



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: ifscce.org
Circulation: 750

OCTOBER



This Months Newsletter is courtesy of Generations Insurance

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



2021
October

We reserve the right to goof-up occasionally

New Members: William Baker, Zelda Holtom, Timothy Bedsworth, Charles Hawkins, Sarah Guzman, Lorali Strander, Betty Martin, Sharon Vinyard, Joanne Brooks, Daniel Hedgorth, Joyce Vanderpool, Irene Larson

AND FOR ALL OUR NEW MEMBERS... Please don't be a passive member! Get involved...Join in the daily activities. In most cases the daily activities are not created by the Center Management, they were created by members who asked "Can we do this?" Management is concerned with activities only in a support position. Please join us on any Wednesday morning at 8:45 AM for Wednesday Morning Coffee Break and

NEW MEMBER GET-ACQUAINTED ! STAY FOR * BINGO AT 9:45 IF YOU WOULD LIKE

Thank You to all of our Volunteers

Senior Hours	303.50
Non-Senior Hour	192.50
Board Member Hour	42.50
Work Detail Hours	.00
<hr/>	
Total Hours	538.50

We would like to thank the Board Members, Non-Seniors and ALL the seniors who keep the SCCC going by keeping all of our activities and programs running.

Warm Wishes To You All!

Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

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

Thank You!

Monthly Supporters

*Bonneville County * United Way*

*City Of Idaho Falls * Medicaid*

Eastern Idaho Community Action Partnership

Thank You!

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

\$ 0 - \$ 99 20 Anonymous, David & Elizabeth Dahl, Tripathy Prabaht

\$100 - \$250 Cheryl & Mike Oar, Carol Ormond

\$300—\$700 Mary Williams,

\$800-\$2,000

Misc. items:

Thank You!

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

Community Food Basket 6 times through the month of July

Idaho Falls Humanitarian Center



VOLUNTEERS
don't necessarily
have the time;
they just have
the heart!



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

We appreciate so much the way you have opened your hearts to help
our seniors and
disabled adults. Your willingness to give of your time has enabled us to deliver our
meals quicker, more timely and helps make sure that we don't have a wait list. You
are a blessing to all.

Dave Nobles, William Brotherson, John Burnside, Richard & Marion Myers,
Chase Powell-Senior Solutions, Steve Stowell, Johannah Thompson, Marla Morgan,
Tiffany Morris, Whitney St. Michael, Jeffrey Socher,
Penny Shawl, Becky Schneider, Moira Solle,
Jayden Hunsucker-Alliance Home health & Hospice, Tyler Peterson,
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks,
Erin Tucker, Beth Anderton,
Derek Baker, Devin Turpin, Carol Rogers, Mason Watt, Mickeala Scheffner,
Carrie & Liam Higginbotham

COME JOIN THE FUN

CALL FOR A TOUR TODAY!



LINCOLN * COURT

INDEPENDENT, ASSISTED LIVING & MEMORY CARE

850 Lincoln Dr, Idaho Falls

208-529-3456

Fully
Vaccinated
Community



Safest Place To Live

- Taking New Admissions • Fully Furnished Apartments
- Competitively Priced • Amazing Move In Specials



4 LETTERS

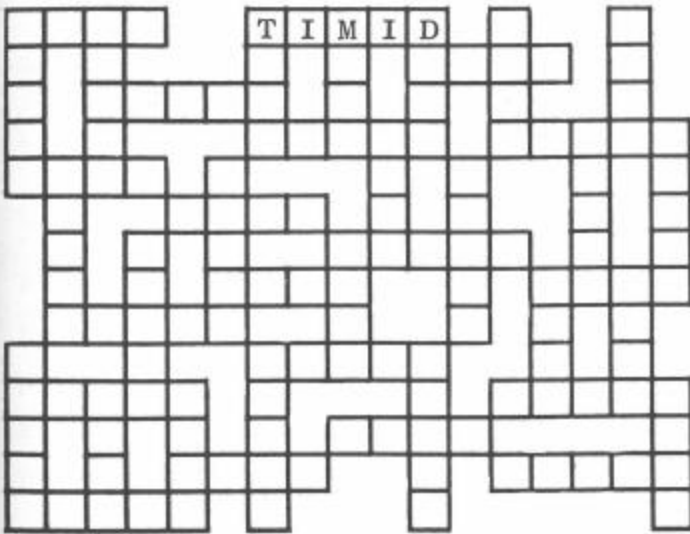
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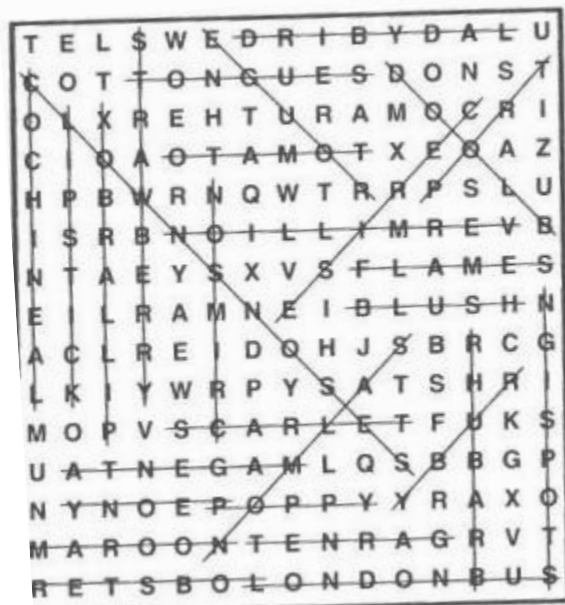
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“There was no way I was going to allow myself to go grey while only in my 30’s. So I dyed my hair. Later, I modeled the new look for my husband. “Well do I look five years younger?” I asked. “No” he said, “but your hair does.” - Stacy Oates



Crossword puzzle 237
Solution from
September
Newsletter

PUZZLE 237



Eastern Idaho Area Agency on Aging

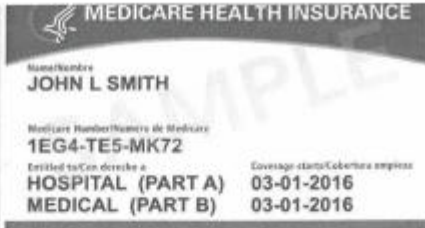
Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partnership—EICAP) is an essential resource in the community, working to maintain the independence and dignity of Eastern Idaho’s seniors and caregivers. We do this by connecting seniors with services and community resources. 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.

Health starts where we live, learn, work and play. Many people only think of healthcare services when envisioning health, but 70% of our health is determined by behavior and environment. In addition to doctor visits, access to nutritious food, education, stable and affordable housing, transportation, and air/water quality in our environment are all part of what is known as social determinants of health. At The Idaho Foodbank, we know that hunger is a major factor impacting a person's health. That is why we have our Hunger to Health Strategy, which is composed of three initiatives:

- **Nutrition:** Driven by the USDA's MyPlate recommendations, our goal is to make the healthy choice the easy choice. The Idaho Foodbank categorizes food to ensure we are providing nutritious items such as fruits and vegetables, whole grains, dairy and protein.
- **Education:** We promote nutrition education, cooking classes and the distribution of nutrition and health education materials
- **Healthy Communities:** We collaborate with organizations across our state to provide leadership, subject-matter expertise, and/or solutions to community needs.

Social Determinants of Health





This Months Newsletter is courtesy of Generations Insurance



Join us for a Medicare Community Meeting
Idaho Falls Senior Center
Wednesday Oct 20th
2:00 pm

Original Medicare
PART A + PART B
A + B
HOSPITAL DOCTOR

+

PART D
D
DRUG

+

EXTRA BENEFITS

- DENTAL
- VISION
- HEARING
- GYM
- & MORE

= MEDICARE ADVANTAGE PLANS

Make sure you're getting all the benefits you are eligible for.

Meet with us at:

Idaho Falls Senior Center:
535 W 21st St
Idaho Falls, ID

Seating is limited, Please RSVP early to reserve you and your guests seat.

Call us today to reserve your spot:
208-709-9898

*One on one appointments available if unable to attend.

Success is a journey not a destination

- Ben Sweetland



“Old age ... is a good and pleasant thing. It is true you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator.” – Confucius

Eastern Idaho Area Agency on Aging: In-Home Services

Through your local Area Agency on Aging, you may receive help in the home if you qualify. Homemaker services provide care for older persons to help maintain, strengthen, and safeguard their personal functioning in their own homes. Homemaker services can include: light housekeeping, laundry, essential errands, and meal preparation. Additional assistance, through the Chore program, can help with larger projects, such as sidewalk maintenance, heavy cleaning or minor household maintenance. These services are no-cost to low-cost for consumers. Call your Eastern Idaho Area Agency on Aging for more information at **(208) 522-5391**.

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You might meet new friends at Fairwinds. Or sidekicks.

When does a friend become a true sidekick? We're not really sure.

But what we do know is that a lot of friendships and sidekickships are made at Fairwinds – Sand Creek Retirement Community.

With so many fun activities and events, it's perfect for folks who prefer more community and less retirement.

Come see what we mean. Call (208) 310-7349 to schedule your complimentary lunch and private tour.

And then get ready to meet some future pals, buddies, and BFFs.



It's More Than Retirement. It's Five-Star Fun.

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(208) 310-7349 • FairwindsSandCreekSeniorLiving.com

A LEISURE CARE PREMIER COMMUNITY



FAIRWINDS
SAND CREEK



No matter your age, it's important to take care of your body and prevent illness.

But if you're 65 or older, something as simple as the flu or a common cold can progress and lead to complications. This includes secondary infections like pneumonia, bronchitis, an ear infection, or a sinus infection. If you have a chronic condition such as asthma or diabetes, a respiratory illness can make these worse. Because of this, it's important to make healthy choices to strengthen your immune system and reduce the likelihood of illness.

[Get plenty of rest](#)

Not only can sleep reduce your stress level, but sleep is how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses. Sleep is also important as you get older because it can improve memory and concentration. Aim for at least seven and a half to nine hours of sleep per night. If you have trouble sleeping, talk to your doctor to find the underlying cause. Causes of insomnia can include inactivity during the day and too much caffeine. Or it can be a sign of a medical condition like sleep apnea or restless leg syndrome.

[Get active](#)

Physical activity is an [immune system booster](#). The more you move, the more your body is able to fight inflammation and infections. The activity you partake in doesn't have to be strenuous. Low impact exercises are effective, too. You might consider biking, walking, swimming, or low impact aerobics. If you're able to, engage in moderate intensity exercise for about 20 to 30 minutes a day to reach the recommended total of [150 minutes a week](#). Also, strengthen your muscles by lifting weights or doing yoga. Modify your exercise routine to find what feels best for you.



[Eat a healthy diet](#)

Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are a good source of antioxidants. Antioxidants protect your cells from damage and keep your body healthy. You should also limit your consumption of sugary and fatty foods, which can trigger inflammation in the body and lower your immune system. In addition, limit your intake of alcohol. Ask your doctor about safe amounts of alcohol to drink per day or week.

[Learn how to manage stress](#)

Chronic stress increases your body's production of the stress hormone cortisol. Too much cortisol can disrupt different functions in your body, including your immune system. To reduce stress, increase physical activity, get plenty of sleep, set reasonable expectations for yourself, and explore relaxing, enjoyable activities.

[Avoid contact with people who are sick](#)

Another way to protect yourself year-round is to avoid being close to people who are sick. This is easier said than done. But if there's a flu outbreak in your area, limit contact with people who aren't feeling well and avoid crowded areas until conditions improve. If you must go out, protect yourself by wearing a face mask. If you're caring for someone with the flu, wear a face mask and gloves, and wash your hands frequently.

Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: October 2021

0 Monday	0 Tuesday	0 Wednesday	0 Thursday	1 Friday
				0 Chicken & Dressing Casserole
				0 Chicken 3oz
				0 Carrots, Broccoli, Green Beans 1c
				0 White Rice (1/2c) & Chicken Stuff
MILK	MILK	MILK	MILK	MILK
				0

4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
Tuna Casserole	Cowboy Stew	Sausage Breakfast Burrito with	Mushroom & Onion Pork Chops	Beefy Pizza Sandwich
Kiwi	Peaches	Mandarin Oranges	Apple Sauce	Mixed Fruit
Carrot, Onion, Peas 1c	Green Pepper, Kidney Beans, Corn	Peppers & Onions	Broccoli, Carrots, Caul, Zucc, Mus	Dinner Salad, Romaine lettuce, Or
Garlic Toast & Chips	Potato 1/2 c	Hashbrowns	Potato Medley	Hoagie Bun
MILK	MILK	MILK/ Cheese/ Sour Cream	MILK	MILK & Cheese
	0 Chocolate Cake		0 Butterscotch Pudding	Jello with mixed fruit

11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
Beer brats with sauerkraut	Creamy Tuscan Chicken	Shepards Pie	Broccoli Chicken Dijon	Fish Sticks & Tarter Sauce
Banana	Appricots	Pineapple	Peaches	Plums
Sauerkraut & Onion	Stewed Tomato, Onion, Creamy T	Peas, Carrots, Onions 1c	Glazed Carrots & Onions, Cream c	Quinoa Blend
Roasted Potatoes	Cheesy Mashed Potato	Mashed Potatoes 1/2c	Rice Pilaf- Brown Rice	Mac & Cheese
MILK	MILK	MILK & Cheddar Cheese	MILK	MILK
	0	0 Lime Jello	Banana Cream Pie	Ginger Cookie

18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
Beef Stroganoff	Stuff Tomato Chicken Salad	Sauerbraten	Saisbury Steak	Beef Nachos With Salsa
Green Apples	Orange	Tropical Fruit	Tropical Fruit	Mandarin Oranges
Beets & Onions	Baby Mix, Carrot, Cucumber, Oni	Carrots with cream sauce	California Blend	Olives, Tomato, Lettuce, Refried B
Egg Noodles 1/2c	WG Garlic Bread	Potato Dumplings	Mashed Potatoes and gravy	Blue Tortilla Chips 1/2c
MILK & Sour cream	MILK	MILK	MILK	MILK
Bread Bananza		0 Chocolate Pudding Cake		0 Peanut Butter Cookie

25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
Baked Pork Chops	Pita Sandwich	BBQ Chicken	Corn Dogs	Stuffed Jack O' Peppers
Red Apples	Honey Dew	Grapes	Black Beans, Chix pea	Mandarin Oranges
Squash, Carrot, Onion, Zucchini	Tomato, Lettuce, Onion 1c	Baked Beans	Steak Fries, breading	Peppers (1 full pepper)
WG Roll & Brown Rice	Macaroni Salad 1/2c	Roasted Potato		0 WG Pasta 1/2c
MILK	MILK	MILK	MILK	MILK
Rice Crispy Treats		0 Cheesecake in a cup		0 Butter Finger Ghost

Menu Subject Change.

October 2021

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00a Beading 10:00a Rose's Coffee Group	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 Grp 10:15a Fit & Fall Exercise	6 10:00a Rose's Coffee 11:00a Pinochle/DS	7 10:00a Roses Coffee Group 10:15a Fit and Fall	8 10:00a Beading 10:00a Rose's Coffee Group	9 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
10	11 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	12 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise	13 10:00a Rose's Coffee 11:00a Pinochle/DS 2:00p Medicare Educational Meeting/ Call 208-709-9898 for info	14 10:00a Roses Coffee Group 10:15a Fit and Fall 12:45p Art Class	15 10:00a Beading 10:00a Rose's Coffee Group	16 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
17	18 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	19 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise	20 10:00a Rose's Coffee 11:00a Pinochle/DS *	21 10:00a Roses Coffee Group 10:15a Fit and Fall	22 10:00a Beading 10:00a Rose's Coffee Group	23 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
24	25 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	26 10:00a Roses Coffee Grp 10:00a SCCC Ex Brd 10:15a Fit & Fall Exercise 10:30a SCCC Brd Mtg	27 10:00a Rose's Coffee 11:00a Pinochle/DS	28 10:00a Roses Coffee Group 10:15a Fit and Fall	29 10:00a Beading 10:00a Rose's Coffee Group 11:30a Halloween Festivities Begin	30 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
31						

The Center will be open July 1st as of right now we have some programs scheduled, but at different times due to time constraints with new hours. The hours are 10AM to 2PM. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

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

Fun facts you didn't know about Halloween

Jack o'lantern" comes from the Irish legend of Stingy Jack

Legend has it that Stingy Jack invited the devil to have a drink with him, but Jack didn't want to pay for the drink, so he convinced the devil to turn himself into a coin. Instead of buying the drink, he pocketed the coin and kept it close to a silver cross in his house, preventing the devil from taking shape again.

He promised to let the devil go as long as he would leave Jack alone for a year – and that if Jack died, the devil wouldn't claim his soul.

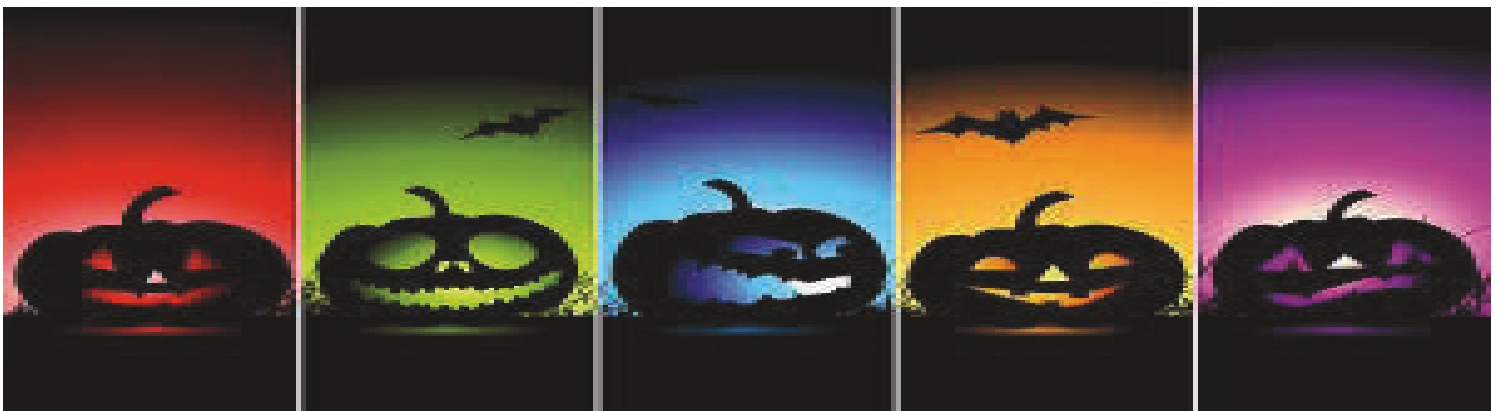
After a year, Jack tricked the devil again to leave him alone and not claim his soul. When Jack died, God didn't want such a conniving person in heaven and the devil, true to his word, would not allow him into hell.

Jack was sent off into the night with only a burning coal to light his path. He placed the coal inside a carved-out turnip and has been roaming the earth ever since.

People in Ireland and Scotland began creating their own creations of Jack's lanterns out of turnips, beets and potatoes. The tradition traveled to the United States along with the immigrants and people began to use pumpkins, native to North America, for the lanterns instead.

The most lit jack o'lanterns on display is 30,581

According to Guinness World Records, the highest number of lit jack o'lanterns on display is 30,581 by the City of Keene, New Hampshire in 2013. Keene, represented by Let it Shine, has broken the record 8 times over since the original attempt. That's a whole lot of pumpkins!



<p>Help at the Push of a Button!</p>  <p>AssureLink Your Personal Response Network <i>Locally Owned & Operated</i></p> <p>At Home Or On The Go, With AssureLink You're Never Alone!</p> <p>(208) 523-2704</p>	<p>AVAILABLE FOR A LIMITED TIME!</p> <p>ADVERTISE HERE NOW!</p> <p>Contact Bill Clough to place an ad today! wclough@lpicommunities.com or (800) 950-9952 x2635</p>
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Cake Eyeballs



Recipe courtesy of Ree Drummond
From: Food Network Magazine



Level: Easy
Total: 2 hr 25 min
Prep: 2 hr
Cook: 25 min
Yield: 24 to 30 servings

Ingredients:

- One (18.25-ounce) box red velvet or yellow cake mix (plus required ingredients)
- One (12-ounce) can frosting (any kind)
- 12 ounces white chocolate melting disks
- Assorted gel icing, for decorating

Directions:

- 1 Prepare the cake mix according to the package directions for a 9-by-13-inch cake or two 9-inch cakes. Allow to cool slightly in the pan, then remove to a rack, cover with a dish towel and let cool completely.
- 2 Break off sections of the cake and crumble in a large bowl. When finished, you should have a bunch of very fine cake crumbs. Using a rubber spatula, work the frosting into the cake until it is no longer visible. (Even if you use white frosting with red velvet cake, the white will eventually blend in entirely.)
- 3 Next, roll the mixture into 1 1/2-inch balls (a small ice cream scoop helps with this) and set on a parchment-lined baking sheet. This is important: Pop 'em in the freezer, uncovered, for at least an hour. The cake balls need to be very firm before coating them.
- 4 When the cake balls are nice and firm, place the white chocolate in a heatproof bowl set over a pan of simmering water. (Don't let the bowl touch the water.) Stir occasionally until the chocolate is melted and smooth. Remove the bowl from the pan. Add the cake balls one at a time to the melted white chocolate and gently roll to coat. Using a fork, lift out the cake balls, then tap the fork against the side of the bowl to remove the excess chocolate. With a toothpick, push the ball off of the fork and back onto the parchment-lined baking sheet. Let set at room temperature, 10 to 15 minutes. Decorate with gel icing to look like eyeballs.



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our Community!*



YOUR BOARD OF DIRECTORS

Machelle Bergman	Fairwinds Retirement	Chair
Linda DeLia	Retired Medical Editor	Vice chair
Arianne Holt	Idaho Legal Aid Service	Secretary
Chanse Powell	Senior Solutions	Treasurer
Lew Eaker	Retired Engineer	
Karl Casperson	Bonneville County Sheriff Office	
Alecia Coburn	Lincoln Court Retirement	
Tiffany Morrison	Life Care Center	
William Brotherson	Retired	

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

Thomas Hally	Mayor's Office Liaison
Sarah Ryner	Executive Director
Antonio Nebeker	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 Senior Center Board of Directors please apply by September 30th, 2021. Applications can either be picked up at the Center between 10am-2pm or emailed to you. Address; 535 W 21st Street. Phone #(208)522-4357 Email; ifscgccgen@gmail.com.

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

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

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

Eastern Idaho Area Agency on Aging: Information & Assistance

The Information and Assistance Program, within the Area Agency on Aging, bring people and services together. Information and Assistance provides current information on services available in the communities, links people to opportunities that are available, and provides follow-up to ensure people receive the services needed. Think of it as a local resource hub for everything senior. Call us to be connected to programs and services that you may need at (208) 522-5391

CARD GAMES INFORMATION

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

	HIGH	HIGH /Tied	2ND
	HIGH	2ND	3RD
	High	2ND	3RD

WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD
	HIGH	2ND	3RD
	HIGH	2ND	3RD

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.



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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“Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.” – Samuel Ullman

FYI

During the month of August our capable KITCHEN AND DELIVERY PERSONNEL served 266 meals at the center, and produced and Delivered 4774 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals:5,040)

FREE Skin Cancer Screenings



A preventative reminder that risk factors for skin cancer include:

- A lighter natural skin color
- Family history of skin cancer
- A history of sunburns, especially early in life
- A history of indoor tanning
- Skin that burns, freckles, reddens easily

More than 3.5 million skin cancers in over two million people are diagnosed annually. If you have any of these risk factors above and are concerned with a spot on your skin, now is the time to have it checked.

Cosmetic Dermatology:

- Botox
- Fillers
- Sclerotherapy
- Anti-Aging
- Skin Care Products

CALL 208-881-5241

Make your screening appointment today!
Daniel Marshall, D.O. | Cameron French, PA-C



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Idaho Falls, ID 83404

208-522-1591



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

HALLOWEEN WORDSEARCH

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



GHOST
WITCH
TRICK
TREAT
CANDY

PUMPKIN
MONSTER
COSTUME
SPOOKY
SCARY

FRIGHT
HORROR
SCREAM
BOO
MASKS

COB WEBS
CANDYCORN
HALLOWEEN
OCTOBER
HAUNTED HOUSE

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Medicare

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 OFNone	
Beading	\$2.00
Bingo Wednesday & Saturday	\$0.00
Bingo Wednesday & Saturday (Bev)	\$0.00
Bridge-2nd Monday	\$0.00
Bridge	\$7.00
Bridge—(Bev Only: Both)	\$2.00
Double Deck Pinochle	\$0.00
Fit & Fall Exercise	\$112.17
Hand & Foot	\$0.00
Country Line Dancing	\$0.00
Mah-Jongg	\$11.00
Pinochle	\$7.00
Pinochle (Bev Only)	\$0.00
Pool	\$0.00
Spanish Class	\$0.00
Tai Chi	\$0.00
Rose's Gentlemen's Group	\$80.00
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$0.00
Use It Don't lose it	\$0.00
Congregate lunch (Beverage only)	\$0
Other	\$2.05
Total	\$223.22



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

Non-Profit Organization
U S POSTAGE PAID
Idaho Falls, ID 83401
Permit #155

DATED MATERIAL—PLEASE DON'T DELAY
RETURN SERVICE REQUESTED



The Senior Citizen Activity Center, Inc.

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

