



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: ifscce.org
Circulation: 750



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



January
2026

We reserve the right
to make mistakes
occasionally

New Members: Debra Croft, Patricia Ackerschott, John & Virginia McAfee, Douglas & Janet McCombie, Richard Oram, Clayne & Maria Anderson, Roger Gundert, Shawn Jenkins, Jefferey Lewis, Eliger Stokes, Rosalie Mellas, Mary Thompkins, Terry & Kathleen Tracy, Ed Carter, Gregory Cook, Deborah Kelsey, Eunice Harris

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	205.42
Non-Senior Hour	304.26
Board Member Hour	13.00
Work Detail Hours	0.00
Total Hours	522.68

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!



Thank you to everyone who donated items and participated in the Silent Auction. We made a total \$1,200 from the auction.

Thank You!

Monthly Supporters

Debbie Lyon and Alan Lively helped sell tickets for our Wine basket that brought in \$165. Thank you

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 2-Anonymous, Rebecca Amonson

\$100-\$250 Nan Pyle, Ann Mitchell, Michalene Amonson

\$300- \$700 Steven Wagner, Lynn Rockhold, Karl-Linda-Roy

\$1,000-\$20,000 *Anonymous Grant-Pancake Breakfast,

Arlene & David Sargis, Brenda Nicholson, Les Parsons

Thank You!

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

Beta Sigma Phi

All Phase Construction

First Evangelical Lutheran Church & Penny Power

First Presbyterian Church

We want to say **thanks** to our **VOLUNTEER DRIVERS** for the Home Delivered Meals program. We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. You are a blessing to all.

Dave Nobles, Steve Stowell, Marla Morgan, Jeffrey Socher, Jordan Homer, Kristine M, Hal & Deb Tobin, Mr. & Mrs. Yeager, Melissa Knight, Rick Dale, Gerald Ondricek, Roger Kuhl, Kathy Failor, Teri Sokolek, Rosanna & Randal Merick, The Gables



NEVER MISS OUR NEWSLETTER!

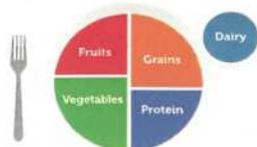
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Start *simple*
with MyPlate



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



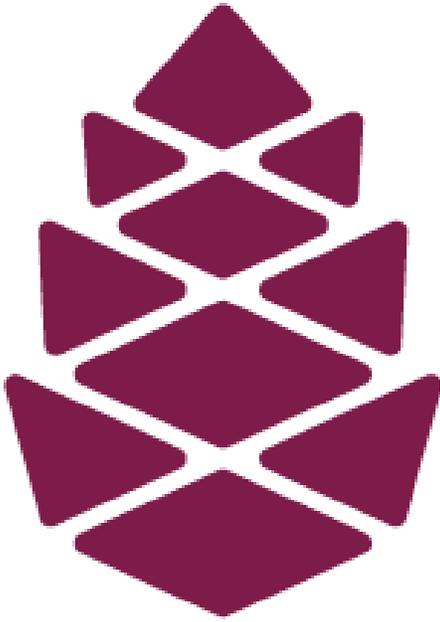
Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

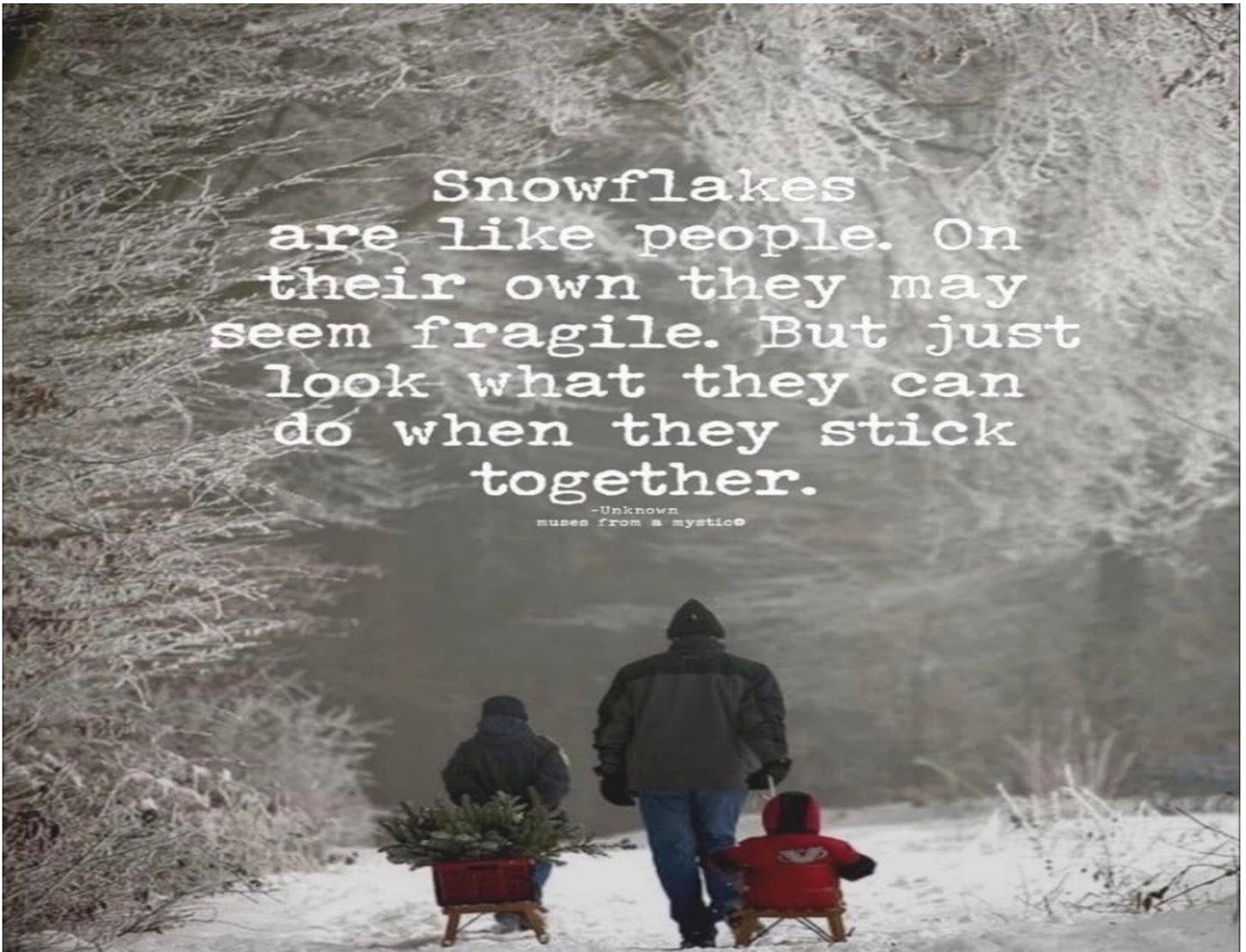


IDAHO COMMUNITY FOUNDATION

Idaho Falls Senior Center is pleased to announce it has received a \$4,000 grant from the Motes Family Fund in The Idaho Community Foundation. These funds will help keep our Home Delivered Meals Program running. Thank you for your support of our Seniors and Disabled adults in the Community.

Snowflakes
are like people. On
their own they may
seem fragile. But just
look what they can
do when they stick
together.

-Unknown
muses from a mystic©



12/15/25, 11:13 AM

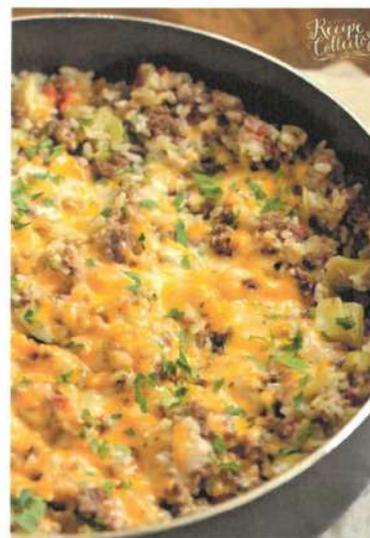
One-Pot Beefy Broccoli Rice - Diary of A Recipe Collector

YIELD: 6

One-Pot Beefy Broccoli Rice

Ingredients

- 2 lbs. ground beef (ground round or sirloin works great)
- 1 onion, chopped
- 1 clove garlic, finely chopped
- 1 tsp creole seasoning
- 3 cups warm water
- 2 tsp beef bouillon granules or 2 cubes
- 2 cups rice
- 1 lb. frozen cut broccoli
- 1/2 can mild Rotel
- 2 cups shredded cheddar cheese or Colby Jack
- Optional: fresh parsley



Instructions

1. Brown beef with onions and garlic. Season with creole seasoning as you start to brown it.
2. While meat is browning, mix warm water with bouillon granules and let sit.
3. Once beef is browned and onions are clear, add bouillon mixture, rice, broccoli, and Rotel. Stir.
4. Bring it to a boil and then cover and reduce heat to low.
5. Cook for 20 minutes. Do not lift lid during this time. Stir and check to see if rice is done. If not, add a little more water, cover and cook a little longer.
6. Taste and season a little more if you prefer.
7. Top with cheese, cover, and let cheese melt. Serve with a little fresh parsley.



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 OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



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Weather Closures: Weather Closures: The Senior Center may be closed when School District #91 or #93 closes for inclement weather. Inclement weather



includes temperature or wind chill temperature of 20 degrees below zero and/or weather or road



conditions which could be dangerous. On days when the School District is not in session, the Center's Executive Director will decide if conditions warrant closure.

Thank you for your cooperation, during the cold winter months.

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.



Choose MyPlate for a Healthy Meal

MyPlate (<https://www.myplate.gov/>) provides a visual guide of how many servings of each food group you should eat each day. To ensure you eat plenty of rich-nutrient foods, plan your meals to include a variety of food groups. foods, try to plan your meals to include a variety of foods.



Fruits

FOCUS ON WHOLE FRUITS

- Try to eat 2 servings each day.
- Fruit can be fresh, canned, frozen, or dried.
- Fruit can be whole, cut-up, pureed, or cooked.
- One serving is equal to 1 cup of raw or fresh fruit, half a cup of dried fruit, or 1 cup of 100% fruit.



Vegetables

VARY YOUR VEGGIES

- Try to eat 2 to 3 servings each day.
- Vegetables can be raw or cooked and fresh, frozen, canned, or dried.
- Vegetables can be whole, cut-up, or mashed.
- One serving is equal to 1 cup of raw or cooked veggie or 2 cups of leafy greens (like spinach).



Protein

VARY YOUR PROTEIN ROUTINE

- Try to eat 5 to 6 ounces each day.
- One serving is equal to ¼ cup of beans, lentils, or nuts, 1 ounce of meat, 1 egg, or 1 tablespoon of nut butter.
- Choose meat and poultry products that are lean or low in fat, like 93% ground beef or chicken breast.



Grains

MAKE HALF YOUR GRAINS WHOLE GRAINS

- Try to eat 5 to 9 ounces each day.
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain food.
- Grains are either whole grains or refined grains.
- Of the grains you eat, try to make at least half of them whole grains.
- If you eat refined grains, choose to eat grains that are "enriched" with important vitamins and minerals.
- One serving is equal to a 1-ounce portion.



Dairy

MOVE TO LOW-FAT OR FAT-FREE DAIRY

- Try to eat or drink 3 servings each day.
- A serving is equal to 1 cup of milk, soy milk, or yogurt or 1½ ounces of hard cheese.



January

2026

MENU SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	1 Thursday	2 Friday	Saturday
				Closed	Closed	
	5 Monday Hawaiiin Pizza Pineapple Dinner Salad with Onion Jello	6 Tuesday Chili Tropical Fruit Cornbread	7 Wednesday Ham Dinner Berry Blend Oriental blend Mashed Taters & Gravy	8 Thursday Hot Dogs Kiwi Caribbean Blend Berry Cobbler	9 Friday Cream of Chicken Soup Peaches Roll Pudding	
	12 Monday Chicken Pesto Pasta Apple Cauliflower Breadstick Brownies	13 Tuesday Waffles & Bacon Peaches Peppers and Onions Potatoes Butter & Syrup	14 Wednesday Chicken Fried Steak Pears Broccoli Mash Potatoes And Gravy Roll Grain bar	15 Thursday Turkey Pot Pie Berry Blend Mini Pie Surprize	16 Friday Hamburgers Tropical Fruit Lettuce, Tomato Pickle French fries Sliced cheese	
	19 Monday Keilbasa Mac & Cheese Pineapple Corn, Green Beans Garlic Bread	20 Tuesday Meatloaf Applesauce Onions, mixed Veggies Scalloped Potatoes Cake	21 Wednesday Pork Chop with Brown gravy Apricots Beets, Onions, Mushrooms Rice Pilaf Roll	22 Thursday Chicken & Dumplings Tropical Fruit Oriental Blend Lemon Bar	23 Friday Fish Burger Pears Peas & Carrots Potato Wedge Jello	7
	26 Monday Chicken Burger Peaches Lettuce, Tomato Pickles Tater Tots Cheese Tartar Sauce	27 Tuesday Fish Sticks Apples Green Beans Au gratin Potatoes Fruit snacks	28 Wednesday Salisbury Steak Banana Succotash Mashed Potato & Gravy Breadsticks	29 Thursday Turkey Sloppy Joes Cherries Chef Cut Chips	30 Friday Biscuits & Sausage Gravy Orange Mushrooms Cookie	

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				CLOSED For New Years Holiday & Day after		6:00p Bingo- Doors open at 4pm
				10:00a Rose's Coffee		
4	5 10:00a MahJongg	6 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	7 10:15a Bingo 12:30p Pinochle 10:30p Information Table	8 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	9 10:00a Beading 6:00p Bingo-Doors open at 4pm	10 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
11	12 10:00a MahJongg 5:30p Idaho Falls Gem & Mineral Society	13 10:00a Fit & Fall Exercise 10:30a SCCC Board Meeting 11:00a Ladies Coffee	14 10:15a Bingo 11:00a From Head to Feet Free Health Clinic 12:30p Pinochle 10:30p Information Table	15 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee	16 10:00a Beading 6:00p Bingo-Doors open at 4pm	17 6:00p Bingo- Doors open at 4pm
	10:00a Rose's Coffee					
18	19 10:00a MahJongg	20 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	21 10:15a Bingo 12:30p Pinochle 10:30p Information Table	22 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee 11:15a Painting Group	23 10:00a Beading 6:00p Bingo-Doors open at 4pm	24 6:00p Bingo- Doors open at 4pm
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25	26 10:00a MahJongg	27 10:00a Fit & Fall Exercise 11:00a Ladies Coffee	28 10:15a Bingo 12:30p Pinochle 10:30p Information Table	29 10:00a Fit & Fall Exercise 10:00a Woodcarvers 11:00a Ladies Coffee	30 10:00a Beading 6:00p Bingo-Doors open at 4pm	31 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 IFSGCC.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



JUST A REMINDER

When you participate in an activity here at the Center, please sign the Sign-In Sheet provided. Most of the grants we apply for require information about how well the Center is being used. It will help the Center, and only take a few seconds. Thanks.....your Board of Directors

Grandparents Corner

EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

A support group for individuals who are in need of information, resources and support regarding a variety of issues including: medical, legal, behavior and school issues. They meet on the **4th Tuesday of every month** from **12:00pm – 1:30pm at EICAP**
935 E. Lincoln Road, IF, 83402,
Phone: 208-522-5391.

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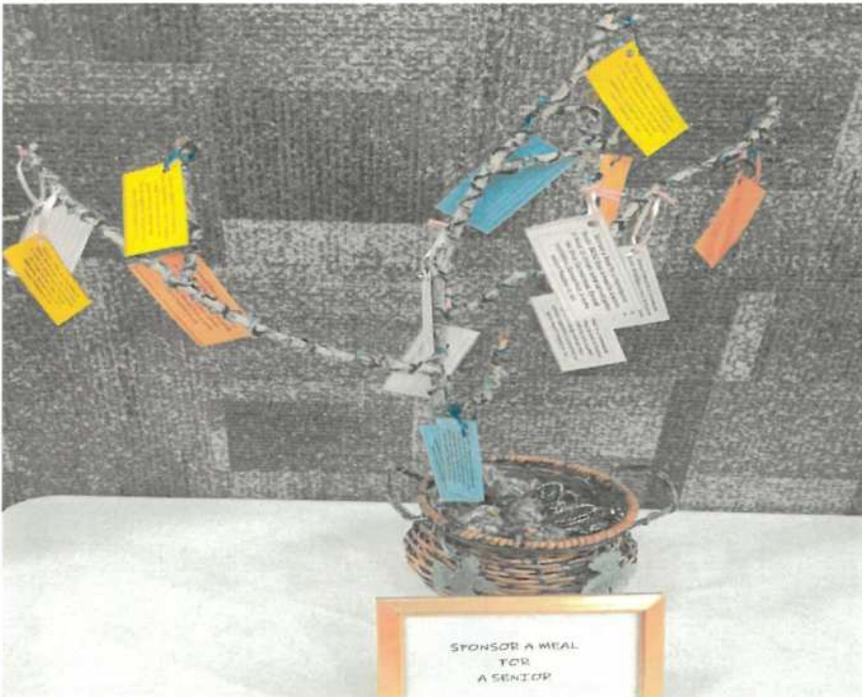
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Please consider sponsoring a meal for one of our Senior Citizens. We have a tree with tags for \$6.50 on it at the Senior Center. Come in and buy a tag. We will display the tags proudly in thanks to those who help our Seniors for your generous donation.

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YOUR BOARD OF DIRECTORS

Karl Casperson	Bonneville County Commissioner	CHAIR
Chanse Powell	Senior Solutions	VICE CHAIR
Jared Anderson	Eagle Rock Health & Rehab	Treasurer
		Secretary
Kathleen Keyes	Member of POA	
Roy Matthews	Retired	
Benjamin McInelly	Cascadia Healthcare	
Mary Ledezma	Retired	

-----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 1st & 3rd
Friday,
from:
1pm—3pm at EICAP 935 E. Lincoln Rd.
I.F. (208) 522-5391 ext-203 Emily (call for zoom
information)

See you there.....

Idaho Falls Senior Citizens'
Community Center
535 west 21st street
PRESENTS

Also Known as
**SENIOR
ACTIVITY CENTER**

**COMMUNITY
BINGO**

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minimum
60%
payout

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

**& Friday
Evenings**

Doors open at 4:30 pm

Also join us for **FUN BINGO** on **WEDNESDAY MORNINGS**
STARTS AT 9:45AM - 16 games for as little as \$3.50

- * **FOR EVERYONE** - Not just for seniors
- * **Must be 18 years old** or older to play
- * **Win CASH**

WE ARE A SMOKE-FREE
AND ALCOHOL-FREE ENVIRONMENT
AND A NON-PROFIT ORGANIZATION

URGENT

Give back to your community by donating
to your local charity right here in Idaho
Falls. You can donate money, **your time,**
or needed items. We have our **Silent
Auction in November** and could use
some items. Some of our funding has
dropped off and we need more funding
to take its place.

**WE NEED THE COMMUNITIES
SUPPORT RIGHT NOW! PLEASE
COME SUPPORT US!!!**

Call **208)522-4357** for questions, or visit in person
at **535 W 21st Street, Idaho Falls, ID
83402**





Answer Key From
December NL to the left



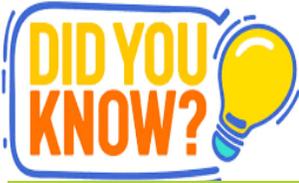
JUST A REMINDER

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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.



Did You Know These Facts About Animals and Nature?

- The closest living relative to humans are chimpanzees, bonobos, and gorillas. We share between 98 and 99.6% of DNA with these species. Gorillas can even catch colds from humans.
- Most mammals have reproductive cycles. However, only humans, humpback whales, and elephants experience menopause.
- To escape a crocodile's jaw, push your thumb into its eyeballs.
- Cats have only lived with people for about 7,000 years. Compared to dogs, whose domestication may have begun as early as 25,000 years ago.
- Most of the Earth's longest-surviving species are found in the ocean. While cyanobacteria are technically the oldest living organisms on Earth, having appeared 2.8 billion years ago, the ocean sponge has also been on Earth for 580 million years, and jellyfish have been here for 550 million years.
- 85% of plant life is found in the ocean.
-
- The Amazon rainforest is an amazing place. The Amazon produces over 20% of the world's oxygen, and contains more than half of the world's species of plants, animals, and insects.
- Additionally, up to 73 million sharks per year die due to shark finning, where fishermen catch the shark, cut off its fins, and throw the still-living shark back into the water. Many countries have imposed full or partial bans on finning, mainly that the sharks need to arrive onshore with fins attached. A few countries, notably Israel, Egypt, Ecuador, Honduras, Brunei and the Maldives, have total shark fishing bans.
- Many animals exhibit high levels of emotional intelligence. For example, cows form bonds akin to friendships, and often have a "best friend," and Gentoo Penguins bring a potential mate a pebble to "propose."
- Dog noses are as unique as a human fingerprint.

FYI

During the month of October our capable KITCHEN AND DELIVERY PERSONNEL served 241 meals at the center, and produced and Delivered 3,734 meals to home-bound seniors through our Meals On Wheels program (Total meals: 3,975)

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
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wclough@lpicommunities.com

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Puzzle #51

Cuckoo for Coconuts?

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COOKING
CRACK OPEN
CUSTARD PIE
DESSERTS
DRIED
EDIBLE
FLAKED

FLAVOR
FRUIT
GROW
HARD
HUSK
LARGE
LIQUID
MEAT
MILK
OIL

PICK
RIPE
SHREDDED
SUGAR
SWEET
TOASTED
TREAT
WHITE

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Medicare Information

- To learn about Medicare eligibility or to apply, visit 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 or call **1-800-MEDICARE** (**1-800-633-4227**) (TTY **1-877-486-2048**).
- The Extra Help program may help pay the costs of a Medicare Prescription Drug Plan for people with limited income and resources. Costs include premiums, deductibles, and co-payments. You can apply online at www.ssa.gov/medicare/prescriptionhelp or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- The Medicare Savings Programs may help pay for Medicare premiums and other out-of-pocket costs for people with limited income and resources. You can start the application process when you apply for Extra Help or you can contact your State or local medical assistance (Medicaid) office.

Don't be a target of Healthcare fraud! Learn how to prevent Healthcare Fraud by contacting your local Senior Medicare Patrol at 208)522-5391 ext. 202

Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

The Senior Medicare Patrol (SMP) under the Eastern Idaho Area Agency on Aging, helps Medicare and Medicaid beneficiaries avoid, detect, and prevent health care fraud, errors, and abuse. SMP trained staff and volunteers provide free counseling and education to the community. Remember to protect your Medicare card and only share your Medicare number with your trusted healthcare provider. Check your statements and bills for inaccuracies such as services you didn't receive, double billing, or services not ordered by your doctor. If you ever have questions about our Medicare summary Notice or other healthcare statements or bills, give us a call and our trained counselors can help. (208) 522-5391

Idaho Legal Aid
www.idaholegalaid.org

A non-profit Idaho law firm and community education organization. Idaho Legal Aid Services offers a Senior Legal Hotline and a Domestic Violence Legal Advice Line for many qualifying Idaho citizens.

If you are a **senior (age 60 or older)** and you need help with a legal problem, have a question you think a lawyer should answer, or have been sued and don't know where to turn, call our **Senior Legal Hotline:**

(866) 345-0106 or Español (866) 954-2591 (toll free); (208) 345-0106 (Boise calling area)

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

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OF October

Beading	\$30
Bingo Charity Wed, Fri, & Sat	\$3,947.74
Congregate Lunch	\$250.51
Congregate Beverage	\$0
Ladies Coffee	\$41
Fit & Fall Exercise	\$116
Mah-Jongg	\$0
Painting Group	\$2
Pinochle	\$70
Pinochle (Bev Only)	\$6
Pool	\$35
Rose's Gentlemen's Group	\$62.06
Woodcarvers	\$8
Misc. fundraiser	\$46
Other/ individual Donation	\$7,832.80
Total	\$12,447.11



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

Non-Profit Organization
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Permit #155

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