



SENIOR COMMUNICATOR

Non Profit Organization

Idaho Falls Senior Citizens Activity Center
535 West 21st Street We are a daily
center for **ACTIVE** seniors. *Our
Meals on Wheels program
prepares/delivers over 66,000
meals yearly. We are NOT an
assisted living center.*

Hours of operation
Monday through Friday
8:30 am - 4:30 pm
Closed some holidays

Telephone: (208) 522-4357
Website: ifsccc.org
Circulation: 750



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



2020-JULY

We reserve the right
to goof-up
occasionally

New Members

Charolette & James Colivin, Donna Zimmerman, Joanne Mitchell, Frances Chaffin, Marie Sovereign, John Lindsey, Patricia Benson, Janet & Dennis Lambert, Carolene & Parker Wadsworth, Mary Ann & Reigo Sivil, Gaylan & Paul Gibbons

AND FOR ALL OUR NEW MEMBERS... Please don't be a passive member! Get involved...Join in the daily activities. In most cases the daily activities are not created by the Center Management, they were created by members who asked "Can we do this?" Management is concerned with activities only in a support position. Please join us on any Wednesday morning at 8:45 AM for Wednesday Morning Coffee Break and . . .

NEW MEMBER GET-ACQUAINTED ! STAY FOR * BINGO AT 9:45 IF YOU WOULD LIKE

Thank You to all of our Volunteers

| | |
|-------------------|--------|
| Senior Hours | 232.50 |
| Non-Senior Hour | 131.00 |
| Board Member Hour | 54.00 |
| Work Detail Hours | 0.00 |
| <hr/> | |
| Total Hours | 417.50 |

We would like to thank the Board Members, Non-Seniors and ALL the seniors who keep the SCCC going by keeping all of our activities and programs running.

Warm Wishes To You All!

Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

The Senior Medicare Patrol (SMP) program, under the Eastern Idaho Area Agency on Aging, helps Medicare and Medicaid beneficiaries avoid, detect, and prevent health care fraud, errors and abuse. SMP trained staff and volunteers provide free counseling and education to the community. Remember to protect your Medicare card and only share your Medicare number with your trusted healthcare provider. Check your statements and bills for inaccuracies such as services you didn't receive, double billing, or services not ordered by your doctor. If you ever have questions about your Medicare Summary Notice or other healthcare statements or bills, give us a call and our trained counselors can help. **(208) 522-5391**

Thank You!

Monthly Supporters

*Bonneville County * United Way*

*City Of Idaho Falls * Medicaid*

Eastern Idaho Community Action Partnership

Thank You!

**THANKS TO THE MEMBERS WHO HELP US RELIEVE
THE PAIN OF THE ECONOMY:**

\$ 0 - \$ 99 Ruth & Mike Oar

\$100 - \$250 Steve Hiltbrand, Richard Dixon

**\$300—\$550 Mary J Helmer, Charles & Vicki Brooks,
Ruby Hall**

\$800-\$2,000

Thank You!

**Many thanks to the following entities for their recent
grants and donations!**

AmeriTitle

Community Food Basket

Fairwinds-Sand Creek

Metamorphosis Salon

One Eighty Foundation



We want to say thanks to our
VOLUNTEER DRIVERS
for the Meals on Wheels program.

3

We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. Your willingness to give of your time has enabled us to deliver our meals quicker, more timely and helps make sure that we don't have a wait list. You are a blessing to all.

Dave Noble, Randy Romine, John Burnside, William Brotherson, Patrick McCracken, Richard & Marion Myers, Rachel Porter, Jaden H., Chanse Powell-Senior Solutions, Becky Leatham, Macy Leatham, Misty Robinson, Wanita & John Bills, Debbie Yagues, Berta Dargie C'YA (Community Youth In Action), Steve Stowell, Jared and Karen Fuhriman, Don Yeager, Johannah Thompson, Marla Morgan, Tiffany Morris, Whitney St. Michael, Jeffrey Socher, Penny Shawl, Cheryl Steele

COME JOIN THE FUN

CALL FOR A TOUR TODAY!



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208-529-3456

We are the solution

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- Competitively Priced • Amazing Move In Specials

FYI

During the month of February our capable KITCHEN AND DELIVERY PERSONNEL served 187 take out meals, and produced and Delivered 5162 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 5349)

PLEASE Be Considerate

Snacks are put out for programs, but they are for everyone. Please, enjoy these snacks as you are enjoying the programs, but Please, do not take snacks out of the Center as we cannot incur that cost.
Thank you for your understanding.

Here are some facts about Seniors!

Older people are more prone to loneliness and depression and have a higher rate of suicide. In 1997, 20 percent of all U.S. suicide deaths were by individuals aged 65 and older.

In the United States, seniors account for 40 percent of all prescriptions although they form only 15 percent of the population.

There are 8,000 baby boomers in the United States turning 65 every day.

In 2013, adults over 65 constituted 14 percent of the population in the United States and will account for an estimated 20 percent by 2050.

There are already 55,000 Americans over age 100, and by 2050 the number of centenarians will reach 600,000—roughly the population of the entire state of Vermont!

The baby boom generation is more racially and ethnically diverse than any previous generation. By 2050, 20 percent of seniors will be Hispanic, 12 percent black, and 9 percent Asian.

Women are a majority of seniors, accounting for 57 percent of the U.S. population today and a projected 55 percent of Americans over age 65 by 2050.

Currently people over 65 years number 483 million in the world and by 2030 the number will reach 974 million. By the year 2025 approximately 18 percent of the world population will be seniors.

There are 72 men for every 100 women in the age group 'above 65 years' and there are 45 men per 100 women in the age group 'above 85 years.'

Reducing the death rate from heart disease or cancer by 20 percent would be worth around \$10 trillion to Americans. This would be more than one year's U.S. Gross Domestic Product.

Regular exercise prevents bone loss and incidence of fractures; it increases the muscle strength and hence the balance and co-ordination.

As per the Guinness Book of World Records - Jeanne Louise Calment was the oldest human who lived for 122 years and 164 days. She was born in France on February 21, 1875, and died at a nursing home in Arles, southern France, on August 4, 1997.

Eastern Idaho Area Agency on Aging: In-Home Services

Through your local Area Agency on Aging, you may receive help in the home if you qualify. Homemaker services provide care for older persons to help maintain, strengthen, and safeguard their personal functioning in their own homes. Homemaker services can include: light housekeeping, laundry, essential errands, and meal preparation. Additional assistance, through the Chore program, can help with larger projects, such as sidewalk maintenance, heavy cleaning or minor household maintenance. These services are no-cost to low-cost for consumers. Call your Eastern Idaho Area Agency on Aging for more information at (208) 522-5391.

Eastern Idaho Area Agency on Aging: Help with Medicare Costs

Under a grant project, the Area Agency on Aging provides outreach for federal and state Medicare subsidy programs. If you struggle paying for your Medicare healthcare costs, call your Area Agency on Aging, at (208) 522-5391, to learn more about your options, including the Medicare Savings Programs and "Extra Help". The Medicare Savings Programs are state programs, through Health & Welfare, that help pay for some Medicare Part A (hospital) and Part B (medical) costs. "Extra Help" is a federal program, through Social Security, that helps with Medicare Part D (prescription drug) costs. These programs offer varying amounts of assistance that you can qualify for depending on your income and assets.



Grandparents Corner

EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

A support group for individuals who are in need of information, resources and support regarding a variety of issues including: medical, legal, behavior and school issues. They meet on the **4th Tuesday of every month** from: **12:00pm – 1:30pm** at EICAP **935 E. Lincoln Road, IF, 83402,** Phone: **208-522-5391.**



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| 7 | | | | 1 | 4 | | | |
| | 8 | 1 | 9 | 6 | | | | 4 |
| 1 | | | 2 | 9 | | 4 | | 5 |
| 8 | | 5 | | | | | 7 | |
| 4 | 6 | | | | | | 3 | |

Medicare 101 Class

They have decided to arrange the classes so there is one every other month to increase attendance. They will be held on the second Thursday.

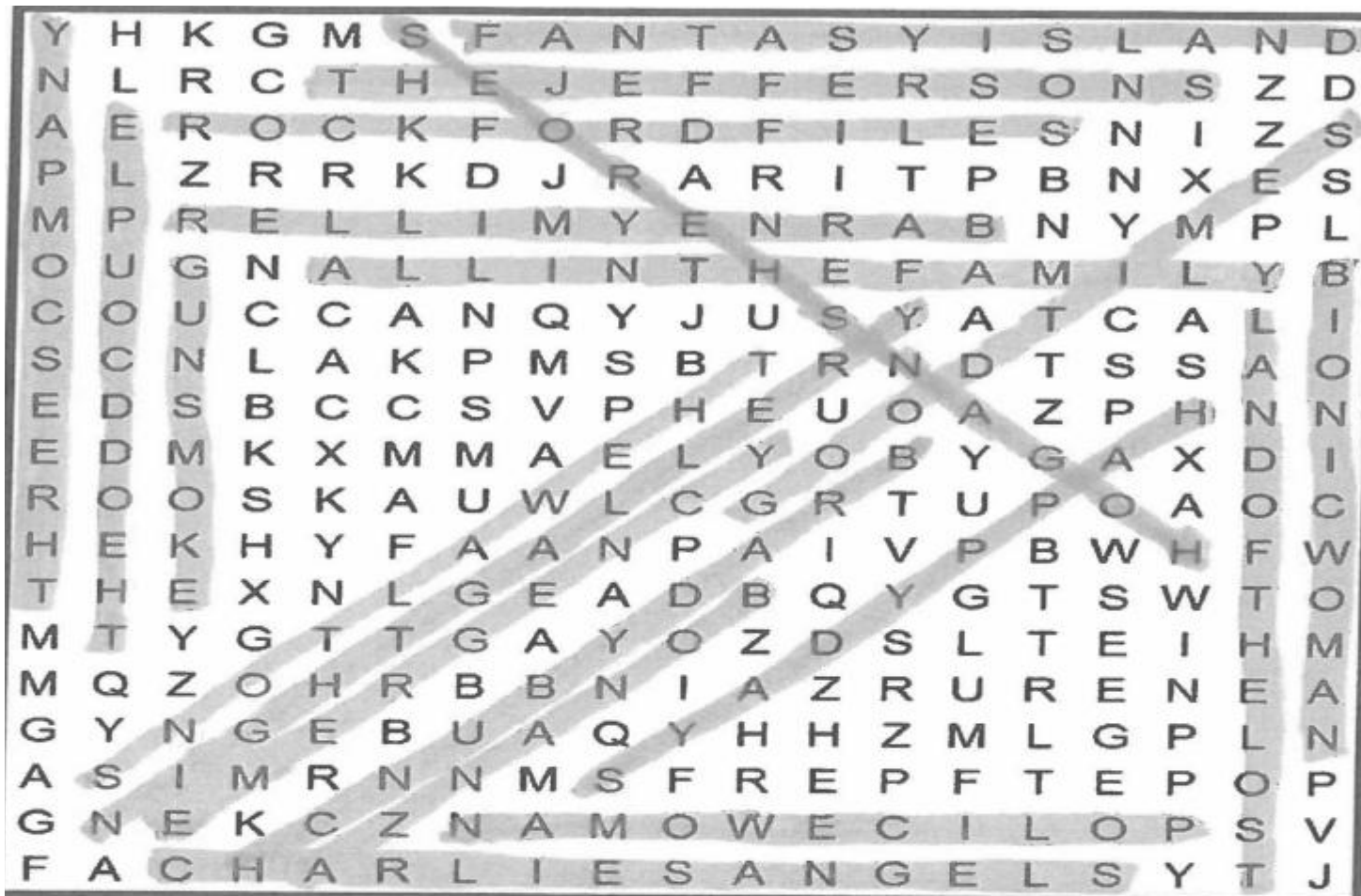
An easy exercise you can perform at home.

Chair Squats

Pretending that you are about to sit down in a chair can strengthen your entire lower body.

1. Stand in front of a chair with your feet as far apart as your hips.
2. Bend your knees while keeping your shoulders and chest upright.
3. Lower your bottom so you sit down.
4. Then push your body back up to return to a standing position.

Answer key From
June's NL



Wall Push-Ups

These push-ups can provide strengthening for your entire upper body with a focus on your arms and chest. But you don't have to get down on the floor and worry about being stuck there!

1. Stand in front of a sturdy wall, up to two feet away but as close as you need to.
2. Place your hands up against the wall directly in front of your shoulders.
3. Keep your body straight and bend your elbows to lean in towards the wall.
4. Stop with your face close to the wall and then straighten your arms to push your body away from the wall.

AARP DRIVER SAFETY PROGRAM

Third Tuesday Each Month (Except Dec. & Jan.)

9:00am – Until Done



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 taken. Call your insurance company to see if you qualify for a discount, and then call the SCCC at 522-4357 to register for the next available class. Wednesday the week before the class is the deadline to sign up.

Where: Senior Center -535 W. 21st St.

Time: 3rd Tuesday **ONLY** 9:00 – Until Done

Cost: \$20.00 per person

AARP members pay \$15.00 (Must bring AARP card.)

Advanced registration and payment is required.



Call today for a NO-COST review of your Medicare health plan options!

208-709-4355



- Medicare Advantage
- Medicare Supplement/Medigap
- Part D Prescription Drug Plans
- Final Expense Life Insurance

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2048 East 17th Street Suite F Idaho Falls, ID 83404



Ruby and Jason Hall have been volunteers who have supported seniors for a long time. They were at the ball game with me while we handed out information on prostate Cancer and the need for men to be tested. The sun was very hot that day and Jason noticed that I was having a stroke. He and Ruby got help for me fast and I recovered sooner than I would have otherwise. This time, Ruby wanted to donate to the Adopt A Senior Program, to help the Idaho Falls Senior Center keep the Meals on Wheels being delivered. The money will provide approximately 180 meals. Ruby has joined the many citizens who have donated to the program. We are taking care of our own.

Heart warming story about helping our community by Helen Stanton.

Do they have a 4th of
July in England?
Yes. That's how they get from the
3rd to the 5th.



JuicyQuotes.com | THE BEST JOKES TO SHARE





IDAHO
DEPARTMENT OF FINANCE

Brad Little
Governor

Patricia Perkins
Director

Page 1 of 2

2nd pg of article on Page 18

CONTACT:

Patricia Highley
Education Outreach Coordinator
Securities Bureau
(208) 332-8077

NEWS RELEASE

For Immediate Release

May 1, 2020

Financial Literacy Tip of the Week

Affinity Fraud: How Blind Trust Can Break the Bank

Boise, Idaho... Affinity fraud occurs every day at places of worship, in tight-knit ethnic or immigrant communities, at country clubs, in professional organizations, in online forums, and anywhere that people gather around a shared belief, interest, or goal. "Fraudsters join these groups and use the trust they build to convince members to invest in investment schemes or phony business projects to line their own pockets, leaving investors broke" said **Patricia Perkins**, Director of the Idaho Department of Finance.

What is Affinity Fraud?

Affinity fraud is a fraudulent financial scheme that involves a scammer who builds trust within a particular group, and exploits that trust to push fraudulent, non-existent, and too-good-to-be-true investments on other members of the group. Immigrant and ethnic communities with language barriers are frequent targets. By the time group members recognize the scammer for what he or she is, their money is gone. Frequently, victims fail to report the fraud to avoid embarrassment or because they want to handle it within the group, allowing scammers to prolong their schemes.

How Does Affinity Fraud Work?

A person committing an affinity fraud either is or becomes a part of a group of like-minded people. Once trust is gained, the scammer strikes. The scammer gathers money from investors in the group, and often pays returns using new investor money.

Investors Beware!

Know that it's common. Affinity fraud happens every day, all over the United States and Canada. Investors should be cautious if they are approached about an investment at church or in a community group.

Don't act on personal feelings. People who commit affinity frauds are usually very likable and seem trustworthy. Investors should never let their comfort with a person's character and status in the community replace adequate due diligence. Ask questions.

Don't act too quickly. If someone offers you a can't miss investment opportunity and puts you on the spot, don't be afraid to walk away. Never make an investment decision without understanding where your money is going, how it will be used, and how you can get it back.

Senior Communicator Newsletter

| Monday | Tuesday | 1 Wednesday | 2 Thursday | 3 Friday |
|--------|---------|---|--|---|
| MILK | MILK | Chicken Parmigiana Tropical Fruit Chuckwagon, Corn, Onion, Pep Corn, Hashbrowns MILK 0 Vanilla Tarts | Thai Pork Curry with Veggies Honey Dew Green Beans, Pepper, onions Rice Pilaf MILK | Philly Cheese Steak Sandwiches Watermelon Brussel Sprouts French Fries MILK 0 Cake with Strawberries |

| 6 Monday | 7 Tuesday | 8 Wednesday | 9 Thursday | 10 Friday |
|---|--|--|---|---|
| Chicken Laurel Orange Slices & Plums Veg Root Blend, Turnips, Red Yellow O Sweet Potato MILK Butter Scotch Pudding | Fish & Chips Apple Coleslaw Potato wedges MILK | Chicken Noodle Soup & cold Grape Carrot, Celery, Onion Noodles MILK 0 Vanilla Ice Cream | Tennessee Meat Loaf Banana Hot 3 Bean, Green, Wax, & Garbo Mashed Potatoes & Gravy MILK | Turkey Macaroni Calico Apricot Butter Nut Squash Elbow Macaroni Noodles MILK 0 Tapioca Pudding |

| 13 Monday | 14 Tuesday | 15 Wednesday | 16 Thursday | 17 Friday |
|--|---|---|---|---|
| Ham and Cheese Casserole Cantaloup Green Beans Penne Pasta MILK Vanilla Pudding with Wafers | Blueberry Pancakes & Eggs Blueberries Green Pepper & Onions Hashbrowns MILK Syrup & Butter | Cranberry Chicken Cranberry & Kiwi Onions & Broccoli Fried Onion topping MILK Cup Cake | Pork Penne Orange, Kiwi, Walnut Peas with Onions Pasta MILK | Patty Melt with onion & swiss Peaches Capri Blend, Celery, Zucchini, carrot Corn, Tator Tots, Bun MILK 0 Chocolate Peanut Cookie |

| 20 Monday | 21 Tuesday | 22 Wednesday | 23 Thursday | 24 Friday |
|---|--|--|---|---|
| French Onion Pork Chops Cinnamon Banana Winter Blend Mashed Potato MILK | Salmon Patties Pineapple Tomato, Cucumber, Onion, Carrot Chips MILK 0 Carrot Cake | Easy Cheesy Turkey Casserola Kiwi Spinach Egg Noodles MILK | Chicken/Sausage Apple Skillet Apples & Pears Baby Carrots & Kale Potatoes & Onions MILK 0 Peanut Cookies | Cowboy Pizza Apricots Pickles, Onions, Celery, Beans, Sq Corn, Pizza crust MILK Vanilla Pudding with Coconut |

| 27 Monday | 28 Tuesday | 29 Wednesday | 30 Thursday | 31 Friday |
|---|---|---|--|--|
| Chili Mac Apples Black & Kidney Beans Macaroni Noodles MILK | Grilled Chicken & Radish Salad Peaches Radish, Romaine salad, Tomato, G Crackers MILK 0 Strawberry Rhubarb Pie | Ham & Rice Watermelon Red and Green Pepper, Soy Beans Wild Rice MILK Tapioca Pudding | Maple Lemon Pork Chops Fruit Cocktail Norwegian Vegetables Au gratin Potatoes MILK Banana Bread | Turkey Sandwich Banana Baby Carrots & Celery Potato Salad MILK |

In Center Closed until Further Notice. Call weekly to see if open!

July 2020

Community

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|---|
| | | | 1 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle | 2 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp | 3 9:00a Beading Group 10:00a Rose's Coffee Grp 11:00a Fort Hall (DOW) ** | 4 8:00a Closed for Independence Day 4:30p Doors Open 6:00p Community Bingo |
| 5 10:00a Call Us At: 522-4357 Mon-Fri 8:30-4:30 | 6 10:00a Rose's Coffee Grp 12:30p Mah-Jongg | 7 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge | 8 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp | 9 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp | 10 9:00a Beading Group 10:00a Rose's Coffee Grp | 11 4:30p Doors Open 6:00p Community Bingo |
| <p>September 1st is a tentative opening date. You may call the Center mid August to get updates. Once the Center opens, in order to comply with social distancing, it will be open limited hours, with limited programs and number of participants allowed in. We are working on the Social Distancing Guidelines put in place by Gov. Brad Little.</p> | | | | | | |
| | | 9:00a Rose's Coffee Grp 12:30p DD Pinochle/Bridge | 10:00a Rose's Coffee Grp 12:45p Pinochle | 9:00a Rose's Coffee Grp 12:45p Art Class | | |
| 26 | 27 10:00a Rose's Coffee Grp 12:30p Mah-Jongg | 28 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 10:30a SCCC Brd Mtg 12:30p DD Pinochle/Bridge | 29 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle | 30 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp | 31 9:00a Beading Group 10:00a Rose's Coffee Grp | |

All of the programs in the Center are run by volunteers
At times the Volunteer may need to cancel the program.

Thank you in advance for your understanding.
Visit our Facebook page for latest Center activities.
See more info At IFSGCCC.ORG

** Call for an appointment or to sign up
*** Due to the increasing cost of supplies, the Eagle Rock Art Guild will be requesting \$2 per person per Art class to cover Their supply expenses. Classes are limited to 12 people. To ensure enough supplies for Art Classes, please sign up for them at 522-4357. Dead line is Wednesday at 2pm.
**** Play 16 games of bingo for as little as \$3.50



**JULY, 2020
Holidays**



July 1. Canada Day / Dominion Day Marks the anniversary of the enactment of the Constitution Act, 1867. This act united three colonies into a single country called Canada within the British Empire.

July 3. Compliment Your Mirror Day.



July 4. Independence Day (U.S.) . Federal Holiday also known as Fourth of July. Commemorating the Declaration of Independence of the United States on July 4th, 1776. The congress had voted to declare independence two days earlier, on July 2, but it was not declared until July 4th.



July 5. Build A Scarecrow Day - first Saturday in month A unique and fun festival that is celebrated each year in the USA in July. Scarecrows are special human-shaped figures that are created by farmers to scare the birds away.

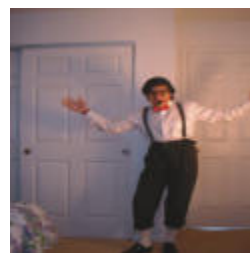
July 13. Barbershop Music Appreciation Day. The best way to join in barbershop Music day is to go straight into a barbershop and enjoy the music.



July 14. Bastille Day. Bastille Day Celebrates the storming of the Bastille in Paris which signaled the start of the French Revolution!!



July 15. Be a Dork Day. If you are a dork, stand up, be counted, and be proud.



July 20. National Ice Cream Soda Day. This day is dedicated to ice cream sodas, also known as ice cream floats, which are drinks consisting of ice cream in a soft drink.

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID C 4C 05-1113

13

Recipe: The Ultimate Breakfast Sandwich



Ingredients: Roasted tomatoes Croissants, 4 Slices of Bacon, 8 Eggs, Garlic Butter Sauce, Guacamole, Pepper Jack Cheese

Instructions: 1. Toast your Croissants for a few minutes in a 350 Degree oven, cut side down on a cooking sheet. You can also do this in the toaster if your Croissant fits in there. 2. When croissants are toasted and all other ingredients are out and ready, cook up your eggs. Soft scrambled. 3. Assemble sandwiches immediately, while eggs are at their best – a layer of tomato sauce, eggs, cheese, bacon, and guac on top. 4. If you do not have Croissants an English muffin will work.

Nutrition Facts: Serves 4. Calories per serving: 587 Total Fat-35.3g Sodium-657.3mg Dietary Fiber-2.6g Protein-26.5g Vitamin C-1.3mg Cholesterol-442.1mg Total Carbohydrate 20.1g Sugars 7.1g Vitamin A 342.6mg

FREE Skin Cancer Screenings



A preventative reminder that risk factors for skin cancer include:

- A lighter natural skin color
- A history of sunburns, especially early in life
- Skin that burns, freckles, reddens easily
- Family history of skin cancer
- A history of indoor tanning

More than 3.5 million skin cancers in over two million people are diagnosed annually. If you have any of these risk factors above and are concerned with a spot on your skin, now is the time to have it checked.

Cosmetic Dermatology:

- Botox
- Fillers
- Sclerotherapy
- Anti-Aging
- Skin Care Products

CALL 208-881-5241

Make your screening appointment today!

Daniel Marshall, D.O. | Cameron French, PA-C



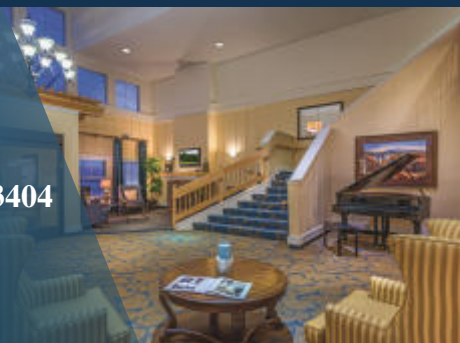
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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID D 4C 05-1113

YOUR BOARD OF DIRECTORS

| | | |
|-------------------|---|------------|
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| Jennifer Goddard | Bank of Idaho | |
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| Chanse Powell | Senior Solutions | |
| Jenna Martin | Eden Home Health | |
| Helen Stanton | Retired | |
| Dallin Furhiman | Morning Star | |
| Alex Martin | Life Care | |
| Jana Merkley | CEO Greater IF Ass. Of Realtors & Snake River Regional MLS | |

-----Non Voting Members-----

| | |
|--------------|------------------------|
| Thomas Hally | Mayor's Office Liaison |
| Valisa Say | Executive Director |
| Sarah Ryner | Associate Director |

The Board meets on the
4th Tuesday of each month,
from 10:30 AM to 11:55 AM
All meetings are open to the public

Caregivers Nook

EICAP Caregivers Support Group

A support group for individuals who are caring for loved ones and are in need of information, resources, and support. We cover a wide range of topics such as Safety, Health & Fitness, Self care, Family relationships, Daily care, Respite, Grief & End of life. We meet on the 1st & 3rd Tuesday of the month, from:

12:00-1:30 at EICAP [935 E. Lincoln Rd.](#)
I.F. [\(208\) 522-5391](#) Jodi

See you there.....

Idaho Falls Senior Citizens'
Community Center
535 west 21st street
PRESENTS

Also Known as
SENIOR
ACTIVITY CENTER

COMMUNITY
BINGO

Guaranteed
minimum
60%
payout

Every Saturday Evening
6 pm to 8 pm

Doors open at 4:30 pm

Also join us for FUN BINGO on WEDNESDAY MORNINGS
STARTS AT 9:45AM - 16 games for as little as \$3.50

* FOR EVERYONE - Not just for seniors
* Must be 18 years old or older to play
* Win CASH

WE ARE A SMOKE-FREE
AND ALCOHOL-FREE ENVIRONMENT
AND A NON-PROFIT ORGANIZATION

Eastern Idaho Area Agency on Aging: Information & Assistance

The Information and Assistance Program, within the Area Agency on Aging, bring people and services together. Information and Assistance provides current information on services available in the communities, links people to opportunities that are available, and provides follow-up to ensure people receive the services needed. Think of it as a local resource hub for everything senior. Call us to be connected to programs and services that you may need at (208) 522-5391

April's CARD GAMES INFORMATION
LUNCH 12:00 Noon CARDS 12:30 pm

Rules are on the bulletin board

All Games have a suggested donation
Or a required donation of \$1.00

Players should be registered
and at the tables by 12:15 pm

| WEDNESDAY PINOCHLE | | | |
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| | HIGH | 2ND | 3RD |
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| Card games for the month of March has been closed to the public due to the COVID-19 virus. Hope everyone is staying safe. We cannot wait to see all you again soon!! | | | |
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There were no card games for the month of May. The Center has been closed to the public due to the COVID-19 virus. Hope everyone is well and Staying safe. We cannot wait to see all your smiling faces again soon!!

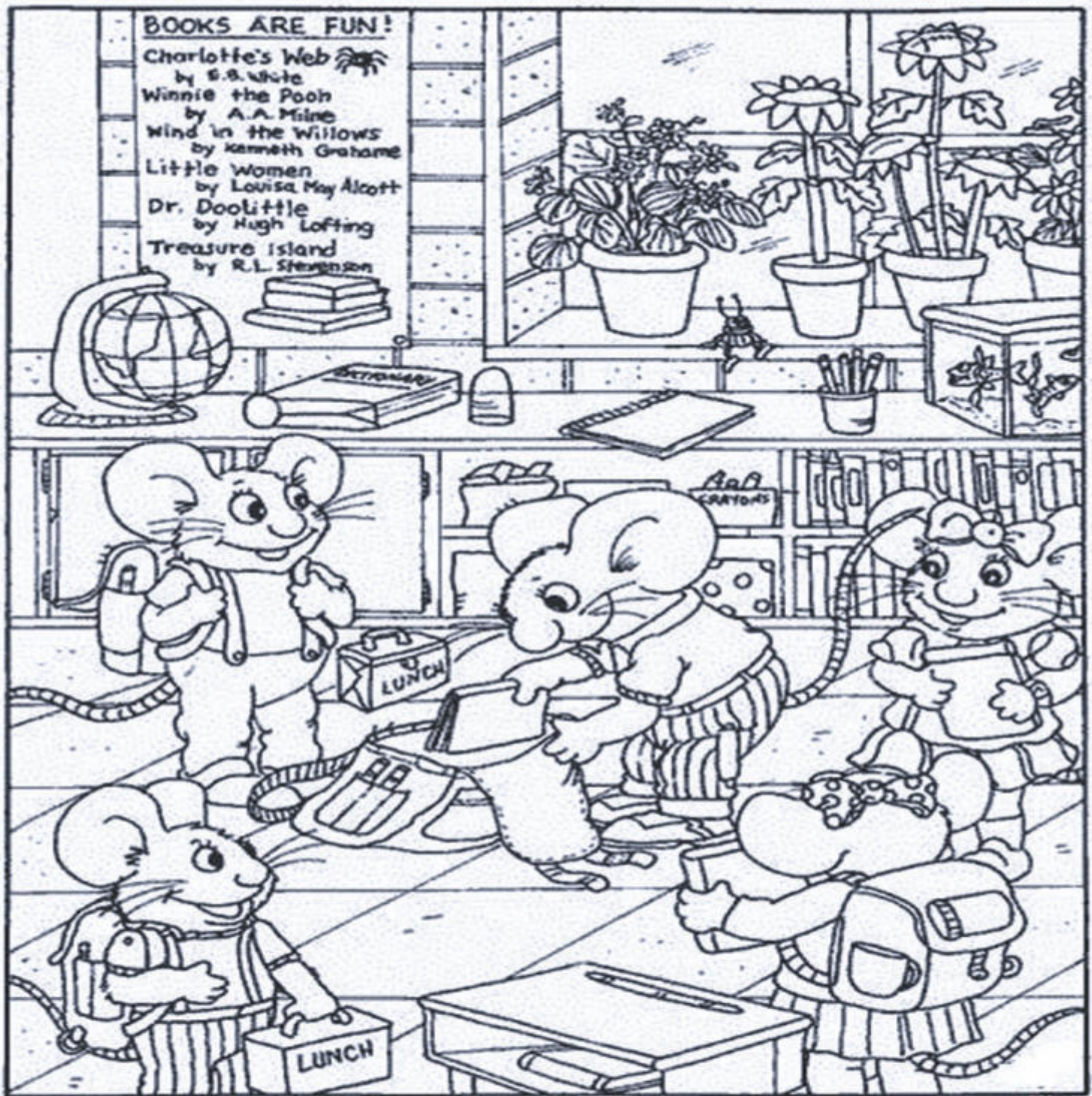
JUST A REMINDER

When you participate in an activity here at the Center, please sign the Sign-In Sheet provided. Most of the grants we apply for require information about how well the Center is being used. It will help the Center, and only take a few seconds.

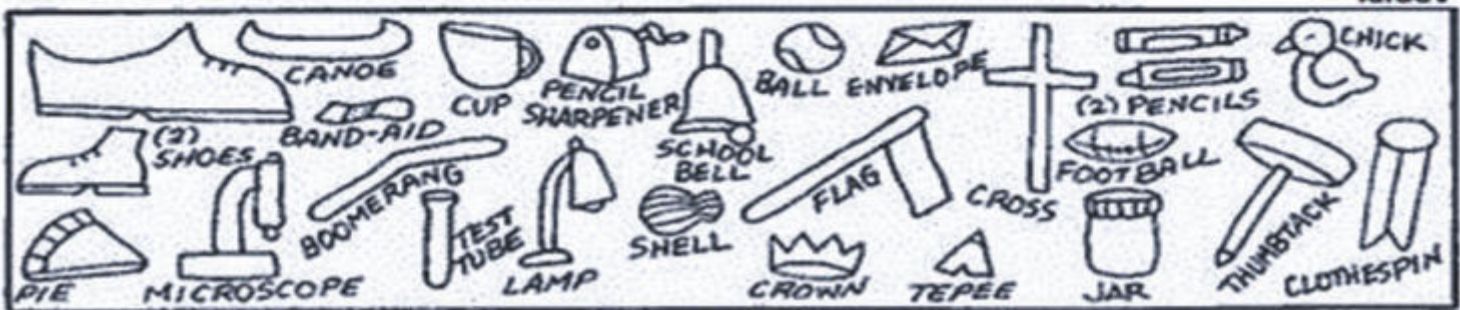
Thanks.....
your Board of Directors



Come in and sign up for the Fort Hall Trip on the first Friday of every month. Lincoln Court will pick you up at the Center for \$5.



faldov



Seniors in America demand and deserve high quality health care! Thank you for the new Part D Senior Savings Model, which provides a broad set of insulins at a maximum \$35 copay. It is about time. Please share this news and repost if you or a loved one living with diabetes may benefit from lower drug costs.

#insulinsavings

Click link below to see the information or you can copy the link paste into your browser.

<https://bit.ly/2TzptTK>

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**Eastern Idaho Area Agency on Aging:
Information & Assistance**

The Information and Assistance Program, within the Area Agency on Aging, bring people and services together. Information and Assistance provides current information on services available in the communities, links people to opportunities that are available, and provides follow-up to ensure people receive the services needed. Think of it as a local resource hub for everything senior. Call us to be connected to programs and services that you may need at

(208) 522-5391.

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NEWS RELEASE

May 1, 2020

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Everything has risk. There is no such thing as a risk-free investment, and anyone who promises otherwise is lying. Investors should always ask about the risks of the investment, and understand issues such as liquidity, investment time frame, rate of return, risk of loss, and how the proceeds of the investor's investment will be used to turn the promised profits.

Trust but verify. Affinity fraud frequently involves someone that the victim has known for many years. The simple fact that you've known a person for 20 years does not replace the need to ask questions about any investment opportunity, and to take pause if you don't understand it.

Always ask if the person and the security are registered. Please contact the Department or visit our website at www.finance.idaho.gov to check on the investment and the person salesperson. Regardless of how long you have known a person or been conducting business with an individual, it's worthwhile to do a quick search in the database to confirm up-to-date licensing and compliance. If the person isn't registered, ask why, and carefully consider if the investment is worth the risk.

The Bottom Line

It's up to you to be proactive and safeguard your investments from unscrupulous financial professionals. That begins with educating yourself concerning investments and checking out your broker before you invest. Please contact us or visit our website at www.finance.idaho.gov for more information!

* * * *

*Department of Finance Press Releases and a list of **free** financial literacy events can be found on the Internet at www.finance.idaho.gov and may be obtained by contacting the Department at (208) 332-8000 or Idaho toll-free at 1-888-346-3378.*

Medicare Information



- To learn about Medicare eligibility or to apply, visit www.ssa.gov/medicare/mediinfo.html or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- If you do not sign up for Medicare Part B (medical insurance) when you are first eligible, or if you cancel Part B and then get it later, you may have to pay a late enrollment penalty for as long as you have Part B.
- For questions about Medicare coverage and billing, visit www.Medicare.gov or call **1-800-MEDICARE (1-800-633-4227)** (TTY **1-877-486-2048**).
- The Extra Help program may help pay the costs of a Medicare Prescription Drug Plan for people with limited income and resources. Costs include premiums, deductibles, and co-payments. You can apply online at www.ssa.gov/medicare/prescriptionhelp or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- The Medicare Savings Programs may help pay for Medicare premiums and other out-of-pocket costs for people with limited income and resources. You can start the application process when you apply for Extra Help or you can contact your State or local medical assistance (Medicaid) office.



Sudoku Solution
from June's NL

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 2 | 8 | 9 | 4 | 5 | 6 | 1 | 3 |
| 3 | 5 | 1 | 8 | 7 | 6 | 2 | 9 | 4 |
| 4 | 6 | 9 | 1 | 2 | 3 | 8 | 7 | 5 |
| 9 | 8 | 3 | 6 | 1 | 2 | 4 | 5 | 7 |
| 6 | 1 | 7 | 3 | 5 | 4 | 9 | 2 | 8 |
| 5 | 4 | 2 | 7 | 8 | 9 | 1 | 3 | 6 |
| 8 | 3 | 5 | 2 | 6 | 1 | 7 | 4 | 9 |
| 2 | 7 | 4 | 5 | 9 | 8 | 3 | 6 | 1 |
| 1 | 9 | 6 | 4 | 3 | 7 | 5 | 8 | 2 |

Idaho Legal Aid

www.idaholegalaid.org

A non-profit Idaho law firm and community education organization. Idaho Legal Aid Services offers a Senior Legal Hotline and a Domestic Violence Legal Advice Line for many qualifying Idaho citizens.

If you are a **senior (age 60 or older)** and you need help with a legal problem, have a question you think a lawyer should answer, or have been sued and don't know where to turn, call our **Senior Legal Hotline:**

(866) 345-0106 or Español (866) 954-2591

(toll free); (208) 345-0106 (Boise calling area)

Hours of Operation: Monday - Friday* 9:00 AM - 3:00 PM (MST) **Excluding holidays and other office closures.*

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| Bingo Wednesday & Saturday (Bev) | \$0.00 |
| Bridge-2nd Monday | \$0.00 |
| Bridge | \$0.00 |
| Bridge—(Bev Only: Both) | \$0.00 |
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| Hand & Foot | \$0.00 |
| Country Line Dancing | \$0.00 |
| Mah-Jongg | \$0.00 |
| Pinochle | \$0.00 |
| Pinochle (Bev Only) | \$0.00 |
| Pool | \$0.00 |
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| Tai Chi | \$0.00 |
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| Woodcarvers | \$0.00 |
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