



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
Closed some holidays

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

MAY 9TH,
2021



Happy Mother's Day
to all the lovely, loving
moms out there.

Every last one of you is
Amazing



CLOSED TO THE PUBLIC.
Opening date is to be determined

allwording.com

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



2021
May

We reserve the right
to goof-up
occasionally

New Members Carol Alesso, Paul Sewell, Joshua Walker, Joyce Farley, Janice Nixon, Alvin & Yolanda Gunderson, David Siemering, Debra Humpherys, Joyce Henderson, Carol Davis, Max Lee, Richard Taylor, Lesta Chadez, Sandra Potter, Annette Sorensen, Angela Wallace, Ferrel & Kaylene Paulsen, John Clark, McKell Crawford, Linda Sedderson, Theresa Chamberlain, Ronald Robinson, Mary Williams, George Campbell, Nancy Roberts, Inge Furguson

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	225.00
Non-Senior Hour	120.00
Board Member Hour	59.00
Work Detail Hours	5.00
<hr/>	
Total Hours	409.00

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

Warm Wishes To You All!

Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

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

Thank You!

Monthly Supporters

*Bonneville County * United Way*

*City Of Idaho Falls * Medicaid*

Eastern Idaho Community Action Partnership

Thank You!

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

\$ 0 - \$ 99 7 Anonymous, Pamula Stronks, Karen Kast, Danny Beard, Bobbie Dalling

\$100 - \$250 Dave & Kathy Nobles, Ginger Kramer, David & Elizabeth Dahl

\$300—\$600 Donald & Laurie Watters

\$800-\$2,000

Misc. Items donated: Heidi Nelson, Pam Stronks, Tamera Waters, Sondra East, Tiffany Morrison, Leah Squires

Thank You!

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

Idaho Falls Humanitarian Center

Fraternal Order of Eagles Ladies Aux No. 576

Community Food Basket

Potandon Produce

Skyline High School

United Way



VOLUNTEERS
don't necessarily
have the time;
they just have
the heart!



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

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

*Dave Nobles, John Burnside, William Brotherson, Patrick McCracken,
Richard & Marion Myers,
Chase Powell-Senior Solutions, Steve Stowell, Don Yeager, Johannah Thompson,
Marla Morgan, Tiffany Morris, Whitney St. Michael, Jeffrey Socher,
Penny Shawl, Cheryl Steele, Becky Schneider, Moira Solle,
Jayden Hunsucker-Alliance Home health & Hospice, Johanna Groh,
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks, Brandy Jackson, Leah Squire,
Kristen Keiss-Weitenhagen, Erin Tucker, Beth Anderton*

COME JOIN THE FUN

CALL FOR A TOUR TODAY!



LINCOLN * COURT

INDEPENDENT, ASSISTED LIVING & MEMORY CARE

850 Lincoln Dr, Idaho Falls

208-529-3456

Fully
Vaccinated
Community

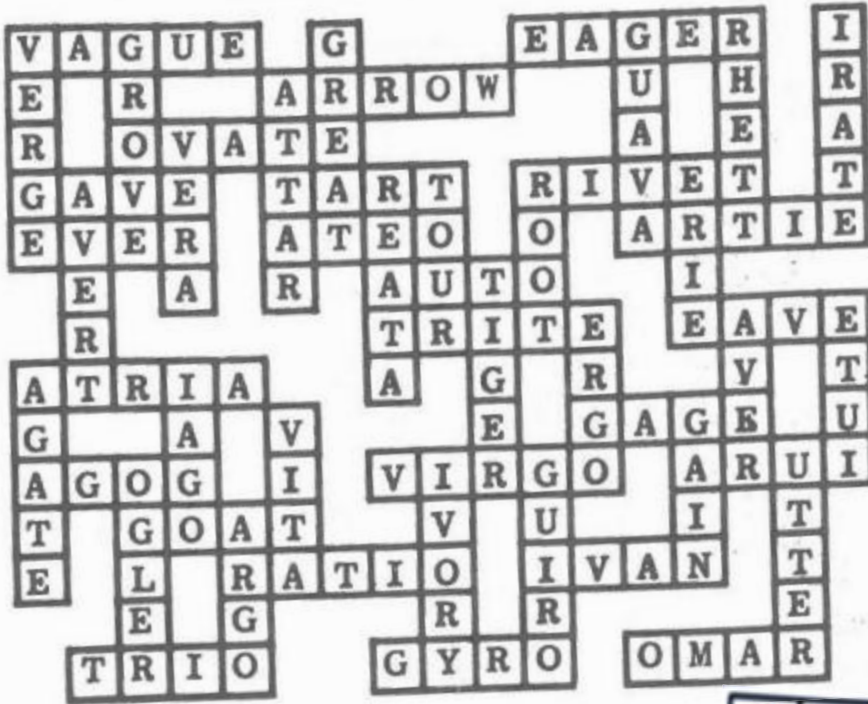


Safest Place To Live

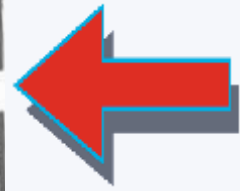
- Taking New Admissions • Fully Furnished Apartments
- Competitively Priced • Amazing Move In Specials



KRISS KROSS



Puzzle Solution from April's Newsletter



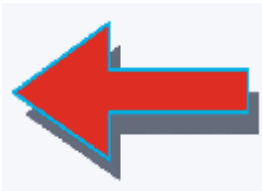
Sudoku Solution from April's Newsletter



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

Wordoku Solution from April's Newsletter

D	A	F	I	G	H	C	B	E
G	C	B	E	A	D	F	I	H
I	H	E	B	F	C	A	G	D
B	E	D	C	I	A	H	F	G
H	G	A	F	E	B	I	D	C
F	I	C	H	D	G	E	A	B
A	D	I	G	C	E	B	H	F
E	F	H	D	B	I	G	C	A
C	B	G	A	H	F	D	E	I



Idaho Seniors Need Your Help

Every Idaho community needs a Medicare expert.

The Idaho Department of Insurance SHIBA program trains and certifies volunteer Medicare counselors.



Introductory classes are starting now.

Call toll free (800)247-4422



Avoid Processed Junk Food (Eat Real Food Instead)

All the [processed junk foods](#) in the diet are the biggest reason the world is fatter and sicker than ever before.

These foods have been engineered to be "hyper-rewarding," so they trick our brains into eating more than we need, even leading to [addiction](#) in some people (15).

They are also low in fiber, protein and micronutrients (empty calories), but high in unhealthy ingredients like added sugar and refined grains.

Don't Fear Coffee

Coffee has been unfairly demonized. The truth is that it's actually [very healthy](#).

Coffee is high in antioxidants, and studies show that coffee drinkers [live longer](#), and have a reduced risk of type 2 diabetes, Parkinson's disease, Alzheimer's and numerous other diseases (16, 17, 18, 19, 20, 21).

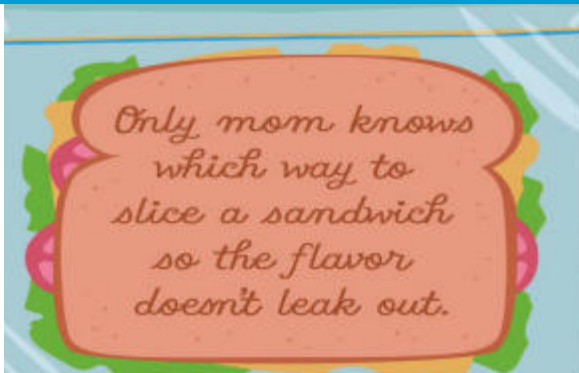
One day a cat dies of natural causes and goes to heaven. Greeting him the Lord says, "You've lived a good life. If there is any way I can make your stay in Heaven more comfortable, please let Me know."

The cat thinks for a minute and says "Well, all my life I lived with a poor family and had to sleep on a hard wooden floor..." The Lord stops the cat and says "Say no more!" Just then a wonderful fluffy pillow appears and the cat contentedly wanders off to find a good place to nap.

A few days later six mice killed in a tragic farming accident go to heaven. The Lord is there to greet them with the same offer. The mice answer: "All of our lives we've been chased. We've had to run from cats, from tractors, even from that farmer's wife with her broom. We're tired of running..." "Say no more!" The Lord replies. In a flash, each mouse is fitted with a beautiful new pair of roller skates, and they skate happily off to explore the Heavenly landscape.

About a week later The Lord stops by to see the cat and finds him snoozing away. He gently wakes the cat and asks, "How are things since you got here?" The cat stretches, yawns, and replies "Oh, it is wonderful here. I get a lot of great sleep on this pillow, and those Meals On Wheels you've been sending are the BEST!!!"





Eastern Idaho Area Agency on Aging: In-Home Services

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

You might meet new friends at Fairwinds. Or sidekicks.

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

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

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

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

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



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

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

A LEISURE CARE PREMIER COMMUNITY



FAIRWINDS
SAND CREEK





"THERE IS ETERNAL INFLUENCE AND POWER IN MOTHERHOOD."

-JULIE B. BECK



Continued on
Page 16



Medicare Minute Script — April 2021 Medicare and Changes in Residence

When you move, it can affect your Medicare coverage. Today we'll discuss various kinds of changes of residence—from in-state to abroad—and what they mean for your Medicare coverage.

Point 1: Know how moving within the U.S. or abroad will affect your Medicare coverage.

If you have Original Medicare, you can move within the U.S. without affecting your coverage. Original Medicare does not have provider networks, so you can visit any doctor or facility in the country that accepts Medicare. Medicare Advantage Plans and Part D prescription drug plans, on the other hand, have coverage areas, so when moving within the U.S. you may need to switch plans. You will have a Special Enrollment Period if you move out of your plan's service area or if you move to an area that is still covered by your plan but where more plans are also now available to you. Notify your plan before you change your residence. Contact your State Health Insurance Assistance Program or call 1-800-Medicare to review your new plan options and, if applicable, for help selecting a new plan. Regardless of your type of coverage, don't forget to notify the Social Security Administration about your move, or you could miss important communications.

Decisions about Medicare enrollment can be more complicated if you move abroad, where Medicare will not typically cover medical costs. First, if you qualify for premium-free Part A—like most people do—it is usually best to enroll in Part A or to keep it if you already have it. On the other hand, most people owe a Part B monthly premium of \$148.50. If you enroll in or keep Part B, you owe a premium for coverage you cannot use while abroad. However, if you do not enroll in or keep Part B, you may have a late enrollment penalty and gaps in coverage when you return from abroad. An exception is if you or your spouse work outside the U.S. for a company that provides you with health insurance or work in a country with a national health system. In these cases, you will qualify for a Special Enrollment Period to enroll in Part B without penalty when you return.

Point 2: Know how moving may affect cost assistance programs and Medigaps.

First, we'll talk about cost assistance programs, starting with the Medicare Savings Program, or MSP. Because MSP, eligibility requirements are state-specific and MSP applications are processed at the state level, your MSP will not follow you if you move out of state. You will need to disenroll from your MSP and see if you are eligible for an MSP in your new location. If you have Extra Help benefits, they may not be affected by a change of residence because eligibility requirements do not differ by state. However, if you were automatically enrolled in Extra Help because you had Medicaid or an MSP, you may need to actively re-enroll in Extra Help if you move out of state. Contact your State Health Insurance Assistance Program, or SHIP, to find out if this applies to you. Next, we'll talk about Medigap Supplemental Insurance. If you have a Medigap plan and are moving, you will not lose your Medigap coverage. Contact your Medigap plan to see if the cost of your Medigap will change, however. Contact the SHIP in the state of your new residence to learn if that state has different Medigap eligibility requirements and enrollment rules that might apply to you.

Point 3: Understand your Medicare enrollment decisions if you are incarcerated.

If you had Medicare before your arrest, you will remain eligible for the program while you are incarcerated. However, your correctional facility will provide and pay for your care during that time, and Medicare will not. Once you are released, Medicare will resume coverage if you remained enrolled. It is usually best to keep Part A and Part B coverage while you are incarcerated to ensure that you avoid late enrollment penalties and gaps in

SHIP National Technical Assistance Center: 877-839-2675 | www.shiptacenter.org | info@shiptacenter.org

SMP National Resource Center: 877-808-2468 | www.smpresource.org | info@smpresource.org

© 2021 Medicare Rights Center | www.medicareinteractive.org | *The Medicare Rights Center is the author of portions of the content in these materials but is not responsible for any content not authored by the Medicare Rights Center.*

Senior Communicator Newsletter

Senior Center Name: _____

Idaho Falls Senior Center

Month: May 2021

MENU SUBJECT TO CHANGE!

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
Grilled Ham & Cheese/ Tomato Kiwi Carrot Sticks & Tomato Basil Soup WG Bread MILK Chocolate Chip Cookies	Baked Chicken Apple Sauce Scandinavian Blend Scalloped Potatoes MILK	Carne Asada Fries Tropical Fruit Beans, Lettuce, tom, Olives, Gaud String Fries MILK Tapioca Pudding	Mozzarella Chicken Sandwich Pineapple Rings Peppers, Onions, Tomato Chips Bun MILK Strawberry-Banana Parfait	Beef Sloppy joes Grapes Quinoa Thai Tator Tots MILK

10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
Italian Beef Pot Pie Banana Squash, Zucchini Mashed Potatoes MILK Peanut Butter Cookies	Pineapple Ginger Fish Pineapple Carrots, Pea Pods, Water Chesnut Brown Rice MILK Vanilla Pudding	Southwest Chicken Taco Salad Pears Black Beans, corn, Tom, Pepper, Av Blue Chips MILK & Cheese Cilantro Lime Dressing	Broccoli Beef Stir Fry Mandarin Oranges Broccoli, Onion, Mushroom WG Dinner Roll MILK Pumpkin Pie	Stuffed Chicken Spinach Pesto Plums Spinach, Cherry Tomatoes Angel Hair Pasta MILK Italian Dressing

17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
Ham Steak Dinner Apples Winter Blend Stuffing MILK	Cheeseburger Pasta Peaches Tomato, Onions, Pickles Bowtie Pasta MILK & Cheese Yogurt with Peaches	Almondine Fish Fruit Cocktail Asparagus & Carrots Almonds, Rice Pilaf MILK Jello with fruit cocktail	Bacon & Cheese Quiche Strawberry with whip Cream Spinach, Onions, Celery Crust MILK Orange Sherbet	Pork Chops Pears Peas, mushrooms White rice and sauce MILK

24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
Beef Stroganoff Oranges Zucchini, Mushrooms, Onions Egg Noddles MILK Vanilla Pudding	Baked Pork Roast Watermelon Southwest Blend Garlic and Cheese Potatoes MILK Frozen Banana with Chocolate	BBQ Chicken Cranberry Juice Red-Yellow-Green Peppers, Onion Pepper Rice MILK	Curry Turkey & Ham on a Cantaloup Carrot & Raisin Salad Croissant MILK & Swiss Cheese Brownie	Beefy Soup Apple Sauce with Cinnamon Peas, Onions, Corn White Rice & Corn MILK

31 Monday	0 Tuesday	0 Wednesday	0 Thursday	0 Friday
Chicken Pizza with white cream Pineapple Olives, Onions, Peppers, Tomato Pizza Dough MILK Pineapple upside down cake				

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



Recipe: Herby spring chicken pot pie

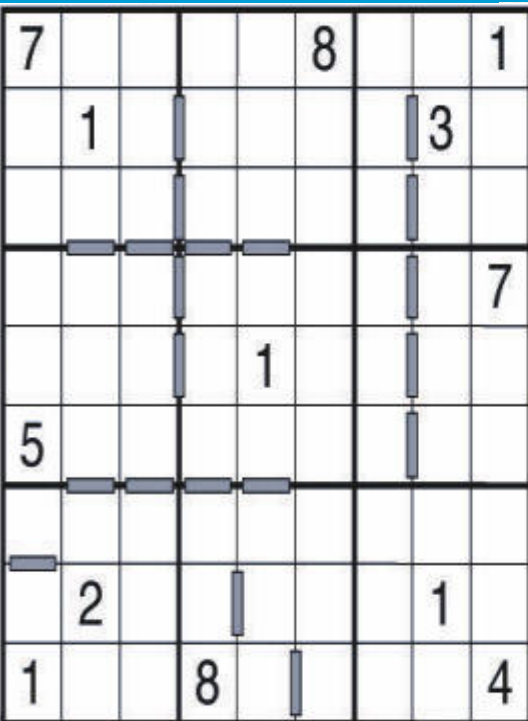
Ingredients: 2 tbsp. Olive oil plus a little extra for brushing over the pastry, bunch spring onions, sliced into 3cm pieces, 250g frozen spinach, 6 ready-cooked chicken thighs, 350ml hot chicken stock, 1/2 tbsp. wholegrain mustard, 200g frozen peas, 200ml half-fat crème fraiche, 1/2 small bunch tarragon leaves finely chopped, small bunch parsley finely chopped, 270g pack filo pastry

Directions: 1. Heat oven to 200c/180c fan/ gas 6. Heat the oil in a large shallow casserole dish on a medium heat. Add the spring onions and fry for 3 minutes then stir through the frozen spinach and cook for 2 min or until it's starting to wilt. Remove the skin from the chicken and discard. Shred the chicken off the bone and into the pan, and discard the bones. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins. 2. Stir in the peas, crème fraiche and herbs, then remove from the heat. Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20 mins or until golden brown.

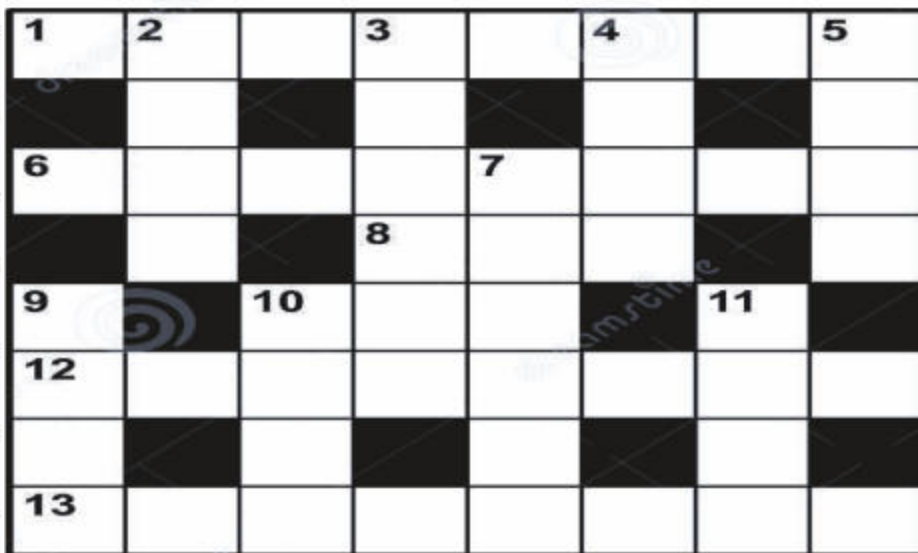
The Center is closed to the public and a reopening date is to be determined. You may call the Center for updates. Once the Center opens, in order to comply with social distancing, it will be open limited hours, with limited programs and number of participants allowed in.

All of the programs in the Center are run by volunteers
At times the Volunteer may need to cancel the program.
Thank you in advance for your understanding.
Visit our Facebook page for latest Center activities.
See more info At 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



Crossword Puzzle



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

Across

- 1** Digit used for detecting errors
- 6** Abroad
- 8** Trophy
- 10** Bottom line
- 12** Solid with trapezoidal sides
- 13** Become settled

Down

- 2** Busy place
- 3** Tent show
- 4** Aerobic bit
- 5** Zorro wear
- 7** Picnic days
- 9** Smudge
- 10** Scarf material
- 11** Japanese soup

Help at the Push of a Button!



AssureLink
Your Personal Response Network

Locally Owned & Operated

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

(208) 523-2704

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Bill Clough** to place an ad today!
wclough@4ipi.com or (800) 950-9952 x2635



13 Recipe: Healthy pasta Primavera



Ingredients: 75g young broad beans (you can use frozen) 2X 100g pack asparagus tips, 170g peas (you can also use frozen) 350g spaghetti or tagliatelle, 175g pack baby leeks trimmed and sliced, 1tbsp olive oil plus extra to serve, 1 tbsp. butter, 200ml tub fromage frais or crème fraiche, handful fresh chopped herbs – mint-parsley-chives, Parmesan (or vegetarian alternative) shaved to serve.

Directions: 1. Bring a pan of salted water to the boil and put a steamer (or colander) over the water. Steam the beans, asparagus and peas until just tender, then set aside. Boil the pasta following pack instructions. 2. Meanwhile, fry the leeks gently in oil and butter for 5 min or until soft, add the fromage frais to the leeks and very gently warm through, stirring constantly to ensure it doesn't split. Add the herbs and steamed vegetables with a splash of pasta water to loosen. 3. Drain the pasta and stir into the sauce. Adjust the seasoning, then serve scattered with the cheese and drizzled with a little extra olive oil.

An advertisement for Generations Insurance. The background is a scenic view of a waterfall cascading over rocks. In the center, there is a large orange letter 'G' logo. Below the logo, the text 'GENERATIONS INSURANCE' is written in a bold, blue, sans-serif font. Underneath that, in a smaller orange font, it says 'MEDICARE HEALTH PLAN OPTIONS • LIFE INSURANCE'. At the bottom of this section, a blue banner contains the text 'Call today for a NO-COST review of your Medicare health plan options!' in white.

208-709-4355



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

Mason Watt— Your local Medicare Advisor • www.generations-insurance.com
2440 Jafer Ct. • Idaho Falls, ID 83404

YOUR BOARD OF DIRECTORS

Machelle Bergman	Fairwinds Retirement	Chair
Linda DeLia	Retired Medical Editor	Vice chair
Arianne Holt	Idaho Legal Aid Service	Secretary
Chanse Powell	Senior Solutions	Treasurer
Lew Eaker	Retired Engineer	
Karl Casperson	Bonneville County Sheriff Office	
Jeanie Brady	Good Samaritan	
Alecia Coburn	Lincoln Court Retirement	
Jana Merkley	CEO Greater IF Ass. Of Realtors & Snake River Regional MLS	
Tiffany Morrison	Life Care Center	
Patrick McCracken	Retired	

-----Non Voting Members-----

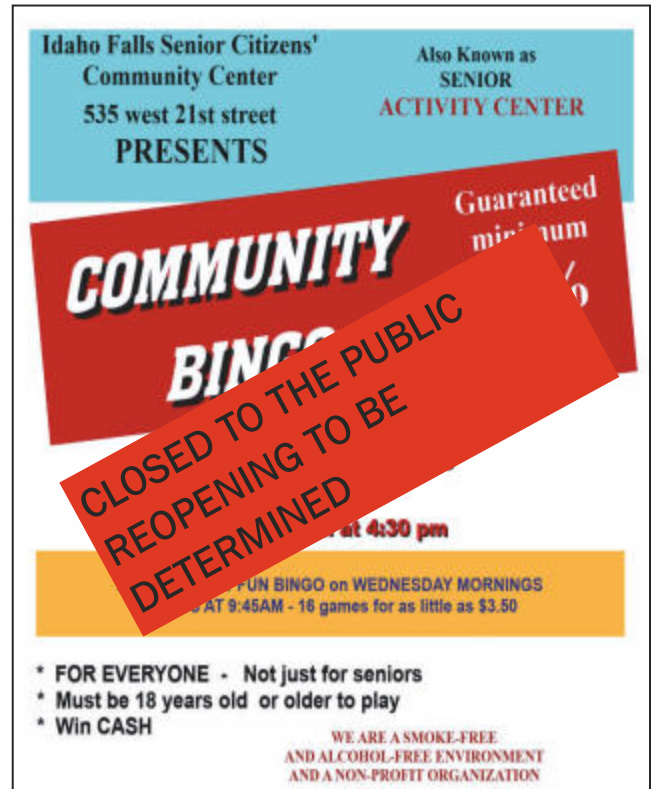
Thomas Hally	Mayor's Office Liaison
Valisa Say	Executive Director
Sarah Ryner	Associate Director

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

Caregivers Nook

EICAP Caregivers Support Group
A support group for individuals who are caring for loved ones and are in need of information, resources, and support. We cover a wide range of topics such as Safety, Health & Fitness, Self care, Family relationships, Daily care, Respite, Grief & End of life. We meet on the 1st & 3rd Tuesday of the month, from:
12:00-1:30 at EICAP [935 E. Lincoln Rd.](#)
I.F. [\(208\) 522-5391](tel:(208)522-5391) Jodi

See you there.....



Eastern Idaho Area Agency on Aging: Information & Assistance

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



Continued from page 9



LOCAL HELP FOR PEOPLE WITH MEDICARE



coverage when you are released. Since incarcerated individuals have their Social Security benefits suspended, you would need to pay the Part B premium by setting up direct payment with Medicare. If you cannot afford to continue paying the Part B premium during incarceration, you should actively withdraw from Part B and see if you qualify for a Medicare Savings Program upon release. Your SHIP program can help you with this process.

Point 4: Be aware of marketing violations and enrollment fraud.

As we have discussed, you may need to switch Medicare Advantage or Part D plans if you are moving. When comparing or enrolling in plans, it is important to know that plan representatives, agents, and brokers must follow federal guidelines when marketing to you. These guidelines protect you from manipulative and deceptive sales and enrollment tactics. Here are some red flags to look out for:

- You signed up for a plan after being told by a company that certain services or prescriptions are covered, but after enrolling, you discover they are not covered by the plan.
- A company represents itself as coming from Medicare, Social Security, or Medicaid.
- You receive an unsolicited phone call or text from a plan with which you have no prior relationship or have asked not to contact you.
- A plan agent returns uninvited to your residence after missing an earlier appointment.
- An agent discusses other insurance products, such as life insurance, during a visit or meeting that was scheduled to only discuss a Part D or Medicare Advantage product.

If you enrolled in a plan because of misleading information, you may be able to change your plan by calling 1-800-MEDICARE. You should also report these red flags to your Senior Medicare Patrol, or SMP.

Take Action:

1. **Contact Social Security** and your **Medicare Advantage or Part D plan** to notify them of your upcoming move.
2. **Use Plan Finder** at www.medicare.gov or call **1-800-MEDICARE** to compare Medicare Advantage or Part D plans in the area to which you are moving.
3. **Contact your State Health Insurance Assistance Program (SHIP)** to learn about cost assistance programs and Medigaps in the state to which you are moving.
4. **Contact your Senior Medicare Patrol (SMP)** if you have concerns about marketing violations or enrollment fraud.

Local SHIP Contact Information	Local SMP Contact Information
Senior Health Insurance Benefits Advisors (SHIBA) toll-free: 1-800-247-4422 SHIP email: idahoshiba@doi.idaho.gov SHIP website: doi.idaho.gov/shiba/	SMP toll-free: 1-800-632-4813 SMP Eastern Idaho: 208-522-5370 ext 202 SMP email: ymortensen@eicap.org SMP website: www.eastidahoaging.com
To find a SHIP in another state: Call 877-839-2675 or visit www.shiptacenter.org .	To find an SMP in another state: Call 877-808-2468 or visit www.smpresource.org .

SHIP National Technical Assistance Center: 877-839-2675 | www.shiptacenter.org | info@shiptacenter.org

SMP National Resource Center: 877-808-2468 | www.smpresource.org | info@smpresource.org

© 2021 Medicare Rights Center | www.medicareinteractive.org | *The Medicare Rights Center is the author of portions of the content in these materials but is not responsible for any content not authored by the Medicare Rights Center.*

Grandparents Corner

EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

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

17

PLEASE Be Considerate

Snacks are put out for programs, but they are for everyone. Please, enjoy these snacks as you are enjoying the programs, but Please, do not take snacks out of the Center as we cannot incur that cost. **Thank you** for your understanding.

FYI

During the month of March our capable KITCHEN AND DELIVERY PERSONNEL served 90 take out meals at the center, and produced and Delivered 5,230 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 5320

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



**INDEPENDENT LIVING
ASSISTED LIVING • MEMORY CARE**

4000 S 25th E

Idaho Falls, ID 83404

208-522-1591



morningstarseniorliving.com

BE YOURSELF.

BRING YOUR PASSION.

WORK WITH PURPOSE.

LPI is Hiring

Ad Sales Executives

- Full-Time with Benefits
- Paid Training
- Expense Reimbursement
- Travel Required

**SUPPORT OUR
ADVERTISERS!**

 Contact us at: careers@4lpi.com | www.4lpi.com/careers



Eat Nuts

Despite being [high in fat](#), nuts are incredibly nutritious and healthy.

They are loaded with magnesium, vitamin E, fiber and various other nutrients (9).

Studies show that nuts can help you [lose weight](#), and may help fight type 2 diabetes and heart disease (10, 11, 12).

Additionally, about 10-15% of the calories in nuts aren't even absorbed into the body, and some evidence suggests that they can boost metabolism (13).

In one study, [almonds](#) were shown to increase weight loss by 62% compared to complex carbohydrates (14).

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.

Medicare Information



- To learn about Medicare eligibility or to apply, visit www.ssa.gov/medicare/mediinfo.html or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- If you do not sign up for Medicare Part B (medical insurance) when you are first eligible, or if you cancel Part B and then get it later, you may have to pay a late enrollment penalty for as long as you have Part B.
- For questions about Medicare coverage and billing, visit www.Medicare.gov 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.

Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

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

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 MAY

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

Closed to the public until determined



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

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

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

DATED MATERIAL—PLEASE DON'T DELAY
RETURN SERVICE REQUESTED



The Senior Citizen Activity Center, Inc.



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



We are
closed to
the public
until
further
notice!

