



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: ifsc.org
Circulation: 750



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



2024
February

We reserve the right
to make mistakes
occasionally

New Members: Dale & Martha Weitzel, Stephen & Joyce McKelley, Juan Fullmer, Janice Pershing, Roberta Young, James Waller, Gary & Jannie Lythgoe, Alfonso & Maria Romero, Barbara Rojas.

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	89.60
Non-Senior Hour	240.30
Board Member Hour	8.00
Work Detail Hours	20.00

—Total Hours **357.90**

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– Gene & Sally Cook, Mike & Shauna Pawlowski, Nancy DeJourdan, Joseph Laird, David & Elizabeth Dahl.

\$100 - \$250– C.L. Ilene Parsons, Kay & James Rose, Janice & Ed Hahn, P.T. & Tanya Richardson

\$300—\$700 Steve Wagner

\$800-\$4,000– Barret Short & Collen Brewerton

Misc.

Thank You!

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

Fraternal Order of Retired Eagles

Johnson Brothers

Newcomers Club of Idaho Falls

P.E.O. Sisterhood Chapter, AA

Retired Eagles Activity Club



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

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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,
Taylor Haderlie, Steve Stowell, Johannah Thompson, Marla Morgan,
Jeffrey Socher, Moira Solle, Bob Schweiger, Jordan Homer, Drew Parks,
Don Yeager, Roger Kuhl, David Archer, Robert Pearce, Kathy Failor,
Chris Waddoups, Melissa Knight, Linda Williams, Barbara Miller*

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Nutrition Over 70: A Guide To Senior Dietary Needs



Amy Long Carrera, MS, RD, CNSC, CWCMS

Registered Dietitian Nutritionist

07/10/12 9:50 PM PST



Updated January 5, 2021

If you are over 70 years old, some of your dietary needs differ from other populations. Your calorie needs decrease as you get older, yet you may need more of some key nutrients.

How Many Calories

The amount of calories you need depends on how physically active you are. The USDA defines a sedentary lifestyle as one in which you are limited to the activities of daily living. If you walk briskly for more than 3 miles a day you are considered active. You may need more or fewer calories than what's recommended if you are unable to maintain a healthy weight.

- A sedentary male over the age of 70 requires around 2,000 calories. Consume about 2,600 calories a day if you are active.
- A female older than 70 years should eat between 1,600 to 2,000 calories daily if you are a sedentary to active.

How Much Protein

According to the Dietary Guidelines for Americans 2020-2025, 10-35% of the daily calories consumed should consist of protein coming from meat, chicken, fish, beans and dairy products.

Correction: language was added to clarify that Idaho's median household income growth (in dollar amount) of \$9,153 ranked 5th in the nation, not Idaho's overall median household income (\$70,214).

Correction: the formatting of the y-axis for Figure 2 has been corrected, the previous version incorrectly listed dollar amounts.

Idaho's 15% median household income growth highest in nation

- Housing units surge by 57,000 -

Idaho led the nation for median household income growth at a rate of 15%, according to the U.S. Census Bureau's 2018-2022 American Community Survey. The state's median household income increased by \$9,153 from the 2013-2017 survey, ranking 5th in the nation for dollar-for-dollar growth. The 2018-2022 survey puts Idaho's median household income at \$70,214. The American Community Survey also provides multi-year estimates for all 50 states including the District of Columbia and Puerto Rico.

Idaho's jump in median household income between the two five-year periods can be partially attributed to the state's rapid population growth during the COVID-19 pandemic. The need for entry-level service workers exceeded the supply of willing employees, boosting wages in sectors like health care and social assistance, accommodations and food service, and education. The pandemic also increased demand for construction workers due to the housing boom.

An exit of retirees from the state's workforce, both early and expected, also led to higher wages necessary to retain existing employees and recruit new hires. This was particularly evident for workers in front-facing and lower-tenure jobs with a high turnover rate during the pandemic and for some time after.

A handful of other western states alongside Idaho also experienced significant increases in median household income (Figure 1). According to Labor Economist Jan Roeser, Idaho's increase may be influenced by remote workers choosing to work in a higher-wage state while residing in a state with a lower wage structure.

States with less economic diversity and a robust energy sector, including Alaska, Wyoming, North Dakota and Oklahoma, witnessed a decline in median household wages or low/stagnant wages between the two five-year periods.

Figure 1 - Median Household Income Growth

Highest Growth %, top five			Lowest Growth % bottom five		
Rank	State	% Ch.	Rank	State	% Ch.
1	Idaho	15.0%	51	Alaska	-5.2%
2	California	14.3%	50	Wyoming	-0.7%
3	Oregon	14.0%	49	North Dakota	0.8%
4	Washington	14.0%	48	Connecticut	2.1%
5	Arizona	13.3%	47	Oklahoma	3.0%
Highest Growth \$, top five			Highest Growth \$, bottom five		



IDAHO
DEPARTMENT OF FINANCE

BRAD LITTLE
Governor

PATRICIA R. PERKINS
Director

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

NEWS RELEASE

FOR IMMEDIATE RELEASE

December 7, 2023

BEWARE OF ONLINE PURCHASE SCAMS

FAKE WEBSITES AND INDIVIDUALS IMPERSONATING LEGITIMATE BUSINESSES

Boise, Idaho – The Idaho Department of Finance (IDOF) urges Idaho consumers to exercise heightened caution when purchasing cars, recreational vehicles, farm equipment, and other high-dollar items online. IDOF recently received several reports from victims of online purchase scams that risked losing thousands of dollars due to being lured into purchasing from a phony website or fake ads in various online marketplaces. In each instance, the consumer authorized payment via wire transfer from their financial institution.

Although the digital marketplace offers convenience and greater access, it has also become a breeding ground for fraudsters. To counter this, IDOF emphasizes following these guidelines:

- ✓ **Verify the website's or seller's legitimacy:** Check for contact information like a physical address. Use Google Maps to view an image of the address – if it is a vacant lot, an abandoned building, or a USPS drop box location – these can be red flags of a bogus business front.
- ✓ **Research consumer reviews and ratings:** Investigate feedback from previous buyers for insight into the seller's reputation. Honest reviews should vary in timeline, frequency, and discuss experiences rather than generic statements.
- ✓ **Avoid making important purchases without first seeing it in person:** There is no substitute for seeing what is advertised for sale.
- ✓ **Never wire funds or complete bank-to-bank transactions:** Scammers prefer bank-to-bank transfers like wire transfers because the funds are very difficult to recover once they are transacted.
- ✓ **Be skeptical of unsolicited emails or ads:** Question unsolicited communication, including emails, messages, and ads. Scammers use phishing tactics to trick consumers into providing sensitive information.
- ✓ **Trust your instinct; if it doesn't feel quite right, reconsider:** Avoid deals that seem too good to be true. Don't trust a seller who claims the transaction is 100% guaranteed by online marketplaces such as Craigslist or eBay.

IDOF is committed to helping safeguard Idahoans from financial scams and fraud. Consumers must also take precautions and perform due diligence before authorizing payments to make purchases. Consumers who have suffered a financial loss as the result of a fraud or scam should file a report with their local Police Department. IDOF also accepts and investigates complaints related to financial services and providers it oversees at <https://finance.idaho.gov/complaint-guidance>. Additionally, to report fraud, scams, and bad business practices in general, consumers can file a complaint with the Federal Trade Commission at <https://reportfraud.ftc.gov>.

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.



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Picture courtesy of US National Weather service Pocatello facebook page, taken by Rhonda Collins

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.

ZESTY BEEF-FILLED TACOS

Prep:

25 minutes

Cook:

Low 7 hours, High 4 hours;
plus 15 minutes on High

Makes:

24 appetizer servings

Slow Cooker Size:

3½- to 4-quart

- 1 medium onion, cut into wedges
- 1 medium carrot, quartered
- 12 ounces beef flank steak
- ¼ cup snipped fresh cilantro
- ½ to 1 teaspoon crushed red pepper
- ½ teaspoon salt
- 1 14½-ounce can diced tomatoes with roasted garlic, undrained
- ½ cup water
- 24 miniature taco shells
- Finely chopped mango (about 1 cup)
- Toppings, such as snipped fresh cilantro, sliced green onion, chopped tomato, and/or finely shredded lettuce

1. Place onion and carrot in a 3½- to 4-quart slow cooker. Place beef over vegetables. Sprinkle with ¼ cup cilantro, crushed red pepper, and salt; add the undrained tomatoes and water. Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 4 to 5 hours.
2. Remove meat from cooker. Shred meat with a fork, cutting into shorter shreds, if desired. Drain vegetable mixture well; discard liquid. Transfer vegetable mixture to a food processor or blender. Cover; process or blend with several on/off turns until chopped.
3. Return meat and chopped vegetable mixture to slow cooker. If using low-heat setting, turn to high-heat setting. Cover and cook for 15 to 30 minutes more or until heated through. Spoon mixture into taco shells. Top with mango and desired toppings.

Nutrition Facts per serving: 53 cal., 2 g total fat (1 g sat. fat), 6 mg chol., 145 mg sodium, 5 g carbo., 1 g fiber, 4 g pro.
Daily Values: 14% vit. A, 5% vit. C, 1% calcium, 2% iron
Exchanges: ½ Other Carbo., ½ Lean Meat

February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Gala Salad w/Turkey Grapes Crossiants Chips Rice Krispy Treat	2 Pork Marinara Fruit Cocktail Salad Cheese Stick Pudding
	5 Sliced Turkey Scalloped potatoes Grapes Capri Blend Ice cream	6 Fish Tacos Corn Tortilla Cilantro Dressing Mixed fruit Cole Slaw	7 Pork Chunks Peaches Mashed w/ Mushroom Gravy Brownie	8 Chicken Malibu Pineapple Carrot and Celery Sticks Swiss Cheese	9 Cheeseburger Banana Lettuce, Tom, Onion, Pickle. French Fries Cookie
	12 Sausage Burrito Pico, Green beans Hashbrown	13 Philly Sandwich Melon Fajitia Blend Cheese Pastry	14 Orange Chicken Oranges Broccoli & Cauli. Brown Rice Cookie	15 Tuna Pasta Salad Kiwi Peas, Carrots, Celery Garlic Bread	16 Turkey Wrap Applesauce Lettuce, Tom, oni. Chips Pudding
	19 Swiss Steak Rice pilaf Mixed Fruit Sunshine carrots Tomato Jello	20 BBQ Pork Chops Coleslaw Apple Scalloped potatoes	21 Turkey Teryiaki Plums Broccoli & Carrots Brown Rice Cookie	22 Beef Tips in Gravy White rice Broc. And mushrooms Garlic Bread	23 Chicken Pizza Tom., Spinach, Red onion Cinnamon Roll
	26 Meatloaf Peaches Green Beans Augratin Potatoes Pudding	27 Turkey Alfredo Trop. Fruit Beets., Oni., Tom Cottage cheese Garlic Bread	28 Pork Roast Pears Carrots and celery Roll Cake	29 Chicken & Noodles Apricots Peas and corn Nutrigrain Bar	

Menu Subject Change.

February 2024

Community

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

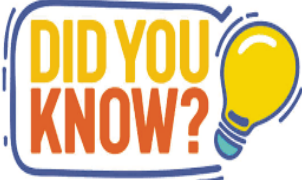
The hours are 10AM to 2PM Monday, Thursday, & Friday. 10AM to 4PM on Tuesday & Wednesday. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

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.



The first Valentine was written in a prison. Charles ,the duke of Orleans, wrote the love letter to his second wife at the age of 21 while captured at the battle of Agincourt. He was a prisoner for more than 20 years.



The origin of Valentine’s Day has two theories. Some believe the day derives from Lupercalia, a raucous Roman festival from February 13 thru the 15th where men stripped naked and spanked young maidens in the hopes of increasing their fertility. The second theory is that while the Roman Emperor Claudius II was trying to bolster his army, he forbade young men to marry. In the spirit of love, St. Valentine defied the ban and performed secret marriages, and for his disobedience, Valentine was excuted on February 14 around the year of 270 A.D.



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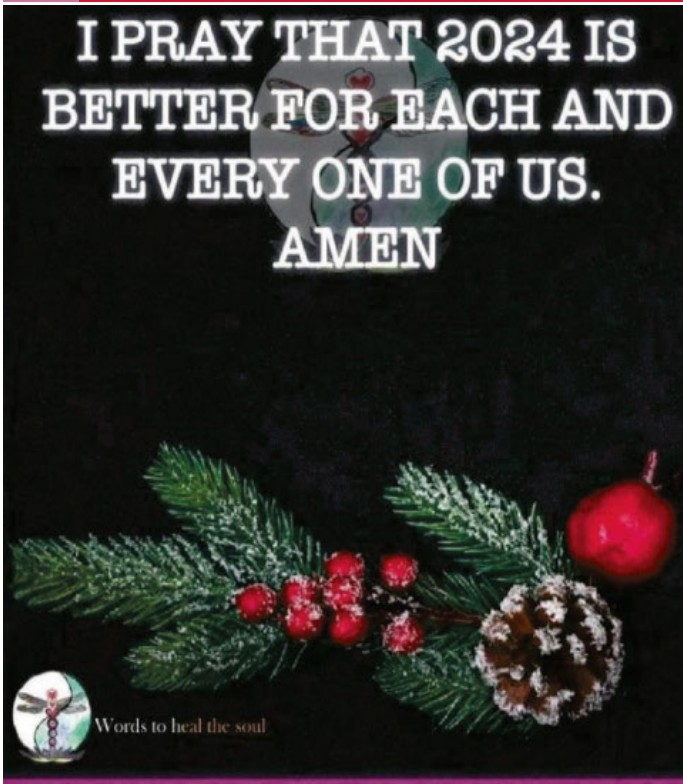
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YOUR BOARD OF DIRECTORS

Karl Casperson	Bonneville County Sheriff Office	Chair
Chanse Powell	Senior Solutions	Vice Chair
Chris Mendel	Lincoln Court	Treasurer
Linda DeLia	Retired	Secretary
Kathleen Keyes	Member of PEO	
Carmen Ramos	Fairwinds Retirement	
Mary Ledezma	Retired	

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

	Mayor's Office Liaison
Sarah Ryner	Executive Director
	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

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**SENIOR
ACTIVITY CENTER**

**COMMUNITY
BINGO**

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- * 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

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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FYI

*During the month of December your capable **KITCHEN AND DELIVERY PERSONNEL** served **133 meals** at the center, and produced and **Delivered 3787 meals** to home-bound seniors and disabled adults through our **Meals On Wheels program (Total meals: 3787)***



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on your own terms

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- 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**

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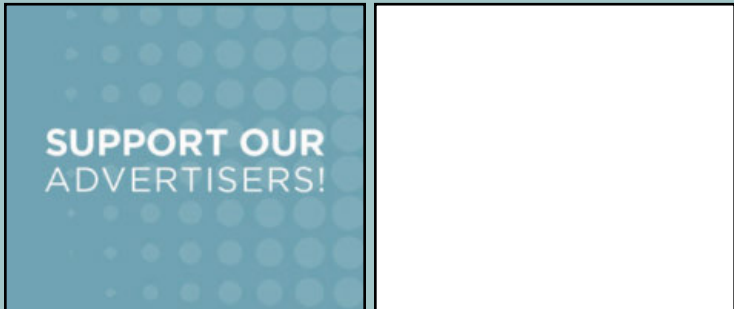


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close to being magnificent.



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.)

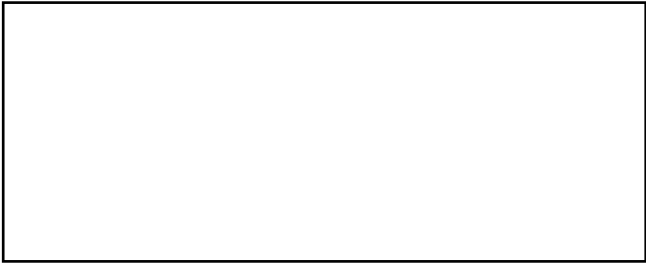
PROGRAM DONATIONS FROM CENTER FOR THE MONTH OFDecember	
Beading	\$21.00
Bingo / Wed, Fri, Saturday	\$2971.56
Beading -(Beverage)	\$5.00
Bridge	\$12.00
Bridge—(Bev Only: Both)	\$0.00
Double Deck Pinochle	\$10.00
Double Deck Pinochle (Bev.)	\$10.00
Fit & Fall Exercise	\$80.00
Pool	\$9.00
Woodcarvers	\$15.00
Mah-Jongg	\$19.00
Pinochle	\$36.00
Pinochle (Bev Only)	\$21.00
Woodcarvers (Bev Only)	\$24.00
Rose's Gentlemen's Group	\$ 74.45
Ladies Morning Coffee	\$ 48.00
Congregate lunch (Beverage only)	\$0 .00
	\$0.00
Total	\$3,356.01



"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
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