



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
10am-2pm
Closed some holidays

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

September

This Months Newsletter
is courtesy of
Generations Insurance

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



2021
September

We reserve the right
to goof-up
occasionally

New Members: Joy Simmons, Betty Linscott, Gerry & Rebecca Randolth, Thomas Erickson, David Wendt, Nancy Marrow, Ruth Schwendinger, Julie Scheller, Judy Gailey, Butch Allen, Mary Campbell, Loren & Coleen Webb, Brent & Deanne Meng, Deon Huntsman, Bradley Johnson, Karen Christensen,

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 | 321.50 |
| Non-Senior Hour | 156.00 |
| Board Member Hour | 16.00 |
| Work Detail Hours | .00 |

| | |
|-------------|--------|
| Total Hours | 493.50 |
|-------------|--------|

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 7 Anonymous,

\$100 - \$250 Erin Bognar,

\$300—\$700 Arlene & David Sargis,

\$800-\$2,000

Misc. items: Mike & Valisa Say, 2 Anonymous

Thank You!

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

***Community Food Basket 7 times through the
month of July***

Idaho Falls Humanitarian Center



3

VOLUNTEERS
don't necessarily
have the time;
they just have
the heart!



Elizabeth
Andrew

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 Nobles, William Brotherson, John Burnside, Richard & Marion Myers,
Chanse Powell-Senior Solutions, Steve Stowell, Johannah Thompson, Marla Morgan,
Tiffany Morris, Whitney St. Michael, Jeffrey Socher,
Penny Shawl, Becky Schneider, Moira Solle,
Jayden Hunsucker-Alliance Home health & Hospice, Tyler Peterson,
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks, Leah Squire,
Erin Tucker, Beth Anderton,
Derek Baker, Devin Turpin, Carol Rogers, Mason Watt, Mickeala Scheffner,
Carrie & Liam Higginbotham, Pat & Ron Baker

COME JOIN THE FUN

CALL FOR A TOUR TODAY!



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Senior Communicator Newsletter

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Z | Y | G | O | M | A | T | I | Q | U | E | S |
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| U | Q | A | T | S | G | Y | E | M | Z | O | I |
| I | Z | Y | A | G | T | S | U | E | M | Q | O |
| E | U | M | G | I | O | Z | Q | T | A | S | Y |
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| Q | T | I | U | Z | E | M | Y | S | O | G | A |
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Wordoku
Solution from
August
Newsletter



Solution for the
last Grid Puzzle
from July NL

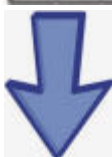


Solution from the
Name game from
July's NL



Puzzle No 27

1. Infamy, 2. Annexe, 3. Grieve,
4. Jangly, 5. Pursue, 6. Beaker,
7. Dismay, 8. Patent, 9. Azalea,
10. Miasma, 11. Pummel, 12. Kayaks,
13. Cicada, 14. Evaded.



Summing up
Solution from August
Newsletter

| | | | | | | | | |
|----|---|----|---|----|---|----|---|----|
| 2 | x | 6 | - | 5 | + | 3 | = | 10 |
| + | | - | | + | | x | | |
| 5 | + | 2 | x | 3 | - | 6 | = | 15 |
| - | | + | | x | | - | | |
| 3 | x | 5 | - | 6 | + | 2 | = | 11 |
| x | | x | | - | | + | | |
| 6 | - | 3 | + | 2 | x | 5 | = | 25 |
| = | | = | | = | | = | | |
| 24 | | 27 | | 46 | | 21 | | |

1-D

The number of black dots in each grid increases by 1 each time, starting with the top left grid and working to the right, top row then bottom row.

2-A

Starting with the watch on the left, add 42 minutes to the time shown to give the time on the next watch to the right.

Puzzle 237

Something Red

- | | | |
|--|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> BLOOD | <input type="checkbox"/> LIPSTICK | <input type="checkbox"/> ROUGE |
| <input type="checkbox"/> BLUSH | <input type="checkbox"/> LOBSTER | <input type="checkbox"/> RUBY |
| <input type="checkbox"/> CERISE | <input type="checkbox"/> LONDON BUS | <input type="checkbox"/> SALMON |
| <input type="checkbox"/> CLOWNS' NOSES | <input type="checkbox"/> MAGENTA | <input type="checkbox"/> SCARLET |
| <input type="checkbox"/> COCHINEAL | <input type="checkbox"/> MAROON | <input type="checkbox"/> STOP SIGN |
| <input type="checkbox"/> CRIMSON | <input type="checkbox"/> PEONY | <input type="checkbox"/> STRAWBERRY |
| <input type="checkbox"/> FLAMES | <input type="checkbox"/> PILLAR BOX | <input type="checkbox"/> TOMATO |
| <input type="checkbox"/> GARNET | <input type="checkbox"/> POPPY | <input type="checkbox"/> TONGUES |
| <input type="checkbox"/> LADYBIRD | <input type="checkbox"/> PORT | <input type="checkbox"/> VERMILLION |
| | <input type="checkbox"/> RHUBARB | |

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

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 at (208) 522-5391.



U.S. DEPARTMENT OF AGRICULTURE

HANDWASHING

How to Wash Your Hands

1. Wet your hands and lower arms with clean running water.
2. Apply soap and rub your hands together to lather.
3. Scrub your hands for 20 seconds including the back of your hands, under your nails, and between your fingers.
4. Rinse your hands and lower arms under warm running water.
5. Dry your hands using a clean towel or an air dryer.

Tip
If there is limited water supply, remember that the faucet can be turned off during the 20 second scrubbing period to save water.

When to Wash Your Hands

- After being in a public place and touching something that is touched by other people, such as door handles, tables, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.
- All situations when you would normally wash your hands (i.e. before eating, after using the restroom, before and after preparing food etc.).

Tip
If there is no clean and running water available, you can use hand sanitizer with 60% alcohol.

Hand Sanitizer Recommendations

- Use hand sanitizer if hands cannot be washed with soap and water.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.

How to Use Hand Sanitizer

1. Apply the gel product to the palm of one hand
2. Rub your hands together.
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



Centers for Disease Control and Prevention, When and How to Wash Your Hands
<https://www.cdc.gov/handwashing/when-how-handwashing.html>

USDA is an equal opportunity provider, employer, and lender.

USDA
Foods



Medicare Educational Meeting

Wednesday, September 8th at 2:00pm @ Senior Citizens Center

Answers to your Medicare and Medicaid questions!

You're Invited to Attend a **FREE EDUCATIONAL CLASS** on Medicare! Designed for those new to Medicare or considering new options for you 2022 Medicare Enrollment Benefits. We will cover general questions related to Medicare, Medicaid and more. Whether you are new to Medicare or exploring your options, this **free educational class** has you covered.

There is absolutely no cost or obligation for you to attend!!

Some topics that will be covered:

- Medicare eligibility requirement
- What to look for in a Medicare plan
- How to properly evaluate your Medicare options
- Whether you need both Medicare Part A & B
- What to do if your Medicare coverage is not adequate
- New options and changes for 2022

This Month's
Newsletter is
courtesy of
Generations
Insurance

Seating is limited, Please
RSVP early to reserve you
and your guests seat.
208)709-9898

Community Meeting

Wednesday, October 20th at 2:00pm @ Senior

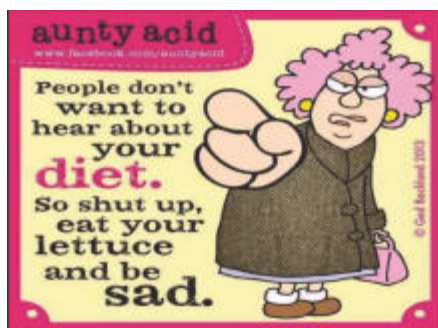
Citizens Center

**Learn about insurance plans and what benefits they have to offer in
the
Idaho Falls area.**

This meeting will be focused on specific insurance plans, prices, pros, cons, and more....! Bring your questions and come and learn about what is offered for 2022. It's also "Annual Open Enrollment Period" at this time so, you can enroll in a plan at this meeting or make an appointment to enroll at a 1 on 1 appointment.

**Educational Meeting & Community Meeting will be held at:
Senior Citizens Center 535 W 21st Street Idaho Falls, ID
83402**

Light snacks and refreshments will be served



"The greatest mistake a person can make is to be afraid of making one."
-Elbert Hubbard



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.

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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 sidekickships 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





CLEANING AND DISINFECTING

General Cleaning Recommendations¹

- Ensure supplies are available for more frequent cleaning.
- The number of customers determines how often things need to be cleaned.
 - More customers = more frequent cleaning needed.
- Ensure that there is proper ventilation during and after application of the chemicals.
- Wear gloves and wash hands after use. For reusable gloves, dedicate a pair for disinfection.
- Always review and follow the manufacturer's directions on the label when using chemicals.
- Diluted household bleach solution or alcohol solutions with at least 70% alcohol are effective against COVID-19.



Using Diluted Household Bleach as a Disinfectant²

- DO NOT mix bleach with any other chemicals!
- Most household bleach contains 5%–9% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified.
- Clean visibly dirty surfaces with soap and water before disinfecting.
- Prepare a diluted bleach solution by mixing:
 - 1 tablespoon of unscented bleach with 1 gallon of water for food contact surfaces
 - 1 cup of unscented bleach with 1 gallon of water for non-food contact surfaces
- Allow surface to air dry.
- A new diluted bleach solution should be prepared daily to ensure it is effective for cleaning and disinfecting.

¹ Centers for Disease Control and Prevention, Cleaning and Disinfecting your Facility
<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

² Center for Disease Control and Prevention, Household Cleaning and Sanitizing
<https://www.cdc.gov/healthywater/emergency/hygiene-handwashing-diapering/household-cleaning-sanitizing.html>



U.S. DEPARTMENT OF AGRICULTURE

Continued
from Page 8

CLEANING AND DISINFECTING

Prioritize Cleaning of High-Touch Surfaces (at least daily)

Frequently touched and commonly used surfaces

Examples include: pens, counters, shopping carts, tables, equipment handles (e.g. mop/broom handles), door handles, stair rails, desks, keyboards, phones, toilets, faucets, sinks, drinking fountains, light switches.



Keep cleaning supplies out of the reach of children.

Clean: Use soap and water to clean dirty surfaces, prior to disinfection.
Then, disinfect: apply disinfectant to surface, most of the common EPA registered household disinfectants work.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS317639-A 06/23/2020

Senior Communicator Newsletter

| 0 Monday | 0 Tuesday | 1 Wednesday | 2 Thursday | 3 Friday |
|----------|-----------|--------------------|----------------------------------|-----------------------------|
| | | Bakers | Chicken Gyro | Beef Stew with Beef Broth |
| | | Cherries | Orange | Appricots |
| | | Broccoli, Chives | Tomato, Green Peppers, Red Onion | Carrots, Onion, Celery 1Cup |
| | | Potato | Roasted potato | Potato |
| MILK | MILK | MILK | MILK | MILK |
| | | Cherry Popover Day | Greek Yogurt | Hot Tea (only Bag) |

| 6 Monday | 7 Tuesday | 8 Wednesday | 9 Thursday | 10 Friday |
|-------------------------------|-------------------------------|-------------------------|-------------------------------|-----------------------------|
| Tuna Sandwich | Ranch Pork Chops | Breakfast Burrito | Chicken Fried Steak | Fish & Chips With Lemon and |
| Kiwi | Pears | Peach | Apples | Pineapple |
| Carrots, Celery, Tomato 1 cup | Zucchini, Carrot, Cauliflower | Southwest Blend (1 cup) | Green Beans, Zucchini, Squash | Coleslaw |
| Chips | Augratin Potatoes | Hashbrowns | Mashed Potatoes & Gravy | Potato Wedges |
| MILK | MILK | MILK | MILK | MILK |
| | Jello with pears | Cookies | | Brownies |

| 13 Monday | 14 Tuesday | 15 Wednesday | 16 Thursday | 17 Friday |
|------------------------------------|--------------------------------|---------------------|------------------------|--------------------------------|
| Mexican Lasagna | Steak Ham Glazed | Turkey & Rice 1 cup | Chicken Taco | Cheese Burger |
| Bananas | Pears | Mix Fruit | Plums | Clementine |
| Corn, Green Onion, Southwest Blend | Broccoli, Cauliflower, Carrots | Carrot, Onion, Peas | Avacado, onion, Tomato | Tomato, Lettuce, Onion, Pickle |
| Corn Tortilla (1) | Sweet Potato | Brown Rice | Tator Tots | Fries |
| MILK & Cheese | MILK | MILK | MILK | MILK & Cheese |
| | National Peanut Cookies | | | National Apple Dumplings Day |

| 20 Monday | 21 Tuesday | 22 Wednesday | 23 Thursday | 24 Friday |
|--------------------------|--------------------------------------|-------------------------|-----------------------------|----------------------|
| Honey Glaze Pork Chops | Chicken Lo Mein | Cheeseburger Pasta | Cowboy Casserole | Open Face Sloppy Joe |
| Appricots | Pineapple | Apples | Apple Sauce | Tropical Fruit |
| Fresh Zucchini- Chives | Cabbage, Red Peppers, Onion, Carrots | Peas, Onions, Peppers | Carrots, Red Peppers, Onion | Spinach With Vinager |
| Baked Potato | Sweet Potato | Bowtie Pasta | Tator Tots | WG Garlic Bread |
| MILK- Butter- Sour Cream | MILK | MILK-Sour Cream, Cheese | MILK- Cheese | MILK |
| | National Pecan Day | | Jello- Lime Day | Cookies |

| 27 Monday | 28 Tuesday | 29 Wednesday | 30 Thursday | 0 Friday |
|--------------------------------------|-------------------------------|-----------------------------------|-------------------------------|----------|
| Chinese Chicken Salad | Chili Relleno Casserole | Turkey Casserole | Taco Burger | |
| Mandarin Oranges | Plantains | Pears | Plums | |
| Shred-Lettuce, G-Onion, Scandanavian | Chili Relleno Peppers (1 cup) | Peas, Carrot, Onion, Celery 1 cup | Lettuce, Tomato, Onion, 1 cup | |
| WG Rolls | Spanish Rice | Elbow Macaroni Noodles | Hamburger Buns | |
| MILK | MILK- Cheese | MILK- Cream Sauce | MILK- Cheese Blend | MILK |
| | National Strawberry Ice Cream | Cookies | | |

September 2021

Community

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|--|--|---|
| | | | 1 10:00a Rose's Coffee Group 11:00a Pinochle/DS | 2 10:00a Roses Coffee Group 10:15a Fit and Fall | 3 10:00a Beading 10:00a Rose's Coffee Group | 4 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 5 | 6 8:00a CLOSED FOR LABOR DAY 10:00a MahJongg/ DS 10:00a Rose's Coffee Group | 7 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise | 8 10:00a Rose's Coffee Group 11:00a Pinochle/DS | 9 10:00a Roses Coffee Group 10:15a Fit and Fall | 10 10:00a Beading 10:00a Rose's Coffee Group | 11 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 12 | 13 10:00a MahJongg/ DS 10:00a Rose's Coffee Group | 14 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise | 15 10:00a Rose's Coffee Group 11:00a Pinochle/DS | 16 10:00a Roses Coffee Group 10:15a Fit and Fall | 17 10:00a Beading 10:00a Rose's Coffee Group | 18 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 19 | 20 10:00a MahJongg/ DS 10:00a Rose's Coffee Group | 21 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise | 22 10:00a Rose's Coffee Group 11:00a Pinochle/DS | 23 10:00a Roses Coffee Group 10:15a Fit and Fall | 24 10:00a Beading 10:00a Rose's Coffee Group | 25 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 26 | 27 10:00a MahJongg/ DS 10:00a Rose's Coffee Group | 28 10:00a Roses Coffee Grp 10:00a SCCC Ex Brd 10:15a Fit & Fall Exercise 10:30a SCCC Brd Mtg | 29 10:00a Rose's Coffee Group 11:00a Pinochle/DS | 30 10:00a Roses Coffee Group 10:15a Fit and Fall | | |

The Center will be open July 1st as of right now we have some programs scheduled, but at different times due to time constraints with new hours. The hours are 10AM to 2PM. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

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 IFSCCC.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



Woodrow Wilson wanted to keep America from entering the conflict in Europe, but on April 6, 1917 war was declared on Germany and Austria.

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

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Recipe: Chicken Verde



Ingredients: 1 whole Chicken (or Chicken Breasts), 2 Large Onions Chopped, 1 Large Red Pepper finely chopped, 1 Quart of Water, 3 Garlic Cloves, 1 Can or jarred Tomatillo Salsa, 2 tblsp chili mix, 2 tbsp cumin, 1 tsp oregano, 2 cups Monterey Jack Cheese, Fresh Cilantro, Mushrooms, Salt and Pepper to taste.

Directions: 1. In a Shallow soup pot place Chicken, water, 1 onion, halved, 2 cloves garlic, halved, salt and pepper, bring to a boil and simmer 1-2 hours until chicken is very tender and falling off the bones. 2. Remove Chicken and allow to cool enough to handle. 3. Strain stock, and discard veggies, reserving the stock in the same pot. 4. When chicken is cool enough to handle, shred chicken by pulling it apart, discarding skin and bones. Add meat to soup pot. 5. Add remaining ingredients and simmer uncovered 1 hour or until desired thickness of sauce is achieved. 6. Serve in burritos with rice, beans, cheese, sour cream and guacamole.

G
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- Part D Prescription Drug Plans
- Final Expense Life Insurance

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 2440 Jafer Ct. • Idaho Falls, ID 83404

YOUR BOARD OF DIRECTORS

| | | |
|--------------------|---|------------|
| Machelle Bergman | Fairwinds Retirement | Chair |
| Linda DeLia | Retired Medical Editor | Vice chair |
| Arianne Holt | Idaho Legal Aid Service | Secretary |
| Chanse Powell | Senior Solutions | Treasurer |
| Lew Eaker | Retired Engineer | |
| Karl Casperson | Bonneville County Sheriff Office | |
| Jeanie Brady | Good Samaritan | |
| Alecia Coburn | Lincoln Court Retirement | |
| 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

If you would like to join the Senior Center Board of Directors please apply by September 30th, 2021. Applications can either be picked up at the Center between 10am-2pm or emailed to you. Address; 535 W 21st Street. Phone #208)522-4357 Email; ifscggen@gmail.com.

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. 208-522-5370 ext-203 Jodi (call for zoom information)

See you there.....

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

Also Known as
SENIOR
ACTIVITY CENTER

COMMUNITY BINGO

Guaranteed minimum prize

BINGO? In need of Volunteers to run Bingo Program. Call (208)522-4357 if interested.

at 4:30 pm

FUN BINGO on WEDNESDAY MORNINGS
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

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

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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

15

• THE IDAHO FOODBANK •

SEASONAL SEEDS

• AUGUST •

APPLES



- To get the most out of apples, leave the skin on- it contains fiber
- Apples can aid in weight loss- they're filling due to their high fiber content
- A great source of vitamin C
- Promote heart health- they contain polyphenols, which are linked to lower blood pressure and stroke risk
- Apples contain pectin- which acts as a prebiotic, it feeds the good bacteria in your gut

SOURCE: [HEALTHLINE](https://www.healthline.com/health/benefits-of-apples)



Apple and Maple Baked Oatmeal recipe below:



Scan for recipe:

View this code through the camera on your smartphone, tap the code on your screen, a link to the website will appear



or visit: <https://bit.ly/3udMlBj>

To find food assistance near you visit:
<https://idahofoodbank.org/getfood/>

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: 208-522-5370 ext-203.** (Call for Zoom Information)



A fine old fellow fell in love with a lovely lady at his retirement center. He managed to get down on his knees in front of her, looked up, and said there were two very important things that he needed to ask her. She smiled and asked him "What is your question dear?" He asked her "Will you marry me?" She replied "Yes Harvey I will! What is your second question?" He replied, "Will you go get someone to help me up?"

FYI

*During the month of July our capable **KITCHEN AND DELIVERY PERSONNEL** served 208 meals at the center, and produced and Delivered 4700 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals:4,908)*

17

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



MorningStar SENIOR LIVING

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ASSISTED LIVING • MEMORY CARE**

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Idaho Falls, ID 83404

208-522-1591



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

Protein Nutrition

Think of protein as the body's building block. It's a vital part of muscle, tissue, bone, skin, blood, hormones, enzymes and vitamins. There are a variety of protein foods and they each offer different nutrients. Most Americans get enough protein, but not everyone gets all of the benefits of protein foods. The best way to get enough iron, fiber, folate and healthy fats is to focus on getting protein from a variety of sources. Here are just a few examples of the nutrients you can get:

- Iron from red meat like lean beef
- Choline from eggs
- Folate and fiber from beans and lentils
- Healthy fats from seafood, nuts, and seeds

It is also important to keep serving size in mind when choosing protein foods. This graphic illustrates recommended protein serving sizes:



Sourced from the Idaho Food Bank

<https://idahofoodbank.org/protein-nutrition/>

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.

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

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 OFNone

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|----------------------------------|-----------------|
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| 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 | \$98.70 |
| Hand & Foot | \$0.00 |
| Country Line Dancing | \$0.00 |
| Mah-Jongg | \$100.00 |
| Pinochle | \$4.00 |
| Pinochle (Bev Only) | \$0.00 |
| Pool | \$0.00 |
| Spanish Class | \$0.00 |
| Tai Chi | \$0.00 |
| Rose's Gentlemen's Group | \$94.00 |
| Wednesday Morning Coffee | \$0.00 |
| Woodcarvers | \$0.00 |
| Use It Don't lose it | \$0.00 |
| Congregate lunch (Beverage only) | \$5.50 |
| Other | \$0.00 |
| Total | \$302.20 |



"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 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

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!

