor of the Country's Bicentennial. It depicts a bitter cold day in the dead of winter 1777–78. The Continental Army had set up winter camp in a harshly criticized location. General Washington insisted on it because it could be easily defended.

Weary from marching, hungry and wearing only tatters of clothing, the soldiers settled in and tried to stay warm, and alive. They had next to nothing to eat, and only cause to help them endure. While there over, 2,500 men died. It's said that even general Washington feared that the army would disband if something miraculous didn't happen.

So that cold day, general George Washington took short leave from his men, and went out into the forested area near the camp, there, this giant of a man got off his horse, knelt in the snow, and cried out to his heavenly father to help them. This example of humility has always been inspiring.

Help was indeed given, through the gift of a quartermaster and a drill sergeant. The continental army emerged from valley forge in June of 1778 a force to be reckoned with, defeating the British at the Monmouth and then at Yorktown, leading the way to full independence and freedom.

Americans have been celebrating independence day for years, and, like Christmas, sometimes the true meaning gets lost in all the sparklers and cookouts.

Independence Day means more than parades and picnics, just as Christmas means more than gifts under the tree. It represents people's efforts to earn and keep freedom, and that is a struggle that continues to this day. Sometimes the struggles are big, others are small and more personal in nature.

The quest for freedom is noted on other national holidays; such as Memorial Day and Veterans Day. Independence day stands out more; Because its more festive and less contemplative in nature.

We all love fireworks display and a July 4th parade, with the floats, marching bands and U.S. flags. But we all need to remember all the sacrifices that went into this celebration, and those sacrifices, in one way or another, continue to this day.

On this independence day, may we never forget those who went before, that we might have the life we live today!

God Bless America!

~Regine

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Stay Hydrated This Summer

**By: Siew Guan Lee – Extension Educator, University of Idaho
Extension**

Cody Ruiz – Summer Intern, College of Southern Idaho

More than two-thirds of our body weight is made up of water. Water helps maintain a normal body temperature, lubricate the joints, protect the spinal cord and other sensitive tissues, and get rid of wastes through urination, perspiration, and bowel movements. Getting enough water every day is very important for overall health. Staying hydrated is even more important when the weather is warmer.

Here are a few tips to drink more water:

- Keep a reusable, BPA-free water bottle and refill it throughout the day.
- Choose low or no calorie beverages such as plain water, plain coffee or teas, low fat or fat-free milk rather than sugary drinks.
- If plain water is too boring, you can add slices of lemon, cucumber, or strawberries to your water bottle for additional flavor.
- If you exercise for more than one hour or sweat heavily, sport drinks can help replace fluids and electrolytes and re hydrate your body more efficiently.
- Increasing intake of fruits and vegetables that are high in water content is also a good way to quench your thirst. Add watermelon, lettuce, celery, berries, tomatoes, grapefruit, or cantaloupe to your salad or as a hydrating snack.
- Staying well hydrated throughout the day is the key to prevent dehydration, heat stroke, or heat exhaustion. Early symptoms of dehydration include thirst, headache, dry mouth, dizzy or light headedness, dark urine color, or decreased urine output. Note that by the time you realize you are thirsty, you are already dehydrated. Remember to drink enough fluids, even if you don't feel thirsty.

Source: *Water and Healthier Drinks* from the Centers for Disease Control and Prevention

Idaho Food Bank Commodity Supplemental Food Box Program

Size of Household	Maximum Monthly household income	Maximum household annual income
1	1,383	16,588
2	1,868	22,412
3	2,353	28,236

Developed by the United States Department of Agriculture (USDA), CSFP improves the health of low income seniors at least 60 years of age, by adding nutritious food to their diets. Eligible seniors receive a free food box on the second Thursday of the month that includes food, nutritional information & helpful recipes.

Applications are available at the Senior Center

Call 208-734-5084

Thank you to the Twin falls Kiwanis Club for the monthly delivery of food boxes to home bound senior who are not able to pick up their boxes at the center at the Center.

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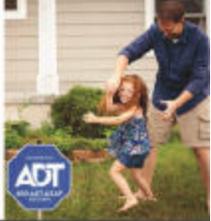
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Meals on Wheels Program

The Twin Falls Senior Center provides home delivered meals to home bound seniors through their meals on wheels program. Meals are delivered by volunteer drivers between the hours of 10:45 and noon. Hot meals are available for delivery Monday through Friday. Weekend meals are delivered to their home frozen on Friday. If you are interested in receiving meals, please call the twin falls senior center at 208-734- 5084

Meals are available under a variety of programs including those listed below

Medicaid Meals– if you have been authorized to receive meals through Medicaid's A&D waiver program, you are allowed to select the Twin Falls Senior Center to provide the daily meals to you. Your meals are authorized by the Department of Health & Welfare are paid for by Medicaid.

Blue Cross/ Molina Meals– if you are considered fully dual eligible (Medicare and Medicaid) and have a SNP (special needs program) with Blue Cross and Molina insurance you may be authorized meals through Medicaid's A&D waiver program.

Private Paid meals– if you like to receive meals delivered to your home with meal authorized you can privately pay for the meals. No ages restrictions or pre qualifications are needed. The meal cost is \$8.00 per meal. Meal payments are required to continue service These are not suggested donation.

Office on Aging Meals– The Office on Aging provides funds from the Older Americans Act to the Twin Falls Senior Center for each meals served. Individuals must be over the age of 60, home bound, and unable to prepare their own meals. Priority will be to those who are living below poverty level, food insecure, having major medical issues, and living alone. These meals are provided for a suggested donation of \$6.00, however, donating to the center is not required to receive meals. Meal authorization will come form staff at the region IV Office on Aging located on the CSI Campus. You may call **208-736-2122** for an assessment. Office on aging authorization will be sent to the center so meals can start promptly.

TFHIT or Chi Grant Meals– Funding through **TWIN FALLS HEALTH INITIATIVE TRUST** grant and/or **St Luke's Hospital Community Health Initiative** allows individuals with major medical problems and limited financial resources (below 135% of poverty) to receive meals. Primary focus on those age 50 to 60. For those age 60, they must be unable to qualify for any other program .meals listed above. The program focuses on individuals needing help to maintain their nutritional health to manage current or future chronic health issues.

Foundation/ Grant Funded Meals– The Twin Falls Senior Center has secured funding to provide meals to those who need assistance, but don't qualify for the programs listed above or have been placed on a waiting list by the Office on Aging. Individuals must call the Twin Falls Senior Center for meal authorization.

Note

If you are home a bound senior needing assistance with daily nutritional meals. Please CALL Today. The center's mission is to serve the community one heart at a time. We want to help you remain independent and health as long as possible in your own home. Remember there is no place like home.

Monthly Community Partners

Nutritional, Education, Public Safety Presenters

*Idaho Home Health & Hospice Harrison's Hope
City Of Twin Falls Horizon Health & Hospice
University of Idaho Extensions Service
Heritage Home Health & Hospice
Bridgeview Estates
Blue Cross of Idaho Molina Health Care
Idaho Law Foundation Volunteer Lawyer Program
Idaho Commission on the Blind Healthy Living
South Central Public Health District*

Blood Pressure Checks

*Horizon Health & Hospice
Harrison's Hope
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*Hospice Visions Home health Care
Horizon Health & Hospice*

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Numerous Private Individual Donors
Harry W Morrison Foundation
Idaho Community Foundation Twin Falls Health Initiative Trust
Dairy Biz, LLC Detweiler Family Foundation
City of Twin Falls– Covid Relief
St Luke's Chi Grant*

Safe "Trumps" Guilty

So many of us who put a loved one in an Assisted Living or a Memory Care Unit feel guilty. My Mom is in Memory Care and thinks that once she gets better, she can go home. Now, she just wants to go home. One of the worker's called me the other night and said my mother was very upset and could I please talk with her.

My Mom took the phone and yelled, "Shawna do you know what motel I am in?" I told her she was in memory care and she said, "Do you know where?" I said yes that I did, and she started screaming, "you come get me now!" When I told her, she had to stay because she was not well enough to go home, she screamed, "Thanks for Nothing," and threw the phone on the floor.

I started googling Caregiver sites and put in the search line: how do you survive the guilt of putting a parent in Memory Care? It didn't surprise me that there are lots of sites talking about this issue. One in particular caught my attention. A lady had posted that moving her mom into Memory Care was "killing" her; she felt so guilty. I can relate; my stomach hurts, I am quick to get angry, I can't sleep, and TUMS Assorted Fruit flavored antacid is now my main source of food.

A lady on the site responded to the lady who posted about how to survive the guilt of putting a parent in Memory Care. She asked the lady, "Is your mother supposed to be Happy in care? Are you supposed to be Happy she's in care?" The answer of course is, No. The lady went on to say, "Safe, Trumps, Happy." We should grieve when something like this happens; and Mom, and Dad, and I are grieving this loss differently because each of us has lost something so valuable to us. Mom grieves her freedom and for the loss of her mind she knows is failing, Dad mourns the loss of his relationship and companionship with Mom, and I mourn for my Mom and Dad and what they and I are going through and most of all how my relationship with them has changed.

But in this situation, and possibly a situation you are in too, Safe does Trump Happy. Safe Trumps Guilty too. Mom has not had to go to the hospital, fallen, had anxiety so bad she becomes hysterical, or missed her medications, since she has been in Memory Care. Mom really likes her Caregivers at Memory Care. But Mom just wants to go home. Mom was miserable at home, because Dad could not help her; he is so weak with COPD. She would scream hysterically if he could not help her get to the toilet or get out of bed. At least in Memory Care she is Safe. She is also content with the workers, and the other residents.

I have facilitated Widowed Support Groups for nearly 40 years; witnessing loss, and the grief it causes. I feel that to truly grieve a loss we must mourn. Grief is the thoughts we have inside us about the loss, mourning is "outside grief." Meaning, crying, throwing a phone, yelling, or writing monthly articles about my parents. Grief too, must be witnessed. If we can't mourn, we will not survive the loss. Our grief and especially our mourning must be witnessed. Thanks for witnessing my grief.

Sincerely,

Shawna Wasko, M.OLP

Group Facilitator: Widowed Wellness Program of Idaho
CSI Office on Aging



VOLUNTEERS NEEDED

**Meals on Wheels
Delivery Drivers Needed
We can't do it without you !**

The Twin Falls Senior Center needs your HELP! Drivers are **urgently** needing to deliver meals to home bound seniors in Twin Falls– Monday through Friday. ROUTES take an hour or less to complete. Your commitment is based on your availability. You must be 18 years of age; have your own car; proof of liability insurance; and background check. Drivers currently receive 57.5 cents a mile fuel reimbursement. This opportunity to serve will be self awarding & life changing. Please help us serve the community one heart at a time.

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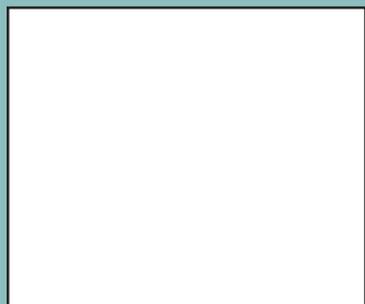
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Monthly Jackpot Trip

Our Jackpot Bus is back!

Twin Falls Senior Center will be joining with the Filer Senior Center, for trip to jackpot for the afternoon. They will bring a car over to pick who wants to go and head to Jackpot from there! It will be the last Tuesday of every month. Pickup time will be 3:00pm here at the Twin Falls Senior Center. It will be 10.00 a person. You will receive 25% on your meal.



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Summer Word Search

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