



# 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: ifscce.org  
Circulation: 750



# Everyone's Irish On March 17th.

OUR  
SOCIAL  
MEDIA

WEBSITE



FACEBOOK



March  
2026

We reserve the right  
to make mistakes  
occasionally

**New Members:** Kirk Wright, Heather Gardner, Jefferey Lewis, Susan Matthews, Wilda Birch, Sally Ruttenberg, Gloria Hammon, Ronald Hayes, Duwayne Kirkham, Grace Stone, Chris & Patricia Gneiting, Launa Coronado

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	102.50
Non-Senior Hour	296.17
Board Member Hour	43.50
Work Detail Hours	0.00
<hr/>	<hr/>
Total Hours	442.17

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 PayPal-Anonymous**

**\$100-\$250 PayPal-Anonymous**

**\$300- \$800 Arthur Armstrong**

**\$1,000-\$31,000 PayPal Anonymous-1,**

**Deborah Peters, Jess & Ann Gehin**

**Thank You!**

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

***\*Kroger\****



**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**



# NEVER MISS OUR NEWSLETTER!

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emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)

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.



# Beneficial Bites



## Almonds vs. Walnuts

Most health professionals agree that these are two of the most nutritious nuts. Both have been discussed and debated recently in articles and news reports due to their health-promoting effects. However, does one of them win the Beneficial Bites battle for supremacy?

### Almonds: The Case

- Highest in fiber which helps lower cholesterol levels (heart disease) and provide better blood sugar control (diabetes)
- Great source of Vitamin E which acts as an antioxidant to prevent tissue and cell damage (cancer)
- Rich in protein which aids in wound repair and reduces the risk of illness and infection (immune system)

### Walnuts: The Case

- Highest in omega-3 fatty acids which helps reduce the risk of cardiovascular disease and reduce inflammation (arthritis)
- Great source of the minerals manganese and copper which act to maintain bone strength (osteoporosis) and protect cells (cancer)
- Rich in Vitamin B-6 which aids the body in preventing disease (immune system) and control blood pressure (hypertension)

**The Winner:** Both! There's no need to choose with so many health benefits. In fact, health experts recommend eating 1-2 oz of a variety of nuts every day for maximum effect. Just remember to keep those skins on for added nutrition!

~Composed by Christopher Strand,  
UW-Stout Dietetic Intern 2011

2/16/26, 11:15 AM

[allrecipes.com/recipe/189058/super-simple-salmon/?print=](https://www.allrecipes.com/recipe/189058/super-simple-salmon/?print=)

allrecipes†

## Easy 5-Ingredient Salmon

This easy salmon recipe is a delicious way to prepare fresh fillets using just a few ingredients from your pantry.

Submitted by **Angela** |  Tested by **Allrecipes Test Kitchen**

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Servings:** 4

### Ingredients

1 tablespoon garlic powder

1 tablespoon dried basil

½ teaspoon salt

4 (6 ounce) fillets salmon

2 tablespoons butter

4 lemon wedges



### Directions

#### Step 1

Gather all ingredients.

#### Step 2

Stir garlic powder, basil, and salt together in a small bowl.

#### Step 3

Rub the mixture evenly over salmon.

#### Step 4

Melt butter in a large skillet over medium heat. Add salmon and cook until browned and flaky, about 5 minutes per side.

#### Step 5

Serve salmon with lemon wedges.

### Nutrition Facts

Spring will come  
and so will  
happiness. Hold on.  
Life will get warmer.

ANITA KRIZZAN

©LPi

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**OUR COMMUNITY NEWSLETTER**  
OCTOBER EDITION



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# BECOME A PAID VOLUNTEER

(income-eligible, non-reportable stipend)

Since 1965, the AmeriCorps Seniors Foster Grandparent Program has been connecting seniors to socially or academically at-risk children in the classroom.



Volunteer in Idaho Classrooms  
Kids 2-17 across 24 Counties  
Adults 55+  
PTO, Holiday & Leave  
Flexible Schedule  
5 to 40 hours per week



**(208) 522-2674**  
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*Share your wisdom*

Visit Our Website  
[www.unitedwayif.org/foster-grandparents](http://www.unitedwayif.org/foster-grandparents)

## Eastern Idaho Area Agency on Aging

Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partnership—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.

Soup Drive to collect food items for homebound seniors. We accept soups, canned fruits veggies, meats, and starch items to make a complete meal for our homebound. You can donate by coming to the Idaho Falls Senior Center 535 W 21st Street, or the stake center 1155 1st Street in Idaho Falls. Other locations will be available for drop off as well call for Details at:  
208)522-4357

Excepting Cash & Check  
Donations Also

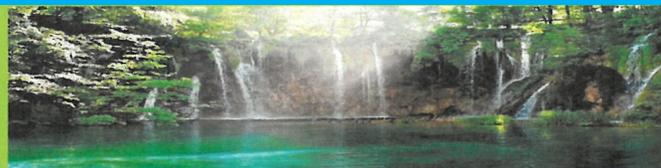


# Celebrate the Senior Nutrition Program

2026 • SERVING UP SOLUTIONS

# March

2026



	Monday	Tuesday	Wednesday	2 Thursday	3 Friday
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Mac & Cheese with Ham Apple Broccoli Muffin	Chicken Burger Pears Lettuce, Tom, pickles, Onions French Fries Pudding	Chicken Fried Steak Green Beans Scalloped Potatoes Roll Cookies	Spaghetti & Meatballs Raisins Carrots Garlic bread	Fish Tacos Banana Coleslaw Tartar Sauce Jell-O
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Smothered Pork Chops Applesauce Green Beans, Mushrooms Potatoes & Gravy Roll Cake	Finger Steaks Peaches Mixed Veggies Steak Fries Cookies	Chicken Nachos Mixed Berries Olives, Tom, Refried Beans Sour Cream, Salsa	Fish & Chips Mandarin Oranges California Blend	Turkey Noodle Soup Pineapple Celery, Onion, Corn, Green Beans Roll Cottage Cheese
	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	Breakfast Burrito with Bacon Tropical Blend Peppers & Onions JELL-O	Tuna Casserole Peas, Carrots, Onions Fruit Cocktail Sliced Bread & Butter	Chicken with Rice Banana Cauliflower & Broccoli Garlic Bread Fruit Snacks	Turkey Chili Pears Peppers, Onions, Tom, Green Beans Cornbread	Walking Tacos Apple Onions, Lettuce, Tom, Olives Sour Cream & Salsa Pudding
	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	Chicken Pot Pie Fruit Cocktail Peas, Carrots, diced potatoes	Cheeseburger Mixed Berries Lettuce, Tomatoes, Onions Tater Tots Brownies	Turkey Sandwich Apple Carrot & Celery sticks Lettuce, Tom Chips Mayo Packets	Sausage & Waffles Mandarin Oranges Onion & Peppers Hash browns Pudding	Pork Egg Roll Juice Coleslaw Fries Multigrain Bar
	<b>30</b>	<b>31</b>	31		
	Salisbury Steak Apple Cauliflower Potatoes & Gravy Roll Pie	Chili Dog Kiwi Onions, Peppers Chips			

# March 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 10:00a Hand and Foot 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 10:00a Hand and Foot 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 10:00a Hand and Foot 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 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 10:00a Hand and Foot 6:00p Bingo-Doors open at 4pm	28 6:00p Bingo- Doors open at 4pm
10:00a Rose's Coffee						
29	30 10:00a MahJongg	31 10:00a Fit & Fall Exercise 11:00a Ladies Coffee				
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 IFSGCC.ORG

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

One year clean, and then I run into my dealer in front of the grocery store!



Hiram Maxim, the inventor of the Automatic Machine Gun, became deaf from test-firing his weapons so much. As a result, his son became the inventor of the silencer.

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.

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

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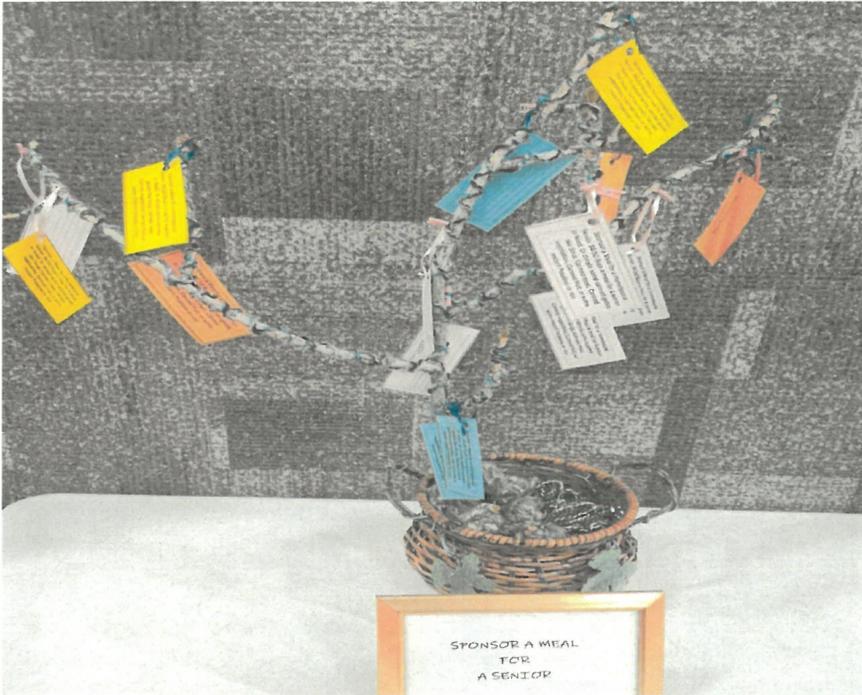
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Visit www.mycommunityonline.com





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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## 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-----

John Radford	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**



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

**& Friday  
Evenings**

**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

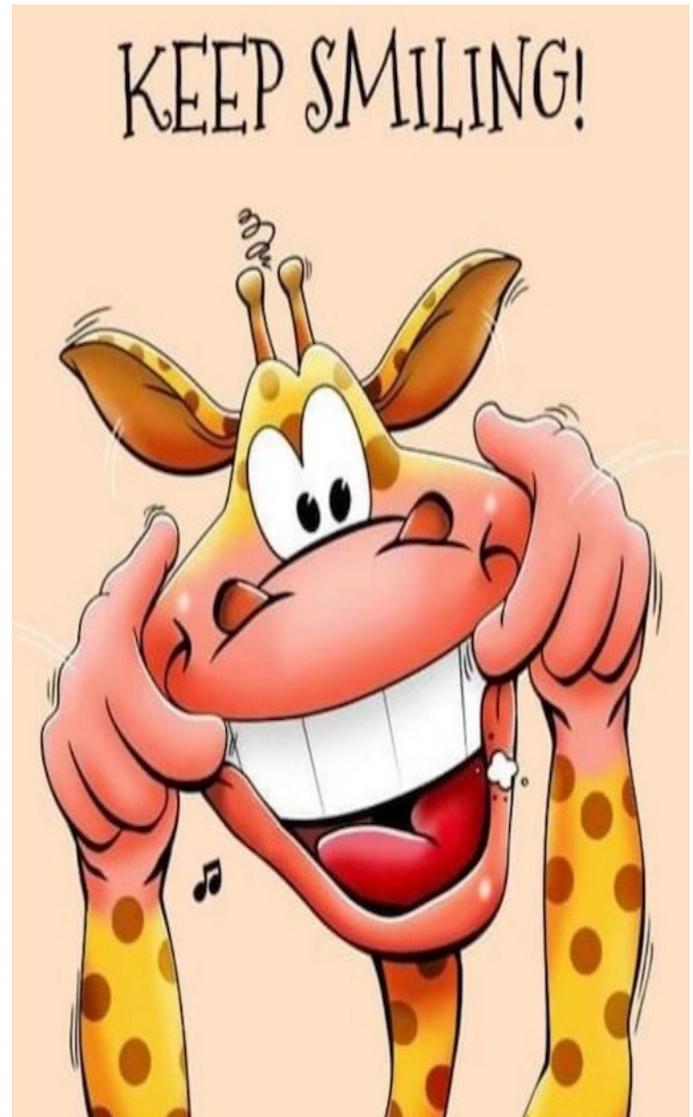
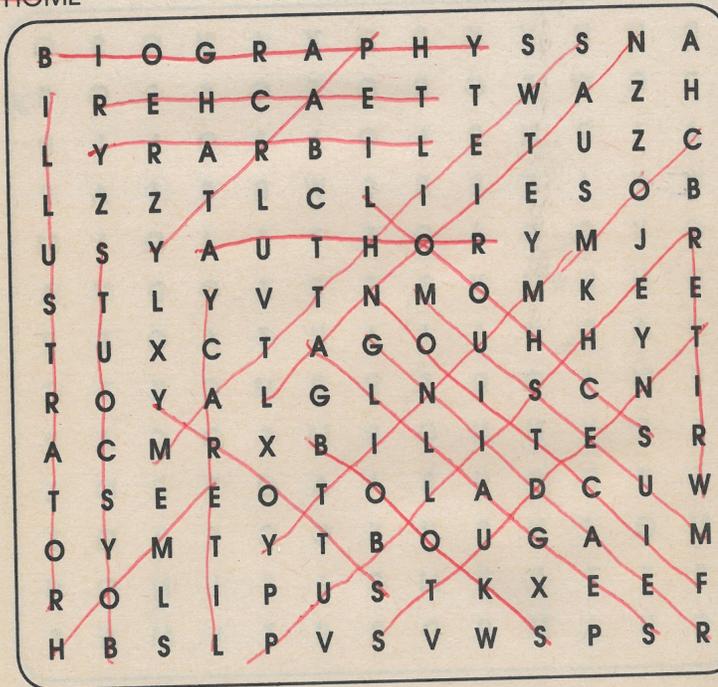


**Puzzle #53**

*Children's Book Week*

- |                       |                        |                    |
|-----------------------|------------------------|--------------------|
| <del>ALL AGES</del>   | <del>ILLUSTRATOR</del> | <del>READING</del> |
| <del>AUTHOR</del>     | <del>LIBRARY</del>     | <del>SCHOOL</del>  |
| <del>BIOGRAPHY</del>  | <del>LITERACY</del>    | <del>STORY</del>   |
| <del>BOOKS</del>      | <del>MATTHEWS</del>    | <del>STUDENT</del> |
| <del>BOY SCOUTS</del> | <del>MUSEUM</del>      | <del>TEACHER</del> |
| <del>COMMUNITY</del>  | <del>NATIONAL</del>    | <del>WRITER</del>  |
| <del>FICTION</del>    | <del>PARTY</del>       |                    |
| <del>HOME</del>       | <del>PUBLISHER</del>   |                    |

Answer Key From February NL to the left



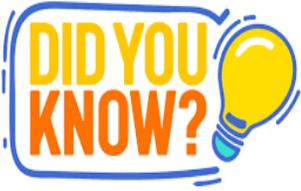
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Thanks.....  
your Board of Directors

**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.



Corned Beef and cabbage was an American Innovation. While ham and cabbage were eaten in Ireland, corned beef offered a cheaper substitute for impoverished immigrants. Irish Americans living in the slums of lower Manhattan in the late 19th century and early 20th purchased leftover corned beef from ships returning from the tea trade in China.



The Chicago River turns green annually for St. Patrick's Day, a tradition started by local plumbers in 1962 who accidentally discovered a leak-tracing dye turned water emerald green; it's a festive event where a vegetable-based, safe dye is poured into the river, creating a popular spectacle that attracts huge crowds to see the typically murky water transform into a vibrant green for several days.

## St. Patrick wasn't Irish

Despite being the patron saint of Ireland, St. Patrick was born in Britain in either Scotland or Wales (accounts tend to vary on that point). His parents, Calpornius and Conchessa, were both Roman citizens and his mother gave birth to him in 385AD.

## Slavery was what brought St. Patrick to Ireland

As a teenager, St. Patrick was kidnapped by a pirate raiding party and sold into slavery in Ireland. As a slave, he looked after and herded sheep for many years before fleeing to a monastery in England. While there, he became a devout follower of Christianity and was ordained a bishop, after which he returned to Ireland as a missionary.

**FYI**

***During the month of December our capable KITCHEN AND DELIVERY PERSONNEL served 240 meals at the center, and produced and Delivered 3,635 meals to home-bound seniors through our Meals On Wheels program (Total meals: 3,875)***

**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

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- 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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## Puzzle #39

## Indonesia's Islands

ALOR  
ANAMBAS  
BALI  
BAWEAN  
BIAK  
BURU  
FLORES  
GALAM  
HALMAHERA

KARIMUN  
KAWA  
KRAKATAU  
LOMBLEN  
LOMBOK  
MADURA  
MAKOLE  
MALACCA  
MENTAWAI

MOROTAI  
NATUNA  
NIAS  
RUPAT  
SANGIHE  
SERAM  
SULAWESI  
SUMATRA

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

**Medicare Information**

- To learn about Medicare eligibility or to apply, visit [www.ssa.gov/med](http://www.ssa.gov/med)  Medicare 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.

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](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 January

Beading	\$40.00
Bingo Charity Wed, Fri, & Sat	\$4,582.36
Congregate Lunch	\$269.25
Congregate Beverage	\$0
Ladies Coffee	\$40.00
Fit & Fall Exercise	\$135.00
Mah-Jongg	\$0
Painting Group	\$6.00
Pinochle	\$72.00
Pinochle (Bev Only)	\$11.00
Pool	\$60.00
Rose's Gentlemen's Group	\$84.18
Woodcarvers	\$16.00
Misc. fundraiser	\$
Other/ individual Donation	\$40,817.32
<b>Total</b>	<b>\$46,133.11</b>



"The United States Department of Agriculture (USDA) does not discriminate on 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 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!**

