



# 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 
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2023  
August

We reserve the right to make mistakes occasionally



**New Members: Jewel Mendes, Robert Rowland, Virginia Likes, Melvin Grayson, Lance & Kay Paxton, Max Smoth, Robert Sato**

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	257.50
Non-Senior Hour	316.50
Board Member Hour	18.25
Work Detail Hours	157.04

Total Hours 749.29

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!

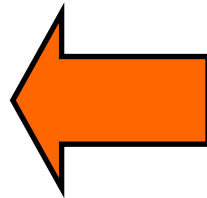
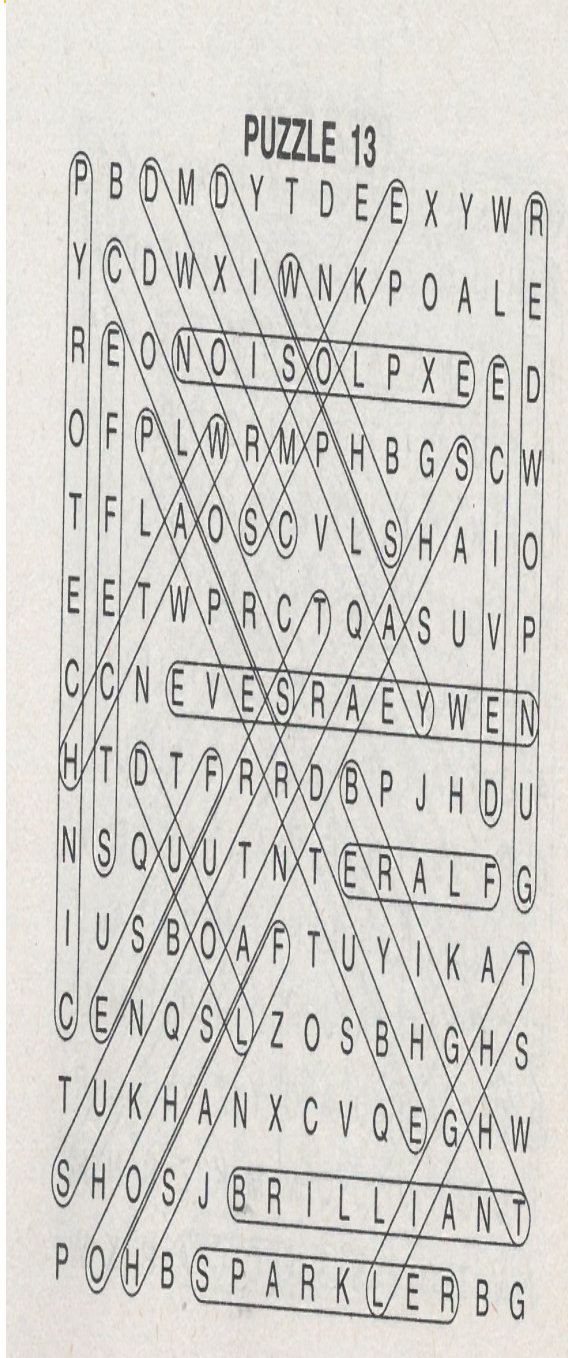


*We want to say thanks to our  
VOLUNTEER DRIVERS*

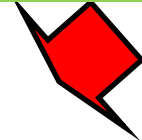
*for the Meals on Wheels program.*

*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.*

*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 July Newsletter



“CL” IS YOUR CLUE **PUZZLE # 78**

- CLAIM
- CLAMOR
- CLAMP
- CLANG
- CLANK
- CLAP
- CLARIFY
- CLARINET
- CLARITY
- CLASH
- CLASP
- CLASS
- CLAUSE
- CLAVICHORD
- CLAW
- CLAY
- CLEAN
- CLEAR
- CLEATS
- CLERGY
- CLERK
- CLICK
- CLIENT
- CLIMB



**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.





## Description of the DASH Eating Plan

The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

Eating vegetables, fruits, and whole grains

















Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils

Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils

Limiting sugar-sweetened beverages and sweets

### DASH Eating Plan

**The Benefits:** Lowers blood pressure & LDL "bad" cholesterol.

 <b>Eat This</b>	 <b>Limit This</b>
 Vegetables	 Fatty meats
 Fruits	 Full-fat dairy
 Whole grains	 Sugar sweetened beverages
 Fat-free or low-fat dairy	 Sweets
 Fish	 Sodium intake
 Poultry	
 Beans	
 Nuts & seeds	
 Vegetable oils	

[www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH)



**Eat this:** vegetables, fruits, whole grains, fat-free or low-fat dairy, fish, poultry, beans, nuts and seeds, vegetable oils. **Limit this:** fatty meats, full-fat dairy, sugar sweetened beverages, sweets, sodium intake.

Based on these recommendations, the following table shows examples of daily and weekly servings that meet DASH eating plan targets for a 2,000-calorie-a-day diet.

**Weekly Servings**

Food Group	Daily Servings	Weekly Servings
		Nuts, seeds, dry beans, and peas
		4–5
Grains	6–8	Sweets
		5 or less
Meats, poultry, and fish	6 or less	
Vegetables	4–5	
Fruit	4–5	
Low-fat or fat-free dairy products	2–3	
Fats and oils	2–3	
Sodium	2,300 mg*	

\*1,500 milligrams (mg) [sodium](#) lowers blood pressure even further than 2,300 mg sodium daily.

When following the DASH eating plan, it is important to choose foods that are:

- Low in saturated and *trans* fats
- Rich in potassium, calcium, magnesium, fiber, and protein
- Lower in sodium



It's hot out there ☀️



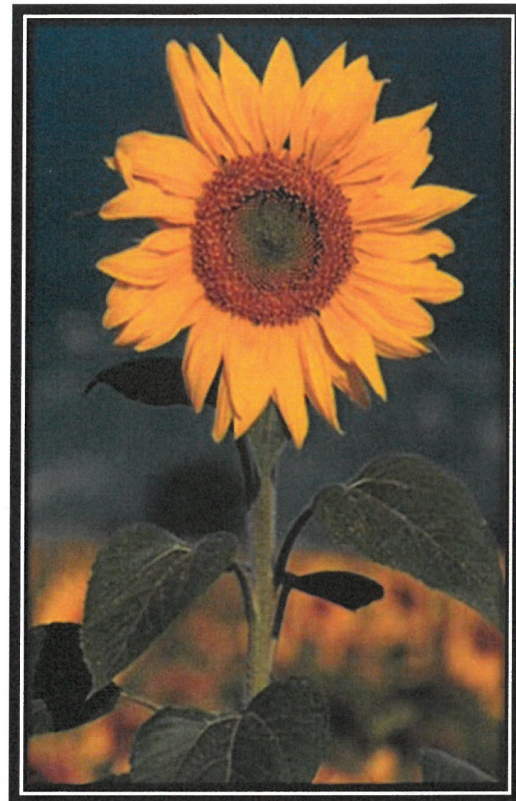
# SALE!

Don't miss out on your chance to SAVE!

## Rummage & Bake Sale

If you would like to donate items you can bring them to the address below

Many gently used misc. items, and homemade baked goods!



**August 26<sup>th</sup>, 2023**

**Admission \$2 (16 and over)**

**Time 8A.M. – Time 1:30 P.M. Saturday**



**Idaho Falls Senior Center**

535 W 21<sup>st</sup> St | Idaho Falls, ID 83402 | 208)522-4357 | ifsgcc.org

*Across from the Blue Wave off of Rollandet*



## Seafood Cucumber Sandwiches

**EASY**

Pictured on page 43

Prep Time: 15 minutes

- 1 cup diced imitation crabmeat (surimi)
- 1 (4-oz.) pkg. frozen small shrimp, thawed
- 1 cup chopped seeded cucumber
- 1/2 cup purchased creamy cucumber salad dressing
- 4 croissants, split
- 4 leaves Bibb lettuce

**1** In medium bowl, combine all ingredients except croissants and lettuce; mix well.

**2** Line bottom halves of croissants with lettuce. Top each with seafood mixture. Cover with top halves of croissants.

**4 sandwiches**

### COOK'S NOTE



#### Recipe Variation

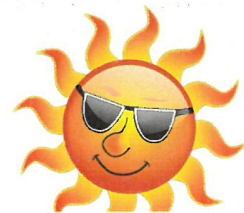
To make *Seafood Cucumber Salad*, prepare the filling and omit the croissants. Mound the salad on a bed of mixed greens or in a hollowed-out round loaf of bread. To make individual servings, spoon the salad into hollowed-out tomatoes or dinner rolls.





# August

# 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Chili Tots Watermelon Vegetable Blend Cookie	2 BBQ Chicken Pineapple Green Beans Potato Salad Pudding , Roll	3 Beef Tips Banana Asparagus , Mush Mashed & Gravy Rice Pilaf	4 BBQ Riblet Sandwich Plums Jell-O	5	
6	7 Breakfast Burrito Green Beans Hashbrowns Juice Cake	8 Philly Sandwich Melon Fajita Blend Pastry	9 Ham Quiche Blueberries Bell pepper, onion Hashbrown	10 Sliced Turkey w/cream sauce Plums Capri Blend Muffin,Ice cream	11 Gala Salad Grapes Romaine, onion, celery Crossants/Chips	12	
13	14 Meatballs Apple Scandinavian Augratin Potato Garlic Bread	15 BLT Chicken Salad Strawberries Rice Crispy Treat	16 Cheeseburger Pasta Green Grapes	17 Pork Chunks Pineapple Broccoli Mashed & Gravy Fruit Pies	18 Fish & Chips Cherries Coleslaw Fries Roll	19	
20	21 Finger Steaks Pears Spring Blend Potato Wedges	22 Creamy Garlic Fish Kiwi Zucchini Lemon Bars	23 Chicken Alfredo Thigh Peaches California Blend Breadsticks Jell-O	24 Pork Tender Fajitas Mangos Fajita Blend Rice	25 Turkey Sandwich Cantaloupe Lettuce , Tom, Onion Chips Pudding	26	
27	28 Marinara Pasta Fruit Cocktair Green Salad	29 Chicken Fried Steak Yellow Squash & Onion Mashed & Gravy	30 Turkey Stroganoff Strawberries Garlic Bread Berrie Nutri-grain	31 Cold Pea Salad Juice Roll Cupcake			
							



# August 2023

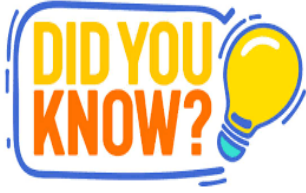
Community

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



**Seniors are more vulnerable to dehydration for a number of reasons:**

Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it—and you may drink less than you need to stay healthy.

Older adults experience body composition changes over time that leave them with less water in their bodies to start with.

Seniors are more likely to take medications that increase dehydration risk.

Additionally—according to a recent study—older adults' bodies don't regulate temperature as efficiently as those of younger people.<sup>1</sup> This means that during exercise or activity, seniors are more likely to become dehydrated through sweating.

### **Symptoms of dehydration**

Even mild dehydration can cause an array of uncomfortable and debilitating symptoms. Understanding the warning signs can help you take action before the situation becomes severe.

**Early dehydration symptoms include:**

- Dark-colored urine, urinating less frequently
- Fatigue, or feeling weak



**I'm so glad friendship  
doesn't come with a  
price tag. I could never  
afford the wonderful  
people in my life.**

## 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			
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.

Dear Colleague,

Social Security produces a monthly publication of articles to share with local media outlets. The August 2023 publication is now available online and includes articles and images related to our programs, services and initiatives.

Please consider publishing these articles and images in your print and digital outlets. For more information about Social Security, please visit [www.ssa.gov](http://www.ssa.gov) and follow us at @SSAPress.

Thank you,

Regional Public Affairs Office

Community Outreach

Social Security Administration

DEN.SEA.Public.Affairs@ssa.gov



Securing today  
and tomorrow



## 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)**

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FYI

***During the month of April your capable KITCHEN AND DELIVERY PERSONNEL served 233 meals at the center , and produced and Delivered 3,558 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 3,791***

# Phone Booth 1953



# Phone Booth 2023



## Medicare Information



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



**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 OF .....June	
Beading	\$28.00
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	\$40.00
Mah-Jongg	\$20.00
Pinochle	\$36.00
Pinochle (Bev Only)	\$6.00
Woodcarvers ( Bev Only )	\$1.00
Rose's Gentlemen's Group	\$169.00
Ladies Morning Coffee	\$56.00
Congregate lunch (Beverage only)	\$5.50
Fit & Fall ( Beverage)	\$5.00
<b>Total</b>	<b>\$5,200.64</b>

**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)

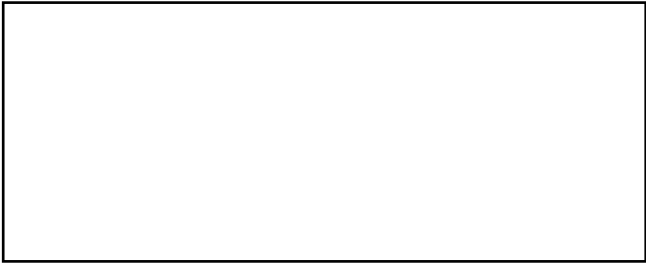
**Hours of Operation:** Monday - Friday\* 9:00 AM - 3:00 PM (MST) *\*Excluding holidays and other office Closures.*



"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!

