



# 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



2021  
November

We reserve the right  
to goof-up  
occasionally

**New Members: Andrea Leander, Shelby Fraire, Allen Johnson, Carolyn Ricks, Jerry Sinkovec, Verla, Olson, Ray Danner, Lucille New, Leta Carlson, Terry Sato, Charlles Boge, Glenn Hegsted, Robert Jones, Keith & Nadine Moore, Hope Spitz**

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	169.50
Non-Senior Hour	162.50
Board Member Hour	136.00
Work Detail Hours	.00
<hr/>	
Total Hours	468.00

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**

*Bonneville County \* United Way*

*City Of Idaho Falls \* Medicaid*

*Eastern Idaho Community Action Partnership*

**Thank You!**

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

**\$ 0 - \$ 99 8 Anonymous,**

**\$100 - \$250 Ruth & Mike Oar, 2 Anonymous**

**\$300—\$700**

**\$800-\$2,000**

**Misc. items:**

**Thank You!**

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

**\*Community Food Basket 2 times through the month of September\***

**\*First Evangelical Lutheran Church\***

**\*Idaho Falls Humanitarian Center\***



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,  
Chase Powell-Senior Solutions, Steve Stowell, Johannah Thompson, Marla Morgan,  
Tiffany Morris, Whitney St. Michael, Jeffrey Socher,  
Penny Shawl, Becky Schneider, Moira Solle,  
Jayden Hunsucker-Alliance Home health & Hospice, Tyler Peterson,  
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks,  
Erin Tucker, Beth Anderton,  
Derek Baker, Devin Turpin, Carol Rogers, Mason Watt, Mickeala Scheffner,  
Carrie & Liam Higginbotham

# COME JOIN THE FUN

## CALL FOR A TOUR TODAY!



# LINCOLN \* COURT

INDEPENDENT, ASSISTED LIVING & MEMORY CARE

850 Lincoln Dr, Idaho Falls

208-529-3456

Fully  
Vaccinated  
Community



## Safest Place To Live

- Taking New Admissions • Fully Furnished Apartments
- Competitively Priced • Amazing Move In Specials



**KRISS KROSS**



**SUDOKU**

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

Crossword puzzle Solution from October Newsletter



When you're 20 and you drop something, you pick it up. When you're 80 and you drop something, you decide you don't need it anymore.

Solution for Sudoku from October



**ANSWER:**

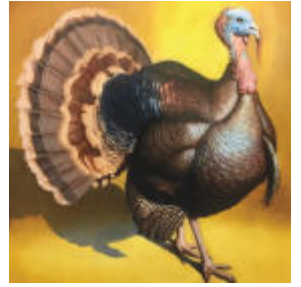
5	4	3	9	2	1	8	7	6
2	1	9	6	8	7	5	4	3
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9	8	7	4	6	5	3	2	1
3	2	1	7	9	8	6	5	4
6	5	4	1	3	2	9	8	7
7	6	5	2	4	3	1	9	8
4	3	2	8	1	9	7	6	5
1	9	8	5	7	6	4	3	2

**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.



We will be closed November 25th & 26th for Thanksgiving, and December 27th through December 31st for the Christmas Holiday.



## Thanksgiving

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

NOVEMBER  
HAM  
POTATOES  
THANKFUL  
DINNER  
FEAST

TURKEY  
PUMPKINPIE  
PECANPIE  
MAYFLOWER  
FAMILY  
PARADE

STUFFING  
CRANBERRIES  
PILGRIMS  
CORN  
FOOTBALL



# Empty Bowls 2021

Hosted by Nuclear Care Partners



A Big Thank you to Nuclear Care Partners for putting on this fundraiser for us and raising a total of **\$5172.00** for the Meals on Wheels Program and helping our community



We will be doing a Pancake Breakfast here at the Senior Center to support our meals on wheels program. It is on Saturday the 20th of November at 9-10:30 AM and will be \$5 at the door. Please come get some breakfast and help our seniors!



### 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**.

## You might meet new friends at Fairwinds. Or sidekicks.

When does a friend become a true sidekick? We're not really sure.

But what we do know is that a lot of friendships and sidekickships are made at Fairwinds – Sand Creek Retirement Community.

With so many fun activities and events, it's perfect for folks who prefer more community and less retirement.

Come see what we mean. Call (208) 310-7349 to schedule your complimentary lunch and private tour.

And then get ready to meet some future pals, buddies, and BFFs.



*It's More Than Retirement. It's Five-Star Fun.*

3310 Valencia Drive • Idaho Falls  
(208) 310-7349 • FairwindsSandCreekSeniorLiving.com

A LEISURE CARE PREMIER COMMUNITY



**FAIRWINDS**  
SAND CREEK



# Food Safety Tips for Your Holiday Turkey

Handling poultry (chickens and turkey) incorrectly and undercooking it are the most common problems that lead to foodborne disease outbreaks linked to poultry. Follow these four tips to help you safely prepare your next holiday turkey meal.

## 1. Thaw Your Turkey Safely

- In the refrigerator in a container;
- In a leak-proof plastic bag in a sink of cold water (change the water every 30 minutes);  
or
- In the microwave, following the microwave oven manufacturer's instructions.

Never thaw your turkey by leaving it out on the counter. A thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than 2 hours, its temperature becomes unsafe. Bacteria can grow rapidly in the "danger zone" between 40°F and 140°F.

## 2. Handle Your Turkey the Right Way

Raw poultry can contaminate anything it touches with harmful bacteria. Follow the four steps to food safety—clean, separate, cook, and chill—to prevent the spread of bacteria to your food, family, and friends.

Wash hands with warm soapy water for 20 seconds before and after handling turkey.

- Use a separate cutting board for raw turkey.
- Never place cooked food or fresh produce on a plate, cutting board, or other surface that previously held raw turkey.
- Wash cutting boards, utensils, dishes, and countertops with hot soapy water after preparing turkey and before you prepare the next item.

## 3. Cook Stuffing Thoroughly

With either cooking method, use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and may then cause food poisoning. If you cook stuffing in the turkey, wait 20 minutes after taking the bird out of the oven before removing the stuffing; this allows it to cook a little more.





## 4. Cook Your Turkey Thoroughly

Set the oven temperature to at least 325°F. Place the completely thawed turkey in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the turkey. Use a food thermometer to make sure the turkey has reached a safe internal temperature of 165°F. Check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Even if your turkey has a pop-up temperature indicator, you should still use a food thermometer to check that it is safely cooked. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

## 5. Take Care of Leftovers

The bacteria *Clostridium perfringens* grows in cooked foods left at room temperature. It is the second most common bacterial cause of food poisoning. The major symptoms are vomiting and abdominal cramps within 6 to 24 hours after eating.

- *Clostridium perfringens* outbreaks occur most often in November and December.<sup>2</sup>
- Many of these outbreaks have been linked to foods commonly served during the holidays, such as turkey and roast beef.

Refrigerate leftovers at 40°F or colder as soon as possible and within 2 hours of preparation to prevent food poisoning. Slice or divide big cuts of meat, such as a roast turkey, into small quantities for refrigeration so they can cool quickly. Reheat all leftovers to at least 165°F before serving.

Obtained from CDC <https://www.cdc.gov/foodsafety/communication/holiday-turkey.html>



## Senior Communicator Newsletter

1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
Chicken Waffle Cobb Salad Apple Cucumber, Tomato, Baby Greens, Corn MILK	Flounder Grenobloise Peaches Carrots, Onions, Leeks Cheesy Macaroni MILK Choc. Pudding	Roast Beef w/ Royal Cilantro Pears Stewed Tomatoes, Mushrooms, P Rice MILK Cookies	Spaghetti & Meatballs Orange Juice Tomato, Cucumbers, Romain Lettu Spaghetti Noodles MILK	Grilled Hawaii Pork Chop Pineapple Rings Asparagus Parmesian Grilled Potatoes MILK Lemon Cake

8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday
Beef Quesidillas Clementines Onion, Tomato, Avacado WG Tortilla 6 " MILK-Cheese & Sour Cream Vanilla Pudding	Roast Beef & Swiss Sandwich Tropical Fruit Coleslaw Pototo Chips MILK	Chicken Fetticini Mandarin Oranges Broccoli, Onion, Mushroom Fetticini Noodles MILK Brownies	BBQ Pulled Pork Sandwich Grapes Winter Blend/ Broccoli, Cauliflow Steak Fries MILK	Beef Stew Honey Dew Carrot, Celery, Onion 1/2 cup Potato 1/2 Cup MILK Cookies

15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday
Chicken Parmisian Sliders Kiwi Carrot & Celery Sticks, Raddish Macaroni and Cheese MILK Vanilla Pudding	Meat loaf Banana Yellow & Green Squash, Carrots Mashed Potatoes & Gravy MILK	Tuna Patty Strawberries Spinach, Onion Fries-Bread crumbs MILK Shortcake	Fresh Turkey Cranberry sauce, Apples, Grapes Waldorf Salad, Bean Cassarole Mashed yams MILK Pumpkin Pie w/ Whipped cream	Cheesburgers Apricots Tomato, Lettuce onion, Pickles Tater tots MILK/Cheese Chocolate Cookie

22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday
Sasage Patties/Eggs Blueberries Fajita Blend Hashbrowns MILK	Chicken w/ Mushroom suace Cantaloupe Broccoli, Carrots, Red peppers Funeral Potatoes MILK Jello	Taco stuffed Sweet Potato Mixed fruit Onion, tomato, olives Sweet potatoes MILK/ Cheese, Sour cream, Ranch Cookies	Thanksgiving Closed MILK	CLOSED MILK

29 Monday	30 Tuesday	1 Wednesday	2 Thursday	3 Friday
Beef Fingers Steaks Plumes Butternut Squash Augratin Potatoes MILK Tapioca Pudding	Stuffed Pork Chops Apple Juice Beats, Onions Cheesy Potatoes MILK	MILK	MILK	MILK

Menu Subject Change.

# November 2021

Community

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

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](http://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.**

## Senior Communicator Newsletter

### Spinach Gratin

#### Ingredients:

4 tablespoons (1/2 stick) unsalted butter -4 cups chopped yellow onions (2 large) -1/4 cup flour 1/4 teaspoon grated nutmeg-1 cup heavy cream-2 cups milk-3 pounds frozen chopped spinach, defrosted (5 (10-ounce) packages) - 1 cup freshly grated Parmesan cheese- 1 tablespoon kosher salt- 1/2 teaspoon freshly ground black pepper- 1/2 cup grated Gruyere cheese

#### Directions:

Preheat the oven to 425 degrees F. Melt the butter in a heavy-bottomed sauté pan over medium heat. Add the onions and sauté until translucent, about 15 minutes. Add the flour and nutmeg and cook, stirring, for 2 more minutes. Add the cream and milk and cook until thickened. Squeeze as much liquid as possible from the spinach and add the spinach to the sauce. Add 1/2 cup of the Parmesan cheese and mix well. Season, to taste, with salt and pepper. Transfer the spinach to a baking dish and sprinkle the remaining 1/2 cup Parmesan and the Gruyere on top. Cook for 20 minutes until hot and bubbly. Serve hot.



### Help at the Push of a Button!



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID C 4C 05-1113

Two older gentlemen, Fred and Sam, went to see a movie. Merely minutes into the movie, Sam heard Fred rustling around. It appeared that he was reaching under all of the seats. "What on earth are you doing, Fred?" asked Sam. Fred indignantly responded, "I had a caramel in my mouth and it dropped out. I'm trying to find it!" Annoyed, Sam told him not to worry about it — they could get him another caramel later since that one was ruined by now. "But I've got to," said Fred, exasperated. "My teeth are in it!"



An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his with endearing terms—Honey, My Love, Darling, Sweetheart, Pumpkin, etc.

The couple had been married almost 70 years, and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names." The old man hung his head. "I have to tell you the truth," he said, "I forgot her name about 10 years ago."



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our Community!*



## YOUR BOARD OF DIRECTORS

Machelle Bergman	Fairwinds Retirement	Chair
Linda DeLia	Retired Medical Editor	Vice chair
Arianne Holt	Idaho Legal Aid Service	Secretary
Chanse Powell	Senior Solutions	Treasurer
Lew Eaker	Retired Engineer	
Karl Casperson	Bonneville County Sheriff Office	
Alecia Coburn	Lincoln Court Retirement	
Tiffany Morrison	Life Care Center	
William Brotherson	Retired	
Valisa Say	Retired	

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

Thomas Hally	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

If you would like to join the Senior Center Board of Directors please apply by September 30th, 2021. Applications can either be picked up at the Center between 10am-2pm or emailed to you. Address; 535 W 21st Street. Phone #(208)522-4357 Email; ifscggen@gmail.com.

### 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





Happy Thanksgiving



## 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 our capable **KITCHEN AND DELIVERY PERSONNEL** served 271 meals at the center, and produced and Delivered 3686 meals to home-bound seniors and disabled adults through our **Meals On Wheels** program (Total meals: 3957)*

17

## FREE Skin Cancer Screenings



A preventative reminder that risk factors for skin cancer include:

- A lighter natural skin color
- A history of sunburns, especially early in life
- Skin that burns, freckles, reddens easily
- Family history of skin cancer
- A history of indoor tanning

More than 3.5 million skin cancers in over two million people are diagnosed annually. If you have any of these risk factors above and are concerned with a spot on your skin, now is the time to have it checked.

### Cosmetic Dermatology:

- Botox
- Fillers
- Sclerotherapy
- Anti-Aging
- Skin Care Products

**CALL 208-881-5241**

Make your screening appointment today!  
Daniel Marshall, D.O. | Cameron French, PA-C



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ASSISTED LIVING • MEMORY CARE**

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Idaho Falls, ID 83404

208-522-1591



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Idaho Falls Senior Citizens Activity Center, Idaho Falls, ID

E 4C 05-1113



 **Medicare**

**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 .....September**

Beading	\$3.00
Bingo Wednesday & Saturday	\$0.00
Bingo Wednesday & Saturday (Bev)	\$32.00
Bridge-2nd Monday	\$0.00
Bridge	\$13.00
Bridge—(Bev Only: Both)	\$3.00
Double Deck Pinochle	\$0.00
Fit & Fall Exercise	\$ 116.00
Hand & Foot	\$0.00
Country Line Dancing	\$0.00
Mah-Jongg	\$3.00
Pinochle	\$50.00
Pinochle (Bev Only)	\$0.00
Pool	\$0.00
Spanish Class	\$0.00
Tai Chi	\$0.00
Rose's Gentlemen's Group	\$124.00
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$0.00
Use It Don't lose it	\$0.00
Congregate lunch (Beverage only)	\$0.00
Other	\$8.00
<b>Total</b>	<b>\$352.00</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!**

