



# 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



2024  
November

We reserve the right  
to make mistakes  
occasionally

**New Members: The McIntire's, Edward Morales, Arnle Bergen, Troy Johnston, James Hammond, Isabel Wheeler, Sharon Nixon, Makala Lewis, David Higginson, Arlene Peterson, James Peti, Roberta Tsang, The Schwelder's, Teresa Stosich, Larry Singleton, Karen Christensen, Cindy Niles, Floyd Hedrick, David Blosch**

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	191.24
Non-Senior Hour	346.05
Board Member Hour	36.50
Work Detail Hours	36.25

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—Total Hours	610.04
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We would like to thank the Board Members, Non-Seniors and ALL the seniors who keep the SCCC going by keeping all of our activities and programs running. Warm Wishes To You All!

**Eastern Idaho Area Agency on Aging:  
Senior Medicare Patrol**

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

**Thank You!**

**Monthly Supporters**

*\* United Way*

*City Of Idaho Falls \* Medicaid,*

*Eastern Idaho Community Action Partnership*

*Community Food Basket*

*Panera Bread ,Humanitarian Center*

**Thank You!**

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

**\$ 0 - \$ 99—**

**\$100 - \$250— Kay & James Rose**

**Ronald Goin**

**\$300—\$700 -**

**\$800-\$4,000—**

**Misc.**

**Thank You!**

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

**INL-Battelle Energy Alliance**





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

3

*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, Claude Eberle,  
Steve Stowell, Johannah Thompson, Marla Morgan, Tasha Call, Jeffrey Socher,  
Moirra Solle, Jordan Homer, Murmy Cotto, Synergy, Christine M,  
Hal & Deb Tobin, Don Yeager, Roger Kuhl, David Archer, Robert Pearce,  
Kathy Failor, Chris Waddoups, Melissa Knight, Gerald Ondricek, Rick Dale*

# NEVER MISS OUR NEWSLETTER!

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emailed to you.



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# RESPIRATORY VIRUS UPDATES



September 26, 2024

This message includes updates on respiratory viruses from CDC.

RSV can be dangerous for babies and older adults. We are entering the second year where RSV immunizations will be available to protect these groups from severe RSV. There is one set of recommendations for older adults, and a separate set – which includes two immunization options – to protect babies.



## RSV Vaccines for Older Adults

CDC recommends a single dose of an RSV vaccine for everyone ages 75 and older and for people ages 60–74 who are at increased risk of severe RSV. Adults ages 60–74 are considered at increased risk if they have one or more of the following risk factors:

- Chronic heart or lung disease
- A weakened immune system
- Certain other medical conditions\*, including diabetes with complications and severe obesity
- Live in a nursing home

*\*For a complete list of chronic health issues that lead to increased risk of severe RSV, see [Clinical Overview of RSV](#).*

If you have already gotten an RSV vaccine, you do not need to get another one at this time.

How well do these vaccines work? Real-world data gathered during the 2023–2024 RSV season show that RSV vaccines reduced the risk of RSV-associated hospitalization or emergency department visits by 75%–80%. Importantly, these data include populations that are at highest risk for severe RSV, including those ages 75 and older, those who are immunocompromised, and those who live in nursing homes.

## Chart of high-fiber foods

[By Mayo Clinic Staff](#)

### Recipes related to high fiber foods

[Cannellini bean and vegetable salad](#)

[Quick bean and tuna salad](#)

[High-fiber recipes](#)

If the goal is to add more fiber to your diet, there are lots of great options. Fruits, vegetables, grains, beans, peas and lentils all help you reach that daily fiber goal.

Fiber-rich foods have a mix of different fiber types.

- Some fiber helps keep stool moving in the large intestine.
- Other types of fiber help a person feel full for longer. That can lower the overall calories consumed and help with weight control.
- And a diet rich in dietary fiber in general has been linked to lower levels of heart disease.

The suggested amount of daily fiber depends on your age and how many calories you take in each day.

Current dietary guidelines for Americans suggests that people age 2 and older get 14 grams of fiber for every 1,000 calories in the daily diet. For children ages 12 months through 23 months, the guidelines suggest getting 19 grams of fiber a day.

In the charts below you'll find common foods and their amount of dietary fiber.

Keep in mind:

- **Check the label.** When buying packaged foods, check the Nutrition Facts label for fiber content. It can vary among brands.
- **Start slow.** Adding too much fiber too quickly can result in intestinal gas, diarrhea, cramping and bloating. Consider increasing your fiber intake gradually over a few weeks.
- **Drink fluids.** As you eat more fiber, remember to drink plenty of fluids. Some fibers work best when they absorb water, so being well hydrated can help prevent uncomfortable bowel movements.

### TRIVIA

1. What is the Hallux?
2. How old was King Tut when he died?
3. How many eyes does a bee have?
4. Other than a General what was Stonewall Jackson other career?
5. How long can a cockroach survive without it's head?
6. What is driest continent?
7. What country produced the most strawberries in 2016?

## Bacon-Wrapped Water Chestnuts



### Directions

### Ingredients

2 cups ketchup  
1 cup packed brown sugar  
2 tbsp Worcestershire Sauce  
1 pound bacon  
2 (8 oz) cans water chestnuts,  
drained

1. Gather all ingredients. Preheat the oven to 375 degrees.
2. Combine ketchup, brown sugar, and Worcestershire sauce in a med bowl.
3. Cut bacon strips in half. Wrap one slice of bacon around each chestnut and secure with a toothpick. Arrange water chestnut wraps in a 9x13 inch baking pan.
4. Bake in the preheated oven for 10-15 mins. Remove water chestnut wraps from the oven and drain some grease. Pour ketchup sauce over wraps.
5. Bake until bacon is crispy & sauce thickens. 30-35 mins.

### Nutrition Facts (per serving)

404 calories; total fat 23g; saturated fat 8g; cholesterol 34 mg; sodium 1062mg  
total carbohydrate 45 g; dietary fiber 1g; total sugars 38 g; protein 7g; vitamin c  
9mg; calcium 39 mg; iron 1 mg; potassium 430 mg





Congrats to our quilt winner—Debbie Lyon.

\*\*\*

Thank you to everybody who supported our very successful fundraiser.



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# THRIVE LOCALLY

## SUPPORT OUR ADVERTISERS!



**Join the Idaho Falls Senior Center for our  
4<sup>th</sup> Annual Pancake Breakfast and Silent  
Auction**

**When:** Saturday November 23<sup>rd</sup>, 2024

**Time:** 9am to 11am

**Location:** 535 W 21<sup>st</sup> Street, Idaho Falls ID  
83401

**Cost:** \$12 a plate- Kids 5 and under free

**RSVP:** 208)522-4357

### **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.

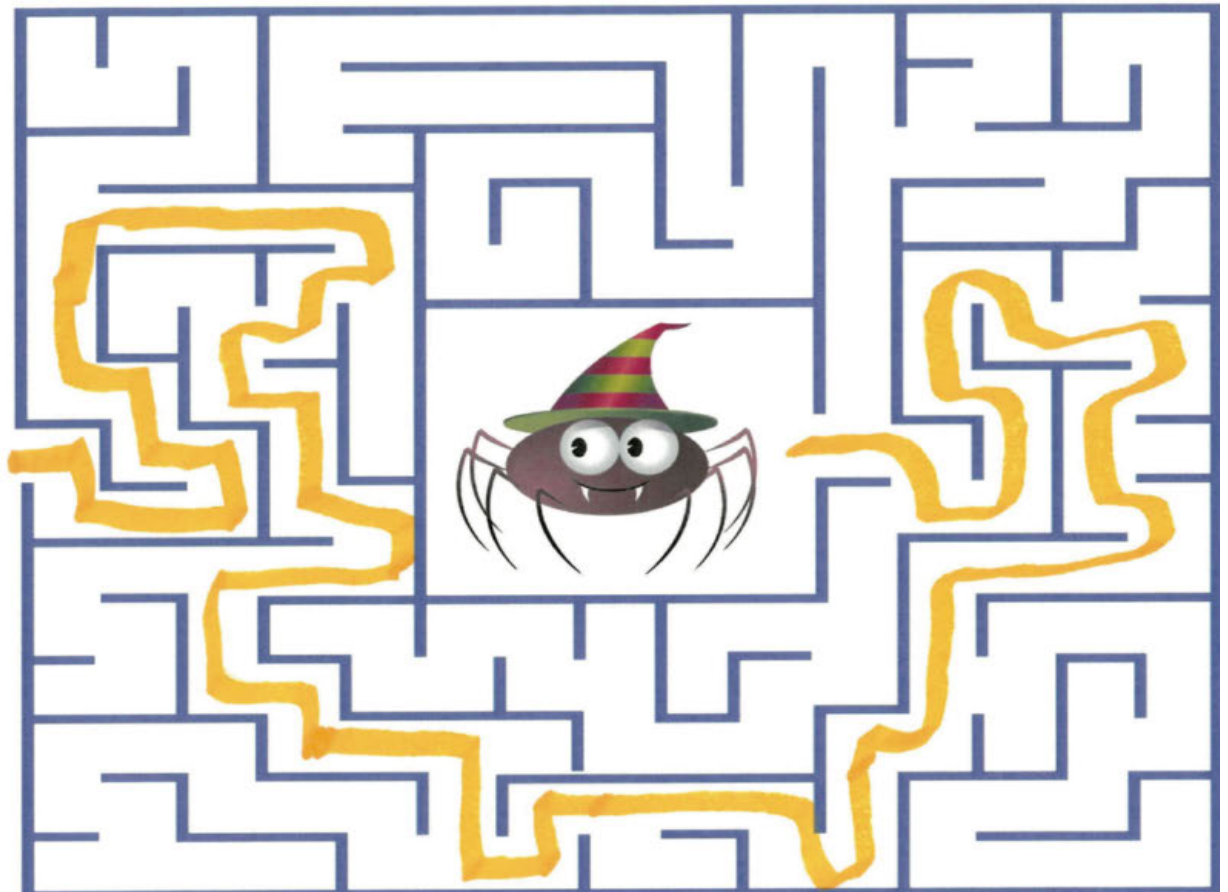


# EASY SUDOKU

5

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

Answer Key  
to maze  
from  
October



November

2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	
					Stacked Enchiladas Berries Corn, Peppers, Mild Green Chilis	
	4	5	6	7	8	
	Lemon Pepper Chicken Thigh Pineapple Zucchini Au gratin Potatoes Roll	Sausage and Waffles Peaches Mixed Veggies Syrup Brownies	Chicken Fried Steak Apple Chalet Blend Mashed Tatars Gravy & Roll	Stuffed Pork Chop Apple Sauce Cali Blend Scalloped Tatar White Cake	Hot Tuna Casserole Tropical Fruit Peas, Carrots Garlic Bread Rice Krispies	
	11	12	13	14	15	
	Hamburger Pears Pickles, onion, Tom Fries	Pork Egg Rolls Mandarin Oranges Stir Fry Fried Rice Multigrain Bar	Chicken Noodle Soup Fruit Cocktail Crackers Cherry Chocolate Cake	Turkey Lasagna Soup Kiwi Fajita Blend Yogurt	Baked Potato with Chili Grapes Broccoli & Cheddar Sour Cream	
	18	19	20	21	22	
	Kielbasa Mac & Cheese Kiwi Green Beans Jello	Hot Fish Sandwich Apple Lettuce, Tomato, Onion Tartar Sauce JoJo's	Meatloaf Berry Mix Spring Blend Cheesy Tots Pumpkin Roll Cake	Open Faced Turkey Sandwich with gravy Strawberries Winter Blend Garlic Bread	Chicken Tenders Peaches Roasted Corn and Peppers Mashed Tatars & Gravy Pop Tart	
	25	26	27	28	29	
	Shepard's Pie Apricots Peas, corn, carrots Potatoes & gravy Pudding	Chicken Tortilla Soup Bananas Black Beans, pinto Beans, corn Ice cream Sandwich	Thanksgiving Dinner Cranberry Sauce Green Beans Mashed Tatars/ Gravy Stuffing, Rolls Pie	Closed for Thanksgiving	Closed for Thanksgiving	

Menu Subject Change.



# November 2024

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	2 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
3	4 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	5 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 11:30a Financial Literacy Class 12:30p Bridge	6 10:00a Medicare Presentation 10:15a Bingo 12:30p Pinochle	7 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	8 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	9 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
			10:00a Roses Coffee Group			
10	11 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	12 10:00a Roses Coffee 10:00a From Head to Feet Free Health Clinic 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 11:30a Free Health Clinic 12:30p Bridge	13 10:15a Bingo 12:30p Pinochle	14 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	15 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	16 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
			10:00a Roses Coffee Group			
17	18 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	19 10:00a Roses Coffee 10:00a Executive Board meeting 10:15a Fit & Fall Exercise 10:30a Board Mtg 11:00a Ladies Coffee 12:30p Bridge	20 9:00a AARP/Driving Class 10:15a Bingo 12:30p Pinochle	21 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	22 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	23 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
			10:00a Roses Coffee Group			
24	25 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	26 10:00a SCCC Ex Brd 10:00a Roses Coffee 10:15a Fit & Fall Exercise 10:30a SCCC Brd Mtg 11:00a Ladies Coffee 12:30p Bridge	27 10:15a Bingo 12:30p Pinochle	28 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	29 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	30 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
			10:00a Roses Coffee Group			

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.

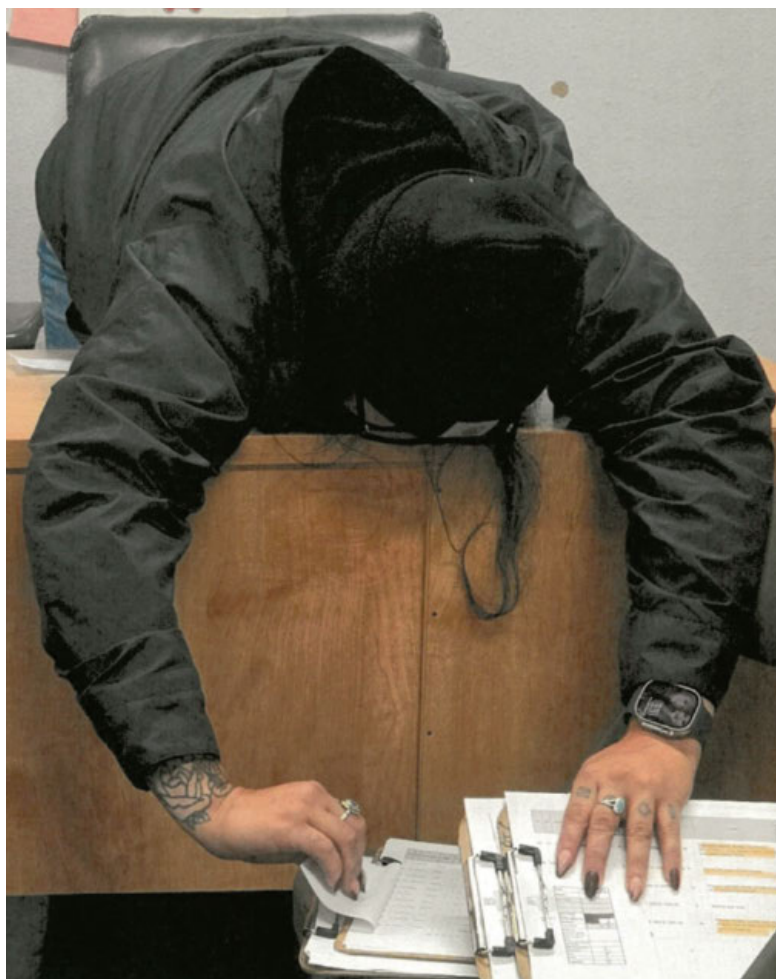
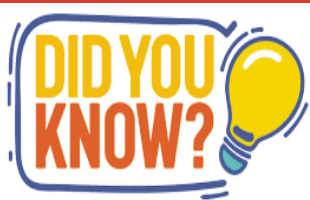
Thank you and enjoy the Senior Community Center!

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 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 Staff here at the Senior Center—Meals on Wheels Program are diligently working to ensure that meals get out on time and to the right people.

**Help at the Push of a Button!**



**AssureLink**  
Your Personal Response Network

*Locally Owned & Operated*

**At Home Or On The Go,  
With AssureLink You're Never Alone!**

**(208) 523-2704**

**NEVER MISS  
OUR NEWSLETTER!**

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emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)





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.

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

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**Bill Clough**

[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)

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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 Sheriff Office	Chair
Chanse Powell	Senior Solutions	Vice Chair
		Treasurer
		Secretary
Linda DeLia	Retired	
Kathleen Keyes	Member of PEO	
Carmen Ramos	Fairwinds Retirement	
Mary Ledezma	Retired	
Shane Simmons	Old Faithful Beverage CO	
Tasha Call	Life Care Centers of Idaho	
Jared Anderson	Life Care Centers of Idaho	
Roy Matthews	Retired	
----- 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 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  
**60%**  
payout

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

**Doors open at 4:30 pm**

Also join us for **10 AM** **TUESDAY 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**

## 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



Healthy eating and women/ <https://www.womenshealth.gov/healthy-eating/healthy-eating-and-women#6>

**The food and drink choices you make every day affect your health now and later in**

**life.** Choosing healthy foods and drinks more often can help prevent or manage many health problems that affect women. And studies show that when a woman eats healthy, everyone in her household is more likely to eat healthy.<sup>1,2</sup>

Women have some unique nutritional needs, including needing more of certain vitamins and minerals during pregnancy or after menopause.

**Calories.** Most times, women need fewer [calories](#). That's because women naturally have less muscle, more body fat, and are usually smaller. On average, adult women need between 1,600 and 2,400 calories a day. Women who are more physically active may need more calories. [Find out how many calories you need each day](#), based on your age, height, weight, and activity level.

**[Vitamins and minerals.](#)** Calcium, iron, and folic acid are particularly important for women.

**Reproductive health.** Women have different nutritional needs during different stages of life, such as during [pregnancy](#) and [breastfeeding](#) or after [menopause](#).

**Health problems.** Women are more likely to have some health problems related to nutrition, such as [celiac disease](#) and [lactose intolerance](#), and vitamin and mineral deficiencies, such as [iron-deficiency anemia](#).

- **Metabolism.** Women process some substances differently and burn fewer calories at rest and during exercise than men do.

## 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.



## Homeless Stand Down

Saturday, November 9th, 2024  
9:00 A.M. to 12:00 P.M.  
Skyline Activity Center  
1575 N. Skyline Dr., Idaho Falls



This annual event allows individuals and families that are homeless, Veterans, and community members that are on the brink of being homeless, at high risk of being homeless, or the majority of their resources are for rent to connect with service providers with resources for housing and other needs.

<b>FREE!!</b> <b>HOT BREAKFAST WILL BE SERVED FROM 9:00-11:00 A.M.</b>	<b>FREE!!</b> Veteran Services Medical Screenings Flu Shots Winter Clothing Cold Weather Gear Food Community Resources
---------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------

### DONATIONS IN NEED PRIOR TO THE EVENT

Your donations will be distributed to the homeless at this event.

<b>Items needed for Donation:</b> Clean and Lightly Used <b>Warm Winter</b> Clothing  Cold Weather Supplies such as blankets, sleeping bags  Food that is easily transportable Such as hot cocoa, soup packets, fruit cups, tuna/crackers, granola bars	<b>Donations can be dropped off Between Nov. 1<sup>st</sup> to Nov. 8<sup>th</sup></b> <b>Idaho Falls Activity Center – West Room</b> 1575 N. Skyline Idaho Falls, ID  Monday to Friday 8:00 a.m. to 4:00 p.m.
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*Free Transportation is available to the event, but must be scheduled by Friday, 11/1 Call CLUB, Inc. at (208) 529-4673 to reserve your ride*



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## 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)

17

FYI

*During the month of September  
your capable **KITCHEN AND  
DELIVERY**  
**PERSONNEL** served **295 meals**  
at the center, produced and  
Delivered **5,073 meals** to  
home-bound  
seniors and disabled adults  
through our Meals On Wheels  
program (Total meals: 5,368)*



Care that moves you



**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
- Alzheimer's care
- Dementia care
- Post-surgical care
- Pet care
- Assist with ADL's
- Organization
- & more!

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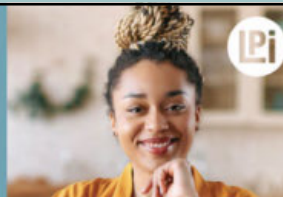
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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113



Been feeling a little  
moody and run  
down lately.  
So I looked  
up my symptoms.  
It's adulthood.  
I have adulthood.

What do we learn from hippopotamuses?



That it's impossible to reduce weight by  
eating green grass and salads and walking.

I'm not sure how many  
cookies it takes to  
be happy,  
but so far it's  
not twenty seven.

Have the  
BEST  
possible  
day.

#### **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](http://www.idaholegalaid.org)

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

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

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

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

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

### **PROGRAM DONATIONS FROM CENTER FOR THE MONTH OF .....September**

Beading	\$25
Bingo / Wed, Fri, Saturday	\$3412.07
Beading -(Beverage)	\$8
Bridge	\$7
Bridge—(Bev Only: Both)	\$0
Double Deck Pinochle	\$0
Double Deck Pinochle (Bev.)	\$0
Fit & Fall Exercise	\$111
Pool	\$7
Woodcarvers	\$22
Mah-Jongg	\$0
Pinochle	\$46
Pinochle (Bev Only)	\$14
Rose's Gentlemen's Group	\$140.69
Ladies Morning Coffee	\$69.80
Congregate lunch (Beverage only)	\$0.0
Tai Chi	
Total	\$3,862.56



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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  
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Permit #155



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Center, Inc.**

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

