



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

Telephone: (208) 522-4357
Website: ifscrc.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.*



Tom Till (above), © SuperStock. Detail of Wall, Anasazi Ruins (inset)

SEPTEMBER

2025

HOVENEEP NATIONAL MONUMENT, COLORADO/UTAH
Elegant and enduring stone structures built more than 800 years ago still stand as evidence of the architectural mastery of Ancestral Puebloans. The natural quiet and dark night skies of Hovenweep also draw visitors to this national monument.

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



September
2025

We reserve the right
to make mistakes
occasionally

Senior Communicator Newsletter

New Members Bradley & Colleen Salmonson, Andrea Martinez, Joan Holm, Brent Ferguson, Elaine Johnson, Kelley Larson, Merlin Staples, Beverly Slaska, Dianna Smout, Bill & Ruby Robinson, Okcha Priest, Jarvis Fowers

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

Thank You to all of our Volunteers

Senior Hours	170.42
Non-Senior Hour	280.67
Board Member Hour	18.00
Work Detail Hours	13.28
Total Hours	482.37

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!

**There is so
much power in
believing that
everything
will work out.**

Photo by: www.johnlongphotography.com

Thank You!

Monthly Supporters

United Way

**City Of Idaho Falls * Medicaid*

Eastern Idaho Community Action Partnership

**Community Food Basket *Panera bread **

**Humanitarian Center* Molina*

United Healthcare

Thank You!

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

\$ 0 - \$ 99 John Long, 1 Anonymous,

**\$100-\$250 Norman Reno, Melanie Novak, Melanie
Novak**

\$300- \$700

\$1,000-\$20,000 Marla Morgan

Thank You!

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

Red Hat Society

PayPal Giving Fund Grant

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

Dave Nobles, Steve Stowell, Marla Morgan, Jeffrey Socher, Moira Solle, Jordan Homer, Mirmy Cotto, Kristine M, Hal & Deb Tobin, Mr. & Mrs. Yeager, Melissa Knight, Rick Dale, Gerald Ondricek, A.J. Knight, Frank Rhoades, Roger Kuhl, Kathy Failor



NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

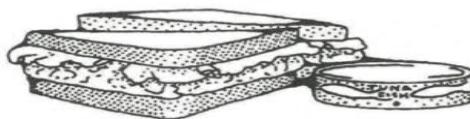
Senior Communicator Newsletter

Protein! With summer gardening coming to an end, some of us may have a surplus of produce including fruits and vegetables. What better way to pair these foods than with protein! Protein can help fuel our bodies, maintain satiety levels, muscle tone, and blood sugar levels. Protein is often thought as being an animal source, this is true. But protein can also be found in: eggs, peanut butter, tofu, lentils, seeds, beans, yogurt, etc.

- It is recommended that active older adults consume anywhere from 0.8-1.2 grams per kilogram of their ideal body weight in protein (depending on activity level). For example, a 150 lb person should have anywhere from 54-82 grams of protein per day
- Protein can be added to foods in a variety of ways:
 - Adding protein-rich foods (peanut butter, protein powder, Greek yogurt, or oats) to smoothies
 - “Bulking up” a tuna fish sandwich with chopped boiled eggs, olives, etc.

Seasonal foods in August:

- Tomato
- Lettuce
- Corn
- Zucchini



Protein-Packed peanut butter overnight oats (serves 2-3)

- 1 cup old fashioned oats
- 1 cup milk, any kind
- $\frac{1}{2}$ cup Greek yogurt, plain or vanilla
- 2 Tbsp Peanut butter
- 2 Tbsp peanuts (optional)
- 1 Tbsp Chocolate chips (optional)

Mix all ingredients into a bowl (large mason jars are popular as they come with a lid and store well), and refrigerate for at least one hour or overnight for best texture and

blending of all flavors. Store in an airtight container, refrigerate for up to 5 days. *
Approximately 20 grams of protein per serving



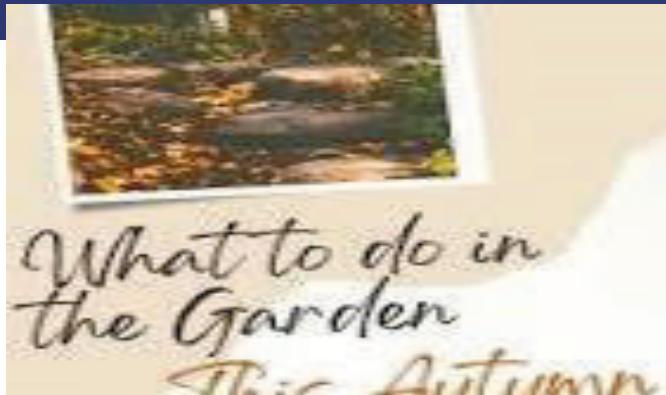
Mixed Berry cheesecake overnight oats (serves 2-3)

- 1 cup old fashioned oats
- 1 cup milk, any kind
- $\frac{1}{2}$ cup Greek yogurt, plain or vanilla
- 1 tbsp brown sugar
- $\frac{1}{2}$ cup diced strawberries, whole blueberries and raspberries
- 1 Tbsp chia seeds
- 1 Tbsp crushed graham crackers or granola

Nutrition Article

Mix all ingredients into a bowl, and refrigerate for at least one hour or overnight for best texture and blending of all flavors. Top with additional crackers or granola if desired.

Store in an airtight container, refrigerate for up to 5 days. *Please note is using this recipe, fruit might go bad before 5 days, monitor closely *Approximately 18 grams of protein per serving *Registered Dietitian available via appointment for a nutrition assessment or education*



In autumn, focus on preparing your garden for winter and planting for spring. Tasks include planting spring bulbs, dividing perennials, cleaning up the garden, mulching, and adding compost or aged manure to vegetable beds. You should also prune trees and shrubs, aerate the lawn, and consider transplanting plants. Don't forget to harvest seeds, tidy borders, and put away plant supports.

1. **Planting and dividing.** **Divide Perennials:** Dig up and divide crowded perennial plants to rejuvenate them and create new plants for free.

Plant trees and shrubs. Autumn is a great time for planting trees and shrubs as the soil is still warm, allow them to establish roots before winter.

2. **Clean up your garden:** Remove dead annuals, fallen leaves, and debris from borders and vegetable plots to prevent disease and pet problems.

Mulch: Apply a layer of mulch (Shredded leaves, wood chips, straw) to beds and boarders to insulate plant roots, retain moisture, and suppress weeds.

Compost: turn bins and add autumn leaves to create nutrient-rich compost for next years garden.

Tidy borders and beds: Remove dead foliage, cut back perennials, and prepare beds for winter.

Put away plant supports: Clean and store any plant supports like stakes or trellises.

Repair Garden Structure: Fix any damage to sheds, fences, or raised beds.

3. Lawn Care

Aerate: Aerating the lawn helps improve drainage and oxygen flow to the roots.

Overseed: Fall is a good time to overseed a lawn or start a new one, as the cooler weather is ideal for grass growth.

4. Other important tasks:

Harvest Seeds: Collect seeds from your favorite plants for next year's garden.

Water: Continue to water plants, especially early in the season when it's still dry.

Prepare for winter: Move tender plants indoors, insulate pots, and prepare for freezing temperatures.

Enjoy Your Garden: Take time to appreciate the beauty of your garden in its autumn colors.

RECIPE:

8/22/25, 9:24 AM

Slow-Cooker Split Pea Soup Recipe | Food Network Kitchen | Food Network

Slow-Cooker Split Pea Soup



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Level: Easy

Total: 6 hr 30 min

Prep: 30 min

Cook: 6 hr

Yield: 6 servings

Ingredients:

1/2 cup chopped fresh parsley, plus 8 to 10
parsley stems
4 sprigs thyme
1 pound green split peas, picked over and rinsed
1 large leek, white and light green part only,
halved lengthwise and thinly sliced crosswise
2 stalks celery, chopped
2 carrots, chopped
Kosher salt and freshly ground pepper
1 smoked turkey leg (1 to 1 1/2 pounds)
1/4 cup nonfat plain yogurt
1/2 cup frozen peas, thawed
Crusty multigrain bread, for serving (optional)

Directions:

- 1 Tie the parsley stems and thyme together with kitchen string and place in a 6-quart slow cooker. Add the split peas, leek, celery, carrots, 1 teaspoon salt and 1/2 teaspoon pepper; stir to combine. Add the turkey leg and 7 cups water. Cover and cook on low until the split peas and meat are tender, 6 to 8 hours.
- 2 Discard the herb bundle. Discard the skin and bones from the turkey leg and shred the meat. Vigorously stir the soup to break up the peas and make the soup smoother. Thin with water, if desired. Stir in the chopped parsley and about three-quarters of the turkey meat; season with salt and pepper.
- 3 Ladle the soup into bowls. Thin the yogurt with a little water, then spoon onto the soup. Top with the thawed peas and the remaining turkey. Serve with bread, if desired.



Photograph by Antonis Achilleos
Courtesy of Food Network Magazine

You don't "have to" do anything.

You "get to".

A lot of people woke up today and won't get the opportunity. Gratitude. Change your perspective.

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Executive Department
State of Idaho

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State Capital
Boise

WHEREAS, experts agree that nutrition status is a direct measure of health and that good nutrition can keep people healthy and out of healthcare institutions; and

WHEREAS, illness, injury, and malnutrition can result in the loss of lean body mass, leading to complications that impact good patient health outcomes, including recovery from surgery, illness, or disease; and

WHEREAS, disease-related malnutrition is a highly prevalent form of malnutrition; and

WHEREAS, 32-54% of hospitalized adult patients have malnutrition; and

WHEREAS, the 30-day hospital readmission rate is 2.2 times higher than patients without malnutrition; and

WHEREAS, readmitted malnourished patients are twice as likely to be diagnosed with an infection; and

WHEREAS, malnourished patients have two times the mortality rate of all hospitalized patients; and

WHEREAS, 20-40% percent of adults in the community are at risk or have malnutrition; and

WHEREAS, screening, assessment, diagnosis, and intervention are key to improving malnutrition in the United States.

NOW, THEREFORE, I, BRAD LITTLE, Governor of the State of Idaho, do hereby proclaim September 8-12, 2025, to be

MALNUTRITION AWARENESS WEEK

in Idaho, and I encourage Idaho citizens to recognize this special observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Idaho at the Capitol in Boise on this 1st day of September, in the year of our Lord two thousand and twenty-five.



BRAD LITTLE
GOVERNOR



PHIL MCGRANE
SECRETARY OF STATE

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.



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Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

**NEW
CONTENT
ADDED!**

Date & Time:

Tuesday September 30, 2025
9am TO 4pm

Location:

Idaho Falls Senior Citizens Community Center
535 W. 21st Street
Idaho Falls, Idaho 83402

Register:

(208) 522-4357 (I.F. Senior Citizens Community Center)
--OR--
(503) 816-0790 (Ned)

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: **1-888-773-7160**

September

2025



	Monday	Tuesday	Wednesday	Thursday	Friday	
	1 CLOSED FOR LABOR DAY	2 Fish & Chips Applesauce Coleslaw Muffin	3 Chicken Nachos Mandarin Oranges Tomato, Onion, olives, banana peppers, Sour cream & Cheese	4 Swiss Steak Plums Green Beans Au gratin potatoes Roll Yogurt	5 Turkey Chef Salad Tomato, onion, carrots, Croutons Sliced Bread Pudding	
	8 Chicken Nuggets Blueberries Roasted Corn and peppers Jello	9 Turkey Alfredo Strawberries Capri Blend Garlic Bread	10 Chicken Fried Steak Red Grapes Italian Blend Mashed Potatoes & gravy, Roll	11 BBQ Pork Chop Applesauce Cauliflower Garlic & Herb Rice	12 Cheeseburger Orange Lettuce, Onion, Tomato, Pickles Tater Tots Cookie	
	15 Turkey over Mashed potatoes Mixed Fruit Roll Yogurt	16 Pepperoni & Sausage Pizza Dinner Salad Pineapple	17 Spaghetti & Meatballs Juice Spinach Garlic Bread	18 Lemon Pepper Chicken Thigh Cantaloupe Beets Brown Rice Multigrain Bar	19 Tuna Sandwich Kiwi Carrot & Celery sticks Chips Pop tart	
	22 Beef Chili Mixed Veggies Nectarine Cornbread Brownie	23 Creamy Garlic Fish Mixed Berries Chalet Blend Scalloped Potatoes Breadstick	24 Salisbury Steak Watermelon Peas Mashed Potatoes & Gravy Roll Cookie	25 Slow Roasted Garlic Pork Peaches Carrots Baked Potato Cheese, Sour cream	26 Honey Garlic Chicken Green Grapes Zucchini White Rice	
	29 Soft taco Tropical fruit Spring veggies Salsa Cottage Cheese	30 Pancakes and Sausage Links Strawberries Fajita Blend Hash browns Syrup Pudding				

September 2025

Community

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

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

Loving my new gravy boat that I found at my grandads house.



“

**Once a Nurse,
always a Nurse.
No matter what
you do, you can
never really get
out of Nursing.
It's like the Mafia.
You know too
much.**

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

I think one of my favorite feelings is laughing with someone and realizing half way through how much you enjoy them and their existence.
Unknown | Soul in Ink

Grandparents Corner

EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

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

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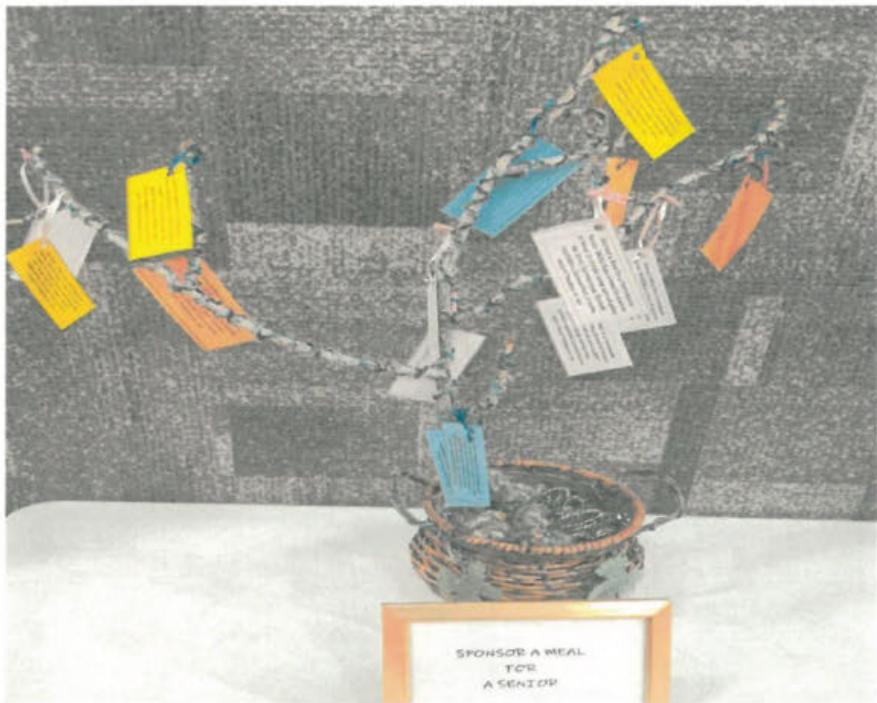
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OUR NEWSLETTER!**

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Have our newsletter emailed to you.



Visit 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.

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

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YOUR BOARD OF DIRECTORS

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

Non Voting Members

Jim Francis	Mayor's Office Liaison
Sarah Ryner	Executive Director

The Board meets on the
4th Tuesday of each month, sometimes
changes, or is canceled.
from 10:30 AM to 11:55 AM
All meetings are open to the public

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

All are welcome. Thank you

Caregivers Support Group

EICAP Caregivers Support Group

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

from:

1pm—3pm at EICAP 935 E. Lincoln Rd.
I.F. (208) 522-5391 ext-203 Emily (call for zoom
information)

See you there.....

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

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- * Must be 18 years old or older to play
- * Win CASH

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AND ALCOHOL-FREE ENVIRONMENT
AND A NON-PROFIT ORGANIZATION

URGENT

Give back to your community by donating
to your local charity right here in Idaho
Falls. You can donate money, your time,
or needed items. We have our Pancake
breakfast in November and could use
silent auction items. We need volunteer
drivers and part-time paid drivers. Some
of our funding has dropped off and we
need more funding to take its place.

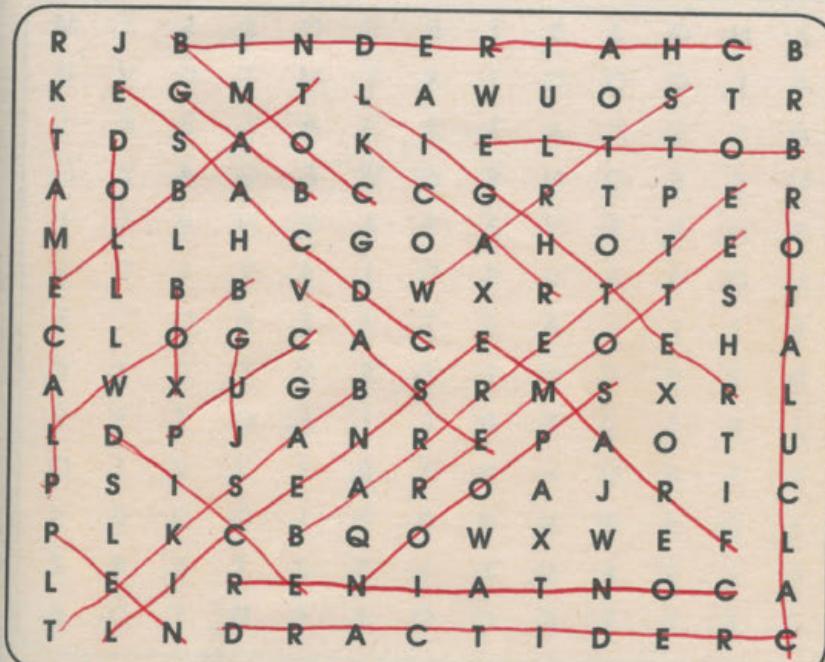
**WE NEED THE COMMUNITIES
SUPPORT RIGHT NOW! PLEASE
COME SUPPORT US!!!**

Call 208)522-4357 for questions, or visit in person
to apply or inquire at 535 W 21st Street, Idaho

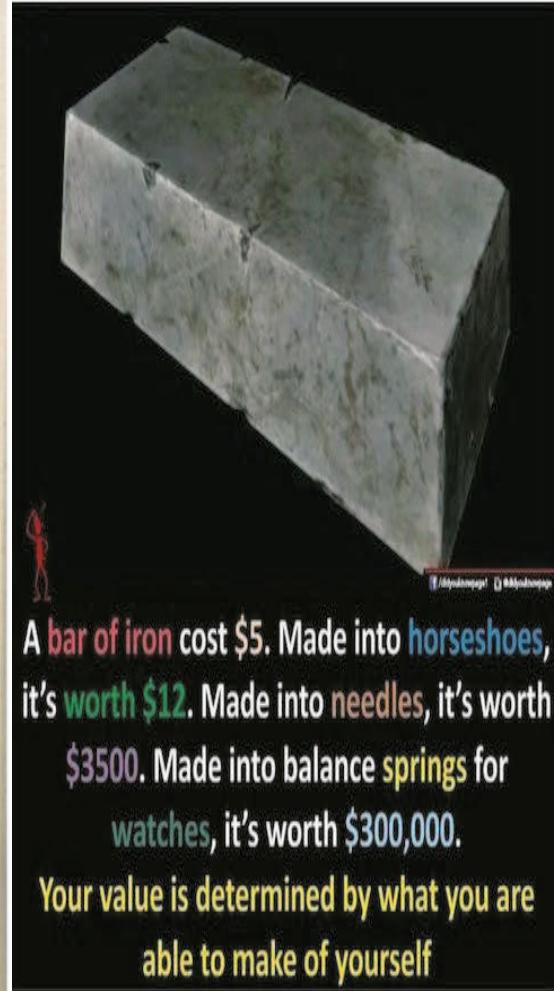
Falls, ID
83402

Puzzle #20*Plastic*

BAG	COMB	PEN
BARRETTE	CONTAINER	PLACE MAT
BASKET	CREDIT CARD	RACK
BINDER	CUP	REMOTE
BOTTLE	DICE	SPOON
BOWL	DOLL	STRAW
BOX	FRAME	TABLE
CALCULATOR	JUG	VASE
CD CASE	LICENSE	
CHAIR	LIGHTER	



Answer Key
From August
NL to the left

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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 Medi-care 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.



Executive Department
State of Idaho

The Office of the Governor Proclamation

State Capital
Boise

WHEREAS, experts agree that nutrition status is a direct measure of health and that good nutrition can keep people healthy and out of healthcare institutions; and

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MALNUTRITION AWARENESS WEEK

in Idaho, and I encourage Idaho citizens to recognize this special observance.



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A handwritten signature in blue ink, appearing to read "Brad Little".

BRAD LITTLE
GOVERNOR

A handwritten signature in blue ink, appearing to read "Phil McGrane".
PHIL MCGRANE
SECRETARY OF STATE

FYI

During the month of July our capable KITCHEN AND DELIVERY PERSONNEL served 280 meals at the center, and produced and Delivered 3,820 meals to home-bound seniors through our Meals On Wheels program (Total meals: 4,100)

Grandparents Corner

EICAP Grandparents Raising Grandchildren Support Group

A support group for individuals who are in need of information, resources and support regarding a variety of issues including: medical, legal, behavior and school issues. They meet on the 4th

Tuesday of every month

From: 12:00 pm–1:30pm at EICAP

935 E Lincoln Road, IF, 83402

Phone: 208)522-5370 ext-203. (Call for Zoom Information)



Reach out.
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- Grocery shopping
- Laundry
- Meal preparation
- Grooming/hygiene
- Vacuuming
- Alzheimers care
- Dementia care
- Post-surgical care
- Pet care
- Assist with ADL's
- Organization
- & more!

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

Puzzle #36*In the Garden*

ACAENA
AECHMEA
ALOE
ASTER
AUCUBA
BUXUS
CACTUS
CANNA
CORNUS
DALEA
DATURA

DIANTHUS
FERN
FLAX
HEATHER
HOSTA
IRIS
LANTANA
MALUS
NEANTHE
OXALIS
PALM

PHLOX
PINUS
RAOULIA
RATA
SEDUM
TANSY
VERBENA
YUCCA
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S	M	C	S	U	C	C	B	A	J	G	I	O
Y	I	O	U	O	H	E	A	S	C	B	R	U
D	H	L	R	B	N	T	I	C	O	A	P	L
S	S	N	A	A	A	R	N	N	T	H	W	I
A	U	M	C	X	I	E	E	A	L	U	A	A
A	N	X	C	P	O	Z	M	O	I	E	S	R
T	I	Y	U	M	P	F	X	H	L	D	Q	U
E	P	P	Y	B	A	N	E	A	C	A	I	T
R	E	H	T	A	E	H	D	R	L	E	J	A
L	P	A	L	M	U	D	E	S	N	F	A	D

Medicare Information

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

**Medicare**

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

Eastern Idaho Area Agency on Aging:

Senior Medicare Patrol

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

Idaho Legal Aid
www.idaholegalaid.org

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

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

(866) 345-0106 or Español (866) 954-2591
 (toll free); (208) 345-0106 (Boise calling area)

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

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OF July

Beading	\$22
Bingo Charity Wed, Fri, & Sat	\$3,830.65
Congregate Lunch	\$321.75
Congregate Beverage	\$.25
Ladies Coffee	\$80
Fit & Fall Exercise	\$229
Mah-Jongg	\$0
Painting Group	\$7
Pinochle	\$71
Pinochle (Bev Only)	\$12
Pool	\$0
Rose's Gentlemen's Group	\$116.95
Woodcarvers	\$29
Misc. fundraiser	\$0
Other	\$1,430.93
Total	\$6,150.53

**United
 Way**



"The United States Department on 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

