



## 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

## Keep the "memory" in Memorial Day

Thank you to those  
who made the  
ultimate sacrifice, and  
the families who  
live with their loss.

CELEBRATE YOUR  
**MAMA!**  
Sunday, May 10th

Welcome  
May

OUR  
SOCIAL  
MEDIA

WEBSITE



FACEBOOK



TWITTER



2020-MAY

We reserve the right  
to goof-up  
occasionally

### New Members

James & Jodi James, May Shumaker, Patricia Hall, Richard Burke, Billy Shannon, Wauline Miller, Toone Burkham, Margaret & Sylvan Greenhalgh, David & Thelma Siebert, Cecilia Eckley, Ray Fields, Kraig Parkinson, Illa Mae Stucki, Marti & Robert Gibbons, Oscar & Roberta Saldana, Cheryl Sarzosa, Kathlyn & Rachel Crawford, Mike Parrott, Bonnie & James Hill, Joyce Coudirt, Robert Speas, Stephen Tomasello, Bob & Sharon Butler, Nancy Champion, Jewell Marquis, Jim Prim, Josefina Gonzales, Norris Quin, Lloyd & Marilyn Hoffer, Emily Topper

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	550.00
Non-Senior Hour	487.50
Board Member Hour	30.00
Work Detail Hours	73.50
<hr/>	
Total Hours	1141.00

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** Laurie & Don Watters, Betty & Michael Boulter

**\$100 - \$250** Kay & James Rose, Marianne Peterson, Rebecca Case, Ronald & Jane Goin, Jill & Chris Landon, Carol Ormond, Harold & Linda Kerh, Ruth & Mike Oar

**\$300—\$550**

**\$800-\$2,000**

### Thank You!

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

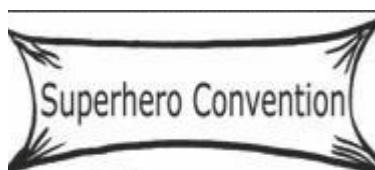
**\*Access Controlled Storage\* Basic American Foods\***

**\*Leland Beckman Foundation\***

**\*Skyline High School\***

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





"Us? No, we're not in disguise.  
We're pro bono volunteers."



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, Randy Romine, John Burnside, William Brotherson, Patrick McCracken, Richard &  
Marion Myers, Alecia Coburn, Melissa Kemmerer, & Preston Hummer-Lincoln Court,  
Beth Ferrara-Century 21 High Desert,  
Marci Barker, Trevor Arehart, Aurora Arredondo & Shannon Shearer-East Idaho Credit Union,  
Chanse Powell-Senior Solutions, Becky Leatham, Christy Manley, Clarissa Mecham,  
Misty Robinson, Wanita & John Bills, Debbie Yagues, Berta Dargie C'YA (Community Youth In  
Action), Steve Stowell, Jared and Karen Fuhrman, Alex Martin-Life Care Center,  
Dennis & Virginia Haines, Victoria Whitney, Don Williams -Fairwinds, Don Yeager,  
Johannah Thompson, Marla Morgan, Tiffany Morris, DaLeen Winnie, Whitney St. Michael,  
Jeffrey Socher, Mason Watt, Penny Shawl, Cheryl Steele

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# LINCOLN COURT IS ACCEPTING NEW RESIDENTS



NEWLY  
REMODELED  
ROOMS  
AVAILABLE

We are choosing  
to be a part  
of the solution.

## WE ARE HERE TO HELP!

Contact our family advisors to learn more.

**LINCOLN★COURT**  
INDEPENDENT, ASSISTED LIVING & MEMORY CARE



**850 Lincoln Drive, Idaho Falls | 208-529-3456**



FYI

*During the month of March our capable KITCHEN AND DELIVERY PERSONNEL served 382 meals at the center, and produced and Delivered 4731 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 5,113)*

Sudoku Solution  
from April NL



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

4

## 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.

**May 19th Elections**, We are encouraging as many voters as possible to vote by mail this election. If you have information going out to voters, we would appreciate this being passed along to them. To receive a mailed ballot, voters need to submit a signed request. Another option, for those who have an Idaho driver's license, is to apply online. Both of these options can be found at the website [idahovotes.gov](http://idahovotes.gov). To vote online, click on the heading "Vote Early Idaho: Request an Absentee Ballot". You will be taken step by step through the process. To print a form, scroll down to "Voter Information" and select "Absentee Ballot Request". Thank you so much for all your help during this trying time. We appreciate you so much!

## Firecracker Grocery Drawing

Idaho Falls Senior Activity Center

208 522-4357

Tickets:

2 for \$5

4 for \$10

6 for \$15

8 for \$20

10 for \$25

WINCO Gift Cards

1st Prize - \$300

2nd Prize - \$200

3rd Prize - \$150

4th Prize - \$100

Prize Drawing

3rd Wednesday of June  
At Lunch 12:00 pm

Need NOT be present to win !!



### Eastern Idaho Area Agency on Aging: In-Home Services

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

### Eastern Idaho Area Agency on Aging: Help with Medicare Costs

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

### **Grandparents Corner**

#### **EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP**

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



My wife told me to take the spider out instead of killing him.

Went out. Had a few drinks. Nice guy. He's a web designer.



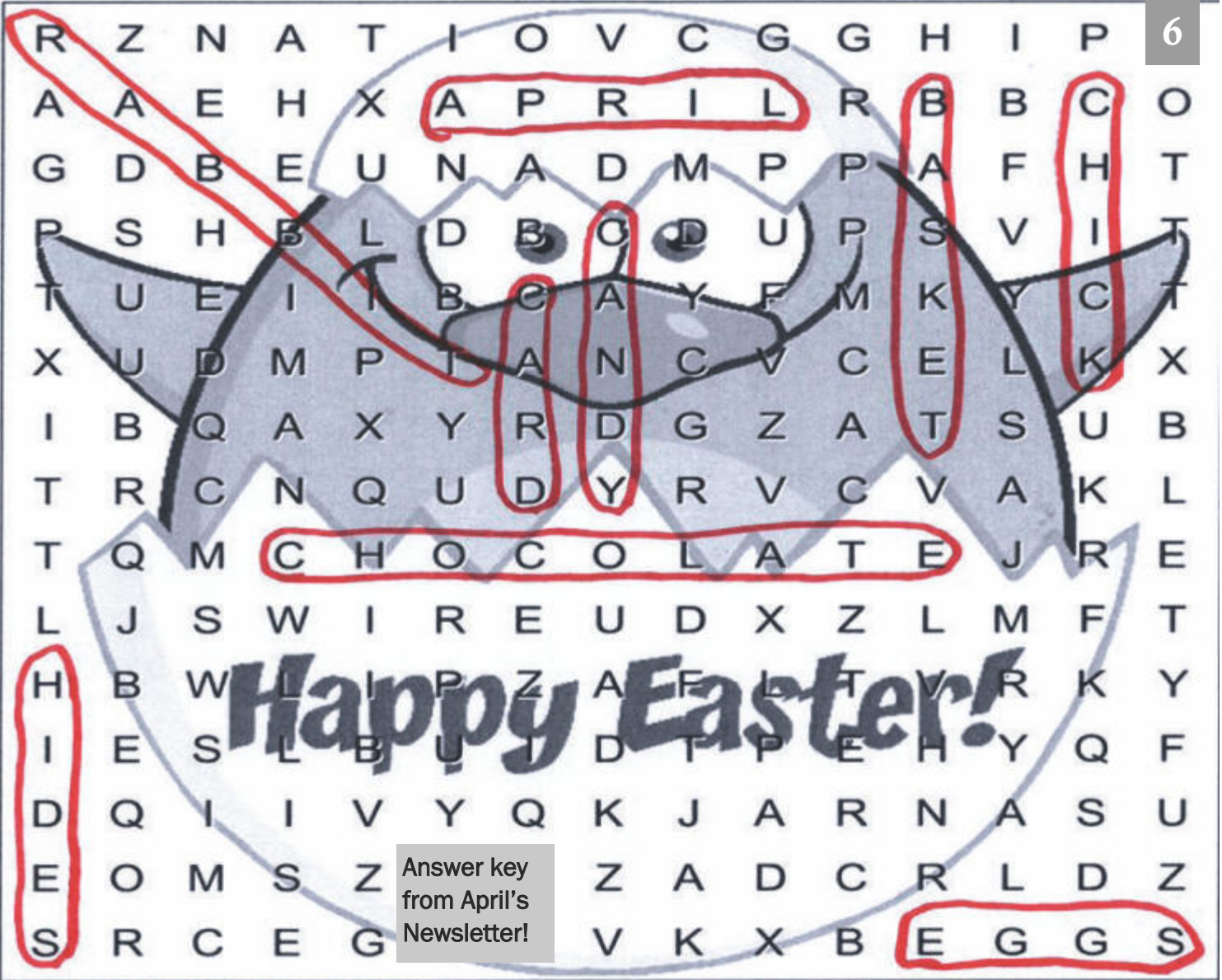
**Q. How do dog catchers get paid?**

**A. By the pound!**

"This is your great-grandma and great grandpa," I told my grandson as I handed him a photo of my parents. "Do you think I look like them?" He shook his head. "Not yet."

Today at the bank, an old lady asked me to check her balance. So I pushed her over.





We have had additional expenses added to our budget to keep our seniors safe due to COVID-19. Some of these expenses have been covered from funds provided by The East Idaho Community Fund in the Idaho Community Foundation. We would like to say THANK YOU SO MUCH for helping relieve this burden with funding. We appreciate all the help received from you during these hard times.

### Medicare 101 Class

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



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### AARP DRIVER SAFETY PROGRAM

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

9:00am – Until Done

The AARP Driver's Safety Program is for individuals 16 years and older. Most insurance companies will give a discount on premiums if you are 50 years or older when the course is taken. Call your insurance company to see if you qualify for a discount, and then call the SCCC at 522-4357 to register for the next available class. Wednesday the week before the class is the deadline to sign up.

**Where:** Senior Center -535 W. 21<sup>st</sup> St.

**Time:** 3<sup>rd</sup> Tuesday **ONLY** 9:00 – Until Done

**Cost:** \$20.00 per person

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

**Advanced registration and payment is required.**



**INDEPENDENT LIVING  
ASSISTED LIVING • MEMORY CARE**

4000 S 25th E  
Idaho Falls, ID 83404  
208-522-1591

[morningstarseniorliving.com](http://morningstarseniorliving.com)

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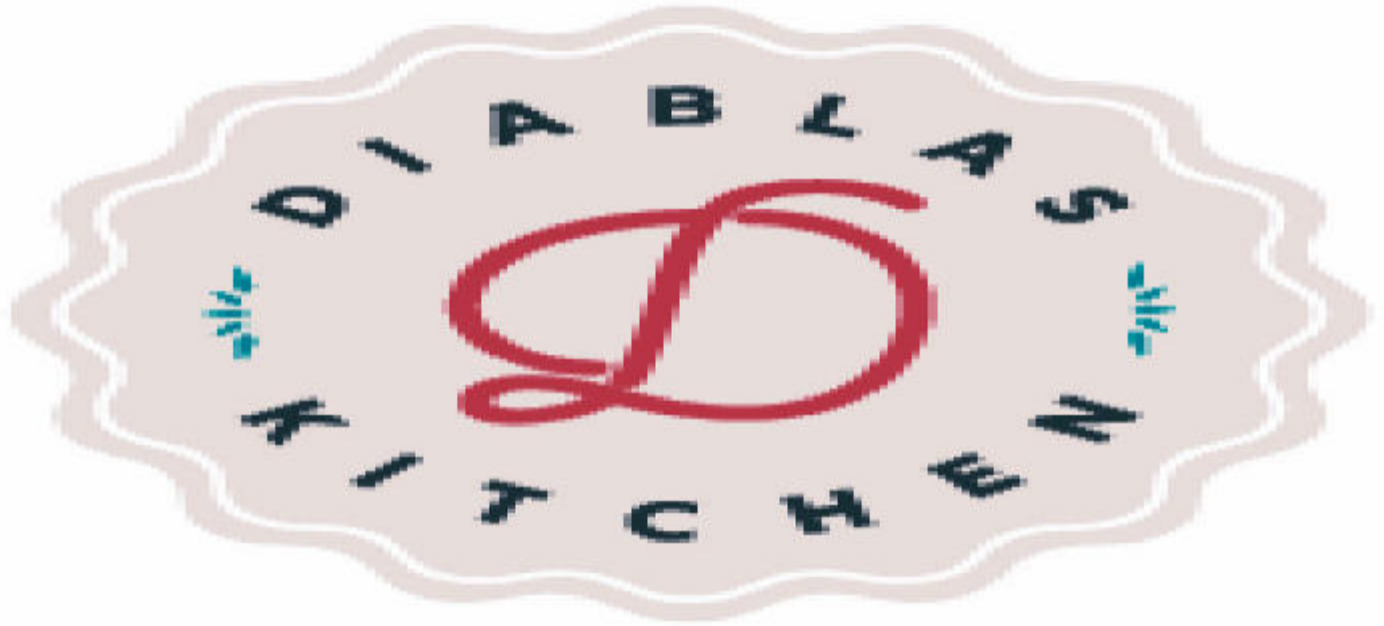
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For ad info. call 1-800-950-9952 • [www.4lpi.com](http://www.4lpi.com)

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





A big shout out to Diablas Kitchen for donating a complete meal 4 Fridays in a row during the month of April.

For our Meals on Wheels Participants. These meal's were very appetizing & Delicious.

THANK YOU for being amazing and helping feed homebound seniors!

Here are 3 pictures of the 4 meals Provided !!!



## Answer key in June's NL

**ACROSS**

1. Demolish
5. Knocking-around partner
8. Humdrum
12. Candid
13. Bob Hope's org.
14. Sounds of satisfaction
15. Draft \_\_\_\_
16. Dawdle
17. Oxidize
18. Fryer's need
20. Actor Young
22. Delays
25. Made smooth
29. Fairy tale villain
30. Twisted
31. Rowboat accessory
32. Yours and mine
33. Used to be
34. Building area
35. Tenth month (abbr.)
36. Spearheaded
37. Desert stopovers
38. Sweetie-pie
40. At sixes and \_\_\_\_
41. Unusual
42. Cycle start
43. Sweetheart

46. Possessive contraction
48. Space org.
52. Related (to)
53. Previously named
54. Morose
55. Clasped
56. Set
57. Trucker's vehicle

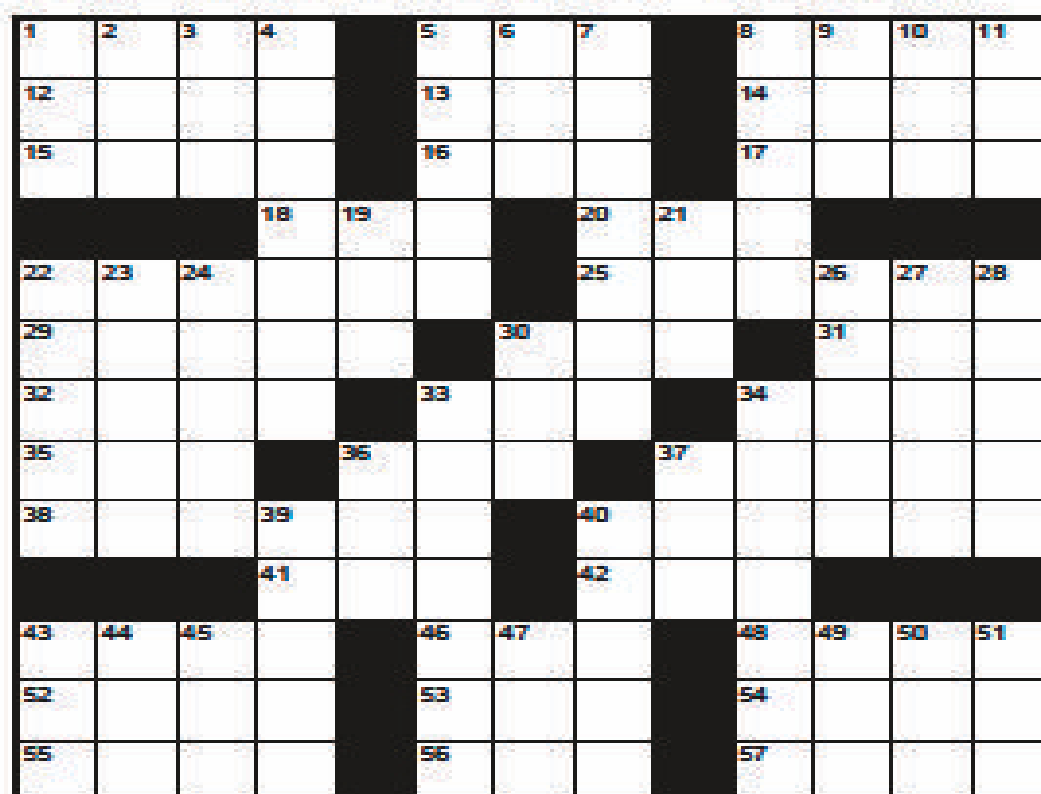
**DOWN**

1. Pilfer
2. Gorilla, e.g.
3. Final letter
4. Registers for a course
5. Tugs
6. Big \_\_\_\_ house

(2 wds.)

7. They shout "Timber!"
8. Entertainer Victor
9. Comic Costello
10. Toe-wiggling sounds
11. Truman's monogram
19. \_\_\_\_ will
21. Wall-climbing vine
22. Remained erect
23. Cease-fire
24. Main artery
26. Clamor
27. Corroded
28. Put clothes on

30. Bunch of dollars
33. Pulling up dandelions
34. Bank accounts
36. Top
37. Over, poetically
39. Circular
40. Stainless \_\_\_\_
43. What Scrooge shouted
44. Make last
45. Be sick
47. Sweater neckline
49. Pub pint purchase
50. Grand total
51. Friend (Fr.)



## Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: May 2020

0 Monday	0 Tuesday	0 Wednesday	0 Thursday	1 Friday
				0 French Dip w/ Au Jus
				0 Oranges
				0 Winter Blend
				0 French Fries
MILK	MILK	MILK	MILK	MILK
				0 Cookie

4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
Pizza	Tacos	Stuffed Peppers	Yorkshire Chicken	Garlic Rosemary Fish
Pineapple, Apples	Kiwi	Mandarin Oranges	Orange Juice	Cranberry Juice
Capri Blend	Tomato, Onion, Lettuce	Stewed Tomato & Peppers	Peas & Carrots	California Blend
Pizza Crust	Tator Tots	Scalloped Potatoes	Cheesy Potatoes	Rice Pilaf
MILK	MILK	MILK	MILK	MILK
	0 Apple Crumb Cake		Chocolate Pudding	0

2nd Choice: Chicken Nuggets

11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
Turkey Cacciatore	Orange Chicken	Any old Day Ham & Potatoes	Breaded Veal & Gravy	Mediterranean Beef Tips
Kiwi	Pineapple Tid Bits	Blueberries	Banana	Plums
Onion, Mushroom, Celery, Broccoli	Peas & Carrots	Onions, Green Beans	Mediterranean Blend	Western Blend, Onions, tom Basil
Spaghetti Noodles	White Rice	Potatoes	Red Potatoes	Augratin Potatoes
MILK	MILK	MILK	MILK	MILK
Vanilla Pudding with wafer		0 Cupcakes		0 Brownies

2nd Choice: BBQ Chicken

18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
Sweet Pepper Chicken	Hungarian Goulash	Garlic Parmesan Fish	Turkey Burger	Chef Salad
Tropical Fruit	Apples	Honey Dew	Pears	Orange
Bell Peppers, Tomato, Asparagus	Green Beans, Onions	Squash	Lettuce & Tomato Peas, Carrots,	Tomato, Romaine spring mix, Cuc
Pasta	Mashed Potatoes & Gravy	Loaded Mashed Potatoes	French Fries	WG Muffin
MILK	MILK	MILK	MILK	MILK
Butterscotch Pudding		0 Cream puff		0 Jello

2nd Choice: Salisbury with gravy

25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
Mediterranean Beef	Stuffed Egg Plant w/ White Sauce	Pork Roast w/ Stuffing & Gravy	Turkey Spaghetti W white sauce	Pulled Pork Sandwich
Plums	Cantaloup	Grape Juice	Apricots	Banana
Western Blend	Caribbean Blend	Carrots & Onions	Oriental Blend Veg	Carrot & Celery Sticks
Augratin	Wild Rice	Potatoes & Gravy	Wg angel hair noodles & Garlic Br	Bun & Potato Salad
MILK	MILK	MILK	MILK	MILK
White Cake with cherrie topping		0 Pastry		0 Apple Crisp

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



# May 2020

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 11:00a Fort Hall (DOW) **	2 4:30p Doors Open 6:00p Community Bingo
3 10:00a Call Us At: 522-4357 Mon-Fri 8:30-4:30 Visit Web Site At IFSCC.ORG	4 9:00a Use it Don't Lose it 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	5 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	6 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	7 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 1:00p Use it Don't Lose it	8 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp	9 4:30p Doors Open 6:00p Community Bingo
10	11 9:00a Use it Don't Lose it 10:00a Rose's Coffee Grp 12:30p Mah-Jongg 12:30p Bridge 2nd Monday ** Ruth 524-0643	12 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	13 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	14 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:45p Art Class 1:00p Use it Don't Lose it	15 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp	16 4:30p Doors Open 6:00p Community Bingo
17	18 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	19 8:00a Elections 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge	20 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	21 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 3:00p INL Ret Brd Mtg	22 9:00a Beading Group 10:00a Rose's Coffee Grp	23 4:30p Doors Open 6:00p Community Bingo
24	25 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	26 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 10:30a SCCC Brd Mtg 12:30p DD Pinochle/Bridge	27 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	28 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:45p Art Class	29 9:00a Beading Group 10:00a Rose's Coffee Grp	30 4:30p Doors Open 6:00p Community Bingo
31						

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

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

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

May 5th, 2020  
Cinco De Mayo



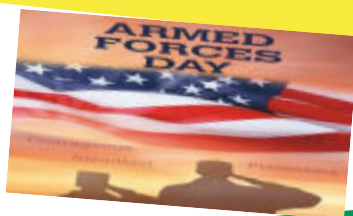
Observed in May!

May 10th, 2020  
MOTHERS DAY



Cinco de Mayo is celebrated by Mexican Americans with festive dress, parades and, of course, food! Typical spreads for the holiday include tacos, guacamole and tequila drinks. If you are throwing a Cinco de Mayo party this year, be sure to give these festive recipes a try

1. Breakfast in Bed. Start her day by offering breakfast in bed. ...
2. Give Her Flowers. ...
3. Give Your Mom a Day Off. ...
4. Throw A Surprise Party. ...
5. Spend a Day Together. ...
6. Surprise Her with a Lovely Gift. ...
7. Pamper Her.



May 16th, 2020  
Armed Forces Day

Armed Forces Day is celebrated on the third Saturday in May. This year it will be celebrated on Saturday, May 16, 2020. Thanks to President Harry S. Truman, it's a day to pay special tribute to the men and women of the Armed Forces.

May 25th, 2020  
Memorial Day!



Memorial Day (previously but now seldom called Decoration Day) is a federal holiday in the United States for remembering, honoring, and mourning the military personnel that had died while serving in the United States Armed Forces. ... Many volunteers place an American flag on each grave in national cemeteries.



May 31st, 2020  
Pentecost

Pentecost is the festival when Christians celebrate the gift of the Holy Spirit. It is celebrated on the Sunday 50 days after Easter (the name comes from the Greek pentekoste, "fiftieth"). It is also called Whitsun, but does not necessarily coincide with the Whitsun Bank Holiday in the UK

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CONTACT

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**tloepfe@4LPi.com or (800) 950-9952 x2509**



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## Recipe: Fresh & Healthy 7-layer Dip



**Ingredients:** 1 (15oz) can refried beans, 3 5.3 oz containers or 2 cups from a 24 oz tub of plain siggi's skyr, 1 (1oz) packet of taco seasoning, 2 medium Avacodos, 2-3 Tbls chopped cilantro, 1 jalapeno, seeded and diced, 1/2 lime juiced, Salt & Pepper, 1/2 cup shredded cheese( Cheddar or Mexican cheese, 1 1/2 cups quartered grape tomatoes, 1/4 cup sliced black olives, 2 tbls finely chopped red onion or green onion, 1/2 cup chopped fresh cilantro, optional jalapeno slices.

**Instructions:** **1.** Spread refried beans all over the bottom of a 9X9 inch pan **2.** In a medium bowl, mix together the yogurt and packet of taco seasoning (orDIY taco seasoning) Spread on top of refried beans. **3.** In a separate medium bowl, mash avacados with a fork until a mix between smooth and chunky. Stir in cilantro, jalapeno, lime juice and add salt and pepper to taste. Spread on top of yogurt. **4.** Finally, add remaining layers in the following order: shredded cheese, quartered grape tomatoes, sliced black olives, diced onion, cilantro and a few jalapenos. **5.** Cover and refrigerate until ready to serve. Recipe can be made 24 hours in advance, but is best to make the day of. Serves 10. Serve with tortilla chips, plantain chips, pita chips, carrot sticks, celery or cucumber slices.

**Nutrition:** Servings: 10 servings Serving size: 1 serving Calories: 160kcal Fat: 8.4g Saturated Fat: 5.4g Sugar: 2.4g Protein: 9.5g

## FREE Skin Cancer Screenings



A preventative reminder that risk factors for skin cancer include:

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

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

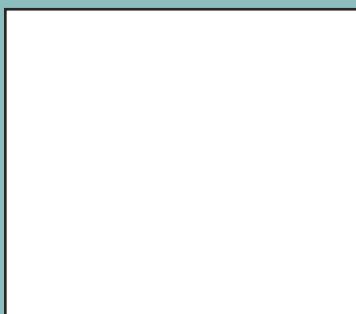
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Daniel Marshall, D.O. | Cameron French, PA-C



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

D 4C 05-1113

## YOUR BOARD OF DIRECTORS

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Helen Stanton	Retired	
Dallin Furhiman	Morning Star	
Alex Martin	Life Care	
Jana Merkley	CEO Greater IF Assoc. Of Realtors & Snake River Regional MLS	

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

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

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

## Caregivers Nook

EICAP Caregivers Support Group

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

12:00-1:30 at EICAP [935 E. Lincoln Rd.](#)

I.F. [\(208\) 522-5391](#) Jodi

See you there.....

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

Also Known as  
SENIOR  
ACTIVITY CENTER

COMMUNITY  
BINGO

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minimum  
60%  
payout

Every Saturday Evening  
6 pm to 8 pm

Doors open at 4:30 pm

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

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

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

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

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



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

Rules are on the bulletin board

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

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

WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD
4th	Bill	Dean	Gene
11th	Gene	Tonya	Bill
	HIGH	2ND	3RD
	HIGH	2ND	3RD

2ND MONDAY BRIDGE			
	HIGH	HIGH /Tied	2ND
9th	Louise	Norm	Bill
TUESDAY BRIDGE			
	HIGH	2ND	3RD
3rd	Norm	Bill	Adrienne
10th	Bill	Adrienne	Norman
TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD
3rd	Linda	Edie	
10th	Tonya		

**JUST A REMINDER**

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

Thanks.....  
 your Board of Directors



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



**IDAHO**  
DEPARTMENT OF FINANCE

Brad Little  
Governor

Patricia Perkins  
Director

**CONTACT:**

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

**NEWS RELEASE**

For Immediate Release

March 25, 2020

## **Initial Loan Procurements**

**Boise, Idaho...** The Idaho Department of Finance today issued an advisory raising awareness concerning initial loan procurements. Companies using blockchain technology need to raise capital just like any other company. One way these companies accomplish that is through initial coin offerings (ICOs), which require the new company to create tokens that can be sold to investors and used for the development of new projects. An alternative fundraising method is catching the interest of investors. Initial loan procurements allow companies to raise capital without the added burden of creating tokens.

"Blockchain technology is a useful and important technology. It is also an emerging technology and companies using it need to attract the capital necessary to develop ideas and expand their businesses," said Director Patti Perkins. "However, Idaho citizens are cautioned to closely evaluate these types of investments."

### **What is an Initial Loan Procurement?**

An initial loan procurement is a crowdfunding method that allows borrowers and creditors to enter into loan agreements through legally binding smart contracts stored on the blockchain. Instead of sending money to a smart contract and receiving tokens, as in an ICO, the investor becomes a creditor and lends money to the company. The loan is paid back at an agreed time and is purported to be legally binding. This allows the investor to lend money to a company or project, after entering into an agreement. Just like ICOs, initial loan procurements are marketed to investors worldwide.

### **How does it Work?**

Potential investors input their identification by entering an address among other information on the blockchain. Once all the information is verified, the investor will digitally sign a loan agreement and send cryptocurrency to the company's address. Once the cryptocurrency is received, and a smart contract signed, the investor is entitled to an annual interest payment.

With ICOs, in which a token is issued, the investors typically get nothing to prove a claim on the company's assets. However, in an initial loan procurement, the investor receives a legally binding contract with the company that is public on the blockchain.



We would like to **THANK**  
Everyone that has continually  
helped us with our Meals on  
Wheels program during this  
trying time. We Applaud you!!



17

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



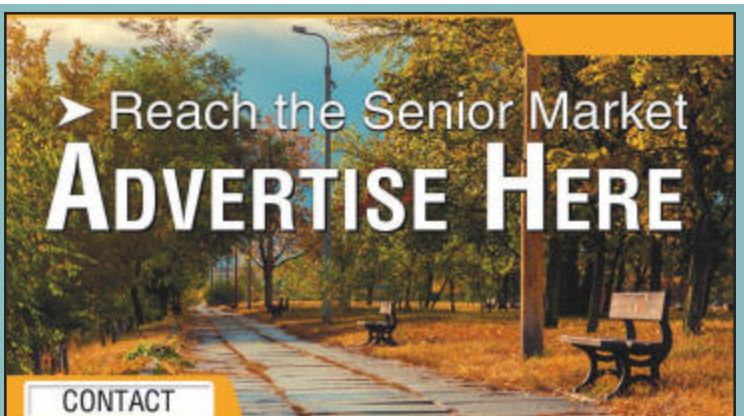
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CONTACT

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## NEVER MISS A NEWSLETTER !

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



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◀ **Joan Lunden**, journalist,  
best-selling author, former  
host of *Good Morning America*  
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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113





### **Medicare Information**



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



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

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

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

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

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

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

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

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

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



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

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

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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!**



**MEMORIAL DAY  
May 25th, 2020**