



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

A person's most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others.



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



2023
March

We reserve the right
to goof-up
occasionally

New Members: Barbara Coleman, Richard & Linda Baxter, Sarah Guzman, Richard Chaney, Karen Blatter, Coylene Martin, Arther & Treasure Johnston, Esther Humeston, Rhoda Serrao, Judith Hitner, Steven Wilson, Karen Carleton, Reese Gilbert

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	235.00
Non-Senior Hour	93.37
Board Member Hour	17.75
Work Detail Hours	4.00

Total Hours 350.12

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 Jerry & Ann Shively, Sylvia

Buerkle, Cheryl Oar, P.T & Tanya Richardson, Dave &

Kathy Nobles, Ilene & C.L. Parsons

\$300—\$700 Steve Wagner

\$800-\$3,000 Evan B & Angela J Smith

Misc. items: Ole Smith

Thank You!

**Many thanks to the following entities for their
recent**

grants and donations!

♦ Westmark credit Union*

Come join us as a volunteer driver. We appreciate everyone that takes the time out of their busy schedule to help deliver meals to seniors 1 day a week for about an hour. Just give us a call at 208)522-4357 for more information!

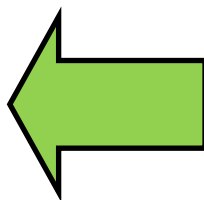
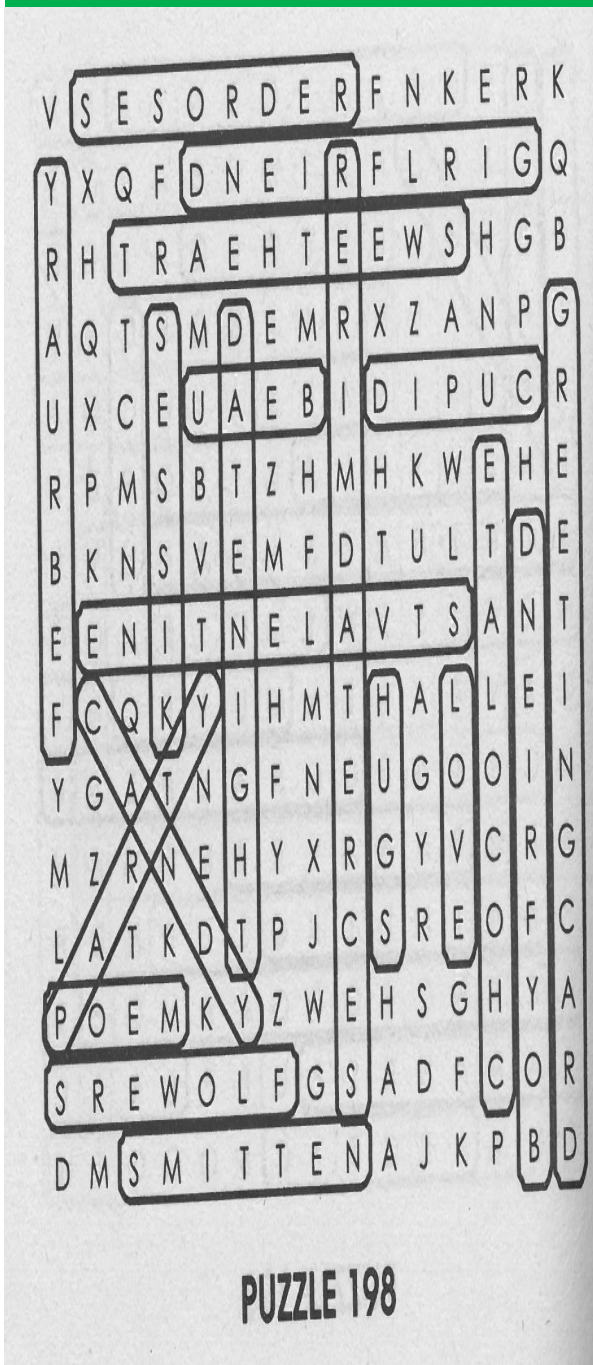


*We want to say thanks to our
VOLUNTEER DRIVERS*

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, John Burnside, Richard & Marion Myers,
C-Senior Solutions, Steve Stowell, Johannah Thompson, Marla Morgan, Whitney St.
Michael, Jeffrey Socher,
Moira Solle, Bob Schweiger, Jordan Homer
Tyler Peterson, Shirley & Robert Brosseau, Miriam Cotto, Drew Parks,
Erin Tucker, Don Yeager,
Carol Rogers,,*



Crossword
Solution from
February
Newsletter



Sudoku

Use your logic skills to solve this sudoku puzzle! A sudoku grid consists of a 9x9 grid that is made up of nine smaller 3x3 grids (called boxes). Each row, column and box must contain only one of each number from 1 to 9.

	9			5		2	7	4
	6		4		9			
	7		2	1	8			
		7	6		5			8
	4	1				5	3	
6			1		4	7		
			7	9	2		8	
			8		3		5	
3	8	2		6			9	

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 at (208) 522-5391.



Healthy Lifestyles for Healthy Older Adults

Contributors: Esther Ellis, MS, RDN, LDN

Published: July 28, 2020

Reviewed: February 25, 2020

Wavebreakmedia/iStock/Thinkstock

Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all of the [MyPlate](#) food groups regularly. Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, Meals on Wheels or supplemental nutrition assistance programs in your community.

The golden years definitely are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.

Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your healthcare provider or a [registered dietitian nutritionist](#) about the best plan for you. The right balance of foods and activities can help you maintain strong muscles and bones.

Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

- **Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.
- **Make Your Crackers Count.** Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.
- **Pump Up Your Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.
- **Cook with Milk.** Use fat-free or low-fat milk rather than water to make soup or oatmeal.
- **Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.



IDAHO
DEPARTMENT OF FINANCE

BRAD LITTLE
Governor

PATRICIA R. PERKINS
Director

Contact: Anthony Polidori
Deputy Director
(208) 332-8060

NEWS RELEASE

FOR IMMEDIATE RELEASE

February 7, 2023

JOHN YAROS APPOINTED IDAHO DEPARTMENT OF FINANCE SECURITIES BUREAU CHIEF

Boise, Idaho... The Idaho Department of Finance is pleased to announce John Yaros has been appointed the Securities Bureau Chief.

In this capacity, Yaros will manage a bureau of financial professionals who provide regulatory oversight for the more than 153,000 entities and individuals who are licensed or registered to offer securities and financial services to Idaho residents. While the securities bureau is focused on investor protection, education and enforcement of state securities laws, the bureau also licenses and regulates money transmitter companies, escrow companies and endowed care cemeteries.

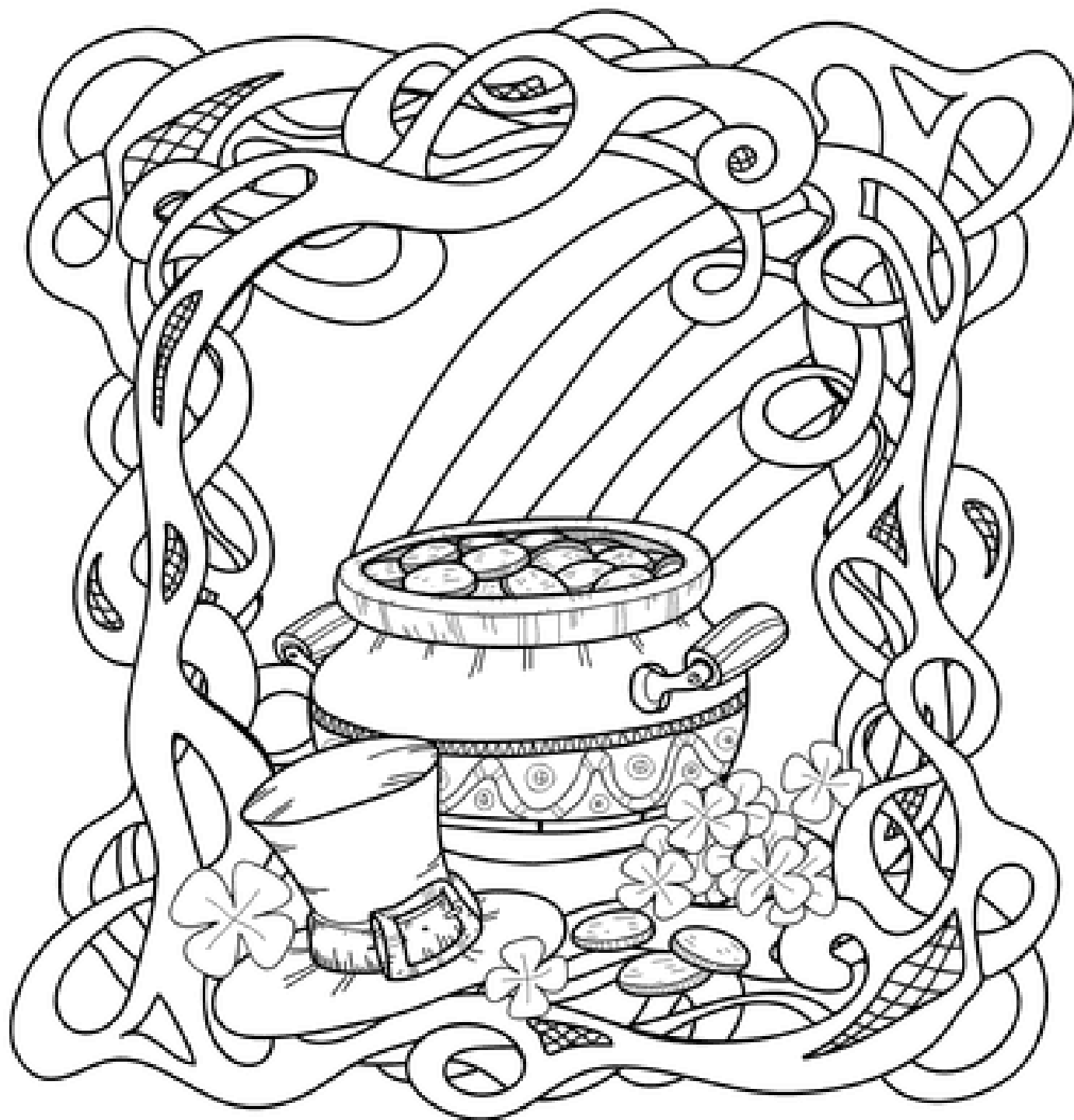


Yaros brings significant finance, technology, digital asset, oversight, and national security expertise to the position. His previous work includes advising fintech companies, conducting investigations for the U.S. Senate Homeland Security and Governmental Affairs Committee (HSGAC), leading the U.S Treasury Department's Office of Terrorism and Financial Intelligence's (TFI) Terrorism and Nuclear Proliferation Team, managing cybersecurity audits at the Government Accountability Office (GAO), and working in the securities industry at Morgan Stanley.

Yaros received his BA in Political Science from the University of Massachusetts Lowell and his MA in Government and Politics from St. John's University. Yaros is also a Board Member for the TechCongress Fellowship Program, a former Division 1 college ice hockey player, and a proud cancer survivor.

Judy Simon, MS, RD, LDN, National Nutritionist, ACL

"We know nutrition plays a critical role in good health as we age, which is why the work of ACL's Senior Nutrition Program is so essential. As we celebrate the program's 50th anniversary, I want to recognize the thousands of staff and volunteers across the nation who have worked tirelessly to ensure seniors stay healthy and independent by preparing nutritious meals, offering a variety of nutrition and wellness services, and providing welcoming socialization opportunities."



SPAM® Western Pasta Salad

**TIME:** 30 MINUTES**YIELD:** 8 SERVINGS

This here Western pasta salad will make your spurs jingle, jangle, jingle. Because it delivers bite after bite of bold savory flavor thanks to SPAM® Classic and its trusty partner, barbecue sauce.

INGREDIENTS

- 1 (12-ounce) can SPAM® Classic, cut into cubes
- 3 cups macaroni, cooked and drained
- 1 cup cubed Cheddar cheese
- 1 cup shredded carrots
- ¾ cup chopped celery
- ¼ cup chopped green bell pepper
- ¼ cup chopped onion
- ½ cup mayonnaise or salad dressing
- 2 tablespoons creamy mustard blend
- 1½ tablespoons barbecue sauce



DIRECTIONS

1. In large bowl, combine macaroni, SPAM® Classic, cheese, carrots, celery, bell pepper and onion; mix well.
2. To make dressing, in small bowl, mix mayonnaise, mustard and barbecue sauce.
3. Toss macaroni mixture with dressing. Cover; refrigerate 1 hour.

March

2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Taco Burger Cantalope Fries Vanilla Pudding Milk	2 Chicken & Gravy Peaches Beets & Onion Mashed & Gravy Roll Milk	3 BBQ Pork Chops Manderine Orange Mac Salad Roll Cookie,Milk	4
5	6 Hot Dog Apple W/P.Butter Potato Salad Chocolate Ice Cream Milk	7 Beef Stroganoff Red Grapes Garlic Bread Milk	8 Chicken Tater Tot Casserole Fruit Cocktail Roll Milk	9 Sweet & Sour Pork Pineapple Blueberry Yogurt Milk	10 Meatloaf Peaches Carrots & Corn Mashed & Gravy Roll Milk	11
12	13 Cheeseburger Kiwi Fries Milk	14 Baked BBQ Chicken Legs Spring Blend Rice Pilaf Milk	15 Turkey Noodle Casserole Cranberries Milk	16 Hawaiian Pizza Green Salad W/1000 Island Milk	17 Corned Beef & Cabbage & Red Potatoes Candied Green Grapes GREEN Rice Treat	18
19	20 Cold Turkey Wrap Watermelon Chips Milk	21 Pork Chops Carrots Baked Beans Roll Milk	22 Chicken Fried Steak California Blend W/Cheese Mashed & Gravy Rice Pudding	23 Chicken & Rice Casserole Baked Apples Roll Milk	24 Hamburger & Gravy Oriental Blend Mashed Potato Milk	25
26	27 Tuna Casserole Banana Milk Cookie	28 Spaghetti W/Meatballs Coleslaw Garlic Bread	29 Salisbury Steak Beets Mashed & Gravy Cottage Cheese	30 Breakfast Sandwich Orange Hashbrown Patty	31 Chicken Strips Carrots & Celery Sticks Potato Wedges	



March 2023

Community

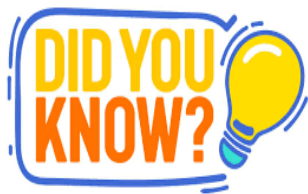
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:15a Bingo 12:30p Pinochle	2 10:15a Fit & Fall Exercise	3 10:00a Beading 10:00a Rose's Coffee Group	4 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
			10:00a Roses Coffee Group			
5	6 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	7 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinochle 12:00p Bridge	8 10:15a Bingo 12:30p Pinochle	9 10:15a Fit & Fall Exercise	10 10:00a Beading 10:00a Rose's Coffee Group	11 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
			10:00a Roses Coffee Group			
12	13 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	14 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinochle 12:00p Bridge	15 10:15a Bingo 12:30p Pinochle	16 10:15a Fit & Fall Exercise	17 10:00a Beading 10:00a Rose's Coffee Group	18 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
			10:00a Roses Coffee Group			
19	20 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	21 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinochle 12:00p Bridge	22 10:15a Bingo 12:30p Pinochle	23 10:15a Fit & Fall Exercise	24 10:00a Beading 10:00a Rose's Coffee Group	25 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
			10:00a Roses Coffee Group			
26	27 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	28 10:00a Roses Coffee Grp 10:00a SCCC Ex Brd 10:15a Fit & Fall Exercise Group 10:30a SCCC Brd Mtg 12:00p Double deck Pinochle	29 10:15a Bingo 12:30p Pinochle	30 10:15a Fit & Fall Exercise	31 10:00a Beading 10:00a Rose's Coffee Group	
			10:00a Roses Coffee Group			

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

Right now there are limited programs due to volunteers not continuing to run them. 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.



SAFER DRIVING MAY SAVE YOU MONEY

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:

Wednesday, March 8, 2023
9:00 AM till 4:00 PM

Location:

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

Register:

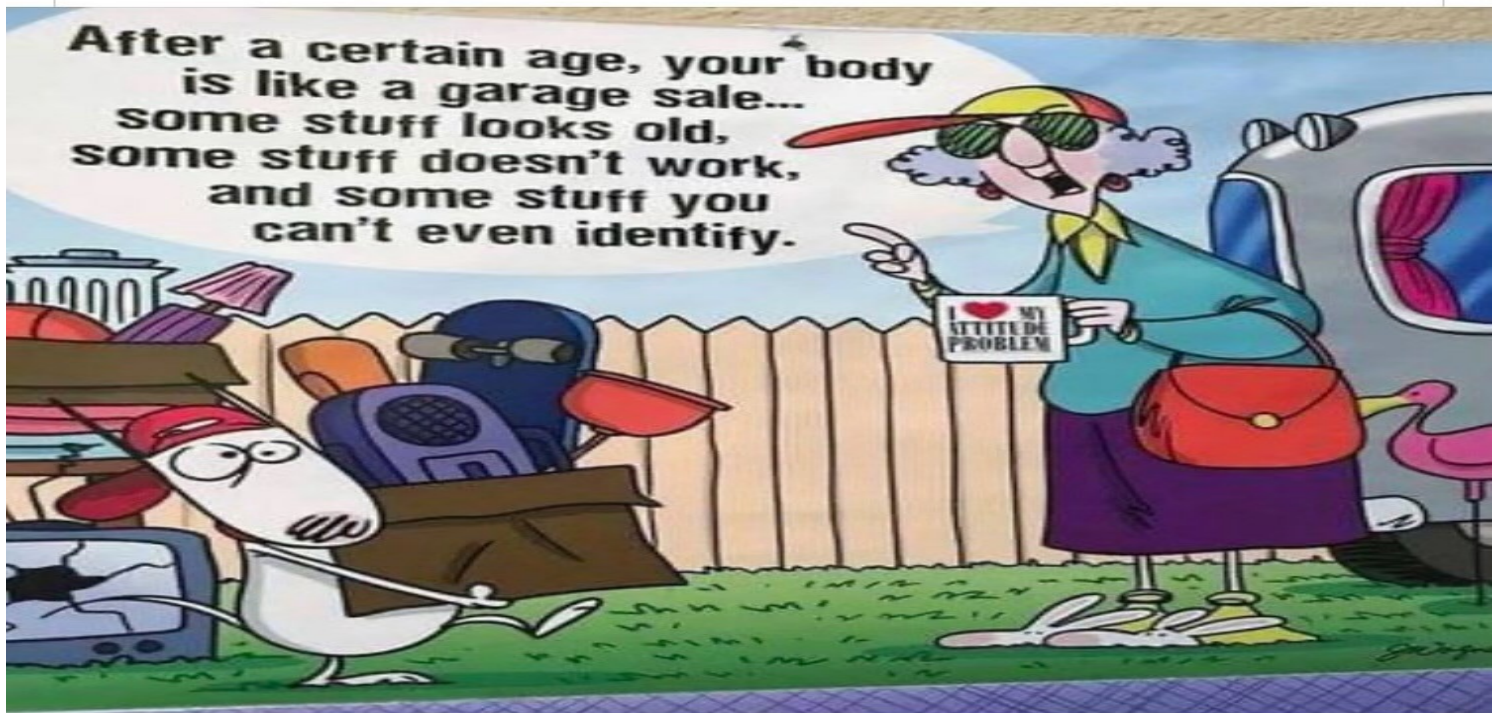
(208) 522-4357 (I.F. Senior Citizens Community Center)
--OR--
(208) 589-9186 (Ann)

CLASSROOM COURSE

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

TO FIND ADDITIONAL COURSES

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



YOUR BOARD OF DIRECTORS

Linda DeLia	Retired Medical Editor	Chair
Karl Casperson	Bonneville County Sheriff Office	Vice Chair
Arianne Holt	Idaho Legal Aid Service	Secretary
Chris Mendel	Lincoln Court	Treasurer
Chanse Powell	Senior Solutions	
Alecia Coburn	Lincoln Court Retirement	
Nancy Carpe	Retired	
Kathleen Keyes	Member of PEO	
Carmon Ramos	Fairwinds Retirement	

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

John Radford	Mayor's Office Liaison
Sarah Ryner	Executive Director
Heidi Nelson	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

- * **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

WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD
	Bill M		
	HIGH	2ND	3RD
	HIGH	2ND	3RD

Tuesday Double Deck			
1st	Cel	Cel	Fay
2nd	Gene	Fay	Barb
1st			
2nd			
Bridge			
	1st	2ND	3RD
1st	Adriene	Roxy	Dennis
2nd			

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.

Soup Drive 4 Home bound Seniors March 1st Thru 31st. Can Donate @
Broulins in Ammon, North Hi-Way Café, Sports Clips, Albertson on
17th ,Senior Center



Excepting Cash & Check
Donations Also



Celebrate the Senior Nutrition Program

2023 • COOKING UP COMMUNITY

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)

FYI

***During the month of November
your capable KITCHEN AND
DELIVERY
PERSONNEL served 176meals
at the center , and produced and
Delivered 2,938meals to
home-bound
seniors and disabled adults
through our Meals On Wheels
program (Total meals:3,114***

NEED A RIDE????



Greater Idaho Falls Transit (GIFT) is teaming up with EICAP and The Area Agency on Aging with providing our seniors with free rides. Area Agency on Aging is offering free round trips for our seniors. Only qualification is that you must be 60 or older. For more information, please call 208-542-8179 and speak with one of our intake specialists, so we can get you a voucher code for your rides.



- 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 OFOctober

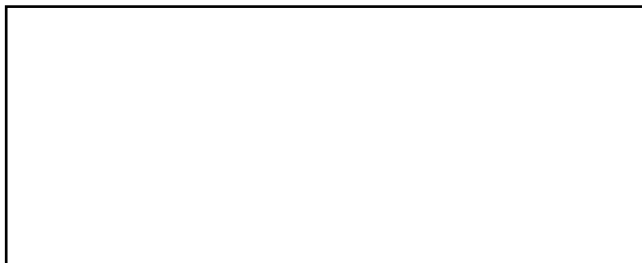
Beading	\$18.00
Bingo / Wed,Fri,Saturday	\$2,698.54
Beading -(Beverage)	\$18.00
Bridge	\$23.00
Bridge—(Bev Only: Both)	\$9.00
Double Deck Pinochle	\$38.00
Double Deck Pinochle (Bev.)	\$4.00
Fit & Fall Exercise	\$96.85
Spanish Class	\$0.00
Woodcarvers	\$21.00
Mah-Jongg	\$7.00
Pinochle	\$19.00
Pinochle (Bev Only)	\$21.00
Woodcarvers (Bev Only)	\$5.00
Rose's Gentlemen's Group	\$138.00
Ladies Morning Coffee	\$37.00
Congregate lunch (Beverage only)	\$6.00
Fit & Fall (Beverage)	\$12.95
Total	\$3,172.34



"The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202)720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Ave., SW Washington D.C. 20250-9410 or call (202)720-5964 (voice or TDD). USDA is an equal opportunity provider and employer." Locally, write to EICAP, P.O. Box 51098, Idaho Falls, ID 83405 or call (208)522-5391.

SCCC COMMUNICATOR
Senior Citizen's Community Center, Inc.
535 West 21st Street
Idaho Falls ID 83402-4528
DATED MATERIAL—PLEASE DON'T DELAY
RETURN SERVICE REQUESTED

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



The Senior Citizen Activity Center, Inc.

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



