





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

Telephone: (208) 522-4357
Website: ifscce.org
Circulation: 750

SENIOR COMMUNICATOR
Non Profit Organization
Idaho Falls Senior Citizens Activity Center
535 West 21st Street We are a daily center for ACTIVE seniors.
Our Meals on Wheels program prepares/delivers over 66,000 meals yearly. We are NOT an assisted living center.



OUR SOCIAL MEDIA	WEBSITE 	FACEBOOK 
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2023
July

We reserve the right to make mistakes occasionally

New Members: Phyllis Likes , John Clark , Donna Merritt , Jannis Mechen , Shirley Kowal , David Daly , Dennis Flora , Bonnie Bowles , Maxene Klein , Harold Rau , Richard Burkhalter

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	209.25
Non-Senior Hour	63.00
Board Member Hour	67.50
Work Detail Hours	128.35

Total Hours 468.10

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 David & Elizabeth Dahl, Alice & Gary Wilson , Don Yeager , 5 Anonymous

\$100 - \$250 Ronald Goin , Ruth & mike Oar, Ilene & C.L. Parsons , M LALA S. Chambers ,

\$300—\$700 Steve Wagner

\$800-\$3,000 Howard Eloe

Misc. items: Ole Smith

Thank You!

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

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.

3



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



← Crossword Solution From June Newsletter

PUZZLE # 13 FIREWORKS

P B D M D Y T D E E X Y W R	FUSE	
Y C D W X I W N K P O A L E	GUNPOWDER	
R E O N O I S O L P X E E D	LIGHT	
O F P L W R M P H B G S C W	LOUD	
T F L A O S C V L S H A I O	NEW YEAR'S	
E E T W P R C T Q A S U V P	EVE	
C C N E V E S R A E Y W E N	OOHS AND	
H T D T F R R D B P J H D U	AAHS	
N S Q U U T N T E R A L F G	PAPER TUBE	
I U S B O A F T U Y I K A T	PYROTECHNIC	
C E N Q S L Z O S B H G H S	SHOW	
T U K H A N X C V Q E G H W	SMOKE	
S H O S J B R I L L I A N T	SPARKLER	
P O H B S P A R K L E R B G	SUNBURST	
BRIGHT	DISPLAY	WATCH
BRILLIANT	EFFECTS	
COLORS	EXPLOSION	
CROWD	FLARE	

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.



NAME THAT FOOD!

Most of us eat at least three times a day. How much do you REALLY know about the foods you eat? Play “Name that Food” and find out!

Food 1: I’m red and round and contain vitamins C and A. Though most people call me a vegetable, I’m really a fruit. I taste best when I’m stored at room temperature away from direct sunlight.

Food 2: While I’m often thought of as a vegetable side dish, I also can be served as a meat-free entrée. I’m kidney or oval shaped. I provide protein, fiber and am an excellent source of folate, a B vitamin.

Food 3: I’m a green fruit that is a source of “monounsaturated” fat, a heart-healthy fat. Store me at room temperature until I ripen.

Food 4: I’m on the nutty side of the same plant family as peaches and apricots. I’m a good source of vitamin E. There are 23 of me in one ounce, about a handful. Hint: I begin with an “A” and am often served in a mixture with other similar foods.

Food 5: I’m a member of the grain food group and a good source of fiber. I increase in size after I’m prepared. Three cups of me, served without added fat or sugar, provide less than 100 calories. I’m often eaten as a snack.

Food 6: A cup of me is similar to milk in calcium content. I’m available in several flavors. I’m a good source of protein and the B vitamin, riboflavin.

Food 7: I’m a good source of potassium. Store me at room temperature until I ripen; then refrigerate me.

Though my skin darkens in the refrigerator, I’ll still be light inside.

Food 8: I belong to the morning glory family. I’m orange and high in vitamin A.

I taste best stored in a cool, dry, dark place (55 to 60°F) and stay fresh for 3 to 5 weeks. At room temperature,

I’m at my peak for about a week. I’m sometimes served mashed.

Food 9: And for a last question, here’s a food riddle ... You throw away the outside and cook the inside.

Then eat the outside and throw away the inside. I'm yellow in color. Hint: after throwing away the "outside,"

the "inside" becomes the "outside."

Answers

1. Tomato
2. Dried beans (Great Northern, kidney, garbanzo, black beans, etc.)
3. Avocado
4. Almond
5. Popcorn
6. Yogurt
7. Banana
8. Sweet potato
9. Corn on the cob. You throw away the husk (outside), cook and eat the corn (inside AND new outside), then throw away the cob (inside).



It is in the midst
of change we often
discover wings we
never knew we had.

DO YOU FEEL LUCKY?

For over 20 years adventurous folks have gathered at the *Idaho Falls Senior Citizens Community Center* at 535 W. 21st Street hoping to win big at **COMMUNITY BINGO**. You enter a smoke free, non-alcohol establishment, and are soon greeted with a friendly smile. From across the room a new friend waves hello, as you walk past a menagerie of good luck novelties and a rainbow of daubers to find your seat.

Not long after you sit down it's "Daubers Up", and within a couple of minutes you hear "BINGO!" Cash prizes are a calculated percentage of sales (60%). The more folks who play the more it pays. Friday and Saturday night games have two bonus numbers drawn, the HOT BALL and the PIG. If your last Bingo ball is one of them, you receive the money for that game PLUS the money for the HOT BALL or PIG. The HOT BALL and PIG increase until won. Then there are the progressive jackpots, up to \$500, that can be secured if you bingo within the selected number of balls called or less for that game.

Senior only games are Wednesday mornings at 10:30 am. Games on Friday and Saturday evenings at 6 pm are open to anyone 18 years of age and older. Remember to win you must play. The chance to win is exciting, but knowing a percentage of the monies taken in are donated to "Meals-On-Wheels" is gratifying. COMMUNITY BINGO is licensed through the Idaho Lottery.



Summer Vegetable & Pasta Salad

3 cups whole wheat pasta (uncooked)
1 cup cucumber (peeled and diced)
3/4 cup low-fat Italian salad dressing

1 cup broccoli (chopped)
1 cup summer squash (sliced)

1. Cook pasta according to package directions. Drain, rinse with cold water, and place in large bowl.
2. Add remaining ingredients and mix well.
3. Refrigerate leftovers within 2 hours.



Cucumber Salad

1 large cucumber (peeled and sliced thin)
1 tablespoon vinegar
1 tablespoon water
1 dash pepper (optional)

2 tablespoons low-fat yogurt
1 tablespoon vegetable oil
1 teaspoon dill weed (optional)

1. Peel and cut cucumber into thin slices.
2. Place all other ingredients in a mixing bowl and whisk thoroughly to combine.
3. Add cucumber slices and toss until all slices are coated.
4. Chill until serving.

Senior Communicator Newsletter

July

2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 CLOSED	4 CLOSED	5 Chicken Fried Steak California Blend Mashed & Gravy Cottage Cheese Roll	6 Pizza Green Salad W/Ranch Pudding	7 Chicken Caesar Salad Apple W/P.Butter	8
9 Tuna Sandwich Pears Chips	10	11 Meatloaf Broccoli W/Cheese Augratin Potato Roll,Dessert	12 Sausage Breakfast Fajita Blend Hashbrown Patty Juice, Yogurt	13 Chicken Patty Sandwich Romaine,Tom,Pickle Fries	14 Sloppy Joe Cucumbers & Carrot Sticks Sweet Potato Tots	15
16 Honey Mustard Chicken Brussel Sprouts Cheesey Mashed Potato Pudding	17	18 Chef Salad Pears Milk	19 Stuffed Peppers Scallaped Potatoes Ice Cream Sandwich Milk	20 Lasagna Apricots Green Beans Garlic Bread	21 Peanut Butter & Jelly Pork Patty Carrot Sticks W/Ranch Jello	22
23 Shredded Pork Nachos Pineapple Milk	24	25 Cheese Burger Banana Fries Dessert,Milk	26 Orange Chicken Broccoli & Califlower Brown Rice Cookie	27 Sliced Turkey Sandinvian Blend Stuffing & Gravy	28 Fish Sandwich Chalet Blend Potato Wedges Pudding	



July 2023

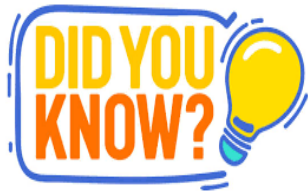
Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
2	3 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	4 * 8:00a Closed for Independence Day 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Bridge	5 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	6 10:05a Woodcarvers 10:15a Fit & Fall Exercise	7 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo Doors open @4pm	8 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
9	10 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	11 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinochle 12:00p Bridge	12 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	13 10:05a Woodcarvers 10:15a Fit & Fall Exercise	14 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo Doors open @4pm	15 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
16	17 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	18 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinochle 12:00p Bridge	19 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	20 10:05a Woodcarvers 10:15a Fit & Fall Exercise	21 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo Doors open @4pm	22 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
23	24 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	25 * 10:00a Roses Coffee Grp 10:00a SCCC Ex Brd 10:15a Fit & Fall Exercise Group 10:30a SCCC Brd Mtg 12:00p Bridge	26 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	27 10:05a Woodcarvers 10:15a Fit & Fall Exercise	28 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo Doors open @4pm	29 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
30	31 10:00a MahJongg/ DS 10:00a Rose's Coffee Group					

The hours are 10AM to 2PM Monday, Thursday, & Friday. 10AM to 4PM on Tuesday & Wednesday. The doors will not open until 10AM. No one will be allowed in the building before or after these hours. Thank you and enjoy the Senior Community Center!

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 IFSGCC.ORG

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.

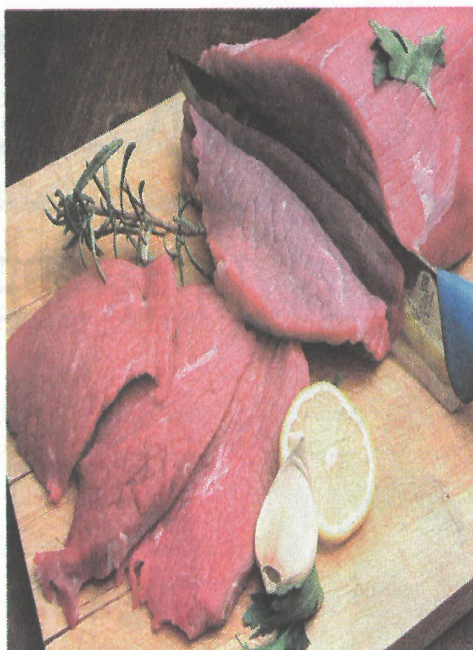


Essential Vitamins and Minerals for Older Adults

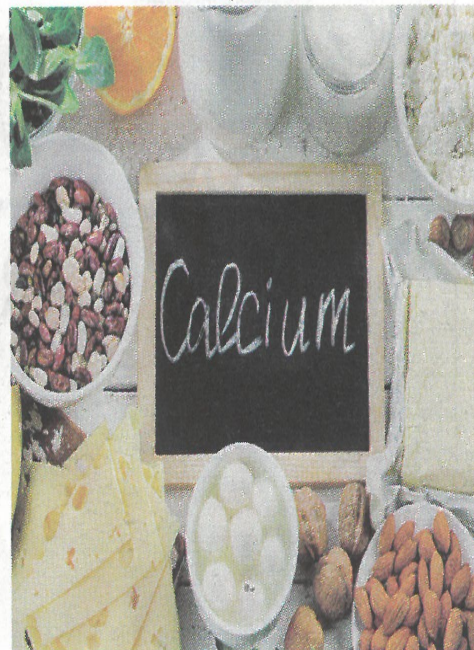
Newspaper Toolbox

As you get older, your nutrition needs change. Your body needs more of certain vitamins and minerals. Here's a list of some essential nutrients for older adults.

- Calcium is found in foods like dairy, tofu and dark-green leafy vegetables. Older people at risk of bone loss need calcium in their diets. Men between 51 and 70 need 1,000 milligrams daily, while women over 51 and men over 71 need 1,200 milligrams daily.
- Vitamin B6 helps your body form red blood cells and is found in foods like bananas and potatoes. Men over 51 need 1.7 milligrams, while women of the same age need 1.5 milligrams.
- Vitamin B12 is found in meat and keeps your red blood cells and nerves healthy. Older adults may have trouble absorbing this vitamin from food and require a supplement. Aim for 2.4 micrograms per day.
- Vitamin D helps your body retain and use calcium and phosphorus. Only a few foods, like fish,



contain it. Your skin also produces Vitamin D in sunlight. Therefore, if you live and work indoors, a supplement may help you get the recommended amount. People between 50 and 70 require 600 international units (IU), while people over 71 require 800 IUs.



- Sodium in high doses can lead to elevated blood pressure, which can result in a heart attack or stroke. Men and women over 51 should limit their sodium intake to 2,300 milligrams per day.

Talk to your doctor before taking supplements, as some may have severe side effects. ■



Sometimes miracles are just
good people with kind hearts.

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	
Kathleen Keyes	Member of PEO	
Carmon Ramos	Fairwinds Retirement	

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

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

Tuesday Double Deck			
1st			
2nd			
1st			
2nd			
Bridge			
	1st	2ND	3RD
1st	Adrienne W.		
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.

Heat Smart

Energy Poverty.

It's Time to do More Together.

Warmth. Education. Conservation.

What is Heat Smart?

Warmth. Partnership. Flexibility.

Heat Smart is warmth.

Did you know 1 in 4 U.S. households is held back by a high energy burden, leaving them to choose between paying for heat and other essentials such as food and medicine?

We're dedicated to helping low income households by empowering them to change their heating habits and behavior. We give them the tools to stay warm and turn the heat down overnight so they can save about 10% on their heating bill. Since our inception, our Heat Smart Kits have helped thousands of families across the country. Recipients tell us they appreciate the ability to take control of their heating plan and gain a little breathing room in the budget.

Next month we'll tell you more about our partnerships, but feel free to contact us anytime. We're happy to discuss how we can help your constituents stay warm.

Warm regards,



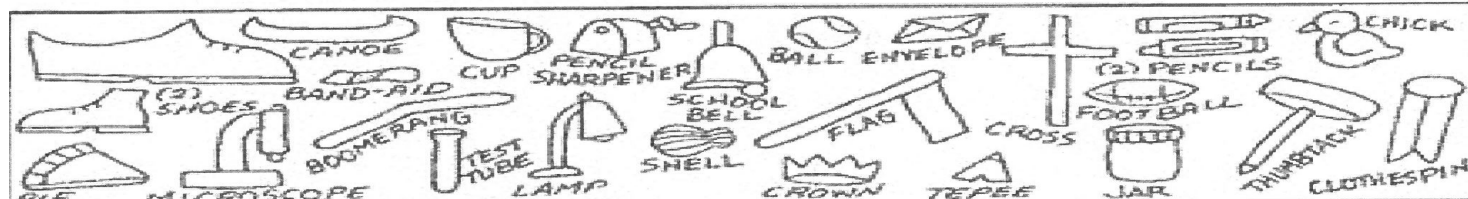
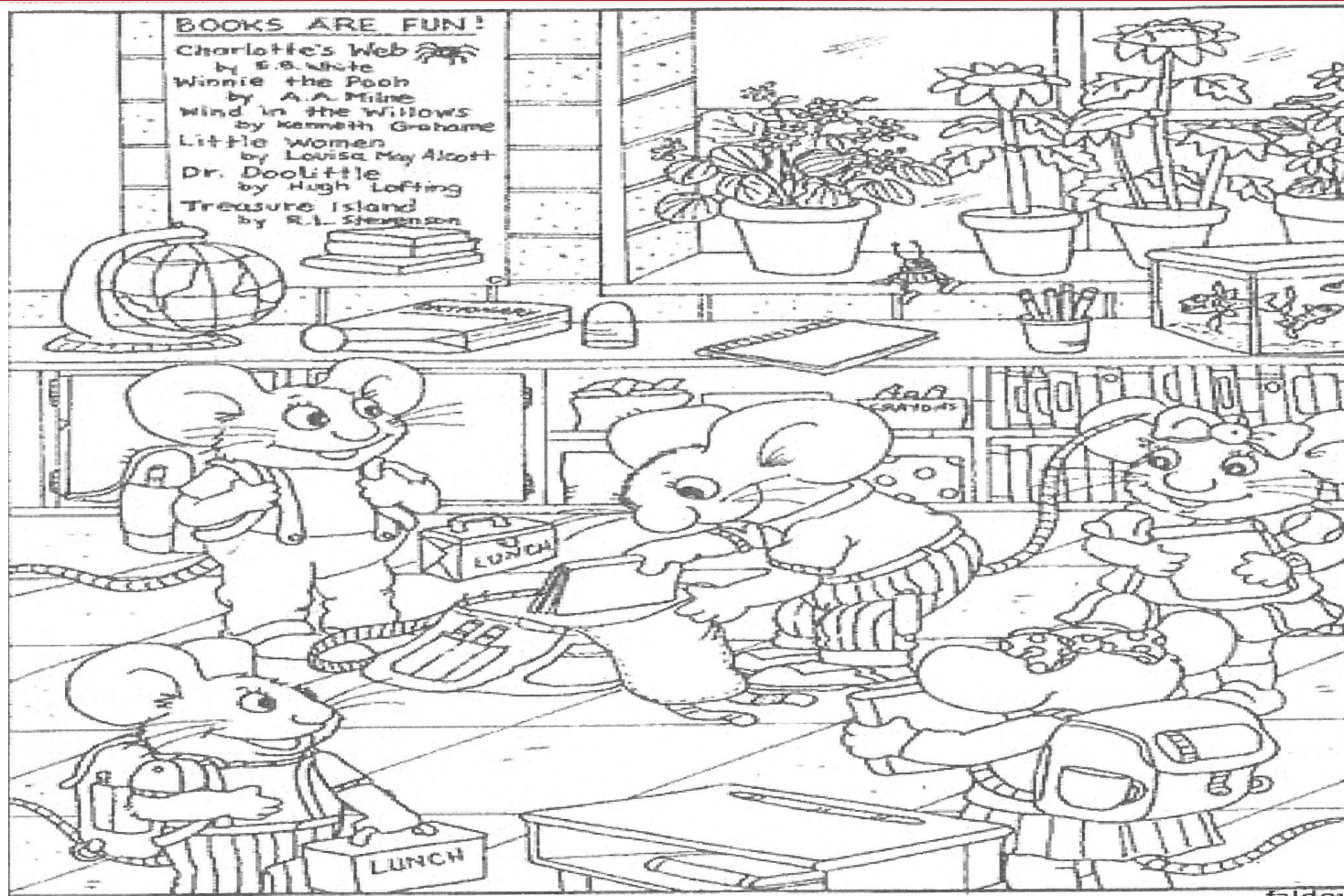
Grandparents Corner

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 April your capable **KITCHEN AND DELIVERY PERSONNEL** served **178 meals** at the center , and produced and **Delivered 3,768 meals** to home-bound seniors and disabled adults through our **Meals On Wheels** program (Total meals:3,946)*



Medicare Information Medicare

- 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

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OFJune	
Beading	\$22.00
Bingo / Wed, Fri, Saturday	\$4,654.14
Beading -(Beverage)	\$10.00
Bridge	\$14.00
Bridge—(Bev Only: Both)	\$9.00
Double Deck Pinochle	\$31.00
Double Deck Pinochle (Bev.)	\$3.00
Fit & Fall Exercise	\$111.00
Pool	\$2.00
Woodcarvers	\$26.00
Mah-Jongg	\$20.00
Pinochle	\$36.00
Pinochle (Bev Only)	\$6.00
Woodcarvers (Bev Only)	\$1.00
Rose's Gentlemen's Group	\$165.00
Ladies Morning Coffee	\$56.00
Congregate lunch (Beverage only)	\$5.50
Fit & Fall (Beverage)	\$5.00
Total	\$5,176.64

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)

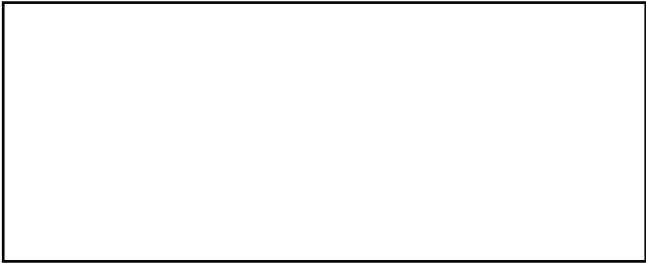
Hours of Operation: Monday - Friday* 9:00 AM - 3:00 PM (MST) **Excluding holidays and other office Closures.*



"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
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!

