



## 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-April

We reserve the right  
to goof-up  
occasionally

### New Members

**James & Jodi James, May Shumaker, Patricia Hall, Richard Burke, Billy Shannon, Wauline Miller, Toone Burkham, Margaret & Sylvan Greenhalgh, David & Thelma Siebert, Cecilia Eckley, Ray Fields, Kraig Parkinson**

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	431.50
Non-Senior Hour	677.50
Board Member Hour	71.00
Work Detail Hours	135.00
<hr/>	
Total Hours	1315.00

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!**

### 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** Deana Burke, Wendy Savkranz, Betty & Michael Boulter, Sally Scheer, Brandon & Kylonna Egan, Phyllis & Paul Tobias, Shelby & Vicki Beatty, Charles & Judy Stanley, Terese Bonney, Bryce & Krystal Taylor, Bradford & Jennifer Talcott, Barry Knox, Revel & Lynet Smith, Ronald & Nita Hix, Richard & Lori Fisher, Michael Davis, Mildred & Dean Haymond/ Christine Nelson, Susan Christensen, Danny Beard, Sarah Ryner, Pamela Waagen

**\$100 - \$250** Marianne Petersen, Ralph & Linda Moncrief in memory, Don & Sue Gossweiler, Tom Rahl

**\$300—\$550** Mary Nagel, Lenore Johnson, Alice & Gary Wilson

**\$800-\$2,000** Walt & Linda Reuter

#### Thank You!

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

**\*Bonneville County Employees \*Fraternal Order of the Eagles**

**\*Ladies Auxiliary No.576\***

**Fraternal Order of the Eagles-Grand Aerie #576\***

**\*INL-Battelle Energy Alliance\***

**\*Intermountain Gas Company\***

**\*MDU Resources Foundation\* P.E.O. Sisterhood Chapter BI\***

**\*P.E.O. Sisterhood Chapter AA\* Potandon Produce\***

**\*Telecom Pioneers\***

**\*United Way of Idaho Falls & Bonneville County Inc\***







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

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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, Alecia Coburn & Melissa Kemmerer-Lincoln Court,  
Beth Ferrara-Century 21 High Desert,  
Marci Barker, Trevor Arehart, Aurora Arredondo & Shannon Shearer-East Idaho Credit Union,  
Chanse Powell-Senior Solutions, Becky Leatham, Christy Manley, Clarissa Mecham,  
Misty Robinson, Wanita & John Bills, Debbie Yagues, Berta Dargie C'YA (Community Youth In  
Action), Steve Stowell, Jared and Karen Fuhrman, Alex Martin-Life Care Center,  
Dennis & Virginia Haines, Victoria Whitney, Don Williams -Fairwinds, Don Yeager, and  
Johannah Thompson

Just a small reminder,  
so that you'll know  
We surely do appreciate,  
how you help us  
grow!

Thanks  
FOR **VOTING US**  
THE

**#1 RETIREMENT**

COMMUNITY FOR THE  
FOURTH YEAR IN A ROW

Lincoln Court has been providing a  
stellar Retirement Experience for the  
Seniors in our area for over 40 years!



CONGRATULATIONS TO  
**MATTHEW JOHNSON**  
BEST OF 2019 WINNER FOR BEST BOSS



CONGRATULATIONS TO  
**OLIVIA BECKMAN**  
BEST OF 2019 WINNER FOR BEST NURSE

CALL US TO JOIN THE PARTY!

**208-529-3456**

850 Lincoln Drive • Idaho Falls, Idaho

**come JOIN THE fun!**



- Weekly Scenic Drives • Picnic at Mesa Falls • Trip to Jackson Hole
- Fishing at Black Tail Reservoir • Picking Wild Raspberries in Roberts
- Chukars Baseball Games • Bear World • Senior Day at the Zoo
- Yellowstone National Park • Zoo Mobile • Rent Out Movie Theater
- River Concerts • Wii Bowling

**LINCOLN ★ COURT**

INDEPENDENT, ASSISTED LIVING & MEMORY CARE



FYI

*During the month of February our capable KITCHEN AND DELIVERY PERSONNEL served 512 meals at the center, and produced and Delivered 4823 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 5323)*

Sudoku Solution will be in May NL

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

## 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.

## 2. 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

## Firecracker Grocery Drawing

Idaho Falls Senior Activity Center

208 522-4357

Tickets:  
2 for \$5  
4 for \$10  
6 for \$15  
8 for \$20  
10 for \$25

### WINCO Gift Cards

1st Prize - \$300  
2nd Prize - \$200  
3rd Prize - \$150  
4th Prize - \$100

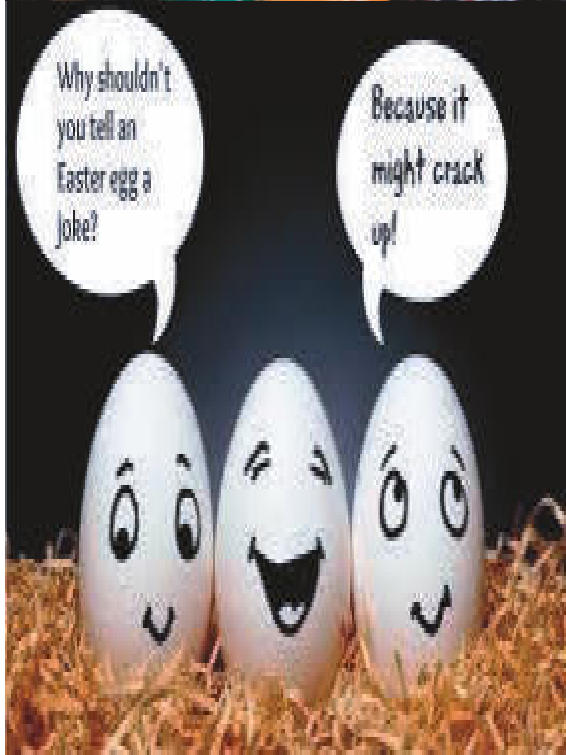
Prize Drawing  
3rd Wednesday of June  
At Lunch 12:00 pm



Need NOT be present to win !!

Firecracker Grocery Drawing is here yet again this year! Come buy your tickets for your chance to Win a Grocery Card! 1st-\$300 2nd- \$200 3rd-\$150 4th-\$100





## 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.**

## Eastern Idaho Area Agency on Aging

Our mission is to help seniors live independently, in their own homes, for as long as possible. In addition, we advocate for the rights and well-being of all seniors, including those who live in long term care facilities. We do this by contracting, supporting, and providing a variety of services, including:

[Adult Protection](#) / [Caregiver Programs](#) / [Nutrition Sites](#) / [Grandparents Raising Grandchildren](#) / [In-Home Services](#) / [Long Term Care](#) / [Ombudsman](#) [Senior Centers](#) / [SMP/MIPPA](#) / [Transportation](#) / [Volunteer Programs](#), [Information & Assistance](#)

### Information & Assistance

The Information and Assistance Program brings people and services together by:

Providing the individuals with current information on opportunities and services available to the individuals within their communities, including information relating to assistive technology.

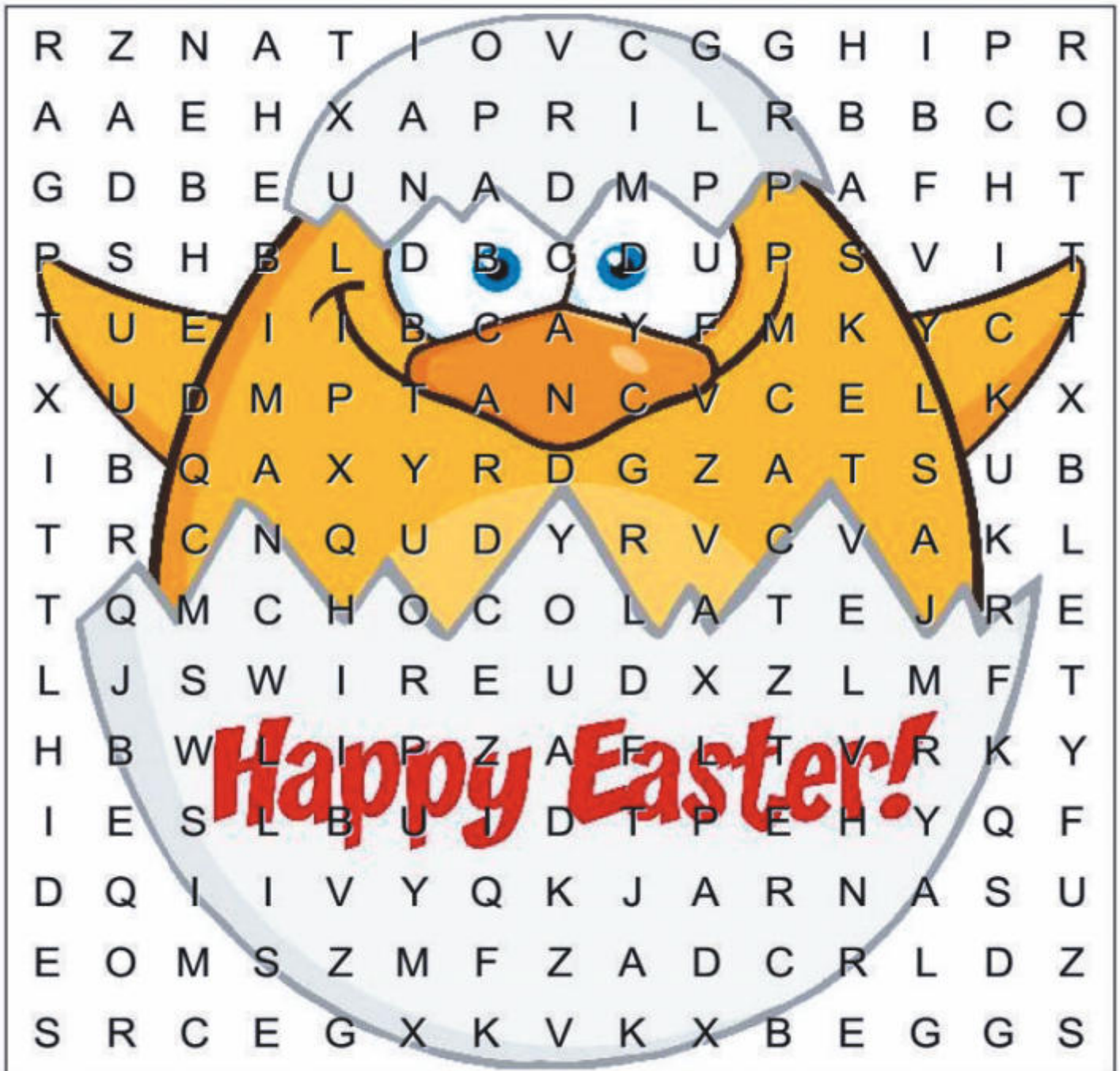
- Assessing the problems and capacities of the individuals.
- Linking the individuals to the opportunities and services that are available.
- To the maximum extent practicable, ensuring that the individuals receive the services needed by the individuals, and are aware of the opportunities available to the individuals, by establishing adequate follow-up procedures. Serving the entire community of the older Individuals, particularly older individuals with greatest social need; and older individuals with greatest economic need.

**For additional information**, call the Area Agency on Aging at (208) 522-5391. We are located at 935 Lincoln Road, Idaho Falls, Idaho 83402

Answer key  
will be in  
May NL

## Easter Word Search Puzzle

[www.KidsCanHaveFun.com](http://www.KidsCanHaveFun.com)



Eggs  
Hides

Rabbit

Candy

Chick

Chocolate

Card

Basket

April



### 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.



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### 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. 21<sup>st</sup> St.

**Time:** 3<sup>rd</sup> 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.**



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

## **eat right.** Academy of Nutrition and Dietetics

### **EAT RIGHT**

#### **Food, Nutrition & Health Tips from the Academy of Nutrition and Dietetics**

##### **20 Ways to Enjoy More Fruits & Vegetables**

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.\*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.

Article continues on page 9

The EICAP Area VI Agency on Aging presents  
4th Annual **FREE SENIOR HEALTH & SAFETY FAIR**

Make your  
**Golden**  
years count!

Entertainment by the Gypsy Cabaret Belly Dance Troupe and others

Food for purchase  
Raffle prizes

**Saturday, May 2, 2020, 10am - 2pm**  
**College of Eastern Idaho Cafeteria (Building 3) 1600 S. 25th E., Idaho Falls**  
Learn how to better manage your health and enrich your lifestyle!

**Sponsors:**

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- Answers
- MOLINA HEALTHCARE
- Edward Jones
- D.L. Evans BANK

**Special Thanks to:**

- Ahrens Deangelis Law Group
- Good Samaritan Society
- Hospice of Eastern Idaho
- Idaho Falls Senior Citizens' Community Center
- College of Eastern Idaho
- EASTERN IDAHO Community Action
- aaa





Continued  
from page 8

For a referral to a registered dietitian  
nutritionist and for additional food  
and nutrition information visit  
[www.eatright.org](http://www.eatright.org).



Academy of Nutrition  
and Dietetics

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8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.\*
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

\*See "Color Your Plate with Salad" at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets) for more tips on creating healthy salads

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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## Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: April 2020

0 Monday	0 Tuesday	1 Wednesday	2 Thursday	3 Friday
		Lasagna	Sweet & Sour Pork	Chicken Nuggets
		Apples	Pineapple Juice	Pears
		Italian Blend, Onions, Crushed Tom	Lima Beans, Green Beans, Peas	Green Beans
		Lasagna Noodles	Corn	Breading
MILK	MILK	MILK	MILK	MILK
			Cream Puff	

2nd Choice: Pork Chops

6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday
Mediterranean Tuna Antipasta	Turkey Tetrizzini	Cherry Glazed Ham	Salisbury Steak & Brown Gravy	Egg Benedict
Cantaloup	Apricots	Pineapple	Plums	Cherries
Chick Peas, Black eyes peas, Kidney	Onion, Zucchini & Squash	Winter Blend	Zucchini	Tomato Slice, Spinach
WG Muffin	Penne Pasta	WG Rolls	Mashed Potatoes & Gravy	English Muffin & Country Potatoes
MILK	MILK	MILK	MILK	MILK
Jello with Fruit Cocktail		Carrot Cake w Cream Frosting		Cupcakes

2nd Choice: Baked Chicken

2nd Choice: Roast Beef & Gravy

2nd Choice: Chicken Strips

13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
Taco Salad	Tuna Crescent Ring	Pulled Pork Sandwich	Sliced Turkey	Chicken Salad on Lettuce
Kiwi	Grapes	Grapes & Pineapple	Mixed Fruit	Grapes
Romaine, Olives, Tom, Onion, Pepper	Peas & Carrots	Coleslaw	Lima Beans, Peas, Carrots, & Green	Romaine, Onions, Celery, Carrot &
Taco Bowl	Ring Dough	Bun & Chips	Sweet Potatoes	WG Sliced Bread
MILK	MILK	MILK	MILK	MILK
	Rice Pudding		Yellow Cake Chocolate Frosting	

2nd Choice: Lemon Chicken

2nd Choice: Polish Dogs

20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
Turkey Meatballs W/ Gravy	Ham and Beans in Gravy	Salad W/ Turkey & Cheese	Chicken Pot Pie	Breaded Veal & Gravy
Tropical Fruit	Blueberries	Grapes	Orange Juice	Cantaloup
Capri Blend	Onions, & Scandinavian Blend Veg	Romaine Spring Mix, Tomatoes, On	Peas, Carrots	Carrots
Mashed Potatoes & Gravy	Diced Potatoes	Sliced Bread	Potato	Mashed potatoes & Gravy
MILK	MILK	MILK	MILK	MILK
Chocolate Cake		Jello and Pears		Vanilla Pudding

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	29 ROUTE ONLY
Chicken Cordon Bleu	Swiss Steak W/ Tomato Chunks	Salad Bar & Vegetable Beef Soup	Pork Fried Rice & Vegetables	Garlic & Herb Fish
Pineapple	Apple	Peaches	Pears	Cherries
Carrots	Zucchini	Peppers, Onions, Tom, Cuc, Onion	Vegetable Pot Stickers	Asparagus
Breading	Wild Rice	Croutons, Fried Onion Topping	Rice	
MILK	MILK	MILK	MILK	MILK
	Bread Pudding		Tapioca Pudding	

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



# April 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 9:55a Rose's Coffee Grp 1:00p Use it Don't Lose it	3 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 11:00a Fort Hall (DOW) **	4 4:30p Doors Open 6:00p Community Bingo
5 10:00a Call Us At: 522-4357 Mon-Fri 8:30-4:30 Visit Web Site At IFSGCC.ORG	6 9:00a Use it Don't Lose it 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	7 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	8 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:00p EASTER LUNCHEON 12:45p Pinochle	9 9:00a Wood Carvers 9:55a Rose's Coffee Grp 12:45p Art Class 1:00p Use it Don't Lose it	10 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp	11 4:30p Doors Open 6:00p Community Bingo
12	13 9:00a Use it Don't Lose it 10:00a Rose's Coffee Grp 12:30p Mah-Jongg 12:30p Bridge 2nd Monday ** Ruth 524-0643	14 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	15 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:00p Health Info Pres. 12:45p Pinochle	16 9:00a Wood Carvers 9:55a Rose's Coffee Grp 1:00p Use it Don't Lose it 3:00p INL Ret Brd Mtg	17 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp	18 4:30p Doors Open 6:00p Community Bingo
19	20 9:00a Use it Don't Lose it 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	21 9:00a AARP Driver Class 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	22 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	23 9:00a Wood Carvers 9:55a Rose's Coffee Grp 12:45p Art Class 1:00p Use it Don't Lose it	24 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp	25 4:30p Doors Open 6:00p Community Bingo
26	27 9:00a Use it Don't Lose it 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	28 9:55a Rose's Coffee Grp 10:00a Vol Lawyer ** 10:30a SCCC Brd Mtg 12:30p DD Pinochle/Bridge 3:30p Tai Chi	29 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	30 9:00a Wood Carvers 9:55a Rose's Coffee Grp 1:00p Use it Don't Lose it		

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

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 [IFSGCC.ORG](http://IFSGCC.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

# 5 Quick Tips to Boost Your Immune System



**SLEEP:** Our immune system works the hardest when we are sleeping. Studies show that getting less than 7 hours of sleep/night **DOUBLES** our risk of illness.

**EAT** more fruits and vegetables: Antioxidants, only found in plant foods, will bolster immunity. A minimum of 5 fruits/vegetables daily is a great start!

**MOVE:** Exercise increases our circulation and gives our immune system a lift, as well as our mood. Physical movement outdoors enhances the immune benefit of exercise. Phytoncides, essential oils emitted from the woody part of plants, strengthen our immune system's "natural killer" cells.

**VITAMIN D:** This "sunshine vitamin" is a natural immune booster. The recommended daily value is 400 IU; for those over age 50, 700-800 IU/day is recommended. Check with your health care provider if Vitamin D supplementation is right for you.

**STRESS LESS:** Emotional stress taxes our immune system. Find ways to "destress". For many, exercising, practicing yoga or meditation, listening to music, reading, or journaling refresh emotions and bring balance to thoughts and feelings.

**Leslee Blanch, RDN, LD**

**Family Consumer Science Associate Extension Educator**

**University of Idaho, Bonneville County Extension**

**[lblanch@uidaho.edu](mailto:lblanch@uidaho.edu) (208)529-1390**

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## Recipe:

### Spinach+ Mushroom Gnocchi Casserole



**Ingredients:** Serves 4-6 17.5 oz Package gnocchi, 2 Tbls Olive Oil,

1 Large Shallot finely chopped, 3 garlic cloves minced, 8 oz Crimini mushrooms sliced, 2 tbls fresh thyme, 1/4 cup parsley finely chopped, 3 c baby spinach, tightly packed, 3/4 c whole milk ricotta cheese, 1 1/2 c shredded Mozzarella Cheese, 1 tsp salt, 1/2 tsp freshly cracked black pepper.

**Instructions:** **1.** Pre-heat oven to 350, and bring a pot of salted water to a boil. Cook the gnocchi according to package, drain and set aside. **2.** Heat oil over med heat in a large pan, add chopped shallot and saute until lightly golden (about 2-3 min) Add Minced garlic, and cook another min. Add in the sliced mushrooms, tossing occasionally, and cook until soft and fragrant, about 3-5 min. fold in thyme, and chopped parsley toss to coat. Add in spinach leaves and mix until wilted (about 1 min) Then mix in the cooked gnocchi. **3.** Add the ricotta cheese, shredded mozzarella, salt and pepper to the pan, mix until evenly incorporated. **4.** Transfer the contents of the pan to an 8X8-inch casserole dish and sprinkle the parmesan cheese over the top. Bake in your preheated oven for 25 min or until the cheese is melty and deeply golden. Let the casserole cool slightly before serving and eating.

## FREE Skin Cancer Screenings



A preventative reminder that risk factors for skin cancer include:

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

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.

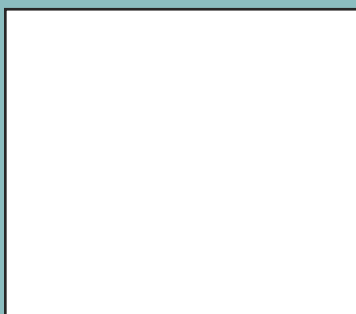
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Daniel Marshall, D.O. | Cameron French, PA-C



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

D 4C 05-1113

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Linda DeLia	Retired Medical Editor	Vice chair
Arianne Holt	Idaho Legal Aid Service	Secretary
Steve Hiltbrand	Retired Bank Executive	Treasurer
Lew Eaker	Retired Engineer	
Karl Casperson	Bonneville County Sheriff Office	
Jeanie Brady	Good Samaritan	
Alecia Coburn	Lincoln Court Retirement	
Jennifer Goddard	Bank of Idaho	
Adrienne Winovich	Retired	
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	
-----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



**January 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			
	HIGH	2ND	3RD
5th	Jack	Bill	Mae
12th	Gene	Jack	Russell
19th	Bill	Jack	Nancy
26th	Janet	Gary	Gene
	HIGH	2ND	3RD
	HIGH	2ND	3RD

2ND MONDAY BRIDGE			
	HIGH	HIGH /Tied	2ND
10th	Norman	Bill	Kitty
TUESDAY BRIDGE			
	HIGH	2ND	3RD
4th	Kitty K	Adrianne	Norm
11th	Bill	Norm	Adrianne
18th	Kitty	Ruth	Hank
25th	Bill	Kitty	Adrianne
TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD
4th			
11th			
18th	Kat	Jack	
25th			

## 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.*



## IDAHO EMS BUREAU

### Physician Orders for Scope of Treatment (POST) form

#### Instructions

#### General Information:

- The POST form is available for on-line completion on the Idaho Secretary of State Health Care Registry Website: <http://www.sos.idaho.gov/general/hcdr.htm>
- The form is password protected. Passwords are available to Idaho licensed physicians and Idaho licensed health care facilities. *To obtain a password, send an email* with the physician or facility name and license number to [idahopost@dhw.idaho.gov](mailto:idahopost@dhw.idaho.gov)
- The form is interactive and will not permit multiple entries where only one entry is allowed. The form should be completed on-line and then printed. Printing blank copies and hand entering information is discouraged.
- Your computer must be attached to a printer in order to print a completed POST form.
- Once you close the POST form, Information entered on the form will NOT be saved.
- “Ctrl Z” on your keyboard will undo the last action (helpful for clearing a check from a box in the form)

#### After the form is printed and signed:

- Provide the original, signed POST form to the patient.
- Make copies as appropriate for the patient’s records and healthcare environment(s).
- Instruct the patient to display the POST form in a conspicuous location at home, carry a copy with them and/or wear POST/DNR jewelry (see below).
- Patients may register a copy of their completed post form with the Secretary of State's office. For inclusion in the health care directory, the post form must be accompanied by a registration request that may be downloaded from the Idaho Secretary of State Health Care Directive Registry website. Details about the registry and the registration request are available at: <http://www.sos.idaho.gov/general/hcdr.htm>
- POST/DNR jewelry is not required but is available through the Idaho Quality of Life Coalition after the health care provider completes and signs the POST form. E-mail the Idaho Quality of Life Coalition [info@idqol.org](mailto:info@idqol.org) about jewelry if desired

Updated 8/2013



When publicly referring to this grant, we ask that you acknowledge that the project or program was funded (or funded in part) by The Potandon Foundation in the Idaho Community Foundation



A thank you and Acknowledgement to Bonneville County Employees for always thinking of us!

**A BIG THANK YOU TO ALL**  
P.E.O Sisterhood Chapter B1  
P.E.O Sisterhood Chapter AA  
Fraternal Order of Eagles Ladies Auxiliary No. 576  
Fraternal Order of Eagles  
MDU Resources Foundation member company  
Intermountain Gas, & employee Lenore Johnson.

17

**Thrive**  
*Locally*

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➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

**Todd Loepfe to place an ad today!**  
tloepfe@4LPi.com or (800) 950-9952 x2509

## NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

aPlace for Mom.

◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

*There's no cost to you!*  
**(888) 672-0689**

We're paid by our partner communities

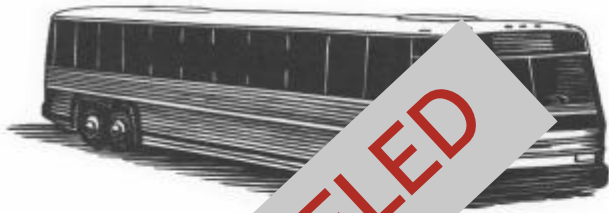


For ad info. call 1-800-950-9952 • [www.4lpi.com](http://www.4lpi.com)

Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

# Jackpot Bus Overnight



## RSVP

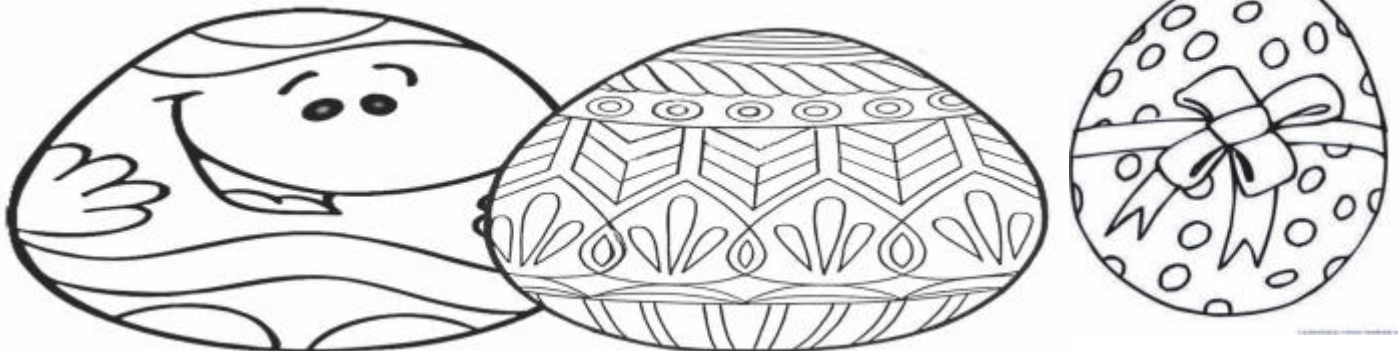
Please let us  
know if you can  
or can not go.  
Call 522-2103.

**April 5th, 2020**

Bus on leaves Idaho Falls at 7:30 AM behind Arby's  
Broadway.

Leaves Pocatello at 8:30 AM behind Red Lobster  
by Pine Ridge Mall.

Cost includes ride and overnight room at Barton's 93. Please call  
Judy or Bill at 522-2103 after 7:00 PM for reservations.



## Medicare Information



- To learn about Medicare eligibility or to apply, visit [www.ssa.gov/medicare/mediinfo.html](http://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](http://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](http://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.



**Eastern Idaho Area Agency on Aging**  
Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partnership—EICAP) is an essential resource in the community, working to maintain the independence and dignity of Eastern Idaho's seniors and caregivers. We do this by connecting seniors with services and community resources. We are a non-profit that receives federal, state, and local funds to run our programs. Area Agency on Aging offers several types of services and support for senior and caregivers including home and community-based services, supportive services, and advocacy programs. Many of our services are at a no-cost or low-cost for consumers. It's easy to get help. Give us a call us at (208) 522-5391.

**Idaho Legal Aid**  
[www.idaholegalaid.org](http://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.*

**PROGRAM DONATIONS FROM CENTER  
FOR THE MONTH OF January**

Beading	\$16.00
Bingo Wednesday & Saturday	\$1,244.93
Bingo Wednesday & Saturday (Bev)	\$34.00
Bridge-2nd Monday	\$8.00
Bridge	\$34.00
Bridge—(Bev Only: Both)	\$13.00
Double Deck Pinochle	\$39.00
Fit & Fall Exercise	\$240.00
Hand & Foot	\$4.00
Country Line Dancing	\$99.75
Mah-Jongg	\$9.00
Pinochle	\$51.00
Pinochle (Bev Only)	\$8.00
Pool	\$142.89
Spanish Class	\$38.50
Tai Chi	\$43.00
Rose's Gentlemen's Group	\$95.00
Wednesday Morning Coffee	\$1.00
Woodcarvers	\$26.00
Use It Don't lose it	\$38.00
Congregate lunch (Beverage only)	\$6.73
Other	\$5.00
<b>Total</b>	<b>\$2,196.80</b>



"The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202)720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Ave., SW Washington D.C. 20250-9410 or call (202)720-5964 (voice or TDD). USDA is an equal opportunity provider and employer." Locally, write to EICAP, P.O. Box 51098, Idaho Falls, ID 83405 or call (208)522-5391.



SCCC COMUNICATOR  
Senior Citizen's Community Center, Inc.  
535 West 21st Street  
Idaho Falls ID 83402-4528

DATED MATERIAL—PLEASE DON'T DELAY  
RETURN SERVICE REQUESTED

Non-Profit Organization  
U S POSTAGE PAID  
Idaho Falls, ID 83401  
Permit #155



## The Senior Citizen Activity Center, Inc.

Is a United Way Agency. Thanks to you, it continues to work for all of us!

### APRIL FLOWERS OF THE MONTH



April  
SHOWERS  
BRING  
May  
FLOWERS