



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



2023
December

We reserve the right to make mistakes occasionally

New Members: Wesley Jones, Wanda Walton, Sherry Kelsey, Rebecca McKitrick, Renita Stevens, Rebecca Madsen, Debbie Macias, Nancy Baron, Sally Anderson, Sondra Smith, Thayle Planck, Larry & Elsie Bovee, Shirley Raymond, Ranae Reyes, Everett Balls, William Mesiano, Ted Drake, Jeffrey Drake

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	182.75
Non-Senior Hour	220.60
Board Member Hour	97.42
Work Detail Hours	6.50

—Total Hours
507.27

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, Anonymous,
Jack & Jeanne Farnes, Dave Nobles
\$100 - \$250 Cheryl Oar, Stan & Amy Marko, Ilene &
CL Parsons
\$300—\$700
\$800-\$3,000**

Misc. items: Silent auction baskets

Thank You!

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

**Fairwinds
First Evangelical Lutheran Church**

VOLUNTEER
*for the Meals on
We appreciate so
our seniors and*



We want to say thanks to our

DRIVERS

Wheels program.

much the way you have opened your hearts to help

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.

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*Dave Nobles, John Burnside,
Taylor Haderlie, Steve Stowell, Johannah Thompson, Marla Morgan,
Jeffrey Socher, Moira Solle, Bob Schweiger, Jordan Homer
Shirley & Robert Brosseau, Drew Parks,
Don Yeager, Roger Kuhl, Sarah Westbrook, David Archer, Robert Pearce, Kathy
Failor, Chris Waddoups, Melissa Knight, Linda Williams, Rotary Club*

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BY BARRY C. SILK

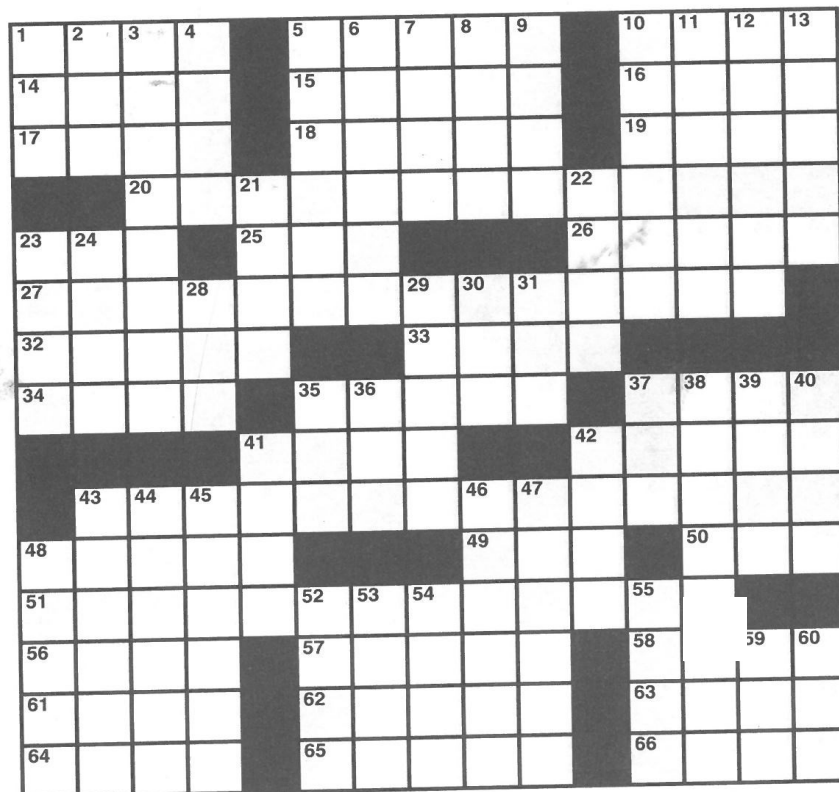
ACROSS

- 1 Caesar's reproach
- 5 Plays a trump card, in bridge
- 10 #2
- 14 Caution
- 15 1946 high-tech unveiling at the Univ. of Pennsylvania
- 16 On Rodeo Dr., say
- 17 Way out
- 18 Mizuno Corporation headquarters
- 19 Sty resident?
- 20 Microprocessors
- 23 Poet Lowell
- 25 Tennyson's twilight
- 26 Beginning
- 27 Shipping thingies used as a filler
- 32 Persian Gulf ship
- 33 Roll call response

- 34 Court response
- 35 With 63-Across, this puzzle's theme
- 37 Water color
- 41 Grammy winner Braxton
- 42 They may be searched or saved
- 43 Bits of user information created by Web sites
- 48 "Me, too!"
- 49 Cyberspace initials
- 50 Eastern discipline
- 51 Contortionists
- 56 "Back ___ hour" (store sign)
- 57 Budapest-born conductor
- 58 "Good heavens!"
- 61 15th-century date
- 62 Place for a bracelet
- 63 See 35-Across
- 64 Wet expanses
- 65 Shocking weapon
- 66 Rare bills

DOWN

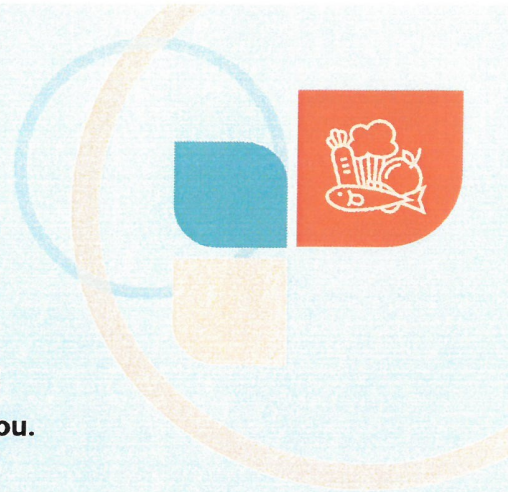
- 1 Farm mom
- 2 It's based on purchase price
- 3 Scooter kin
- 4 "Do ___ others ..."
- 5 Get back in business
- 6 Like heroes who deserve more credit
- 7 Italian automaker
- 8 Counterfeit
- 9 Fight memento
- 10 Hindu god incarnated as Krishna
- 11 Join the Army
- 12 Runs off to wed
- 13 Beer with a blue ribbon logo
- 21 Subject of the play "Golda's Balcony"
- 22 Ice cream holder
- 23 Per unit
- 24 F ___ G follower
- 28 Mauna ___
- 29 "Why Can't I?" singer Liz
- 30 Common Market letters
- 31 Biblical refuge
- 35 "Mayday!"
- 36 D.C.-to-Albany dir.
- 37 Just fine
- 38 '50s TV scandal genre
- 39 Title beekeeper played by Peter Fonda
- 40 Part of PGA: Abbr.
- 41 Mattress size
- 42 Step on it
- 43 Dribble
- 44 Holiday Inn rival
- 45 Muscat residents
- 46 Ranch roamers
- 47 More slime-like
- 48 Leveling wedges
- 52 Jr.'s exam
- 53 First name in gossip
- 54 Fraternal group
- 55 Room at the top
- 59 46-Down call
- 60 Gridiron gains: Abbr.



Build a Healthy Eating Routine

You know that healthy eating is key to a healthy life — and the good news is that small changes can make a big difference!

Follow these tips to build a healthy eating routine that works for you.



Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, grapefruit, papaya, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, and whole-wheat bread



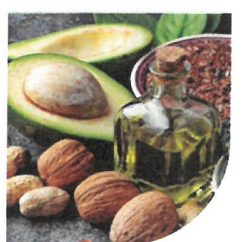
Proteins — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you.



BRAD LITTLE
Governor

PATRICIA R. PERKINS
Director

Contact:

John Yaros
Securities Bureau Chief
(208) 332-8000

NEWS RELEASE

For Immediate Release

October 26, 2023

Department of Finance, CFTC, and 29 State Regulators Reach Settlement with Safeguard Metals in \$68 Million Fraud Targeting Elderly Adults

BOISE, IDAHO – The Idaho Department of Finance (IDOF) announced today that, in partnership with the U.S. Commodity Futures Trading Commission (CFTC) and 29 other state regulators, the parties have reached a settlement with precious metals dealer Safeguard Metals, LLC and Jeffrey Ikahn in a [federal lawsuit](#) filed in February 2022, in the United States District Court for the Central District of California. The lawsuit alleged that Safeguard and Ikahn engaged in a \$68 million fraudulent scheme that targeted the elderly.

A key finding in the Consent Order is that between October 2017 and July 2021, Safeguard and Ikahn deceived more than 450 customers nationwide into purchasing precious metals through false and misleading statements, including misrepresenting Safeguard's and Ikahn's credentials and the risk and safety of customer investments in traditional retirement accounts.

"Safeguard Metals engaged in fraudulent and deceptive practices to solicit millions of dollars primarily from elderly and retirement-aged individuals for profit. As a result, customers suffered substantial losses on their retirement investments," said IDOF Director Patricia Perkins. "By joining this settlement, in partnership with the CFTC and other state regulators, IDOF continues its efforts to protect consumers by holding bad actors in the precious metals industry accountable for their actions."

The Consent Order also finds that the defendants charged an average markup of 51 to 71 percent on the precious metals, which was substantially more than the amounts the defendants represented in Safeguard Metals' customer agreements as "operating margins" of 23 to 42 percent. Safeguard Metals steered over 97 percent of its sales from mostly inexperienced investors into overpriced silver coins which had significantly higher markups than gold coins and generated approximately \$66 million for Safeguard.

The defendants agree to the use of the Consent Order's findings and conclusions in this action and any subsequent actions between the parties, but otherwise, neither admit nor deny the findings.

As part of the court approved settlement, Safeguard and Ikahn agreed to a permanent injunction that enjoins them from violating several federal and state laws including laws that prohibit commodities fraud, securities and investment adviser fraud, and providing unlicensed investment advice.

In addition, Ikahn agreed to an order barring him from any position of employment, management, or control of any investment adviser, broker-dealer, or commodity adviser in Idaho. Further he agreed to orders barring him from the securities industry in other states, and to a federal commodity trading ban. In the next phase of the litigation, the appropriate amount of customer restitution and civil monetary penalties will be determined.

Safeguard and Ikahn also agreed to settle a federal lawsuit filed by the Securities and Exchange Commission (SEC) alleging violations of federal securities laws. The IDOF wishes to thank the CFTC, other state

PROTECTING THE INTEGRITY OF IDAHO FINANCIAL MARKETS SINCE 1905

NEWS RELEASE

October 26, 2023

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regulators, and the SEC for their assistance in this action.

The IDOF cautions investors to thoroughly research any investment opportunity. Call the IDOF at 1-800-334-8000 and ask for the Securities Bureau to check out persons offering investment opportunities, investment advice for a fee and any products they offer. Contact the IDOF to report suspected fraud, inappropriate securities business practices, or to obtain consumer information.

The Department of Finance can be reached by telephone at (208) 332-8000 or electronic mail at securities@finance.idaho.gov.

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.

"Good friends are like stars.
You don't always see them,
But you know they're always there."
- Unknown



Clivedon Junior High School

Picked up this blue healer cross in north rapid city. He was cold and hungry. Not real friendly and needs his nails trimmed but it's just too cold out for pets people. Bring them inside please! 🙏🙏🙏🙏



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.



**Baked Brie Bites
(4 Flavors)
Maple Bacon with
pecans, garlic butter
herb, apricot walnut,
and cranberry**

Ingredients:

- 1 (8 oz | 250 g) tube crescent dough, (or 2 sheets of puff pastry, semi-thawed)
- Nonstick cooking oil spray, for pan
 - Flour, for work surface
 - 1 (8 oz | 250 g) wheel of brie
 - 6 teaspoons whole berry cranberry sauce, or cranberry jelly/ jam
 - 6 teaspoons cooked diced bacon, (or bacon bits)
 - 6 pecans, halved lengthways
 - 1-2 tablespoons maple syrup
 - 6 teaspoons apricot preserves, (or jam)
 - 6 teaspoons crushed walnuts
 - 8 teaspoons butter, melted
 - 1 clove garlic, crushed or minced
 - 1 sprig of rosemary, leaves torn off stem
 - Salt, to taste
 - cracked black pepper, to season

Instructions:

1. Preheat oven to 375 F (180 C) Lightly grease mini muffin tin with cooking spray
2. On a lightly floured surface, roll out crescent dough and pinch together seams. Cut into equal 24 squares. Place squares into muffin tin holes.
3. Cut brie into 24 small pieces and place inside the dough cups.
4. Top as follows:
5. Cranberry Brie Bites:
6. A spoonful of Cranberry sauce, season with salt and pepper.
7. Maple Bacon:
8. A spoonful of cooked diced bacon, 2 pecan halves and drizzle of maple syrup. Season with pepper.
9. Apricot Walnut:
10. A spoonful of preserves and crushed walnuts. Season with a pinch of salt.
11. Garlic Butter Herb:
12. Mix the butter and garlic together. Top each bite with just over 1 teaspoon full of garlic butter mixture and 2-3 rosemary leaves. Season with salt and pepper.
13. Bake until the crescent pastry is golden, (about 10-15 Minutes)

Nutrition: Calories 66kcal/ Carb 3g/Protein 2g/ Fat 5g/ Sat. Fat 3g/ Cholesterol 14g/ Fiber 1g/ Sugar 2g/ Iron 1mg

December

2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Egg & Bacon Salad Sandwich Mixed Fruit Carrot Sticks Nutrigrain bar	2
3	4 Meatloaf Peaches Green Beans Au gratin Pot. Roll	5 Chicken Kiwi Caul. & Broc. Casserole WG Muffin	6 Turk. Noodle Soup Applesauce Pea, Carrots, Corn Mashed Tator Straw. Cake	7 Salisbury Steak Mixed Veg Noodles & Gravy Tropical Fruit Jello	8 Mush. Pork Chop Apricot Beets Rice Pilaf Roll & pudding	9
10	11 Chicken & Ham Sandwich Pineapple Celery & Carrots Yogurt	12 Meatballs Pears Onions, Tomatoes Garlic Bread	13 Chicken Fried Steak Plum Asparagus Pumpkin Cake	14 Sloppy Joes Strawberries Green Salad Chips Cookie	15 Fish Sticks Fruit Salad & Walnuts Green Beans Mac & Cheese	16
17	18 Finger Steaks Peaches Salad Tator Tots	19 Chicken Pot Pie Grapes Peas & Carrots Cupcakes	20 Turkey Lasagna Mixed Fruit Spinach Salad Breadsticks Jell-O Cake	21 Kielbasa Sausage Blueberries Fajita Blend	22 Ham Cranberries Green Beans Mashed Potato Roll & Pie	23
24	25 Closed for Christmas	26 Closed for Christmas	27 Closed for Christmas	28 Closed for Christmas	29 Closed for Christmas	30
31						

Menu Subject Change.

December 2023

Community

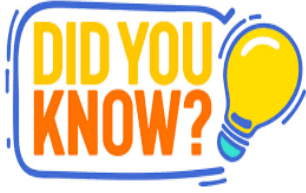
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo 5:00p Eicap Employee Christmas Party	2 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
3	4 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	5 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Bridge 12:00p DD Pinochle	6 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	7 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies coffee	8 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo	9 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
10	11 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	12 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise 11:00a Ladies coffee 12:00p Bridge 12:00p DD Pinochle	13 10:15a Bingo 12:30p Pinochle 5:00p Snake River Cutthroats 10:00a Roses Coffee Group	14 * 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies coffee	15 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo	16 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
17	18 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	19 10:00a Roses Coffee Grp 10:15a Fit & Fall Exercise 11:00a Ladies coffee 12:00p Bridge 12:00p DD Pinochle	20 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	21 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies coffee	22 10:00a Beading 10:00a Rose's Coffee Group 4:00p Bingo	23 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
24	25 10:00a MahJongg/ DS	26 * 10:00a Roses Coffee Grp 12:00p Bridge	27 10:15a Bingo 10:00a Roses Coffee Group	28 10:00a Woodcarvers	29 10:00a Beading	30 4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm
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CLOSED FOR CHRISTMAS HOLIDAY

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.



We definitely have a certain way of living here in Idaho and even have specific holiday traditions that are not seen in a lot of other states. My wife and I have been in Idaho for most of our lives, so these are not strange to us...how about you?

There's something special about a lot of these holiday traditions that [Only in Your State](#) shared. How many of them do you do with your families and the people you care about?

1. Cut down your own Christmas tree.
2. Hunt for your own holiday dinner.
3. Spend the holidays on the ski slopes.
4. Go to the Tuba Christmas at the Idaho State Capitol.
5. Freeze our butts off while looking at Christmas lights.
6. See the McCall Winter Carnival sculptures.
7. Ring in the New Year with the Potato Drop.
8. Do the Polar Plunge on New Year's at Lucky Peak.



Read More: [8 Holiday Traditions That Are Uniquely Idaho](https://mix106radio.com/8-holiday-traditions-that-are-uniquely-idaho/?utm_source=tsmclip&utm_medium=referral) | https://mix106radio.com/8-holiday-traditions-that-are-uniquely-idaho/?utm_source=tsmclip&utm_medium=referral



Securing today
and tomorrow

Dear Colleague,

Medicare Open Enrollment runs through December 7, 2023. During this time, your clients can review and compare their options for health and prescription drug coverage. After checking their options, they can enroll or switch plans for the coming year. Changes will take effect on January 1, 2024.

If your clients are satisfied with the current health care coverage and it will be available in 2024, they do not need to take any action.

For more information or to compare plans, your clients may visit [Medicare.gov](https://www.Medicare.gov) or call 1-800-MEDICARE.

Please share this information with your members, colleagues, affiliates, and other interested parties.

Sincerely,

Dawn Bystry
Acting Associate Commissioner
Office of Strategic & Digital Communications
[@SSAOutreach](https://twitter.com/SSAOutreach)

[SSA.gov](https://www.SSA.gov)     

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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**

**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



Bridge			
	1st		
31st	Roy		
3rd	Kathy L		
10th	Roy M		
17th	Ann A.		
24th	Berthold A.		
Double Deck Pinochle			
	1st	2ND	3RD
10th	Gene	Linda	

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.

Toolbox Talks

Winter Walking

Toolbox Talks are intended to facilitate health and safety discussions. Find more Toolbox Talks on the [Occupational Safety web page](#).

General Information

Winter can make walking treacherous. Follow these tips to reduce the risk of falling on snow and ice.

Winter Walking Safety Tips:

- Wear appropriate footwear, water-resistant with a sole that provides adequate traction. Traction devices are available with abrasive soles or cleats.
- Dress appropriately to stay warm.
- Wear brightly colored or reflective clothing, especially if walking when it is dark.
- Plan ahead, giving yourself sufficient time and plan your route.
- Walk on designated pathways as much as possible.
- If you must walk on a slippery surface, slow down, take small steps, and keep your hands free for balance.
- Use special care when climbing or descending stairs, entering or leaving buildings.
- Use handrails, when available.
- Move slowly and look ahead.
- Maintain your center of balance.
- Keep your hands out of your pockets.
- If you fall, avoid using outstretched arms to brace yourself.



Discussion Date:

Supervisor:

Participants:

Avoid:

- Talking or texting on cell phones while walking.
- Carrying more than you can easily manage and still maintain balance.
- Walking on uneven surfaces.
- Jumping or sliding.

Resources: <https://www.ehs.iastate.edu/weather/winter/walking>

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 October your capable KITCHEN AND DELIVERY PERSONNEL served 350 meals at the center , and produced and Delivered 4,642 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 4,992)

We, at the Senior Center want to know:

Are there any ideas on New activities we could hold here at the Senior Center?

Does anyone have any suggestions or concerns?

What kind of classes would everyone be willing to participate in?

Are there any recipe ideas for our menu?

Is there an interest in doing a Senior Citizens' Cook book?

Is there anyone out there that would have skills to teach a class?

If anyone knows somebody that would like to start clipping toe nails again we would be willing to hold that here at the Senior Center.

If you have answers or suggestion for any of the topics above please give Sarah or Debbie a call at 208)522-4357 during business hours. Mon-Fri 10am—2pm

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 OFOctober	
Beading	\$34.00
Bingo / Wed, Fri, Saturday	\$3,708.23
Beading -(Beverage)	\$0
Bridge	\$31.00
Bridge—(Bev Only: Both)	\$1.00
Double Deck Pinochle	\$22.00
Double Deck Pinochle (Bev.)	\$5.00
Fit & Fall Exercise	\$123.00
Pool	\$5.00
Woodcarvers	\$19.00
Mah-Jongg	
Pinochle	\$36.00
Pinochle (Bev Only)	\$10 .00
Woodcarvers (Bev Only)	\$32.00
Rose's Gentlemen's Group	\$138.96
Ladies Morning Coffee	\$68.00
Congregate lunch (Beverage only)	\$1.00
	\$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)

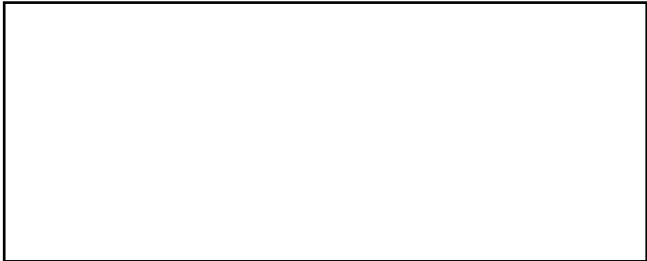
Hours of Operation: Monday - Friday* 9:00 AM - 3:00 PM (MST) *Excluding holidays and other office Closures.)



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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!

