



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

Melaleuca Freedom
Celebration starts at
10:03pm

Best Viewing
places for
firework show:
Snake River
Landing,
Freeman Park,
surrounding
Neighborhoods
and parking
lots.

Liberty Parade
Starts at 9am at
Idaho Falls High
School

July 3rd we will
be closed to
observe the
4th

Road Closures:
Expect full road
closures
starting in the
morning of the
4th around
6am

Riverfest runs
from 12pm to
9pm at Snake
River Landing

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



July
2026

We reserve the right
to make mistakes
occasionally

New Members: *Waltraud Bernau, John Anderson, Wayne Gray, Lloyd & Anne Barrie, Tauna Fikstad, Gerald Trubl, Michael Fagen, Gina Moore, Donald & Jerrie Guymon, Felix Galvez, Francis Watson, Patricia Benson, Rafael Cortez, Harry 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.

Thank You to all of our Volunteers

Senior Hours	134.93
Non-Senior Hour	216.25
Board Member Hour	41.08
Work Detail Hours	0.00
Total Hours	392.26

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!



We need someone to volunteer to run Bingo on Wednesdays from 10am to about 12:45pm when finished. You will need to be trained. Call 208-522-4357

Thank You!

Monthly Supporters

****United Way****

****City Of Idaho Falls * Medicaid***

****Eastern Idaho Community Action Partnership****

****Panera bread ****

****Humanitarian Center* Molina****

****United Healthcare****

Thank You!

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

\$ 0 - \$ 99 Tamara Waters, John Long, Nan Pyle

\$100-\$250 Tamara Waters, Mathew & Melanie

Novak

\$300- \$800

\$1,000-\$31,000 Roy Matthews

Thank You!

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

****Newcomers Club****

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, Jordan Homer, Hal & Deb Tobin, Mr. & Mrs. Yeager, Gerald Ondricek, Roger Kuhl, Teri Sokolek, Debbie Ball, Debbie Bell, Springhill Hotel, Bidger Carpenter, Richard & Theresa Dixon, Emma Thomas, Tina Whitley, Sherrie Gouldthorpe, Desiree Lowney, Paul K., Bryant Gardner, Toma Matule



Never miss our publication!

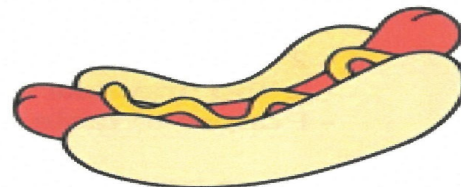
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MyCommunityOnline.com



July 2026 Nutrition Article

National Hot Dog month is in July! Hot dogs offer anywhere from 9-15 grams of protein (depending on the brand). They can be prepared via grilling, boiling, or steaming. This affordable summer staple can be very versatile in the kitchen, used for breakfast, lunch, and dinner. They can be dressed up to offer us a variety of nutrients, let's get creative!



- Menu item ideas:
 - Diced with scrambled eggs, onion, & tomato
 - Wrapped in a tortilla served with salsa
 - Served over bean or meat chili, cheese, & onion
- Possible hot dog toppings:
 - Finely diced red onion, tomato, peppers, and relish
 - Crumbled bacon and shredded cheese
 - Mayonnaise, teriyaki sauce, sesame seeds, and shredded seaweed
 - * There are now vegetarian options also, plant based dogs →

Seasonal foods in June?

- Mangos
- Avocados
- Blueberries
- Cucumbers
- Tomatoes (early harvest)



Potato or Macaroni Salad

- 2 cups cooked pasta of choice OR boiled potatoes, diced
- 1/3 cup mayonnaise
- 1/4 cup sour cream
- 2 hard boiled eggs, peeled and diced
- 1/3 cup celery, diced
- 1/3 cup black olives, diced
- 1/3 cup green onion, finely sliced
- 1/3 cup pickle, diced
- 2 Tbsp mustard
- 2 Tsp dried dill
- Pepper to taste

In a large bowl add in all listed ingredients, stir well. Garnish with paprika. Refrigerate for at least 3 hours so flavors can settle. Garnish with paprika, enjoy as a side or main dish!

FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. **Ask your center staff for details today!**
 - Please reach out to our site for help with the following:
 - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
 - Food resources - Food banks, pantries, programs, etc.
 - Menu planning, budgeting, and recipe ideas

Puzzle #62

Editorial Page

ANALYSIS

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EDITOR'S NOTE

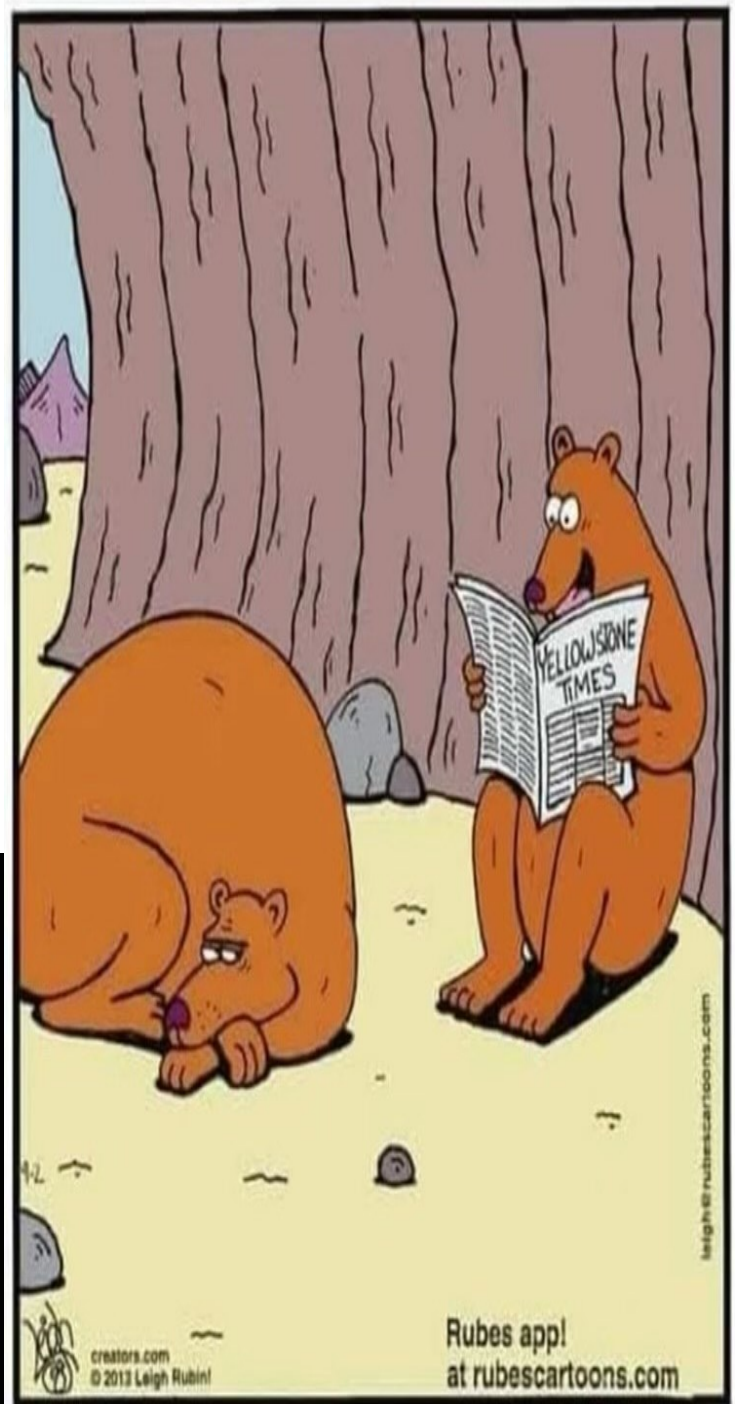
NEWS

EVENTS

OPINION

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

Answer key
 from June to the
 left



"Ooh, look! ... They're expecting a record number of first-time visitors. It should be an excellent weekend for natural selecting!"

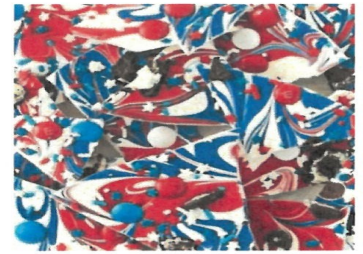
Sometimes miracles are just
 good people with kind hearts.

Red White and Blue Bark

This simple and fun no-bake bark recipe is perfect for Memorial Day or Independence Day! So simple, even your kids can make it!

Prep Time
10 mins

Total Time
10 mins



Servings: 8 servings Author: The Chunky Chef

★★★★★
5 from 2 votes

Ingredients

- 16 oz bright white candy melts or equal amounts of white chocolate
- 6 oz royal blue candy melts
- 6 oz red candy melts
- m Red white and blue &m's
- pieces Handful of oreo cookies crushed into bite sized
- Red white and blue star sprinkles
- Red white and blue jimmies

Instructions

1. Place oreo cookies into a resealable plastic bag, seal, and gently hit with a rolling pin to break cookies into pieces. Set aside.
2. Line an 11x15" jelly roll pan (or regular 9x13" pan), with aluminum foil and spray very lightly with cooking spray. Set aside.
3. Place a small saucepan with about 1 inch of water on the stove and heat on LOW until barely simmering. Pour bright white candy melts in a large glass bowl (that fits inside the saucepan so that the bottom of the bowl does NOT touch the water).
4. Place bowl over the top of the saucepan, creating a double boiler. Use a rubber spatula to stir candy melts until melted and smooth. Do not allow any liquid to come in contact with the candy melts.
5. Pour red candy melts in a small microwaveable bowl, and pour blue candy melts in another microwaveable bowl.
6. Microwave the blue candy melts at 70% power, in 30-45 second intervals, until most of the way melted. Remove from microwave and stir to let the residual heat melt the remaining bits.
7. Repeat process with the red candy melts.
8. Pour melted white candy melts into jelly roll pan and use rubber spatula to smooth into an even layer.
9. Alternate drizzling melted red candy melts and blue candy melts in vertical lines over the surface of the melted white candy melts. (you could also just spoon bits of red and blue in a non-pattern over the surface as well).
10. Using a small wooden skewer or butter knife, swirl in a figure eight pattern to swirl the red and blue into the white. Repeat over the entire pan. You're not looking for a pattern here, just pretty swirls.
11. Sprinkle swirled candy melts with oreo pieces, m&m's, star sprinkles and jimmies.
12. Refrigerate for 1-2 hours, or until hardened.
13. Lift edges of aluminum foil to remove bark from pan, and separate the bark from the foil.
14. Break into pieces.
15. Keep refrigerated until ready to serve.

QUICK STRESS BUSTERS

On some days, it's tough to squeeze out even 20 minutes to practice stress reduction. Here are some quick, simple things you can fit into even the busiest day to reduce your stress and lighten your mood.

- ♦ Listen to music
 - ♦ Do 10 Jumping Jacks
 - ♦ Squeeze a stress ball
 - ♦ Sing
 - ♦ Watch fish in an aquarium.
 - ♦ Do a crossword puzzle
 - ♦ Read a magazine or newspaper article
 - ♦ Savor a glass of water with lemon twist
 - ♦ Rub a pet
 - ♦ Look at the sky for one minute
 - ♦ Ask a friend to tell you a joke
- Do these sound silly? Try them. They work.

**Made
you look.**

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Classroom Helpers NEEDED IMMEDIATELY



AmeriCorps
Seniors
Foster Grandparent Program

Adults 55+ are invited to step into classrooms and youth programs to make a real difference in a child's day—and their future.



Immediate Openings:

- Head Start Centers
- YMCA Sports & Youth Programs
- Boys & Girls Clubs
- Local Schools
- Libraries
- & More!



**It's never too late to
make a difference**

- Flexible schedule- start quickly
- No experience required- training provided
- 5 to 40 hours per week
- Income-eligible stipend & benefits



Cheiska Motloch- Volunteer Coordinator

• cmotloch@unitedwayif.org • 208-881-6211

Eastern Idaho Area Agency on Aging

Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partner-ship—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.



July

2026



	Monday	Tuesday	Wednesday	Thursday	Friday	
1	MENU SUBJECT TO CHANGE		1 Walking Tacos Apples Lettuce, Tomato, Onion, Salsa Muffins Fruit Snacks	2 Hamburgers Banana Onions, pickles Macaroni Salad Mustard, Ketchup Ice Cream	3 Closed For 4 th of July Holiday	
	6 Chicken Corndog Fruit Cocktail Succotash Steak Fries Ketchup, Mustard Cookies	7 Idaho Nachos Peaches Onion, Olives, Salsa Waffle Fries Rice Krispy	8 Swiss Steak Pears Broccoli Mashed Potatoes Rolls	9 Summer Pasta salad Oranges Olives, Tomato, Spinach Cottage Cheese	10 Tuna Sandwich Watermelon Chips Mayo Cupcakes	
	13 Chicken Salad Tostada Apricots Carrots, Peas, Green Beans Cottage Cheese Mayo, Sour Cream	14 Spaghetti Peaches Mushrooms Breadsticks Dump Cake	15 Chef Salad Grapes Tom, Onion, Cucumbers Croutons, Ranch Multigrain Bars	16 Chicken Nuggets Fruit Cocktail Carrot & Celery Sticks French Fries Texas Toast Cupcakes	17 Chicken Fried Steak Pineapple Green Beans Mashed Potatoes Garlic Bread	
	20 Taco Salad Cantaloupe Tom, Onion, Cucumber, Olives, Cheese Ranch Orange Fluff Salad	21 Hot Turkey Sandwich Pears Green beans Mashed Potatoes & Gravy Roll	22 Hot Dogs Tropical Fruit Relish, Onion, peppers Tater tots Mustard, Ketchup	23 Fish & Chips Banana Succotash Curly Fry Tartar Sauce Pudding	24 Pork egg Rolls Kiwi Coleslaw with Pineapple Fried Rice Sweet & Sour Ice cream	
	27 Shredded Chicken Fries Watermelon Black Beans, Tom, Onion Fruit Snacks	28 Beef Stir Fry Apricots Broccoli, Carrots, Onion Noodles Cottage Cheese with Pineapple	29 Chicken Burger Apple Lettuce, Tomato, Onion, Pickles Tater Tots Apple Cobbler	30 Navajo Tacos Plums Tom, Onion, Lettuce, Salsa Potato Wedges Fry Bread Sour cream	31 Cold Lunch Ham Sandwich Kiwi Tom, Onion, Lettuce Chips Mayo, Mustard	

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:15a Bingo 12:30p Pinochle 10:30p Information Table	2 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	3 Closed for the 4th	4 6:00p Bingo- Doors open at 4pm
			10:00a Rose's Coffee			
5	6 10:00a MahJongg	7 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	8 10:15a Bingo 12:30p Pinochle 10:30p Information Table	9 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	10 10:00a Hand and Foot 10:00a Crafting group 6:00p Bingo-Doors open at 4pm	11 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
12	13 10:00a MahJongg 5:30p Idaho Falls Gem & Mineral Society	14 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	15 10:15a Bingo 12:30p Pinochle 10:30p Information Table	16 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	17 10:00a Hand and Foot 10:00a Crafting group 6:00p Bingo-Doors open at 4pm	18 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
19	20 10:00a MahJongg	21 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	22 10:15a Bingo 12:30p Pinochle 10:30p Information Table	23 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	24 10:00a Hand and Foot 10:00a Crafting group 6:00p Bingo-Doors open at 4pm	25 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
26	27 10:00a MahJongg	28 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	29 10:15a Bingo 12:30p Pinochle 10:30p Information Table	30 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	31 10:00a Hand and Foot 10:00a Crafting group 6:00p Bingo-Doors open at 4pm	
	10:00a Rose's 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

Come join our painting group every Thursday from 11:15am to 12:15pm. They have tons of fun!!



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

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.**

Help at the Push of a Button!

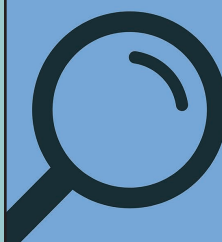


AssureLink
Your Personal Response Network

Locally Owned & Operated

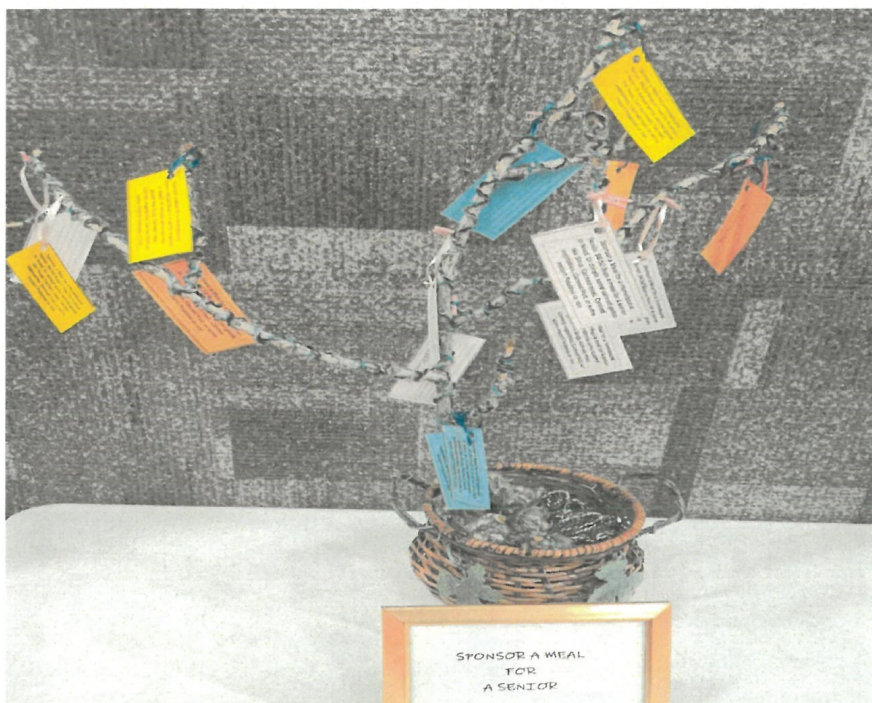
At Home Or On The Go,
With AssureLink You're Never Alone!

(208) 523-2704



Advertise Here!

Increase visibility in your community.



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.



WE'RE HIRING

Ad Sales Executives

- Paid Training
- Some Travel
- Work-life Balance
- Full-time with Benefits
- Serve Your Community

Visit www.4lpi.com/careers

WE APPRECIATE OUR ADVERTISERS

They allow us to print this newsletter. Thank you!



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Advertise Here!

Increase visibility in your community.

YOUR BOARD OF DIRECTORS

Karl Casperson	Bonneville County Commissioner	CHAIR
Chanse Powell	Senior Solutions	VICE CHAIR
Jared Barclay	Eagle Rock Health & Rehab	Treasurer
Sherrie Gouldthorpe	Retired	Secretary
Kathleen Keyes	Member of POA	
Jennifer Goddard	DL Evans Bank	
Benjamin McInelly	Cascadia Healthcare	
Mary Ledezma	Retired	
Jenny Martin	Senior Solutions	
Cara Fitzgerald	Comfort Homecare	
-----Non Voting Members-----		
John Radford	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

Also Known as
**SENIOR
ACTIVITY CENTER**

**COMMUNITY
BINGO**

Guaranteed
minimum
60%
payout

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

**& Friday
Evenings**

Doors open at 4:30 pm

Also join us for FUN BINGO on WEDNESDAY 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

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 also need more
board members to join the board.

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
at 535 W 21st Street, Idaho Falls, ID
83402



Puzzle #61*Water Predators*

ANHINGA

KILLER WHALE

PUFFIN

ARCHERFISH

MAKO

SEAL

BARRACUDA

OCTOPUS

SHARK

BELUGA

PENGUIN

SQUID

DOLPHIN

PIKE

STARFISH

ELECTRIC EEL

PIRANHA

TUNA

HYDRA

PORPOISE

WHELK

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

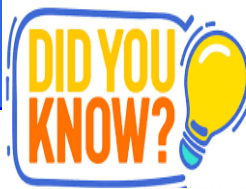
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Thanks.....
your Board of Directors

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 pay-ing for your Medicare healthcare costs, call your Area Agency on Aging, at (208) 522-5391, to learn more about your op-tions, 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 PartD prescription drug) costs. These programs offer varying amounts of assistance that you can qualify for depending on your income and assets.



Senior Citizens Community Center

Sccc



535 West 21st Street
Idaho Falls, Idaho 83402
(208) 522-4357

VOLUNTEERS NEEDED!

Make a Difference. Build Community. Support Seniors!

IDAHO FALLS SENIOR CENTER ANNUAL RUMMAGE SALE AUGUST 14TH & 15TH

The Idaho Falls Senior Center is gearing up for
one of its biggest fundraisers of the year,

and we need your help!



VOLUNTEER OPPORTUNITIES



ORGANIZING DONATIONS

Help sort and organize items.



PRICING ITEMS

Help price and prepare items for sale.



SETTING UP

Help set up before the sale.



HELPING DURING THE SALE

Assist on August 14th & 15th.



GENERAL SUPPORT

Customer assistance and more.

Whether you can give a few hours or a few days,
your time makes a difference and helps support
programs and services for local seniors.

DONATIONS WELCOME!

ITEMS CAN BE DROPPED OFF AT:



**Comfort
Home Care**
208-681-5533

**2174 E. Lincoln Rd.
Idaho Falls**

Monday – Friday • 8:00 AM – 5:00 PM



CLEAN, USABLE ITEMS ONLY PLEASE!



*Great
Finds!
Great
Cause!*



WANT TO HELP?

FOR VOLUNTEER OPPORTUNITIES,
PLEASE REACH OUT TO *Cara Fitzgerald*



208-681-5533



Thank you for supporting our seniors and our community!



FYI

During the month of May our capable KITCHEN AND DELIVERY PERSONNEL served 332 meals at the center, and produced and Delivered 4,515 meals to home-bound seniors through our Meals On Wheels program (Total meals: 4,847)

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)

Our community wouldn't be the same **without you!**

Advertise in Our Newsletter!

Contact Shannon Miller

smiller1@4LPi.com
(800) 950-9952 x2257



Seniors Helping Seniors®

...A WAY TO GIVE AND TO RECEIVE®

Tyrel Nelson
Area Manager
208.559.1884

tyrel@southernidahoshs.com
Idaho Falls, Pocatello, Rexburg

Our Services At A Glance

- Companionship
- Transportation
- Personal Care
- Meal Preparation
- Housekeeping
- Pet Care & More!



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/mo.

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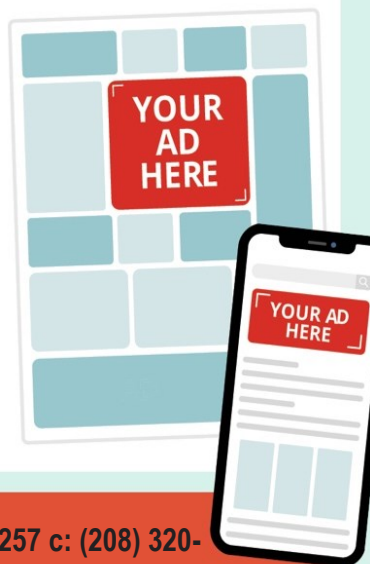
AVAILABLE NOW! PRINT & DIGITAL AD SPACES

The Support of Your Business is Greatly Appreciated

Shannon Miller from LPi, our newsletter printer, will be securing new ads for our center in the coming weeks. It is the support of the business community that helps to make our center thrive. Please consider purchasing a print and/or digital ad as your participation makes our newsletter successful, and you attract customers!

Newsletter advertising is a cost-effective way to advertise 12 times per year and show support for your local community; in turn, members will support you!

Digital advertising allows your business to be front and center to anyone who visits a center profile page on OurSeniorCenter.com — that's approximately 500,000 page views per month!



Shannon Miller



p: (800) 950-9952x2257 c: (208) 320-9587 e: smiller1@4LPi.com

You are not
required to set
yourself on fire
to keep other
people warm.



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.

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 May

Beading	\$50.20
Bingo Charity Wed, Fri, & Sat	\$4,657.92
Congregate Lunch	\$347.15
Congregate Beverage	\$0
Ladies Coffee	\$34
Fit & Fall Exercise	\$128
Hand & Foot Cards	\$11
Mah-Jongg: Individual Donations	\$0
Painting Group	\$15
Pinochle	\$60
Pinochle (Bev Only)	\$8
Pool	\$39.30
Rose's Gentlemen's Group	\$139
Woodcarvers	\$19
Misc. fundraiser	\$80
Other/ individual Donation	\$2,653.30
Total	\$8,241.87

**United
Way**



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SCCC COMUNICATOR
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!

