



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: ifscac.org
Circulation: 750



January



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



2021
January

We reserve the right
to goof-up
occasionally

New Members Elena Howell, Glenn & Elma Smith, Ronald Raymond, Noe Cortez, Douglas Antol, David Reade, LaDonna Taylor, Robin Wagner, Mark Burkley, Allen Thiel, Peggy Williams, Ron Apgar, Jacqueline Hays, Doris Wise, Perry Smith, Georgia Phillips, Carol Miller, Larry Watson, Monette Moreno, Larry Hansen

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	252.00
Non-Senior Hour	98.00
Board Member Hour	31.00
Work Detail Hours	0.00
<hr/>	
Total Hours	381.00

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!

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 6 Anonymous-Karen Armstrong & Needle Art Group, Phyllis and Paul Tobias, Susan & Charles Spencer, Linda & William Windells, Mary Vanhuizen, Don Yeager

\$100 - \$250 Linda Delia, Ann Mitchell, Jill & Chris Landon, Rebecca Case, Stan & Amy Marko, Danny & Holly Tran, Pamula Stronks,

Thank You!

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

Fraternal Order of Eagles Ladies Auxiliary

The Bridge Church

Newcomers Club of Idaho Falls

Fraternal Order of Eagles-Grand Aerie

Glenwood Smoked Products

City Bagels

SGK Idaho Inc.* *Anonymous

Community Food Basket

Ririe Senior Center

Greater Idaho Falls Association of realtors, Inc

Rent A Center-John Severa

United Way of Idaho Falls & Bonneville County

INL Team Members & Emilee Kottcamp-Allen



3

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

*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, John Burnside, William Brotherson, Patrick McCracken,
Richard & Marion Myers,
Chanse Powell-Senior Solutions, Steve Stowell, Jared and Karen Fuhrman, Don
Yeager, Johannah Thompson, Marla Morgan, Tiffany Morris, Whitney St. Michael,
Jeffrey Socher,
Penny Shawl, Cheryl Steele, Becky Schneider, Moira Solle,
Jayden Hunsucker-Alliance Home health & Hospice, Johanna Groh,
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks*

You might meet new friends at Fairwinds. Or sidekicks.

When does a friend become a true sidekick? We're not really sure.

But what we do know is that a lot of friendships and sidekick-
ships are made at Fairwinds – Sand Creek Retirement Community.

With so many fun activities and events, it's perfect for folks
who prefer more community and less retirement.

Come see what we mean. Call (208) 310-7349 to schedule
your complimentary lunch and private tour.

And then get ready to meet some future pals, buddies, and BFFs.



It's More Than Retirement. It's Five-Star Fun.

3310 Valencia Drive • Idaho Falls
(208) 310-7349 • FairwindsSandCreekSeniorLiving.com

A LEISURE CARE PREMIER COMMUNITY



FAIRWINDS
SAND CREEK





We would like to Thank Scotty's Country Smokehouse for Donating 6 Smoked Turkeys to the Employees at the Idaho Falls Senior Center. Doris thought all the employees deserved a Bonus for Thanksgiving, where we had all been here everyday through the COVID-19 Pandemic! Thank you to Doris as well for putting in the time to call and ask.



Annual Membership Meeting will be at 11:00 am February 23rd by Zoom. If Interested in attending, please, call the Center to get the Zoom Link. Will need to provide a current email. Phone number: 208)522-4357

Sudoku Solution
from December
NL



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



We would like to Thank John Severa from Rent-A-Center for buying 6 6lb Smoked Turkey's from Scotty's Country Smokehouse for the Employees of the Idaho Falls Senior Center. Also we are Thanking our Employee Doris Gutierrez for putting in the time to make the call and ask for this donation. All the Employees are grateful for this Thanksgiving Bonus. All of the Employees have been here the entire time during COVID-19 Pandemic, and Doris thought that we deserved a bonus. THANK YOU ALL FOR YOUR CONSIDERATION AND KINDNESS!

Types of Beads

P O L Y M E R C L A Y R R Q L X R Y B C
M C I M A R E C T R V E J Y F F P D K R
E P O R C E L A I N P X B R E T W E P O
A T A M B E R Q J P J U C B T L C N L W
L M I J N C W N O Q R M I L I F I O R I
K C E T M U R C P C R I M P T L B D B Z
H Q E T A T T P A H H N D E N O T S L B
E T G T H M X Z P P K Y D N O M A I D N
N C L C I Y E Q E I H S I E H C D Y B T
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C N T A L S U S W L R K R L K A R D V K
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K D X U V M W E H Z E W Y G G I E Z Z T
S X N O T E N B N M P F H O L A D L D M
Z E C T Y N H E E M H B L V R N N T G C
N C E L K T C C A Z R D E L G F T X G K
L H R D H N F L A T J R L T F Q V T D H

ACRYLIC	COPPER	FLAT	NUT	SEED
AGATE	CRIMP	GARNET	PAPER	SHELL
AMBER	CROW	GLASS	PEARL	SILVER
AMETHYST	CRYSTAL	GOLD	PEWTER	STONE
BONE	CUBE	HEISHI	POLYMER CLAY	TOPAZ
BUGLE	DIAMOND	HEMATITE	PORCELAIN	TOURMALINE
CERAMIC	DISK	JASPER	RHONDITE	TUBE
CHEVRON	EBEADS	LAMPWORK	ROUND	WOOD
CLOISONNE	EMERALD	MILIFIORI	RUBY	

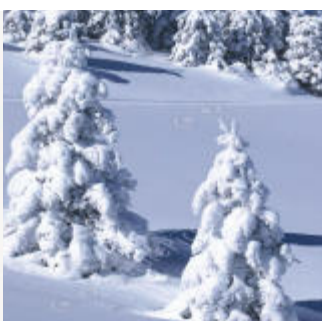
Senior Communicator Newsletter

We have been so blessed by all who donated for the Thanksgiving meals. This includes home delivered meals and Take out meals for the public. Below are some pictures of the food and prepared food donated by the following entities;

A big thank you goes to: Idaho Falls Realtors Association/Jana Merkley, Emilee M. Kottcamp-Allen & INL Team members, Idaho Community Food Basket.

We appreciate all of you for making this meal possible!!





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**.

COME JOIN THE FUN

CALL FOR A TOUR TODAY!



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IDAHO
DEPARTMENT OF FINANCE

BRAD LITTLE
Governor

PATRICIA PERKINS
Director

CONTACT: Celia Kinney
Consumer Affairs Officer
(208) 332-8067

NEWS RELEASE

For Immediate Release

November 23, 2020

SHOP SMART THIS HOLIDAY SEASON

Boise, Idaho... The holiday shopping season will soon be in full swing. Although it is easy to get caught up in the more-the-merrier mentality, it is also an opportunity to take stock of your finances and set a comprehensive budget to avoid unnecessary post-holiday stress. With an increasing number of Idahoans shopping online, it is more important than ever to be aware of common internet scams and to know how to avoid them when making purchases.

Shop Smarter and Stay Organized

- Create a comprehensive budget that will help prevent overspending. To make the most of your money, check out websites that compare prices for items online and at your local stores. To help look for discounts online, combine the word "discount" or "coupon" with the name of the company.
- Prevent post-purchase problems by setting aside a dedicated location for records associated with your purchases. Keep receipts, confirmation and tracking numbers, and refund and return policies, and warranties.
- Set up spending alerts with your financial institution to be notified when purchases over a certain dollar amount are made. This can serve as a spending reminder while also serving as a fraud-protection tool.

Be Scam Savvy While Shopping Online

- Beware of opening unsolicited emails or emails from unknown shops and vendors. By clicking on attachments and links within emails from unknown senders, you could infect your computer with viruses or malware. As a best practice delete emails from unknown senders.
- Avoid unintentionally shopping on fake websites. Thousands of these sites exist selling counterfeit and phony goods to unsuspecting consumers, so look for their contact information. If an online business does not list an address, phone number or email address for a physical location it could be a sign that it's a fake company. If you suspect the business is phony, notify your credit-card company about the charge, and file a complaint with the U.S. Federal Trade Commission.

Department of Finance Press Releases and other information can be found on the Internet at <http://www.finance.idaho.gov> and may be obtained by contacting the department at (208) 332-8000 or Idaho toll-free at 1-800-346-3378.

* * * *



Continues
on page 16



Medicare Minute Script – December 2020 Medicare Coverage of Skilled Therapy

Point 1: Understand Medicare's definition of skilled therapy

Skilled therapy services are services from licensed therapists or skilled therapy providers. There are three main types of skilled therapy covered by Medicare:

- **Physical therapy (PT):** Exercise and physical activities used to condition muscles and improve levels of activity. It is helpful for those with physically debilitating illness or injury. PT will help you regain movement and strength in a body area.
- **Speech/language pathology (SLP):** Therapeutic treatment of speech impairments (such as lisping and stuttering) or speech difficulties that result from illness. SLP will help you regain and strengthen speech and language skills.
- **Occupational therapy (OT):** Therapy using meaningful activities of daily living to assist people who have difficulty acquiring or performing meaningful work due to impairment or limitation of physical or mental function. OT helps you regain the ability to do usual daily activities by yourself such as eating and putting on clothes.

Point 2: Know when Medicare Part B covers outpatient skilled therapy

People commonly get skilled therapy on an outpatient basis. Medicare Part B will cover skilled therapy when received as an outpatient (not formally admitted to a hospital or Skilled Nursing Facility). You can get therapy services in a doctor's office, outpatient hospital setting, rehabilitation agency, Comprehensive Outpatient Rehabilitation Facility (CORF), public health agency, or your home (if your home health care is covered by Part B). You are eligible for Medicare coverage of outpatient therapy services if:

- You need skilled therapy services, and the services are considered safe and effective treatment for you.
- Your doctor or therapist creates a plan of care before you start receiving services.
- Your doctor or therapist regularly reviews the plan of care and makes changes as needed.

Original Medicare covers outpatient therapy at 80% of the Medicare-approved amount and you may pay a 20% coinsurance after you meet your Part B deductible (\$198 in 2020). There is no cap for how much outpatient therapy Medicare covers each year. However, once you reach \$2,080 in total therapy costs in 2020, Medicare requires your provider to confirm that your therapy is medically necessary.

Point 3: Know when Medicare Part A covers skilled therapy

Medicare Part A will cover skilled therapy when received as an inpatient (formally admitted to a rehabilitation hospital or skilled nursing facility) or under the home health care benefit if you had an inpatient hospital stay. Skilled therapy services are included in these three benefits:

- **Inpatient rehabilitation hospitals:** You may receive covered skilled therapy services as an inpatient in a rehabilitation hospital if you are recovering from a serious illness, surgery, or injury and require a high level of specialized care that generally cannot be provided in another setting.
- **Skilled nursing facility (SNF):** You may receive covered skilled therapy services if you are admitted to a skilled nursing facility after an inpatient hospital stay.
- **Home health care:** You may receive covered skilled therapy services if you are homebound, need skilled therapy, and receive the skilled therapy services from a Medicare certified home health agency at your home. To be covered, the skilled services must be considered reasonable and necessary to treat an illness or injury or to keep your condition from getting worse.

SHIP National Technical Assistance Center: 877-839-2675 | www.shiptacenter.org | info@shiptacenter.org

SMP National Resource Center: 877-808-2468 | www.smpresource.org | info@smpresource.org

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Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: January 2021

0 Monday	0 Tuesday	0 Wednesday	0 Thursday	1 Friday
				New Years Day
MILK	MILK	MILK	MILK	MILK

4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
Tex Mex Meatloaf	Stuffed Peppers	Baked Lemon Fish	Tuna Melt	Bacon & Scrambled Eggs
Apples	Peaches	Honey Dew	Cranberry Juice	Mixed Fruit
Peas, zucchini, carrots, Onion, Beans	Beets	Brussel Sprouts	Coleslaw	Peppers, Onion, Mushroom
Mac & Cheese	Rice Pilaf	Potato Wedges	Chips	Hashbrowns
MILK	MILK	MILK	MILK & Cheese	MILK
	Lentil Brownies		Sugar Cookies	Spice Cake

11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
Chicken Fried Steak	Spaghetti	Creamed Pork Chops	French Onion Baked Chicken	Liver and Onions
Oranges	Pears	Watermelon	Grape Juice	Peaches
Corn, Lima Beans	Green Salad with Tomato & Onion	Quinoa Thai	Spring Vegetables, Broccoli, Cauli	Spinach
Mashed Potatoes & Country Gravy	WG Noodles	Garlic Bread	Scalloped Potatoes	Mashed Potatoes & Gravy
MILK	MILK	MILK	MILK	MILK
	Vanilla Ice Cream		Peanut Butter Cookies	Cupcake

18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
Salisbury Steak	Ham and White Beans	Salsa Verde Mac & Cheese	Steak Fingers & Dipping Sauce	Pulled Pork on Bun
Kiwi	Pineapple	Cantaloupe	Raisins	Mandarin Oranges
Broccoli, Cauliflower, Carrots	White beans &	Onion, Green pepper, Tomato, mushrooms	Capri Blend	Carrot & Celery Sticks
Scalloped Potatoes	WG Garlic Bread	Corkscrew Pasta	Potato Wedges	Potato Salad & Bun
MILK	MILK	MILK	MILK	MILK
	Chocolate Cupcakes		Jello	Butterscotch Pudding

25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
Pork Chow Mein	Roast Beef	Creamy Dijon Chicken	Chef Salad	Brazilian Fish Stew
Bananas	Cranberry Juice	Plums	Baby Green Grapes	Apricots
Oriental Blend	Beans, carrots, yellow Squash	Cascade Veg	Green leaf Lettuce, Cucum, Tom	Carrots, peppers, Onions
Chow Mein Noodle	Mashed Potatoes and Gravy	Roasted Potato	CROUTONS	White Rice
MILK	MILK	MILK	MILK & Cheese	MILK
	Butter Scotch Pudding	Oatmeal Cookie		Rice Pudding

Menu Subject Change! In Center Closed to the Public. Opening date is TBD (to be determined)



Recipe: Pasta Salad with Bacon

Ingredients: 1 lb Penne Pasta, 1 cup pearl Green Olives, 1/3 cup chopped Green chilis, 1/3 cup sliced black olives, 4 strips of bacon chopped, 1 lb cherry tomatoes, 1 Green or orange bell pepper chopped, 1 cup carrots, 1 1/2 cups of shredded Parmesan Cheese

Directions: 1 packet Garlic & Herb dressing mix, 1 cup 100% Extra Virgin Olive oil, 1/2 cup red wine vinegar, mix these together first, Put all your veggies and cheese into a bowl and mix sauce in, cook pasta 2 min. less than what is listed on the package, drain pasta in cold water and put ice in pan after cooked so pasta does not keep cooking. Wait 15 min drain pasta then add to mix of veggies and sauce.

Feeds up to 10 people

Keeps for 5 to 7 days in fridge.

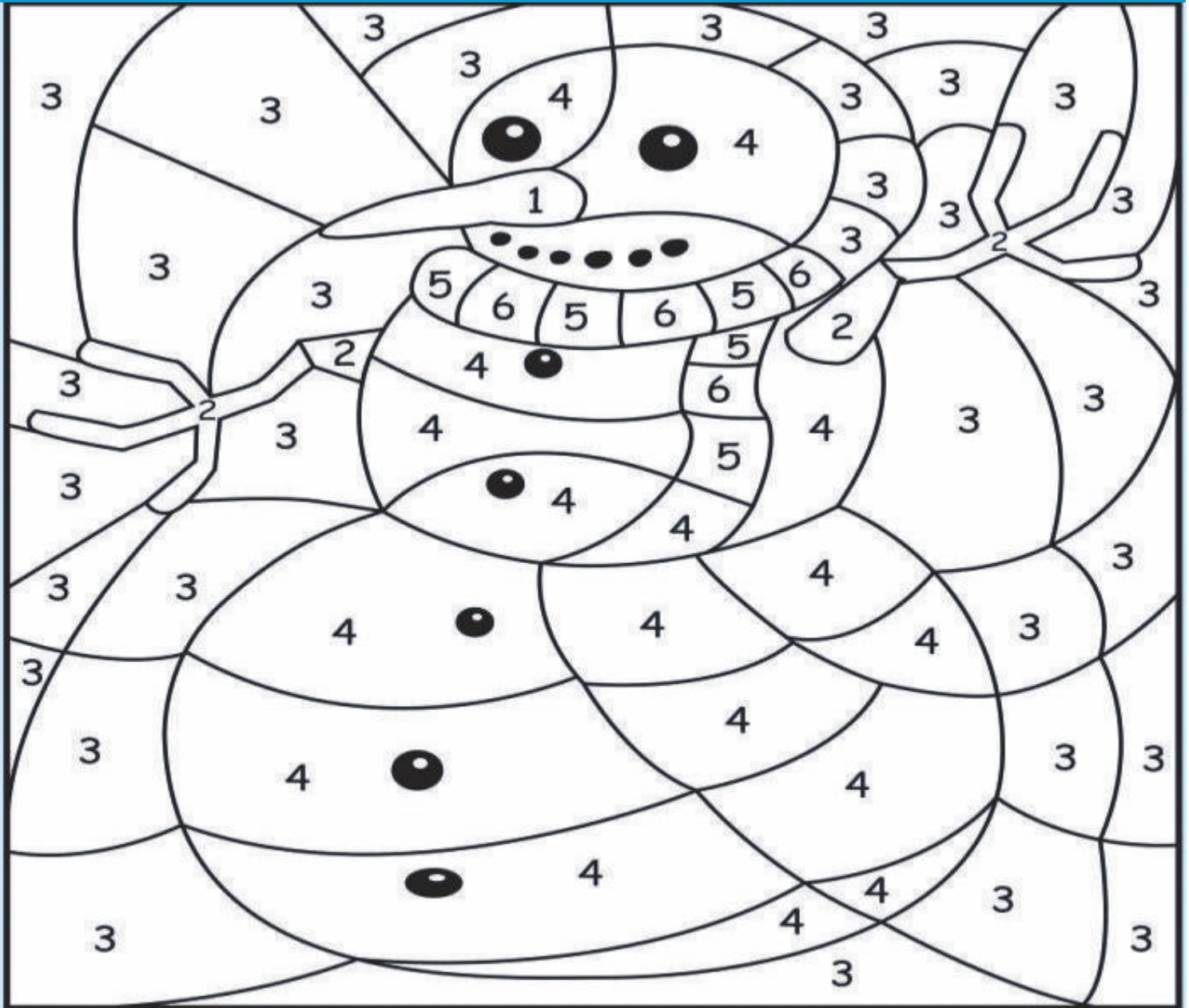
The Center is closed to the public and a reopening date is to be determined. You may call the Center for updates. Once the Center opens, in order to comply with social distancing, it will be open limited hours, with limited programs and number of participants allowed in.

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

** 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



-  1 = orange
  3 = blue
  5 = green
 2 = brown
 4 = white
 6 = red

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For ad info. call 1-800-950-9952 • www.lpiseniors.com

Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

C 4C 05-1113

13 Recipe: Sumac Chicken and green Bean Salad



Ingredients: 2 skinless chicken breasts, Olive oil, Sumac 2 tsp, plus a pinch, Ground cumin 1tsp, Green beans trimmed, red onion 1/2 finely sliced, carrots 2 peeled and shredded, Lemon 1/2 juiced, dill 1/2 small bunch, chopped, pomegranate molasses 2 tsp.

Instructions: **1.** Heat oven to 425 rub the chicken breasts with 1 tsp oil and season. Mix 2 tsp sumac with the cumin and rub all over the chicken. Put on a baking sheet and roast for 15-20 min, until the chicken is cooked through. **2.** Make the dressing by whisking the ingredients together with 1 tsp oil and some seasoning. Blanch the green beans in boiling salted water for 2 min. add the red onion to the boiling water for 5 seconds, then cool both in iced water. Drain and pat dry with kitchen paper. **3.** Toss most of the dressing with the blanched beans, onions and the carrot, and tip onto two plates or a platter. Slice the chicken breasts and add to the plates, spooning over the remaining dressing, and scatter with more dill and a pinch more of sumac.

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

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YOUR BOARD OF DIRECTORS

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Helen Stanton	Retired	
Alex Martin	Life Care	
Jana Merkley	CEO Greater IF Ass. Of Realtors & Snake River Regional MLS	
Tiffany Morrison	Life Care Center	
-----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

CARD GAMES INFORMATION
LUNCH 12:00 Noon CARDS 12:30 pm

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

2ND MONDAY BRIDGE

	HIGH	HIGH /Tied	2ND

TUESDAY BRIDGE

	HIGH	2ND	3RD
			<p>There were no cases in the 3rd ward. The 3rd ward has been closed to the public since the outbreak of the virus. Hope every one can understand. We cannot wait to open the 3rd ward again soon!!</p>

There were no card games. 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!!

TUESDAY DOUBLE DECK PINOCHLE

	High	2ND	3RD

	HIGH	2ND	3RD
--	------	-----	-----

	FROM	END	ONE

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

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Thanks.....
your Board of Directors

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 PartD prescription drug) costs. These programs offer varying amounts of assistance that you can qualify for depending on your income and assets.

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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 PartD prescription drug) costs. These programs offer varying amounts of assistance that you can qualify for depending on your income and assets.



Continued
from Pg 9



Point 4: Be aware of potential billing fraud related to skilled therapy.

Fraud can occur when a provider or facility bills for services you did not receive so that they can get paid more by Medicare or your Medicare Advantage Plan. Examples of potential skilled therapy fraud could include:

- Your provider or facility billing Medicare for services that were different from the services you received.
- Your provider prescribing more therapy than you needed.
- Your home health care provider asking you to sign forms that verify a nurse or therapist showed up at your home and provided skilled therapy services, even if you never received those services.

To protect yourself from potential fraud, errors, or abuse:

- Remember your right to refuse unwanted or excessive therapy.
- Review your MSNs and/or EOBs to ensure that you are actually receiving the services listed on any forms you are asked to sign and the services for which your insurance is being billed.
- Do not give out your Medicare number or other personal information to unknown individuals in exchange for services or benefits.

Contact your Senior Medicare Patrol (SMP) if you suspect a provider or facility of billing fraud. Contact your State Health Insurance Assistance Program (SHIP) for help navigating complex skilled therapy costs and care.

Take Action:

1. Visit [Medicare.gov](https://www.medicare.gov) to review Medicare's coverage of skilled therapy services.
2. Call 1-800-MEDICARE for information on skilled therapy providers in your area.
3. Contact your SHIP for help understanding Medicare-covered skilled therapy services and your rights under Medicare, including the right to appeal decisions made about your costs or care.
4. Contact your SMP for help with questions, concerns, or complaints about potential fraud, errors, and abuse.

Local SHIP Contact Information	Local SMP Contact Information
Senior Health Insurance Benefits Advisors (SHIBA) toll-free: 800-247-4422 SHIP email: info@shiptacenter.org SHIP website: www.shiptacenter.org To find a SHIP in another state: Call 877-839-2675 or visit www.shiptacenter.org .	SMP toll-free: 877 808 2468 SMP Idaho: 208 522 5270 ext. 202 SMP email: info@smpresource.org SMP website: www.smpresource.org To find an SMP in another state: Call 877-808-2468 or visit www.smpresource.org .

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SHIP National Technical Assistance Center: 877-839-2675 | www.shiptacenter.org | info@shiptacenter.org

SMP National Resource Center: 877-808-2468 | www.smpresource.org | info@smpresource.org

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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.**

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.

FYI

During the month of November our capable KITCHEN AND DELIVERY PERSONNEL served 188 Take out meals at the center, and produced and Delivered 4743 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 4931)

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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

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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.

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.



Weather Closures: Weather Closures: The Senior Center may be closed when School District #91 or #93 closes for inclement weather. Inclement weather includes temperature or wind chill temperature of 20 degrees below zero and/or weather or road conditions which could be dangerous. On days when the School District is not in session, the Center's Executive Director will decide if conditions warrant closure. As always, all television and radio stations will be notified by 6:00 a.m.

Thank you for your cooperation.



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.*

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OF MAY

Beading	\$0.00
Bingo Wednesday & Saturday	\$0.00
Bingo Wednesday & Saturday (Bev)	\$0.00
Bridge-2nd Monday	\$0.00
Bridge	\$0.00
Bridge—(Bev Only: Both)	\$0.00
Double Deck Pinochle	\$0.00
Fit & Fall Exercise	\$0.00
Hand & Foot	\$0.00
Country Line Dancing	\$0.00
Mah-Jongg	\$0.00
Pinochle	\$0.00
Pinochle (Bev Only)	\$0.00
Pool	\$0.00
Spanish Class	\$0.00
Tai Chi	\$0.00
Rose's Gentlemen's Group	\$0.00
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$0.00
Use It Don't lose it	\$0.00
Congregate lunch (Beverage only)	\$0.00
Other	\$0.00
Total	\$000.00



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

DATED MATERIAL—PLEASE DON'T DELAY
RETURN SERVICE REQUESTED

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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!

