



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

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

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.



US Holidays & Observances in July, 2019

July 4th—Independence Day, July 14th—Bastille Day

July 27th—National Korean War Veterans Armistice Day, July 28th—Parent's Day

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



JULY
2019

We reserve the right
to goof-up
occasionally

New Members

*Steven and Patricia Cregar * Naomi Saxton * Jack & Michal Patteson * Barbara Wilt * Helen Lindhorst * Mary Whittle * Debra Arave * Kay & Wilma Johnson*

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	477.50
Non-Senior Hour	657.00
Board Member Hour	76.00
Work Detail Hours	150.00
<hr/>	
Total Hours	1360.50

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

Warm Wishes To You All!

You Gotta Laugh

MAUDE: I don't know what the city's doing with that new park. No playground, no trees, no statues . . .

CLAUDE: Sounds like they've got a lot on their hands.

MACK: So there I was riding my horse with giraffes on both sides and a lion right on my heels.

JACK: Oh my! What did you do?

MACK: Hung on for dear life until the merry-go-round stopped.

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

Janet M Patterson

Maureen Adams

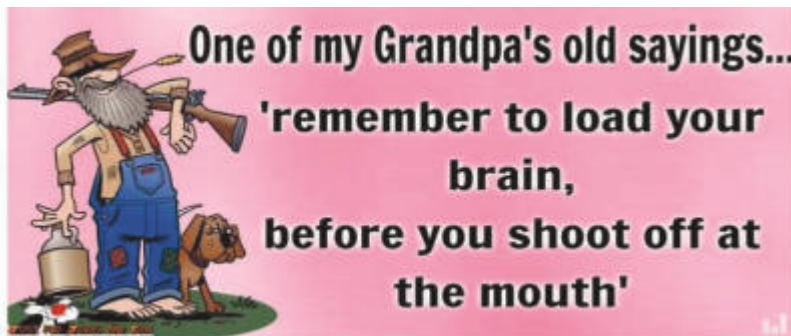
\$100 - \$199

Linda DeLia

Thank You!

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

Newcomers Club of Idaho Falls



3

Jackpot Bus Overnight



August 11th, 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.

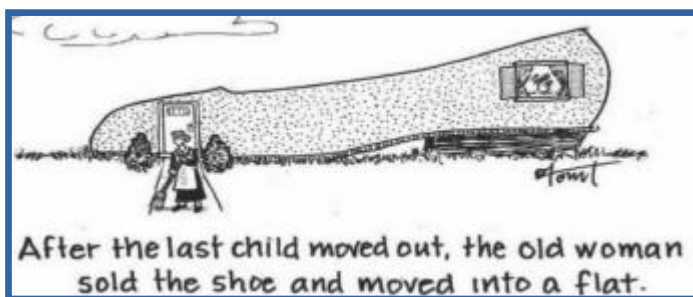
Please call Judy or Bill at 522-2103 after 7:00
PM for reservations.



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.
You are a blessing to all. A special

thanks and welcome to our new drivers:

Wayne Davis with the Chamber, **Dallen
Fuhrman** with MorningStar Senior Living of
Idaho Falls, and **Nicole Hymas** with A Place
for Mom.



After the last child moved out, the old woman
sold the shoe and moved into a flat.

LINCOLN ★ COURT

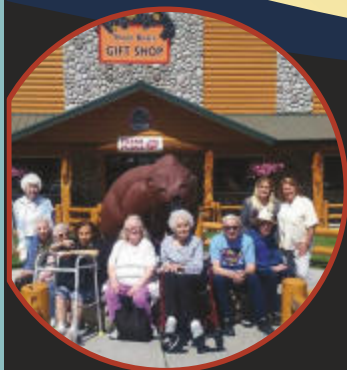
INDEPENDENT, ASSISTED LIVING & MEMORY CARE



CALL US TO JOIN THE PARTY!

208-529-3456

850 Lincoln Drive • Idaho Falls, Idaho



Come find out why we have been voted the
#1 Retirement Community in Idaho Falls for 3 years
in a row and why we received a Gold Star for the
Standard of Care that we provide for our residents.



FYI

During the month of May our capable KITCHEN AND DELIVERY PERSONNEL 8771 served meals at the center, and produced and Delivered 5585 meals to home-bound seniors through our Meals On Wheels program (Total meals: 6356—this is 238 more than last year, same time frame)

A FEW FUN FACTS about JULY



July is the seventh month of the year in the Julian and Gregorian Calendars and one of seven months with the length of 31 days.

Parents' Day is celebrated on the fourth Sunday of July. President Bill Clinton established Parent's Day in 1994.

July 1, 1881 - The world's first international telephone call was made between St. Stephen, New Brunswick, Canada, and Calais, Maine, United States.

The 38th President of the United States, Gerald R. Ford, was born on July 1, 1913.

On July 2, 1881, President James Garfield was killed by Charles Guiteau.

On July 5, 1971, Amendment 26 was proclaimed which set the voting age at 18 in the United States.

The birthstone for July is the Ruby.

The zodiac signs for July are Cancer (June 21-July 22) and Leo (July 23 - August 22).

The birth flower for July is the water lily.

The first atomic bomb was set off by scientists in Alamogordo, New Mexico on July 16, 1945.

On July 6, Earth is at aphelion, the point in its orbit at which it is farthest from the Sun. The distance between the two orbs will be 507,885 miles. July is the month when summer has a firm hold on all of us. The average temperature just about everywhere in the country is above 70°F, and thunderstorms are nearly as abundant as ants at a picnic.



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 Senior Centers / SMP/ MIPPA / Transportation / Volunteer Programs, Information & Assistance

Information & Assistance

The Information and Assistance Program brings people and services together by:

- Providing the individuals with current information on opportunities and services available to the individuals within their communities, including information relating to assistive technology.
- Assessing the problems and capacities of the individuals.
- Linking the individuals to the opportunities and services that are available.
- To the maximum extent practicable, ensuring that the individuals receive the services needed by the individuals, and are aware of the opportunities available to the individuals, by establishing adequate follow-up procedures.
- Serving the entire community of the older individuals, particularly older individuals with greatest social need; and older individuals with greatest economic need.

For additional information, call the Area Agency on

Aging at (208) 522-5391. We are located at 935 Lincoln Road, Idaho Falls, Idaho 83405

Our days are happier when we give people a bit of our heart rather than a piece of our mind.

**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.

**I'VE FINALLY LOST
MY MIND.
DON'T BOTHER TO
RETURN IT.
IT WASN'T
WORKING PROPERLY
ANYWAY.**

USES FOR YOUR HERBS:

Ants: Peppermint
Aphids: Peppermint, Sandalwood, White Fir
Bed Bugs: Lavender
Beetles: Peppermint, Thyme
Caterpillars: Peppermint
Chiggers: Lavender, Lemongrass, Thyme
Fleas: Lavender, Lemongrass, Peppermint
Flies: Basil, Clove, Eucalyptus, Lavender, Peppermint,
Gnats: Patchouli
Lice: Clove
Mosquitoes: Lavender, Lemongrass
Moths: Lavender, Peppermint
Roaches: Eucalyptus
Slugs: White Fir
Snails: Patchouli, White Fir
Spiders: Peppermint
Ticks: Lavender, Lemongrass, Thyme

drjuliebates.com

DID YOU KNOW? (More tips will follow in August & September)

1. Budweiser beer conditions the hair
2. Pam cooking spray will dry finger nail polish
3. Cool whip will condition your hair in 15 minutes
4. Mayonnaise will KILL LICE, it will also condition your hair
5. Elmer's Glue - paint on your face, allow it to dry, peel off and see the dead skin and blackheads if any.
6. Shiny Hair - use brewed Lipton Tea
7. Sunburn - empty a large jar of Nestea into your bath water
8. Minor burn - Colgate or Crest toothpaste
9. Burn your tongue? Put sugar on it!
10. Arthritis? WD-40 Spray and rub in, kill insect stings too
11. Bee stings - meat tenderizer
12. Chigger bite - Preparation H
13. Puffy eyes - Preparation H
14. Paper cut - crazy glue or chap stick (glue is used instead of sutures at most hospitals)
15. Stinky feet - Jello
16. Athletes feet - cornstarch
17. Fungus on toenails or fingernails - Vicks vapor rub
18. Kool aid to clean dishwasher pipes. Just put in the detergent section and run a cycle, it will also clean a toilet. (Wow, and we drink this stuff)
19. Kool Aid can be used as a dye in paint also Kool Aid in Dannon plain yogurt as a finger paint, your kids will love it and it won't hurt them if they eat it!
20. Peanut butter - will get scratches out of CD's! Wipe off with a coffee filter paper

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.

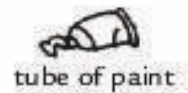
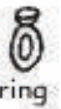
Time: 3rd Tuesday **ONLY** 9:00 – Until Done

Cost: \$20.00 per person

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

Advanced registration and payment is required.

Patriotic Parade hidden picture



In the big picture, find these objects.



crescent moon



teacup



wishbone



tack



needle



spoon



nail



bell



paintbrush



Good Idea ? ? ? ?

Instead of "John", I call my bathroom "Jim".

It sounds better when I say, "I went to the Jim first thing this morning".



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.



7

DON'T MISS THE BIGGEST FIREWORKS SHOW WEST OF THE MISSISSIPPI

The 27th Annual Melaleuca Freedom Celebration is a spectacular 31-minute fireworks experience. The American Pyrotechnics Assoc named the Melaleuca Freedom Celebration a "Must See Firework display". The fireworks will be preceded by River fest, a family friendly event featuring fantastic food, bands, helicopter rides, a kids zone, horseback rides and more.

4th of JULY PARADE begins at 9:00 AM



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Idaho Falls, ID 83404
208-522-1591

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HOME SECURITY TEAM

DOC
TERRANCE COOPER
LDS AUTHOR

MY GUARANTEE

I am so sure that you will enjoy my first book of the 'Jacob Series', entitled "Jacob's Dangerous Inheritance" that I am offering a full money-back guarantee.

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

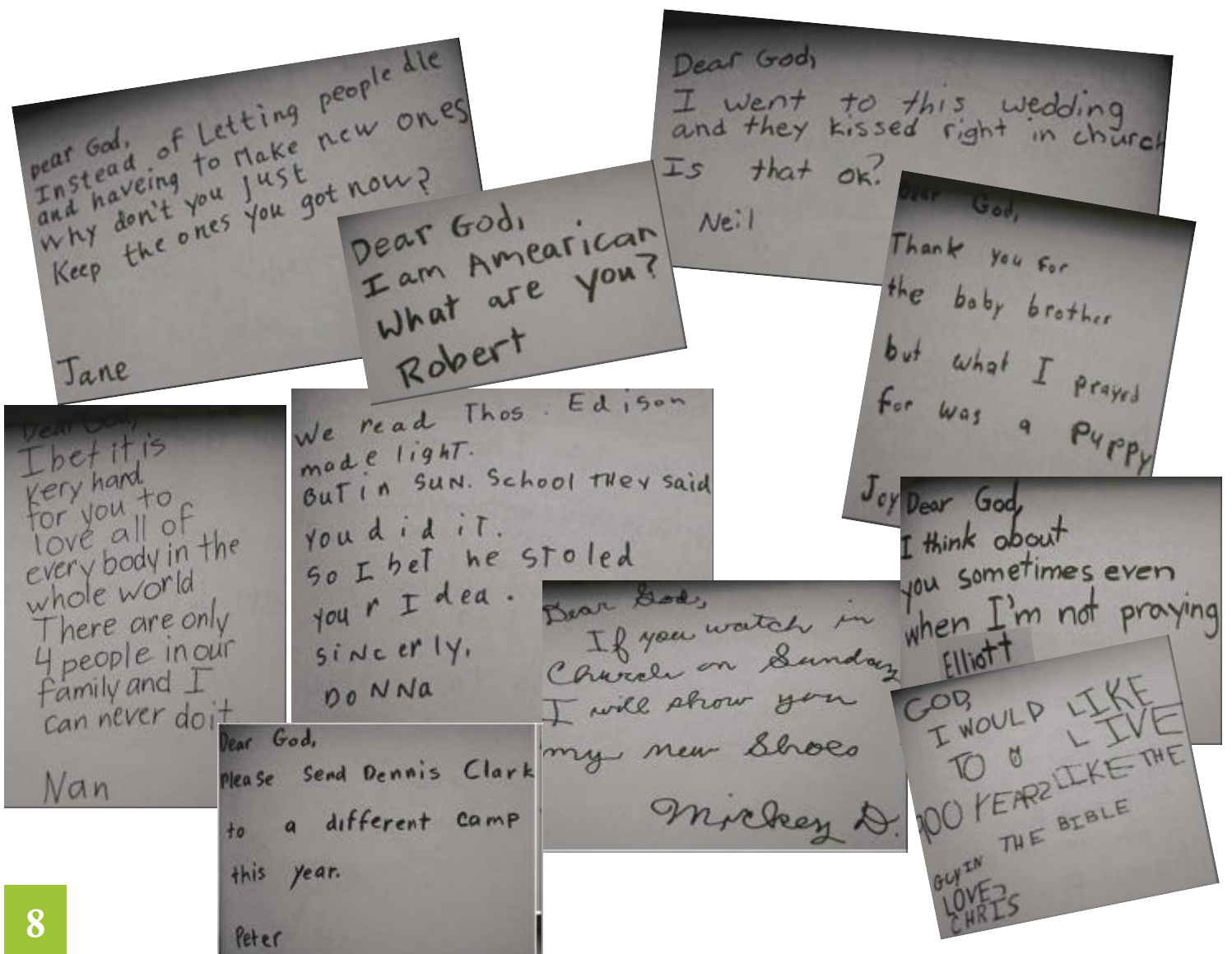
NOTE FROM THE FRAUD TEAM:

Have you received an unexpected check in the mail? It could be a scam. Scams involving fake checks come in many forms. Payment for a fake prize or sweepstakes win is popular right now. The most common red flag that a check is fake is that you didn't expect to receive it in the first place. The crook hopes you will believe your good fortune when you deposit the check and it shows up temporarily, in your account balance. You'll then get an email saying the check was for too much and be asked to send some portion of it back in the form of gift cards or money to cover expenses. Why not? You are still ahead. Only later will the bank discover that the check is fake and void it. Fake checks can be printed on the same paper as real checks and can seem authentic. If in doubt, ask your banker!



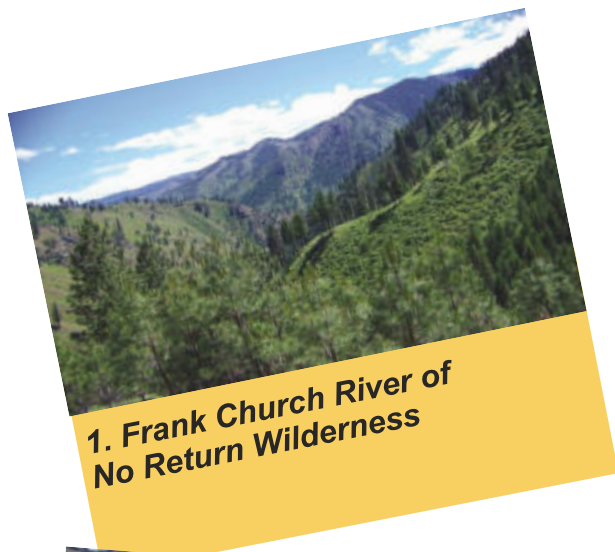
CHILDREN'S LETTERS TO GOD

(Not side splittingly funny, however, these letters will undoubtedly raise a smile.)



9 Places In Idaho That Are Better Than Anywhere Else In The Country

(#1-3 are here for July; the others will follow in August & September.)



It's no secret among Idahoans that we live in the best state ever. This fact is simply not up for debate. With so many incredible destinations to explore, it's impossible not to love all that the beautiful Gem State has to offer. Here is a list of the 9 best places in Idaho that are far better than anywhere else in the country. Make it your mission to visit all of these wonderful destinations at some point...if you haven't already!

1. Not only is the **Frank Church River of No Return Wilderness** the largest protected wilderness area in the state, but it's the largest in the entire continental United States. At a whopping 2.4 million acres of pure, untouched wilderness, the Frank Church area is one of Idaho's most prized treasures. With plenty of mountains, forest, rivers, and wildlife, this is where Idahoans go to lose themselves in nature.

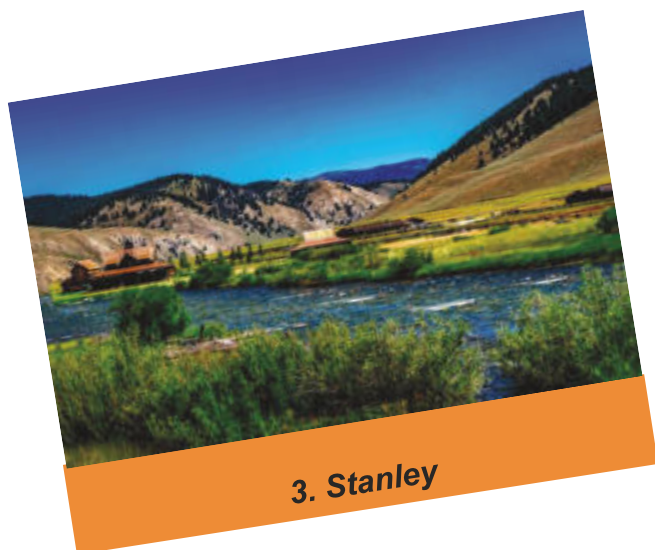


2. Often referred to as the "Grand Canyon of Southwest Idaho", the **Bruneau Canyon** is downright spectacular and is by far one of the most dramatic sights in the Gem State. This canyon was shaped by an astounding combination of volcanism, glacial melt and regional drainage patterns. The opposite rim is 1,300 feet away and the distance from rim to riverbed is 800 feet.

3. Located on the banks of the beautiful Salmon River, **Stanley** is a mountain paradise of a town. When it comes to beautiful small towns, Stanley takes the cake. Quiet, hidden from view, and surrounded by gorgeous mountains, it doesn't get any dreamier than this. Stanley has several 'fun' events scheduled in July, you should attend one of them:

Stanley Fourth of July Celebration—July 4th
Sawtooth Mountain Mamas' Arts & Craft Fair
July 20 -July 21

Sawtooth Valley Gathering—July 25



Senior Communicator Newsletter

1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
Breaded Fish Applesauce Southwest Blend Vegetables Whole Gran Muffin MILK 2nd Choice: Grilled Chicken	Chicken Tenders Bananas Broccoli & Cauliflower Tator Tots MILK 2nd Choice: Polish Dog	Beef Kabobs Orange Onion, Mushroom, Peppers Mashed Potatoes & Gravy MILK	Closed for Independence Day	Turkey Casserole w/ Cornbread Cranberry Sauce Peas, Carrots, Green Beans Sliced Bread MILK

8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday
Salisbury Steak Mandarin Oranges Mixed Vegetables Mashed Potatoes MILK 2nd Choice: Chicken Nuggets	Chili Plums Corn, Tomatoes, Green Beans, & si Cornbread MILK	Chicken Quesadillas Kiwi Southwest Blend Vegetables Tortillas MILK	Pork Fingers Mixed Fruit Green Beans Sliced Bread MILK 2nd Choice: Chicken Nuggets	Mushroom Chicken w/ Herb Apple Capri Blend Vegetables, Mushroom Wild Rice MILK

15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday
Chicken w/ Orange Sauce Mixed Fruit Peas & Carrots Sliced Bread & Wild Rice MILK 2nd Choice: Breaded Fish	Spaghetti Bananas Mixed Vegetables Garlic Bread MILK	Lemon Baked Fish Orange Southwest Blend Vegetables Loaded Mashed Potatoes MILK 2nd Choice: Beef Fingers	Potato Soup Grapes Baby Carrots Whole Grain Bread MILK	Hamburgers W/ Bun Apples Pickles, Onions, Tomatoes Chips/ Bun MILK

22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday
Pork Chops Applesauce Broccoli Scalloped Potatoes MILK 2nd Choice: Grilled Chicken	BBQ Chicken Peaches Green Beans Chips & Corn Bread MILK 2nd Choice: BBQ Pork	Hawaiian Pulled Pork Sandwiches Pineapple Coleslaw Bun MILK	Tacos Orange Salad, Tomatoes, Onions Tortillas MILK	Mexican Chicken Casserole Pears Southwest Blend Spanish Rice MILK

29 Monday	30 Tuesday	31 Wednesday	3 Thursday	0 Friday
Open faced Turkey Sandwich Peaches Capri Blend Vegetables Mac & Cheese / Bread MILK	Sloppy Joes Apricots Spring Mix Bun/Chips MILK	Tuna Casserole Apple Peas and Carrots Noodles & Whole Grain Muffin MILK	Chicken Fried Steak Orange Scandinavian Vegetable Mashed Potatoes w/ Gravy MILK	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	2 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge	3 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	4 8:00a Closed for Independence Day	5 9:00a Beading Group 10:00a Rose's Coffee Grp 11:00a Fort Hall (DOW) ** 12:45p Hand & Foot Cards	6 4:30p Doors Open 6:00p Community Bingo
7 10:00a Call Us At: 522-4357 Mon-Fri 8:30-4:30 Visit Web Site At IFSCCE.ORG	8 10:00a Rose's Coffee Grp 12:30p Mah-Jongg 12:30p Bridge 2nd Monday ** Ruth 524-0643	9 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge	10 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	11 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp	12 9:00a Beading Group 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	13 4:30p Doors Open 6:00p Community Bingo
14	15 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	16 9:00a AARP Driver Class 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge	17 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	18 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 3:00p INL Ret Brd Mtg	19 9:00a Beading Group 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	20 4:30p Doors Open 6:00p Community Bingo
21	22 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	23 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	24 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle	25 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:45p Art Class ***	26 9:00a Beading Group 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	27 4:30p Doors Open 6:00p Community Bingo
28	29 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	30 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge	31 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle			

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 IFSCCE.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

ARE YOU OLD ENOUGH TO COMPLETE THESE IDIOMS??

1. That's the way the cookie _____.
2. A watched pot never _____.
3. Curiosity killed the _____.
4. Calm before the _____.
5. Come rain or _____.
6. A stitch in time saves _____.
7. The best thing since _____.
8. Don't cry over spilt _____.
9. Costs an arm and a _____.
10. A bird in the hand is worth two in the _____.
11. Beat around the _____.
12. A blessing in _____.
13. A penny for your _____.
14. Actions speak louder than _____.

12

*Don't wait for
things to get easier,
simpler and better.
Life will always be
complicated. Learn
to be happy right
now. Otherwise,
you'll run out of
time.*

PositiveOutlooksBlog.com

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

Did you know the word typewriter is the longest word that can be typed using only the top row of a keyboard

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.**

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We know that your loved one deserves the very best care possible. We strive to enhance the quality of life until the very last moment. Call us at **208-529-0342** visit us at 1810 Moran, Idaho Falls 83404 On the web at www.hospiceofeasternidaho.com

RECIPE: FRESH VEGGIE PIZZA (great for warm summer days)

INGREDIENTS:

- 1 tube (8 ounces) reduced-fat crescent rolls
- 1 package (8 ounces) reduced-fat cream cheese
- 1 envelope ranch salad dressing mix
- 2 tablespoons fat-free milk
- 1/2 cup each chopped fresh broccoli, cauliflower, carrots, green pepper, sweet red pepper and mushrooms (or use vegetables of your choice)



DIRECTIONS:

- Unroll crescent roll dough into one long rectangle. Press onto the bottom of a 13-in. x 9-in. baking pan coated with cooking spray; seal seams and perforations.
- Bake at 375° for 11-13 minutes or until golden brown. Cool completely.
- In a large bowl, beat the cream cheese, salad dressing mix and milk until smooth. Spread over crust. Sprinkle with vegetables. Cover and refrigerate for at least 1 hour before serving. Cut into 16 pieces.

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



Limited Time 12 Mo. **FREE FINANCING**
*Some conditions may apply. Ask for details.

208-552-1166

FREE Hearing Test
and Video Otoscope
Offer Ends Last Day of This Month

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Locally



YOUR BOARD OF DIRECTORS

Machelle Bergman	Fairwinds Retirement	Chair
Bruce Pauley	Retired Auto Acc. Constr.	Vice chair
Arianne Holt	Idaho Legal Aid Service	Secretary
Steve Hiltbrand	Retired Bank Executive	Treasurer
Lew Eaker	Retired Engineer	
Karl Casperson	Bonneville County Sheriff Office	
Linda DeLia	Retired Medical Editor	
Jeanie Brady	Good Samaritan	
Alecia Coburn	Lincoln Court Retirement	
Jennifer Goddard	Bank of Idaho	
Adrienne Winovich	Retired	
Chanse Powell	Senior Solutions	

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

Jim Francis	Mayor's Office Liaison
Kami Morrison	Mayor's Office Liaison
Valisa Say	Executive Director
Sarah Ryner	Associate Director

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

Caregivers Nook

EICAP Caregivers Support Group

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

12:00-1:30 at EICAP 935 E. Lincoln Rd.

I.F. (208) 522-5391 Jodi

See you there.....

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

Also Known as
**SENIOR
ACTIVITY CENTER**

**COMMUNITY
BINGO**

Guaranteed minimum
**60%
payout**

**Every Saturday Evening
6 pm to 8 pm**

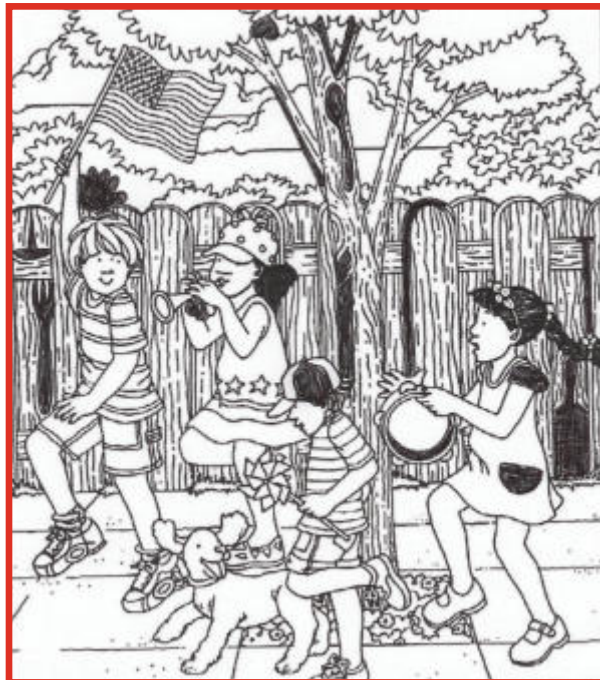
Doors open at 4:30 pm

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

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

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

HIDDEN PICTURE SOLUTION



- **Did you know** the average golf ball has 336 dimples
- **Did you know** the word 'Strengths' is the longest word in the English language with just one vowel

MAY 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
1st	Steve P	Eleanor V	Barbra T
8th	Steve	Gene	Bill
15th	Eleanor	May	Gene
22nd	Bill	Gene	Nancy
29th	Bill	Barbara	Shirley
FRIDAY HAND & FOOT 3 OR 4 HANDED			
	HIGH	2ND	3RD
3rd	Bill Peacock Ethel Jephson	Faye Wall Steve Parker	
10th	Marge Harris Charlotte Hill		
17th	Linda Ledezma Marge Henderson		
24th	Bill Peacock Ethel Jephson		
31st	Linda Linford Gary Michel- son		
FRIDAY HAND & FOOT 4 OR 6 HANDED			
	HIGH	2ND	3RD
3rd			
10th	Gary Michelson Faye Wall Mary Ledezma		
17th	Ethel Jephson Gary Mickelson Eleanor Vonasek		
24th	Steve Parker Elsie Jenkins Marge Henderson		

2ND MONDAY BRIDGE			
	HIGH	2ND	3RD
13th	Ruth Tiffany	Nancy Longwith	Bill Martin
TUESDAY BRIDGE			
	HIGH	2ND	3RD
7th	Joan Nichols	Nancy Longwith	Linda DeLia
14th	Adrienne Winovich	Bill Martin	Norm Graham
21st	Bob Siedelman	Adrienne Winovich	Hank Boland
28th	Bill Martin	Allen McCrady	Nancy Longwith
TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD
7th	Kathryn	Jack	
14th	Kathryn	Marilyn	
21st	Cila	Mary	Betty
28th			

IDIOMS: Completed

1. Crumbles
2. Boils
3. Cat
4. Storm
5. Shine
6. Nine
7. Sliced bead
8. Milk
9. Leg
10. Bush
11. Bush
12. Disguise
13. Thoughts
14. Words



*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.*

**I am proud to announce
that I completed the 1st
item on my bucket list.**



I have the bucket.

VETERAN'S POST

reprinted from Michigan's Bingo Bugle



A Flu Shot Could Save Your Life

Some of us just don't want to get a flu shot every year. It's too much trouble to get an appointment, or we just don't like needles — or maybe we figure that we'll just tough it out for a week if we do get the flu. After all, it's not going to kill us, right?

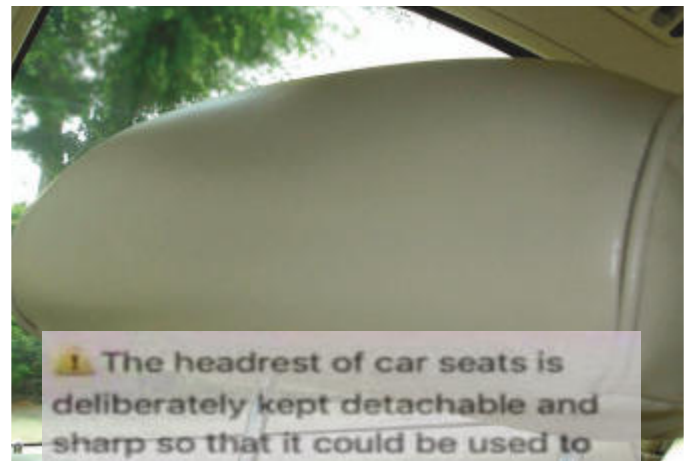
A researcher at the Department of Veterans Affairs Medical Center in Minneapolis has come up with a strong reason to get an annual flu shot: You could have a heart attack if you don't.

After studying 450,000 medical records of four flu seasons, the VA researcher and his colleagues concluded that while the number of flu cases might go up only slightly (5%) in a given month, the number of heart-related problems soars (24%) during that same period. They coordinated with the Centers for Disease Control and Prevention for flu stats, and concentrated on four specific communities in Maryland, North Carolina, Mississippi and Minnesota. While a correlation between the flu and heart failure has long been suspected, this large study nails it with real numbers.

If you're already a heart patient, don't depend on the doctors to send you a note about getting your flu shot. Get one. If you're otherwise healthy, take responsibility for getting your shot, and make sure others around you get it too, especially children. You can find the shots everywhere, including the local pharmacy and chain grocery stores.

While the 2018-2019 flu season is practically over, get started early for the next round by paging through your calendar to September and October and making a note to get a flu shot then.

Consider this: As of March, there were 30,000 flu-related deaths and 300,000 flu-related hospitalizations.



! The headrest of car seats is deliberately kept detachable and sharp so that it could be used to break open the glass of car in case of fire and emergency. The car's glass too are kept easily breakable from inside. Very few people know about it and thus can't save themselves in case of emergencies. Please share it with as many possible and educate.

DID YOU KNOW
THESE 2 THINGS?



I DIDN'T

THE MEANING OF COINS ON A HEADSTONE

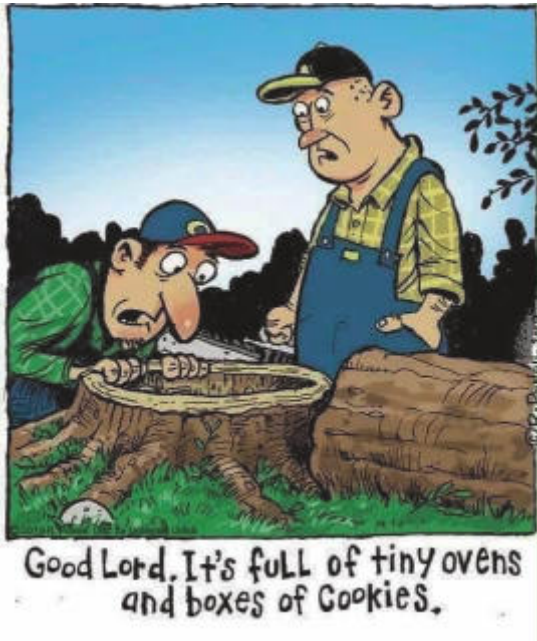
A penny, you stopped and paid your respects.

A nickle, you attended bootcamp with them

A dime, you served in the armed forces with them

A quarter, you were with the soldier when they were killed

OOPS!



Starting A New Program

17

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



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MEDICAL HACK:

So, your **doctor ordered a test or treatment** and your insurance company **denied it**. That is a typical cost saving method.

OK, here is what you do:

1. Call the insurance company and tell them you want to speak with the **"HIPAA Compliance/Privacy Officer"** (By federal law, they have to have one)
2. Then ask them for the NAMES as well as CREDENTIALS of every person **accessing your record** to make that decision of denial. By law you have a **right** to that information.
3. They will almost always **reverse the decision** very shortly rather than admit that the committee is made of low paid HS graduates, looking at "criteria words," making the medical decision to deny your care. Even in the rare case it is made by medical personnel, it is unlikely that it is made by a board certified doctor in that specialty and they **DO NOT WANT YOU TO KNOW THIS!**
4. Any refusal should be reported to the US Office of Civil Rights (**OCR.gov**) as a HIPAA violation.

~ BAA, RN

Yellow Stripecy Things That Buzz



Pieces of Soul



Carpenter Bee

- Acts tough but really can't hurt you•
- Lives in your fence•
- Flies aggressively to intimidate you•

Honey Bee

- Most helpful bee•
- Very social•
- Excellent pollinator•
- Able to sting only once•



Bumblebee

- Also pollinates stuff very well•
- So fat it's a miracle it can fly•
- More like a flying panda•
- Will let you pet it without getting agitated•



Hoverfly

- Only looks scary•
- Can't actually hurt you•
- Hangs out in fields•
- Follows you if it likes you•



Paper Wasp

- Looks scary, but will only attack if provoked•
- Sting hurts like a banshee•
- Will chase you if swatted•
- Has no concept of personal space•



Yellow Jacket

- Wants your food & will fight you for it•
- Never leaves you alone•
- Will sting you just because•
- Total jerk•

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.

**THE BEST THING
ABOUT BEING
OVER 40 IS THAT
WE DID ALL OUR
STUPID STUFF
BEFORE THE
INVENTION OF
THE INTERNET,
SO THERE'S NO
PROOF!**

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**

AARP Drivers Safety	45.00
Beading	25.00
Bingo Wednesday & Saturday	1294.44
Bingo Wednesday & Saturday (Bev)	16.00
Bridge-2nd Monday	5.00
Bridge	59.00
Bridge—(Bev Only: Both)	20.00
Double Deck Pinochle	67.00
Fit & Fall Exercise	97.95
Hand & Foot	37.00
Country Line Dancing	99.00
Mah-Jongg	18.00
Pinochle	79.00
Pinochle (Bev Only)	14.00
Pool	95.33
Spanish Class	
Tai Chi	13.00
Rose's Gentlemen's Group	129.00
Wednesday Morning Coffee	
Woodcarvers	29.00
Zumba	
Congregate lunch (Beverage only)	9.12
Other	624.28
Total	2776.12



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

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AND JUSTICE FOR ALL



Tetons in July—Grand Teton Arrow Leaf Balsamroot