



# 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



OUR  
SOCIAL  
MEDIA

WEBSITE



FACEBOOK



2023  
September

We reserve the right to make mistakes occasionally

**New Members: Roberta Young, Don & Mary Garbutt, Ragan Reed, Erika Munoz Urlas Farrell Adamson, Sharlene Bishop, Barbara Fullmer, Fred McNinch, Theo & Joyce Orchard, Victor & Susan Rowett, Clyde Williams**

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 10 AM for Wednesday Morning Coffee Break and . . . .

NEW MEMBER GET-ACQUAINTED ! STAY FOR \* BINGO AT 10 am IF YOU WOULD LIKE

Thank You to all of our Volunteers

Senior Hours	266.50
Non-Senior Hour	347.50
Board Member Hour	15.00
Work Detail Hours	37.79

Total Hours 666.79

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**

*\* United Way*

*City Of Idaho Falls \* Medicaid*

*Eastern Idaho Community Action Partnership*

*Community Food Basket*

*Panera Bread ,Humanitarian Center*

**Thank You!**

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

**\$ 0 - \$ 99**

**\$100 - \$250 C.L & Ilene Parsons**

**\$300—\$700 Michelle & Frank Fitch**

**\$800-\$3,000**

**Misc. items:**

**Thank You!**

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

♦ **Lincoln Court \***

♦ **Access Controlled Storage \***

Come join us as a volunteer driver. We appreciate everyone that takes the time out of their busy schedule to help deliver meals to seniors 1 day a week for about an hour. Just give us a call at 208)522-4357 for more information!



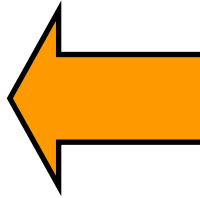
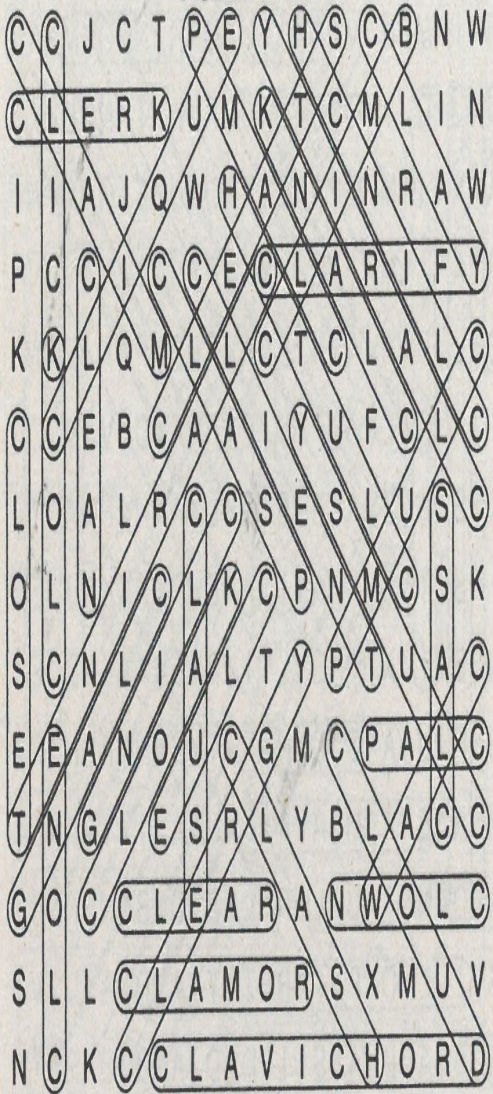
*We want to say thanks to our  
VOLUNTEER DRIVERS*

*for the Meals on Wheels program.*

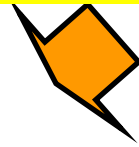
*We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. Your willingness to give of your time has enabled us to deliver our meals quicker, more timely and helps make sure that we don't have a wait list. You are a blessing to all.*

*Dave Nobles, John Burnside, Richard & Marion Myers,  
C-Senior Solutions, Steve Stowell, Johannah Thompson, Marla Morgan, Whitney St.  
Michael, Jeffrey Socher,  
Maira Solle, Bob Schweiger, Jordan Homer  
Tyler Peterson, Shirley & Robert Brosseau, Miriam Cotto, Drew Parks,  
Erin Tucker, Don Yeager,  
Carol Rogers,,*

**PUZZLE 78**



Crossword Solution  
From July  
Newsletter



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

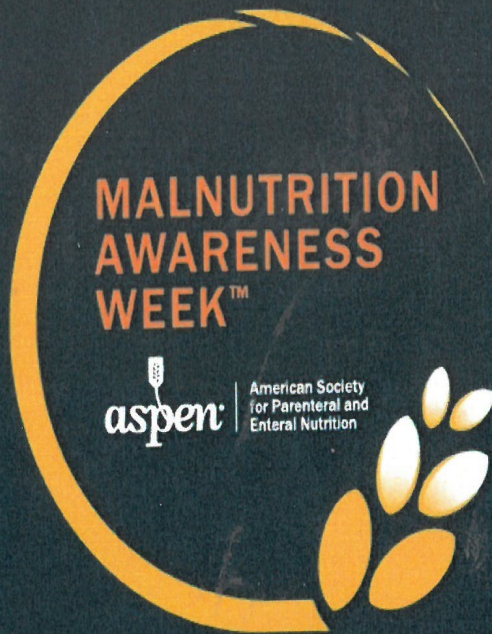
**Eastern Idaho Area Agency on Aging**

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.

**Q & A**

.....

- Q.** Why do all the old people on the bus seem to know each other?
- A.** They’ve all been around the same block a time or two.

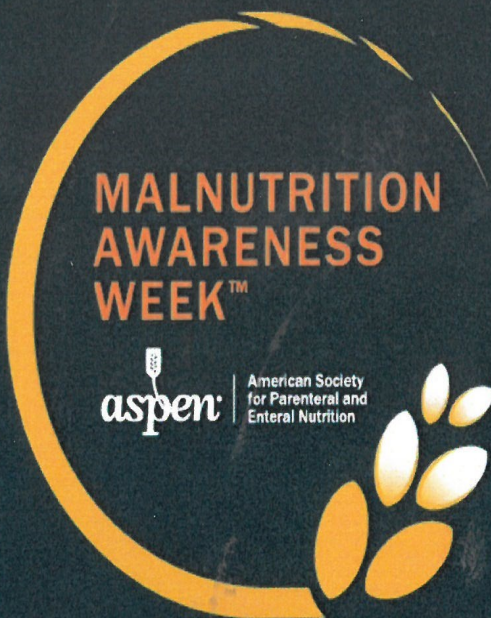


Over the past 5 years,  
**malnutrition DEATHS**  
 have more than  
**DOUBLED.**



**SEPTEMBER 18-22**  
[nutritioncare.org/MAW](http://nutritioncare.org/MAW)

**LET'S NOURISH OUR PATIENTS**



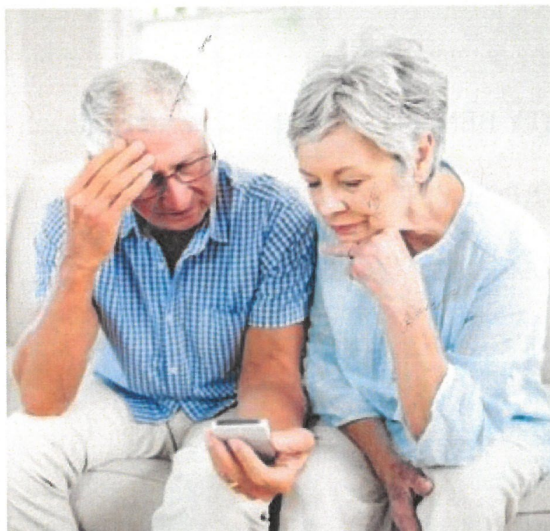
**32% of seniors**  
 living in the community  
 or residential care  
 are malnourished.

**SEPTEMBER 18-22**  
[nutritioncare.org/MAW](http://nutritioncare.org/MAW)

**LET'S NOURISH OUR PATIENTS**

## Social Security Column

### ELDER ABUSE: COMBATING INJUSTICE



Elder abuse is the intentional mistreatment or harming of an older person. An older person is defined by the Social Security Act as someone over age 60. This abuse takes many forms – including physical, emotional, and sexual harm, neglect, and financial exploitation. More than 1 in 10 older adults experience some form of abuse each year. That number is likely much higher because elder abuse is often underreported– especially in underserved communities.

Abuse victims typically show emotional and behavioral red flags, such as depression, unusual fear or anxiety, or intentional isolation. Many victims are abused by someone they know or trust. It's important to look for unusual changes in behavior around:

- Family members.
- Staff at inpatient facilities.
- Hired or volunteer caregivers.
- People in positions of trust like doctors or financial advisors.

Nude photos of the  
Sesame Street muppets  
have been leaked online.



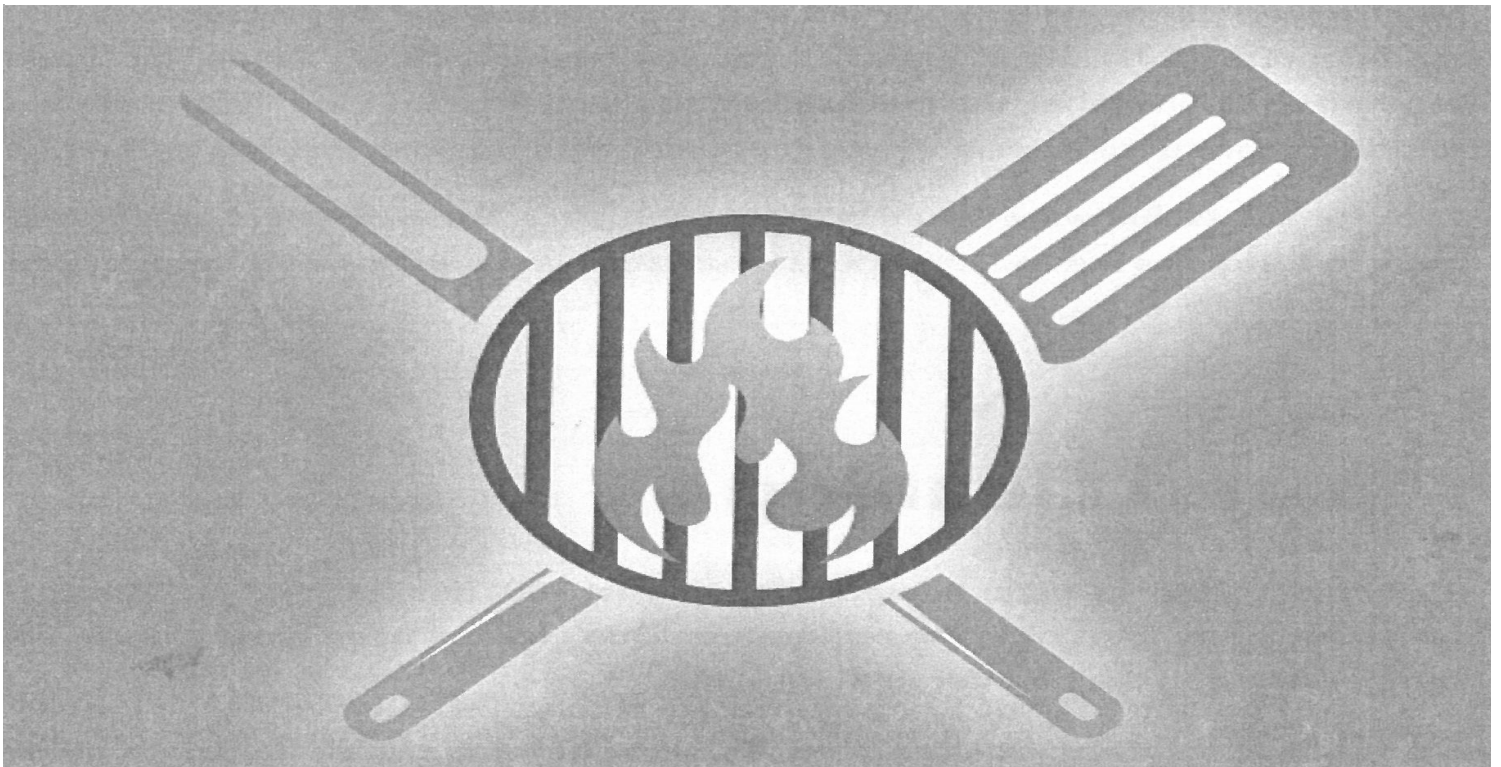
# Safe and healthy grilling tips

## Pick plants

- HCAs don't form in fruits, vegetables, or plant-based burgers, franks, and sausages.
- Think outside the onion. If you've never grilled pineapple, peaches, edamame, or zucchini, you're in for a real treat.

## Meat: mind the temperature

- The more well-done or charred the meat is, the more HCAs it will have.
- Use an instant-read food thermometer to make sure the thickest parts reach a safe temperature. That means:
  - **Chicken:** 165°
  - **Beef, pork, lamb (ground):** 160° F
  - **Beef, pork, lamb (steaks or chops):** 145° F
  - **Fish:** 145° F (or until the flesh is opaque and separates easily with a fork)
- To prevent chicken and fish from overcooking, start them on the hot side of the grill, then flip them over to a cooler spot to slow down the cooking.





## Zucchini Casserole

¼ c. chopped onion (add more if desired)

1 c. sour cream

1 pkg. stove top dressing

6 c. thick sliced zucchini

1 can cream of chicken soup

1 c. shredded cheese

1 cube butter, melted

Cook onion and zucchini in boiling water for 5 minutes and then drain. Combine soup, sour cream, cheese, salt and pepper to taste.

Add drained zucchini to the soup, sour cream and cheese mixture. Mix well.

Combine stuffing mix with butter using seasoning pkg. also. Spread half in bottom of casserole dish; put zucchini mixture on top of stuffing then top with remaining stuffing. Bake 30 minutes at 350°.

# September

# 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Turkey Patty Sandwich Romaine, Tom, Onion Banana Fries	2
3	4 <b>CLOSED</b>	5 Turkey & Ham Swiss Croissant Oranges Carrot & Raisin Salad	6 Chicken Haystacks Pineapple W/G Roll	7 Fish Sticks Apple Sunshine Carrots Waffle Fries Pudding	8 Ham Mac & Cheese Green Beans Garlic Bread	9
10	11 Pork Fingers Banana Celery & Carrots Potato Wedges Cookie	12 Honey Mustard Chicken Kiwi Capri Blend, Roll Mashed & Gravy	13 Turkey Goulosh Watermelon Green Salad	14 Salisbury Steak Juice Chalet Blend Augratin, muffin Ice Cream	15 Tuna Pasta Little Cuties	16
17	18 Swiss Steak Mixed Fruit Carrots & Tomato Rice Pilaf Jello	19 Turkey & Gravy Tropical Fruit Beets & Onion Mashed & Gravy Cottage Cheese	20 Parm Chicken Plums Mixed Vegetable Noodles Garlic Bread	21 Pork / Zucchini Mangos Tomatoes, Onion Tortilla Cookie	22 Hamburger Hash Peaches Fajita Blend Diced Potatoes Roll	23
24	25 Turkey & Cheese Wrap Chips Honey Bun	26 BBQ Pork Chops Applesauce Coleslaw Scalloped	27 Ham & Beans Apricots Corn Bread	28 Chicken Fried Steak Cali Blend, Roll Mashed & Gravy	29 Chicken Pizza Grapes Spinach Salad Cinnamon Roll	30
						

# September 2023

## Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo Doors open @4pm	2 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
3	4 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	5 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinoche 12:00p Bridge	6 10:15a Bingo 12:30p Pinoche  <b>10:00a Roses Coffee Group</b>	7 10:05a Woodcarvers 10:15a Fit & Fall Exercise	8 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo Doors open @4pm	9 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
10	11 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	12 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinoche 12:00p Bridge	13 10:15a Bingo 12:30p Pinoche  <b>10:00a Roses Coffee Group</b>	14 10:05a Woodcarvers 10:15a Fit & Fall Exercise	15 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo Doors open @4pm	16 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
17	18 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	19 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinoche 12:00p Bridge	20 10:15a Bingo 12:30p Pinoche  <b>10:00a Roses Coffee Group</b>	21 10:05a Woodcarvers 10:15a Fit & Fall Exercise	22 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo Doors open @4pm	23 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
24	25 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	26 * 10:00a Roses Coffee Grp 10:00a SCCC Ex Brd 10:15a Fit & Fall Exercise Group 10:30a SCCC Brd Mtg 12:00p Double deck Pinoche  <b>10:00a Roses Coffee Group</b>	27 10:15a Bingo 12:30p Pinoche	28 10:05a Woodcarvers 10:15a Fit & Fall Exercise	29 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo Doors open @4pm	30 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm

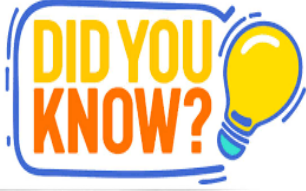
The hours are 10AM to 2PM Monday, Thursday, & Friday. 10AM to 4PM on Tuesday & Wednesday. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

Thank you and enjoy the Senior Community Center!

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

If you would like to start a program call 208) 522-4357 and we will give you the available times and spaces that are open. You will be responsible to gather your own participants to play the games or come to programs.



# Caregiver Support Group



## About Support Group

Are you a caregiver taking care of a loved one with a memory concern, dementia, or Alzheimer's?

Come join us for connection, support, and fun activities



Meetings held the 1<sup>st</sup> Tuesday of every month.

**1:00-3:00 PM**



Eastern Idaho Community Action Partnership  
935 E Lincoln Rd  
Idaho Falls, ID 83401

For more information, contact:



**James Findlay**

**208-586-1222**

[james.findlay@a3ssa.com](mailto:james.findlay@a3ssa.com)



Be somebody's  
reason to smile



## YOUR BOARD OF DIRECTORS

Linda DeLia	Retired Medical Editor	Chair
Karl Casperson	Bonneville County Sheriff Office	Vice Chair

Chris Mendel	Lincoln Court	Treasurer
Chanse Powell	Senior Solutions	
Alecia Coburn	Lincoln Court Retirement	
Kathleen Keyes	Member of PEO	
Carmon Ramos	Fairwinds Retirement	
Mary Ledezma	Retired	

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

	Mayor's Office Liaison
Sarah Ryner	Executive Director
Heidi Nelson	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

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

### 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. 208-522-5370 ext-203 Jodi (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**

**Doors open at 4:30 pm**

- \* 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

### 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

**CARD GAMES INFORMATION**

All Games have a suggested donation  
Or a required donation of \$1.00

WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD
WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD
WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD

Tuesday Double Deck			
1st	Linda		
2nd	Deb		
1st			
2nd			
Bridge			
	1st	2ND	3RD
1st			
2nd			

**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 Medicare 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.



**IDAHO**  
DEPARTMENT OF FINANCE

**BRAD LITTLE**  
Governor

**PATRICIA R. PERKINS**  
Director

Contact: Celia Kinney  
Consumer Affairs Officer  
Education Outreach  
Idaho Department of Finance  
(208) 332-8067

## NEWS RELEASE

FOR IMMEDIATE RELEASE

August 14, 2023

**Boise, Idaho...** The Idaho Department of Finance in partnership with the Idaho Scam Jam Alliance is pleased to share a series of upcoming educational events aimed at furthering consumer awareness of financial frauds and scams, including how to prevent, identify, and report, attempts from bad actors.

**Fraud Bingo Series at four area senior centers.** Fraud Bingo is an engaging form of typical bingo where participants learn key facts about locally prevalent frauds and scams, win prizes, and have a space to share personal experiences they may have encountered on these topics. Upcoming events are as follows: **Kuna Senior Center August 21<sup>st</sup> 10:00 – 11:15 a.m., Meridian Senior Center August 23<sup>rd</sup> 10:30 – 11:45 a.m., Melba Senior Center August 24<sup>th</sup> 10:15 – 11:30 a.m. and Nampa Senior Center September 21<sup>st</sup> from 1:30 – 2:45 p.m.** Registration is not required, however to accommodate capacity limits, attendance will be on a first-come first-serve basis.

**Fight Fraud. Shred it in Boise on August 30<sup>th</sup>!** From 10:00 a.m. – 1:00 p.m. AARP Idaho in partnership with the Idaho Scam Jam Alliance will host a public Outdoor Shred Event in the north entrance of the **State of Idaho Chinden Campus**. Securely dispose of personal and financial records and documents, as this is a key measure in preventing identify theft and other scams. Registration is not required but is encouraged. Please note that certain items such as cardboard, hard drives, and 3 ring binders will not be accepted. To register, and view the list of suggested/acceptable and unacceptable items, visit the event page at <https://events.aarp.org/Boiseshred23> or contact AARP Idaho at [idaarp@aarp.org](mailto:idaarp@aarp.org).

**Community Fraud Prevention Summit with expert speakers and complimentary lunch.** On **September 13<sup>th</sup> from 11:00 a.m. – 3:45 p.m.** AARP Idaho in partnership with the Idaho Scam Jam Alliance will offer a Community Fraud Prevention Summit for the public featuring a lineup of not-to-be-missed subject matter experts including speakers from the US Attorney District of Idaho, FBI, Idaho Attorney General's Office, the Boise Police Department, the Idaho Department of Finance, and independent expert Paul Greenwood, a retired San Diego Deputy District Attorney who led the Elder Abuse Prosecution Unit for 22 years. This event will be located on the **State of Idaho Chinden Campus in Conference Room 6**. Registration is required and will be accepted on a first-come first-serve basis. To view the full event agenda, a map of the event location, and to register, visit <https://events.aarp.org/Boisefraud23> or contact AARP Idaho at [idaarp@aarp.org](mailto:idaarp@aarp.org).

\*\*\*\*\*

*Consumers can obtain information about financial firms, professionals or products, as well as view more Department press releases and other information on the Internet at <http://finance.idaho.gov> or by contacting the Department at (208) 332-8000 or Idaho toll-free at 1-888-346-3378.*



## 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: 208-522-5370 ext-203. (Call for Zoom Information)**

FYI

***During the month of July your capable KITCHEN AND DELIVERY PERSONNEL served 243 meals at the center , and produced and Delivered 3,539 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 3,782 )***

**A bottle of water can cost \$1 in the  
grocery store  
\$3 at the gym  
\$5 in the cinema  
\$6 on an airplane  
The only thing that changes its  
value is the location  
So the next time u feel like your  
worth nothing  
You just might be in the wrong  
place 🤔**

### **Medicare Information**



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

**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

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OF .....July	
Beading	\$40.00
Bingo / Wed, Fri, Saturday	\$3,374.59
Beading -(Beverage)	\$10.00
Bridge	\$8.00
Bridge—(Bev Only: Both)	\$9.00
Double Deck Pinochle	\$38.00
Double Deck Pinochle (Bev.)	\$3.00
Fit & Fall Exercise	\$90.00
Pool	\$2.00
Woodcarvers	\$31.00
Mah-Jongg	\$10.00
Pinochle	\$32.00
Pinochle (Bev Only)	\$5.00
Woodcarvers ( Bev Only )	\$2.00
Rose's Gentlemen's Group	\$160.00
Ladies Morning Coffee	\$51.50
Congregate lunch (Beverage only)	\$3.00
Fit & Fall ( Beverage)	\$5.00
<b>Total</b>	<b>\$3,874.09</b>

**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)

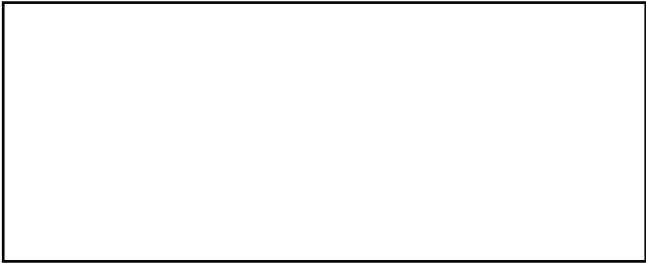
**Hours of Operation:** Monday - Friday\* 9:00 AM - 3:00 PM (MST) *\*Excluding holidays and other office Closures.*



"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  
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!

