



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
10am—2pm
Closed some holidays

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



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



February
2026

We reserve the right
to make mistakes
occasionally

New Members: Dave & Caole Rackow, Ava & Dallas Gould, Larry Heaton, Dale Warren, Kelly Hayes, Siu SR. Iosua, Danny Beard, Susan & Kenneth Collins, Sandra Pentecost, Charles Jones, Cindy Krumenacker, Jan & Mel Brown, Stanley Howell

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.

Thank You to all of our Volunteers

Senior Hours	127.10
Non-Senior Hour	165.50
Board Member Hour	5.50
Work Detail Hours	4.75
Total Hours	302.85

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

Warm Wishes To You All!

Thank You!

Monthly Supporters

Debbie Lyon and Alan Lively helped sell tickets for our Wine basket that brought in \$165. Thank you

United Way

**City Of Idaho Falls * Medicaid*

Eastern Idaho Community Action Partnership

**Community Food Basket *Panera bread **

**Humanitarian Center* Molina*

United Healthcare

Thank You!

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

\$ 0 - \$ 99 Mary Venhuizen, 4-Anonymous, Nancy Dejourdan, Linda Hoopes, Nancy Hogg

\$100-\$250 PT & Tanya Richardson, Dave Nobles, Sylvia Buerkle, 1-Anonymous, Jerry & Ann Shively, Claudia Kirchgasler, Chris Mendel

\$300- \$700 1-Anonymous, Alfred Kemp

\$1,000-\$20,000 Barrett Short, Barry O'Brien, Roxine Stone

Thank You!

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

Bonneville County Employees

PEO Sisterhood Chapter AA

Potandon Produce

Needle Point

First Lutheran Church



We could use more board members. If our cause is important to you come join the team to help keep the Programs alive.

We want to say **thanks** to our **VOLUNTEER DRIVERS** for the Home Delivered Meals program. We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. You are a blessing to all.

Dave Nobles, Steve Stowell, Marla Morgan, Jeffrey Socher, Jordan Homer, Kristine M, Hal & Deb Tobin, Mr. & Mrs. Yeager, Melissa Knight, Rick Dale, Gerald Ondricek, Roger Kuhl, Kathy Failor, Teri Sokolek, Rosanna & Randal Merick, The Gables



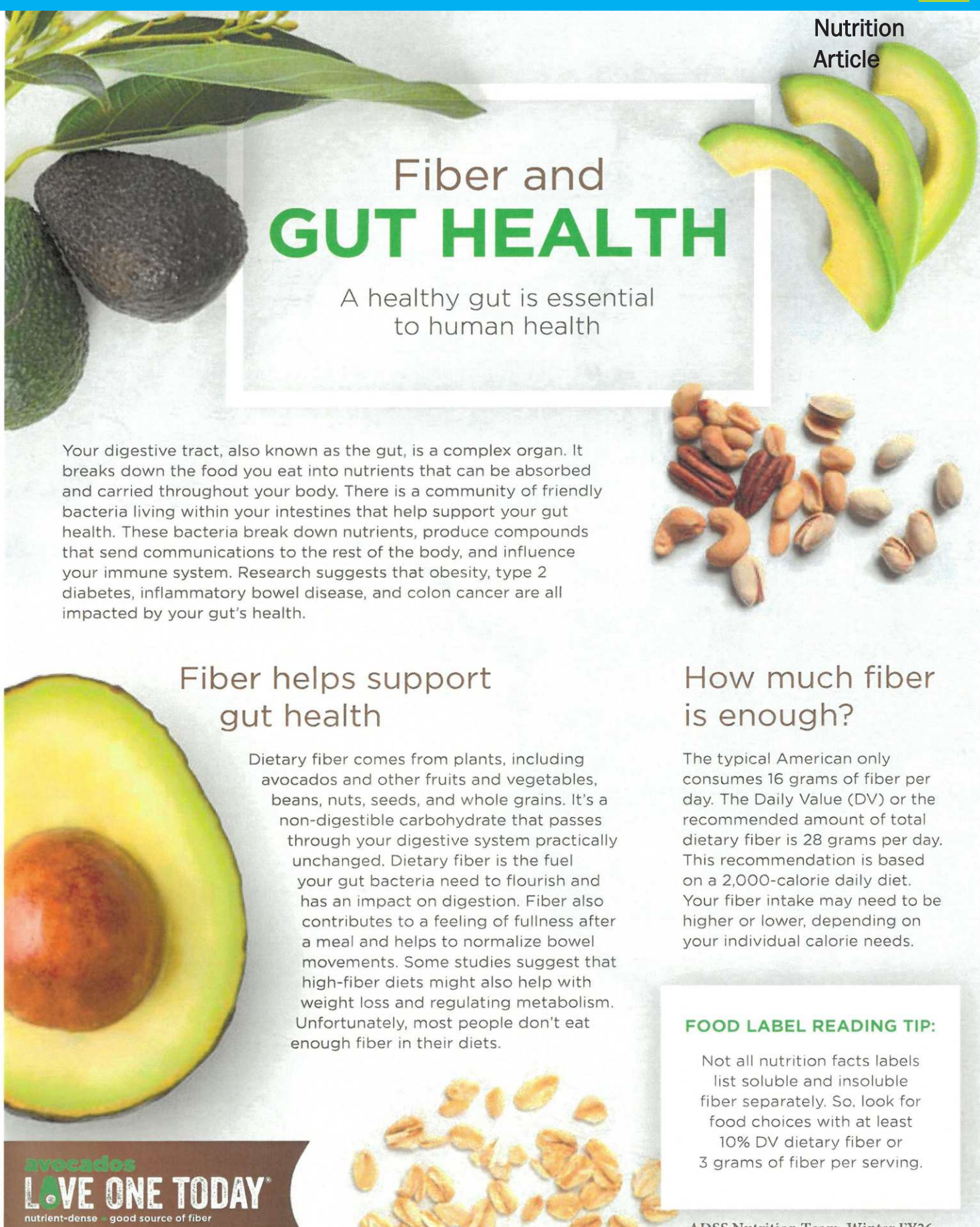
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Nutrition
Article

Fiber and **GUT HEALTH**

A healthy gut is essential
to human health

Your digestive tract, also known as the gut, is a complex organ. It breaks down the food you eat into nutrients that can be absorbed and carried throughout your body. There is a community of friendly bacteria living within your intestines that help support your gut health. These bacteria break down nutrients, produce compounds that send communications to the rest of the body, and influence your immune system. Research suggests that obesity, type 2 diabetes, inflammatory bowel disease, and colon cancer are all impacted by your gut's health.

Fiber helps support gut health

Dietary fiber comes from plants, including avocados and other fruits and vegetables, beans, nuts, seeds, and whole grains. It's a non-digestible carbohydrate that passes through your digestive system practically unchanged. Dietary fiber is the fuel your gut bacteria need to flourish and has an impact on digestion. Fiber also contributes to a feeling of fullness after a meal and helps to normalize bowel movements. Some studies suggest that high-fiber diets might also help with weight loss and regulating metabolism. Unfortunately, most people don't eat enough fiber in their diets.

How much fiber is enough?

The typical American only consumes 16 grams of fiber per day. The Daily Value (DV) or the recommended amount of total dietary fiber is 28 grams per day. This recommendation is based on a 2,000-calorie daily diet. Your fiber intake may need to be higher or lower, depending on your individual calorie needs.

FOOD LABEL READING TIP:

Not all nutrition facts labels list soluble and insoluble fiber separately. So, look for food choices with at least 10% DV dietary fiber or 3 grams of fiber per serving.

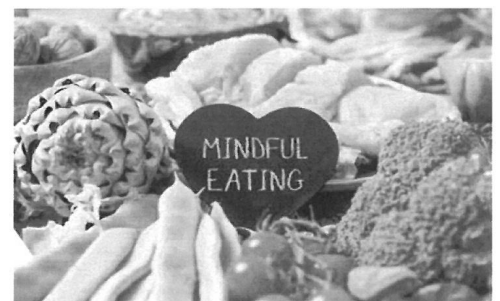
avocados
LOVE ONE TODAY
nutrient-dense • good source of fiber

NUTRITION TO GO

Mindful Eating

What is Mindful Eating?

Mindful eating is when you pay attention to how you feel and listen to your body as you are eating. It helps you to focus on eating, and not be distracted by other things.



Benefits:

- ✓ Increases the enjoyment you get from your meal
- ✓ Promotes healthy eating habits by helping you know when you are hungry or full
- ✓ May reduce stress or anxiety
- ✓ Helps keep you from eating and swallowing too fast, which can worsen heartburn, reflux, or gas

How to Eat Mindfully

Eat slowly. Take small bites, chew more slowly, and put your fork down between bites.



Pay attention to your body. What is it telling you? When eating, pause and listen for your body to signal that you are full. This may help keep you from overeating.



Reduce background noise.

This may include TV, computer, tablet, or phone. Try eating in a nearby room so the TV can still be heard, or listen to radio or music instead.



Use your senses.

Focus on the smells, colors, and tastes of the foods in the meal.



1/19/26, 9:17 AM

Lasagna Rolls Recipe | Giada De Laurentiis | Food Network

Lasagna Rolls



Recipe courtesy of Giada De Laurentiis

Show: Everyday Italian Episode: Italian Fast Food



Level: Intermediate

Total: 1 hr 25 min

Prep: 25 min

Inactive: 10 min

Cook: 50 min

Yield: 6 servings

Ingredients:

Sauce:

- 2 tablespoons unsalted butter
- 4 teaspoons all-purpose flour
- 1 1/4 cups whole milk
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- Pinch ground nutmeg

Lasagna:

- 1 (15-ounce) container whole milk ricotta cheese
- 1 (10-ounce) package frozen chopped spinach, thawed, squeezed dry
- 1 cup plus 2 tablespoons grated Parmesan
- 3 ounces thinly sliced prosciutto, chopped
- 1 large egg, beaten to blend
- 3/4 teaspoon salt, plus more for salting water
- 1/2 teaspoon freshly ground black pepper
- 1 to 2 tablespoons olive oil
- 12 uncooked lasagna noodles
- 2 cups marinara sauce
- 6 cup shredded mozzarella (about 4 ounces)

Directions:

- 1 To make the sauce: Melt the butter in a heavy medium saucepan over medium-low heat. Add the flour and whisk for 3 minutes. Whisk in the milk. Increase the heat to medium-high. Whisk the sauce until it comes to a simmer and is thick and smooth, about 3 minutes. Whisk the salt, pepper, and nutmeg into the bechamel sauce.
- 2 Preheat the oven to 450 degrees F.
- 3 Whisk the ricotta, spinach, 1 cup Parmesan, prosciutto, egg, salt, and pepper in a medium bowl to blend.
- 4 Add a tablespoon or 2 of oil to a large pot of boiling salted water. Boil the noodles until just tender but still firm to bite. Drain. Arrange the noodles in a single layer on a baking sheet to prevent them from sticking.
- 5 Butter a 13-by-9-by-2-inch glass baking dish. Pour the bechamel sauce over the bottom of the prepared dish. Lay out 4 lasagna noodles on a work surface, then spread a large spoonful (about 3 tablespoons worth) of ricotta mixture evenly over each noodle. Starting at 1 end, roll each noodle like a jelly roll. Lay the lasagna rolls seam side down, without touching, atop the bechamel sauce in the dish. Repeat with the remaining noodles and ricotta mixture. Spoon 1 cup of marinara sauce over the lasagna rolls. Sprinkle the mozzarella and remaining 2 tablespoons of Parmesan over the lasagna rolls. Cover tightly with foil. Bake until heated through and the sauce bubbles, about 20 minutes. Uncover and bake until the cheese on top becomes golden, about 15 minutes longer. Let stand for 10 minutes. Meanwhile, heat the remaining marinara sauce in a heavy small saucepan over medium heat until hot, and serve alongside.



This recipe has been updated and may differ from what was originally published or broadcast.

This feels like a trap!



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OCTOBER EDITION



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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

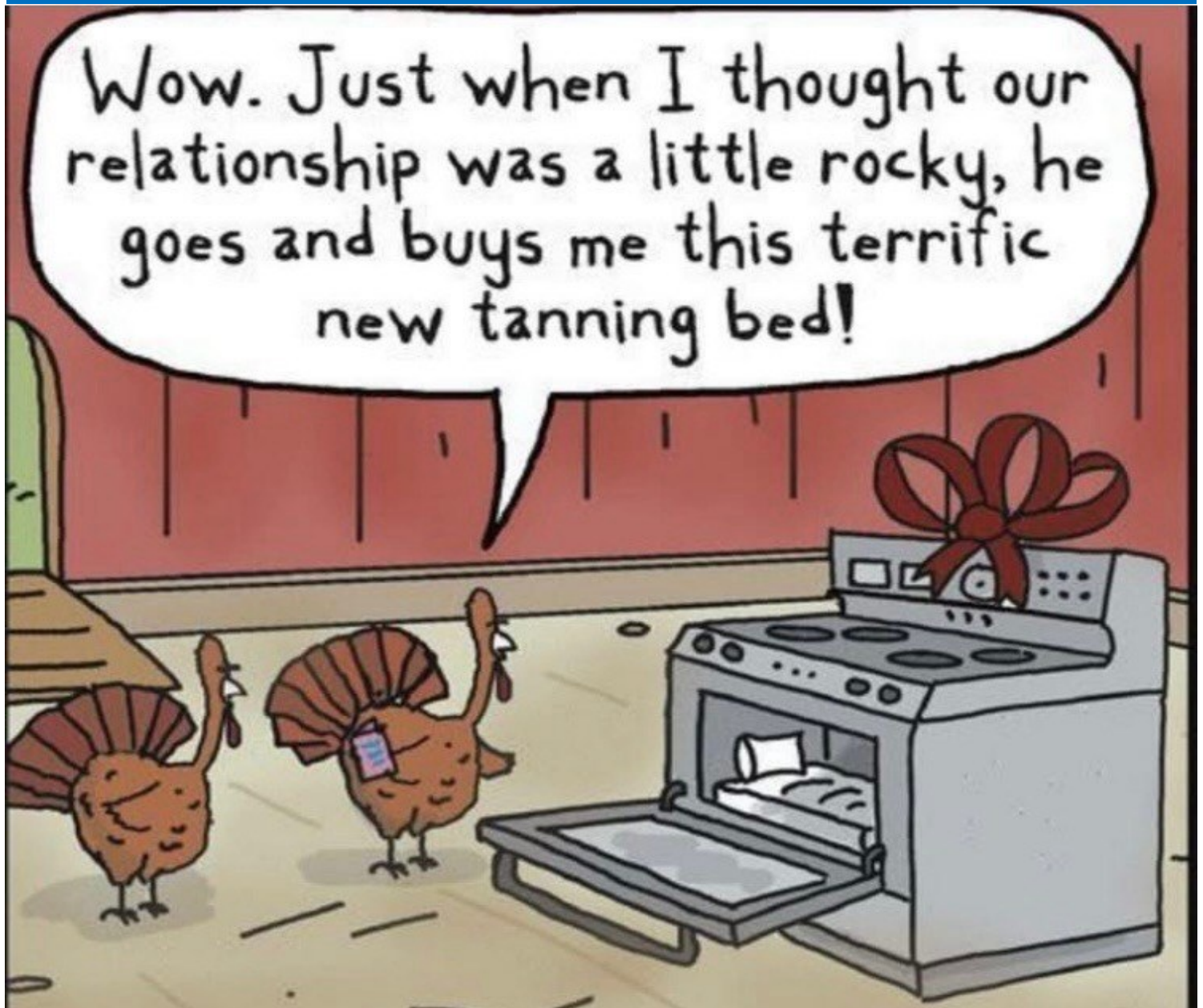
conditions warrant closure.

Thank you for your cooperation, during the cold winter months.

Eastern Idaho Area Agency on Aging

Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partner-ship—EICAP) is an essential resource in the community, working to maintain the

independence and dignity of Eastern Idaho's seniors and caregivers. We do this by connecting seniors with services and community resources. We are a non-profit that receives federal, state, and local funds to run our programs. Area Agency on Aging offers several types of services and support for senior and caregivers including home and community-based services, supportive services, and advocacy programs. Many of our services are at a no-cost or low-cost for consumers. It's easy to get help. Give us a call us at (208) 522-5391.



Sprayed my classic truck with rust removal .



February 2026

MENU SUBJECT TO CHANGE



Sunday	Monday	Tuesday	Wednesday	1 Thursday	2 Friday	Saturday
1	2 Creamy Garlic Pork Chop Apple Oriental Blend Scalloped Potatoes & Roll	3 Tuna Casserole Peaches Breadstick Jello	4 Turkey Fajitas Pears Cake	5 Caesar Chicken Thigh Tropical Fruit Chef Cut Garlic Bread Pudding	6 Hamburgers Banana French Fry Mayo, Ketchup	
	9 Hot Turkey Sandwich Pears Winter Blend Mashed Potatoes Gravy	10 Baked Potato with Chili Strawberries Cheese sauce Multigrain Bar	11 Chicken Fried Steak Kiwi Green Beans Mashed Potatoes & Gravy, Roll Rice Krispy	12 Pulled Pork Sandwich Orange Corn and Peppers Tater Tots BBQ Sauce	13 Marry Me Chicken Pineapple Spinach Garlic Bread Garlic & Herb Rice, Cookie	
	16 Tomato Soup & ham Sandwich Fruit Cocktail Celery & Carrot Sticks Yogurt	17 Sweet & Sour Pork Applesauce Key Largo Breadstick Fried Rice	18 Fish & Chips Berry Blend Mixed Veggies Potato Wedges Tartar Sauce Fruit Snack	19 Ham & Bean Soup Peaches Carrots & Onions Roll	20 Spaghetti Apricot Broccoli Garlic Bread Cinnamon Roll	
	23 Honey Mustard Chicken Pear Beets Breadstick Pudding	24 Beef Stroganoff Banana Mushrooms & Italian Blend Garlic Bread	25 Salisbury Steak Blueberries Cauliflower Scalloped potatoes Roll Pie	26 Chicken and Wild Rice casserole Mandarin Oranges Green Beans & Onions Bread & Butter Muffin	27 Turkey Pot Pie Pineapple Peas & Carrots Biscuits	
						

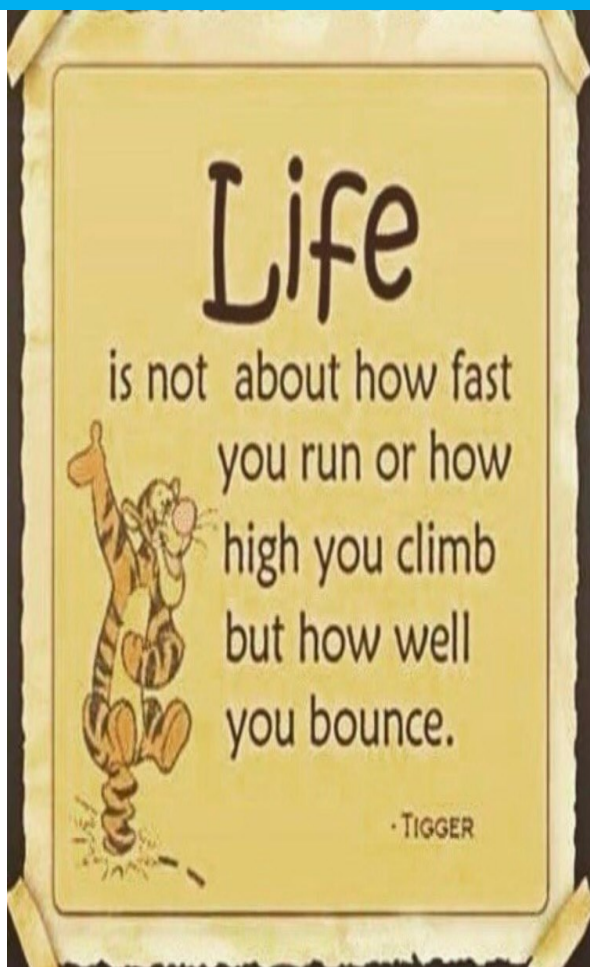
February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00a MahJongg	3 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	4 10:15a Bingo 12:30p Pinochle 10:30p Information Table	5 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee	6 10:00a Beading 6:00p Bingo-Doors open at 4pm	7 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee						
8	9 10:00a MahJongg 5:30p Idaho Falls Gem & Mineral Society	10 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	11 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle 10:30p Information Table	12 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	13 10:00a Beading 6:00p Bingo-Doors open at 4pm	14 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee						
15	16 10:00a MahJongg	17 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	18 10:15a Bingo 12:30p Pinochle 10:30p Information Table	19 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee	20 10:00a Beading 6:00p Bingo-Doors open at 4pm	21 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee						
22	23 10:00a MahJongg	24 10:00a Fit & Fall Exercise 10:30a SCCC Brd Mtg 11:00a Ladies Coffee	25 10:15a Bingo 12:30p Pinochle 10:30p Information Table	26 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	27 10:00a Beading 6:00p Bingo-Doors open at 4pm	28 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee						

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

Thank you in advance for your understanding.
Visit our Facebook page for latest Center activities.
See more info At IFSCCC.ORG

** Call for an appointment or to sign up
*** Due to the increasing cost of supplies, the Eagle Rock Art Guild will be requesting \$2 per person per Art class to cover Their supply expenses. Classes are limited to 12 people. To ensure enough supplies for Art Classes, please sign up for them at 522-4357. Dead line is Wednesday at 2pm.
**** Play 16 games of bingo for as little as \$3.50



Life is a series
of thousands
of tiny miracles.
Notice them.



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

Grandparents Corner

EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

A support group for individuals who are in need of information, resources and support regarding a variety of issues including: medical, legal, behavior and school issues. They meet on the **4th Tuesday of every month** from **12:00pm – 1:30pm** at **EICAP** **935 E. Lincoln Road, IF, 83402**, **Phone: 208-522-5391.**

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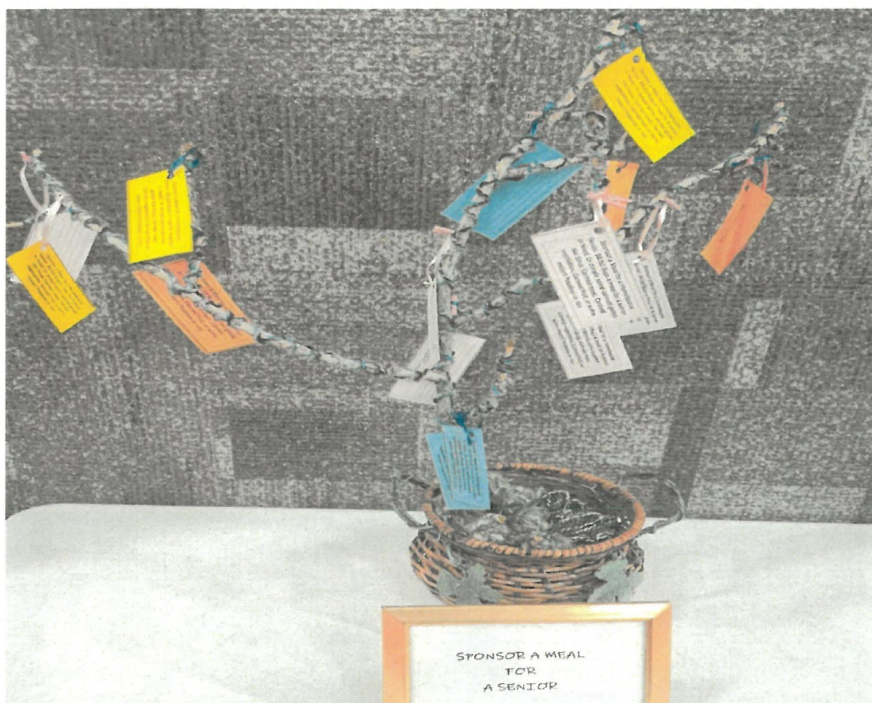
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OUR NEWSLETTER!

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Please consider sponsoring a meal for one of our Senior Citizens. We have a tree with tags for \$6.50 on it at the Senior Center. Come in and buy a tag. We will display the tags proudly in thanks to those who help our Seniors for your generous donation.

Place Your Ad Here and Support our Community!

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

D 4C 05-1113

YOUR BOARD OF DIRECTORS

Karl Casperson Bonneville County Commissioner CHAIR
Chanse Powell Senior Solutions VICE CHAIR
Jared Anderson Eagle Rock Health & Rehab Treasurer
Secretary

Kathleen Keyes Member of POA
Roy Matthews Retired
Benjamin McInelly Cascadia Healthcare
Mary Ledezma Retired

-----Non Voting Members-----
Jim Francis Mayor's Office Liaison
Sarah Ryner Executive Director

The Board meets on the
4th Tuesday of each month, sometimes
changes, or is canceled.

from 10:30 AM to 11:55 AM
All meetings are open to the public

**If you would like to join the board please come to
the office and fill out an application.**

All are welcome. Thank you

Caregivers Support Group

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
Friday,
from:
1pm—3pm at EICAP 935 E. Lincoln Rd.
I.F. (208) 522-5391 ext-203 Emily (call for zoom
information)

See you there.....

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

Also Known as
**SENIOR
ACTIVITY CENTER**

**COMMUNITY
BINGO**

Guaranteed
minimum
60%
payout

& Friday
Evenings

**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

URGENT

Give back to your community by donating
to your local charity right here in Idaho
Falls. You can donate money, **your time,**
or needed items. We also need more
board members to join the board.

Some of our funding has dropped off and
we need more funding to take its place.

**WE NEED THE COMMUNITIES
SUPPORT RIGHT NOW! PLEASE
COME SUPPORT US!!!**

Call (208)522-4357 for questions, or visit in person
at 535 W 21st Street, Idaho Falls, ID
83402



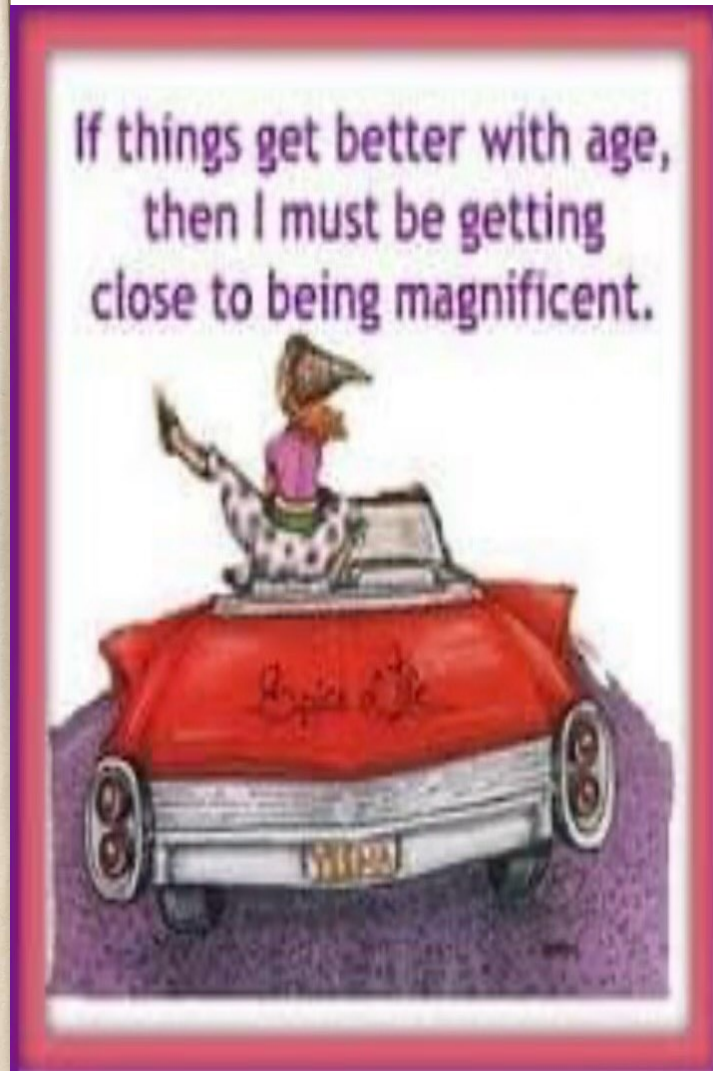
Puzzle #51

Cuckoo for Coconuts?

BROWN	FLAVOR	PICK
CANDY	FRUIT	RIPE
CLUSTERS	GROW	SHREDDED
COOKING	HARD	SUGAR
CRACK OPEN	HUSK	SWEET
CUSTARD PIE	LARGE	TOASTED
DESSERTS	LIQUID	TREAT
DRIED	MEAT	WHITE
EDIBLE	MILK	
FLAKED	OIL	

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

Answer Key From January NL to the left

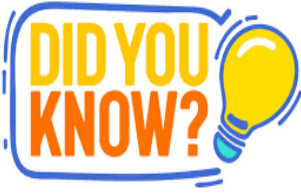
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Thanks.....
your Board of Directors

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 pay-ing for your Medicare healthcare costs, call your Area Agency on Aging, at (208) 522-5391, to learn more about your op-tions, including the Medicare Savings Programs and "Extra Help". The Medicare Savings Programs are state programs, through Health & Welfare, that help pay for some Medi-care Part A (hospital) and Part B (medical) costs. "Extra Help" is a federal program, through Social Security, that helps with Medicare PartD prescription drug) costs. These programs offer varying amounts of assistance that you can qualify for depending on your income and assets.



The first Valentine was written in a prison. Charles, the duke of Orleans, wrote the love letter to his second wife at the age of 21 while captured at the battle of Agincourt. He was a prisoner for more than 20 years. The origin of Valentine's Day has two theories. Some believe the day derives from Lupercalia, a raucous Roman festival from February 13 thru the 15th where men stripped naked and spanked young maidens in the hopes of increasing their fertility. The second theory is that while the Roman Emperor Claudius II was trying to bolster his army, he forbade young men to marry. In the spirit of love, St. Valentine defied the ban and performed secret marriages, and for his disobedience, Valentine was executed on February 14 around the year of 270 A.D.



FYI

During the month of December our capable KITCHEN AND DELIVERY PERSONNEL served 226 meals at the center, and produced and Delivered 4,078 meals to home-bound seniors through our Meals On Wheels program (Total meals: 4,304)

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: 12:00 pm—1:30pm at EICAP
935 E Lincoln Road, IF, 83402
Phone: 208)522-5370 ext-203. (Call for Zoom Information)

Care
on your own terms

A FEW WAYS WE CARE:

- Companionship
- Fall & Injury Prevention
- Transportation
- Medication reminder
- Grocery shopping
- Laundry
- Meal preparation
- Grooming/hygiene
- Vacuuming
- Alzheimers care
- Dementia care
- Post-surgical care
- Pet care
- Assist with ADL's
- Organization
- & more!

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wclough@lpicommunities.com

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

Puzzle #53**Children's Book Week**

ALL AGES

ILLUSTRATOR

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BIOGRAPHY

LITERACY

STORY

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MATTHIEWS

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WRITER

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I	R	E	H	C	A	E	T	T	W	A	Z	H
L	Y	R	A	R	B	I	L	E	T	U	Z	C
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R	O	L	I	P	U	S	T	K	X	E	E	F
H	B	S	L	P	V	S	V	W	S	P	S	R

Medicare Information

- To learn about Medicare eligibility or to apply, visit www.ssa.gov/med or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- If you do not sign up for Medicare Part B (medical insurance) when you are first eligible, or if you cancel Part B and then get it later, you may have to pay a late enrollment penalty for as long as you have Part B.
- For questions about Medicare coverage and billing, visit www.Medicare.gov or call **1-800-MEDICARE** (1-800-633-4227) (TTY **1-877-486-2048**).
- The Extra Help program may help pay the costs of a Medicare Prescription Drug Plan for people with limited income and resources. Costs include premiums, deductibles, and co-payments. You can apply online at www.ssa.gov/medicare/prescriptionhelp or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- The Medicare Savings Programs may help pay for Medicare premiums and other out-of-pocket costs for people with limited income and resources. You can start the application process when you apply for Extra Help or you can contact your State or local medical assistance (Medicaid) office.

Don't be a target of Healthcare fraud! Learn how to prevent Healthcare Fraud by contacting your local Senior Medicare Patrol at 208)522-5391 ext. 202



Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

The Senior Medicare Patrol (SMP) 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 our Medicare summary Notice or other healthcare statements or bills, give us a call and our trained counselors can help. (208) 522-5391

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 December

Beading	\$14
Bingo Charity Wed, Fri, & Sat	\$3,947.74
Congregate Lunch	\$126.25
Congregate Beverage	\$0
Ladies Coffee	\$31.50
Fit & Fall Exercise	\$98.55
Mah-Jongg	\$0
Painting Group	\$2.00
Pinochle	\$60.00
Pinochle (Bev Only)	\$4.00
Pool	\$55.75
Rose's Gentlemen's Group	\$69.18
Woodcarvers	\$7.00
Misc. fundraiser	\$1,313
Other/ individual Donation	\$14,180.50
Total	\$19,909.47

**United
Way**



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SCCC COMUNICATOR
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!

