



Hours of operation
Monday through Friday
10am—2pm
Closed some holidays

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

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.*



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



October
2025

We reserve the right
to make mistakes
occasionally

Senior Communicator Newsletter

New Members Bradley & Colleen Salmonson, Andrea Martinez, Joan Holm, Brent Ferguson, Elaine Johnson, Merlin Staples, Beverly Slaska, Dianna Smout, Bill & Ruby Robinson, Okcha Priest, Jarvis Fowers, Gloria Hammon, Bonnie Murphy

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 | 171.42 |
| Non-Senior Hour | 282.84 |
| Board Member Hour | 20.75 |
| Work Detail Hours | 11.00 |
| <hr/> Total Hours | 486.01 |

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!

**There is so
much power in
believing that
everything
will work out.**

2

Thank You!

Monthly Supporters

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 John Long,

\$100-\$250 Mike & Ruth Oar

\$300- \$700 Roy Matthews, Marianne Peterson

\$1,000-\$20,000

Thank You!

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

2

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, A.J. Knight, Frank Rhoades, Roger Kuhl, Kathy Failor, Teri Sokolek, Rosanna & Randal Merick



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



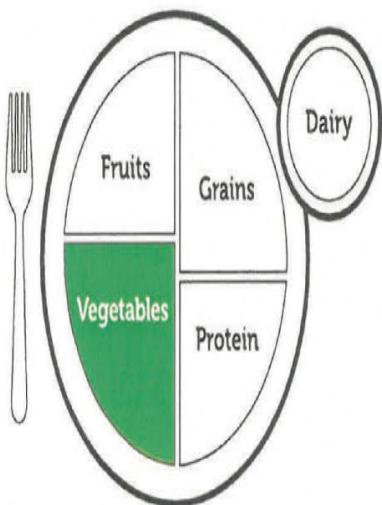
VISIT **WWW.MYCOMMUNITYONLINE.COM**



BELL PEPPER

WHAT IS IT

Peppers grow in many shapes, sizes, colors, and flavors from sweet bell peppers to spicy chili peppers.

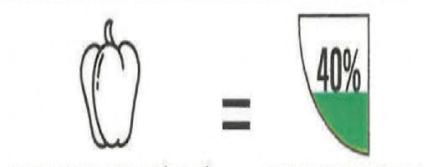
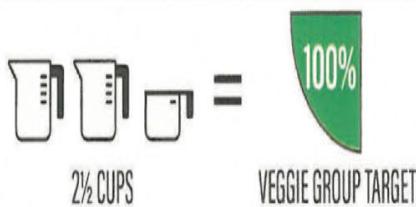


VARY YOUR VEGGIES

Different color peppers have different benefits. Eating a variety of colors throughout the week can help you vary your veggies.

HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. Add different types of peppers to meals and snacks to reach your goals



To find your food group targets, go to MyPlate.gov/MyPlate-Plan.

FUN FACTS & TIPS



Thomas Jefferson grew a variety of peppers at his house in Monticello, VA.



Peppers are high in vitamin C—add them to omelets, stir fries, or chili for added flavor.

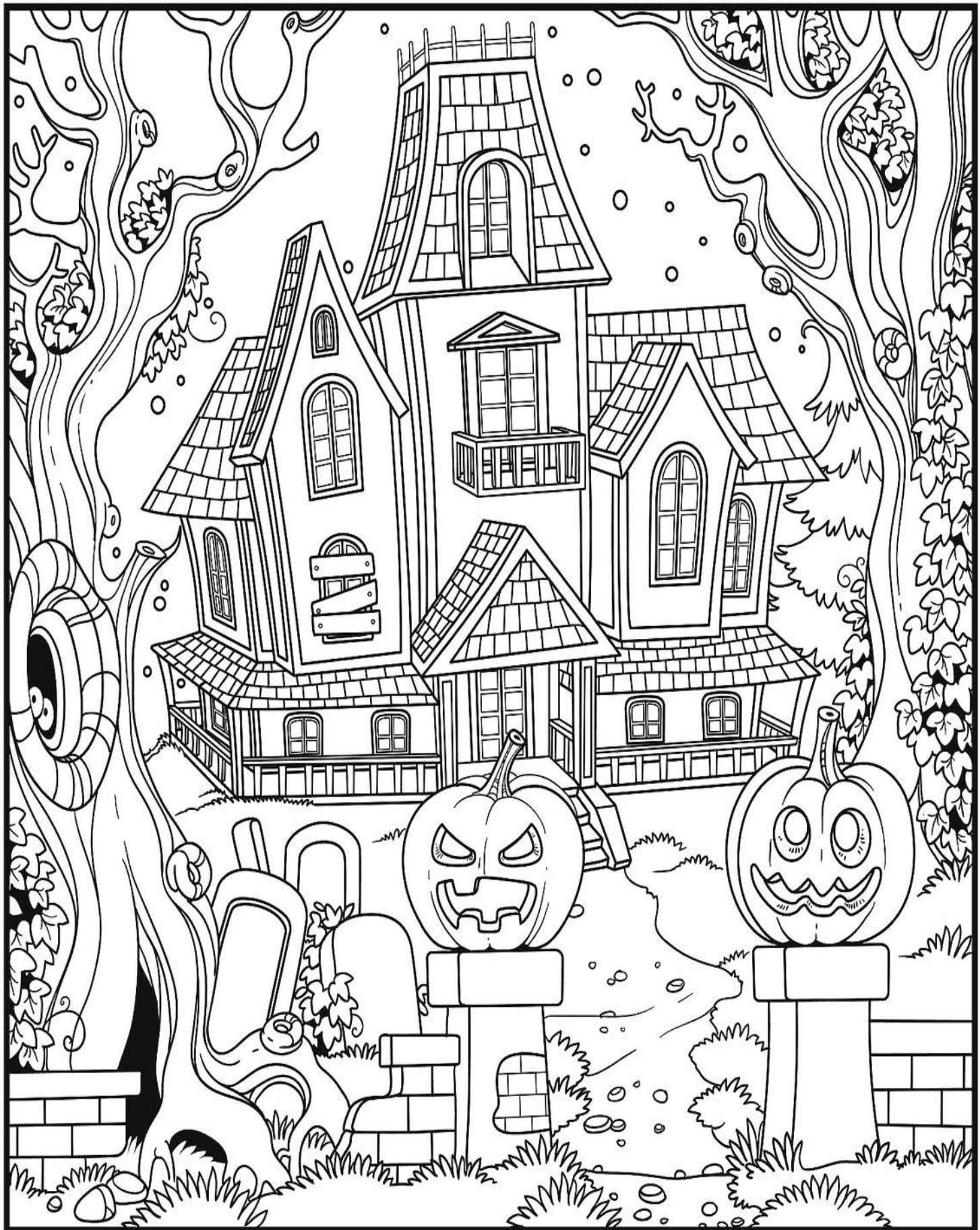


Red bell peppers are simply ripened green bell peppers.



For a crunchy and filling snack, try pairing pepper slices with hummus dip.





High-Protein Chicken & Sweet Potato Enchilada Skillet

This sweet potato-chicken enchilada skillet is a hearty, one-pan meal that's perfect for busy weeknights. Tender chunks of sweet potato and shredded chicken combine with store-bought enchilada sauce for a flavorful shortcut. Corn tortilla wedges are stirred in, soaking up the sauce and giving the dish a comforting casserole-like texture.

By **Megan Ginsberg** | Published on September 5, 2025

Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 30 mins

Total Time: 40 mins

Servings: 6

Nutrition Profile:

No Added Sugar Gut Healthy Mediterranean Diet Sesame-Free Weight Loss Nut-Free Healthy Pregnancy Healthy Aging Healthy Immunity High-Fiber High-Protein Egg-Free Gluten-Free Low-Calorie

Ingredients

2 tablespoons extra-virgin olive oil, divided

1½ pounds sweet potatoes (about 2 medium), cubed (½-inch; about 4 cups)

¾ teaspoon salt

1½ cups water, divided

1 medium red bell pepper, thinly sliced (about 1¼ cups)

1 large poblano pepper, seeded and thinly sliced (about 1 cup)

1 teaspoon ground cumin

1 teaspoon garlic powder

¾ teaspoon smoked paprika

3½ cups shredded cooked chicken breast

1½ cups red enchilada sauce (from 2 (10-ounce) cans)

1 (15-ounce) can no-salt-added pinto beans, rinsed

8 (6-inch) corn tortillas, stacked and cut into 8 wedges each (64 total)

1 cup shredded pepper Jack cheese

¼ cup sour cream

1/25, 2:58 PM

[eatingwell.com/chicken-sweet-potato-enchilada-skillet-11785945?print=](https://www.eatingwell.com/chicken-sweet-potato-enchilada-skillet-11785945?print=)

Cilantro leaves, thinly sliced radish, lime wedges and pickled red onion, for serving (optional)



Directions

Step 1

Preheat oven to 400°F. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add cubed sweet potatoes and ¾ teaspoon salt; cook, stirring occasionally, until starting to brown, about 5 minutes. Add ¼ cup water; cover and cook, stirring occasionally, until starting to soften, 6 to 8 minutes.

Step 2

Add sliced bell pepper, sliced poblano, ¼ cup water and the remaining 1 tablespoon oil; cook over medium-high heat, uncovered and stirring often, until the peppers are crisp-tender and the sweet potatoes are tender, about 6 minutes. Add 1 teaspoon cumin, 1 teaspoon garlic powder and ¾ teaspoon smoked paprika; cook, stirring constantly, until fragrant, about 1 minute. Add 3½ cups shredded chicken, 1½ cups enchilada sauce, the rinsed pinto beans, the tortilla wedges and the remaining 1 cup water. Stir and fold until well incorporated. Remove from heat and top with 1 cup pepper Jack.

Step 3

Cook until the cheese has melted and started to brown in spots, 10 to 15 minutes. Garnish with dollops of sour cream and serve with cilantro, radish, lime wedges and pickled red onion, if desired.

HALLOWEEN WORDSEARCH

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



HOST
WITCH
TRICK
TREAT
CANDY



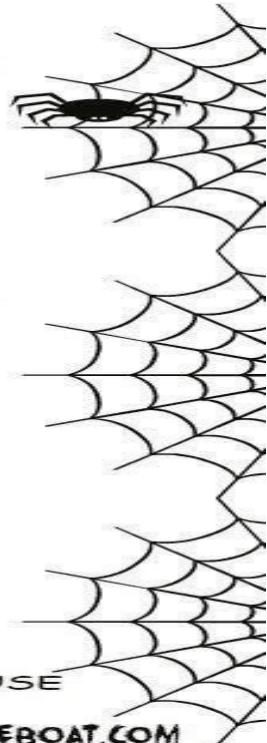
PUMPKIN
MONSTER
COSTUME
SPOOKY
SCARY



FRIGHT
HORROR
SCREAM
BOO
MASKS



COB WEBS
CANDYCORN
HALLOWEEN
OCTOBER
HAUNTED HOUSE



MOMSLIFEBOAT.COM

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

OUR COMMUNITY
NEWSLETTER

OCTOBER EDITION



Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpcommunities.com

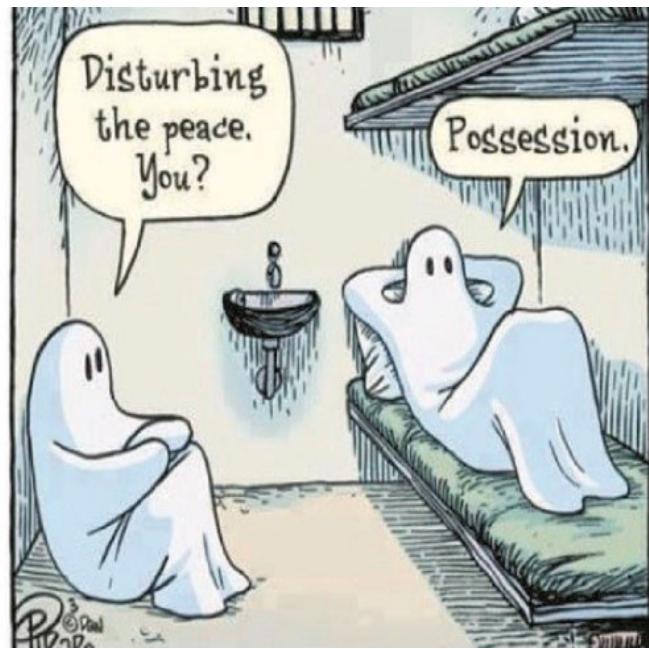
THRIVE LOCALLY

SUPPORT OUR ADVERTISERS!

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

Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

B 4C 05-1113



What is the black cat's favorite song?

8 Blind Mice!



Silly Kid Jokes
Cute Kid Clothes
Jorgensonson.com



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.



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

NEW
CONTENT
ADDED!

Date & Time:

Tuesday 21 October 2025
9am TO 4pm

Location:

Idaho Falls Senior Citizens Community Center
535 W. 21st Street
Idaho Falls, Idaho 83402

Register:

(208) 522-4357 (I.F. Senior Citizens Community Center)
--OR--
(503) 816-0790 (Ned)

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: 1-888-773-7160

October 2025



| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|----|--|--|---|--|---|--|
| | | | 1 | 2 | 3 | |
| | | | Chicken Fried Steak Apple Sauce Green Beans Mashed Potatoes Roll, Pudding | Pizza Pineapple Dinner Salad Ranch Cookie | Fish Sticks Tropical Fruit Coleslaw Potato Wedge Tartar Sauce | |
| 6 | Irish Stew Kiwi Carrot, pea, onion Potatoes Roll Yogurt | 7 Mexican Spaghetti Apple Corn, Celery, Onion Cheese | 8 Chicken Strips Orange Succotash Tater Tots Muffin | 9 Pork Egg Roll Melon Carrot & Raisin Salad Rice Fluff Salad | 10 Pulled Pork Sandwich Plums Broccoli Salad Fries | |
| 13 | Shepards pie Peaches Mixed Veggies Cheese | 14 Pancakes and Sausage Links Strawberries Cherry Tomato Salad Hash brown Patty Butter, Syrup | 15 Salisbury Steak Berry Blend Broccoli Mashed Taters & Gravy Roll Brownie | 16 Sweet and Sour pork Juice Cauliflower Au gratin Potatoes Cake | 17 Chicken Burger Grapes Lettuce Tomato Onion Tots | |
| 20 | Meatball Sub Tropical fruit Corn, peppers, onion Chips | 21 Philly Cheese Steak Peaches Fajita Blend Mashed Taters and gravy | 22 Corn Dog Fruit Cocktail Peas & Carrots Wedges Cottage Cheese Cookie | 23 Pork Chops Pineapple Oriental Blend White Rice Cheesecake | 24 Sliced Turkey Mixed Fruit Winter Blend Mac & Cheese Multi-grain Bar | |
| 27 | Pork Fritters Mixed Berries Island Blend, Onion Bread & Butter | 28 Creamy Garlic Fish Cranberries Spring Blend Rice Cupcake | 29 Shredded Turkey Strawberries Mixed Veggies Mashed Potatoes & Gravy Pudding | 30 Chicken Pot Pie Grape Juice Peas, Carrots, onion, celery | 31 Beef Ravioli Blueberries Black Beans Orange Rice Krispy treats | |

MENU SUBJECT TO CHANGE

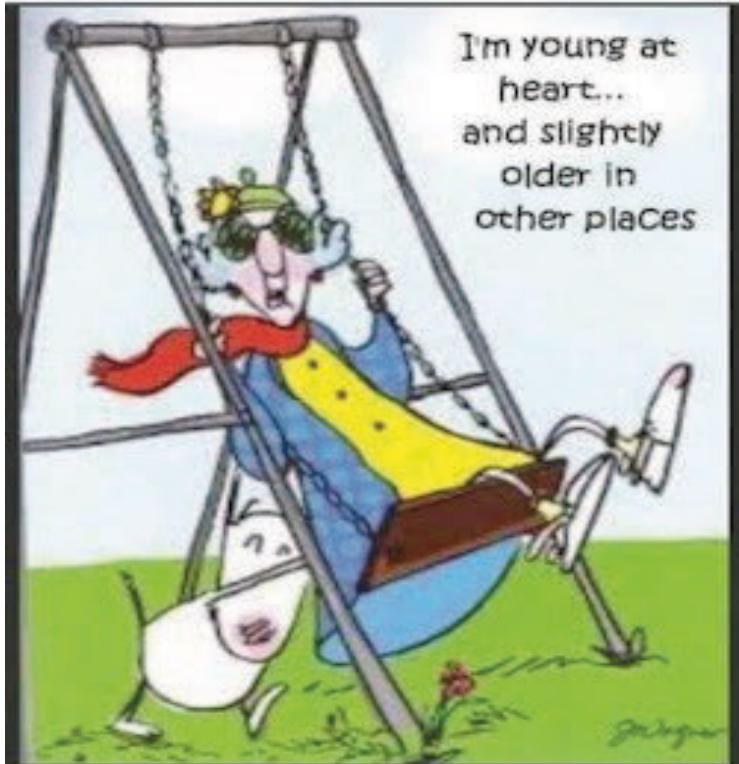
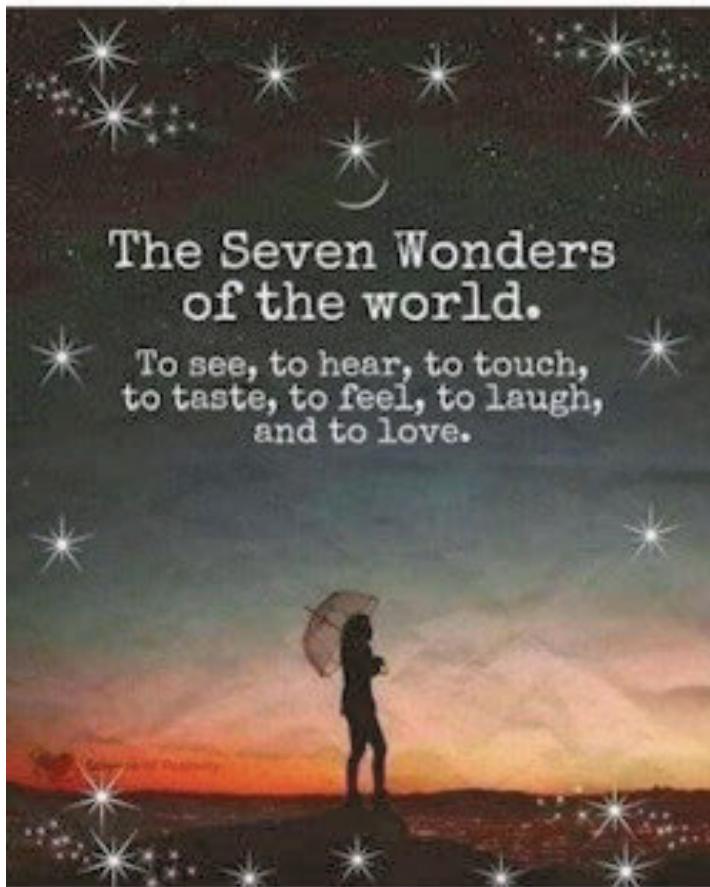
October 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--------------------------------------|
| | | 1 10:15a Bingo 12:30p Pinochle | 2 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee | 3 10:00a Beading 6:00p Bingo-Doors open at 4pm | 4 6:00p Bingo- Doors open at 4pm |
| 6 10:00a MahJongg 10:00a Jimmy King & Friends | 7 10:00a Fit & Fall Excercise 11:00a Ladies Coffee | 8 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle | 9 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group | 10 10:00a Beading 6:00p Bingo-Doors open at 4pm | 11 6:00p Bingo- Doors open at 4pm |
| | | | 10:00a Rose's Coffee | | |
| 13 10:00a MahJongg 10:00a Jimmy King & Friends 5:30p Idaho Falls Gem & Mineral Society | 14 10:00a Fit & Fall Excercise 11:00a Ladies Coffee 11:30a Free Health Clinic | 15 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle | 16 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee | 17 10:00a Beading 6:00p Bingo-Doors open at 4pm | 18 6:00p Bingo- Doors open at 4pm |
| | | | 10:00a Rose's Coffee | | |
| 20 10:00a MahJongg 10:00a Jimmy King & Friends | 21 9:00a AARP Driving Class 10:00a Fit & Fall Excercise 10:30a SCCC Board Meeting 11:00a Ladies Coffee | 22 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle | 23 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group | 24 10:00a Beading 6:00p Bingo-Doors open at 4pm | 25 6:00p Bingo- Doors open at 4pm |
| | | | 10:00a Rose's Coffee | | |
| 27 10:00a MahJongg 10:00a Jimmy King & Friends | 28 10:00a Fit & Fall Excercise 11:00a Ladies Coffee | 29 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle | 30 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee | 31 10:00a Beading 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



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.**

Help at the Push of a Button!



Locally Owned & Operated

**At Home Or On The Go,
With AssureLink You're Never Alone!**

(208) 523-2704

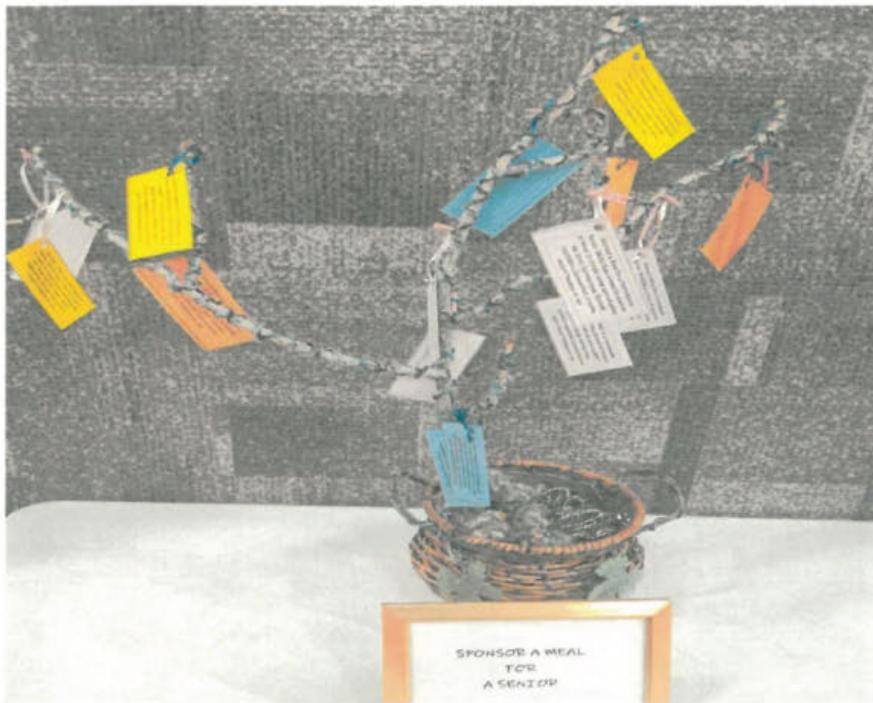
NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

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!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



833-287-3502



SafeStreets

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

[Visit lpicommunities.com](http://lpicommunities.com)



Scan to contact us!

FREE AD DESIGN WITH PURCHASE OF THIS SPACE

lp CALL 800.950.9952



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://lpicommunities.com)

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 |
| Linda DeLia | Retired | Secretary |
| Kathleen Keyes | Member of POA | |
| Roy Matthews | Retired | |
| Benjamin McInelly | Cascadia Healthcare | |

-----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 have our Pancake breakfast in November and could use silent auction items. We need volunteer drivers and part-time paid drivers. 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 to apply or inquire at 535 W 21st Street, Idaho

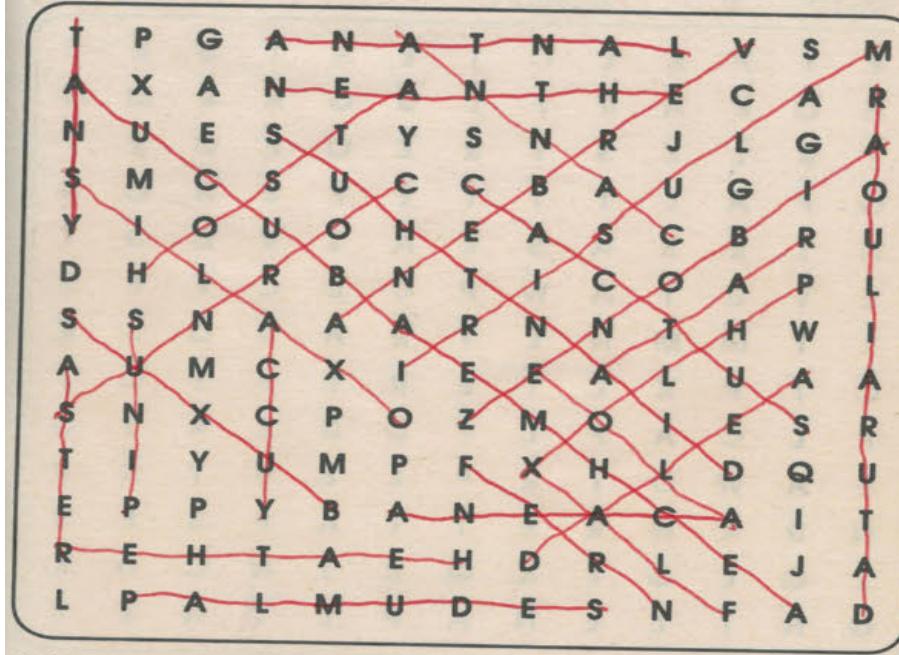
Falls, ID
83402

Puzzle #36

In the Garden

| | |
|---------|----------|
| ACAENA | DIANTHUS |
| AECHMEA | FERN |
| ALOE | FLAX |
| ASTER | HEATHER |
| AUCUBA | HOSTA |
| BUXUS | IRIS |
| CACTUS | LANTANA |
| CANNA | MALUS |
| CORNUS | NEANTHE |
| DALEA | OXALIS |
| DATURA | PALM |

PHLOX
PINUS
RAOULIA
RATA
SEDUM
TANSY
VERBENA
YUCCA
ZENOBIA



Answer Key

From August
NL to the left

Success is a journey not a destination

- Ben Sweetland

“Old age ... is a good and pleasant thing. It is true you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator.” – Confucius



JUST A REMINDER

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

Thanks.....
your Board of Directors

Eastern Idaho Area Agency on Aging: Help with Medicare Costs

Under a grant project, the Area Agency on Aging provides outreach for federal and state Medicare subsidy programs. If you struggle paying for your Medicare healthcare costs, call your Area Agency on Aging, at (208) 522-5391, to learn more about your options, including the Medicare Savings Programs and “Extra Help”. The Medicare Savings Programs are state programs, through Health & Welfare, that help pay for some 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.

15 Fun Facts about Halloween!

1. The holiday goes back more than 2,000 years.
2. Trick-or-treating has existed since medieval times.
3. Some Halloween rituals used to involve finding a husband.
4. Immigrants helped popularize the holiday in the U.S.
5. Sugar rationing during World War II halted trick-or-treating.
6. Now Halloween is the second largest commercial holiday in the country.
7. Americans spend about \$86.79 on Halloween every year.
8. The Irish also brought us jack-o'-lanterns.
9. They used to be carved out of turnips, potatoes, and beets.
10. There's also traditional Halloween bread in Ireland.
11. A city in Canada banned teens over 16 from trick-or-treating.
12. Skittles are the top Halloween candy.
13. The most popular children's costumes are princesses and superheroes.
14. Candy corn was originally called "chicken feed."
15. Illinois produces up to five times more pumpkins than any other state.



FYI

During the month of August our capable KITCHEN AND DELIVERY PERSONNEL served 253 meals at the center, and produced and Delivered 4179 meals to home-bound seniors through our Meals On Wheels program (Total meals: 4,432)

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)



SYNTERGY HomeCare
Care that moves you

Reach out.
We are here to help.

SYNTERGY HomeCare provides non-medical services for all ages. For care cost information, a customized care plan, and a free home assessment - call our office today at **(208) 516-2041**

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!

We will help you get the most out of every day.

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

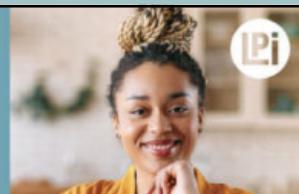
(800) 950-9952 x2635

WE'RE HIRING!

AD SALES EXECUTIVES
BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at
careers@4ipi.com or
www.4ipi.com/careers



IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

STARTING AT
\$19.95 /mo.

✓ Ambulance ✓ Police ✓ Family
 "STAY SAFE in the HOME YOU LOVE!" ✓ GPS & Fall Alert

CALL NOW!

800.809.3570  md-medalert.com





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

Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

Puzzle #38**U.S. Coast Guard**

| | | |
|-------------|----------|-----------|
| AIRCRAFT | MISSIONS | SHIPS |
| CUTTER | PATROLS | SHORES |
| ESCORT | PORTS | SIGNALS |
| FORCE | PROTECT | STANDARDS |
| GUIDE | RAFTS | STATIONS |
| HELICOPTER | RESCUE | WARNING |
| HIGH SEAS | SAFETY | |
| INSPECTIONS | SECURITY | |

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

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.

**Medicare**

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 August

| | |
|-------------------------------|------------|
| | |
| Beading | \$52.50 |
| Bingo Charity Wed, Fri, & Sat | \$4,448.91 |
| | |
| Congregate Lunch | \$261.62 |
| Congregate Beverage | \$0 |
| | |
| Ladies Coffee | \$56 |
| Fit & Fall Exercise | \$175 |
| | |
| Mah-Jongg | \$0 |
| Painting Group | \$7 |
| Pinochle | \$69 |
| Pinochle (Bev Only) | \$11 |
| Pool | \$59.55 |
| | |
| | |
| Rose's Gentlemen's Group | \$80.10 |
| | |
| Woodcarvers | \$19 |
| | |
| Misc. fundraiser | \$0 |
| Other | \$1,762 |
| Total | \$7,001.68 |

**United
Way**



"The United States Department 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 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

