



# SENIOR COMMUNICATOR

## Non Profit Organization

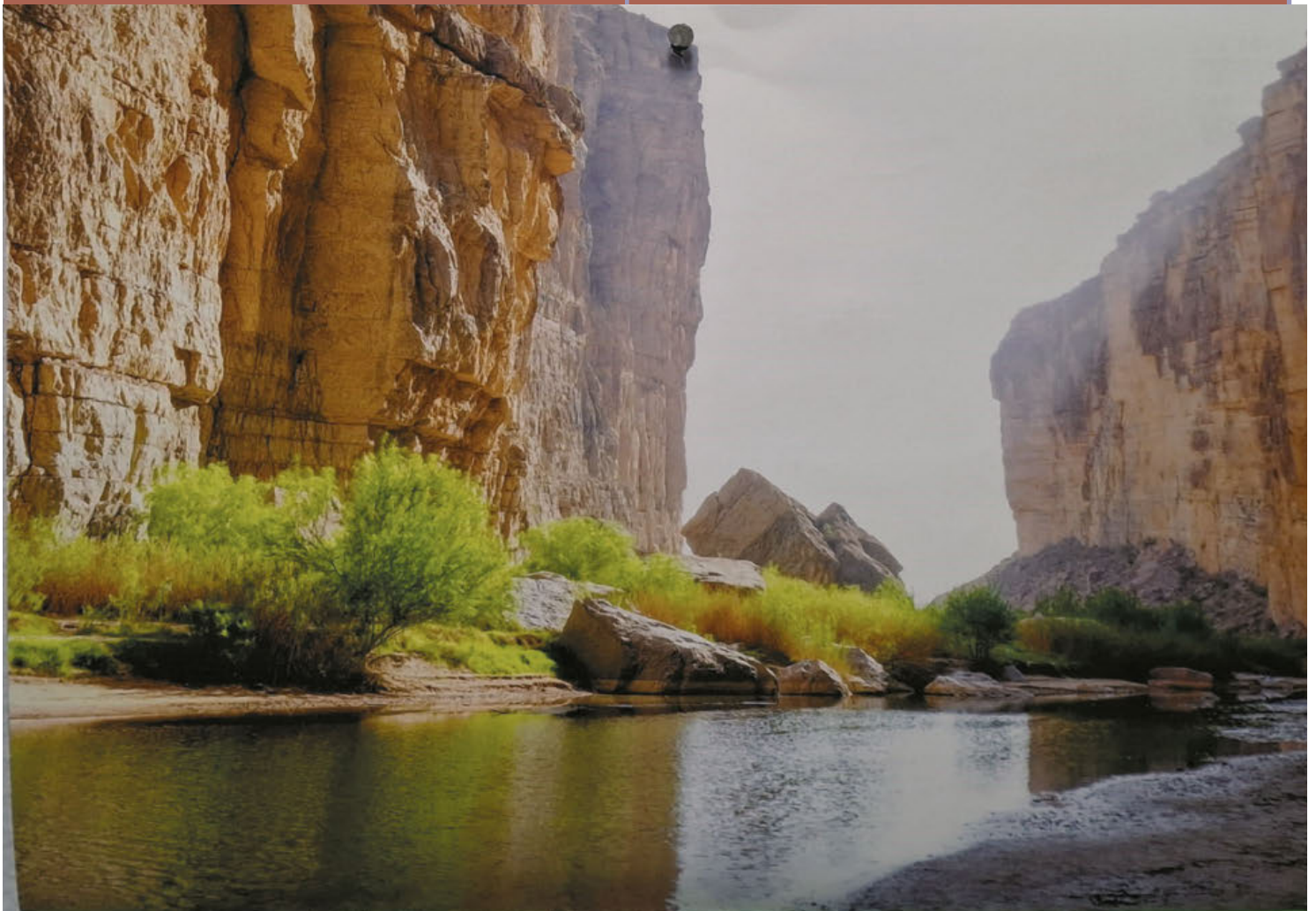
Idaho Falls Senior Citizens Activity Center  
535 West 21st Street

*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



© SuperStock (above), © SuperStock, Santa Elena Canyon Trail (inset)

# AUGUST 2025

## BIG BEND NATIONAL PARK, TEXAS

A huge curve in the Rio Grande River gives Big Bend National Park its name. The vertical limestone walls of Santa Elena Canyon are among the park's most striking features, along with a colorful array of birds and wildflowers.

OUR  
SOCIAL  
MEDIA

WEBSITE



FACEBOOK



August  
2025

We reserve the right  
to make mistakes  
occasionally

### New Members

**Gwendolyn Kopp, James Tadlock, Ilene Bagley, Lucile Howard, Virginia Obenchain, Sharon Winowski, Carmen Bromley, Royleen Goulter, Darlene Harper.**

**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	214.86
Non-Senior Hour	56.25
Board Member Hour	16.00
Work Detail Hours	14.00
<hr/>	
Total Hours	301.11

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!

### How to instantly feel better

Angry —————→ Sing

Burned out —————→ Walk

Overthinking —————→ Write

Anxious —————→ Breathe

Stressed —————→ Exercise

Sad —————→ Gratitude

Lazy —————→ Cold shower

Impatient —————→ Reflect on progress

## 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 Joseph Laird, Deborah Borek, John Long-PayPal, John Price-PayPal, Gloria Clawson-PayPal**

**\$100-\$250 Kathleen Smolik, United Way-Employees  
\$300- \$700**

**\$2,000-\$20,000 Melanie Novak, Anonymous**

## Thank You!

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

*\*United Way\**

*\*Newcomers Club of Idaho Falls\**

*\*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**



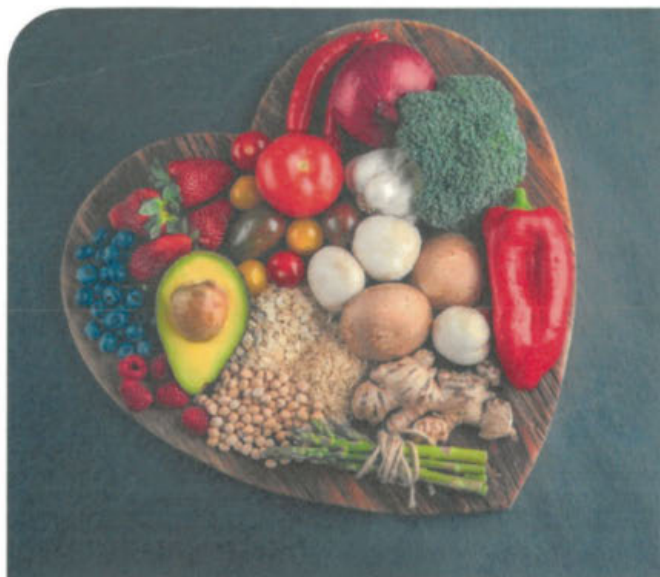
# NEVER MISS OUR NEWSLETTER!

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emailed to you.



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# The Facts On Fiber

Fiber that you eat is called “dietary fiber”. Dietary fiber includes parts of plant-based foods that your body is unable to break down or absorb, but can still use.

## Two Types of Fiber

### Soluble Fiber

- ✓ Helps to absorb water from your food and slows down your digestion, which can help you feel fuller longer.
- ✓ Controls blood sugar.
- ✓ Removes bad fats (cholesterol).
- ✓ Maintains weight
- ✓ May reduce risk for diabetes and heart disease.



### Insoluble Fiber

- ✓ Good for colon health. Helps to form the bulk of your stool. It is easy for your body to move stool that is bulky.
- ✓ Helps prevent constipation or strain when you have a bowel movement.



## Tips to Increase Your Fiber:



**Take a slow approach when you increase the amount of fiber you eat.** This can help to prevent digestion upset, such as gas and bloating.



**Drink plenty of water during the day.** It is important to increase your fluid intake when you increase the amount of fiber you eat.



**Look at the nutrition label.** The nutrition label lists the fiber content of your food. “Dietary Fiber” will be listed in grams (“g”), under the “Carbohydrate” section.

Find out if your food has fiber in it.

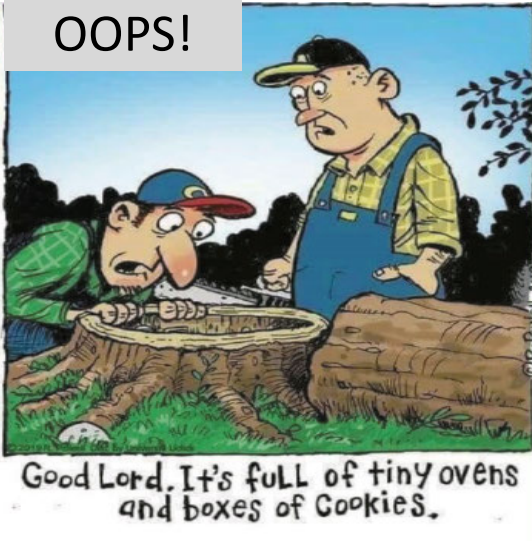
Look on the label here!

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	1/3 cup (27g)
Amount per serving	
<b>Calories</b>	<b>340</b>
% Daily Value	
<b>Total Fat</b> 47g	67%
Saturated Fat 19g	45%
Trans Fat 8g	34%
<b>Cholesterol</b> 2g	7%
<b>Sodium</b> 7g	18%
<b>Total Carbohydrate</b> 3g	8%
Dietary Fiber 3g	8%
Total Sugars 0g	0%
Added Sugars 0g	0%
<b>Protein</b> 22g	47%
Vitamin D 5mcg	34%
Calcium 16mg	41%
Iron 9mg	19%
Potassium 3mg	23%

Check out some great fibers to add to your next meal >>>



OOPS!



**I'VE FINALLY LOST  
MY MIND.  
DON'T BOTHER TO  
RETURN IT.  
IT WASN'T  
WORKING PROPERLY  
ANYWAY.**

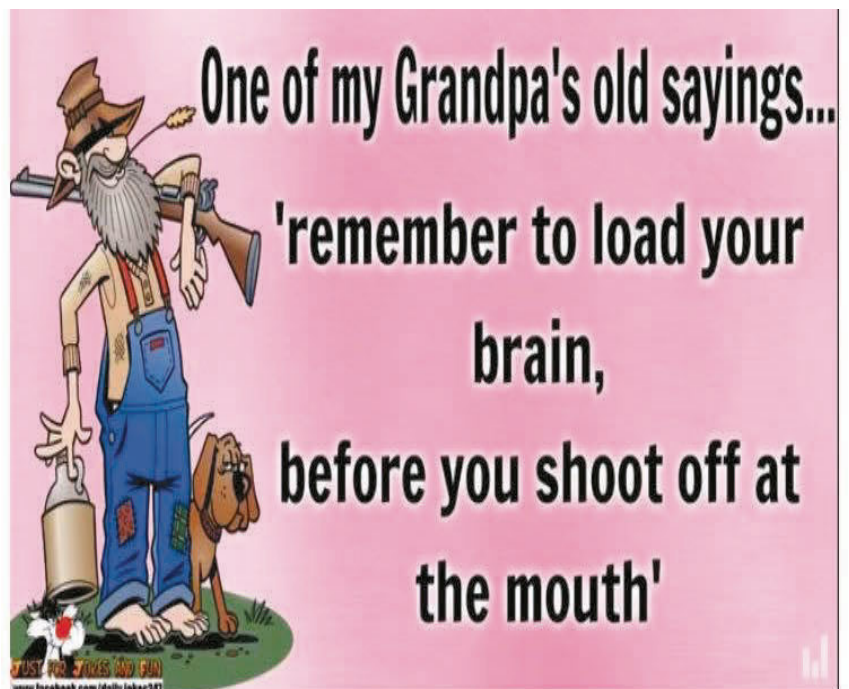
### USES FOR YOUR HERBS:

Ants:	Peppermint
Aphids:	Peppermint, Sandalwood, White Fir
Bed Bugs:	Lavender
Beetles:	Peppermint, Thyme
Caterpillars:	Peppermint
Chiggers:	Lavender, Lemongrass, Thyme
Fleas:	Lavender, Lemongrass, Peppermint
Flies:	Basil, Clove, Eucalyptus, Lavender, Peppermint,
Gnats:	Patchouli
Lice:	Clove
Mosquitoes:	Lavender, Lemongrass
Moths:	Lavender, Peppermint
Roaches:	Eucalyptus
Slugs:	White Fir
Snails:	Patchouli, White Fir
Spiders:	Peppermint
Ticks:	Lavender, Lemongrass, Thyme

drjuliebates.com

### DID YOU KNOW? (More tips will follow in August & September)

1. Budweiser beer conditions the hair
2. Pam cooking spray will dry finger nail polish
3. Cool whip will condition your hair in 15 minutes
4. Mayonnaise will KILL LICE, it will also condition your hair
5. Elmer's Glue - paint on your face, allow it to dry, peel off and see the dead skin and blackheads if any.
6. Shiny Hair - use brewed Lipton Tea
7. Sunburn - empty a large jar of Nestea into your bath water
8. Minor burn - Colgate or Crest toothpaste
9. Burn your tongue? Put sugar on it!
10. Arthritis? WD-40 Spray and rub in, kill insect stings too
11. Bee stings - meat tenderizer
12. Chigger bite - Preparation H
13. Puffy eyes - Preparation H
14. Paper cut - crazy glue or chap stick (glue is used instead of sutures at most hospitals)
15. Stinky feet - Jello
16. Athletes feet - cornstarch
17. Fungus on toenails or fingernails - Vicks vapor rub
18. Kool aid to clean dishwasher pipes. Just put in the detergent section and run a cycle, it will also clean a toilet. (Wow, and we drink this stuff)
19. Kool Aid can be used as a dye in paint also Kool Aid in Dannon plain yogurt as a finger paint, your kids will love it and it won't hurt them if they eat it!
20. Peanut butter - will get scratches out of CD's! Wipe off with a coffee filter paper



## RECIPE: FRESH VEGGIE PIZZA (great for warm summer days)



### INGREDIENTS:

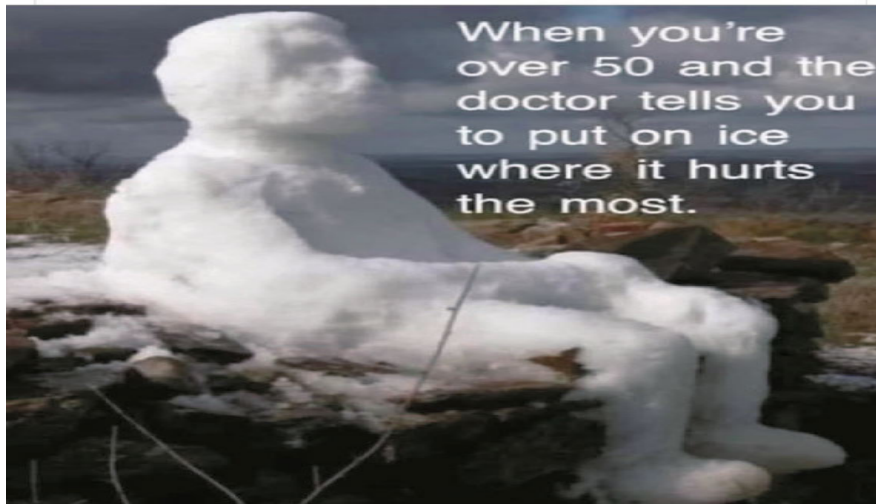
- 1 tube (8 ounces) reduced-fat crescent rolls
- 1 package (8 ounces) reduced-fat cream cheese
- 1 envelope ranch salad dressing mix
- 2 tablespoons fat-free milk
- 1/2 cup each chopped fresh broccoli, cauliflower, carrots, green pepper, sweet red pepper and mushrooms (or use vegetables of your choice)

### DIRECTIONS:

- Unroll crescent roll dough into one long rectangle. Press onto the bottom of a 13-in. x 9-in. baking pan coated with cooking spray; seal seams and perforations.
- Bake at 375° for 11-13 minutes or until golden brown. Cool completely.
- In a large bowl, beat the cream cheese, salad dressing mix and milk until smooth. Spread over crust. Sprinkle with vegetables. Cover and refrigerate for at least 1 hour before serving. Cut into 16 pieces.



- Did you know the average golf ball has 336 dimples
- Did you know the word 'Strengths' is the longest word in the English language with just one vowel



## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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# THRIVE LOCALLY

## SUPPORT OUR ADVERTISERS!

**Coming soon: AARP driving class returns for September 30th, 2025 and October 21st, 2025. Mark your Calendars!!!**



## BAD VS BETTER Choose Healthy Fats

Fat in your diet (dietary fat) is an essential nutrient for your body. It gives you energy and helps your body and brain function. Fat can help your body absorb certain nutrients and make important hormones, too. It also helps to protect your organs and keeps your body warm.

### Four Types of Dietary Fat

#### Bad Fats

- 1. Saturated Fats**  
Limited to less than 10 percent of calories each day.
- 2. Trans Fats**  
Avoid completely



#### Better Fats

Should make up 20 to 35 percent of the food you eat each day (about 44 to 77 grams each day)

##### 3. Monounsaturated Fats

- ♥ AVOCADO
- ♥ OIL-BASED SALAD DRESSING
- ♥ PEANUT BUTTER
- ♥ NUTS (ALMONDS, HAZELNUTS, PEANUTS)
- ♥ OLIVES
- ♥ SEEDS (PUMPKIN, SESAME)
- ♥ VEGETABLE OILS (CANOLA, OLIVE, PEANUT)



##### 4. Polyunsaturated Fats

- ♥ FISH (HERRING, SALMON, TROUT, TUNA)
- ♥ OIL-BASED SALAD DRESSING
- ♥ NUTS (PINE NUTS, WALNUTS)
- ♥ SEEDS (FLAX, PUMPKIN, SUNFLOWER)
- ♥ VEGETABLE OILS (CORN, SOYBEAN, SUNFLOWER)

### Healthy Fats

Your body needs fat to stay well nourished, but it is important to choose healthy fats most often. Bad fats tend to be solid at room temperature (butter) and should be limited in your diet. Better fats tend to be liquid at room temperature (vegetable or seed oils) and are the better choice.

**Eating foods with fat is part of a healthy diet.** But you should try to choose foods that provide good fats and balance the diet you eat. All types of dietary fats are high in calories and if eaten in excess, can lead to weight gain.



**Do you know how to swap bad fats for better fats?**  
See the next page to learn more!



Department of  
Aging

[aging.ohio.gov](http://aging.ohio.gov)

1

### 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.



7/23/25, 7:54 AM

Art With Edge Ridiculousness



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<https://www.crayola.com/free-coloring-pages/print/art-with-edge-ridiculousness-coloring-page>

August

2025



	Monday	Tuesday	Wednesday	Thursday	Friday	
					1 Chicken strips Mixed fruit Coleslaw Sweet potato tots	
4	Turkey rice bowl Orange Pepper/onion White rice	5 Pepperoni & Ham pasta ranch salad Kiwi Tomato/banana pepper/red onion	6 Chicken fried steak Tropical fruit Green beans Mashed potatoes Fruit snack	7 Teriyaki chicken Berry blend Broccoli Cake	8 Garlic butter lemon fish Fruit cocktail Broccoli cauliflower Garlic bread	
11	Tuna pasta Apple Peas/Red onion Roll Rice crisp treat	12 Hamburger Pineapple Tomato/onion/pi ckles/lettuce Tater tots	13 Chicken noddle soup Raisins Celery/peas/carr ots/onion yogurt	14 Meatloaf Pears Mixed veggies Mashed potato Cottage cheese	15 Ham& cheese sandwich Plum Celery/carrots Chips Ranch	
18	Honey mustard chicken Strawberries Buttered veggies Potato salad	19 Sloppy joes Mandarin oranges Broccoli/cauliflo wer French fry Bun Coke	20 Philly cheesesteak sandwich Grapes Pepper/onion/cu cumber slices Scalloped potatoes	21 Biscuits and gravy Orange juice Fajita blend Jell-O	22 Chicken over mashed potatoes Cranberries Green beans	
25	Salisbury steak Blueberries Broccoli /cauliflower Au gratin potatoes Garlic bread Pop tart	26 Turkey soft taco Kiwi Onion/green/red pepper/salsa Tortilla Brown rice Chocolate cake	27 Chicken Burger Peaches Celery/carrots/o nonin/lettuce French fry Bun	28 Finger steaks Nectarine Spinach salad/cucumber/c herry tom Italian dressing Banana pudding	29 Tuna fish wrap Melon Veggies/lettuc e Spinach tortilla	



# August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00a Beading 6:00p Bingo-Doors open at 4pm	2 6:00p Bingo- Doors open at 4pm
3	4 10:00a MahJongg 10:00a Jimmy King & Friends	5 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	6 10:15a Bingo 12:30p Pinochle	7 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee	8 10:00a Beading 6:00p Bingo-Doors open at 4pm	9 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
10	11 10:00a MahJongg 10:00a Jimmy King & Friends	12 10:00a Fit & Fall Exercise 11:00a Ladies Coffee 11:30a Free Health Clinic	13 10:15a Bingo 12:30p Pinochle	14 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	15 10:00a Beading 6:00p Bingo-Doors open at 4pm	16 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
17	18 10:00a MahJongg 10:00a Jimmy King & Friends	19 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	20 10:15a Bingo 12:30p Pinochle	21 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee	22 10:00a Beading 6:00p Bingo-Doors open at 4pm	23 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
24	25 10:00a MahJongg 10:00a Jimmy King & Friends	26 10:00a Fit & Fall Exercise 10:30a SCCC Board Meeting 11:00a Ladies Coffee	27 10:15a Bingo 12:30p Pinochle	28 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	29 10:00a Beading 6:00p Bingo-Doors open at 4pm	30 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

## ARE YOU OLD ENOUGH TO COMPLETE THESE IDIOMS??

1. That's the way the cookie \_\_\_\_\_.
2. A watched pot never \_\_\_\_\_.
3. Curiosity killed the \_\_\_\_\_.
4. Calm before the \_\_\_\_\_.
5. Come rain or \_\_\_\_\_.
6. A stitch in time saves \_\_\_\_\_.
7. The best thing since \_\_\_\_\_.
8. Don't cry over spilt \_\_\_\_\_.
9. Costs an arm and a \_\_\_\_\_.
10. A bird in the hand is worth two in the \_\_\_\_\_.
11. Beat around the \_\_\_\_\_.
12. A blessing in \_\_\_\_\_.
13. A penny for your \_\_\_\_\_.
14. Actions speak louder than \_\_\_\_\_.

*Don't wait for things to get easier, simpler and better. Life will always be complicated. Learn to be happy right now. Otherwise, you'll run out of time.*

POSITIVEOUTLOOKSBlog.com

## 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

**Did you know** the word typewriter is the longest word that can be typed using only the top row of a keyboard

Grandparents CornerEICAP 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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**(208) 523-2704**

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID C 4C 05-1113





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.

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

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**Bill Clough**

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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

D 4C 05-1113

## 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	

-----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 2nd  
Tuesday of the month,

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

& Friday  
Evenings

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

**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 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  
BARRETTE  
BASKET  
BINDER  
BOTTLE  
BOWL  
BOX  
CALCULATOR  
CD CASE  
CHAIR

COMB  
CONTAINER  
CREDIT CARD  
CUP  
DICE  
DOLL  
FRAME  
JUG  
LICENSE  
LIGHTER

PEN  
PLACE MAT  
RACK  
REMOTE  
SPOON  
STRAW  
TABLE  
VASE

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

Visit us at [www.kappapuzzles.com](http://www.kappapuzzles.com)

Volume 32

27

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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.

## Puzzle #19

Diwali

Answer  
Key from  
June NL

????????????????????

? Here is a little piece of trivia for you:

? Did you know That National trivia Day

? takes place on Friday, January 4th?

? But when it comes to fun facts and

? Random trivia, any time any time of year

? Is the right time to impress your friends

? And family with your knowledge of all

? Things weird and fascinating. We're

? Talking animals , food, music, and other

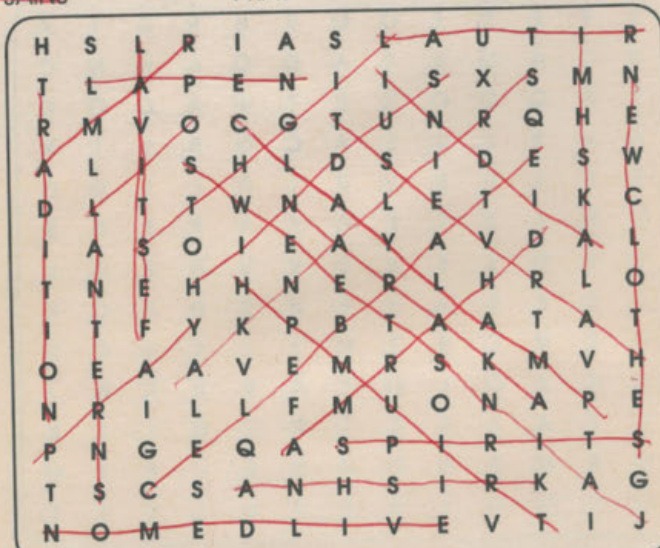
? Terrific topics worth knowing about.

? These facts are worth their weight in

? Gold, so prepare to dazzle your friends

? When you share these fantastic tidbits

<del>CELEBRATE</del>	<del>KRISHNA</del>	<del>RAMA</del>
<del>CLAY LAMPS</del>	<del>LAKSHMI</del>	<del>RITUAL</del>
<del>DHARMA</del>	<del>LANTERNS</del>	<del>SPIRITS</del>
<del>EVIL DEMON</del>	<del>LIGHTS</del>	<del>SRI LANKA</del>
<del>FESTIVAL</del>	<del>NARAKA</del>	<del>SWEETS</del>
<del>HARVEST</del>	<del>NEPAL</del>	<del>TRADITION</del>
<del>HINDUS</del>	<del>NEW CLOTHES</del>	<del>TRIUMPH</del>
<del>INDIA</del>	<del>OIL</del>	
<del>JAINS</del>	<del>PRAY</del>	



The most Streamed Spotify single is Harry Styles' "Girl Crush."

The longest wedding veil was longer than 63 football fields.

The 100 folds in a chef's hat represent 100 ways to cook an egg..

Some cats are allergic to people.

M&M stands for Mars and Murrie

The hashtag symbol is technically called an octothorpe

The largest known living organism is an aspen grove.

If you drive south from Detroit, you'll hit Canada

A baby puffin is called a "puffling."

Four times more people speak English as a second language than as a native one.

The crown Jewels contain the two biggest cut diamonds on Earth.

Neil Armstrong didn't say "That's one small step for a man."

You can hear a blue whales heartbeat from more than 2 miles away.

Apple pie isn't actually American at all.

The unicorn is the national animal of Scotland.

The voices of Mickey and Minnie Mouse got married in real life.

The Oscars used to give out an award to child performers.

The lyrebird can mimic almost any sounds it hears- including chainsaws.

Facebook has more users than many major populations

The odds of getting a royal flush are exactly 1 in 649,740.



FYI

***During the month of June our capable KITCHEN AND DELIVERY PERSONNEL served 285 meals at the center, and produced and Delivered 4,011 meals to home-bound seniors through our Meals On Wheels program (Total meals: 4,296)***

### 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)

**Care**  
on your own terms

**A FEW WAYS WE CARE:**

- Companionship
- Fall & Injury Prevention
- Transportation
- Medication reminder
- Grocery shopping
- Laundry
- Meal preparation
- Grooming/hygiene
- Vacuuming
- Alzheimers care
- Dementia care
- Post-surgical care
- Pet care
- Assist with ADL's
- Organization
- & more!

**Reach out.**  
**We are here to help.**

**SYNERGY HomeCare** provides non-medical services for all ages. For care cost information, a customized care plan, and a free home assessment - call our office today at  
**(208) 516-2041**

**We will help you get the most out of every day.**



### INDEPENDENT LIVING ASSISTED LIVING • MEMORY CARE

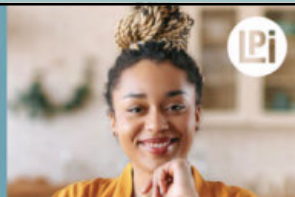
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**Idaho Falls, ID 83404**  
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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113

**MEDICAL HACK:**

So, your **doctor ordered a test or treatment** and your insurance company **denied it**. That is a typical cost saving method.

OK, here is what you do:

1. Call the insurance company and tell them you want to speak with the **"HIPAA Compliance/Privacy Officer"** (By federal law, they have to have one)
2. Then ask them for the NAMES as well as CREDENTIALS of every person **accessing your record** to make that decision of denial. By law you have a **right** to that information.
3. They will almost always **reverse the decision** very shortly rather than admit that the committee is made of low paid HS graduates, looking at "criteria words," making the medical decision to deny your care. Even in the rare case it is made by medical personnel, it is unlikely that it is made by a board certified doctor in that specialty and they **DO NOT WANT YOU TO KNOW THIS!**
4. Any refusal should be reported to the US Office of Civil Rights (**OCR.gov**) as a HIPAA violation.

~ BAA, RN

## Yellow Stripecy Things That Buzz



Pieces of Soul



### Carpenter Bee

- Acts tough but really can't hurt you•
- Lives in your fence•
- Flies aggressively to intimidate you•

### Honey Bee

- Most helpful bee•
- Very social•
- Excellent pollinator•
- Able to sting only once•



### Bumblebee

- Also pollinates stuff very well•
- So fat it's a miracle it can fly•
- More like a flying panda•
- Will let you pet it without getting agitated•



### Hoverfly

- Only looks scary•
- Can't actually hurt you•
- Hangs out in fields•
- Follows you if it likes you•



### Paper Wasp

- Looks scary, but will only attack if provoked•
- Sting hurts like a banshee•
- Will chase you if swatted•
- Has no concept of personal space•



### Yellow Jacket

- Wants your food & will fight you for it•
- Never leaves you alone•
- Will sting you just because•
- Total jerk•

## Medicare Information

- To learn about Medicare eligibility or to apply, visit [www.ssa.gov/med](http://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](http://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](http://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](http://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 June

Beading	\$20
Bingo Charity Wed, Fri, & Sat	\$3,830.65
Congregate Lunch	\$310.29
Ladies Coffee	\$53.99
Fit & Fall Exercise	\$160.46
Mah-Jongg	\$0
Painting Group	\$6
Pinochle	\$75
Pinochle (Bev Only)	\$8.00
Pool	\$0
Rose's Gentlemen's Group	\$97.16
Woodcarvers	\$10
Misc. fundraiser	\$0
Other	\$22,420
Total	\$26,991.55

**United  
Way**

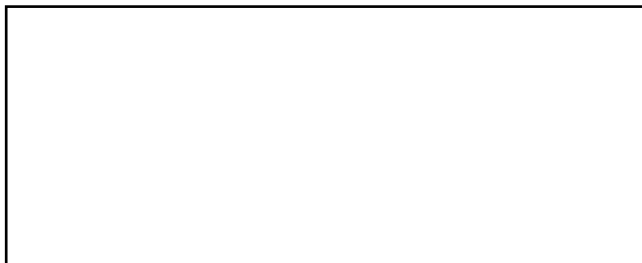


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SCCC COMMUNICATOR  
Senior Citizen's Community Center, Inc.  
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Idaho Falls ID 83402-4528

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## The Senior Citizen Activity Center, Inc.

Is a United Way Agency.

Thanks to you, it continues to work for all of us!



Tetons in July—Grand Teton Arrow Leaf Balsamroot