



SENIOR COMMUNICATOR

Non Profit Organization

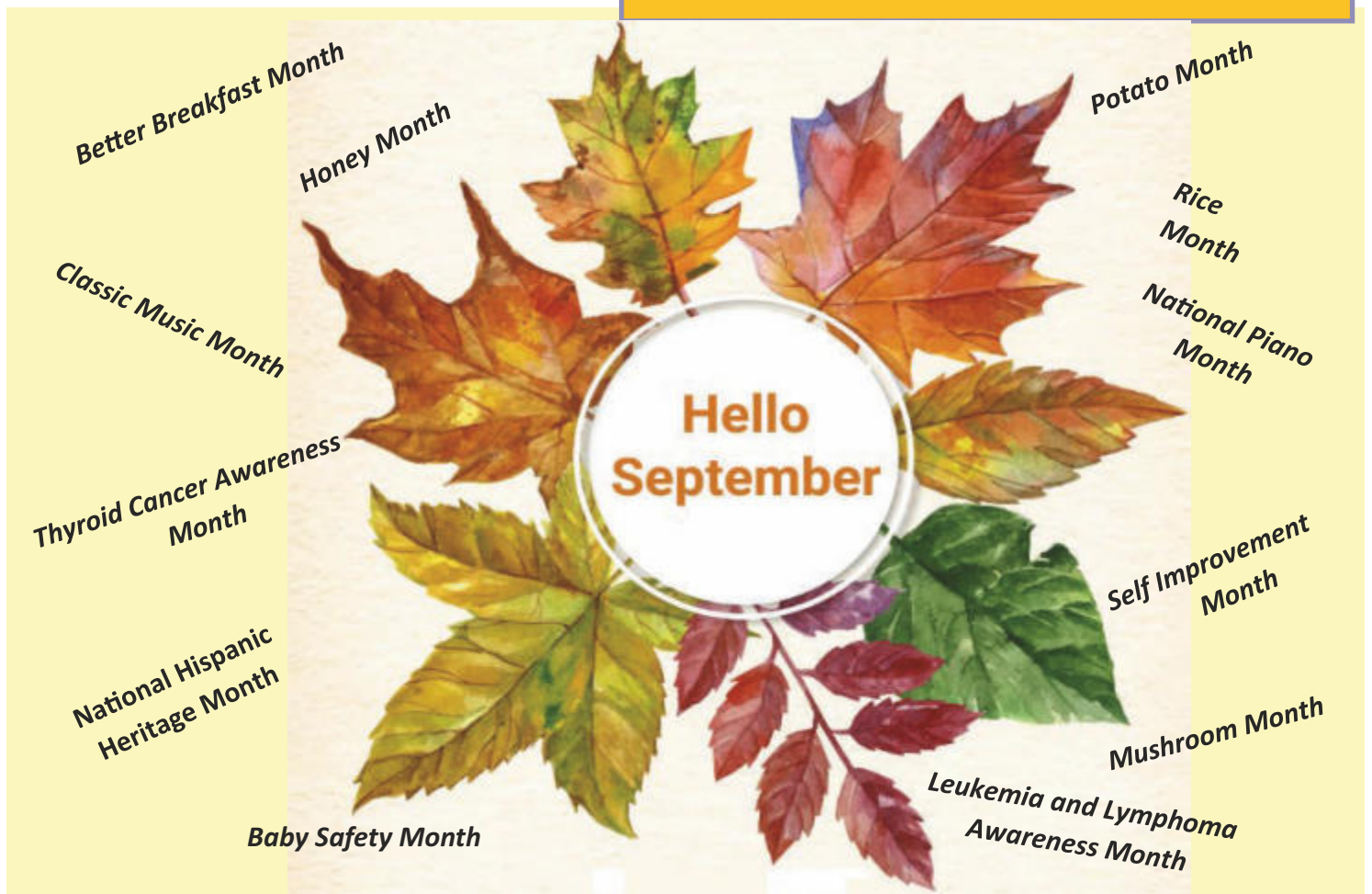
Idaho Falls Senior Citizens Activity Center
535 West 21st Street

We are a daily center for ACTIVE seniors

We are NOT an assisted living center.

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

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



US Holidays & Observances in September, 2019

September 2nd—Labor Day, September 8th—National Grandparent's Day, September 11th—Patriot's Day, September 17th—Constitution Day & Citizenship Day, September 20th- National POW/MIA Recognition Day, September 21st-National Clean-up Day, September 23rd-Autumn Equinox

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



SEPTEMBER
2019

We reserve the
right
to goof-up
occasionally

New Members

**Anthony Murphy * Bonnie and Max Clark * Ed Lederer * Carol Miller
Angela Teeter * Ollie Shields * Patrick Loftus * Delores Searle**

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	294.00
Non-Senior Hour	700.50
Board Member Hour	77.00
Work Detail Hours	219.00
<hr/>	
Total Hours	1290.50

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!

Hate has 4 letters, so does Love
Enemies has 7 letters, so does Friends.
Lying has 5 letters, so does Truth.
Negative has 8, so does Positive.
Under has 5, so does Above.
Cry has 3 letters, so does Joy.
Anger has 5 letters, so does Happy.
Right has 5 letters, so does Wrong.
Hurt has 4 letters, so does Heal.

Be happy, enjoy life

It means Life is like
a double edged sword...
so transform every negative
side into an aura of positivity...

*We should choose
the better side of life.*

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 Norman & Donna Graham- Lynn Garrison

Daniel Devasirvatham - Stan & Amy Marko

\$100 - \$199 Marianne Petersen

\$200—\$499 Steve Wagner

Thank You!

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



FYI

During the month of August our capable KITCHEN AND DELIVERY PERSONNEL 685 served meals at the center, and produced and Delivered 5583 meals to home-bound seniors through our Meals On Wheels program (Total meals: 6268)



PATRIOT DAY



By presidential proclamation, **Patriot Day** is observed in the United States on September 11, or 9/11, in memory of the thousands who lost their lives as a result of the September 11, 2001, terrorist attacks

against the United States that involved four hijacked planes. The observance also honors those who came to aid in the aftermath. Each year on Patriot Day, the U.S. flag is flown at half-staff. Citizens are asked to observe a moment of silence, usually at 8:46 a.m. EDT (when the first hijacked plane struck the World Trade Center in New York City), and are encouraged to devote the day and year to serving their neighbors and communities.

Thanks
FOR **VOTING US**
THE

#1 RETIREMENT

COMMUNITY FOR THE
FOURTH YEAR IN A ROW

Lincoln Court has been providing a stellar Retirement Experience for the Seniors in our area for over 40 years!



CONGRATULATIONS TO
MATTHEW JOHNSON
BEST OF 2019 WINNER FOR BEST BOSS



CONGRATULATIONS TO
OLIVIA BECKMAN
BEST OF 2019 WINNER FOR BEST NURSE

CALL US TO JOIN THE PARTY!

208-529-3456

850 Lincoln Drive • Idaho Falls, Idaho

come JOIN THE fun!



- Weekly Scenic Drives • Picnic at Mesa Falls • Trip to Jackson Hole
- Fishing at Black Tail Reservoir • Picking Wild Raspberries in Roberts
- Chukars Baseball Games • Bear World • Senior Day at the Zoo
- Yellowstone National Park • Zoo Mobile • Rent Out Movie Theater
- River Concerts • Wii Bowling

LINCOLN ★ COURT

INDEPENDENT, ASSISTED LIVING & MEMORY CARE





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.

Dave Noble, John Burnside, William Brotherson, Patrick McCracken, Richard Myers, Jenna Martin & Logan Mechem-Eden Home Health, Alecia Coburn & Melissa Kemmerer-Lincoln Court, Beth Ferrara-Century 21 High Desert, Marci Barker, Trevor Arehart, Aurora Arredondo & Shannon Shearer-East Idaho Credit Union, Chantse Powell-Senior Solutions, Cynthia Steele-ReMax Prestige, Lenore Johnson-Intermountain Gas, Jeanne Bailey, Kamala Free, Becky Leatham, Christy Manley, Clarissa Mechem, Dawn Cleverley, Rebecca Holmes, Misty Robinson and Wyatt Middleton-C'YA (Community Youth In Action), Dallen Fuhrman-MorningStar and Jared and Karen Fuhrman



A FEW FUN FACTS about SEPTEMBER



The name September comes from the Latin *septem*, meaning seven, because in the original Roman republican calendar September was the seventh month.

September has three birth flowers: the forget-me-not, the morning glory, and the aster. Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love.

The birthstone for the month is the sapphire.

September is the only month with the same number of letters in its name in English as the number of the month.

The Anglo-Saxons called September 'Gerst monath', meaning 'barley month'.

In any year, no other month ends on the same day as September.

At least six films have had the title 'September', which is more than any other month.

Shakespeare did not mention September in any of his plays.



FRUGAL LIVING TIPS FOR SENIORS

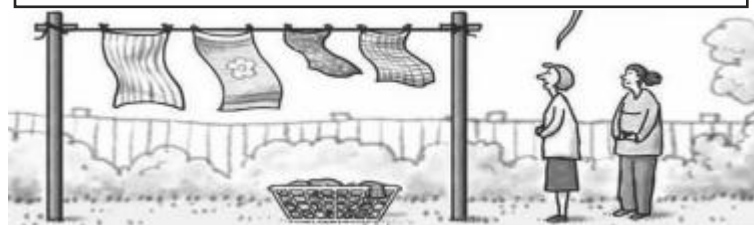
Even though your living expenses may have been reduced when you retired, there are still plenty of money saving tips for seniors to help you reduce expenses even further.

1. Before renewing memberships, stop and think about if you still need them. Does your Medicare supplement/advantage plan provide the coverage?
2. Review your cell phone plan
3. Don't be ashamed to ask for senior discounts.
4. Reevaluate your insurance needs.
5. Do you still need two vehicles
6. Do you need your large house or can you downsize?
7. Plan your travels for mid-week when prices are lower.
8. Review your cable bill.
9. Ask yourself, "How often do I eat out each week?"



One last suggestion: You might want to consider a part time job so you can enjoy your retirement more.

It dries the wash using the very latest technology—a combination of solar and wind power.



SIX LITTLE STORIES

1. Once all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one boy came with an umbrella.
That's FAITH.
2. When you throw babies in the air, they laugh because they know you will catch them.
That's TRUST.
3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up.
That's HOPE.
4. We plan big things for tomorrow in spite of zero knowledge of the future.
That's CONFIDENCE.
5. We see the world suffering, but still we get married and have children.
That's LOVE.
6. On an old man's shirt was written a sentence 'I am not 80 years old. I am sweet 16 with 64 years of experience.'
That's ATTITUDE.

Have a happy day and live your life like the six stories.

When I was a child I thought nap time was punishment...Now it's like a mini vacation.

Did you know . . .

you take over 23,000 breaths everyday ?

Empty Bowls Dinner
Thursday, October 10th
4:00 pm to 8:00 pm
Idaho Falls Senior Center
535 W 21st St

\$15 Per Person

Can you Help Paint Bowls?
Pick up a painting session from Monday, Oct. 10th to 14th at 104 N. Broadway St. and take bowls to Possibly/Pleasure Place to help us keep track of numbers!
Bowls are already purchased at Possibly/Pleasure Place. Please ask for the sign in the Empty Bowls bowl!
You will need to pay the \$15 fee to Possibly/Pleasure Place to ensure the bowl.
If you have a group of more than five, please call ahead for pricing: 208-251-7676.
All bowls will be sold at the Empty Bowls dinner. Please do your best job. Please do not let children paint the Empty Bowls. Make sure they clean their hands and are able to paint well enough to have someone else or their family enjoy their art.
When you are finished painting, please take the bowl "painting post" and make sure you have it on the bottom of the bowl.
All bowls will be picked up by volunteers. Please do not take them home. You can view your finished bowl at the dinner.

Possibly/Pleasure Place
Monday to Saturday 12:00 pm to 4:00 pm

So, gather a group of friends, coworkers, or family and spend some time together to help others!

PLEASE & THANK YOU

Logos: Soap Karma, Betty Please, We were hungry, you fed us, We were cold, you gave us warmth, We were lonely, you gave us friendship, NCP Nuclear Care Partners, CR Carey Romanek, OSWALD, REALS WHEEL, Mason James, Empty Bowls, and others.

BE THANKFUL: *There is always a lot to be thankful for if you take time to look for it. For example, I'm sitting thinking how nice it is that wrinkles don't hurt!*

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.**



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.

Seenager

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

SO THERE!

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.

FINAL SET OF DID YOU KNOW ITEMS

(#1-31 were in the July & August issues)

- 32. To remove wax - Take a paper towel and iron it over the wax stain, it will absorb into the towel.
- 33. Remove labels off glassware etc. rub with Peanut butter!
- 34. Baked on food - fill container with water, get a Bounce paper softener and the static from the Bounce towel will cause the baked on food to adhere to it. Soak overnight. Also; you can use 2 Efferdent tablets, soak overnight!
- 35. Crayon on the wall - Colgate toothpaste and brush it!
- 36.. Dirty grout - Listerine
- 37. Stains on clothes - Colgate toothpaste
- 38. Grass stains - Karo Syrup
- 39. Grease Stains - Coca Cola, it will also remove grease stains from the driveway overnight. We know it will take corrosion from car batteries!
- 40. Fleas in your carpet? 20 Mule Team Borax- sprinkle and let stand for 24 hours. Maybe this will work if you get them back again.
- 41. To keep FRESH FLOWERS longer Add a little Clorox, or 2 Bayer aspirin, or just use 7-up instead of water.
- 42. Gatorade is good for Migraine Headaches (PowerAde won't work)
- 43. When you go to buy bread in the grocery store, have you ever wondered which is the freshest, so you 'squeeze' for freshness or softness? Did you know that bread is delivered fresh to the stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday. Each day has a different color twist tie.
They are:
Monday = Blue,
Tuesday = Green,
Thursday = Red
Friday = White
Saturday = Yellow.

AARP DRIVER SAFETY PROGRAM

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

9:00am – Until Done

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

Where: Senior Center -535 W. 21st St.

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

Cost: \$20.00 per person

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

Advanced registration and payment is required.



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

Also Known as
**SENIOR
ACTIVITY CENTER**

**COMMUNITY
BINGO**

Guaranteed
minimum
60%
payout

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

Doors open at 4:30 pm

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

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

WE ARE A SMOKE-FREE
AND VAPOR-FREE ENVIRONMENT
Ask A Staff Member For Details



**INDEPENDENT LIVING
ASSISTED LIVING • MEMORY CARE**

4000 S 25th E
Idaho Falls, ID 83404

208-522-1591

morningstarseniorliving.com

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-891-6806



**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

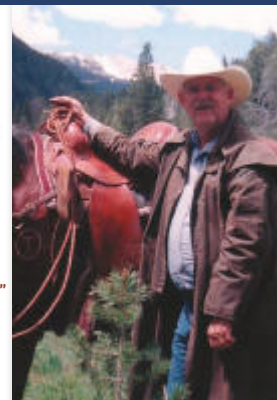
COMMENTS FROM READERS:

"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."

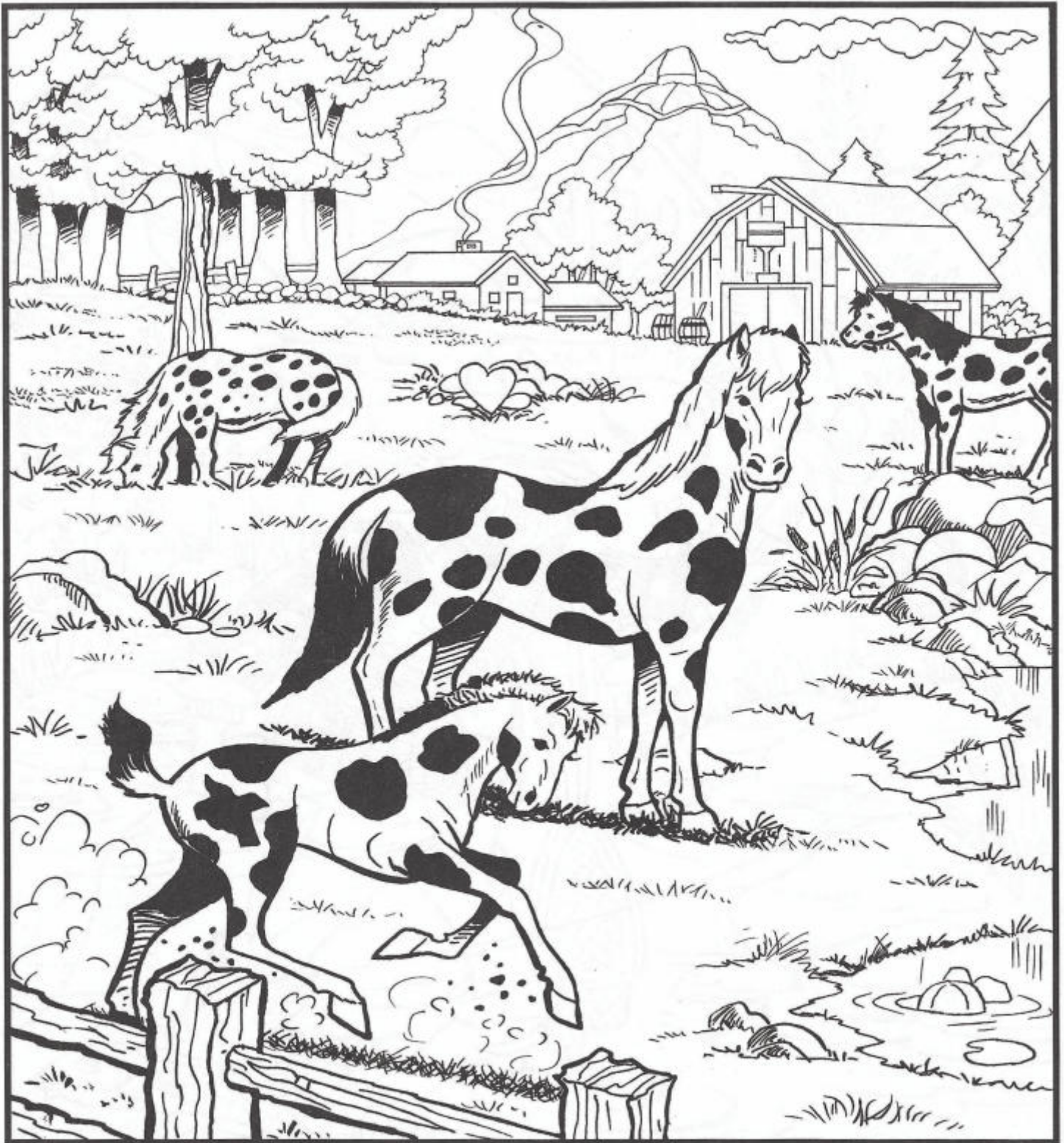
"I am 75 years old and a grandmother. These are stories that every mother and grandmother needs to read to their children and grandchildren. They are stories of life; choices; struggles and faith, and also very inspiring."

"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



Horse Haven

While Fancy frolics in the warm sunshine, search the pasture for these hidden objects: a pear, y's bottle, slice of pizza, artist's brush, open book, bird, baseball cap, snake, crescent moon, lamp, 8 nant, carrot, heart, and a hat.

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

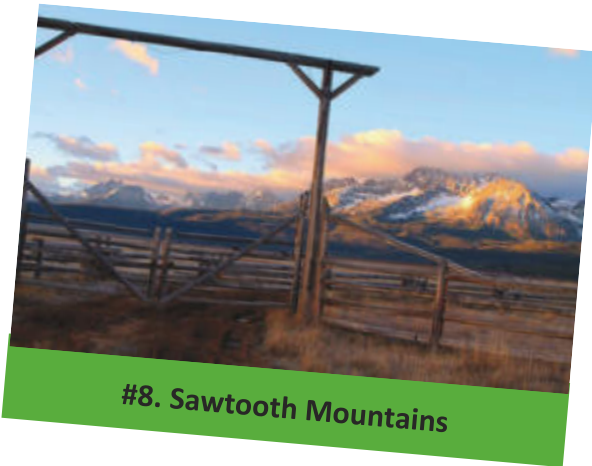
(#1-3 were in July; #4-6 were August; here are #7-9.)



#7. Castle Rocks State Park

Once again, It's no secret among Idahoans that we live in the best state *ever*. 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!

7. Idaho is home to a multitude of diverse landscapes, and this fact couldn't be any more apparent when it comes to Castle Rocks State Park. Containing 1,692 acres of unique rock formations, the park is considered a paradise for rock climbers. Even if you don't climb, you can still appreciate the beauty of this oddly beautiful landscape from afar.



#8. Sawtooth Mountains

8. Encompassing 678 square miles, the Sawtooth Mountain Range is one of Idaho's most jarring areas. Featuring sharp and jagged peaks, it's easy to see why these mountains have the name that they do. However, there's something incredibly beautiful about the rough exterior of these mountains. With a maximum elevation of 10,751 feet, you can't help but feel a sense of awe when staring at these beauties.



9. Bear Lake State Park

9. Located on the shores of Bear Lake, the park straddles the border between Idaho and Utah. This place is a true desert oasis. The highlight of the park is the stunning Bear Lake which features bright turquoise water; an odd sight in the middle of the arid landscape. There's a sense of tranquility in this park that you don't come across very often.

How many of Idaho's best places have **you** visited already?

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
Closed for Labor Day	Beef Burritos Pears Southwest Blend Vegetables Tortilla MILK 2nd Choice: Grilled Chicken	Teriyaki Chicken Apricots Scandinavian Vegetables Baked Potato MILK 2nd Choice: Pork Chops	Chili Pears Tomatoes and beans Cornbread MILK	Pizza Pineapple, Apple Salad, Olives, Tomato, Onion Crust MILK

9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday
Ham & Beans Mixed Fruit Southwest Blend Corn Muffin MILK	Hot Dog Peaches Beans Bun & Fries MILK 2nd Choice: Polish Dog	Opened Faced Turkey Sandwich Kiwi Picked Beets Mashed Potatoes MILK	Garlic Parmesan Fish Applesauce Broccoli Corn Bread MILK 2nd Choice: Grilled Chicken	Salisbury Steak Apple Capri Blend Vegetables Mashed Potatoes & Gravy MILK 2nd Choice: Chicken Nuggets

16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday
Chicken Fried Steak Apples Cauliflower Biscuits MILK	Sliced Turkey Peaches Green Beans Corn Muffin MILK	Sloppy Joes Fruit Cocktail Italian Blend Vegetables Bun MILK 2nd Choice: Breaded Chicken Patty	Hawaiian Pulled Pork Sandwich Pineapple Mixed Vegetables Bun MILK	Chicken Malibu Pears Broccoli Mashed Potatoes MILK

23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday
Turkey Dinner Applesauce Sweet Potatoes W/ Marshmallows Whole Grain Bread MILK	Taco Bowl Bananas Lettuce, Tom, Onion, cheese Taco Bowl MILK	Breaded Fish Grapes Mixed Veg Whole Grain Muffin MILK 2nd Choice: Chicken Nuggets	Chicken Salad Pears Romaine/Spring Mix Whole Grain Crackers MILK 2nd Choice: Beef Strips	Pork Fingers Peaches Green Beans Tator Tots MILK 2nd Choice: Beef Fingers

30 Monday	0 Tuesday	0 Wednesday	0 Thursday	0 Friday
Fajitas Peaches Red & Yellow Peppers, Onions Tortilla MILK 2nd Choice: Beef Fajitas				

September 2019

Community

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

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 IFSCCL@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

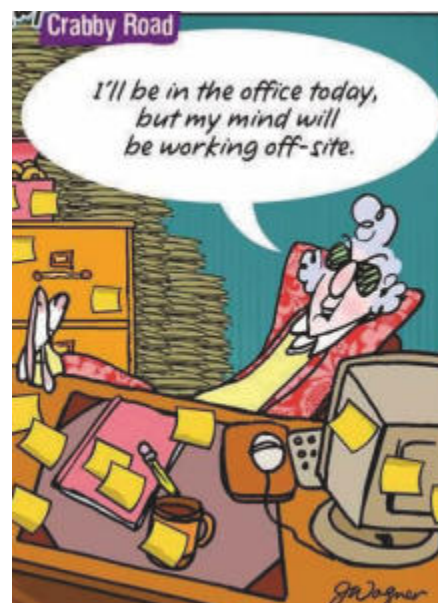
LABOR DAY

Do YOU know why we celebrate Labor Day? Labor Day honors the social and economic achievements of American workers; the day is when an annual national tribute is paid to all the hard work of worker.

It dates back to September 1882 when the unions of New York City decided to show support for all unions and hence organized a parade with at least 20,000 participants.

Here are nine fun things about the day.

1. Oregon was the first state to make the day a holiday in 1887.
2. In the late 1800s, average Americans worked for 12 hours a day and seven days a week to earn a basic living. Children as young as five to six years old also worked in factories and mines.
3. In the late Victorian era, people did not wear white or seersucker clothes after Labor Day as it unofficially marked summer end. However, this tradition isn't really followed anymore, according to National Constitution Center.
4. It's on or around the Labor Day when the football season starts and many teams play their first game of the year during the Labor Day weekend.
5. Labor Day is also the unofficial end of Hot Dog season. Hot Dogs are consumed the most often between Memorial Day and Labor Day, according to the National Hot Dog and Sausage Council.
6. Labor Day weekend is one of the busiest weekends to travel. Last year, more than 35.5 million people took a road trip, according to AAA.
7. The first week of September was chosen for Labor Day as it is between the 4th of July and Thanksgiving.
8. Labor Day is also seen as the unofficial last day of vacation before the beginning of a new session.
9. The number of people aged 16 and above in the nation's labor force as of May 2017 is 159.8 million, according to United States Census Bureau.



Help at the Push of a Button!

AssureLink
Your Personal Response Network

**FREE
ACTIVATION**
on landline service

Locally Owned & Operated

**At Home Or On The Go,
With AssureLink You're Never Alone!**
(208) 523-2704



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: Apple Crisp Pizza

INGREDIENTS:

- Pastry for a single-crust pie
- 2/3 cup sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- 4 medium baking apples, peeled and cut into 1/2-inch slices

TOPPING:

- 1/2 cup all-purpose flour
 - 1/3 cup packed brown sugar
 - 1/3 cup rolled oats
 - 1 teaspoon ground cinnamon
 - 1/4 cup butter, softened
 - 1/4 to 1/2 cup caramel ice cream topping or caramel apple dip
- Vanilla ice cream, optional



DIRECTIONS:

Roll pastry to fit a 12-in. pizza pan; fold under or flute the edges. Combine sugar, flour and cinnamon in a bowl. Add apples and toss. Arrange the apples in a single layer in a circular pattern to completely cover pastry. Combine the first five topping ingredients; sprinkle over apples.

Bake at 350° for 35-40 minutes or until apples are tender. Remove from the oven and immediately drizzle with caramel topping or dip. Serve warm with ice cream if desired.

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



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

208-552-1166

JAMES T. WILLIAMS,
BC-HIS, A.C.A.
AUDIOPROSTHOLOGIST

FREE Hearing Test
and Video Otoscope

Offer Ends Last Day of This Month

3200 Channing Way, Ste. #A101 • Idaho Falls, ID (S.E. corner of EIRMC)

WE'RE HIRING
AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

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 11:55am. If you are interested in being a Board Member, see office for an application. Must be turned in by September 30th, 4:30 pm. 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



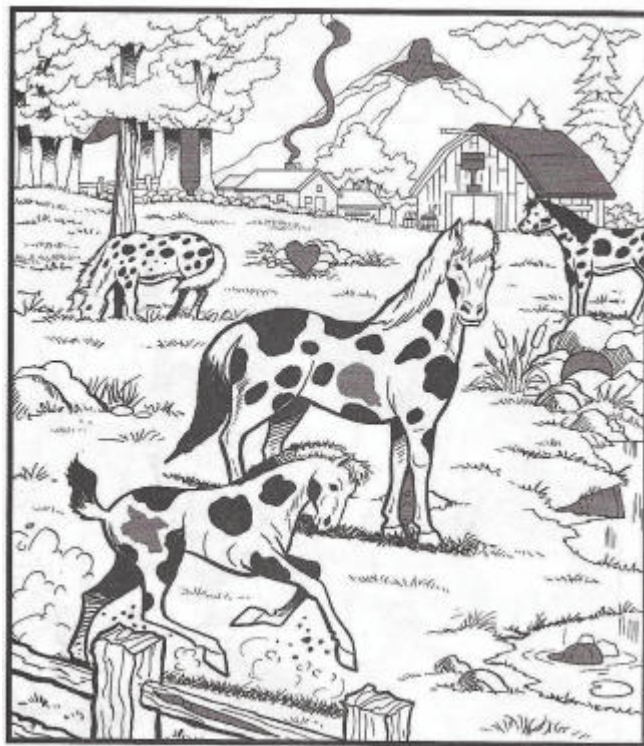
RSVP
Please let us know if you can or can not go. Call 522-2103.

October 9th, 2019

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

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

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



She said: It's the guy duty to pay the bill at the restaurant, that's why it's called MEN'U 🤔

I said: Naw, it's both our responsibility, that's why it's called ME'N'U 🤔

JULY 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
3rd	Dean	Audrey	Barbara
10th	Jack	Shirley	Nancy
17th	Jim	Bill M	Gary
24th	Bill P	Bill M	Jack
31st	Gary	Bill P	Bill M
FRIDAY HAND & FOOT 3 OR 4 HANDED			
	HIGH	2ND	3RD
5th	Ethel Jephson Marge Harris	Marge Henderson Gary Mickelson	
12th	Linda Linford Marge Henderson	Ethel Jephson Charlotte Hill	
19th	Diane Anderson Eleanor Vonasek	Bill Peacock Linda Lindford	Steve Parker Marge Harris
26th	Bill Peacock Charlotte Hill	DiAnna Anderson Ann Gause	
FRIDAY HAND & FOOT 4 OR 6 HANDED			
	HIGH	2ND	3RD
5th			
12th			
19th			
26th	Steve Parker Linda Linford Marge Henderson	Faye Wall Marge Harris Eleanor Vonasek	

2ND MONDAY BRIDGE			
	HIGH	2ND	3RD
11th	Louise Baker	David Reavill	Jane Lewis
TUESDAY BRIDGE			
	HIGH	2ND	3RD
2nd	Jane Lewis	Nancy Longwith	Allen McCrady
9th	Linda Delia	Bill Martin	Kitty Curl
16th	Jane Lewis	Ruth Tiffany	Hank Boland
23rd	Linda Delia	Ruth Tiffany	Jane Lewis
30th	Bill Martin	Ruth Tiffany	Jane Lewis
TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD
2nd	Jack	Celia	
9th	Edie	Kathreyn	
16th	Jack	Mary	
23rd	Jack	Dpt	
30th	Dot	Faye	Celia

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

Sudoku

is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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



What Is a Do-Not-Resuscitate Order and How Does It Work?

(Reprint from Aging Care Newsletter)

A do-not-resuscitate order (DNR) is a legally binding physician's order stating that no steps will be taken to restart a patient's heart or restore breathing if the patient experiences cardiac arrest or respiratory arrest. These steps typically involve cardiopulmonary resuscitation (CPR), which is not always successful and comes with risks, especially for individuals who are elderly or very ill.

Who Needs a Do-Not-Resuscitate Order?

Every competent person has the right to refuse even life-saving medical treatment. Appropriate advance care planning ensures this right even if an individual becomes unable to participate in their own care decisions. Yes, living wills and healthcare POAs are important for people of any age to have, but not every person needs a DNR order.

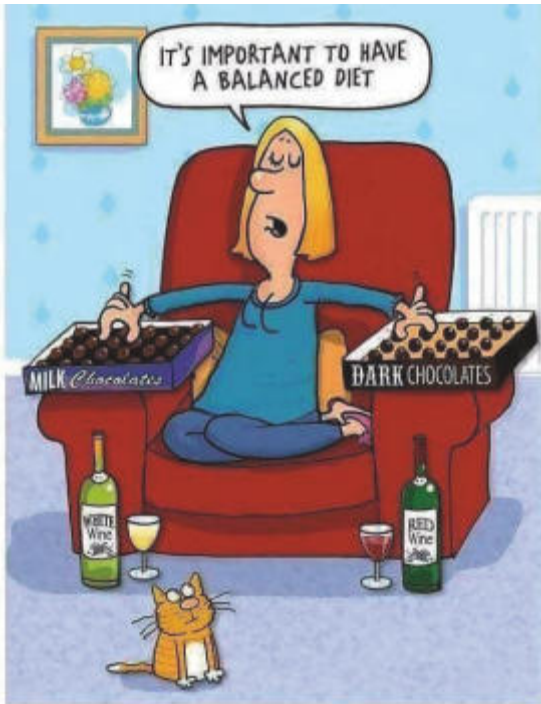
Some people wish to limit the care they receive in foreseeable medical circumstances because they feel that extreme measures meant to prolong life may also negatively impact their quality of life. For example, healthcare professionals and first responders are trained to administer aggressive interventions like CPR to prevent death unless otherwise directed. However, the medical benefits of CPR are limited. This emergency procedure is only intended for use on healthy individuals, not the elderly or those with severe or terminal health conditions like widespread infections or cancer.

Sadly, even if CPR successfully resuscitates a very old or frail individual, it is possible that they may suffer broken bones, damage to the brain and other organs, and/or they may no longer be able to breathe on their own. Because of the risks involved, DNR orders specifically address an infirm patient's wish not to undergo CPR in the event that their heart and/or breathing stop. Most people who obtain DNR orders are already in poor health and receiving treatment in the hospital or another healthcare facility.

How Does a DNR Order Work?

The decision to forego CPR and "full care" must be made by the patient themselves, if they are competent to do so. If they are not competent, then their named surrogate decision maker or healthcare proxy must make this decision on their behalf. In either case, a care plan meeting with the patient's physician (s) is highly recommended to thoroughly discuss all aspects of implementing or deciding against a DNR order. If a patient obtains a DNR order, it is then placed in their hospital chart. It is important for the patient and/or their family members to remind the medical staff about the DNR, because the first action doctors and nurses will take if a patient's heart or breathing stops is to attempt resuscitation. However, if a patient is receiving hospice care, which focuses solely on symptom management rather than treatment for terminal patients, DNR orders are fully respected by the hospice staff and additional coaching and advocacy are not required. ***It is important to understand that a DNR order only affects whether a patient will receive CPR. All other necessary treatments should be***

HIGH SCHOOL CLASSMATE??? While waiting for her first appointment in the reception room of a new doctor, a woman noticed the doctor's medical school certificate on the wall, which bore his full name. Suddenly, she remembered that a tall, handsome boy with the same name had been in her high school some 45 years ago. Upon seeing him, however, she quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was too old to have been her classmate. After her exam, she asked him if he had attended the local high school. "Yes," he replied. When did you graduate?" she asked. He answered, "In 1965." "Why, you were in my class!" she exclaimed. He looked at her closely and then asked, "What did you teach?"



Starting A New Program

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

CHECK WITH THE OFFICE !! WE NEED MORE VOLUNTEERS

Suggestions for new activities are:

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



MEDASYSTEMS



Your Medical Data Tracker Includes:

- Medical contacts & emergency plan
- Vitals tracking
- Communication log for care providers
- Notebook pages for notes
- Pocket folder/divider
- 12 month monthly planner
- And more!

These can be purchased at
medasystemspro.com or call 208-419-9880

39.95 plus tax



Reach the Senior Market

ADVERTISE HERE

CONTACT

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

CLASSY BEAUTY SALON



- ✿ Personalized Hair Styles
- ✿ Perms, Cuts, Colors
- ✿ Wheelchair Accessible

OPEN TUESDAY - SATURDAY

(208) 529-3192 | 590 2nd St, Idaho Falls, ID



NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at **www.ourseniorcenter.com**



Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

There's no cost to you!
(888) 672-0689
We're paid by our partner communities





How Grandchildren Perceive Their Grandparents

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 72. My grandson was quiet for a moment, and then he asked, "Did you start at 1?" I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I really think you should try to figure out some of these colors yourself!"

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.

"They use him to keep crowds back," said one child.

"No," said another. "He's just for good luck."

A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

14. Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!

The Idaho Falls Senior Citizen's Community Center

is excited to announce our partnership with

Subway® Restaurants of Idaho Falls as a part of their Subway Cares program.

As a way to give back to the communities that they are a part of, **Subway®** Restaurants of Idaho Falls are raising money for local Meals on Wheels programs in Idaho.

During the month of October, Subway customers at participating locations will be able to contribute to the Idaho Falls Senior Citizens' Community Center's Meals on Wheels program.

Customers at any participating **Subway®** Restaurant will be able to donate any amount they wish at the register.

We encourage you to visit your local **Subway®** Restaurant and donate if you are able to in order to help those in our community who are homebound and receive meals from our program.



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.



Sudoku Solution

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

Grandma's To Do List:

- ☐ Pick up the grandchildren
- ☐ Spoil them
- ☐ Buy them stuff
- ☐ Load them up with candy
- ☐ then send them home!

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 AUGUST

AARP Drivers Safety	
Beading	21.00
Bingo Wednesday & Saturday	1126.89
Bingo Wednesday & Saturday (Bev)	22.00
Bridge-2nd Monday	8.00
Bridge	62.00
Bridge—(Bev Only: Both)	15.00
Double Deck Pinochle	67.00
Fit & Fall Exercise	119.00
Hand & Foot	34.00
Country Line Dancing	0.00
Mah-Jongg	64.00
Pinochle	56.00
Pinochle (Bev Only)	7.00
Pool	108.91
Spanish Class	0.00
Tai Chi	7.00
Rose's Gentlemen's Group	120.00
Wednesday Morning Coffee	3.16
Woodcarvers	9.00
Zumba	0.00
Congregate lunch (Beverage only)	5.01
Other	5.00
Total	1859.97



"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, audiotope, 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!

AND JUSTICE FOR ALL

