



# SENIOR COMMUNICATOR

## Non Profit Organization

Idaho Falls Senior Citizens Activity Center  
535 West 21st Street We are a daily  
center for **ACTIVE** seniors. **Our  
Meals on Wheels program  
prepares/delivers over 66,000  
meals yearly. We are NOT an  
assisted living center.**

Hours of operation  
Monday through Friday  
8:30 am - 3:30 pm  
Closed some holidays

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



We are closed to  
the public until  
further notice!



OUR  
SOCIAL  
MEDIA

WEBSITE



FACEBOOK



TWITTER



2021  
February

We reserve the right  
to goof-up  
occasionally

**New Members** Eddie Beckman, Heidi Ann Resendiz, Nancy Willis, Doris-Kathy Anderson, Barbara Albert, Bonnie Dell, Nancy Gibons, Marcia Boyd, Gloria & Doyle Singleton, Lydia Brisciano, Reva Beyler, Carl McKague, Bruce Kidwell, Sandra Crosthwait, Bob & Georgia Reaves, Nancy Nye

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	181.00
Non-Senior Hour	85.00
Board Member Hour	25.00
Work Detail Hours	21.00
<hr/>	
Total Hours	312.00

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

Warm Wishes To You All!

### Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

The Senior Medicare Patrol (SMP) program, under the Eastern Idaho Area Agency on Aging, helps Medicare and Medicaid beneficiaries avoid, detect, and prevent health care fraud, errors and abuse. SMP trained staff and volunteers provide free counseling and education to the community. Remember to protect your Medicare card and only share your Medicare number with your trusted healthcare provider. Check your statements and bills for inaccuracies such as services you didn't receive, double billing, or services not ordered by your doctor. If you ever have questions about your Medicare Summary Notice or other healthcare statements or bills, give us a call and our trained counselors can help. (208) 522-5391

### Thank You!

#### Monthly Supporters

*Bonneville County \* United Way*

*City Of Idaho Falls \* Medicaid*

*Eastern Idaho Community Action Partnership*

### Thank You!

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

*\$ 0 - \$ 99 7 Anonymous, Terry Orme, A.L & C.R Dustin, Richard & Diana Wagner, K. & M. Marshall,*

*\$100 - \$250 Anonymous, Sally Griffel, Cheryl & Mike Oar, Lynda Ulschmid, Jonnie Pace, Matt & Kathleen Weseman, Karen McMillin, Sylvia Buerkle, Kathleen Chafey, Matt & Leslie Boltz, Bart Richards*

*\$300—\$600 Susan Braastad, Arlene & David Sargis, PT & Tanya*

*Richardson, Harold & Linda Kehr, Franklin Bradburn, Anonymous, Carol*

*Ormond, Steve Wagner, Pat Marushia, David & Dixie Tillitt*

*\$800-\$2,000 Anonymous, Walt & Linda Reuter, Roxine Stone,*

### Thank You!

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

*\*Community Food Basket\**

*\*Ririe Senior Center\**

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

*\*Access Controlled Storage\**

*\*Idaho Falls, City of\**

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

*\*Fraternal Order of Eagles Ladies Auxiliary\**

*Greater Idaho Falls Association of Realtors, Inc*

*\*Kenworth Sales\**

*\*SciTech / Curtis Wright\* \*Anonymous\**





3

*We want to say thanks to our  
VOLUNTEER DRIVERS  
for the Meals on Wheels program.*

*We appreciate so much the way you have opened your hearts to help  
our seniors and  
disabled adults. Your willingness to give of your time has enabled us to deliver our  
meals quicker, more timely and helps make sure that we don't have a wait list. You  
are a blessing to all.*

*Dave Noble, John Burnside, William Brotherson, Patrick McCracken,  
Richard & Marion Myers,  
Chase Powell-Senior Solutions, Steve Stowell, Jared and Karen Fuhrman, Don  
Yeager, Johannah Thompson, Marla Morgan, Tiffany Morris, Whitney St. Michael,  
Jeffrey Socher,  
Penny Shawl, Olivia Shawl, Cheryl Steele, Becky Schneider, Moira Solle,  
Jayden Hunsucker-Alliance Home health & Hospice, Johanna Groh,  
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks*

## You might meet new friends at Fairwinds. Or sidekicks.

When does a friend become a true sidekick? We're not really sure.

But what we do know is that a lot of friendships and sidekick-  
ships are made at Fairwinds – Sand Creek Retirement Community.

With so many fun activities and events, it's perfect for folks  
who prefer more community and less retirement.

Come see what we mean. Call (208) 310-7349 to schedule  
your complimentary lunch and private tour.

And then get ready to meet some future pals, buddies, and BFFs.



*It's More Than Retirement. It's Five-Star Fun.*

3310 Valencia Drive • Idaho Falls  
(208) 310-7349 • FairwindsSandCreekSeniorLiving.com

A LEISURE CARE PREMIER COMMUNITY



**FAIRWINDS**  
SAND CREEK





Thank you, Greater Idaho Falls Association of Realtors, Inc for your donation to buy hams for Meals on Wheels Participants. Picture to the left is the realtors giving Valisa Say Executive Director the Check. We cannot give enough Thanks!!!



A huge thank you goes out to; Blanca Hernandez from the Blessing's Page on Facebook. She made several bags full of Sanitizer, snacks, activity books, tissue, Rice heat pads, a pen, and other misc. items. To give to the Meals on Wheels participants for Christmas. The picture to the left is of Blanca giving bag's to Sarah Ryner Associate Director.





**SCCC**

**Senior  
Citizens  
Community  
Center**



**135 West 21st  
Street  
Idaho Falls,  
Idaho 83402  
Phone:  
(208) 522-4357  
Fax:  
(208) 522-2035**

Annual Membership Meeting will be at 11:00 am February 23rd by Zoom. If interested in attending, please, call the Center to get the Zoom Link. Will need to provide a current email.



**It's my party and I'll Nap if I want to**

To make conversation during the bridge game, Emma asked, "Hey, have you all seen those new soap operas for Seniors?" "Oh yes," said Grace. "I'm a big fan of As the Rocker Creaks." "Really?" replied Emma. "I thought that one was okay, but there's a lot more action on (Last) Days of Our Lives!"



**Weather Closures: Weather Closures: The Senior Center may be closed when School District #91 or #93 closes for inclement weather. Inclement weather includes temperature or wind chill temperature of 20 degrees below zero and/or weather or road conditions which could be dangerous. On days when the School District is not in session, the Center's Executive Director will decide if conditions warrant closure. As always, all television and radio stations will be notified by 6:00 a.m.**

**Thank you for your cooperation.**



## MANAGING DIABETES



### Steps to Help You **Stay Healthy With Diabetes**

Follow these four steps to help you manage your diabetes, avoid complications, and live a long, active life. Use the worksheet on page 5 to keep track of your goals and progress. For more information, visit [Living with Diabetes](#) website.

#### **STEP 1**

**Ask your doctor to refer you to Diabetes Self-Management Education and Support (DSMES) services.**

DSMES services include a health care team that will teach you how to stay healthy and how to make what you learn a regular part of your life. DSMES services will help you make better decisions about your diabetes, work with your health care team to get the support you need, and learn the skills to take care of yourself.

To find a DSMES program that is recognized by the American Diabetes Association or accredited by the Association of Diabetes Care & Education Specialists, go to the [Find a Diabetes Education Program in Your Area](#) website.



Centers for Disease  
Control and Prevention  
National Center for Chronic  
Disease Prevention and  
Health Promotion

**The world's most challenging barrel trouble puzzle**

A man filled an empty barrel. It was then lighter than when he started. What did he fill it with?

Solution on  
page 18



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

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

7

# COME JOIN THE FUN

## CALL FOR A TOUR TODAY!



# LINCOLN \* COURT

INDEPENDENT, ASSISTED LIVING & MEMORY CARE



**850 Lincoln Dr, Idaho Falls**

**208-529-3456**

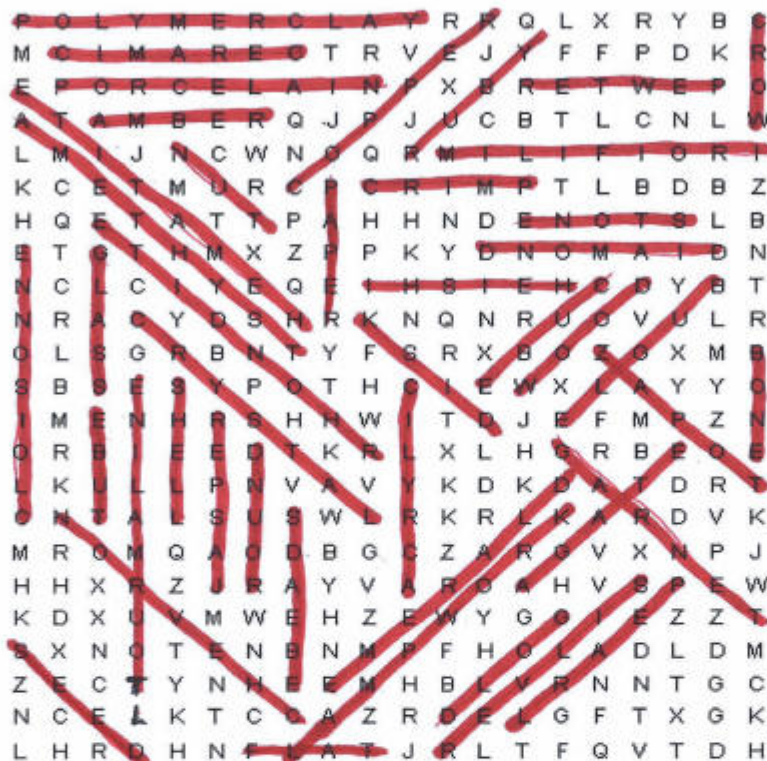
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- Competitively Priced • Amazing Move In Specials





# Types of Beads



Solution's from  
January  
Newsletter



O	R	E	S	N	M	B	A	U
N	M	U	A	B	E	R	O	S
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E	A	M	N	O	U	S	B	R
M	N	S	U	R	A	O	E	B
A	U	B	E	S	O	N	R	M
R	E	O	B	M	N	U	S	A

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

Solution's  
from January  
Newsletter

## DID YOU KNOW?

Valentine candy  
"conversation  
hearts" have a  
shelf life of five  
years.



## DID YOU KNOW?

More than 36 million heart-  
shaped boxes of chocolate  
are sold for Valentine's Day  
each year.

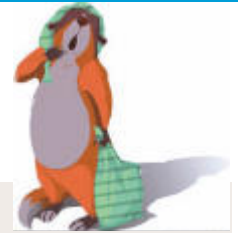


## WHAT IS VALENTINE DAY?

It is the feast of the saint valentine and also known as the festival of love. Basically, it is celebrated in western region but nowadays it is also celebrated in India as well. On this occasion love and affection is being showed to your loved ones. This is the best time, when you can express your love.







## GROUNDHOG DAY

The first Groundhog Day celebration was held in 1887, but its origins go back much further to the ancient Christian tradition of Candlemas Day. The belief was held that if the sun shone that day, then winter would continue another six weeks. Germans adapted this idea, basing their prediction on whether a hedgehog saw its shadow on Candlemas Day.

When German settlers arrived in Pennsylvania, they carried this tradition with them but switched their weather forecaster from a hedgehog to a groundhog. On February 2, 1887, a newspaper editor from Punxsutawney, Pennsylvania declared the city's groundhog, Phil, as the only official weather-predicting groundhog. Each year, thousands of people continue to gather in Punxsutawney to witness Phil cast his shadow and reveal either an early spring or a long winter.

FEB. 2

FEB. 5



Do you know where the Super Bowl got its name? It was officially called "The AFL-NFL World Championship Game" at first, but it never became widely accepted. Instead, the name "Super Bowl" caught on thanks to Lamar Hunt, the primary founder of the American Football League (AFL) and owner of the Kansas City Chiefs, who suggested it be named after the Super Ball toy from Wham-O, which was popular in the 1960s.



## Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: February 2021

1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
Beef Stroganoff Apples Steamed Zucchini & Squash MILK	Italian Pork Potato Pie Pears Carrot, Peas, Onions, Celery Mashed Potatoes MILK 0 Cheese Cake pudding	Maple Glazed Pot Roast Peaches Asparagus w/ Hollandaise Sauce Mashed Potatoes & Gravy MILK Banana Pudding	Fish & Chips w/ Tartar Sauce Pineapple Carrot Sticks French Fries MILK	Glazed Ham Tropical Fruit Beets Yams with Marshmallows MILK 0 Jello

8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday
Chicken Apricot Curry Kiwi Beans, Carrots Broiled Potato & Onion MILK	Chilli Dogs Orange Juice Chilies, Onions, Tomatoes, Beans Cornbread MILK & Cheese 0 Chocolate Pudding	Ginger Turkey Cranberry Sauce Broccoli, Cauliflower, Green bean WG Stuffing MILK	Meatball Sandwich Raisins Pacific Veggies French Fries, Ciabatta Rolls MILK & Jack Cheese 0 Rice Krispy Treats	Pepperoni Pizza Strawberry Peppers, Onions, Mushrooms Pizza Bread MILK Red Velvet Cookies

15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday
Turkey Hot Dogs Pears Pork & Beans, Coleslaw WG Hot Dog Buns MILK	Chicken Enchiladas Pineapple Red Pep, Green pep, onions, Kidney Flour Tortilla MILK 0 Chocolate Pudding	Beef Nachos Watermelon Olives, Lettuce, Onion, Tomato Tortilla Chips MILK, Cheese, Sour Cream Pistachio pudding	Cheese Burgers Bananas Onion, Tomato, Pickle Tator Tots MILK & Cheese	Cowboy Stew Orange Green Chilies, Sweet Corn, Diced Tomatoes Cut Potatoes MILK 0 Lemon Jello

22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday
Parmesan Chicken Mixed Fruit Chopped Egg Plant Marinara Pasta MILK	Beef Roast Grapes Green & Wax Beans, Carrots Mashed potatoes & Gravy MILK 0 Chocolate Cupcake	BBQ Pork Sandwich Plums Macaroni Salad Steak Fries MILK Bread Pudding	Turkey Lasagna Cantaloupe Caesar Salad Lasagna Noodles MILK	Waffles, poached Eggs, & Peaches & Whip Cream Green & Red Peppers, Onion, Mushrooms Waffle & Syrup MILK 0

0 Monday	0 Tuesday	0 Wednesday	0 Thursday	0 Friday
MILK	MILK	MILK	MILK	MILK

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





### Recipe: Shrimp and Gnocchi with garlic Parmesan Cream Sauce

**Ingredients:** 1 (16oz) pck DeLallo Potato Gnocchi, 2 tbs unsalted butter, 1 lb medium shrimp, peeled and deveined, salt and pepper to taste, 2 tbs chopped fresh parsley leaves. **Cream Sauce:** 1/4 c butter, 4 cloves of garlic, minced, 2 tbs all purpose flour, 1 c chicken broth or more as needed, 1 tsp dried thyme, 1/2 tsp dried basil, 1/2 c half and half, 1/2 c freshly grated Parmesan, kosher salt and pepper to taste.

**Directions:** **1.** In a large pot of boiling salt water, cook gnocchi according to package instruction, drain well. **2.** Melt butter in a large skillet over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes, set aside. **3.** To make the garlic parmesan cream sauce, melt butter in the skillet over med heat. Add garlic , and cook, stirring frequently, until fragrant, about 1-2 minutes. Whisk flour until lightly browned, about 1 minute. **4.** Gradually whisk in chicken broth, thyme and basil. Cook whisking constantly, until incorporated, about 1 –2 min. Stir in half & half, and parmesan until slightly thickened, about 1-2 min. If the mixture is too thick, add more half and half as needed, season with salt and pepper, to taste. **5.** Stir in shrimp and gnocchi, and gently toss to combine. **6.** Serve immediately, garnished with parsley, if desired.

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

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

Thank you in advance for your understanding.  
Visit our Facebook page for latest Center activities.

See more info At IFSCC.ORG

\*\* Call for an appointment or to sign up

\*\*\* Due to the increasing cost of supplies, the Eagle Rock Art Guild will be requesting \$2 per person per Art class to cover Their supply expenses. Classes are limited to 12 people. To ensure enough supplies for Art Classes, please sign up for them at 522-4357. Dead line is Wednesday at 2pm.

\*\*\*\* Play 16 games of bingo for as little as \$3.50

# TIMBER!

- |                                     |                                     |                                   |
|-------------------------------------|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> APPLE      | <input type="checkbox"/> EBONY      | <input type="checkbox"/> OLIVE    |
| <input type="checkbox"/> ASH        | <input type="checkbox"/> ELM        | <input type="checkbox"/> PADAUK   |
| <input type="checkbox"/> BEECH      | <input type="checkbox"/> EUCALYPTUS | <input type="checkbox"/> PEAR     |
| <input type="checkbox"/> BIRCH      | <input type="checkbox"/> GUM        | <input type="checkbox"/> PLANE    |
| <input type="checkbox"/> BLACKHEART | <input type="checkbox"/> HAZEL      | <input type="checkbox"/> SYCAMORE |
| <input type="checkbox"/> BOXWOOD    | <input type="checkbox"/> HOLLY      | <input type="checkbox"/> TEAK     |
| <input type="checkbox"/> BRIAR      | <input type="checkbox"/> JARRAH     | <input type="checkbox"/> UTILE    |
| <input type="checkbox"/> CEDAR      | <input type="checkbox"/> KINGWOOD   | <input type="checkbox"/> WALNUT   |
| <input type="checkbox"/> CHERRY     | <input type="checkbox"/> MAPLE      |                                   |
| <input type="checkbox"/> COCO-WOOD  | <input type="checkbox"/> OAK        |                                   |

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B	L	P	E	R	C	S	J	D	P	A	M	Q	E	E
F	E	U	C	A	L	Y	P	T	U	S	G	L	I	K
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K	I	N	G	W	O	O	D	A	O	H	Z	L	I	R
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263

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For ad info. call 1-800-950-9952 • www.lpiseniors.com

Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

C 4C 05-1113



13

**Recipe: Apricot-Sage  
Chicken with Carrots**



**Ingredients:** 1 Tbls Olive Oil, 4 (4oz) skinless boneless Chicken thighs, 3/4 Tsp salt divided, 3/4 Tsp Black pepper divided, 1/2 c unsalted chicken stock, 1/4 c apricot preserves, 1 tblsp Dijon Mustard, 2 c thinly diagonally sliced carrots, 4 tsp finely chopped fresh sage divided, 1 tblsp. thinly sliced garlic, 2 tbls unsalted butter.

**Instructions:** Heat olive oil in large skillet over medium-high, sprinkle chicken with 1/2 tsp salt and 1/2 tsp pepper, add chicken to pan: cook 3 minutes per side or until browned (chicken will not be cooked through). Remove chicken from pan (do not wipe out pan). Combine stock, apricot preserves, and mustard in a bowl, stirring with a whisk. Add carrots, 1 tblsp. sage, and garlic to pan; saute 4 minutes. Add apricot mixture and chicken to pan; reduce heat to medium, cover and cook 8 min or until chicken is done. Remove pan from heat, place chicken and carrots on a platter. Add remaining 1/4 tsp pepper, and butter to pan, swirling until butter melts. Spoon pan sauce over chicken, sprinkle with remaining 1 tsp sage.

**Nutritional Information** Calories 313 Fat 14g Saffat 5g Unsat 8g Protein 24g Carbohydrates 22g Fiber 3g Sugars 13g Added sugars 5g Sodium 642mg Calcium 6% DV Potassium 17% DV

# G

## GENERATIONS INSURANCE

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- Medicare Supplement/Medigap
- Part D Prescription Drug Plans
- Final Expense Life Insurance

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## YOUR BOARD OF DIRECTORS

Machelle Bergman	Fairwinds Retirement	Chair
Linda DeLia	Retired Medical Editor	Vice chair
Arianne Holt	Idaho Legal Aid Service	Secretary
Lew Eaker	Retired Engineer	
Karl Casperson	Bonneville County Sheriff Office	
Jeanie Brady	Good Samaritan	
Alecia Coburn	Lincoln Court Retirement	
Chanse Powell	Senior Solutions	
Helen Stanton	Retired	
Jana Merkley	CEO Greater IF Ass. Of Realtors & Snake	
	River Regional MLS	
Tiffany Morrison	Life Care Center	
Patrick McCracken	Retired	
-----Non Voting Members-----		
Thomas Hally	Mayor's Office Liaison	
Valisa Say	Executive Director	
Sarah Ryner	Associate Director	

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

### Caregivers Nook

EICAP Caregivers Support Group

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

12:00-1:30 at EICAP [935 E. Lincoln Rd.](#)  
I.F. [\(208\) 522-5391](#) Jodi

**See you there.....**

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

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



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

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

[illegible]

There were no card games. The Center has been closed to the public due to the COVID-19 virus. Hope everyone is well and Staying safe. We cannot wait to see all your smiling faces again soon!!

# 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

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

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



**Today's Housekeeping tip:**  
Always keep several Get Well cards on the Mantelpiece. That way, if unexpected guests arrive, they'll think you've been Sick and unable to clean.



## 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.**

17

### Eastern Idaho Area Agency on Aging: Nutrition Programs

The Area Agency on Aging contracts with your local senior center to provide nutrition programs for seniors. At the senior centers, people can come together to enjoy a meal, visit with friends, participate in health programs, and find out about community resources. If needed, individuals can receive a daily meal at home through the senior center's home delivered meal program. Meals are free of charge for eligible individuals, but donations are always appreciated! Call your local Area Agency on Aging for more information at (208) 522-5391.

FYI

*During the month of December our  
capable KITCHEN AND DELIVERY  
PERSONNEL served 69 Take out meals  
at the center, and produced and  
Delivered 5219 meals to home-bound seniors and disabled adults  
through our Meals On Wheels program (Total meals: 5288)*

## FREE Skin Cancer Screenings



A preventative reminder that risk factors for skin cancer include:

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

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

#### Cosmetic Dermatology:

- Botox
- Fillers
- Sclerotherapy
- Anti-Aging
- Skin Care Products

**CALL 208-881-5241**

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



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WWW.24-7MED.COM**

## Senior Communicator Newsletter

The world's most challenging barrel trouble puzzle: Solution from page 7:

The man filled the barrel with holes! Since there was now less barrel, it weighed less.

"Do Not let what you cannot do interfere with what you can do."

-John Wooden

College Basketball Coach-



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### Eastern Idaho Area Agency on Aging: Adult Protection

The Adult Protection Program, under the Eastern Idaho Area Agency on Aging, works to protect and advocate for the vulnerable adults in our community. Our adult protection workers investigate reports of abuse, exploitation, neglect and self-neglect for vulnerable adults ages 18 and older. If you have reason to believe that an adult in Eastern Idaho is a victim of abuse, neglect, or exploitation, or if you have general concerns please call Adult Protection Services at (208) 522-5391.

### 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.



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		4	1	5		6		9
9			8	7	4	2	1	

### 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 MAY

Beading	\$0.00
Bingo Wednesday & Saturday	\$0.00
Bingo Wednesday & Saturday (Bev)	\$0.00
Bridge-2nd Monday	\$0.00
Bridge	\$0.00
Bridge—(Bev Only: Both)	\$0.00
Double Deck Pinochle	\$0.00
Fit & Fall Exercise	\$0.00
Hand & Foot	\$0.00
Country Line Dance	\$0.00
Mah-Jongg	\$0.00
Pinochle	\$0.00
Pinochle	\$0.00
Pool	\$0.00
Spades	\$0.00
Tai Chi	\$0.00
Rose & Gentlemen's Group	\$0.00
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$0.00
Use It Don't lose it	\$0.00
Congregate lunch (Beverage only)	\$0.00
Other	\$0.00
Total	\$000.00

CLOSED TO THE PUBLIC FOR NOW!



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

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

DATED MATERIAL—PLEASE DON'T DELAY  
RETURN SERVICE REQUESTED

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



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

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

