



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

Goodbye, November
Welcome, December



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



2020
December

We reserve the right
to goof-up
occasionally

New Members Nancy Bailey, Lynn Robertson, Sidney Fugate, Lisa Russom, Rex Williams, Debbie Leonard, Irene Archibald, Wayne Siddoway, Barbara Smith, Beverly & Billy Green, Charlotte Harrison, Mary Ann Trubl, Lester & Lois Smith, Paula Smith, Shirley Severa, Robert Jonack, William Hulet, Steve Reade, Bonnie Montgomery, Diana Demarc, Elaine Flatland, Fredrick Swanson

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	267.00
Non-Senior Hour	120.00
Board Member Hour	54.00
Work Detail Hours	0.00
<hr/>	
Total Hours	441.00

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 4 Anonymous Donations, Don Yeager, Brenda Nicholson

\$100 - \$250 William & Therese Lloyd, Alfred & Betty Kemp, Don & Sue Gossweiler, Karen McMillin, Marianne Peterson, Carol Vilord

\$300—\$600 Kay & James Rose,

\$800-\$2,000 1 Anonymous Donation, Brenda Nicholson

Thank You!

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

Idaho Central Credit Union

Idaho Community Foundation

Micron Technology, Inc

Nicholson Family Foundation

Ririe Senior Center

Rocky Mountain Power Foundation

The Bridge Church



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*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*

COME JOIN THE FUN

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CONTACT:
Celia Kinney
Consumer Affairs Officer
Education Outreach
Idaho Department of Finance
(208) 332-8067

NEWS RELEASE

For Immediate Release

October 1, 2020

Tips to Help You Stay Safe Online

Boise, Idaho . . . As a result of the pandemic and its aftermath many Idahoans are relying on their phones, laptops and other devices more than ever for work, school, and to stay connected. This increase in online activity corresponds with greater consumer exposure to cyber-attacks and scammers seeking to exploit victims. Consider these five tips to stay safe online.

Clear out your cyber clutter

Think of this as spring cleaning for your digital space. A good digital spring cleaning can prevent cyber criminals from accessing old information that could help them figure out how to get to your new information. To clean up files stored on your devices, first back up important files and then delete unused or outdated files. Empty your desktop recycling bin to help permanently remove deleted files.

Update your logins and passwords

Opting for the same password for multiple applications makes it easier for a scammer to access your information. Instead, choose a unique password, preferably eight characters or longer that does not contain personal information or common words. An easy way to double your login protection is to enable multi-factor authentication (MFA) whenever possible. Review the privacy and security options each platform provides to prevent granting access to unwanted visitors.

If you connect, you must protect

One of the best defenses against viruses and malware is to update your software, web browser, and operating systems. If you are using old versions of these apps it is more likely there will be bugs that can leave your devices vulnerable. Keep your information safe by turning on automatic updates so you don't have to think about it, and set your security software to run regular scans.

Think before clicking

Phishing is a type of online scam where criminals impersonate legitimate organizations to steal sensitive information. To avoid phishing scams, do not click on links or open emails or attachments from unknown sources. Also look at the way the message is written – often there are typos or the

Tips to Help You Stay Safe Online
October 1, 2020
Page 2

Continued
from Page 4

language used sounds off. If the message appears to be from an organization you know, but you are unsure it's authentic, contact the organization through its official website and do not open any links in the email.

Protect yourself from tech support scams

A tech support scam is designed to alert you to a serious problem with your computer that does not exist, and the perpetrator will request payment to provide a fix. If you get a pop-up message on your computer, a call, a spam email or another "urgent message" about a virus on your computer do not click on any links or call a phone number. Do not send money to fix the problem, this includes paying with giftcards, money transfers, or providing personal bank or credit card information. Lastly, do not give anyone control of your computer. Legitimate local repair businesses can help if there truly is an issue.

For additional resources related to staying safe online, visit the Idaho Department of Finance website at <https://www.finance.idaho.gov/consumer/cybersecurity/> or visit the National Cyber Security Alliance online at <https://staysafeonline.org/>.

* * * *

Department of Finance Press Releases and other information can be found on the Internet at <http://finance.idaho.gov> and may be obtained by contacting the department at (208) 332-8000 or Idaho toll-free at 1-888-346-3378.

Tea light Snowman Ornaments

Here is what you will need:

Battery operated tea lights, A Black Sharpie, Red Ribbon, Red Pipe Cleaners, Red Pom Poms, Black Felt, Orange Sharpie, Glue Gun



Directions:

Use the black sharpie to draw simple face onto the tea light. You can use googly eyes if you want to, but I preferred the look of the black dots. Cut a piece of red pipe cleaner to 2.5" long. Curve it around the tea light and then add a small line of hot glue on both ends to hold it in place. Don't glue it the entire way around because you will need to be able to slide the ribbon under the pipe cleaner later. Add a generous dab of hot glue where the ears would be and add the pom poms. Now your snowman has ear muffs! Cut out a piece of ribbon to be 4.5" long. Then cross it over itself. Add a dab of hot glue to hold it together. I found this was the best way to make the ribbon look like a scarf. Add a small line of glue to the back of the scarf. Then glue it to the back of the tea light. The scarf should naturally pop back to the position without adding more glue. Cut a piece of the thinner red ribbon to be 11" long and slide it under the pipe cleaner. Tie a tiny knot in the ribbon to keep it together. The tea light flame is white when it is turned off so you will probably want to colour it orange with a marker to make it look like a carrot, even when the tea light is turned off. I recommend using an orange sharpie for this next part. I did not have one, so I had to resort to using a Crayola marker. It worked for the time being, but it rubs off really easy. It will not last for very long. Cut a strip of black felt to be 1-1/4" wide. Then I cut pieces. I used a piece of gift rap that was red for a ribbon on the hat. You will need to glue hat right to the Tea light.



Medicare Minute Script – October 2020 Medicare's Open Enrollment Period

Medicare's Open Enrollment Period is the time of year when you can make changes to your Medicare coverage. Open Enrollment is October 15 through December 7, and any changes you make will take effect on January 1st.

Point 1: Know the changes you can make during Medicare's Open Enrollment.

During Medicare's Open Enrollment each fall, you can change how you receive your Medicare benefits. You can join a new or different Part D prescription drug plan. You can switch from Original Medicare, which is administered by the government, to a Medicare Advantage Plan, which is administered by private insurance companies. If you are in a Medicare Advantage Plan, you can join a new or different plan or switch to Original Medicare. You can make as many changes as you want between October 15 and December 7, but only your last choice will take effect in January. Even if you are satisfied with your current Medicare Advantage or Part D plan, there may be another plan in your area that offers the same coverage at a lower price. Or you may be able to receive better health and drug coverage for your health needs. Before deciding, look at all the Medicare health and drug plan options in your area.

Point 2: Review your current Medicare health and drug coverage.

You receive a lot of mail during Open Enrollment each fall, so it is important to know which mailings include information about your current coverage. If you have **Original Medicare**, visit www.medicare.gov or read the *Medicare & You* handbook that arrives by mail and explains the next year's coverage. If you have a **Medicare Advantage Plan** or a **stand-alone Part D plan**, read your plan's Annual Notice of Change and/or Evidence of Coverage. These notices list any changes for your plan in the coming year. Pay special attention to any changes in a) the plan's costs, b) the plan's benefits and coverage rules, and c) the plan's formulary (the list of drugs your plan covers). See if your drugs will still be covered next year and if your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes, you can change plans.

Point 3: Know how to make changes to your Medicare health and drug coverage.

You can use services provided by the government to make Medicare coverage changes. Call 1-800-MEDICARE to make changes by phone. If you use computers, visit www.medicare.gov to compare options and make changes. Use the *Sign Up slash Change Plans* menu to reach the "Find a Medicare Plan" page. If you want one-on-one help reviewing your options or making changes, contact your State Health Insurance Assistance Program (SHIP). SHIPs are funded by the government to provide trusted, unbiased Medicare counseling. You can also contact plans directly to learn about the services they cover or to enroll. Confirm everything that a plan agent tells you before making a final decision and get everything in writing. Before joining, call your doctors to make sure that they are in the provider network for the plan you want to join.

Point 4: Know how to protect yourself from plan marketing violations and fraud.

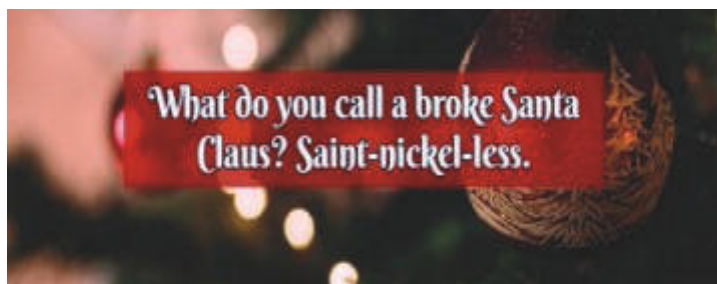
The government has rules about Medicare plan marketing. Knowing the rules can help you protect yourself from dishonest plan agents or dishonest people posing as agents. Plans can begin marketing on October 1st each year. Plans can send you mail and email. However, unless you are currently enrolled in the company's plan, they are not allowed to call, visit your home, or approach you in public to market their plan without your

Continues
on page 9

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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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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- Part D Prescription Drug Plans
- Final Expense Life Insurance

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

Sudoku
Solution
from Nov NL

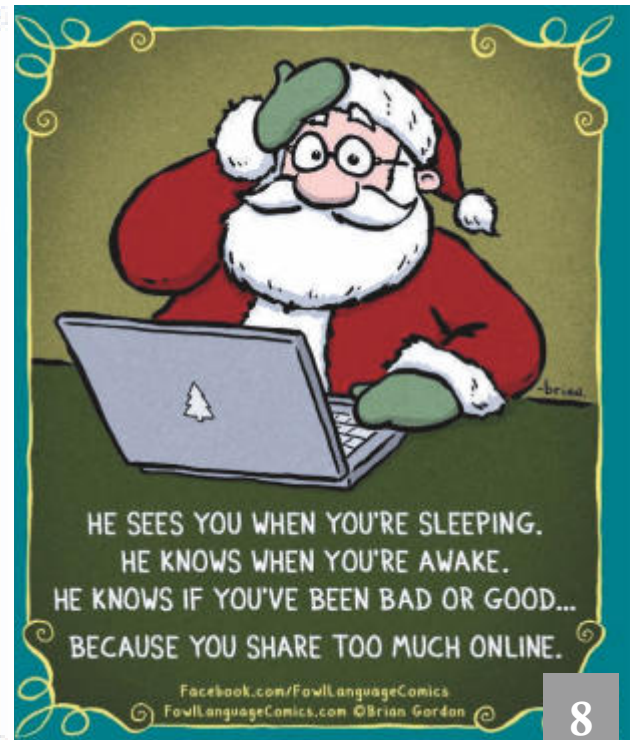


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Wordoku
Solution
from Nov NL



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permission. Plans are not allowed to suggest they represent or are preferred by Medicare or any other government agency.

Beware of people who offer you gifts to enroll in their plan. Gifts must be given to everyone regardless of their enrollment and cannot be worth more than \$15. Beware of people who pressure you to join their plan, say you will lose your Medicare benefits unless you sign up for a certain plan, offer “free” services or offer “extra benefits” for “signing up early.” Remember, you can use the entire Open Enrollment Period from October 15 through December 7 to make your decision.

Beware of people who ask for your Medicare number, Social Security number, or bank information just to provide you with information about Medicare or their plan. A dishonest person could use this information to steal from you or enroll you in a plan without your permission. Legitimate plans and agents will not request this information at an educational event and will not demand payment over the phone. Plans must send a bill.

Take Action:

1. Review any notices you receive from Medicare or your plan. Decide if you want to change your coverage. Contact your State Health Insurance Assistance Program (SHIP) for assistance with reviewing your choices.
2. Explore possible options for health and drug plans. Costs change each year, and you may find a less expensive plan that works for you. Call 1-800-Medicare or visit www.medicare.gov/plan-compare.
3. If you think an insurance agent did not follow Medicare’s rules about contacting you or marketing their plan, contact your Senior Medicare Patrol (SMP).

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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Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: December 2020

0 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
MILK	0 Sweet & Sour Meatballs 0 Plums 0 Scandanavian Blend Wild Rice MILK 0 Vanilla Pudding w/wafers	Turkey Corndogs w/ Mustard Pears Baked Beans Augratin Potatoes & Breading MILK	Steak Fingers w/ dipping Sauce Oranges Oriental Blend Tator Tots & Breading MILK 0 Lentil Brownies	Lime & Cilantro Fish Grapes Broccoli & Cauliflower Mashed Potatoes and Gravy MILK Red Jello

7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
Spaghetti & Meatballs Fresh Peaches California Blend Vegetables WG Noodles MILK	Chicken & Dumplings Kiwi Peas, Carrots, Onion, Celery Dumpling MILK 0 Chocolate Poke Cake	Black Eye Pea Casserole Oranges Onion, Green peppers, mushroom Wild Rice MILK & Cheese	Meatloaf Apples Southwest Blend Vegetables Mashed Potatoes and Gravy MILK 0 Banana Pudding	Terriyaki Fish Mandarin Oranges Beans, Carrots, Zucchini, Squash Butter & Herb Brown Rice MILK Peanut Butter Gooey Bars

14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
Cherry Glazed Ham Tropical Fruit Normandy Vegetable Blend Roasted Garlic & Parmesan Potatoes MILK Apple Cherry Pie	Reubon Casserole Appricots Sauerkraut, Pickles, 1000 island d WG Garlic Bread MILK & Swiss Cheese	Breaded Veal with gravy Cantaloup Brussel Sprouts with onion and ca Scalloped Potatoes MILK 0 Spice Cupcake	Turkey & Dressing Jello with Fruit cocktale, Cranber Green Bean Casserole Mashed Potatoes & Gravy MILK Pumpkin Pie with Whip Cream	Hawaiian Pizza Pineapple & Plums Key West Blend Vegetables Pizza Crust MILK Rice Pudding

21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday
Closed for Christmas Holiday 0 0 0 MILK 0	Closed for Christmas Holiday 0 0 0 MILK 0	Closed for Christmas Holiday 0 0 0 MILK 0	Closed for Christmas Holiday 0 0 0 MILK 0	Closed for Christmas Holiday 0 0 0 MILK 0

28 Monday	29 Tuesday	30 Wednesday	31 Thursday	0 Friday
Hamburgers Applesauce Tomato, Lettuce, Onion French Fries MILK	Fish Taco Tropical Fruit Cabbage, Onion, Tomato, Cilantro Corn Tortilla 8 " MILK 0 Oatmeal Cookies	Pork Roast Pineapple tidbits Capri Blend Vegetables Mashed Potatoes & Gravy MILK	Cranberry Baked Chicken Mandarin Oranges Broccoli, Cauliflower, Zucchini, sq Rice Pilaf MILK 0 Chocolate Cake	0 0 0 0 MILK 0

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



Recipe: Spicy Slow Cooker Pork Carnitas

Ingredients: 4-5 lbs pork Shoulder. 1 tbsp. salt, 1 tbsp pepper, 1/3 cup Brown sugar, 2 tbsp chili powder, 2 tbsp. paprika, 1 tbsp. cumin, 1 tbsp. dried oregano, 1/8 tsp cayenne pepper, 8 cloves of garlic, peeled, 1 red onion peeled and quartered, 4 chipotle peppers in adobo, 1/2 cup chicken stock, 1/3 cup hot salsa, 2 tbsp. white vinegar, 1 bay leaf, For Serving:: tortillas, shredded cheese, lettuce, cilantro, sour cream, guacamole, ect.

Directions: Make spice rub: in a sm bowl combine salt, pepper, brown sugar, chili powder, paprika, cumin, oregano, and cayenne pepper. Stir to combine, and rub generously all over pork shoulder, place pork shoulder in bottom of slow cooker, adding any left over spice rub right in. Make 8 slits in the pork with a knife, and push a garlic clove into the slits, nestle the onion quarters all around the pork, make the cooking liquid in a blender or food processor, combine 4 chipotles in adobo, chicken stock, salsa and vinegar, pour the sauce over the pork, top with a bay leaf. Cook on low heat for 8 hours, or high heat for 4 hours. When the pork is done transfer the pork to a bowl and shred with 2 forks. Add a few lg spoonful's of cooking liquid to flavor all the pork shreds. Spread the shredded pork evenly on a baking sheet, lined with aluminum foil, and broil in the oven on hi for 7 minutes until edges of the pork get black and crispy. Serve the pork carnitas in warmed tortillas with all your favorite toppings.

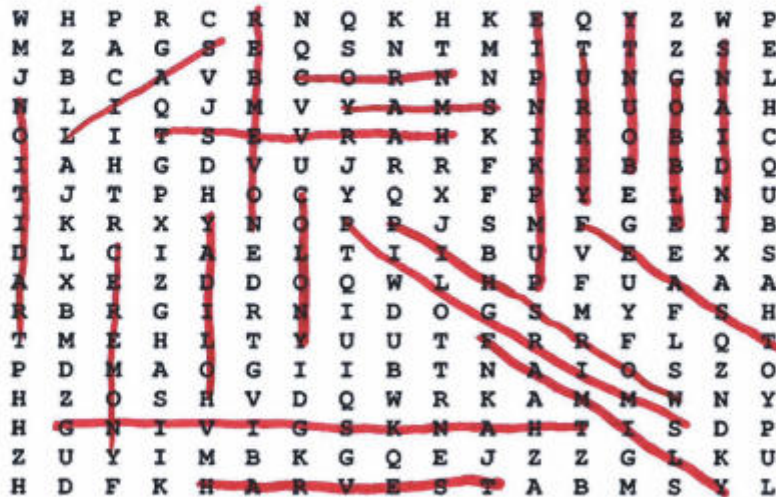
The Center is closed to the public and a reopening date is to be determined. You may call the Center for updates. Once the Center opens, in order to comply with social distancing, it will be open limited hours, with limited programs and number of participants allowed in.

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 IFSCC.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

Thanksgiving word search

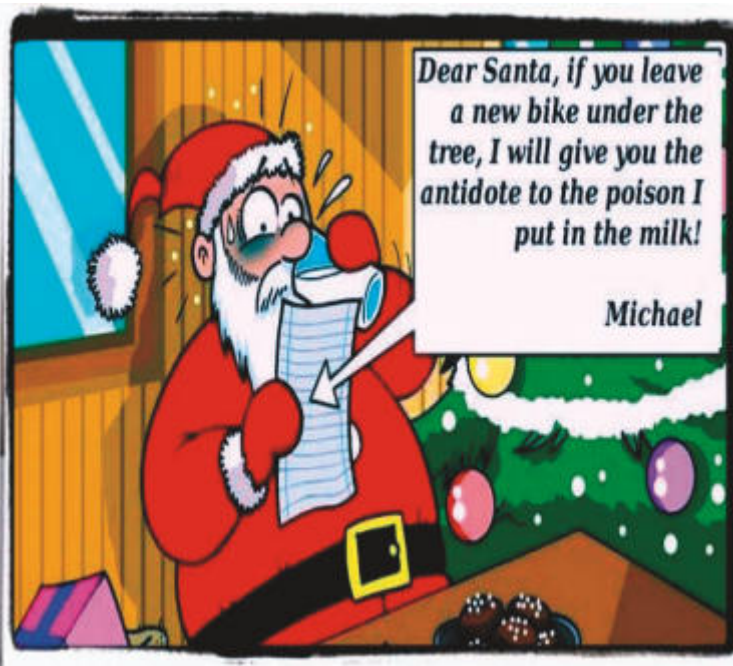


Answer key
for
crossword
from Nov NL



12

We would like to thank the Peanut Mobile for coming and sharing the Planters peanut history and of course giving us Cashews. Also going to see our Meals on Wheels Participants. THANK YOU!!!!!!



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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13 Recipe: Christmas Reindeer Cupcakes



Ingredients: 9 tbsp. unsalted butter, room temperature, 3/4 cup white sugar, 1 tsp vanilla extract, 2 lg eggs, 1 1/2 cups sifted self-rising flour, 1/2 cup milk. **Frosting:** 1 cup confectioners sugar, 1 tbsp. unsalted butter room temperature, 1 tbsp. milk, 1 drop brown food coloring. **Decoration:** 6 vanilla wafer cookies, 12 red jelly beans, 24 candy eyeballs, 24 chewy chocolate-flavored candy (tootsie roll), 24 plain pretzels **Instructions:** **1.** Pre-heat oven to 375, grease a 12 cup muffin tin or line with cups and paper liners. **2.** Combine 9 tbsp. butter, white sugar, and vanilla extract in lg bowl; beat with an electric mixer until smooth and creamy. Add eggs one at a time and beat until well combined, fold the flour in half, and add 1/4 cup milk stir to combine. Repeat with remaining flour and milk. Spoon batter into the prepared paper cups, filling each one 3/4 the way full. **3.** Bake in the preheated oven until toothpick inserted in the center comes out clean about 18 minutes. **4.** Remove tin from oven and cool on wire rack for 5 min. Remove cupcakes from the tin and cool completely on a wire rack before decorating about 1 hour. **5.** Combine confections sugar, 1 tbsp. butter, 1 tbsp. milk in lg bowl beat with an electric mixer until smooth and creamy. Thin frosting with a little milk or water if necessary. Add food coloring and stir until frosting is uniformly brown. Add more food coloring, 1 drop at a time, until frosting is the color you like. **6.** Spread a thin layer of frosting on top of each cupcake. Break vanilla cookies in half, place cookie half on each cupcake for the mouth. Use a bit of frosting to glue Jelly bean onto the cookie for Rudolph's red nose, stick 2 candy eyeballs into each cupcake, break off piece from each pretzel so they look like antlers and stick 2 into the top of each cupcake. Shape chewy candies into ears and stick 2 into the sides of each cupcake.

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:

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Make your screening appointment today!
Daniel Marshall, D.O. | Cameron French, PA-C



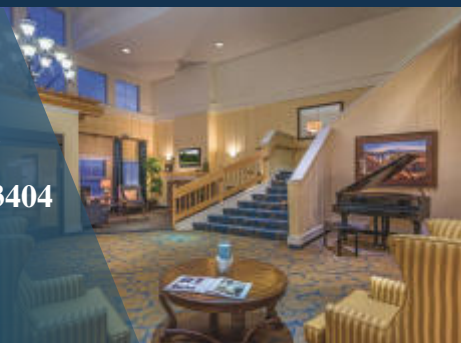
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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

D 4C 05-1113

YOUR BOARD OF DIRECTORS

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-----Non Voting Members-----		
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**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.....

The poster is for the Idaho Falls Senior Citizens' Community Center, also known as the Senior Activity Center, located at 535 West 21st Street. It announces a bingo event with a guaranteed minimum 60% payout. A large red diagonal banner across the center reads "CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE". Below the banner, it states the event is on Wednesday mornings with 16 games for as little as \$3.50. At the bottom, it lists rules: "FOR EVERYONE - Not just for seniors", "Must be 18 years old or older to play", and "Win CASH". It also notes the environment is smoke-free, alcohol-free, and non-profit.

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

Also Known as
SENIOR
ACTIVITY CENTER

COMMUNITY BINGO

Guaranteed minimum
60%
payout

**CLOSED TO THE PUBLIC
UNTIL FURTHER NOTICE**

on WEDNESDAY MORNINGS
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



Quinoa Fruit Salad

Tri-color quinoa is a combination of white, red, and black quinoa. Use regular (white) quinoa if you can't find it.

Time: 15 minutes

- 1 cup tri-color quinoa
- 2 Tbs. fresh lemon juice
- 2 Tbs. extra-virgin olive oil
- ¼ tsp. kosher salt
- ¼ cup loosely packed mint leaves
- ¼ cup loosely packed parsley leaves
- 2 navel or Cara Cara oranges, peeled and chopped
- 1 cup pomegranate seeds

1. Rinse the quinoa thoroughly in a fine mesh strainer with cold water.
2. In a medium pot, bring 2 cups of water to a boil.
3. Stir in the quinoa and reduce to a low simmer. Cover and cook until the water is absorbed and the quinoa is tender, 15-20 minutes.
4. Rinse under cold water to cool, then drain well.
5. In a large bowl, make the dressing by whisking together the lemon juice, oil, and salt.

THANK YOU TO ALL THAT HAVE HELP SUPPORT MEALS ON WHEELS Listed below!!!



Brenda Nicholson is pictured to the left giving Valisa Say Executive Director a donation for meals on wheels



IDAHO
COMMUNITY
FOUNDATION

Funded or Funded in part by the Forever Idaho East Fund and the Ralph and Mary Lynn Hartwell Fund for Bonneville County in the Idaho Community Foundation.

Funded or Funded in part by the Micron COVID Relief Fund in the Idaho Community Foundation

Idaho Community Foundation Grant



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.

FYI

*During the month of October our capable **KITCHEN AND DELIVERY PERSONNEL** served 234 Take out meals at the center , and produced and Delivered 4,749 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 4,983)*

17



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

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RESEARCH
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AT
TUFTS

AARP Foundation

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

**United
Way**



"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
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**The Senior Citizen Activity
Center, Inc.**

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

