



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: ifsc.org
Circulation: 750



June Bugs

OUR SOCIAL MEDIA

WEBSITE	FACEBOOK	TWITTER

2021 June

We reserve the right to goof-up occasionally

New Members Kerry Nesbit, Lynne Hansen, Robin Sterling, Burnell Walker, Sharon Douglass, David Heath, Michelle Simcask, Blake & Virginia Smith, Jacqueline, Ken & Gaye Puphal, James Sturm, Elaine Hall, Carl McKague, Robert & Rosemary Coulter, Wade Smout, Edward Gilder

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	201.00
Non-Senior Hour	150.00
Board Member Hour	37.00
Work Detail Hours	0.00
<hr/>	
Total Hours	388.00

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 5 Anonymous, Richard Taylor, Don Yeager,

\$100 - \$250 1 Anonymous, Sue and Don Shadley, Stan &

Amy Marko, Steve Wagner, Allen Thiel JR, Karen Divine, Ruth & Mike Oar

\$300—\$700 Karin & Jeff Armstrong,

\$800-\$2,000

Thank You!

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

Hawthorne Elementary School

3 Times through month of April-Community Food Basket

Elks Lodge #1087

Fraternal Order of Eagles Ladies Auxiliary No. 576

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, William Brotherson, Patrick McCracken, Richard & Marion Myers, Chane 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, Tyler Peterson, Shirley & Robert Brosseau, Miriam Cotto, Drew Parks, Brandy Jackson, Leah Squire, Kristen Keiss-Weitenhagen, Erin Tucker, Beth Anderton, Mary & Wayne Travis, Derek Baker, Devin Turpin

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



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

Sudoku Solution from May's Newsletter



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

Wordoku Solution from May's Newsletter



C	H	E	C	K	S	U	M
I		I		T		A	
O	V	E	R	S	E	A	S
E		C	U	P		K	
S		S	U	M		M	
P	R	I	S	M	O	I	D
O		L		E		S	
T	A	K	E	R	O	O	T

Crossword Puzzle Solution from May's Newsletter





IDAHO
DEPARTMENT OF FINANCE

Continues
on page 6

BRAD LITTLE
Governor

PATRICIA R. PERKINS
Director

Contact: Celia Kinney
Consumer Affairs Officer
Education Outreach
(208) 332-8067

NEWS RELEASE

FOR IMMEDIATE RELEASE

April 29, 2021

Financial Literacy Tip of the Week

Looking for a Loan? Consider Opting for a Licensed Lender

Boise, Idaho... Many companies offering short-term consumer loans, including payday loans, over the Internet are not licensed to do business in Idaho. If you borrow money from an unlicensed payday lender, or other unlicensed lender who offers consumer loans over the Internet, please be aware that the Idaho Department of Finance may have limited ability to assist you with problems that arise regarding your loan transaction.

The Department has become aware of the difficulties Idahoans have experienced with unlicensed online lenders who have threatened borrowers in debt collection calls with arrest and lawsuits. Fraudulent online lenders have also piled on undisclosed and inflated loan fees and have continued to withdraw payments from consumers' accounts in excess of the loan debt. The Department warns Idahoans to be cautious about who they contract with for an online consumer loan.

Payday loans made in Idaho in violation of licensing requirements are void, uncollectable and unenforceable (Idaho Code 28-46-402(3)). However, not all consumer loans made over the internet are "payday loans." Before concluding that your loan is "void, uncollectable and unenforceable," you are encouraged to read the terms and conditions of the loan in question and consult with your own attorney.

It has also come to the attention of the Department of Finance that a number of lenders offering online payday and installment consumer loans in Idaho are subdivisions of, or affiliated with, federally-recognized Indian tribes. As a result, such lenders may not be subject to the jurisdiction of the Idaho Department of Finance. The Department is currently evaluating the law and the various tribes' positions to determine if tribal lenders are outside of Idaho's authority.

If you have borrowed money from an online payday lender and need assistance, please consider the following steps:

FILING A COMPLAINT AGAINST A PAYDAY LENDER

FEDERAL GOVERNMENT

To file a complaint against a tribal-run payday lender, please contact the Federal Trade Commission at 1-877-FTC HELP (382-4357), or online at www.ftc.gov, or contact the federal Consumer Financial Protection Bureau at www.consumerfinance.gov

STATE OF IDAHO

To file a complaint against a payday lender conducting business with Idaho consumers use the Department of Finance’s online form at www.finance.idaho.gov/complaints or download a printable form. To speak with the Consumer Finance Bureau call (208) 332-8000 or toll free within Idaho at 1-888-346-3378.

FINDING A PAYDAY LENDER LICENSED IN IDAHO

The Department cautions against using the services of any payday or consumer installment lender not licensed by the State of Idaho. To find out which entities are licensed to make consumer loans in Idaho, go to the Department’s website at www.finance.idaho.gov, or call (208) 332-8000, or toll free within Idaho at 1-888-346-3378, or email the Department at finance@finance.idaho.gov and the Department will verify whether the lender in question is licensed.

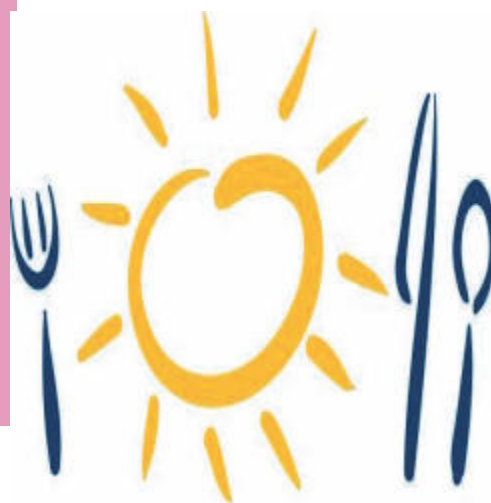
KNOW YOUR RIGHTS UNDER IDAHO’S PAYDAY LOAN ACT

The Idaho Payday Loan Act was updated on July 1, 2014, to include enhanced protections for Idaho borrowers. When shopping for a loan, a borrower should inform himself about relevant lending laws and consider alternative lending options and remedies under Idaho law. The Idaho Department of Finance publishes a brochure entitled “Payday Loans In Idaho” that is available online and in hard copy. To review the publication online visit the Department’s homepage, and follow the link entitled “Education” and “Financial Literacy.” To obtain a hard copy of the brochure contact the Department at (208) 332-8000 or toll free within Idaho at 1-888-346-3378.

A copy of this consumer advisory is available on the Department’s website at www.finance.idaho.gov/consumer/education/consumer-lending-tips/. Department of Finance press releases can be found on the Internet at www.finance.idaho.gov or by contacting the Department at (208) 332-8000 or Idaho toll-free at 1-888-346-3378.



Two Meals on
Wheels
Drivers
Dishing up
dessert for
Meals on
Wheels
Participants



Meals on Wheels

We deliver smilesSM



I have decided to cut back on being sarcastic. I solemnly swear to only be sarcastic on days that begin with T like... Tuesday, Thursday, Today, & Tomorrow.



Some people Suck the Nice right Out of you!

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.

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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.

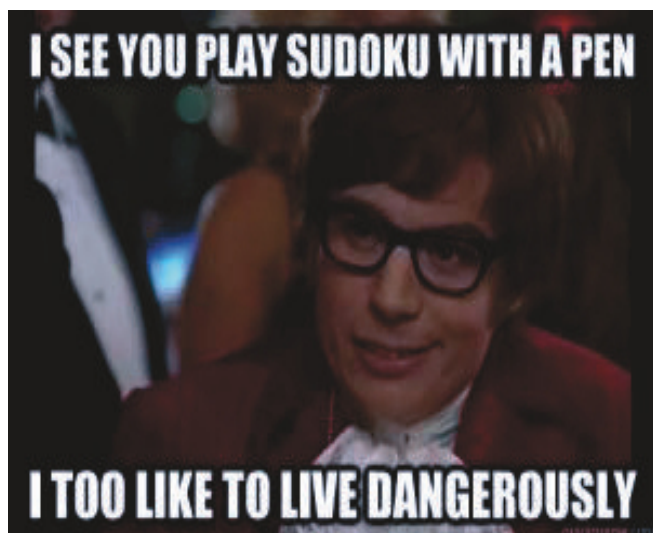
3310 Valencia Drive • Idaho Falls
(208) 310-7349 • FairwindsSandCreekSeniorLiving.com

A LEISURE CARE PREMIER COMMUNITY



FAIRWINDS
SAND CREEK





SUDOKU

4		6	5		2	8		9
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E			D			G		A
	B			H			E	



Q: what did the polar bear say when it saw a seal on a skateboard?



A: "meals on wheels!"



DON'T TRUST
the Caller ID

S P O O F I N G

Caller ID spoofing is when a caller disguises themselves as another person or business to trick you into giving personal information like your Medicare or Social Security number.

  877.808.2468
SUPPORTED BY GRANT # 90MPC0002 FROM ACL

6. Get Enough Sleep



The importance of getting enough quality sleep can not be overstated.

It may be just as important as diet and exercise, if not more.

Poor sleep can drive insulin resistance, throw your appetite hormones out of whack and reduce your physical and mental performance.

What's more, it is one of the **strongest** individual risk factors for future weight gain and obesity. One study showed that short sleep was linked to 89% increased risk of obesity in children, and 55% in adults.

Senior Communicator Newsletter

Senior Center Name: _____

Idaho Falls Senior Center

Month: June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
MILK	0 Beef Stew 0 Bananas 0 Root Veg mx 1c, Dinner Salad 0 Potato MILK 0 Brownie Cake	Chicken Stuffing Bake Peaches Broccoli, Caul, Zucch- 1 cup Stuffing- 1 c MILK Rocky Road icecream	Clam Chowder Mandrian Oranges Dinner Salad Diced Potatoes MILK	0 Turkey Noodle Casserole Pineapple Carrot, Peas, Limas, onion/ 1 c WG Egg Noodles/ 1 c MILK 0 National Cheesecake

7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
Grilled Ham & Cheese Kiwi Cauliflower, Broccoli French Fries MILK Chocolate Mousse	Lemon Pepper Baked Fish Cantaloup Boston Baked Beans Rice Pilaf MILK	Chef Salad with Ranch Dressing Apple Tomato, Celery, Carrots, mx green WG Muffin MILK & Cheese	Meatloaf Cranberry Juice Asparagus with Cheese Mashed Potatoes & Gravy MILK- National Chocolate Milk 0 S'Mores	Baked Pineapple Chicken Peaches & pineapple Spinach & Vinegar Tator Tots MILK No Bake Peanut Pie

14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
Mexican Chicken Oranges Veg Blend, Caul, Sweet Potatoes Spanish Rice MILK & Cheese	Cheese Burger Applesauce Baked Beans French Fries MILK- Cheese 0 Banana Pudding	Apple Chops Apples Oriental Rice Pilaf MILK	Tuna Pasta Raisins Peas, Carrots, Celery, Onion/ 1c Wagon Wheel Pasta/ 1 c MILK 0 Pistachio Pudding	Oven fried Chicken Watermelon Corn on the cob Potato Salad MILK Spice Cake

21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday
Baked BBQ Chicken Sandwich Plums Chalet Vegetable, Coleslaw WG Hamburger Bun MILK	Soft Taco Pears Lettuce, tomato, olive, onion WG 5" Tortilla Shell MILK- Sour cream-Cheese 0 Jello with Pears	Chicken Paprikash Banana Cream of mushroom soup, Italian Wild Rice MILK & Yogurt	Turkey Hot dog Mixed Fruit Winter Blend Mac & Cheese MILK 0 Chocolate Cake	Baked Chops with Vegetables Pineapple Tomato, onion, Green Pepper Brown Rice MILK Bread Pudding

28 Monday	29 Tuesday	30 Wednesday	0 Thursday	0 Friday
Pork Tenders with Mushroom Sauce Apples Broccoli, Mushrooms, Onion, Red Pep Ziti Pasta MILK	Chicken Caesar Salad Strawberries Cucumber, Tomato, Romaine-Dre WG Garlic Bread MILK	Cold Turkey Cheese Wrap Grapes Lettuce, Tomato, Onion German Potato Salad MILK	MILK	MILK

Menu Subject Change! In Center Closed to the Public. Opening date is TBD (to be determined) We offer take out meals. Need to call day before to be added to list



Recipe: Slow-Roasted Lamb Shoulder with Lemon, Garlic and Rosemary

Ingredients: **Lemon, Garlic & Rosemary Marinade:** 1. 6 Cloves of Garlic, Peeled 2. 1/4 cup fresh rosemary leaves. 3. 2 Tablespoons Dijon mustard 4. 1/4 cup olive oil 5. 1/2 cup lemon juice. **Slow-Roasted Lamb Shoulder:** 1. 1x2kg lamb Shoulder (Bone in) 2. 1 quantity of lemon, Garlic, & Rosemary marinade. 3. Roasted vegetables and green beans to serve.

Directions: **Marinade:** 1. Use Blender for the marinade. 2. Combine all marinade ingredients into blender, pulse for 5 to 10 minutes until smooth(makes 1 cup) **Slow Roasted Lamb Shoulder:** 1. Season Lamb. Place Lamb into a large snap lock bag. Add marinade seal bag. 2. Massage lamb to coat evenly with marinade. Marinade in the fridge for 4 hours, or overnight if the time permits. 3. Preheat oven to 400°F fan forced, Place lamb and Marinade into a baking dish. Pour 1 cup water into dish. Cover with a sheet baking paper and then cover pan with foil bake for 2 hours. 4. Uncover lamb. Add an additional 1 cup water to pan. Reduce heat to 240°F 5. Bake uncovered for a further 2 hours or until lamb is very tender and falls off the bone. Remove from oven. 6. Shred and slice lamb. Serve with roasted Vegetables and green beans.

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



Continues
on page 16



Medicare Minute Script — May 2021 Medicare Cost Assistance Programs

Today we will discuss various programs that help people with their Medicare costs.

Point 1: Understand the benefits offered by the Medicare Savings Programs.

Medicare Savings Programs, or MSPs, help pay your Medicare costs if you have limited income and savings. There are three main programs, each with different benefits and eligibility requirements. If your income is up to around \$1,400 per month as an individual, or around \$1,900 per month as a couple, you may qualify for an MSP. You may also have to have limited assets. If you qualify for any one of the three MSPs, your Part B monthly premium will no longer be deducted from your Social Security check. Two of the three main MSPs additionally give you up to three months of retroactively reimbursed Part B premiums. The third main MSP eliminates all cost-sharing for Medicare-covered services and pays for your Part A premium if you do not have the work history for premium-free Part A. If you are already enrolled in Part A, all three main MSPs additionally allow you to enroll in Part B outside of usual enrollment periods and eliminate your Part B late enrollment penalty, if you have one. You cannot choose to apply for a certain MSP; you will be enrolled in the MSP that corresponds to your income, assets, and application details.

Point 2: Know the benefits and eligibility guidelines for Extra Help.

Extra Help is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. The Extra Help program pays for your Part D prescription drug plan premium up to a state-specific benchmark amount. It also lowers the cost of your prescription drugs. It eliminates any Part D late enrollment penalty, if you have one. It also gives you Special Enrollment Periods throughout the year to enroll in a Part D plan or switch between plans. It is important to know that Extra Help is a cost assistance program. It is not a plan. You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help cost assistance. You should be automatically enrolled in Extra Help if you have Medicaid, Supplemental Security Income, or a Medicare Savings Program. Otherwise, you may still be eligible for Extra Help if you have limited assets and your income is up to around \$1,600 per month as an individual or a little less than \$2,200 per month as a couple. If you are not automatically enrolled, you can apply for Extra Help through the Social Security Administration.

Point 3: Learn about other ways to receive Medicare cost assistance.

Many states offer State Pharmaceutical Assistance Programs, or SPAPs, to help residents pay for prescription drugs. Each program works differently. SPAPs may pay for your Part D plan's premium, deductible, or copayments. Additionally, people with Medicare may also be eligible for Medicaid, which can cover services that Medicare does not, like long-term care, and also cover Medicare's out-of-pocket costs. Generally, your income and assets must be below a certain amount to qualify. These limits vary from state to state and from program to program. You can contact your State Health Insurance Assistance Program, or SHIP, to learn about the cost assistance programs or facilities available in your area and whether you might be eligible.

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

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wclough@lpicommunities.com or (800) 950-9952 x2635



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Recipe: Greek Yogurt Fruit Dip

Ingredients: 3 Containers greek Yogurt (6 oz, your choice of flavor)



Directions: 1. In a bowl with a mixer, beat cream cheese until smooth and creamy. On low, beat in yogurt until smooth and fully combined. Place in a serving bowl and serve as a dip for fresh fruit.



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

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2440 Jafer Ct. • Idaho Falls, ID 83404



YOUR BOARD OF DIRECTORS

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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. 208-522-5370 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

COMMUNITY BINGO

Guaranteed minimum \$5000

**CLOSED TO THE PUBLIC
REOPENING TO BE DETERMINED**

at 4:30 pm

FUN BINGO on WEDNESDAY MORNINGS
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

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
LUNCH 12:00 Noon CARDS 12:30 pm

Rules are on the bulletin board

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

Players should be registered
 and at the tables by 12:15 pm

WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD

	HIGH	2ND	3RD

	HIGH	2ND	3RD

2ND MONDAY BRIDGE			
	HIGH	HIGH /Tied	2ND

TUESDAY BRIDGE			
	HIGH	2ND	3RD

TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD

There were no card games. The Center has been closed to the public due to the COVID-19 virus. Hope everyone is well and Staying safe. We cannot wait to see all your smiling faces again soon!!

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.

Continued from
Page 12



Point 4: Be aware of the personal financial losses caused by Medicare fraud, errors, and abuse.

Medicare fraud, errors, and abuse can result in financial losses for people with Medicare. For example, you could be charged for health care services that you never received, were excessive, or were not medically necessary. Beware of people who ask for your Medicare number, Social Security number, or bank information just to provide you with information. Someone can use this personal information to commit identity theft, steal from you, or enroll you in a plan without your permission. Scammers can even use your information to receive medical treatment covered by your insurance. You should always read your Medicare Summary Notices or Explanation of Benefits to detect potential errors or fraud. If you believe you have experienced Medicare fraud, waste, or abuse, contact your local Senior Medicare Patrol, or SMP. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

Take Action:

1. Call your State Health Insurance Assistance Program (SHIP) to find out if you are eligible for an MSP, SPAP, Extra Help, or other health cost assistance programs in your area.
2. Apply for Extra Help online at ssa.gov
3. Call your local Medicaid office to learn about MSPs or Medicaid in your state.
4. Contact your Senior Medicare Patrol (SMP) to report potential Medicare fraud, errors, or abuse.

Local SHIP Contact Information	Local SMP Contact Information
<p>SHIP toll-free: Senior Health Insurance Benefits Advisors (SHIBA) 1-(800)-247-4422 SHIP email: idahoshiba@doi.idaho.gov SHIP website: doi.idaho.gov/shiba/</p> <p>To find a SHIP in another state: Call 877-839-2675 or visit www.shiphelp.org.</p>	<p>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</p> <p>To find an SMP in another state: Call 877-808-2468 or visit www.smpresource.org.</p>

This document was supported, in part, by grant numbers 90SATC0002 and 90MPCRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

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)**

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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 April our capable KITCHEN AND DELIVERY PERSONNEL served 88 take out meals at the center, and produced and Delivered 4,770 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals:4,858)

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



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208-522-1591



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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.

The 2.99 Special

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99.

'Sounds good,' my wife said.
'But I don't want the eggs..'

'Then, I'll have to charge you \$3.49 because you're ordering a la carte,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?'
my wife asked incredulously.

'YES!' stated the waitress...
'I'll take the special then,' my wife said..

'How do you want your eggs?'
the waitress asked.

'Raw and in the shell,' my wife replied.
She took the two eggs home
and baked a cake.

DON'T MESS WITH SENIORS!!!
WE'VE been around
the block more than once!

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



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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

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The Senior Citizen Activity Center, Inc.

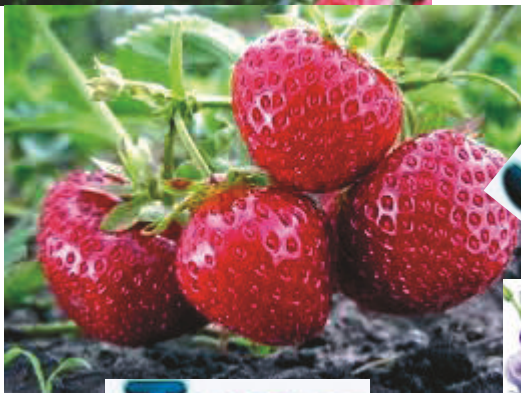
Is a United Way Agency. Thanks to you, it continues to work for all of us!



June



We are
closed to
the public
until
further
notice!



June



June

June