



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: ifsccl.org
Circulation: 750

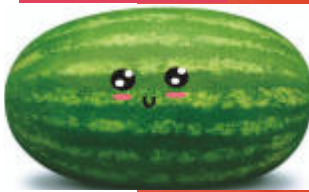
August 3rd
Watermelon Day



August 6th Root
Beer Float Day



August 9th
Book Lovers
Day



August 15th
Relaxation
Day



August 10th
S'mores Day



August 24th
Waffle Day



HELLO
August

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



2021
August

We reserve the right
to goof-up
occasionally

New Members: William & Carolyn Garner, Linda Hoopes, Robert Larson, Ann Davis, Helen Fife, Renee Somsen, Dave & LaRrea Walton, Ralph & Shirlee Hunter, Kathy Tucker, Susan Richards, Norman Cahoon, Eddie Miller, Ellie Winfield, Matthew Bambrough, Robert Ingram, Brent & Lorraine Staker

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	202.00
Non-Senior Hour	154.00
Board Member Hour	32.00
Work Detail Hours	0.00
<hr/>	
Total Hours	388.00

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 3 Anonymous, Don Yeager, Billie Preston

\$100 - \$250

\$300—\$700 John & Betty Johnson

\$800-\$2,000

Misc. items: Pamula Stronks

Thank You!

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

AARP District #7

3 Times through month of June Community Food Basket

Idaho Falls Humanitarian Center

3 Times through month of June United Way

Idaho Community Foundation

1 Anonymous



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, Cheryl Steele, Becky Schneider, Moira Solle,
Jayden Hunsucker-Alliance Home health & Hospice, Tyler Peterson,
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks, Leah Squire,
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



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

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

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

Sudoku Solution from Julys Newsletter



	G		A	T		S		
		E	O			A	T	
U		T			E		Z	
	Z		G		U	E	O	
E					Q		A	
S		Q	Y	M				
	G	O			U		Z	Q
	T	I		Z	E		S	
				Q	I			M
	M	I		Y	G			
	A			E			O	Q
O	S				M			Y



Crossword Solution from Julys Newsletter

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

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.

No 219

Summing Up

Arrange one of each of the numbers 2, 3, 5 and 6, as well as one each of the symbols - (minus), x (times) and + (plus) in every row and column to arrive at the answer at the end of the row or column.

2	x	6	-	5	+	3	=	10
							=	15
							=	11
							=	25
=		=		=		=		
24		27		46		21		

$$\begin{array}{r} 2 \\ + 2 \\ \hline 4 \end{array}$$

Here is a new scam that's circling.

Never give out personal information

The Grandparent Scam
WHO IS REALLY CALLING?

What Now?

- Let the answering machine pick up calls
- Report to local law enforcement
- Protect yourself and your money
- Help others, tell others!

NCEA@med.usc.edu • <https://ncea.acl.gov>
1-855-500-3537 **NCEA**
National Center on Elder Abuse

This document was prepared by the National Center on Elder Abuse, a part of the University of South Carolina School of Medicine, and is published in order to help the public understand the Grandparent Scam. It is not intended to be a substitute for professional advice. For more information, please contact the National Center on Elder Abuse at 1-855-500-3537 or ncea@med.usc.edu.

Grandparent Scam with a Twist

An East Idaho woman was recently the victim of a grandparent scam with a twist.

It began with a phone call from someone claiming to be an attorney representing her grandson who was in legal trouble. The caller even used the name of the woman's real grandson. When the "grandson" came on the phone, he explained that his voice would sound different because he had been in a car accident and the airbag had injured his nose and mouth. He said he needed money for bail.

Fortunately, the woman recognized the scam and knew better than to send money. She got as much information as she could from them, and then made a call to report the scam to law enforcement. This is where it gets weird. Somehow, in calling law enforcement, she again ended up on the phone with a scammer. She spoke with someone who claimed they were building a case against the "attorney" who had called her originally. They directed her to send money, and that it would be used to catch the imposter in the act. She was told that her cooperation would help the crook be apprehended. She sent the money, and only afterwards realized this was also a scam.

The bottom line is, do not send money to anyone who asks for it over the phone. Law enforcement will never ask you to put your money at risk to catch a criminal. This woman is very intelligent and determined to do the right thing. Scammers understand human nature and they know what to say to get around our defenses. They are very good at what they do.

When you do encounter a scam, be brave like this woman and speak up. Tell others about it. Scammers count on victims being ashamed and not sharing their experiences. That is how they keep finding new victims.

Chances are, you will get a scam phone call. If a call concerns you, verify the information for yourself. Here are some websites and numbers to keep handy.

Federal Trade Commission, www.ftc.gov, (202) 326-2222.

Social Security Administration, www.ssa.gov, 1-800-772-1213.

Medicare, www.medicare.gov, 1-800-MEDICARE (1-800-633-4227).

Solution will be
in September NL

The Name Game

Each of these three-letter groups can be made into words with the addition of a different three-letter girl's name, which may or may not be an abbreviation of a longer name. Can you complete them all?

1. INF _ _ _

8. _ _ _ ENT

2. _ _ _ EXE

9. AZA _ _ _

3. GRI _ _ _

10. _ _ _ SMA

4. _ _ _ GLY

11. PUM _ _ _

5. PUR _ _ _

12. _ _ _ AKS

6. _ _ _ KER

13. CIC _ _ _

7. DIS _ _ _

14. _ _ _ DED

An old lady saved a fairy's life and was then granted three wishes. For the first wish, the old woman asked to become young and beautiful. Poof, she became young and beautiful. For the second wish, the old woman asked to be the richest woman in the world. Poof, she was the richest woman in the world.

For the last wish, the now lovely, young woman pointed at her faithful companion, an old house cat, and requested that he be turned into the most handsome young man on earth. Poof, the wish was granted, and the fairy bid her fond farewell.

After the fairy left, the handsome man strolled over to the beautiful woman and snarled, "Now, aren't you sorry you had me neutered?"



Q: What's the fastest way to get five old ladies to swear a blue streak?

A: Get a sixth old lady to call out, "Bingo!"

"Now that I'm 80," Jack said, "people keep teasing me about being over the hill."

"So what's the problem?" asked Earl.

"I can't remember ever being on top of the hill!"

It Used to be that I had a mind like a steel trap.

Now it's more like a steel trapdoor.

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**.

7

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



Continues
on page 9



Brad Little
Governor

Patricia Perkins
Director

CONTACT:

Nancy C. Ax
Education Outreach
Securities Bureau
(208) 332-8078

NEWS RELEASE

For Immediate Release

July 14, 2021

PROTECTING YOUR ONLINE ACCOUNTS

Boise, Idaho... As financial technology has evolved, it has given consumers the ability to shop, save, and invest online using their phones, tablets, and computers. These modern financial conveniences, however, come with risk. "As we all conduct more transactions online, we need to raise our awareness to help protect our financial information", said Patricia Perkins, Director of the Idaho Department of Finance.

The more often financial information is shared through apps, websites, and other digital media, the more that information is at risk. Scammers can access private information in different ways and use that information to harm your finances.

How to Protect Yourself and Your Financial Information

Monitor Your Accounts. Check your bank, credit card, and brokerage account statements regularly and keep an eye out for fraudulent or suspicious transactions. Contact your bank, credit card issuer, broker, or investment adviser immediately if you see a questionable transaction or charge. Don't hesitate to contact the authorities in cases of fraud. The sooner you dispute a fraudulent or suspicious transaction, the better.

Use Caution on Public Wi-Fi. Public Wi-Fi networks – especially unsecured public networks – carry huge risks. Avoid online shopping and accessing financial or other personal data on public Wi-Fi networks. Wait until you can access an encrypted private network to enter your credit card number or enter account login information.

Check Your Credit Reports. In the United States, consumers can visit www.annualcreditreport.com at least once per year to check their credit reports from the three major credit reporting agencies for free. In Canada, consumers can visit [the federal government's website](#) for similar information. If an entry does not look familiar, consumers should follow up right away. Dispute entries that are

Continued
from Page 8

NEWS RELEASE

July 14, 2021

Page 2

fraudulent. Consumers interested in greater peace of mind might consider subscribing to a credit monitoring service.

Be Careful with Debit Cards. Debit cards offer fewer fraud protections than credit cards and leave your bank account vulnerable to scammers who get bank account information or spoof your card. Credit cards offer better fraud protection than debit cards, and consumers should consider using a credit card instead of a debit card anytime they are shopping online or giving a card number to pay for something over the phone.

Speak Up if Something is Wrong. If an investor suspects something is wrong with their account statement or credit report, they should follow up with their financial institution and credit reporting agency to make sure the charge or credit report entry is accurate. Dispute transactions and credit entries that are not legitimate.

The Bottom Line

Be careful when disclosing personal information online and avoid doing it in a public setting at all costs. Use safer methods of payment that come with enhanced fraud protection if possible, and check account statements regularly. Reach out to the Idaho Department of Finance before making an investment, or if fraud is suspected.

Idaho Department of Finance press releases and other information can be found on the Internet at <http://finance.idaho.gov> and may be obtained by contacting the Department at 208-332-8000 or Idaho tollfree at 1-888-346-3378.

Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: August 2020

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
Open Face Beef Sandwich Kiwi Green Beans, Onion, Mushroom MILK Strawberry Icecream	Parmesan Chicken National Watermelon Day Asparagus with onions Brown Rice MILK	Turkey Meatloaf with gravy Mandarin Oranges Carrots, Broccoli, Cauliflower, Yel Garlic Butter Baked Potato MILK National Chocolate Chip Day	Spaghetti with meatballs Plums Tomato, Cucumber Salad Spaghetti Noodles MILK	Italian Chopped Salad Grapes Chickpeas, Olives, Tom, Lettuce, B Italian Dressing MILK Vanilla Pudding

9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday
Onion Soup Pork Chops Apples Snap Peas, Yellow Carrots Steak Fries MILK National Ric Puddy Day	Pineapple Teriyaki Meatballs Tropical Fruit Green Beans, peppers, Onion White rice with Chives MILK	Orange Chicken Peaches Quinoa Thai Augratin potatoes MILK Chocolate Pudding	Turkey Lazagna with Cream Strawberries Broccoli & Cauliflower Lazagna noodles MILK, Cheese, Cottage Cheese	Baked Fish Sticks Honey Dew Beets with onions French Fries MILK Chocolate Chip Cookies

16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday
Ham Steak Tropical Fruit Cream Peas, Potato & Onions Potato MILK Peanut Cookies	Pork Fingers With Sweet & Sour Papaya Winter Blend Tator Tots & Breeding MILK National Vanilla Custard Day	Cheesy Baked Ghoulash Pears Tomatoes, Peas, Onion 1/2cup Elbow Macaroni Noodles MILK & Cheese	Baked Honey Garlic Chicken Apricots Squash Creamy Pasta MILK	Turkey A La King with White Mixed Fruit Peas, Carrots, Onion, Celery 1/2cu WG Sliced Bread and butter MILK National Pecan Day

23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday
Chicken Pizza Cantaloup Onion, Pepper, Olives (1/2cup all 3) Pizza Dough MILK & Cheese National Peach Pie Day	Tuna Casserole Grape Juice Peas, Carrots, Onions 1/2 cup WG Shell Noodles 1 cup MILK	Blueberry Pancakes & Sausage Banana Red and green Peppers, Onions 1 Pancakes & Syrup MILK National Banana Split Day	Salisbury Steak Pineapple Tidbits Carrot, Corn, Peas, Lima Beans Corn-Mashed Potato with Mush. MILK	Mediterranean Chicken Orange Juice Spinach, Onion Penne Pasta MILK National Cherry Turnover Day

30 Monday	31 Tuesday	0 Wednesday	0 Thursday	0 Friday
Chicken Chimichanga Apples Refried Beans Spanish Rice MILK	Chili Raisin Kidney Bean, Tomato, & Salad wit Cornbread MILK Chocolate Cake with cream Frosti			

Menu Subject Change. Need to call day before to be added to lunch list

August 2021

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	3 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise	4 10:00a Pinochle/DS 10:00a Rose's Coffee Group	5 10:00a Roses Coffee Group 10:15a Fit and Fall	6 10:00a Beading 10:00a Rose's Coffee Group	7
8	9 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	10 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise	11 10:00a Pinochle/DS 10:00a Rose's Coffee Group	12 10:00a Roses Coffee Group 10:15a Fit and Fall 12:45p Art Class	13 10:00a Beading 10:00a Rose's Coffee Group	14
15	16 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	17 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise	18 10:00a Pinochle/DS 10:00a Rose's Coffee Group	19 10:00a Roses Coffee Group 10:15a Fit and Fall	20 10:00a Beading 10:00a Rose's Coffee Group	21
22	23 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	24 10:00a Roses Coffee Grp 10:00a SCCC Ex Brd 10:15a Fit & Fall Exercise 10:30a SCCC Brd Mtg	25 10:00a Pinochle/DS 10:00a Rose's Coffee Group	26 10:00a Roses Coffee Group 10:15a Fit and Fall	27 10:00a Beading 10:00a Rose's Coffee Group	28
29	30 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	31 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise				

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

Here are some more
Nutrition Facts.

Take Care of Your Gut Health With Probiotics and Fiber

The bacteria in your gut, collectively called the gut microbiota, are sometimes referred to as the "forgotten organ." These gut bugs are incredibly important for all sorts of health-related aspects. A disruption in the gut bacteria is linked to some of the world's most serious chronic diseases, including obesity. A good way to improve gut health, is to eat probiotic foods (like live yogurt and sauerkraut), take probiotic supplements, and eat plenty of fiber. Fiber functions as fuel for the gut bacteria.

Don't Drink Sugar Calories

Sugary drinks are the most fattening things you can put into your body.

This is because liquid sugar calories don't get registered by the brain in the same way as calories from solid foods. For this reason, when you drink soda, you end up eating more total calories. [Sugary drinks](#) are strongly associated with obesity, type 2 diabetes, heart disease and all sorts of health problems.

Keep in mind that [fruit juices](#) are almost as bad as soda in this regard. They contain just as much sugar, and the small amounts of antioxidants do NOT negate the harmful effects of the sugar.

Avoid Artificial Trans Fats

Artificial [trans fats](#) are harmful, man-made fats that are strongly linked to inflammation and heart disease. It is best to avoid them like the plague.

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!**

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wclough@lpicommunities.com or (800) 950-9952 x2635



13 Recipe: Valli Little's massaman roast chicken



Ingredients: 1 whole chicken, 2 stalks lemongrass, 1 grated, 1 cut into thirds, 2 lbs grated ginger, 2 kaffir lime leaves, finely shredded, 2 limes, 1 halved, 1 juiced, 1/4 cup Massaman curry paste, 1 tbs sunflower oil, 500 g small chat potatoes par boiled for 10 min drained, 1 cup chicken stock, 400 ml can coconut milk, 2 tsp tamarind puree, 1 tbs fish sauce, 1 tsp grated palm sugar, 2 tbs chopped unsalted peanuts and coriander sprigs to serve.

Directions: 1. Preheat the oven to 392. (2. Rinse chicken and pat dry inside and out with paper towel. Place in an oiled roasting pan. Combine grated lemongrass with the ginger and half the kaffir lime leaves in a bowl. Place in chicken cavity with halved lime and remaining 3 pieces of lemongrass, Tie chicken legs with kitchen string. 3. Combine 1 tbs curry paste with oil. Rub all over chicken and season. Cover loosely with foil, then roast for 40 minutes. Remove foil, then add potatoes to the pan and baste with pan juices. Roast for 40 minutes or until potatoes are tender and juices run clear when thickest part of the chicken thigh is pierced. Transfer chicken and potatoes to a serving dish, loosely cover with foil and set aside to rest. 4. Meanwhile, place roasting pan on the stovetop, add remaining ginger and 2 tbs curry paste, and stir over a low heat for 1 minute or until fragrant, Add stock and simmer for 3-4 minutes until reduced by half. Add Coconut milk and simmer until reduced and thickened. Add Tamarind puree, fish sauce, sugar and juice of remaining lime, then stir to combine. Pour gravy into a jug. 5. Carve chicken, garnish with peanuts, coriander and remaining kaffir lime leaves, then serve with the massaman gravy.



Call today for a NO-COST review of your Medicare health plan options!

208-709-4355



- Medicare Advantage
- Medicare Supplement/Medigap
- Part D Prescription Drug Plans
- Final Expense Life Insurance

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2440 Jafer Ct. • Idaho Falls, ID 83404

YOUR BOARD OF DIRECTORS

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Tiffany Morrison	Life Care Center	

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Thomas Hally	Mayor's Office Liaison
Valisa Say	Executive Director
Sarah Ryner	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; ifscgen@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.....

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
LUNCH 12:00 Noon CARDS 12:30 pm**

All Games have a suggested donation
Or a required donation of \$1.00
Players should be registered
and at the tables by 12:15 pm

2ND MONDAY BRIDGE			
	HIGH	HIGH /Tied	2ND
TUESDAY BRIDGE			
	HIGH	2ND	3RD
TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD

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



Here are some meals we have been serving at the center since we have opened back up to the public. We would love to have you come join us for some of these delicious meals. Lunch is served between 11:30am and 12:30pm. Everyone that enters the building must be fully vaccinated and have proof of their vaccination to provide to the office to take a copy. Hope to see more of you join us for lunch!



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)**

Q: What's the best-selling used vehicle make for senior citizens?

A: An Oldsmobile



FYI

During the month of June our capable KITCHEN AND DELIVERY PERSONNEL served 183 meals at the center, and produced and Delivered 4,623 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals:4,806)

FREE Skin Cancer Screenings



A preventative reminder that risk factors for skin cancer include:

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

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



**INDEPENDENT LIVING
ASSISTED LIVING • MEMORY CARE**

4000 S 25th E

Idaho Falls, ID 83404

208-522-1591



morningstarseniorliving.com

BE YOURSELF.

BRING YOUR PASSION.

WORK WITH PURPOSE.

LPI is Hiring

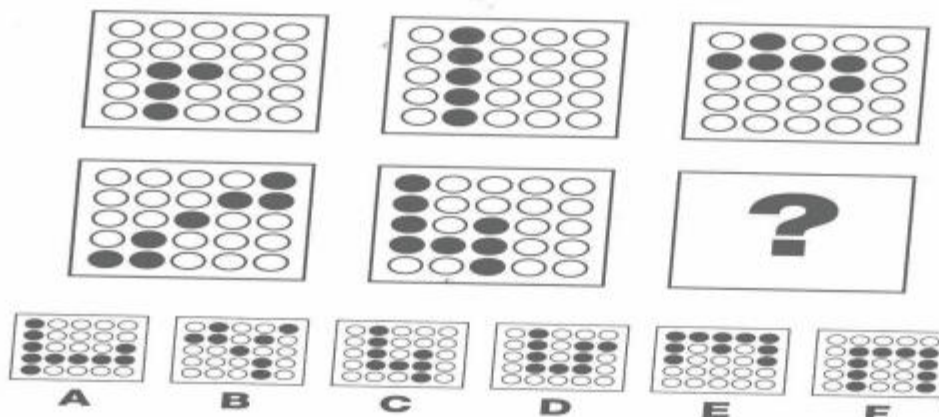
Ad Sales Executives

- Full-Time with Benefits
- Paid Training
- Expense Reimbursement
- Travel Required

**SUPPORT OUR
ADVERTISERS!**

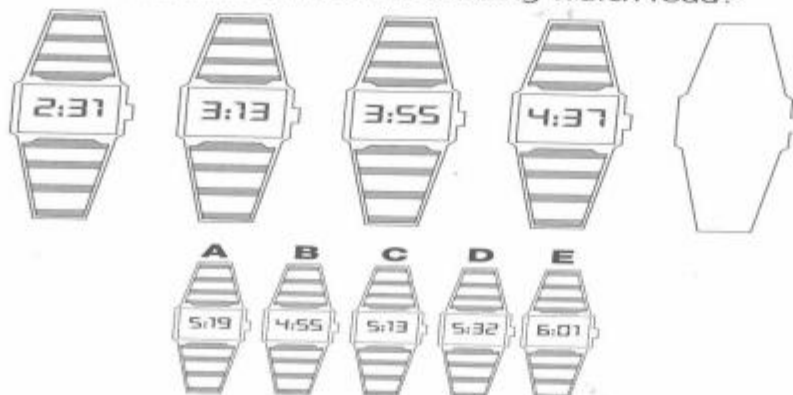
Contact us at: careers@4lpi.com | www.4lpi.com/careers

What is missing in the last grid?



**2
PUZZLE**

What time should the missing watch read?



 **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	\$0.00
Bingo Wednesday & Saturday	\$0.00
Bingo Wednesday & Saturday (Bev)	\$0.00
Bridge-2nd Monday	\$0.00
Bridge	\$0.00
Bridge—(Bev Only: Both)	\$0.00
Double Deck Pinochle	\$0.00
Fit & Fall Exercise	\$0.00
Hand & Foot	\$0.00
Country Line Dancing	\$0.00
Mah-Jongg	\$0.00
Pinochle	\$0.00
Pinochle (Bev Only)	\$0.00
Pool	\$0.00
Spanish Class	\$0.00
Tai Chi	\$0.00
Rose's Gentlemen's Group	\$0.00
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$0.00
Use It Don't lose it	\$0.00
Congregate lunch (Beverage only)	\$0.00
Other	\$0.00
Total	\$000.00



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

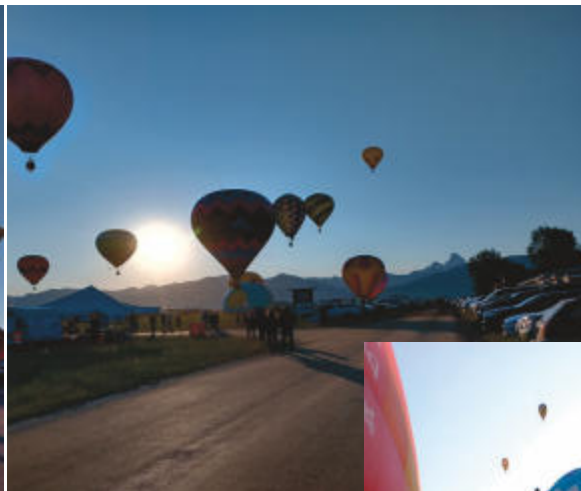
Non-Profit Organization
U S POSTAGE PAID
Idaho Falls, ID 83401
Permit #155

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!



Driggs, Idaho Hot air Balloon
show.
July 3rd, 2021.
Picture's taken By:
Sarah Ryner