



# 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: ifsc.org  
Circulation: 750



OUR  
SOCIAL  
MEDIA

WEBSITE



FACEBOOK



2022  
March

We reserve the right  
to goof-up  
occasionally

**New Members: Roxanne E. Kelly L. Phillip H. Dixie H. Robert & Barbara M. Brenda S. Carolyn G. Marilyn J. Robert R. Richard L. Barbara B. Vernal & Margaret H. Bonita H. Marland S. Lois M. Elizabeth W. Robert & Dixie H. Becky B.**

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 8:45 AM for Wednesday Morning Coffee Break and . . . .

**NEW MEMBER GET-ACQUAINTED ! STAY FOR \* BINGO AT 9:45 IF YOU WOULD LIKE**

Thank You to all of our Volunteers

Senior Hours	81.00
Non-Senior Hour	75.00
Board Member Hour	76.00
Work Detail Hours	54.50

Total Hours 286.50

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**

*Bonneville County \* United Way*

*City Of Idaho Falls \* Medicaid*

*Eastern Idaho Community Action Partnership*

*Community Food Basket*

**Thank You!**

**THANKS TO THE MEMBERS WHO HELP US RELIEVE THE PAIN OF THE ECONOMY:**

**\$ 0 - \$ 99 6 Anonymous, Michael & Myrna Moore, Carl & Linda Taylor**

**\$100 - \$250 5 Anonymous, Lynn Rockhold, Maureen Adams, Terry & Rita Soine**

**\$300—\$700 Arthur Armstrong, Ken & Lenora Retallic, George & Merel Imel**

**\$800-\$3,000 Roxine Stone**

**Misc. items:**

**Thank You!**

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

**Generations Insurance**

**SanMar Corporation**

**Bonneville County Employees**

**Fraternal order of Eagles Ladies Auxiliary**

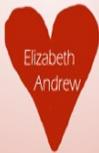
**Idaho Central Credit Union**

**First Evangelical Lutheran Church**

**Idaho National Laboratory through Battelle Energy Alliance**



**VOLUNTEERS**  
don't necessarily  
have the time;  
they just have  
the heart!

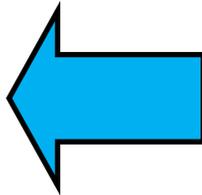


*We want to say thanks to our  
**VOLUNTEER DRIVERS**  
for the Meals on Wheels program.*

*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, William Brotherson, John Burnside, Richard & Marion Myers,  
Chanse Powell-Senior Solutions, Steve Stowell, Johannah Thompson, Marla Morgan,  
Whitney St. Michael, Jeffrey Socher,  
Penny Shawl, Moira Solle, Serena Bostic,  
Jayden Hunsucker-Alliance Home health & Hospice, Tyler Peterson,  
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks,  
Erin Tucker, Ryan Ricks,  
Derek Baker, Devin Turpin, Carol Rogers, Mason Watt,  
Mathew Sabine , Jared Kakuschke*

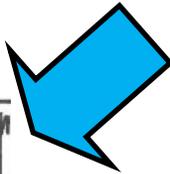
3	8	5	1	9	6	2	4	7
2	9	4	7	3	5	6	8	1
7	6	1	8	2	4	9	3	5
1	2	3	5	4	8	7	6	9
5	7	8	6	1	9	3	2	4
9	4	6	2	7	3	1	5	8
8	1	9	4	6	2	5	7	3
6	5	7	3	8	1	4	9	2
4	3	2	9	5	7	8	1	6



Crossword and Sudoku Solution from February Newsletter

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

PUZZLE 8



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

Step to It

- COVER GROUND
- FROLIC
- GAIT
- GALLOP
- GAMBOL
- HIKE
- HOBBLE
- INCH ALONG
- JOGS
- LEAP
- LIMP
- MEANDER
- NOMADIC
- ON FOOT
- PARADE
- PEDESTRIAN
- PLOD
- PRANCE
- PROMENADE
- PROWL
- RACE
- ROMP
- SAUNTER
- SCAMPER
- SCOOT
- SKIP
- SKULK
- SPRINT
- STALK
- STEP
- STOMP
- STRIDE
- STROLL
- SWAGGER
- TIPTOE
- TRAMPLE
- TREAD
- TREK
- TROT
- WALK

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

**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.



**IDAHO**  
DEPARTMENT OF FINANCE

BRAD LITTLE  
Governor

PATRICIA R. PERKINS  
Director

Contact(s):  
Erin Van Engelen  
Consumer Finance Bureau Chief  
(208) 332-8002

## NEWS RELEASE

FOR IMMEDIATE RELEASE

January 20, 2022

### STATE REGULATORS SETTLE WITH HUNDREDS OF MORTGAGE LOAN ORIGINATORS OVER SAFE ACT EDUCATION REQUIREMENTS

#### IDAHO DEPARTMENT OF FINANCE JOINS 41 OTHERS IN MULTI-STATE ENFORCEMENT ACTION

**Boise, Idaho...** The Idaho Department of Finance, along with financial regulatory agencies from 42 other states, reached settlements with 441 mortgage loan originators nationwide who deceptively claimed to have completed annual continuing education as required under state and federal law.

“When obtaining a home mortgage loan, Idahoans deserve to work with qualified professionals,” stated Patricia Perkins, Director of the Department of Finance, “Through this action, Idaho consumers can feel confident the licensed loan originators they work with have met the necessary education requirements.”

Under the terms of the settlements, the mortgage loan originators agreed to surrender their licenses for a period of three months, pay a fine of \$1,000 for each state in which he or she holds a license and take continuing education beyond Secure and Fair Enforcement for Mortgage Licensing Act (SAFE Act) requirements.

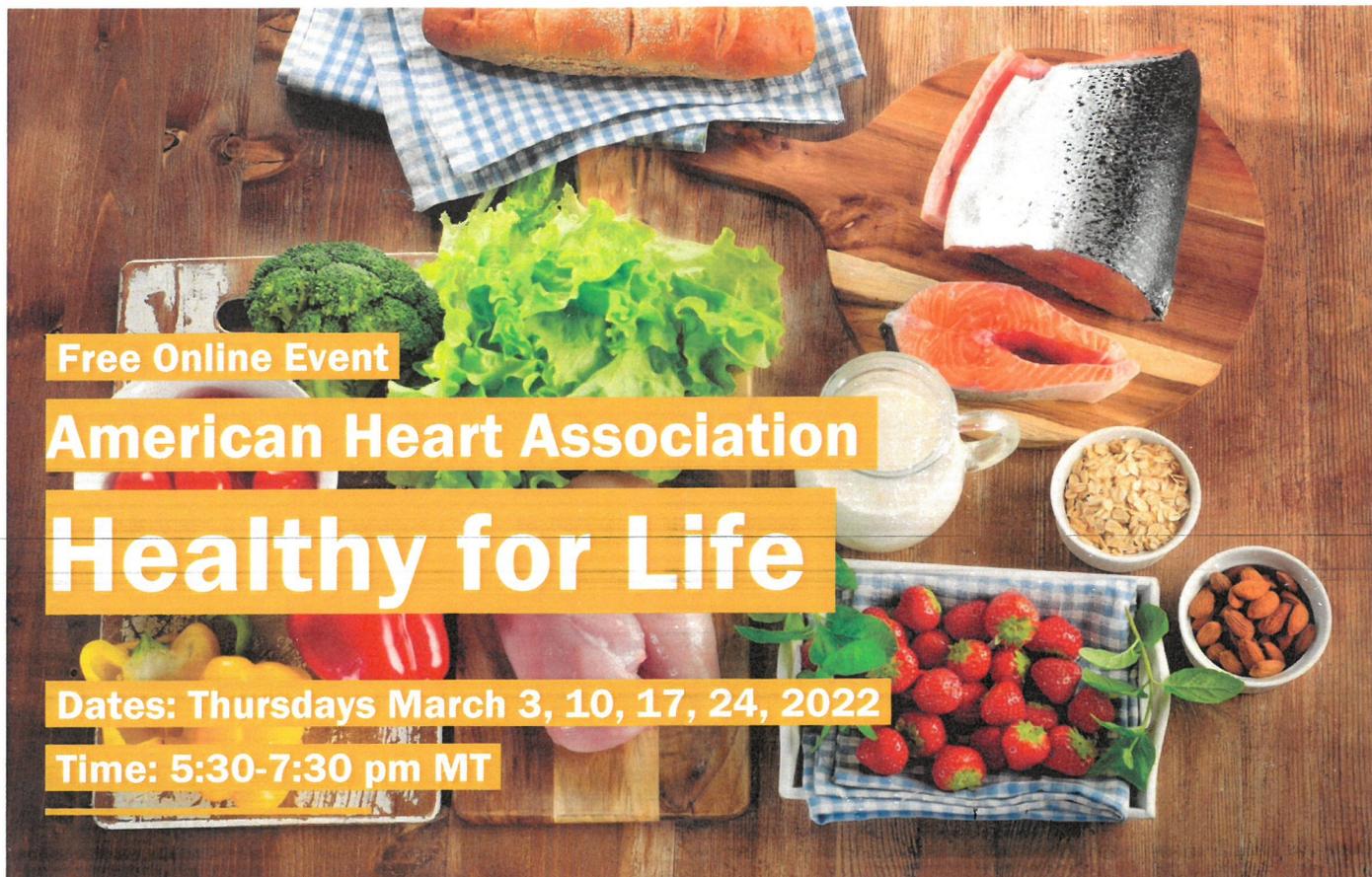
Idaho adopted provisions of the federal SAFE Act to enhance consumer protection and reduce fraud through minimum standards for the licensing and registration of state-licensed mortgage loan originators. The standards require mortgage loan originators to have at least 20 hours of pre-licensing education and an annual eight hours of continuing education.

Danny Yen, owner of Carlsbad, Calif.-based course provider Real Estate Educational Services, is facing administrative enforcement actions for both providing false certificates and taking courses on behalf of mortgage loan originators through other education providers in violation of the SAFE Act.

The irregular education activity was discovered through a gesture-driven authentication tool called BioSig-ID, which is used to monitor all online courses approved under the SAFE Act mandate.

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*Consumers can obtain information about financial firms, professionals or products, as well as view more Department press releases and other information on the Internet at <http://finance.idaho.gov> or by contacting the Department at (208) 332-8000 or Idaho toll-free at 1-888-346-3378.*



**Free Online Event**

**American Heart Association**

**Healthy for Life**

**Dates: Thursdays March 3, 10, 17, 24, 2022**

**Time: 5:30-7:30 pm MT**

Learn healthy lifestyle tips from the comfort of your home!

Lesson 1: Your Well-Being

Lesson 2: Cooking Skills and Food

Lesson 3: Grocery Shopping

Lesson 4: Globally Inspired Home Cooking

Handouts and recipes provided.

**For more information:**

**Julie Buck [jhbuck@uidaho.edu](mailto:jhbuck@uidaho.edu)**

**To register:**

**<https://bit.ly/3zPMvJT>**



**University of Idaho  
Extension**

What kind of spells do leprechauns use?  
Lucky Charms!

Why shouldn't you borrow money from a leprechaun? Because they're always a little short.



Why shouldn't you iron a four-leaf clover? You might press your luck!

### **Eastern Idaho Area Agency on Aging: In-Home Services**

Through your local Area Agency on Aging, you may receive help in the home if you qualify. Homemaker services provide care for older persons to help maintain, strengthen, and safeguard their personal functioning in their own homes. Homemaker services can include: light housekeeping, laundry, essential errands, and meal preparation. Additional assistance, through the Chore program, can help with larger projects, such as sidewalk maintenance, heavy cleaning or minor household maintenance. These services are no-cost to low-cost for consumers. Call your Eastern Idaho Area Agency on Aging for more information at **(208) 522-5391**.



**IDAHO**  
DEPARTMENT OF FINANCE

**BRAD LITTLE**  
Governor

**PATRICIA R. PERKINS**  
Director

Contact:

Jennifer Biretz  
Investigations Supervisor  
Securities Bureau  
(208) 332-8000

**NEWS RELEASE**

**For Immediate Release**

**February 2, 2022**

**THE IDAHO DEPARTMENT OF FINANCE JOINS WITH FELLOW REGULATORS  
TO STOP ANOTHER PRECIOUS METALS FRAUD SCHEME**

**Safeguard Metals LLC Targets Senior Investors in \$68 Million Fraud Scheme**

**Boise, Idaho** – The Idaho Department of Finance joined the Commodity Futures Trading Commission (CFTC) and 26 other states today to file a complaint in United States District Court for the Central District of California against Safeguard Metals LLC, and Jeffrey Santulan a/k/a Jeffrey Hill. The complaint alleges that defendants operated a fraudulent precious metals investment scheme attracting more than 450 investors and \$68 million nation-wide. Idaho consumers invested approximately \$1.3 million in the scheme.

“This is one of many large-scale precious metals investment schemes we’ve endeavored to stop since the pandemic began. Investors are advised to be particularly cautious when purchasing precious metals and to check for outrageously high commissions and markups, which we’ve seen as high as 30 to 70 percent,” said Patricia R. Perkins, the Director of the Idaho Department of Finance. “As the market continues to fluctuate, we anticipate more fraudsters using fear and uncertainty to manipulate good people out of their hard-earned money.”

The complaint alleges that the defendants targeted seniors with little experience in investing in precious metals and used scare tactics, half-truths, and other misrepresentations to entice them to purchase grossly over-priced silver coins with their retirement savings.

The defendants are also accused of failing to disclose the markup charge to investors and the risk of losing most of their investment funds. In many cases, the actual market value of the precious metals purchased was substantially lower than the value of the investors’ retirement savings liquidated to fund their purchase.

The defendants advised investors to liquidate their holdings at registered investment firms to fund investments in precious metals through self-directed individual retirement accounts. Self-directed IRAs should not be confused with traditional IRAs or other retirement vehicles. Self-directed accounts are placed with a custodian, but do not afford the same investor protections as traditional IRAs.

“Idaho will continue to partner with fellow regulators to vigorously fight to protect consumers from this and other schemes to defraud.” said Perkins. “Investors are advised to check the registration of all investment products and professionals, and ask tough questions about fees,

Continued from  
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**NEWS RELEASE**

February 2, 2022

Page 2

markups, risks, and potential returns. If the answers seem too good to be true or don't make sense, protect your savings by just walking away."

In October 2020, the Department partnered with other regulators to pursue action against another precious metals dealer, TMTE Inc., also known as Metals.com, Chase Metals, and Barrick Capital. The metals.com scheme affected 1600 seniors nation-wide and involved \$185 million.

The Idaho Department of Finance encourages investors to come forward if they suspect they have been targeted by similar precious metals investment schemes. Please contact the Idaho Department of Finance at [securities@finance.idaho.gov](mailto:securities@finance.idaho.gov).

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*Department of Finance press releases, and other information can be found on the Internet at <http://finance.idaho.gov> or may be obtained by contacting the Department at (208)-332-8000 or Idaho toll-free at 1-888-346-3378.*



## Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: March 2022

Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
MILK	0 French Onion Pork Chops 0 Grape Juice 0 Carrot, Peas, Zucchini Roasted Cheesy Potatoes MILK 0 Vanilla Pudding	Chicken Fried Steak Apple Capri Veggies Mashed Potatoes & Gravy MILK Chocolate Cupcakes	Turkey patties Tropical Fruit Tomato, Onion, Romaine Spring M Tots MILK Jello	Coconut Fish Mixed Fruit Coleslaw, Chives 1 c Twice baked Potato MILK Strawberry Shortcake

7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
Beef tips & Gravy Oranges Squash, Carrot, Onions Baked Potato MILK & Cheese Brownies	Brown Sugar Italian Chicken Pineapple Butter Cabbage Mac & Cheese MILK & Cheese	Hamburger Hash Cantaloupe Winter Blend, Onions 1/2 cup Diced Potatoes MILK 0 Chocolate Cookies	Turkey Cheese Wrap Raisin- Cranberry Tomato, Lettuce, Onion, Cucumbe WG 12" Tortilla MILK	Taco Bake Pineapple Tomato, Green Chilis, Onions, Cila Tortilla Chips MILK & Cheese 0 Jello Cruster, pineapple & Whip cr

14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
Ham & Cheese Quiche Watermelon Spinach salad 1 cup WG Pie Crust 1 cup MILK & Cheese	Pulled Pork Sandwich Peaches Cabbage- Red onion slaw French Fries MILK 0 Root Beer Floats	Tuna fish Sandwich Appricot Carrot stick, Radish Potato Chips MILK & Cheese	Orange Chicken Kiwi Winter Blend, Carrots WG Rice MILK 0 Chocolate Pudding	Lasagna Soup Banana Ceasar Salad Lasagna noodles & Croutons MILK

21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday
Roast Beef Dinner Plums Squash, Carrots Mashed Potato & Gravy MILK Carrot Raisin Cake	Country Fried Pork Orange juice Green Bean Casserole Au Gratin Potatoes MILK	Fish Burger Grapes Tomato- Carrots Stick Tater Tots MILK & Tarter sauce 0 Tapioca Pudding	Turkey Cheddar Melt Cranberry sauce Black Peas, Chikpeas Sour Dough Bread MILK & Cheese	Baked Chidken Ziti Apples Carrot, Peas, Onion, Corn 2/3 cup WG Penne Pasta 1 cup MILK 0 Apple Turnover

28 Monday	29 Tuesday	30 Wednesday	31 Thursday	0 Friday
Turkey Chili Mac Apple Sauce Kidney, White Bean, Onion 1/2 cup Macaroni 1 cup MILK & Cheese	Beef Stroganoff Mandarin Oranges Dinner Salad WG Egg Noodles 1 cup MILK & Sour cream 0 Banana Pudding	Stuffed Peppers Honey Dew Peppers, Onion/ whole pepper w/ Parsley potato MILK	Creamy Garlic Chicken Peaches Asparagus Roasted Potatoes MILK- Cream Cheese & Cheese 0 Pineapple upside down cake	0 0 0 0 MILK 0

Menu Subject Change.

# March 2022

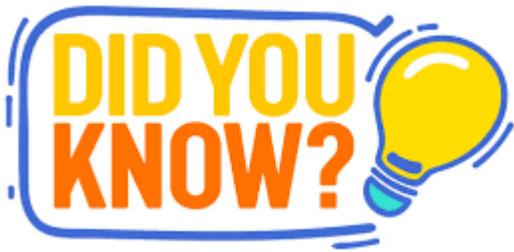
Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise Group 12:00p Double deck Pinochle 12:00p Bridge	2 10:00a Rose's Coffee 12:30p Pinochle	3 10:00a Roses Coffee Group 10:15a Fit & Fall Exercise Group	4 10:00a Beading 10:00a Rose's Coffee Group	5 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
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 Pinochle 12:00p Bridge	9 10:00a Rose's Coffee 12:30p Pinochle	10 10:00a Roses Coffee Group 10:15a Fit & Fall Exercise Group	11 10:00a Beading 10:00a Rose's Coffee Group	12 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
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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 Pinochle	23 10:00a Rose's Coffee 12:30p Pinochle	24 10:00a Roses Coffee Group 10:15a Fit & Fall Exercise Group	25 10:00a Beading 10:00a Rose's Coffee Group	26 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
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 Pinochle 12:00p Bridge	30 10:00a Rose's Coffee 12:30p Pinochle	31 10:00a Roses Coffee Group 10:15a Fit & Fall Exercise Group		

The Center will be open July 1st as of right now we have some programs scheduled, but at different times due to time constraints with new hours. The hours are 10AM to 2PM. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

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

**Right now there are limited programs due to volunteers not continuing to run them. 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.**



Saint Patrick was born in Britain, during the Roman period.

However, he was taken to Ireland to become a slave, against his own will.

After he was free, Saint Patrick became a priest and was later made the first bishop of Ireland.

It is believed that he brought Christianity to Ireland.

Did you know that the shamrock is a symbol of Ireland and also Saint Patrick's Day?

There will be lots around during the celebrations.

It is a type of clover and usually has 3 leaves (unless you're lucky).

The three leaves are meant to stand for faith, hope and love.

It's really lucky if you get one with four leaves. It is meant to bring you lots of luck!

You should always wear green on Saint Patrick's Day!

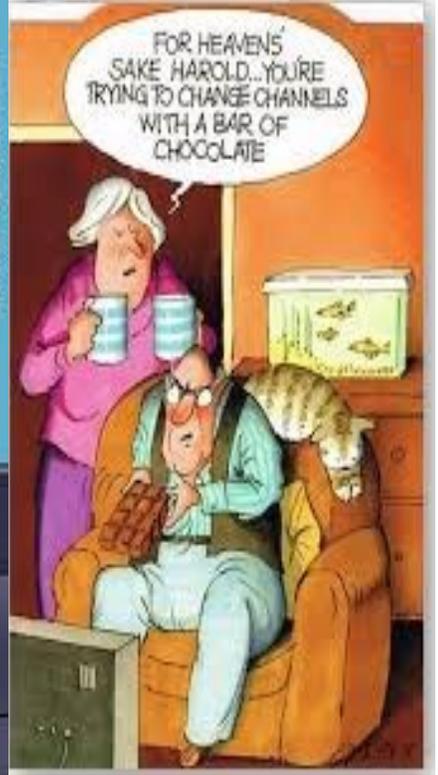
It is believed that if you wear green then you will be invisible to leprechauns.

If you aren't wearing green, then a leprechaun will see you and pinch you!

This is why it has now become a tradition to pinch anyone who isn't wearing the color green.

Make sure you don't do it too hard. Ouch!





## YOUR BOARD OF DIRECTORS

Linda DeLia	Retired Medical Editor	Chair
Chanse Powell	Senior Solutions	Vice Chair
Arienne Holt	Idaho Legal Aid Service	Secretary
Jeanna Nance	BOI-Vice President/ Trust Officer	Treasurer
Machelle Bergman	Fairwinds Retirement	
Karl Casperson	Bonneville County Sheriff Office	
Alecia Coburn	Lincoln Court Retirement	
Tiffany Morrison	Life Care Center	
Nancy Carpe	Retired	
William Brotherson	Retired	

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

John Radford	Mayor's Office Liaison
Sarah Ryner	Executive Director
Antonio Nebeker	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

### 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



Level: Intermediate

Total: 12 hr 20 min

Prep: 30 min

Inactive: 8 hr 20 min

Cook: 3 hr 30 min

Yield: 6 to 8 servings

## Ingredients:

- 1 cup kosher salt
- 1 cup brown sugar
- 1 1/2 tablespoons whole coriander
- 1 1/2 tablespoons whole mustard seeds
- 1 1/2 tablespoons whole black peppercorns
- 1 1/2 tablespoons whole allspice
- 4 sprigs fresh marjoram
- 4 sprigs fresh thyme leaves
- 2 bay leaves
- 1 (2 1/2 to 3 pound) brisket
- 3 tablespoons extra-virgin olive oil
- 1 onion, halved
- 6 carrots, coarsely chopped
- 1 head celery including leaves, coarsely chopped
- 1 head garlic, halved
- 3 sprigs fresh marjoram
- 1 small cabbage cut into 6 to 8 wedges
- Herbed Root Vegetables, recipe follows

## Herbed Root Vegetables:

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons unsalted butter
- 1 pound new potatoes, scrubbed
- 1 pound baby carrots, trimmed and scrubbed
- 1 pound baby turnips, trimmed and scrubbed
- 1 pound baby parsnips, trimmed and scrubbed
- Kosher salt and freshly ground black pepper

## Herb Butter:

- 1/2 pound unsalted butter, softened
- 1/2 cup mixed chopped fresh herbs like thyme, mint, chives, parsley, or chervil
- Kosher salt and freshly ground black pepper

## Directions:

**1** Combine all the brine ingredients, except the brisket, in a large non-reactive bowl. Add the brisket (you may have to cut it into 2 pieces) and rub the spice mix into the meat. Pour cold water over until the meat is covered. Weight the brisket down with a small plate so that it is completely submerged; cover and refrigerate. The meat can be brined overnight or as long as 10 days. The longer the brining the more pickled the meat.

**2** Heat the oven to 300 degrees F.

**3** Heat a large pot or Dutch oven over medium-high heat and add the olive oil. Add the onion, carrots, celery, garlic, marjoram, and bay leaves and cook until starting to soften, about 10 minutes. Remove the meat from the brine and rinse it well. Set the meat on top of the vegetables and add water to just cover the meat. Bring to a boil skimming any foam that surfaces. Reduce the heat to a simmer, place the lid on the pot, and cook for 15 minutes. Add the cabbage pieces, cover, and put it into the oven; cook for 3 hours.

**4** Remove the meat, cover it with foil, and let it rest for 20 minutes. Cut the fat off the corned beef, slice the meat against the grain, and serve it in shallow bowls with the cabbage wedges, some cooking liquid, and the Herbed Root Vegetables.

## Herb Butter:

**5** Put the olive oil and butter into a large pot over medium-high heat. Add the vegetables and toss to coat them well with the fat; season with salt and pepper. Add 1 cup water and bring to a boil. Lower the heat to a simmer, cover the pot, and cook until the vegetables are tender, about 20 minutes.

**6** Meanwhile, make the Herb Butter by combining the soft butter and herbs together; season with some salt and pepper.

**7** To serve, spread some Herb Butter in the bottom of a bowl. Add the hot vegetables and dot with more Herb Butter. Moisten with some of the cooking liquid and serve.



## Grandparents Corner

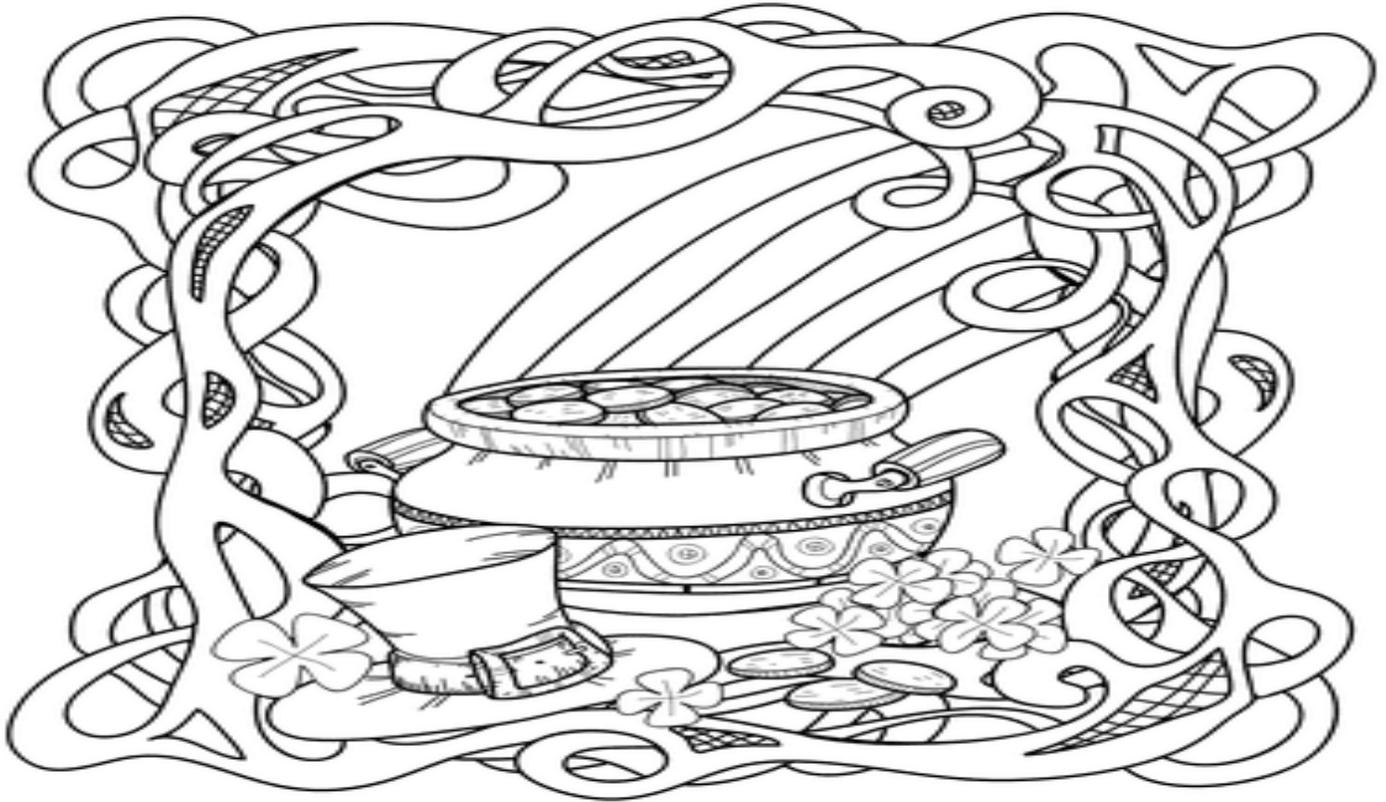
### **EICAP GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP**

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 January  
our capable KITCHEN AND  
DELIVERY  
PERSONNEL served 183 meals  
at the center , and produced and  
Delivered 4955 meals to  
home-bound  
seniors and disabled adults  
through our Meals On Wheels  
program (Total meals: 5138)***



Homemade



### **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

**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 .....November	
Beading	\$0.00
Bingo Saturday	\$870.85
Bingo Saturday (Bev)	\$9.65
Bridge-2nd Monday	\$0.00
Bridge	\$5.00
Bridge—(Bev Only: Both)	\$8.00
Double Deck Pinochle	\$19.00
Double Deck Pinochle (Bev.)	\$1.00
Fit & Fall Exercise	\$0.00
Country Line Dancing	\$0.00
Mah-Jongg	\$30.00
Pinochle	\$16.00
Pinochle (Bev Only)	\$6.00
Pool	\$0.00
Spanish Class	\$0.00
Tai Chi	\$0.00
Rose's Gentlemen's Group	\$65.60
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$0.00
Use It Don't lose it	\$0.00
Congregate lunch (Beverage only)	\$0.00
Other Beverage	\$0.00
<b>Total</b>	<b>\$1031.10</b>



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

Non-Profit Organization  
U S POSTAGE PAID  
Idaho Falls, ID 83401  
Permit #155

DATED MATERIAL—PLEASE DON'T DELAY  
RETURN SERVICE REQUESTED



**The Senior Citizen Activity  
Center, Inc.**

**Is a United Way Agency. Thanks to you, it continues to work for all of us!**

