



Hours of operation  
Monday through Friday  
10am-2pm  
Closed some holidays

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

# 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.**



OUR  
SOCIAL  
MEDIA

WEBSITE



FACEBOOK



2025  
July

We reserve the right  
to make mistakes  
occasionally

## New Members: Karen Stoddart, Gardell & Judith Cope, Arvid Bean, Marlin Griffith, Carol Teckmeyer, Betty Smith

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      | 226.18 |
| Non-Senior Hour   | 318.40 |
| Board Member Hour | 12.00  |
| Work Detail Hours | 0.00   |
| —Total Hours      | 556.58 |

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– Bobby Dalling, John Long, Gloria  
Clawson, 1-Anonymous*

*\$100 - \$250– Kay & James Rose, Marianne  
Peterson, D.S. Brooks, Linda DeLia*

*\$300—\$700 -*

*\$800-\$8,000– Linda DeLia*

### Thank You!

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

*Ball Ventures Legacy Foundation*

*Anonymous*

*PayPal giving fund*



*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.*

3

*Dave Nobles,*

*Steve Stowell, Marla Morgan, Jeffrey Socher, Moira Solle, Jordan Homer, Mirmy Cotto, Kristine M,*

*Hal & Deb Tobin, Don Yeager, Roger Kuhl, David Archer, Robert Pierce, Kathy Failor, Melissa Knight, Rick Dale, Debie Ball, Cyndi F., and Gerald Ondricek*

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



**VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)**



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BY



**SATURDAYS  
AT 09:00AM**

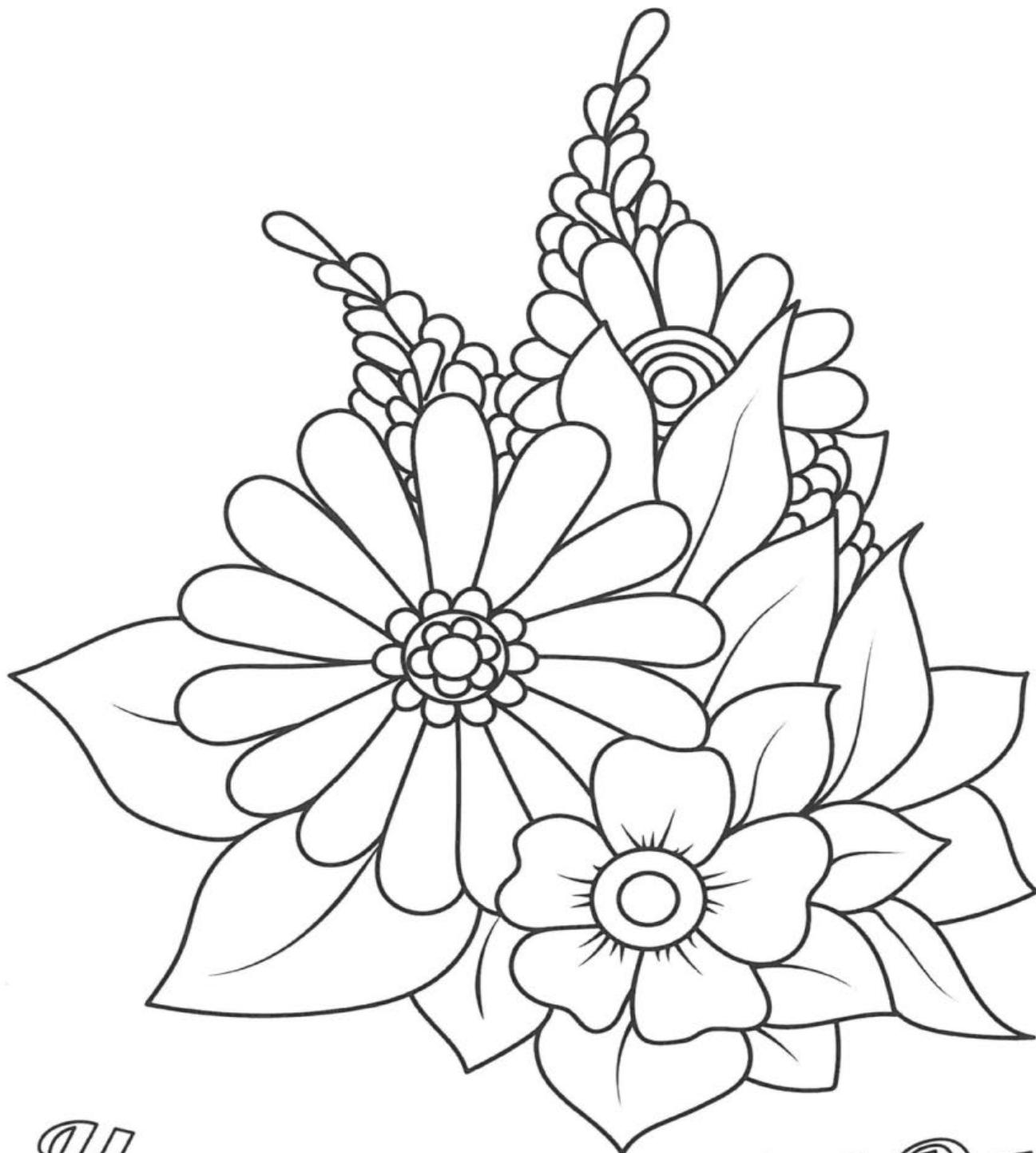
- ▶ **JUNE 7, 2025**
- ▶ **JULY 12, 2025**
- ▶ **AUGUST 9, 2025**
- ▶ **SEPTEMBER 13, 2025**
- ▶ **OCTOBER 11, 2025**
- ▶ **NOVEMBER 8, 2025**
- ▶ **DECEMBER 13, 2025**

[More Info →](#)



Location:  
**Community Park**  
455 E 25th St, Idaho Falls  
208-701-2777  
Website:  
[transformativehealth.clinic](http://transformativehealth.clinic)

**Lace Up for Fun and Fitness as  
we "Walk with a DOC"!**



Have a Beautiful Day



## INGREDIENTS:

2 (3oz) packages strawberry gelatin  
2 cups boiling water  
24 oz Strawberries thinly sliced  
2 (3oz) packages Blueberry Gelatin  
16 oz Blueberries about 3 cups  
3 cups heavy cream  
2 cup powdered Sugar  
1 (8-oz) package Cream Cheese, at room temp  
2tsp Vanilla extract  
1(16oz) pound cake loaf

## DIRECTIONS:

- 1 In a medium bowl, stir together the strawberry gelatin and 1 cup of the boiling water, scraping down the sides of the bowl as needed, until the gelatin is dissolved, about 2 minutes. Mix in 1 cup ice water, then stir in the strawberries.
- 2 In a second medium bowl, stir together the blueberry gelatin and remaining 1 cup boiling water, scraping down the sides of the bowl as needed, until the gelatin is dissolved, about 2 minutes. Mix in 1 cup ice water, then stir in the blueberries.
- 3 Refrigerate both bowls of gelatin until softly set but still spoonable, 35 to 45 minutes.
- 4 In the bowl of a stand mixer fitted with the whisk attachment, beat the heavy cream and powdered sugar on medium-high speed until stiff peaks form, about 3 minutes. Transfer the mixture to a large bowl.
- 5 Fit the mixer with the paddle attachment and add the cream cheese and vanilla to the bowl (no need to wipe it clean). Beat on medium-high speed until light, fluffy, and smooth, about 2 minutes. Remove the bowl from the mixer and mix in 1 cup of the whipped cream with a rubber spatula, then gently fold in the remaining whipped cream.
- 6 Thinly slice the pound cake into 24 slices (about 1/3-inch thick). Arrange 12 slices in a single layer in the bottom of a 9-by-13-inch baking dish.
- 7 Spoon the strawberry gelatin mixture over the cake and spread to cover. Dollop half of the cream cheese mixture over the top and carefully spread to cover. Arrange the remaining 12 pieces of cake over the cream cheese mixture. Spoon the blueberry gelatin mixture over the cake slices and spread to cover. Finish with the remaining cream cheese mixture. Decorate the top with sliced strawberries and blueberries. Refrigerate for at least 4 hours and ideally overnight.



**There are over 70 documented cases of transplant patients experiencing the same thoughts and feelings as their organ donors did in life. People report everything from craving the donors' favorite foods, to inheriting their talents. It's posed a theory that the cells in our body can store memories.**

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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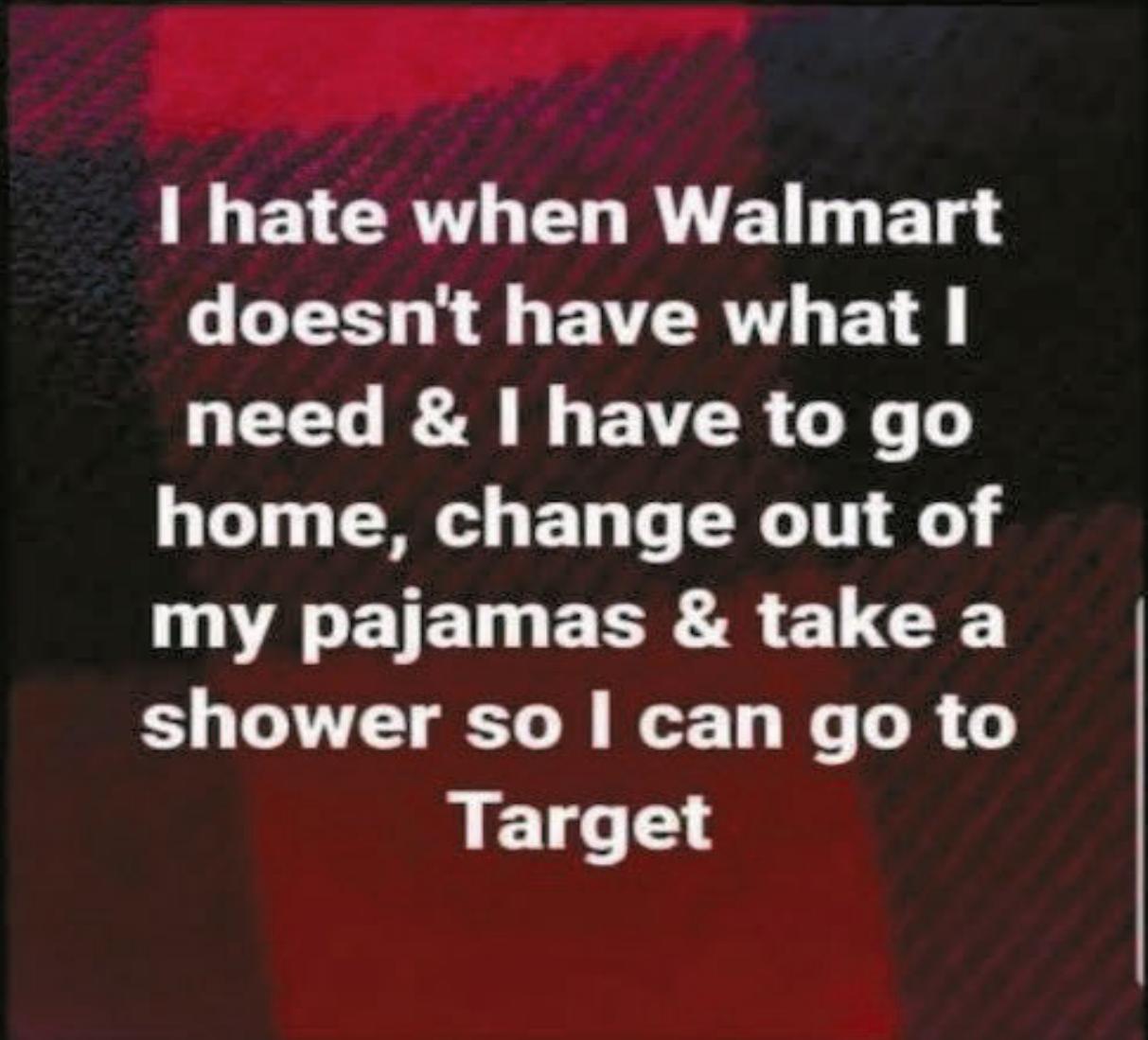
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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

B 4C 05-1113



**I hate when Walmart  
doesn't have what I  
need & I have to go  
home, change out of  
my pajamas & take a  
shower so I can go to  
Target**

### **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.

# NUTRITION

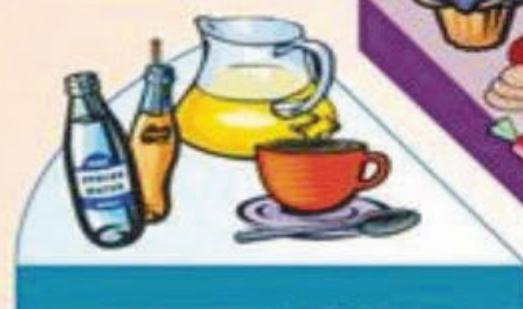
## A BALANCED DIET



- Your body needs a constant supply of fuel to grow, develop and stay healthy.
- The fuel you need comes from the air you breathe, the food you eat and the water you drink.

### WATER

Our bodies are 70% water.



### PROTEINS

They help growth and repair cells, including teeth and nails.



### FIBRE

It is not absorbed into the body but helps digestion and excretion.

### VITAMINS & MINERALS

They provide protection against illness and keep the body healthy.

### FATS

They give us slow releasing energy. Too much fat can lead to obesity and heart disease.

**Exercise is also an important element of staying healthy.**

**Remember: KEEP HEALTHY!**

July

2025



|  | Monday                                                                            | Tuesday                                                                                                                                                        | Wednesday                                                                                                                                      | Thursday                                                                                                                                           | Friday                                                                                                                            |
|--|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
|  |                                                                                   | 1<br><b>Tater tot Casserole</b><br><b>Pears</b><br><b>Mixed Veggies</b><br><b>Pudding</b>                                                                      | 2<br>Oven Baked<br>Chicken<br>Orange<br>Diced potatoes<br>and cheese<br>Cinnamon Roll                                                          | 3<br><b>Hot Dogs</b><br><b>Melon</b><br><b>Celery &amp; Carrot</b><br><b>Sticks</b><br><b>Fries</b><br><b>Strawberry/ Blue</b><br><b>Shortcake</b> | 4<br><b>CLOSED</b>                                                                                                                |
|  | 7<br>Turkey Meatballs<br>Noodles<br>Pineapple<br>Cali Blend<br>Oreo Cheesecake    | 8<br><b>Marry Me Fish</b><br><b>Berry Mix</b><br><b>Spring Blend/</b><br><b>Spinach</b><br><b>Cilantro Lime Rice</b><br><b>Jello Cake</b>                      | 9<br>Spaghetti &<br>Meatballs<br>Kiwi<br>Caesar Salad<br>Breadstick                                                                            | 10<br><b>Creamy Lemon</b><br><b>Chicken</b><br><b>Watermelon</b><br><b>Broccoli</b><br><b>Garlic Bread</b><br><b>Muffins</b>                       | 11<br>Beef Rotini<br>Orange<br>Chalet Blend                                                                                       |
|  | 14<br>Tuna Fish Pasta<br>Strawberries<br>Cucumber Salad<br>Croissant              | 15<br><b>White Chicken</b><br><b>Chili</b><br><b>Mixed Fruit</b><br><b>Tomato, corn,</b><br><b>black beans</b><br><b>Cornbread</b><br><b>Brownies</b>          | 16<br>Mongolian Beef<br>Grapes<br>Broccoli, Zucchini<br>White Rice<br>Cookies                                                                  | 17<br>Turkey Sloppy Joe<br>Casserole<br>Kiwi<br>WG Bread<br>Jello                                                                                  | 18<br><b>Chicken Bacon</b><br><b>Pizza</b><br><b>Nectarine</b><br><b>Artichoke, Sun</b><br><b>Dried Tomato,</b><br><b>Spinach</b> |
|  | 21<br>Cowboy Mac<br>Apple Sauce<br>Fajita Blend<br>Cornbread<br>Rice Krispy Treat | 22<br>Crispy Chicken<br>Ranch Wrap<br>Cantaloupe<br>Lettuce, Tom, Ohio<br>Chips                                                                                | 23<br>Pulled Pork<br>Sandwich<br>Peaches<br>Coleslaw<br>Yogurt                                                                                 | 24<br><b>Italian Pasta Salad</b><br><b>Cranberries</b><br><b>Bell Pepper, Onion,</b><br><b>Cucumber</b>                                            | 25<br>Ham Fried Rice<br>Tropical Fruit<br>Peas, Carrots,<br>Green Onion<br>Rice<br>Fortune Cookie                                 |
|  | 28<br>Loaded Taco potato<br>Apple<br>Onion, Tomato,<br>Lettuce<br>Multi grain Bar | 29<br><b>Chicken Cordon</b><br><b>Bleu/Pineapple</b><br><b>Carrots</b><br><b>Scalloped</b><br><b>Potatoes</b><br><b>Melba &amp; Lemon</b><br><b>Cheesecake</b> | 30<br><b>Chicken Fried</b><br><b>Steak</b><br><b>Mandarin Oranges</b><br><b>Mixed Veggies</b><br><b>Mashed Potatoes</b><br><b>Sugar Cookie</b> | 31<br><b>Salisbury Steak</b><br><b>Blueberries</b><br><b>Winter blend</b><br><b>Au Gratin Potatoes</b><br><b>Garlic Bread</b>                      |                                                                                                                                   |

Menu Subject To Change.

# July 2025

Community

| Sunday | Monday                                                                                             | Tuesday                                                                                                                      | Wednesday                             | Thursday                                                                       | Friday                                                                              | Saturday                                                    |
|--------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------|
|        |                                                                                                    | 1<br>10:00a Roses Coffee<br>10:15a Fit & Fall Exercise<br>11:00a Ladies Coffee                                               | 2<br>10:15a Bingo<br>12:30p Pinochle  | 3<br>10:00a Woodcarvers<br>10:15a Fit & Fall Exercise<br>11:00a Ladies Coffee  | 4<br>10:00a Beading<br>10:00a Rose's Coffee Group<br>6:00p Bingo doors open at 4pm  | 5<br>4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm  |
| 6      | 7<br>10:00a MahJongg/ DS<br>10:00a Rose's Coffee Group                                             | 8<br>10:00a Roses Coffee<br>11:00a Ladies Coffee<br>11:30a Free Health Clinic                                                | 9<br>10:15a Bingo<br>12:30p Pinochle  | 10<br>10:00a Woodcarvers<br>10:15a Fit & Fall Exercise<br>11:00a Ladies Coffee | 11<br>10:00a Beading<br>10:00a Rose's Coffee Group<br>6:00p Bingo doors open at 4pm | 12<br>4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 13     | 14<br>10:00a MahJongg/ DS<br>10:00a Rose's Coffee Group<br>5:30p Idaho Falls Gem & Mineral Society | 15<br>10:00a Roses Coffee<br>10:15a Fit & Fall Exercise<br>11:00a Ladies Coffee                                              | 16<br>10:15a Bingo<br>12:30p Pinochle | 17<br>10:00a Woodcarvers<br>10:15a Fit & Fall Exercise<br>11:00a Ladies Coffee | 18<br>10:00a Beading<br>10:00a Rose's Coffee Group<br>6:00p Bingo doors open at 4pm | 19<br>4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 20     | 21<br>10:00a MahJongg/ DS<br>10:00a Rose's Coffee Group                                            | 22<br>10:00a SCCC Ex Brd<br>10:00a Roses Coffee<br>10:15a Fit & Fall Exercise<br>10:30a SCCC Brd Mtg<br>11:00a Ladies Coffee | 23<br>10:15a Bingo<br>12:30p Pinochle | 24<br>10:00a Woodcarvers<br>10:15a Fit & Fall Exercise<br>11:00a Ladies Coffee | 25<br>10:00a Beading<br>10:00a Rose's Coffee Group<br>6:00p Bingo doors open at 4pm | 26<br>4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm |
| 27     | 28<br>10:00a MahJongg/ DS<br>10:00a Rose's Coffee Group                                            | 29<br>10:00a Roses Coffee<br>10:15a Fit & Fall Exercise<br>11:00a Ladies Coffee                                              | 30<br>10:15a Bingo<br>12:30p Pinochle | 31<br>10:00a Woodcarvers<br>10:15a Fit & Fall Exercise<br>11:00a Ladies Coffee |                                                                                     |                                                             |
|        |                                                                                                    |                                                                                                                              |                                       |                                                                                |                                                                                     |                                                             |
|        |                                                                                                    |                                                                                                                              |                                       |                                                                                |                                                                                     |                                                             |

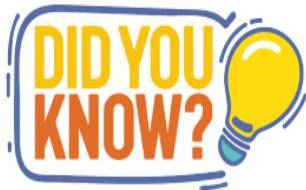
The hours are 10AM to 2PM Monday, Tuesday, Thursday, & Friday. 10AM to 4PM on Wednesday. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

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 IFSCCC.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.



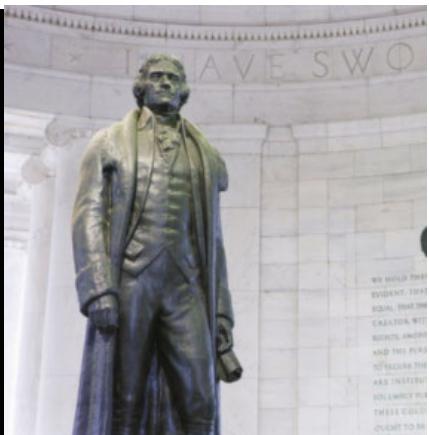
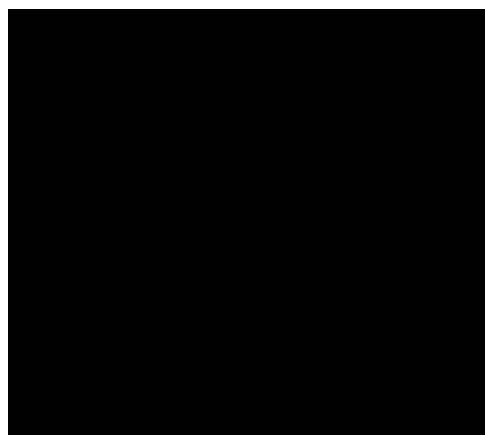
## The first public 4th of July event at the White House took place in 1801.

Thomas Jefferson was president, and, [according to the White House Association](#), the day was filled with music, food and even horse racing.

## Francis Hopkins designed the American flag.

Or, more specifically, he claimed his did, but this claim has not been officially [verified with evidence](#)

## When the Revolutionary War broke out in 1775, few colonists wanted complete independence from Great Britain.



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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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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

D 4C 05-1113

## YOUR BOARD OF DIRECTORS

|                   |                                |                   |
|-------------------|--------------------------------|-------------------|
| Karl Casperson    | Bonneville County Commissioner | <b>Chair</b>      |
| Chanse Powell     | Senior Solutions               | <b>Vice Chair</b> |
| Jared Anderson    | Eagle Rock Health & Rehab      | <b>Treasurer</b>  |
| Linda DeLia       | Retired                        | <b>Secretary</b>  |
| Kathleen Keyes    | Member of PEO                  |                   |
| Roy Matthews      | Retired                        |                   |
| Shane Christensen | Life Care Centers of Idaho     |                   |

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

|             |                        |
|-------------|------------------------|
| Jim Frances | 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 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 2nd Tuesday of the month, from: 1pm- 3pm at EICAP [935 E. Lincoln Rd.](#)  
I.F. 208-522-5370 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**



- \* **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

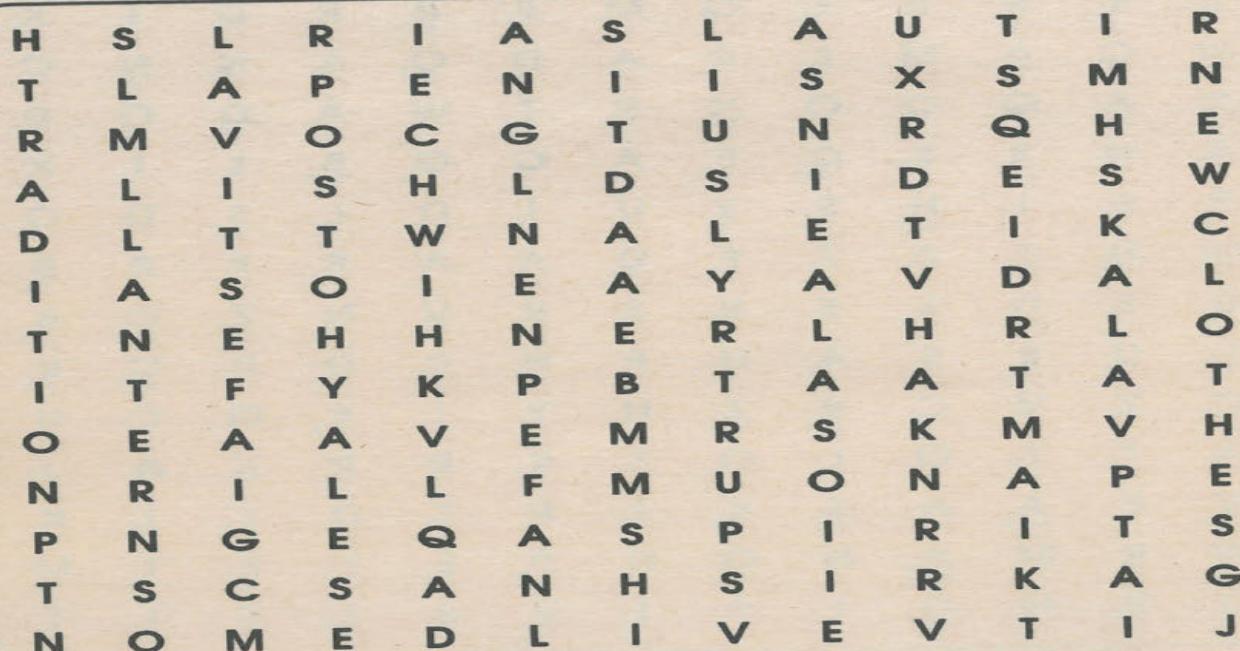
**Eastern Idaho Area Agency on Aging: Information & Assistance**  
The Information and Assistance Program, within the Area Agency on Aging, bring people and services together. Information and Assistance provides current information on services available in the communities, links people to opportunities 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

**Puzzle #19****Diwali**

CELEBRATE  
CLAY LAMPS  
DHARMA  
EVIL DEMON  
FESTIVAL  
HARVEST  
HINDUS  
INDIA  
JAINS

KRISHNA  
LAKSHMI  
LANTERNS  
LIGHTS  
NARAKA  
NEPAL  
NEW CLOTHES  
OIL  
PRAY

RAMA  
RITUAL  
SPIRITS  
SRI LANKA  
SWEETS  
TRADITION  
TRIUMPH



26

**Large Print Word-Find****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.

CHAIR VOLLEYBALL • CORN HOLE • CYCLING • DARTS • DISC GOLF • FIVE CROWNS • FUN RUN/WALK

SENIORS GOT TALENT

SHUFFLEBOARD • SWIMMING • TABLE TENNIS • TRACK AND FIELD • TRAP SHOOTING

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GOLF • HAND & FOOT • HORSESHOES • MAHJONG • MEXICAN TRAIN • MINIATURE GOLF • PINOCHLE • PICKLEBALL

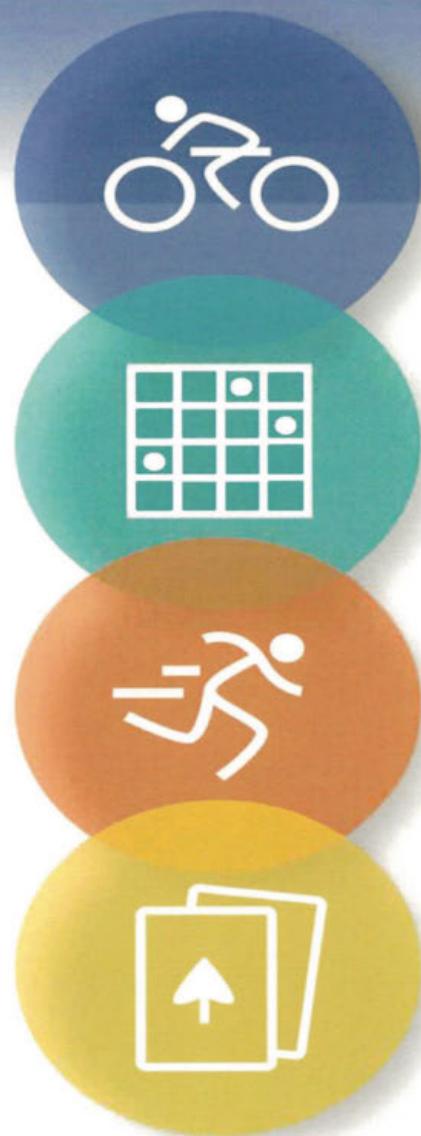
Portneuf Medical Center  
Southeast Idaho  
**Senior Games**

**July 9-19  
2025**

REGISTRATION:  
Online: [seidahoseniorgames.org](http://seidahoseniorgames.org)  
or in-person



208-233-2034  
214 E. Center St. Suite 30  
Pocatello, ID 83201



 **Portneuf**  
MEDICAL CENTER

SHUFFLEBOARD • SWIMMING • TABLE TENNIS • TRACK AND FIELD • TRAP SHOOTING

## 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 May  
your capable KITCHEN AND  
DELIVERY***  
***PERSONNEL served 337 meals  
at the center, produced and  
Delivered 4,542 meals to  
home-bound  
seniors and disabled adults  
through our Meals On Wheels  
program (Total meals: 4,879)***



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- Assist with ADL's
- Organization
- & more!

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**STARTING AT \$19.95/mo.**

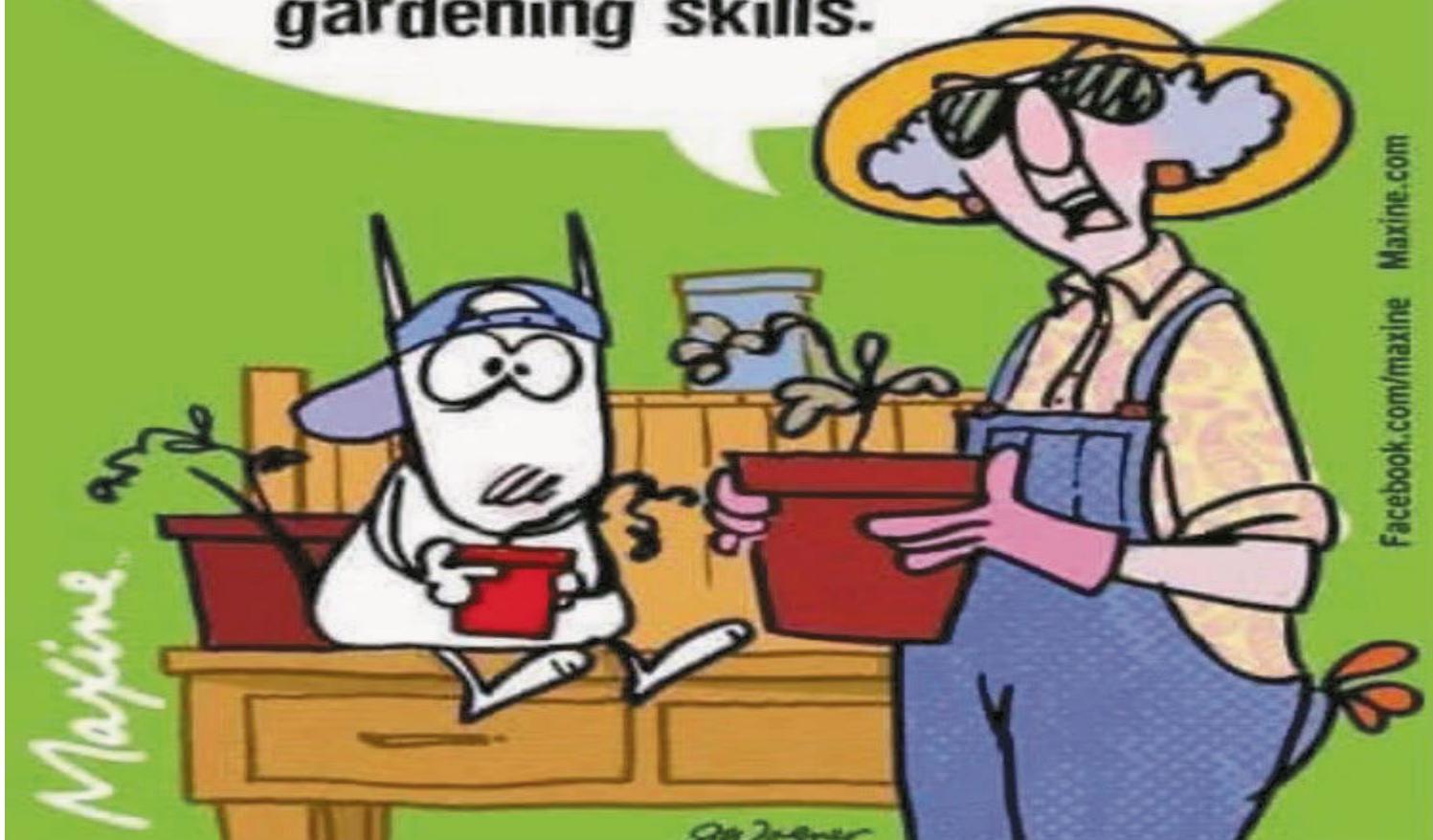
✓ Ambulance ✓ Police ✓ Family  
"STAY SAFE in the HOME YOU LOVE!" ✓ GPS & Fall Alert

**CALL NOW!**

**800.809.3570** [md-medalert.com](http://md-medalert.com)

**ACREDITED BUSINESS**  
**A+ Rating**

**I'd plant flowers this year,  
but apparently "indifference"  
and "neglect" aren't useful  
gardening skills.**



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#### **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

***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 to the CENTER  
 FOR THE MONTH OF ...May**

|                            |                   |
|----------------------------|-------------------|
| Beading                    | \$43              |
| Bingo / Wed, Fri, Saturday | \$3,925.72        |
| Beading -(Beverage)        | \$9               |
|                            | \$0               |
| Lunch (Beverage)           | \$0.00            |
| Congregate Lunch           | \$418             |
| Water color Art Class      | \$12              |
| Fit & Fall Exercise        | \$151             |
| Pool                       | \$5               |
| Woodcarvers                | \$35              |
| Mah-Jongg                  | \$0               |
| Pinochle                   | \$80              |
| Pinochle (Bev Only)        | \$16              |
| Painting Group             | \$18              |
| Rose's Gentlemen's Group   | \$108.33          |
| Ladies Morning Coffee      | \$58.87           |
| Misc. Fundraiser           | \$105             |
|                            |                   |
| <b>Total</b>               | <b>\$4,984.92</b> |



"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 COMMUNICATOR**

Senior Citizen's Community Center, Inc.

535 West 21st Street

Idaho Falls ID 83402-4528

DATED MATERIAL—PLEASE DON'T DELAY

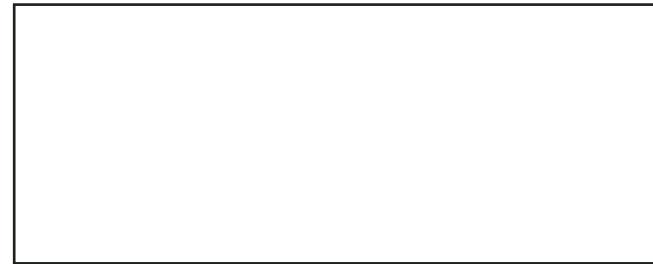
RETURN SERVICE REQUESTED

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!**

