



# SENIOR COMMUNICATOR

**Non Profit Organization**

Idaho Falls Senior Citizens Activity Center  
535 West 21st Street  
We are a daily center for **ACTIVE** seniors

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

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

*Caffeine Awareness Month*

*American Dietetic Association  
National Nutrition Month*

*Epilepsy Awareness Month*

*Noodle Month*

*National Nutrition Month*

**FIRST DAY OF  
Spring**

*Frozen Food Month*

*Music in our  
Schools Month*

*Flour Month*

**MARCH 20**

*Women's History Month*

*National Craft Month*

*American Red Cross Month*

## US Holidays & Observances in March, 2019

Ash Wednesday—March 6th, Daylight Saving Time Begins—March 10th  
St. Patrick's Day—March 17th, First Day of Springs—March 20th

OUR  
SOCIAL  
MEDIA

WEBSITE



FACEBOOK



TWITTER



MARCH  
2019

We reserve the  
right  
to goof-up  
occasionally

### New Members

*Shirley McDermott \* Katherine Ericson \* Ursula Hingsburger \* Jackie Connery \* Stephanie Lycan  
Mary Carpenter \* Sharon Summers \* Dell & Sharon White \* Daniel Goodlett \* Virginia Berg  
DeLyle Dance \* Martha Laborde \* Laurence Trumbo \* Sherry Clay \* Joseph Stewart  
Steve Schenk \* Jean Pool \* Harry & Patricia Smith*

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	203.50
Non-Senior Hour	559.00
Board Member Hour	53.00
Work Detail Hours	176.25
<b>Total Hours</b>	<b>991.75</b>

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.

**DAMN COMPUTER KEEPS SAYING I HAVE MAIL I'VE WALKED OUT TO THE MAILBOX TEN TIMES TODAY AND THERE'S NOTHING IN THERE**



**THOUGHT OF THE DAY:**  
*Leave a little sparkle wherever you go.*

## 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 *Danny Beard  
Carlene Brown  
Stan & Amy Marko  
James Francis & Karen Liebert*
- \$100 - \$199 *Marianne Peterson*
- \$200 - \$499 *Stan Bickel*
- \$500 - \$1000 *Susan Yost  
James & Henrietta Boland  
Walt & Linda Reuter*

## Thank You!

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

**Bonneville County Employees  
Fraternal Order of Retired Eagles  
City of Idaho Falls  
P.E.O Sisterhood Chapter, AA**

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



*Best Advice in Two Lines*

*"Silence is the best answer for all questions"*

*"Smiling is the best reaction in all*

*situations." :)*



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



Thrive  
Locally

## 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 January our capable KITCHEN AND DELIVERY PERSONNEL served 736 meals at the center, and produced and delivered 5822 meals to home-bound seniors through our Meals On Wheels program (Total meals: 6588 ,which is 888 more than January 2018)***



### **A FEW FUN FACTS about MARCH**



"The word 'March' comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war.

March was the beginning of our calendar year. We changed to the 'New Style' or 'Gregorian calendar in 1752, and it is only since then when we the year began on 1st January.

The Anglo-Saxons called the month *Hlyd monath* which means Stormy month, or *Hraed monath* which means Rugged month.

All through Lent the traditional games played are marbles and skipping. The games were stopped on the stroke of twelve noon on Good Friday, which in some places was called Marble Day or Long Rope Day. The game of marbles has been played for hundreds of years and some historians say that it might have been started by rolling eggs. In the past, round stones, hazelnuts, round balls of baked clay and even cherry stones have been used.

On March 3, 1931 - President Herbert Hoover made Francis Scott Key's "The Star-Spangled Banner" the official national anthem of the United States.

On March 13, 1930 - The discovery of a ninth planet, named Pluto, was announced by Clyde W. Tombaugh at Lowell Observatory. Pluto was later degraded to a 'Dwarf Planet.'

4

March birthstones are aquamarine and blood stone. The flower is the daffodil.

## 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

## Nutrition Sites

### Congregate Meals

Congregate meal sites are places like senior centers where lunch is served on weekdays to individuals age 60 or older. At Senior Centers people come together to enjoy a meal, meet and talk with friends, participate in health programs, and find out about services. The Area Agency on Aging contracts with 13 sites in our service area to provide Congregate Meals. Congregate meals are available for those who wants to have a meal at our Senior Community Centers. Meals are free of charge for those who qualify and for a small fee for everyone else. Donations are always accepted and appreciated.

### Who Qualifies?

- 60 years or older and their spouses
- Disabled person living in the home of person 60 years or older

If you are interested in Congregate Meals, you can gather at one of our area senior centers. A full list of senior centers can be found on our website

**For additional information,** call the Area Agency on Aging at (208) 522-5391. We are located at 935 Lincoln Road, Idaho Falls, Idaho 83405



Did You Notice on the Cover Page that **MARCH IS NATIONAL "CRAFT" MONTH?** The **BEADING GROUP** meets every Friday Morning and Woodcarvers & Art Class meet on Thursdays. **JOIN US!**



## 10 Facts About St. Patrick

It's true that the Irish are famed story tellers. In the case of Saint Patrick, the patron saint of Ireland, the legend has been passed down so many times its hard to tell the man from the myth. Yup, even though there may be a St. Patrick's parade in cities and towns all over the world, little is discussed about the man himself. Tenon Tours happily presents, 10 facts about St. Patrick. As an Ireland travel company, we assure you we only made up a wee little bit o' the facts ... or did we?

1. St. Patrick wasn't actually Irish. He was born to wealthy parents in Britain, of all places.
2. St. Patrick was kidnapped at the age of 16 and brought to Ireland.
3. His captors forced him to tend sheep in the mountainous Irish countryside.
4. At about 22 or 23 years old, St. Patrick returns to Britain. Legend says he escaped on a pirate ship.
5. After reuniting with his family, St. Patrick decides to dedicate himself to Christianity. He became a priest, a vigorous 16 years of study.
6. St. Patrick returned to Ireland to convert the Irish to Christians. You will see notes that a 'voice in his head' told him to convert the people of Ireland. As with many patron saints, he was apparently spoken to by God.
7. He's responsible for the Celtic cross, one of the symbols of Ireland. Familiar with the Irish culture, incorporating the sun, a powerful pagan symbol, into the Christian cross, helped the Irish adopt it.
8. He used the clover leaf, with 3 leaves, to explain the holy trinity (another popular Irish symbol). In the name of the father, the son, and the holy spirit
9. St. Patrick didn't drive literal snakes out of Ireland. He drove away the symbolic serpents representing evil in Christianity. Ireland never had any snakes; it's too cold.
10. Until the 1970s, St. Patrick's Day was a minor celebration of the patron saint of Ireland. Now, it's a par-tay ... and you should travel to Ireland and join in on the fun of the St. Patrick's festival.

Whatever you've heard about St. Patrick, you won't be surprised that a lot of the malarchy over the patron saint of Ireland mixes a healthy dose of man with myth. It's the Irish way to create legends from well told stories.

**Did you know** . . . . the Grand Canyon can hold around 900 trillion footballs?

**Did you know** . . . . all the blinking in one day equates to having your eyes closed for 30 minutes?

**Did you know** . . . . your foot has 26 bones in it?

**Did you know** . . . . the average human brain contains around 78% water?

**Did you know** . . . .you burn more calories sleeping than watching TV?



### Monkeying Around

While these little monkeys try to stay out of mischief, see if you can discover the seventeen hidden objects in the yard. Look for a pennant, spoon, apple, dolphin, bell, crown, fish, crescent moon, nail, flashlight, butter knife, spider, light bulb, moth, sailboat, ring, and a teacup.

Have you noticed the NEW WINDOWS here at the Center?

7



To the Community Development Block Grant (a HUD Grant administered thru the City of Idaho Falls) for the 2018 Grant we rec'd that replaced the Centers old, cracked, broken and moldy windows.

Thank You!

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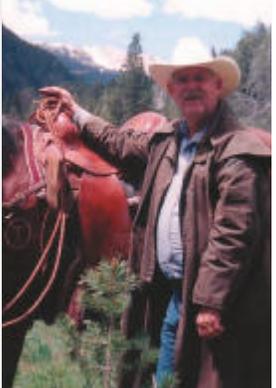
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**DOC TERRANCE COOPER**  
**LDS AUTHOR**

**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.

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**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**



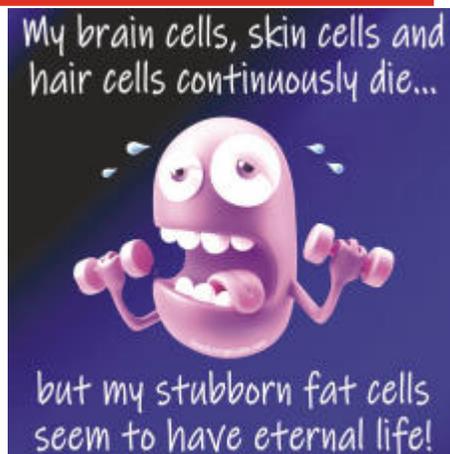
## Top Ten Facts about Senior Health

(Facts 1-5 are here, fact 6-10 will appear in April's Newsletter)

Remember what Gautam Buddha said (563-483 BC): "Your body is precious. It is our vehicle for awakening. Treat it with care." Read on...the must know facts about senior health.

1. *Currently people over 65 years number 483 million in the world and by 2030 the number will reach 974 million. By the year 2025 approximately 18% of the world population will be seniors.*
2. *There are 72 men for every 100 women in the age group 'above 65 years' and there are 45 men per 100 women in the age group 'above 85 years.'*
3. *The number of people over 50 years who access the web is growing every day. It is estimated that 19% of the web users are over 50 years. This maybe as high as 40% in United States.*
4. *In the United States on 1<sup>st</sup> Nov 2005 there were an estimated 67,473 centenarians (people aged 100 or older).*
5. *There are immense benefits of increasing the life spans of people in our community. Kevin Murphy and Robert Topel made some interesting estimates on insurance pay-outs if we increased our longevity. Reducing the death rate from heart disease or cancer by 20% would be worth around \$10 trillion to Americans. This would be more than one year's U.S. Gross Domestic Product.*

**Quote:** " As it rains in March so it rains in June."



**Quote:** "Spring is when you feel like whistling even with a shoe full of slush."  
- Doug Larson

## AARP DRIVER SAFETY PROGRAM



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

**MARCH 2019 CANCELLED**

9:00am – Until Done

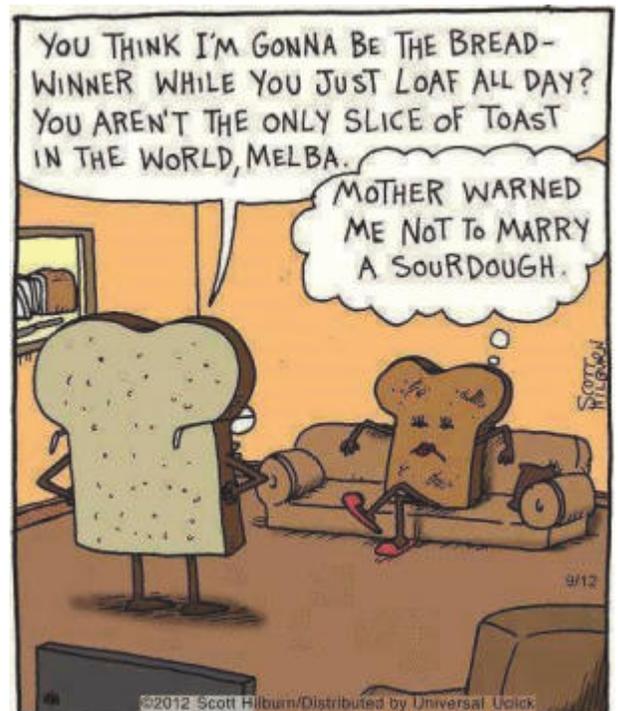
The AARP Driver's Safety Program is for individuals 16 years and older. Most insurance companies will give a discount on premiums if you are 50 years or older when the course is taken. Call your insurance company to see if you qualify for a discount, and then call the SCCC at 522-4357 to register for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



## Traveling Dinosaur Park Is Coming To Idaho

This is a one-of-a-kind attraction that is bound to thrill people of all ages. It will be coming to Boise, Idaho the weekend of March 29-31, 2019, so be sure to mark your calendars.



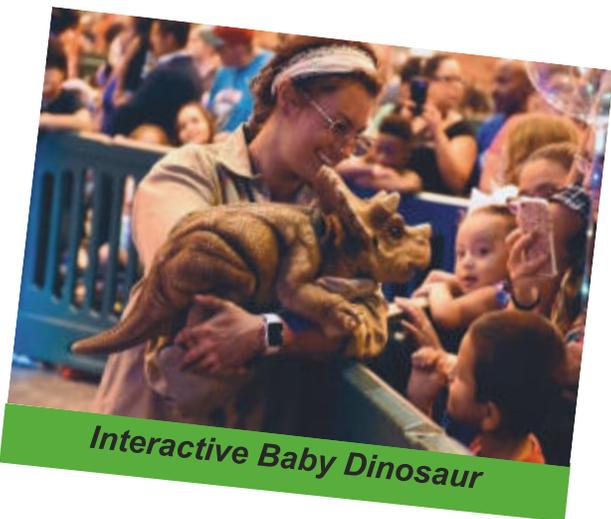
Jurassic Quest

**Jurassic Quest** is a traveling dinosaur show and exhibit that makes its way all around the country throughout the year. It's America's largest and most realistic dinosaur event. Visitors will be able to stroll through the Cretaceous Period, the Jurassic Period, and the Triassic Period while experiencing what it would be like to be among living, breathing dinosaurs. Jurassic Quest is the only event that uses true-to-life sized dinosaurs. Yep, every dinosaur you see is exactly how it appeared back when they walked the earth. Boasting over 80 life-sized dinosaurs, this is an event of epic proportions—Jurassic literally.

However, these dinosaurs aren't just for looking at. You can actually interact with them, as well. Many of the dinosaurs actually make sounds, move, and walk around. You'll even hear a roar coming from a few of them! The interactive baby dinosaurs are always a popular feature of the event. The dinosaurs have been known to play, nibble, and even grab the hat right off of your head as the caretaker shows them off to the crowd.

Once you've experienced the entire Dinosaur Exhibit, you can then make your way to the many rides and attractions that await. Dig up fossils like a real paleontologist, ride on the back of a huge T-Rex, make your way through the multi-track Dino Bungee Pull, and so much more.

We promise that *this* dinosaur park is 100% safe. You definitely don't have to fear getting eaten by a T-Rex when you visit—well, most likely. For more information call Expo Idaho at: 208-287-5663



Interactive Baby Dinosaur



Dig Up Fossils

# Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: March 2019

21 ROUTE ONLY	0 Tuesday	0 Wednesday	0 Thursday	1 Friday
Chicken Nuggets Orange Mixed Vegetables Mashed Potatoes				Hot Dogs Peaches Baked Beans Bun MILK 2nd Choice: Polish Dog

4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
Sloppy Joes Pears Green Beans Bun MILK 2nd Choice: Breaded Chicken Patty	Chicken Strips Orange Mixed Vegetables Mashed Potatoes & Gravy MILK 2nd Choice: Salisbury W/Cream Gravy	Sweet & Sour Pork Cantaloupe Oriental Vegetables Wild Rice MILK 2nd Choice: Beef Fingers	Lemon Pepper Fish Orange Broccoli & Fries Cornbread MILK 2nd Choice: Chicken Nuggets	Pizza w/ Canadian Bacon Romaine Salad w/Cuccu & Tomato Pineapple Slice Pizza Dough MILK

11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
Teriyaki Pork Chops Oranges Cauliflower Brown Rice MILK 2nd Choice: Salisbury Steak	Beef Stew W/ Potatoes Apples Mixed Vegetables & Potatoes Cornbread MILK	Turkey Pot Pie Kiwi Peas, Carrots, potatoes Pastry MILK	BBQ Chicken Melon Capri Blended Vegetables Scalloped Potatoes MILK 2nd Choice: Pork Fingers	Breaded Fish Mixed Fruit Coleslaw Breading & Fries MILK 2nd Choice: Grilled Chicken

18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
Sweet & Sour Chicken Plums Oriental Blend Wild Rice MILK 2nd Choice: Fish	Open Faced Turkey Sandwich Pears Pickled Beets, Mashed Potatoes Bread MILK 2nd Choice: Frankfurter	Lemon Dill Fish Apples Green Beans Muffin MILK 2nd Choice: Chicken Nuggets	Salad Bar & Potato Soup Orange Romaine, Cucumber, Carrots, Celery Crackers MILK	Meatloaf Bananas Broccoli Mashed Potatoes & Gravy MILK 2nd Choice: Chicken Breast

25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
Ham & Swiss on a bun Grapes Cucumber, Carrots Bun, Chips MILK 2nd Choice: Breaded Chicken Patty	Chili & Beans Apple Juice Romaine Salad W/ Cucumber & Carrots Cornbread MILK	Malibu Chicken Pineapple Slice Broccoli Egg Noodles MILK 2nd Choice: Polish Dog	Shepards Pie Bananas Mixed Vegetables Mashed Potatoes MILK	Sliced Turkey Apple Green Beans & Sweet Potatoes Bread MILK 2nd Choice: Frankfurter

MENU IS SUBJECT TO CHANGE  
2nd Choice is In Center Only

# March 2019

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00a Beading Group 10:00a Rose's Coffee Grp 11:00a Fort Hall (DOW) ** 12:45p Hand & Foot Cards	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 IFSGCC.ORG	4 9:00a Zumba 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 Vol Fin Cnsl 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 12:45p Art Class *** 1:00p Zumba	8 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	9 4:30p Doors Open 6:00p Community Bingo
10	11 9:00a Zumba 10:00a Rose's Coffee Grp 12:30p Mah-Jongg 12:30p Bridge 2nd Monday ** Ruth 524-0643	12 8:00a Elections School Bond or Levie 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 11:30a BP Wellness 12:45p Pinochle	14 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 1:00p Zumba	15 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	16 4:30p Doors Open 6:00p Community Bingo
17	18 9:00a Zumba 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	19 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 12:30p DD Pinochle/Bridge 3:30p Tai Chi	20 9:00a Morning Coffee 9:45a Bingo **** 10:00a Rose's Coffee Grp 12:45p Pinochle 3:00p IREA Meeting	21 9:00a Wood Carvers 9:30a Fit & Fall Exercise 9:55a Rose's Coffee Grp 1:00p Zumba	22 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	23 4:30p Doors Open 6:00p Community Bingo
24	25 9:00a Zumba 10:00a Rose's Coffee Grp 12:30p Mah-Jongg	26 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 3:30p Tai Chi	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 *** 1:00p Zumba	29 9:00a Beading Group 9:00a Line Dancing 10:00a Rose's Coffee Grp 12:45p Hand & Foot Cards	30 4:30p Doors Open 6:00p Community Bingo
31						

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 IFSGCC@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

Sudoku

To solve a Sudoku, every row, column and square has to contain the numbers 1 through 9 exactly once. It's best to do these in pencil!

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

**JUST A REMINDER**

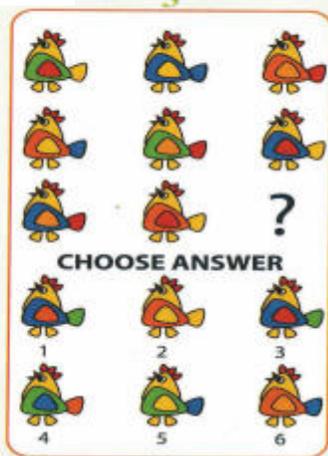
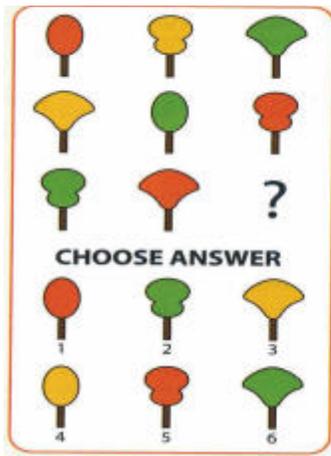
When you participate in an activity here at the Center, please sign the Sign-In Sheet provided. Most of the grants we apply for require information about how well the Center is being used. It will help the Center, and only take a few seconds.

Thanks.....your  
Board of Directors

**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.



**IQ Test**  
Can you complete  
the  
Pattern?

**Did you know . . .**  
your brain uses  
25% of all the oxy-  
gen you breathe?

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## Recipe: Chocolate Chip Cookie Delight

**Ingredients:** *(Reprinted from Taste of Home)*

- 1 tube (16-1/2 ounces) refrigerated chocolate chip cookie dough
  - 1 package (8 ounces) cream cheese, softened
  - 1 cup confectioners' sugar
  - 1 carton (12 ounces) frozen whipped topping, thawed, divided
  - 3 cups cold 2% milk
  - 1 package (3.9 ounces) instant chocolate pudding mix
  - 1 package (3.4 ounces) instant vanilla pudding mix
- Chopped nuts, chocolate curls and miniature semisweet chocolate chips, optional



### Directions:

- Let cookie dough stand at room temperature for 5-10 minutes to soften. Press into an ungreased 13-in. x 9-in. baking pan. Bake at 350° for 14-16 minutes or until golden brown. Cool on a wire rack.
- In a large bowl, beat cream cheese and confectioners' sugar until smooth. Fold in 1-3/4 cups whipped topping. Spread over crust.
- In a large bowl, whisk milk and pudding mixes for 2 minutes. Spread over cream cheese layer. Top with remaining whipped topping. Sprinkle with nuts and chocolate curls if desired.

▶ 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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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**

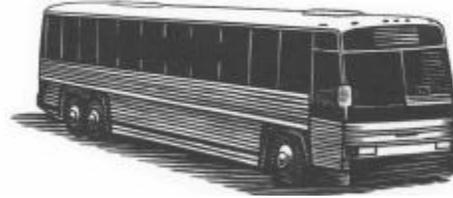
**All meetings are open to the public**

### 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.....**

## Jackpot Bus Overnight



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

### APRIL 7, 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.

### Weather Closures:

The Senior Center closes when School District 91 or 93 closes for inclement weather. Inclement weather includes temperature or wind chill temperature of 20 degrees below zero and/or weather or road conditions which could be dangerous. On days when the School District is not in session, the Center's Executive Director will decide if conditions warrant closure. As always, all television and radio stations will be notified by 7:00 a.m. Thank you for your cooperation.

Sudoku & IQ Test Solution

#### IQ TEST

- 1. 4
- 2. 1
- 3. 5

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

**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

2ND MONDAY BRIDGE			
	HIGH	2ND	3RD
14th	Adriana Winovich	Louise Baker	Kitty Curl
TUESDAY BRIDGE			
	HIGH	2ND	3RD
1st	CLOSED		
8th	Bill Martin	Ruth Tiffany	Linda Delia
15th	Bill Martin	Bob Seidelmann	Ruth Tiffany
22nd	Bob Seidelmann	Linda Delia	Joan Nichols
29th	Bill Martin	Dennis Lenz	Linda Delia
TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD
8th	Gene	Linda	
15th	Cila	Barbara	
22nd	Marilyn	Jack	
29th	Polly	Ron	

WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD
2nd	Jim Stoddard	Mae Jones	Gene Milburn
9th	Janet Patterson	Marge Henderson	Mae Jones
16th	Dean Wright	Gene Milburn	Jack Magnusson
23rd	Bill Martin	Shirley Nelson	Jim Stoddard
30th	Gary Michelson	Jack Magnusson	Dee Hesser
FRIDAY HAND & FOOT 3 OR 4 HANDED			
	HIGH	2ND	3RD
4th	Marge Henderson	Elsie Jenkins	
11th	Restarting	March	1st
18st			
25th			
FRIDAY HAND & FOOT 4 OR 6 HANDED			
	HIGH	2ND	3RD
74h			
11th			
16st			
25th			

**An elderly man thinking his wife was losing her hearing went about 20' behind her and asked "Can you hear me sweetheart?" No reply. Moved to 10' and inquired again. No reply. 5' and not a word. A few inches behind ear, he asked "Can you hear me now honey"? His wife said "For the fourth time, yes."**



**Steps you can take to increase your water intake** [from Nutrition and Health Works, LLC]

Check off what you currently are doing :

- Drink 1 - eight ounce glasses of water before each meal.  
This equals 3 eight ounce glasses or 24 ounces
- Drink 1 - eight ounce glass of water right when you get up in the morning
- Drink 1 - eight ounce glass of water before you go to bed at night
- Use a water container/bottle for water to carry with you during the day
- If you are a snacker and want to reduce calories, drink a glass of water instead of eating your normal snack. A person may really need to drink water to hydrate the body instead of needing to eat
- If plain water is not appealing, flavor the water with flavor packets such as Crystal lite, lemon juice, or sliced berries or vegetables - or use a water infuser for this
- Drink water with ice in it. Jazz the ice cubes up with frozen clementines or berries inside
- Eat higher water foods - tomatoes, cucumbers, watermelon, celery, peppers, cauliflower, and spinach
- Drink carbonated water
- Set a timer to take water breaks. Use your smartphone or tablet for this
- \_\_\_\_\_
- \_\_\_\_\_



If you did not check off some of the items, those could be areas to focus on to improve how much water you drink or to change your beverage of choice.

What is the focus for improving your water intake

What gets in the way of drinking more water?

What will you do to fix this issue?

What is the result of the water challenge that you did? (Write this after one week)



*Did you know that on March 4, 1975, the first People's Choice Awards was shown on CBS.*



When I was young I just wanted to be older. What the hell was I thinking.



### 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



**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.**



# LINCOLN \* COURT

**INDEPENDENT, ASSISTED LIVING & MEMORY CARE**

Lincoln Court has earned the “Gold Excellence in Care Award.” Lincoln Court has joined the exclusive ranks of just a handful of Assisted Living Facilities that meet this exceptional Standard of Care



**CALL US TO JOIN THE PARTY!**  
**208-529-346**

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 are now receiving a Gold Star for the Standard of Care that we provide for our residents.**



## 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.

A Little 10-year-old girl was walking home, alone, from school one day, when a big man on a black motorcycle pulls up beside her. After following along for a while, turns to her and asks,  
"Hey there little girl, do you want to go for a ride?"  
"NO!" says the little girl as she keeps on walking.  
The motorcyclist again pulls up beside her and asks,  
"Hey little girl, I will give you \$10 if you hop on the back."  
"NO!" says the little girl again as she hurries down the street.  
The motorcyclist pulls up beside the little girl again and says,  
"Okay kid, my last offer! I'll give you 20 Bucks "and" a Big Bag of Candy if you will just hop on the back of my bike and we will go for a ride." Finally, the little girl stops and turns towards him and Screams Out...  
"Look Dad" "You're the one who bought the Honda instead of the Harley ...YOU RIDE IT!!"

## 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

Remember...  
you are only Young Once..  
but you can be  
immature forever!!!



HIDDEN PICTURE PUZZLE SOLUTION



**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 <u>JANUARY</u>	
AARP Drivers Safety—No Class	
Beading	20.00
Bingo Wednesday & Saturday	1448.44
Bingo Wednesday & Saturday (Bev)	20.08
Bridge-2nd Monday	8.00
Bridge	39.00
Bridge—(Bev Only: Both)	13.00
Double Deck Pinochle	50.00
Fit & Fall Exercise	109.00
Hand & Foot	5.00
Mah-Jongg	3.00
Pinochle	54.00
Pinochle (Bev Only)	6.00
Pool	185.99
Spanish Class	24.00
Tai Chi	15.00
Rose's Gentlemen's Group	92.00
Wednesday Morning Coffee	7.00
Woodcarvers	23.00
Congregate lunch (Beverage only)	3.07
Other	535.99
<b>Total</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 51099

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

Non-Profit Organization  
U S POSTAGE PAID  
Idaho Falls, ID 83401  
Permit #155

DATED MATERIAL—PLEASE DON'T DELAY  
RETURN SERVICE REQUESTED



## The Senior Citizen Activity Center, Inc.

Is a United Way Agency.

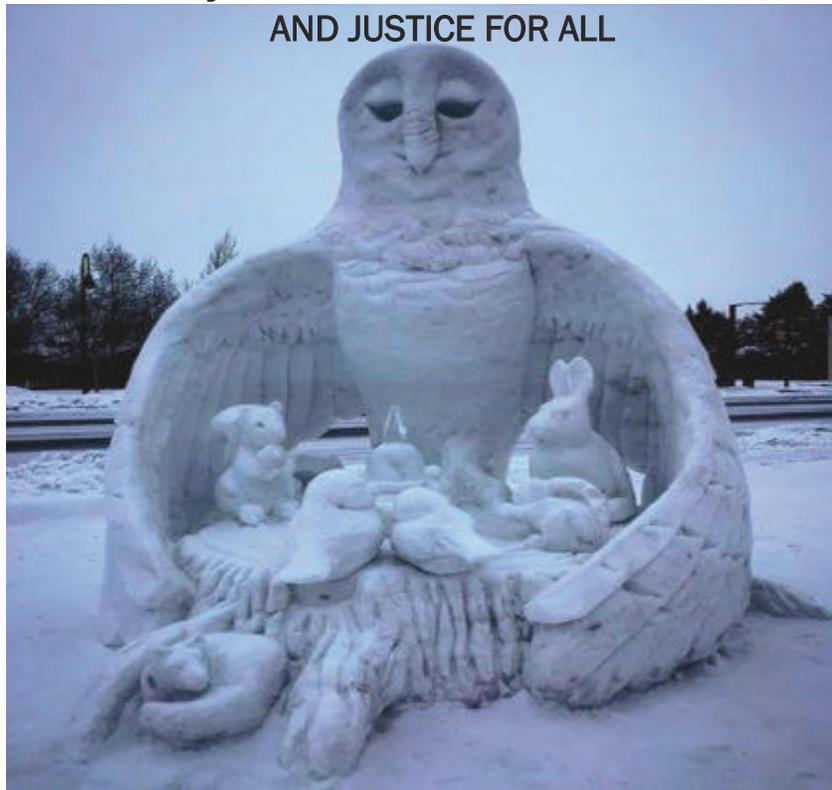
Thanks to you, it continues to work for all of us!

AND JUSTICE FOR ALL

### The Grand Champion

among the  
ice carvings in  
The festival at  
Driggs, Idaho.

Photo by  
Anna Kirkpatrick



### SNOWSCAPES:

The Art  
Of  
Sculpting Snow

Jan 15-19, 2019

Driggs, Idaho