



SENIOR COMMUNICATOR

Non Profit Organization

**Idaho Falls Senior Citizens Activity Center
535 West 21st Street**

**We are a daily center for ACTIVE seniors
We are NOT an assisted living center.**

Hours of operation
Monday through Friday
8:30 am - 4:30 pm
Closed some holidays

Telephone: (208) 522-4357
Website: ifscac.org
Circulation: 900



US Holidays & Observances in May, 2019

*May 12th—Mother's Day, May 18th—Armed Forces Day
May 27th—Memorial Day*

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



**MAY
2019**

We reserve the
right
to goof-up
occasionally

New Members

Harry Bourne * Blaine Murray * Karen Baccus * John Starr * Michael Neil * James Bays Jr.
Ronald Pederson * Bruce Kanirie * LaRie Boyenger * Reed & Shirlene Lords * Joan Ovard

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	317.00
Non-Senior Hour	847.50
Board Member Hour	78.00
Work Detail Hours	161.75
<hr/>	
Total Hours	1404.25

We would like to thank the Board Members, Non Seniors and ALL the seniors who keep the SCCC going by keeping all of our activities and programs running.

Warm Wishes To You All!

Thank You!

Monthly Supporters

Bonneville County * United Way

City Of Idaho Falls * Medicaid

Eastern Idaho Community Action Partnership

Thank You!

THANKS TO THE MEMBERS WHO HELP US RELIEVE THE PAIN OF THE ECONOMY:

\$ 0 - \$ 99 Tom Rahl

\$100 - \$199 Dorothy Harrop

Thank You!

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

Battelle Energy Alliance

Fraternal Order of Eagles Ladies Auxiliary No. 576

Fraternal Order of Eagles-Grand Aerie # 576

BE SURE TO JOIN US FOR LUNCH

Tuesday, May 21st

Bonneville High School Band

Will be here to entertain us



I really don't mind getting old...

But my body is taking it badly.

Madly Old



Eden Home Health,
Jenna Martin
(Board Member)

Intermountain Gas,
Lenore Johnson

C'YA Community Youth In Action
**Becky Leatham, Christy Manley,
Jeanie Bailey & Clarissa Mecham**

Richard Myers



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.

Randy Romine



John Burnside

Patrick McCracken

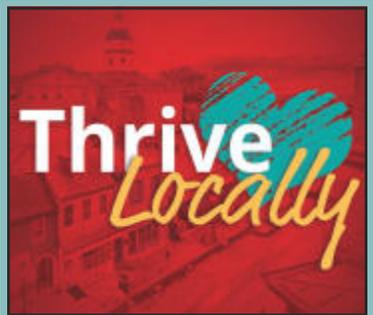
Senior Solutions,
Chanse Powell
(Board Member),



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

morningstarseniorliving.com



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.



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

**CALL TODAY
208-881-5241**



FYI

During the month of April our capable KITCHEN AND DELIVERY PERSONNEL served 723 meals at the center, and produced and Delivered 5506 meals to home-bound seniors through our Meals On Wheels program (Total meals: 6229)

A FEW FUN FACTS about MAY

The month 'May' have been named for the Greek goddess Maia, who was identified with the Roman goddess of fertility, Bona Dea, whose festival was held in May.

The first Saturday is the Kentucky Derby.

The second Sunday in May is Mother's Day.

Old saying: April Showers Bring May Flowers

Old joke: What do Mayflowers bring?

Answer: Pilgrims

Flowers are natural fireworks in extreme slow motion. The birth flower for May is the Crataegus monogyna and the Lily of the Valley.

The zodiac sign for May are Taurus (April 20-May 20) and Gemini (May 21-June 20)

The birthstone for May is the emerald which represents success or love.

On May 3, 1921, the Empire State Building was officially opened.

On May 6, 1937, the Hindenburg exploded over Lakehurst, New Jersey, killing 36 passengers and crewmembers.

No other month begins on the same day of the week as May.

May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".

Eastern Idaho Area Agency on Aging

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

Adult Protection / Caregiver Programs / Nutrition Sites
Grandparents Raising Grandchildren / In-Home Services
Long Term Care Ombudsman / Operation Red File
Senior Centers / Transportation / Volunteer Programs

In-Home Services

The Area Agency on Aging contracts to provide a variety of services for seniors in their own home. If you or a loved one may benefit from any of these services, please contact the Area Agency on Aging at (208) 522-5391 and we will gladly help determine eligibility for services.

Home Delivered Meals

Home delivered meals are nutritious meals that are delivered to homebound seniors age 60 years or older and their spouses. The drivers who deliver the meals make daily contact and check on the well-being of seniors they visit. The Area Agency on Aging contracts with 11 Home Delivered Meal providers, serving eight of our nine counties. Meals are free of charge for those who qualify. Donations are always accepted.

Homemaker Program

Persons eligible to participate or to receive services are individuals 60 years of age or older. Homemaker services provide care for older persons to help them maintain, strengthen, and safeguard their personal functioning in their own homes with:

- Housekeeping
- Meal planning and preparation
- Essential shopping
- Personal errands
- Banking and bill paying
- Medication management
- Restrictions with bathing and washing hair

Chore Services

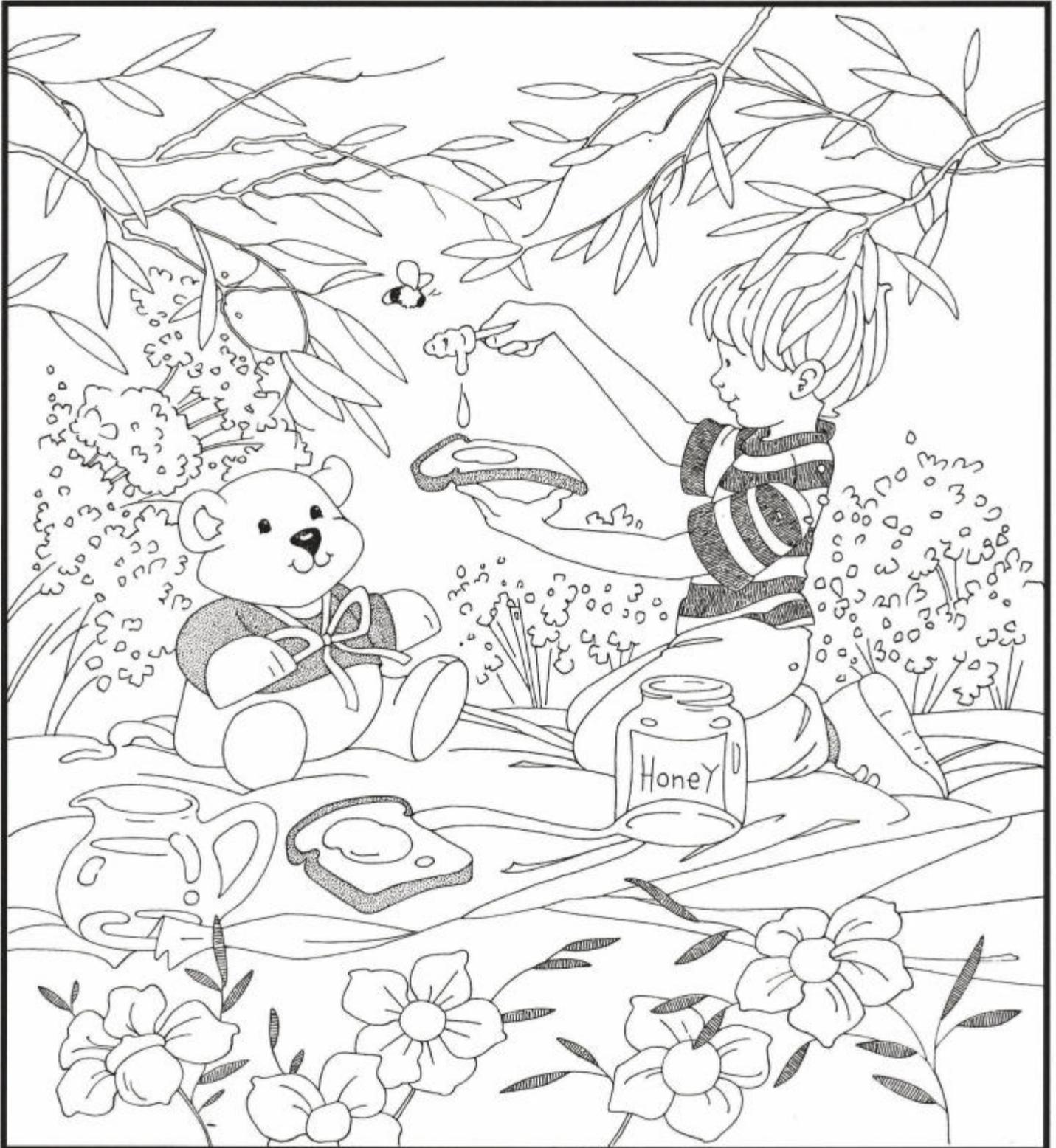
Chore can provide assistance with routine yard work, sidewalk maintenance, heavy cleaning, or minor household maintenance to persons who have functional limitations that prohibit them from performing these tasks.

Telephone Reassurance

Telephone Reassurance allows individuals who would normally require assistance to remain in their homes. Phone calls are placed by volunteers to older individuals and disabled adults at home to ensure their well-being.

Friendly Visiting

Friendly Visiting is performed by individuals (usually volunteers) who visit or read to an older individual during a home visit. **For additional information**, call the Area Agency on Aging at (208) 522-5391. We are located at 935 Lincoln Road, Idaho Falls, Idaho 83405



Honey Picnic

While Ross and his teddy bear enjoy an afternoon picnic in Grandma's backyard, look for a tack, hanger, candle, acorn, flowerpot, whale, sun, carrot, sheep, closed umbrella, bird, teacup, apple, rabbit's head, spoon, and a needle.

Field of Honor 2019, May 25 - 27, 2019

Veteran's Memorial Hill at Russ Freeman Park, Idaho Falls, ID 83402

Continuing the 7-year tradition, the Idaho Falls Exchange Club will bring the 2019 Field of Honor® flag display to the metropolitan areas of Bonneville and Jefferson counties. 1,000 United States Flags with fly over Memorial Hill in Freedom Park for Memorial Day weekend to honor military, veterans and first responders.



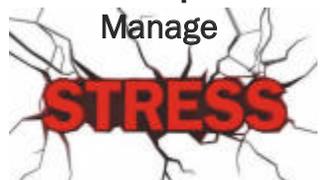
The Idaho Falls display is a gift to the community made possible through donations, sponsorships and the efforts of many dedicated volunteers. You can show your support and gratitude by sponsoring a flag or making a donation. Everyone is invited to walk among the rows of U.S. flags that the mature may honor & remember, and the youth may learn & gain appreciation.

Suggestion Box

We have added a suggestion box to the front desk. We encourage you to make suggestions on programs and activities, give ideas on how to make more out of our Center. We are, also, looking for ideas on how to get more new members. All suggestions are anonymous if desired, and always welcome.



**Quick Health Tip for Seniors
Manage**



Try exercise or relaxation techniques, perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel. Learn the role of positive thinking.

Church bulletin board

The following appeared in church bulletins or were announced at church services.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off – let the Church help.

Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

The Rector will preach his farewell message, after which the choir will sing 'Break Forth Into Joy'.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

Potluck supper Sunday at 5pm – prayer and medication to follow.

The church will host an evening of fine dining, super entertainment and gracious hostility.

At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Low Self-Esteem Support Group will meet Thursday at 7pm. Please use the back door.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: 'I Upped My Pledge – Up Yours.'

This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.

Compiled by Max Bowen



Mothers Day Trivia: Believe It or Not Records



Oldest Mother

On April 9, 2003, Satyabhama Mahapatra, a **65-year-old** retired schoolteacher in India, became the world's oldest mother when she gave birth to a baby boy. Satyabhama and her husband had been married 50 years, but this is their first child. The baby was conceived through artificial insemination using eggs from the woman's 26-year-old niece, Veenarani Mahapatra, and the sperm of Veenarani's husband.

Youngest Mother

The youngest mother whose history is authenticated is Lina Medina, who delivered a 6 and ½-pound boy by cesarean section in Lima, Peru in 1939, at an age of **5 years and 7 months**. The child was raised as her brother and only discovered that Lina was his mother when he was 10.

Highest Recorded Number of Children

The highest officially recorded number of children born to one mother is **69**, to the first wife of Feodor Vassilyev (1707-1782) of Shuya, Russia. Between 1725 and 1765, in a total of 27 confinements, she gave birth to 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. 67 of them survived infancy.

Longest Interval Between Two Children

Elizabeth Ann Buttle is the mother who holds the record for the longest interval between the birth of two children. She gave birth to Belinda on May 19, 1956 and Joseph on November 20, 1997. The babies were born 41 years 185 days apart. The mother was 60 years old when her son Joseph was born.



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DOC TERRANCE COOPER
LDS AUTHOR

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DOCTMCOOPER.COM

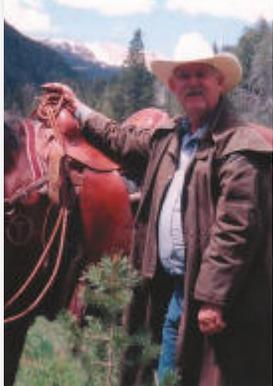
COMMENTS FROM READERS:

"What made this book enjoyable was the lack of bad language, sexual innuendos or other worldliness that would have distracted me and discouraged me from continuing to read."

"I am 75 years old and a grandmother. These are stories that every mother and grandmother needs to read to their children and grandchildren. They are stories of life; choices; struggles and faith, and also very inspiring."

"Your stories are a lot like Louis L'Amour and Zane Grey books. There is so much action and excitement, but not all the violence. When I read your books, I feel like I am standing right next to Jacob & Zac throughout the entire series."

Blaine Yorgason, author of more than 80 books commented, "Doc, I just glanced at your manuscript and I couldn't put it down."




START YOUR READING ADVENTURE TODAY!
CELL-435-531-9418

6 Facts About a Person With Dementia

By Dan Lonigro, CPI Global Professional Instructor

I can still smell the flowers.

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

I can still communicate.

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

I can still make decisions.

I don't have the judgment I used to, but I can still make decisions. Give me choices. This will make me feel like I'm a part of things.

I can still wash my face.

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction. This will help me feel purpose.

I can still sing.

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

I can still move my body.

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

You are key to the quality of my life.



crisisprevention.com

Tickets have been sent out !! If you are not on our mailing list, please, stop by the office to pick up some tickets.

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 !!

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. 21st St.

Time: 3rd 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.

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

Also Known as
SENIOR
ACTIVITY CENTER

COMMUNITY BINGO

Guaranteed
minimum
60%
payout

Every Saturday Evening
6 pm to 8 pm

Doors open at 4:30 pm

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

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

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

GOLDEN SPIKE - 150TH ANNIVERSARY

In 1862, President Abraham Lincoln signed the Pacific Railway Act, authorizing the Central Pacific Railroad to build a line east from Sacramento and the Union Pacific Railroad Company to build west from Omaha. The transcontinental railroad bound the nation together with its completion in 1869 at Promontory Summit, Utah.



Central Pacific Railroad, Jupiter



Union Pacific No. 119



Celebration !

(Photos by Steve Barshun, taken in 2018)

With the connection of the Union Pacific and the Central Pacific, along with other rail lines that went north and south of Ogden in the following years, Ogden was designated in 1874 as the junction location of the two railroad companies, earning it the nickname “Junction City.” Ogden became alive with the movement of train passengers, service men, and railway workers, welcoming all sorts of visitors - some legitimate and some not so much to this town. As people poured into town, they would stroll up and down Historic 25th Street to prospect for business, dine, gossip, and enjoy upscale shopping. The city quickly became known for its wealth, and for its rough and tumble character. A place where one could gamble, spend some time in a brothel, and get a few drinks. 150 years later we are celebrating this iconic event with celebrations at Promontory Summit.

Spike 150 Schedule at Promontory Summit

May 10th, 2019

8:00 AM—Opens to the Public

8:15 AM—Jupiter and #119 Replica Steam Engines Arrive

11:00 AM-1:30 PM—Sesquicentennial Celebration Ceremony

1:30-7:00 PM Spike 150 Festival*

May 11th, 2019

9:00AM—7:00 PM Spike 150 Celebration Festival

May 12th, 2019

9:00 AM—3:00 PM Spike 150 Celebration Festival*

***Festival includes:** Music, Performances, Storytelling, Historical Reenactments, Train Demonstrations, Frontier Village, Innovation Summit, Reenactments, and Steam Train Demonstrations.

The three-day Sesquicentennial Festival offers a variety of fun and educational activities for visitors of all ages. Located at the Golden Spike National Historic Site located at: 6200 North 22300

Senior Center Name: Idaho Falls Senior Center

Month: May 2019

23 ROUTE ONLY	0 Tuesday	1 Wednesday	2 Thursday	3 Friday
Malibu Chicken Mandarin Oranges Broccoli Fries MILK		Tuna Casserole Grapes Onion Celery, Peas Egg Noddles, Sliced Bread MILK	Beef Roast w/ potato Mixed Fruit Carrots & Onion Baked Potato MILK	Pork chops w/ gravy Apple Green Beans Mashed Potatoes MILK 2nd choice: Grilled Chicken

6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday
Lemon Baked Fish Orange Southwest Blend Vegetables Whole grain muffin MILK 2nd choice: Beef Fingers	Beef Tacos Pears Salad, Onions, & Tomato Tortilla MILK	BBQ Chicken Peaches Green Beans Corn Bread MILK 2nd Choice: BBQ Pork	Turkey Mac & Cheese Bananas Oriental Blend Sliced Bread MILK	Peanut Butter Jelly Sandwhich Strawberries Sliced Carrots Whole grain Bread MILK 2nd Choice: Chicken Nuggets

13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
Chicken Fried Steak Pears Carrots Mashed Potatoes w/ Gravy MILK 2nd Choice: Pork Chop	Grilled Cheese with Ham Banana Tomato Soup Whole Grain Bread MILK	Turkey Tetrizzini Apple Peas & Carrots Penne Noodles MILK	Biscuits & Sausage Gravy Grapes Southwest Blend Vegetables Tator Tots MILK	Pizza Pineapple, Juice Olives, Salad, Tomato, Cucumbers Pizza Crust MILK

20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
Teriyaki Chicken Orange Corn Sliced Bread MILK 2nd Choice: Teriyaki Pork Chops	Hamburger W/ Bun Mixed Fruit Pickles, Onions, Tomato Tator Tots/ Bun MILK 2nd Choice: Polish Dog	Breaded Fish Banana Sweet Potatoes Breeding MILK 2nd Choice: Grilled Chicken	Salad Bar Mandarin Oranges Salad, Onions, Tomato, Broccoli Whole Grain Crackers MILK CENTER ONLY	Lasagna Kiwi Green Beans, Onions Lasagna Noodles MILK

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday
CLOSED Memorial Day	Chicken and Dumplings Applesauce Peas & Carrots Bisquick MILK	Salisbury Steak w/ Gravy Blueberries Green Beans Mashed Potatoes MILK 2nd Choice: Pork Chop	BBQ Pulled Pork Banana Coleslaw Corn Bread MILK 2nd Choice: BBQ Chicken	Turkey Sandwich Cold Lunch Orange Carrot Sticks Bread MILK 2nd Choice: Polish Dog



Menu is subject to change
Thank you for your understanding



May 2019

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	2 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:45p Art Class ***	3 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 11:00a Fort Hall (DOW) ** 12:45p Hand & Foot Cards	4 4:30p Doors Open 6:00p Community Bingo
5 10:00a Call Us At: 522-4357 Mon-Fri 8:30-4:30 Visit Web Site At IFSCCC.ORG	6 8:00a Training class with C'YA Rental 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	7 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	8 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 11:30a BP Wellness 12:45p Pinochle	9 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp	10 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	11 4:30p Doors Open 6:00p Community Bingo
12	13 10:00a Rose's Coffee Grp 12:30p Mah-Jongg 12:30p Bridge 2nd Monday ** Ruth 524-0643	14 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	15 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	16 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 3:00p INL Ret Brd Mtg	17 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	18 4:30p Doors Open 6:00p Community Bingo
19	20 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	21 8:00a Elections 9:00a AARP Driver Class 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 11:30a Bonneville HS Band 12:30p DD Pinochle/Bridge	22 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	23 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:45p Art Class ***	24 9:00a Beading Group 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	25 4:30p Doors Open 6:00p Community Bingo
26	27 8:00a CLOSED FOR MEMORIAL DAY	28 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 10:00a Vol Lawyer ** 10:30a SCCC Brd Mtg 12:30p DD Pinochle/Bridge	29 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	30 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp	31 9:00a Beading Group 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	

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



Medicaid Myths

by Tom Packer, an Elder Law Attorney serving all of Southeast Idaho.



I have had several calls and questions about Medicaid that make it clear that there is a lot of mis-information about Medicaid. Here are some of the questions I fielded:

1. "Is it true that if I am applying for Medicaid and sell my home, I have to use the proceeds of the sale to pay for my long-term care?" First, you **do not** have to sell your home. Your home does not count toward Medicaid eligibility. If you are a couple, after one spouse qualifies for Medicaid the home can be transferred to the non-Medicaid spouse, who can continue living in the home. If you are single, Medicaid allows you to sign a form that you intend to return home, if possible. This allows you to retain ownership and control of your home. However, Estate Recovery will make a claim against your estate for the costs of your care after you have passed away.

If you decide to sell your home, Medicaid requires you to spend down your cash assets to \$2,000 for a single person or \$3,000 for a couple if both are on Medicaid. But the **proceeds of the sale can be spent to benefit you personally**. For example, you can pay off debts, buy a new car, pay for eye care, prepay funeral expenses, pay for travel, pay for dental and medical expenses not covered by Medicare or Medicaid, or for any other expenditures that benefit you. The proceeds of the sale of your house **do not** have to be used to pay for your care. One final point, you **cannot** give your money away. There is a 5-year lookback for any money that is given as a gift. 2. "Is it true that if I set up a Miller Trust, that I can use the money in the trust to pay medical bills or upgrade my room to a private room?" You **cannot** use the money in a Miller Trust to pay medical bills or upgrade a room. A Miller Trust helps you qualify for Medicaid when your monthly income exceeds the maximum limit allowed by Medicaid, which is \$2270 per month in 2018. If your income exceeds that amount, you can use a Miller Trust, to qualify for Medicaid, but the money that goes into the Miller Trust is used to pay for your share of costs at the facility. Any money left in the trust at your death goes back to Medicaid.

Another trust, known as a Special Needs Trust, is a trust set up to supplement the needs of a person who is disabled and receiving Medicaid. If a person has a Special Needs Trust, it **can** be used to pay medical bills or upgrade a room. Apparently, the person who asked the question was confusing a Miller Trust and Special Needs Trust. These are different trusts that are used in different situations.

3. One last myth to dispel—If you are married, and only one spouse is going on Medicaid, the well spouse can keep half of the cash assets up to \$123,600, and the other spouse can still qualify for Medicaid. These Medicaid Myths that are passed around can cause you to spend down more cash than you need to. It is important to have accurate information when making decisions about Medicaid. The costs of long-term care represent a significant financial risk. Understanding how Medicaid works will allow you to access government benefits in the least, financially-disruptive manner possible.

Did you know pop corn was invented by the Aztec Indians

Did you know an average person will spend 25 years asleep

Did you know hippopotamuses have killed more people in Africa than any other animal

Did you know an elephants ears are used to regulate body temperature



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visit us at 1810 Moran, Idaho Falls 83404
On the web at www.hospiceofeasternidaho.com



RECIPE: Patriotic Berry Trifle

Ingredients:

- 1/4 cup plus 2/3 cup sugar
- 1/4 cup fresh lemon juice
- 1/4 teaspoon almond extract
- 1 premade angel food cake, cut into 1-inch slices
- 1 pound cream cheese, at room temperature
- 2 cups heavy cream, at room temperature
- 2 pints blueberries
- 2 pints strawberries, hulled and sliced



Directions:

1. Heat 1/4 cup sugar, the lemon juice and 1/4 cup water in a sauce pan over medium-high heat, stirring, until sugar dissolves. Remove from heat and stir in almond extract.

Directions Continued:

2. Brush both sides of each slice of cake with the syrup. Cut the slices into 1 inch cubes.
3. Beat the remaining 2/3 cup of sugar and cream cheese with a mixer on medium speed until smooth and light. Then use high speed until the consistency is that of whipped cream.
4. Arrange half of the cake cubes in the bottom of a 13 cup trifle dish. Sprinkle with a layer of blueberries. Dollop half of the cream mixture over the blueberries and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then sprinkle with more blueberries and top with the remaining cream mixture. Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate 1 hour.

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Bill Clough to place an ad today!
wclough@lpiseniors.com or (800) 950-9952 x2635

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Jackpot Bus Overnight



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

JUNE 9TH, 2019

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

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

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



To



C'YA and the Wood Pilot group for painting our kitchen, food storage room and janitorial closet. They look GREAT!

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.....

5 YR OLD DAUGHTER: MOM, WHY IS SOME OF YOUR HAIR WHITE?

ME: *SMILES* EVERY TIME YOU MAKE ME SAD, ANOTHER HAIR TURNS WHITE.

DAUGHTER: *WIDE EYES* WOW MOM, WHAT DID YOU DO TO GRANDMA?

DECEMBER 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

2ND MONDAY BRIDGE

	HIGH	2ND	3RD
11th	Kay Peoples	Allen McCrady	Kathryn Keyes

TUESDAY BRIDGE

	HIGH	2ND	3RD
5th	Linda Delia	Dennis Lenz	Joan Nichols
14th	Andrienne Winovich	Dennis Lenz	Ruth Tiffany
19th			
26th			

TUESDAY DOUBLE DECK PINOCHLE

	High	2ND	3RD
5th	Gene	Jack	
12th	Polly	Gene	
19th	Gene	Jack	
26th			

WEDNESDAY PINOCHLE

	HIGH	2ND	3RD
6th	Dee Hesper	Gary Mickelson	Gary Milburn
13th	Gary Mickelson	Jack Magnusson	Eleanor Vonasek
20th	Jim Stoddard	Nancy Roadhouse	Gene Milburn
27th	Dee Hesper	Steve Parker	Gene Milburn

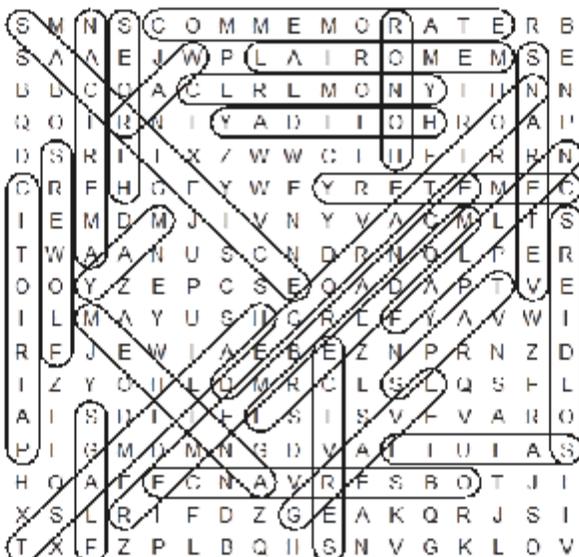
FRIDAY HAND & FOOT 3 OR 4 HANDED

	HIGH	2ND	3RD
1st	Gary Michelson Eleanor Vonasek	Gary Michelson Faye Well	Don Harris Marge Harris
8th	Faye Well Eleanor Vonasek	Steve Parker Gary Mickelson	Don Harris Marge Harris
15th	Marge Henderson	Eleanor Vonasek	
22nd			
29th	Gary Michelson Marge Henderson	Steve Parker Eleanor Vonasek	

FRIDAY HAND & FOOT 4 OR 6 HANDED

	HIGH	2ND	3RD
1st			
8th			
15th			
22nd		Marge Henderson	Linda Linford
29th			

MEMORIAL DAY PUZZLE SOLUTION



Every time we try to eat healthy, along comes Christmas, Easter, summer, Friday or Tuesday and ruins it



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



"I don't think our kids know what an apron is. The principle use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids..

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

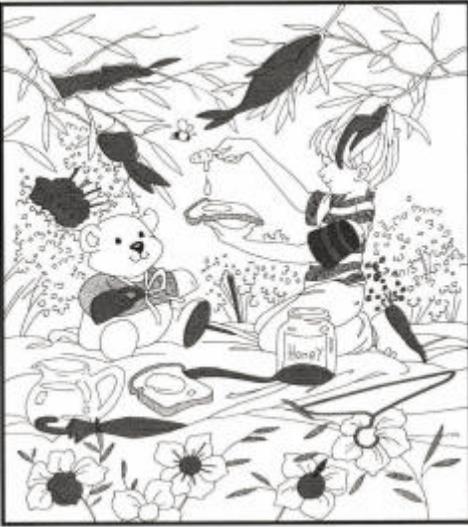
They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron - but love... "

[From [Love What Matters](#) February 17, 2016].



Starting A New Program



We have had some responses from our suggestion box with ideas for new activities..... But we have no names to contact the people who made the suggestions. The only way we can run these programs is with the help and support of volunteers who run the programs. Over 17,000 hours of volunteer time has been logged for last year. That would be worth 8 full time associates if we had to hire them. If you would like to see a new program, try and rally the troops and get it started, and we will help advertise it for you. **Programs are run by volunteers.** Any new activities are welcomed by the Center. The Center will work with the volunteer to find space, time, day, and also set up and tear down tables & chairs. The volunteer needs to “round up” his or her own participants to begin the activity. If a new program looks promising to a volunteer we will advertise it on the bulletin board and in the monthly newsletter.

CHECK WITH THE OFFICE !! WE NEED MORE VOLUNTEERS

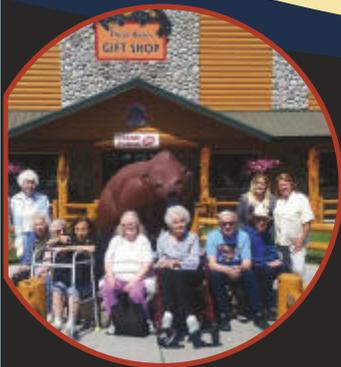
Suggestions for new activities are:

- Organizing a walking group
- Garage sales at the Center
- Ham radio sessions—Telescope sessions
- Cake decorating
- Card games such as Hearts or Euchre

Hidden Picture Solution

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MEMORIAL DAY WORD SEARCH



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| AMERICAN | FREEDOM | PATRIOTIC |
| ANTHEM | GRAVE | REMEMBRANCE |
| CEMETERY | HAI MASI | SACRIFICE |
| CEREMONY | HEROES | SALUTE |
| COMMUNICATE | HOLIDAY | SERVICE |
| DECORATION | HONOR | SOLDIERS |
| FALLEN | MAY | TAPS |
| FLAGS | MEMORIAL | VETERANS |
| FLOWERS | OBSERVANCE | WAR |



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.

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 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)

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OF MARCH

Beading	22.00
Bingo Wednesday & Saturday	1622.27
Bingo Wednesday & Saturday (Bev)	21.00
Bridge-2nd Monday	12.00
Bridge	33.00
Bridge—(Bev Only: Both)	14.00
Double Deck Pinochle	45.00
Fit & Fall Exercise	75.00
Hand & Foot	26.00
Country Line Dancing	75.00
Mah-Jongg	7.00
Pinochle	56.10
Program IREA Membership Mtg	50.00
Pool	154.95
Spanish Class	0.00
Tai Chi	25.00
Rose's Gentlemen's Group	111.00
Wednesday Morning Coffee	7.00
Woodcarvers	29.00
Zumba	47.90
Congregate lunch (Beverage only)	5.90
Other	
Total	2389.12

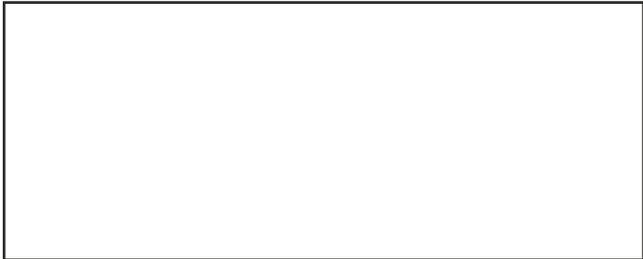


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SCCC COMMUNICATOR
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535 West 21st Street
Idaho Falls ID 83402-4528

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Permit #155



The Senior Citizen Activity Center, Inc.

Is a United Way Agency.

Thanks to you, it continues to work for all of us!

AND JUSTICE FOR ALL



*Field Of Honor
Freeman Park, Idaho Falls*

Photo by Bruce Pauley