



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



2023
November

We reserve the right to make mistakes occasionally

New Members: Jack & Jean Sheffer, Jackle Smith, Larry Sutton Sr, Wanda Walton, Sherry Kelsey, Rebecca McKitrick, Renita Stevens, Rebecca Madsen

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	243.75
Non-Senior Hour	405.00
Board Member Hour	24.75
Work Detail Hours	3.50

Total Hours 677.00

We would like to thank the Board Members, Non-Seniors and ALL the seniors who keep the SCCC going by keeping all of our activities and programs running.

Warm Wishes To You All!

Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

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

Thank You!

Monthly Supporters

** 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 Ilene & C.L. Parsons, Don Yeager

\$100 - \$250 C.L & Ilene Parsons, Dan Nash

\$300—\$700

\$800-\$3,000

Misc. items:

Thank You!

Many thanks to the following entities for their recent

grants and donations!

*** Citizens Community Bank ***

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.

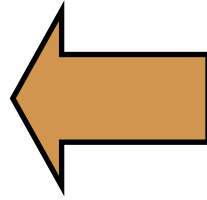
We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. Your willingness to give of your time has enabled us to deliver our meals quicker, more timely and helps make sure that we don't have a wait list. You are a blessing to all.

3

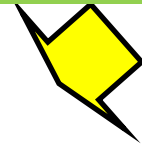


*Dave Nobles, John Burnside, Richard & Marion Myers,
C-Senior Solutions, Steve Stowell, Johannah Thompson, Marla Morgan, Whitney St.
Michael, Jeffrey Socher,
Maira Solle, Bob Schweiger, Jordan Homer
Tyler Peterson, Shirley & Robert Brosseau, Miriam Cotto, Drew Parks,
Erin Tucker, Don Yeager,
Carol Rogers,,*

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



Sudoku Solution From October Newsletter



63 TRICK-OR-TREAT

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

BAT	CORN MAZE	HAY RIDE	OCTOBER
BLACK CAT	COSTUME	JACK-O-LANTERN	PARTY
CANDY	DRESS-UP	KIDS	PUMPKIN PATCH
CANDY CORN	GHOST	MASK	SKELETON
CARAMEL APPLE	HALLOWEEN	MONSTER	SPOOKY
CHOCOLATE	HAUNTED HOUSE	MOVIE	WITCH

Eastern Idaho Area Agency on Aging

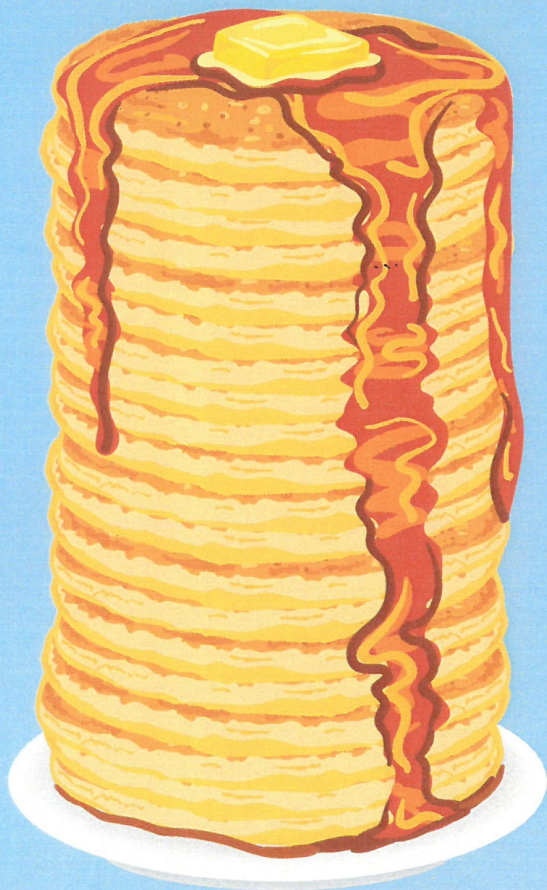
Your local Area Agency on Aging (a division of Eastern Idaho Community Action Partnership—EICAP) is an essential resource in the community, working to maintain the independence and dignity of Eastern Idaho’s seniors and caregivers. We do this by connecting seniors with services and community resources. 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.



PANCAKE

BENEFIT

BREAKFAST



**Join us November 18th
8am - 11am
at 535 W 21st St**

\$10 Per Person / 5 & Under FREE

MENU

**Pancakes • Hash browns
Eggs • Sausage,
Bacon • Coffee • Juice**

In Partnership with:



**Silent auction items donated by:
Sarah Ryner, Heidi Nelson, and Mary Ledezma
208-522-4357 | ifsgcc.org**

All proceeds will benefit the programs of the Idaho Falls Senior Center!

I THINK IT'S BRAVE

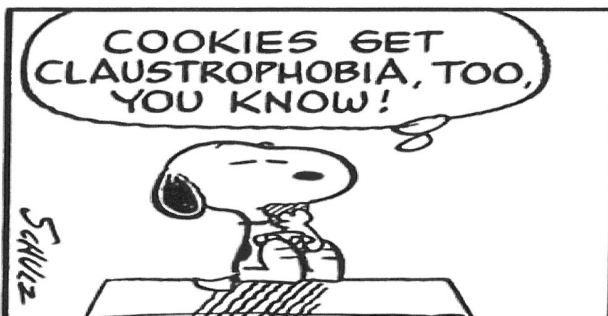
i think it's brave that you get up
in the morning even if your soul is weary
and your bones ache for a rest

i think it's brave that you keep on
living even if you don't know how to
anymore.

i think it's brave that you push
away the waves rolling in every day
and you decide to fight

i know there are days when you
feel like giving up but i think it's brave
that you never do

—Lana Rafaela



I finally did it! I bought a new pair of shoes with memory foam insoles. No more forgetting why I walked in a room.

Social Security Column

SOCIAL SECURITY IS THANKFUL TO SERVE YOU



Thanksgiving is a time to reflect on the blessings we have in our lives and to share memories with our loved ones. We are thankful because we can provide you and your family with services, benefits, tools, and information to help you throughout life's journey.

Social Security is more than just a retirement program. We provide services that assist many families across this country. We are there for joyous moments like the birth of your child and issuing their first Social Security card. We are there during times of hardship and tragedy to provide disability and survivors benefits. And we're there to help you celebrate your retirement, too.

We're here to serve you online, by phone, and in person in our local offices. You can learn more on our website at www.ssa.gov.

Please share this information with those who need it. Happy holidays!

PUMPKIN CRUNCH

Clara Betty McMannon

1 (16-oz.) can pumpkin

1 (12-oz.) can evaporated milk

3 eggs

1½ c. sugar

½ tsp. salt

4 tsp. pumpkin spice

1 yellow cake mix (dry)

1 c. chopped nuts

1 c. butter, melted

Cool Whip or prepared whipping cream

Combine pumpkin, milk, eggs, sugar, salt, and spice (use recipe on can for spice mixture). Pour into a greased 9" x 13" pan. Sprinkle the cake mix over the pumpkin mixture; sprinkle the nuts over the cake mix; drizzle the butter over the nuts. Bake at 350° for 50 minutes. Serve with Cool Whip or whipped cream.

November 2023

Community

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

Closed for Thanksgiving

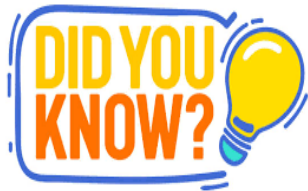
The hours are 10AM to 2PM Monday, Thursday, & Friday. 10AM to 4PM on Tuesday & Wednesday. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

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.



Senior Nutrition Program Activity Guide: Nutritionary

This activity is a nutrition spin on the classic game Pictionary™. Socialization is one key to wellness, and this is a great way to get nutrition program participants engaged and connected—even at a distance!

Coordination

- Assign a coordinator to plan and manage the game.
- Identify three gameday volunteers – two team leaders and a time/score keeper.
- Select a time and date for the event.
- Set up a free virtual event on a video platform (e.g., [Zoom meeting](#)).
- Create a sign-up form and promote the event.
- Schedule a practice event to ensure team leaders are comfortable with the digital whiteboard.
- Remind participants the day before the event.
- Start the event 30 minutes early to troubleshoot any technical issues.

Game Play

Once everyone has joined the meeting, the Coordinator should start the event with a quick overview of how the game works and roles of the team leaders and time/score keeper. Divide seniors into two teams. Below are basic steps for playing the game. You can also check the normal [Pictionary™ rules](#) for ideas.

- Decide which team goes first by having each team leader guess a number between 0 and 20. The closest without going over the number written down in advance by the moderator goes first.
- The coordinator sends a word to that team leader through private chat (make sure it is private!).

- The timekeeper starts timer (suggested: 60 seconds) and the team leader begins to draw. If anyone on that team guesses the word in time, they get one point.
- Teams continue to take turns drawing/guessing until one team wins the game. You can choose to end the game when one team reaches a predetermined number of winning points, you've played a preset number of rounds, or a certain amount of time has passed.

Subject Ideas

Below are some easy food words to draw. Depending on your group, you may also want to use phrases (e.g., an apple a day keeps the doctor away), give hints before drawing (e.g., dairy), and/or award extra points for answering a follow-up question (e.g., how many servings of fruits/vegetables should you have each day?).

- Dairy Group: Milk, cheese, yogurt, ice cream
- Protein Group: Chicken, peanut butter, fish, eggs, hamburger, steak
- Vegetable Group: Broccoli, corn, carrot, potato, tomato, lettuce, asparagus
- Fruits Group: Grapes, orange, banana, strawberry, watermelon, cherries
- Grains Group: Bread, spaghetti, noodles, tacos, corn flakes, waffle

IMPORTANT PLEASE READ PLEASE REMEMBER.....

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



YOUR BOARD OF DIRECTORS

Linda DeLia	Retired Medical Editor	Chair
Karl Casperson	Bonneville County Sheriff Office	Vice Chair
Chris Mendel	Lincoln Court	Treasurer
Chanse Powell	Senior Solutions	
Alecia Coburn	Lincoln Court Retirement	
Kathleen Keyes	Member of PEO	
Carmen Ramos	Fairwinds Retirement	
Mary Ledezma	Retired	

-----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**



**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	Fay	Fay	
2nd	Linda	Linda	
1st			
2nd			
Bridge			
	1st	2ND	3RD
1st	Roy	Ruth	Bill
2nd	Kathy	Roy	

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.

Xylaria polymorpha, commonly known as dead man's fingers, is a saprobic fungus growing from the bases of rotting tree stumps and decaying wood. It has elongated upright stromata poking up through the ground, much like fingers.

More details/photos: <http://bit.ly/3YRp10Q>



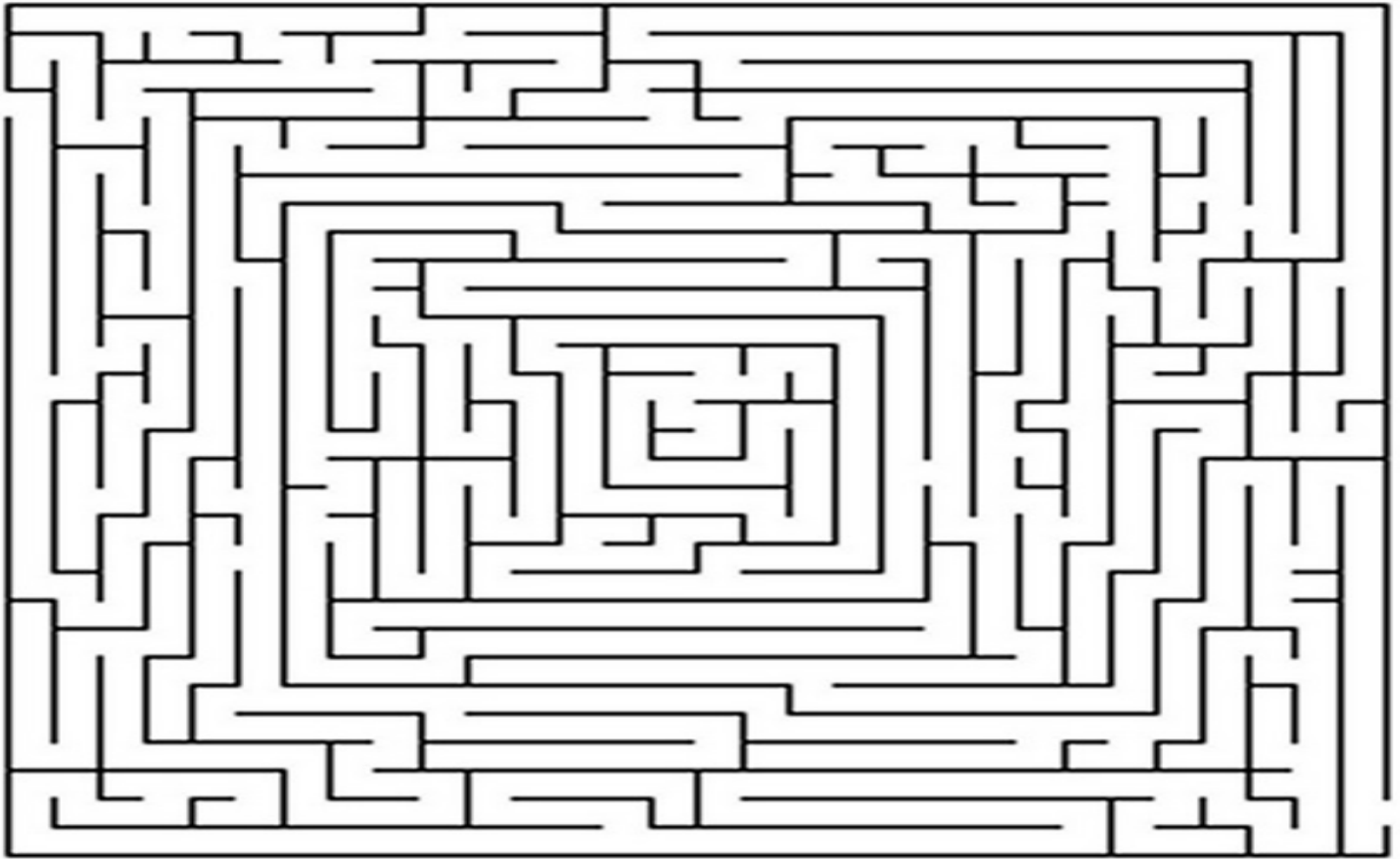
Grandparents Corner

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 September your capable KITCHEN AND DELIVERY PERSONNEL served 222 meals at the center , and produced and Delivered 3,155meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 3,377)



Medicare Information



- To learn about Medicare eligibility or to apply, visit www.ssa.gov/medicare/mediinfo.html or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- If you do not sign up for Medicare Part B (medical insurance) when you are first eligible, or if you cancel Part B and then get it later, you may have to pay a late enrollment penalty for as long as you have Part B.
- For questions about Medicare coverage and billing, visit www.Medicare.gov or call **1-800-MEDICARE (1-800-633-4227)** (TTY **1-877-486-2048**).
- The Extra Help program may help pay the costs of a Medicare Prescription Drug Plan for people with limited income and resources. Costs include premiums, deductibles, and co-payments. You can apply online at www.ssa.gov/medicare/prescriptionhelp or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- The Medicare Savings Programs may help pay for Medicare premiums and other out-of-pocket costs for people with limited income and resources. You can start the application process when you apply for Extra Help or you can contact your State or local medical assistance (Medicaid) office.

Eastern Idaho Area Agency on Aging: Senior Medicare Patrol

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

PROGRAM DONATIONS FROM CENTER FOR THE MONTH OFSeptember	
Beading	\$31.00
Bingo / Wed, Fri, Saturday	\$3,708.23
Beading -(Beverage)	\$18.75
Bridge	\$21.00
Bridge—(Bev Only: Both)	\$2.00
Double Deck Pinochle	\$25.00
Double Deck Pinochle (Bev.)	\$5.00
Fit & Fall Exercise	\$121.00
Pool	\$4.00
Woodcarvers	\$19.00
Mah-Jongg	\$0.00
Pinochle	\$23.00
Pinochle (Bev Only)	\$10.00
Woodcarvers (Bev Only)	\$7.00
Rose's Gentlemen's Group	\$148.98
Ladies Morning Coffee	\$65.00
Congregate lunch (Beverage only)	\$0.00
Fit & Fall (Beverage)	\$0.00
Total	\$4,208.96

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)

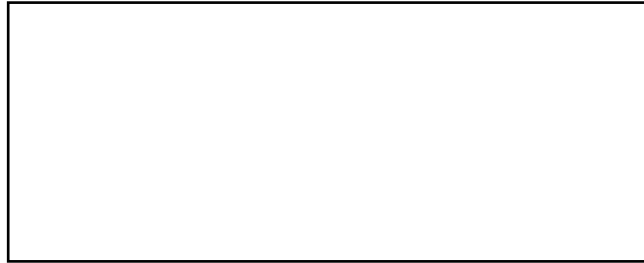
Hours of Operation: Monday - Friday* 9:00 AM - 3:00 PM (MST) **Excluding holidays and other office Closures.*



"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!

