



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: ifscac.org
Circulation: 750



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



November
2025

We reserve the right
to make mistakes
occasionally

New Members: Diane & Reid Nelson, John Liljenquist, Susan Johnson

AND FOR ALL OUR NEW MEMBERS... Please don't be a passive member! Get involved...Join in the daily activities. In most cases the daily activities are not created by the Center Management, they were created by members who asked "Can we do this?" Management is concerned with activities only in a support position.

Thank You to all of our Volunteers

Senior Hours	138.70
Non-Senior Hour	331.92
Board Member Hour	42.42
Work Detail Hours	2.00
<hr/>	
Total Hours	515.04

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!



A big shout out to Citizens Community Bank for Volunteering and for their Donation!

Thank You!

Monthly Supporters

United Way

**City Of Idaho Falls * Medicaid*

Eastern Idaho Community Action Partnership

**Community Food Basket *Panera bread **

**Humanitarian Center* Molina*

United Healthcare

Thank You!

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

\$ 0 - \$ 99 John Long, Kristine

Simpson, Anonymous

\$100-\$250

\$300- \$700

\$1,000-\$20,000

Thank You!

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

We want to say **thanks** to our **VOLUNTEER DRIVERS** for the Home Delivered Meals program. We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. You are a blessing to all.

Dave Nobles, Steve Stowell, Marla Morgan, Jeffrey Socher, Jordan Homer, Kristine M, Hal & Deb Tobin, Mr. & Mrs. Yeager, Melissa Knight, Rick Dale, Gerald Ondricek, A.J. Knight, Frank Rhoades, Roger Kuhl, Kathy Faylor, Teri Sokolek, Rosanna & Randal Merick



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emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Diet for Seniors With Diabetes



Many people—including family and caregivers—may not fully understand what people with diabetes can and cannot eat. When caring for seniors with diabetes, it's important to be aware of certain myths regarding food and this disease.¹

The American Diabetes Association recommends designing your dinner plate as follows:

½ with nonstarchy vegetables, ¼ with grains and starchy foods (brown rice, green peas, potatoes, pasta), and the last ¼ with protein (nuts, fish, eggs, cheese, chicken).²

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. The key to eating sweets is sticking to very small portions that are saved for special occasions.

Myth: People with diabetes can't have fruit.

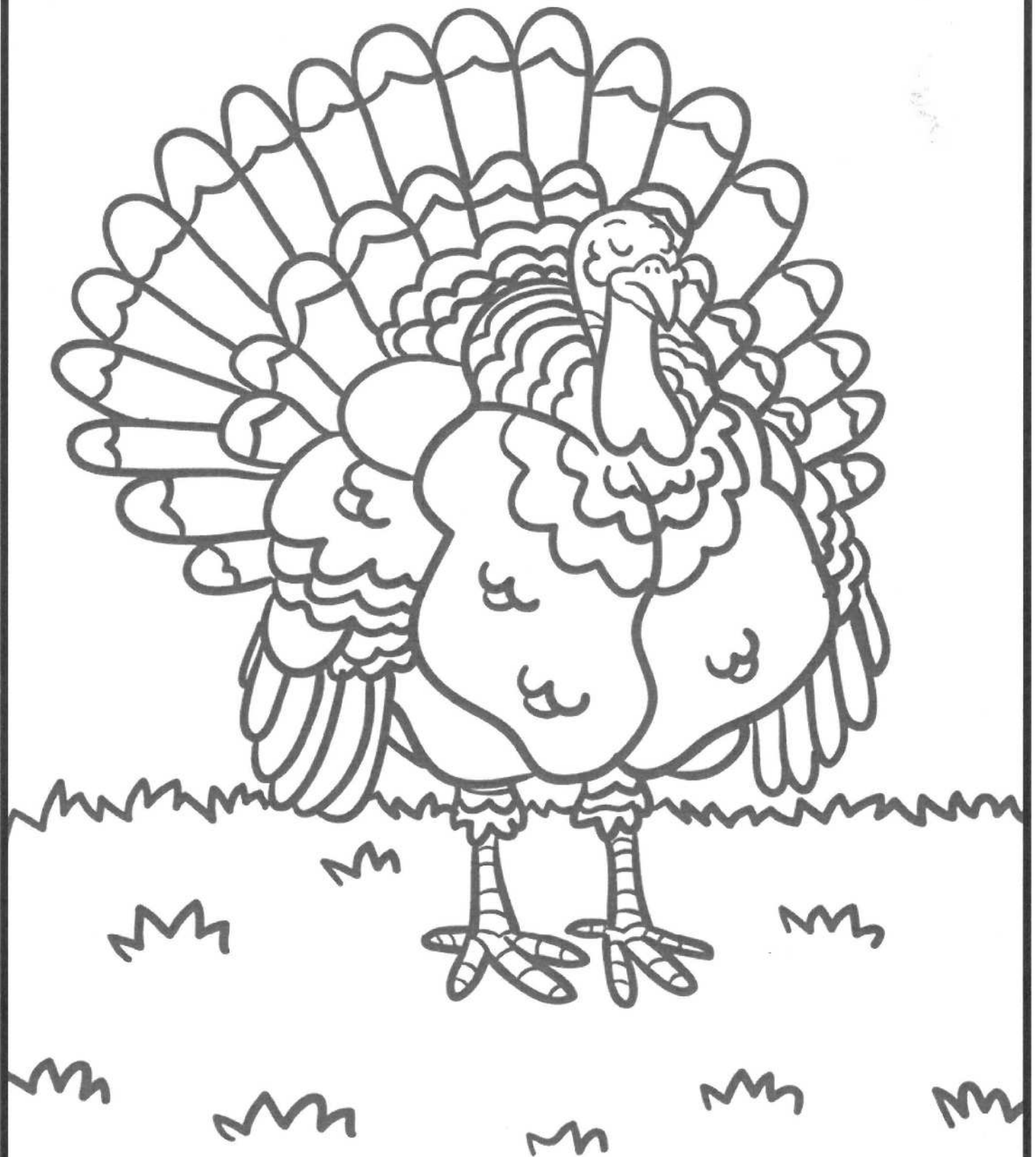
Fact: Fruit is a healthy food that contains fiber, vitamins, and minerals. Fruits also contain carbohydrates, which are an important part of a healthy diet, and should be included in meal plans for people with diabetes.

Myth: People with diabetes must follow a special diet.

Fact: Long-term residents with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

Myth: People with diabetes should avoid carbohydrates.

Fact: Finding the right amount of carbohydrates depends on many things, including how active you are and what medicines you take. A good starting place is 45–60 grams of carbohydrates per meal.



PUMPKIN CRUNCH

Clara Betty McMannon

1 (16-oz.) can pumpkin

1 (12-oz.) can evaporated milk

3 eggs

1½ c. sugar

½ tsp. salt

4 tsp. pumpkin spice

1 yellow cake mix (dry)

1 c. chopped nuts

1 c. butter, melted

**Cool Whip or prepared whipping
cream**

Combine pumpkin, milk, eggs, sugar, salt, and spice (use recipe on can for spice mixture). Pour into a greased 9" x 13" pan. Sprinkle the cake mix over the pumpkin mixture; sprinkle the nuts over the cake mix; drizzle the butter over the nuts. Bake at 350° for 50 minutes. Serve with Cool Whip or whipped cream.

VETERANS DAY

Piano recital

To honor and salute our veterans

When: November 11 at 10 am

Where: Ammon LDS church at
2055 S. Ammon Rd

Presented by the teachers of the
Idaho Falls Music Club



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

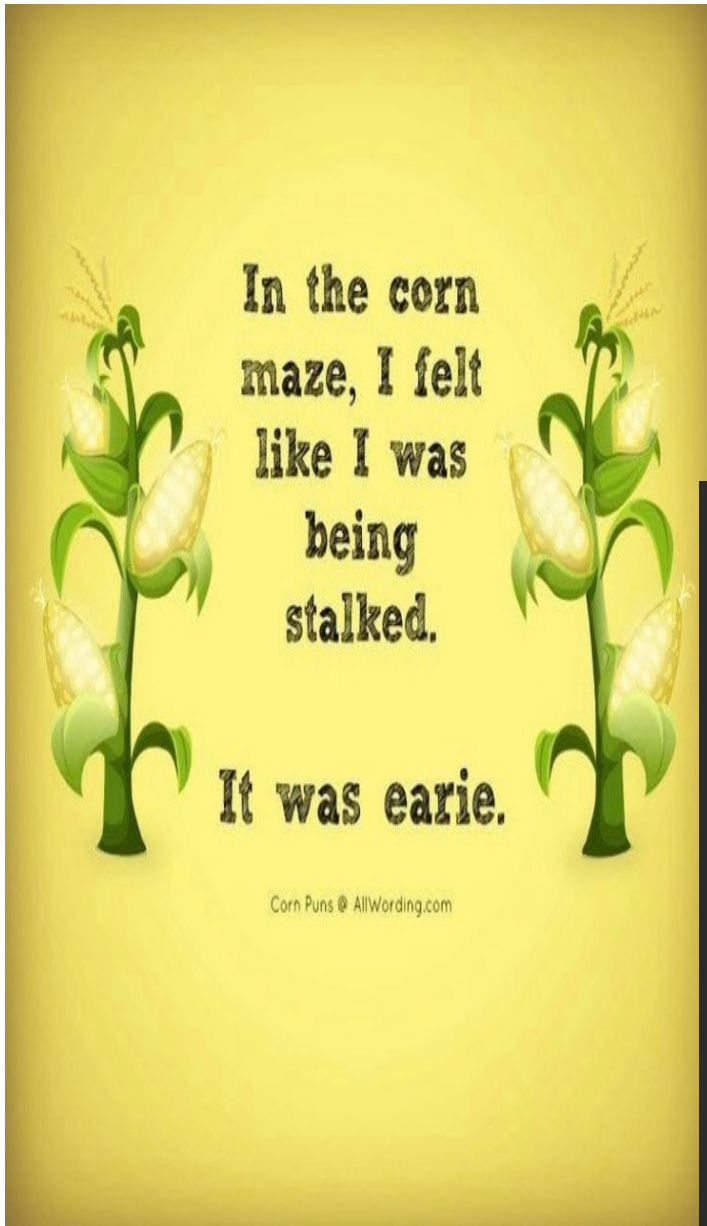
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bad driver when Siri says...
"In 400 feet, stop and let
me out!"**

**I JUST ORDERED
A LIFE ALERT
BRACELET SO IF
I EVER GET A LIFE
I WILL BE NOTIFIED
IMMEDIATELY 😂**

Eastern Idaho Area Agency on Aging

Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partner-ship—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 at (208) 522-5391.



Happy Thanksgiving



November 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	
	3	4	5	6	7	
	Baked Chicken Pears Peas Scalloped Potatoes Roll Vanilla Pudding	Turkey Alfredo Tropical Fruit Beets Breadstick Jello	Philly Cheesesteak Sandwich Peaches Fajita Blend Swiss Cheese	Clam Chowder Fruit Cocktail Carrots, Celery, Potatoes Oyster Crackers Rice Krispy Treat	Ham & Cheese Sandwich Apple Lettuce, Tomato, Onion Chips	
	10 Chili Appricots Tomato, Onion, Garlic Cornbread	11 Lemon Pepper Fish Berry Blend Oriental Blend Chocolate Pudding	12 Sweet & Sour Chicken Apple Sauce Carrots Rice Fruit Snack	13 Supreme Pizza Strawberries Onion, Green Peppers, Broccoli Salad	14 Turkey & Cheese Wrap Pineapple Tomato, Onion Lettuce WG Bar	
	17 Fish Tacos Kiwi Coleslaw Ice-cream	18 Turkey Over Mashed Taters Cranberry Mixed Veggies Potatoes & Gravy Roll or bread	19 Walking Taco Orange Tomato, Onion, Lettuce, Olives, Salsa Sour Cream Cookie	20 Ham Stir Fry Fruit Cocktail Rice Jello	21 Chicken Strips Grapes California Blend Sweet potato Tots	
	24 Shepard's Pie Pineapple Carrots, Peas, Onions Roll No Bake Cheesecake	25 Pork Egg Roll Mandarin Oranges Rice Carrots, Squash & Cabbage Fortune Cookie	26 Sliced Turkey Cranberry Sauce Green Beans Sweet Potatoes Roll Pumpkin Pie	27 CLOSED Thanksgiving	28 CLOSED	

November 2025

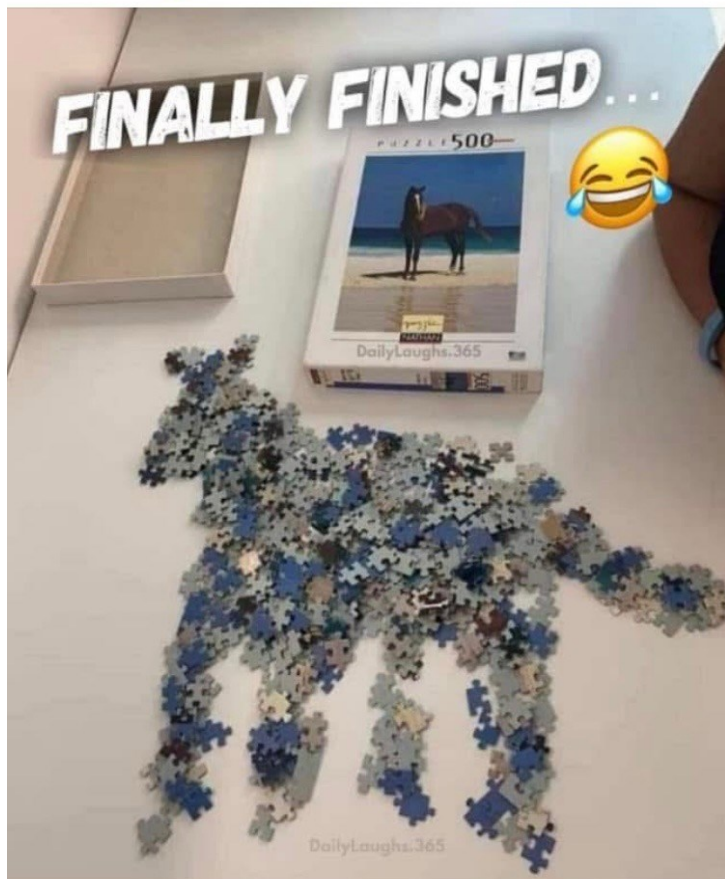
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 6:00p Bingo- Doors open at 4pm
2	3 10:00a MahJongg 10:00a Jimmy King & Friends	4 10:00a Fit & Fall Excercise 11:00a Ladies Coffee	5 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle	6 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee	7 10:00a Beading 6:00p Bingo-Doors open at 4pm	8 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
9	10 10:00a MahJongg 10:00a Jimmy King & Friends	11 10:00a Fit & Fall Excercise 11:00a Ladies Coffee	12 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle	13 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	14 10:00a Beading 6:00p Bingo-Doors open at 4pm	15 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
16	17 10:00a MahJongg 10:00a Jimmy King & Friends	18 10:00a Fit & Fall Excercise 10:30a SCCC Board Meeting 11:00a Ladies Coffee	19 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle	20 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee	21 10:00a Beading 6:00p Bingo-Doors open at 4pm	22 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
23	24 10:00a MahJongg 10:00a Jimmy King & Friends	25 10:00a Fit & Fall Excercise 11:00a Ladies Coffee	26 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle	27 10:00a Fit & Fall Excercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	28 10:00a Beading 6:00p Bingo-Doors open at 4pm	29 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
30						

All of the programs in the Center are run by volunteers
At times the Volunteer may need to cancel the program.

Thank you in advance for your understanding.
Visit our Facebook page for latest Center activities.
See more info At IFSCCC.ORG

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

The box said 12 years and up it only took me 30 minutes! 😄



JUST A REMINDER

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



Grandparents Corner

EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

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

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Please consider sponsoring a meal for one of our Senior Citizens. We have a tree with tags for \$6.50 on it at the Senior Center. Come in and buy a tag. We will display the tags proudly in thanks to those who help our Seniors for your generous donation.

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OCTOBER EDITION

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID D 4C 05-1113

YOUR BOARD OF DIRECTORS

Karl Casperson	Bonneville County Commissioner	CHAIR
Chanse Powell	Senior Solutions	VICE CHAIR
Jared Anderson	Eagle Rock Health & Rehab	Treasurer
Linda DeLia	Retired	Secretary
Kathleen Keyes	Member of POA	
Roy Matthews	Retired	
Benjamin McInelly	Cascadia Healthcare	
Mary Ledezma	Retired	

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

Jim Francis	Mayor's Office Liaison
Sarah Ryner	Executive Director

The Board meets on the
4th Tuesday of each month, sometimes
changes, or is canceled.

from 10:30 AM to 11:55 AM

All meetings are open to the public

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

All are welcome. Thank you

Caregivers Support Group

EICAP Caregivers Support Group

A support group for individuals who are caring
for loved ones and are in need of information,
resources, and support. We cover a wide range
of topics such as Safety, Health & Fitness, Self
care, Family relationships, Daily care, Respite,
Grief & End of life. We meet on the 1st & 3rd
Friday,

from:

1pm—3pm at EICAP 935 E. Lincoln Rd.

I.F. (208) 522-5391 ext-203 Emily (call for zoom
information)

See you there.....

Idaho Falls Senior Citizens'
Community Center
535 west 21st street
PRESENTS

Also Known as
**SENIOR
ACTIVITY CENTER**

**COMMUNITY
BINGO**

Guaranteed
minimum
60%
payout

& Friday
Evenings

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

Doors open at 4:30 pm

Also join us for FUN BINGO on WEDNESDAY MORNINGS
STARTS AT 9:45AM - 16 games for as little as \$3.50

- * **FOR EVERYONE** - Not just for seniors
- * **Must be 18 years old** or older to play
- * **Win CASH**

WE ARE A SMOKE-FREE
AND ALCOHOL-FREE ENVIRONMENT
AND A NON-PROFIT ORGANIZATION

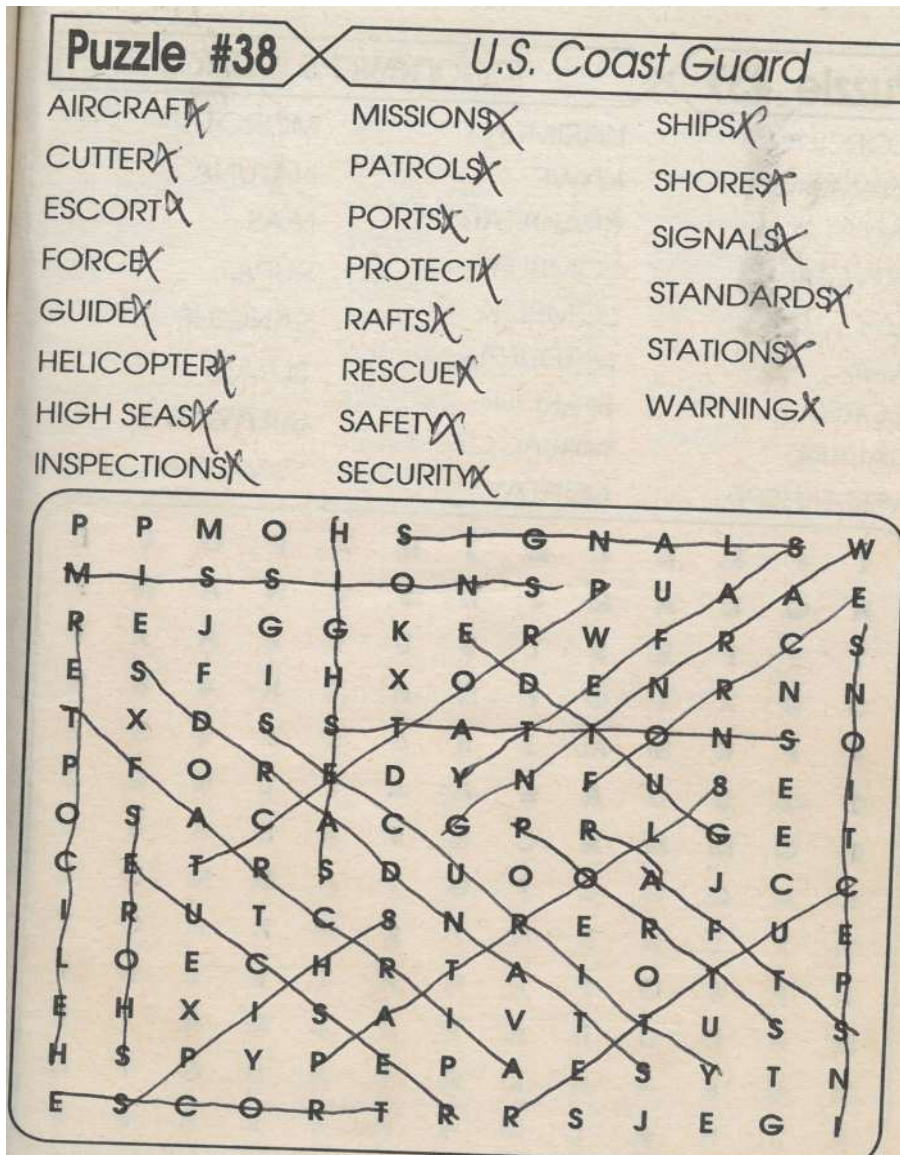
URGENT

Give back to your community by donating
to your local charity right here in Idaho
Falls. You can donate money, **your time,**
or needed items. We have our **Silent
Auction in November** and could use
some items. Some of our funding has
dropped off and we need more funding
to take its place.

**WE NEED THE COMMUNITIES
SUPPORT RIGHT NOW! PLEASE
COME SUPPORT US!!!**

Call (208)522-4357 for questions, or visit in person
at 535 W 21st Street, Idaho Falls, ID
83402





Answer Key From
September NL to the
left



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 Part D (prescription drug) costs. These programs offer varying amounts of assistance that you can qualify for depending on your income and assets.

Did You Know? Fun Facts for Seniors

Did you know these facts for seniors? Seniorly offers some fun facts about aging, so you can start learning why aging can be awesome.

Believe or not, there's more to life for those 65 and older other than game night and golf courses. You feel wiser. You know yourself better. And you also become a part of a powerful demographic. To celebrate this special time in your life, we've shared some interesting facts for seniors that may surprise you.

1. Age doesn't determine success.

The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!

2. We Lose a few bones along the way

We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.

3. Seniors hold the most voting power.

When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.

4. Creativity doesn't diminish with age.

Laura Ingalls Wilder didn't publish *Little House in the Big Woods* until 65. Millard Kaufman didn't publish his first novel until 90!

7. You (mostly) have control over aging.

Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.

5. Seniors are living Longer.

Due to advancements in healthcare and technology, people are living longer. By the year 2040 the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million.

6. ...and growing faster.

According to the US Census Bureau, older adults make up the fastest growing age group within the United States.

8. There's less stress after 65.

Despite citing other health and money concerns, those 65 and older experience less stress.

9. Learning can

save your brain.

In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

By [Emma Rodbro](#) Updated on Jul 15, 2025

10. Sleeping habits alter over time.

Our sleeping patterns change as we age: we get tired earlier and wake up earlier.



FYI

During the month of September our capable KITCHEN AND DELIVERY PERSONNEL served 267 meals at the center, and produced and Delivered 4,290 meals to home-bound seniors through our Meals On Wheels program (Total meals: 4,557)

Grandparents Corner

EICAP Grandparents Raising Grandchildren Support Group

A support group for individuals who are in need of information, resources and support regarding a variety of issues including: medical, legal, behavior and school issues. They meet on the 4th Tuesday of every month
From: 12:00 pm—1:30pm at EICAP
935 E Lincoln Road, IF, 83402
Phone: 208)522-5370 ext-203. (Call for Zoom Information)

Care
on your own terms

A FEW WAYS WE CARE:

- Companionship
- Fall & Injury Prevention
- Transportation
- Medication reminder
- Grocery shopping
- Laundry
- Meal preparation
- Grooming/hygiene
- Vacuuming
- Alzheimers care
- Dementia care
- Post-surgical care
- Pet care
- Assist with ADL's
- Organization
- & more!

Reach out.
We are here to help.

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

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

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CONTACT ME
Bill Clough

wclough@lpicommunities.com

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Puzzle #32**Chinese Cooking**

AGAR	CUCUMBER	SEA BASS
BEAN SAUCE	FAVA BEANS	SHRIMP
BEAN SPROUT	FLOUNDER	SPINACH
CELERY	HAM	SQUID
CLAM SOUP	LEEEKS	TOFU
CORNISH HEN	NEST SOUP	TROUT
CORN SOUP	OYSTERS	
CRABS	RICE	

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

Medicare Information

- To learn about Medicare eligibility or to apply, visit www.ssa.gov/med or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- If you do not sign up for Medicare Part B (medical insurance) when you are first eligible, or if you cancel Part B and then get it later, you may have to pay a late enrollment penalty for as long as you have Part B.
- For questions about Medicare coverage and billing, visit www.Medicare.gov or call **1-800-MEDICARE** (**1-800-633-4227**) (TTY **1-877-486-2048**).
- The Extra Help program may help pay the costs of a Medicare Prescription Drug Plan for people with limited income and resources. Costs include premiums, deductibles, and co-payments. You can apply online at www.ssa.gov/medicare/prescriptionhelp or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- The Medicare Savings Programs may help pay for Medicare premiums and other out-of-pocket costs for people with limited income and resources. You can start the application process when you apply for Extra Help or you can contact your State or local medical assistance (Medicaid) office.

Don't be a target of Healthcare fraud! Learn how to prevent Healthcare Fraud by contacting your local Senior Medicare Patrol at 208)522-5391 ext. 202



Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

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

Idaho Legal Aid
www.idaholegalaid.org

A non-profit Idaho law firm and community education organization. Idaho Legal Aid Services offers a Senior Legal Hotline and a Domestic Violence Legal Advice Line for many qualifying Idaho citizens.

If you are a **senior (age 60 or older)** and you need help with a legal problem, have a question you think a lawyer should answer, or have been sued and don't know where to turn, call our **Senior Legal Hotline:**

(866) 345-0106 or Español (866) 954-2591

(toll free); (208) 345-0106 (Boise calling area)

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

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OF September

Beading	\$38.00
Bingo Charity Wed, Fri, & Sat	\$3,150.47
Congregate Lunch	\$313.00
Congregate Beverage	\$0
Ladies Coffee	\$61
Fit & Fall Exercise	\$207.84
Mah-Jongg	\$0
Painting Group	\$7
Pinochle	\$61
Pinochle (Bev Only)	\$15
Pool	\$52
Rose's Gentlemen's Group	\$57.52
Woodcarvers	\$19
Misc. fundraiser	\$20
Other	\$621
Total	\$4,622.83

**United
Way**



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

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