



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
8:30 am - 4:30 pm
Closed some holidays

Telephone: (208) 522-4357
Website: ifscac.org
Circulation: 750

March 1st-National
Peanut Butter DAY!

March 2nd- Dr.
Seuss's Birthday

March 17th- St
Patrick's Day



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



2021
March

We reserve the right
to goof-up
occasionally

New Members Eddie Beckman, Heidi Ann Resendiz, Nancy Willis, Doris-Kathy Anderson, Barbara Albert, Bonnie Dell, Nancy Gibons, Marcia Boyd, Gloria & Doyle Singleton, Lydia Brisciano, Reva Beyler, Carl McKague, Bruce Kidwell, Sandra Crosthwait, Patty Walton, Kris Durham, Lewis & Sue Town, Nancy Nye, William Barrer, Glenda Kidwell, Connie Barrera

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	247.00
Non-Senior Hour	104.00
Board Member Hour	48.00
Work Detail Hours	9.00
<hr/>	
Total Hours	408.00

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 David & Elizabeth Dahl, Ruby Hall, Don Yeager, Maureen Adams, 4 Anonymous
- \$100 - \$250 Eileen Wood, Terese Bonnie, George Campbell, Gary & Mary E. Williams, Terese Bonnie, Rick Dale,
- \$300—\$600 Janet Carpenter,
- \$800-\$2,000 Marie Sovereign, Brenda Nicholson

Thank You!

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

- *High Desert Realtors*
- *Idaho Food Bank Fund c/o Idaho Food— Grant*
- *Collectors Corner— Food Items*
- *Civitan Club of Idaho Falls, Inc.*
- *Community Food Basket— Food Items*
- *Easy Breather*
- *First Evangelical Lutheran Church*
- *Idaho Central Credit Union*
- *INL-Battelle Energy Alliance- Grant*
- *CHC Foundation, Inc.— Grant*
- *The Nicholson Family Foundation*
- *Community Food Basket— Food Items*



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 Noble, John Burnside, William Brotherson, Patrick McCracken, Richard & Marion Myers, Chanse Powell-Senior Solutions, Steve Stowell, Jared and Karen Fuhriman, Don Yeager, Johannah Thompson, Marla Morgan, Tiffany Morris, Whitney St. Michael, Jeffrey Socher, Penny Shawl, Cheryl Steele, Becky Schneider, Moira Solle, Jayden Hunsucker-Alliance Home health & Hospice, Johanna Groh, Shirley & Robert Brosseau, Miriam Cotto, Drew Parks, Brandy Jackson, Leah Squire

COME JOIN THE FUN

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A big THANK YOU goes out to Mayor Casper and the Idaho Falls City Council for selecting the Senior Center as the Mayor's Choice Award for Outstanding Humanitarian. It would not be possible without our 30+ Volunteer drivers, Board Members, and our staff; Director- Valisa, Associate Director- Sarah, Cooks- Pam & Eddie, Drivers; Amy, MJ, Stuart, Gabe, Custodian- Scott. They have been past employees that helped as well, they have moved on in their lives.

Thank you to everyone that has helped us achieve this AWARD!

Would also like to thank the Community for all the donations to help us keep our doors open and the program running. This has been a rough year, but with all the heartwarming thoughtfulness it has made it a happy one.

THANK YOU AGAIN FOR EVERYONE THAT HAS BEEN A PART OF THE SENIOR CENTER.



PROCLAMATION

- WHEREAS,** the COVID-19 pandemic has so far resulted in illness, loss of life, economic distress, concerns over education, product shortages and lockdowns; and
- WHEREAS,** during these many challenging months, Idaho Falls' seniors have had very limited contact with loved ones and have experienced isolation and loneliness as a result; and
- WHEREAS,** it is important to remember that our senior citizens are the crown jewels of our community as their efforts in years past have paved the way for the many economic opportunities and social blessings found in this community today; and
- WHEREAS,** Valentine's Day 2021 is a perfect day to share appreciation and expressions of love and gratitude for senior citizens; and
- WHEREAS,** the *Operation Cupid - Heart to Heart* campaign, created by Senior Solutions and JustServe, hopes to set a record for the number of Valentines created by our community; and
- WHEREAS,** the City of Idaho Falls hopes all residents will join in support of this program and express love and admiration of senior citizens by sending valentines to local senior citizens.

NOW THEREFORE, I, REBECCA L. NOAH CASPER, MAYOR of the City of Idaho Falls, do hereby proclaim February 14th, 2021 as

We Love Seniors Day

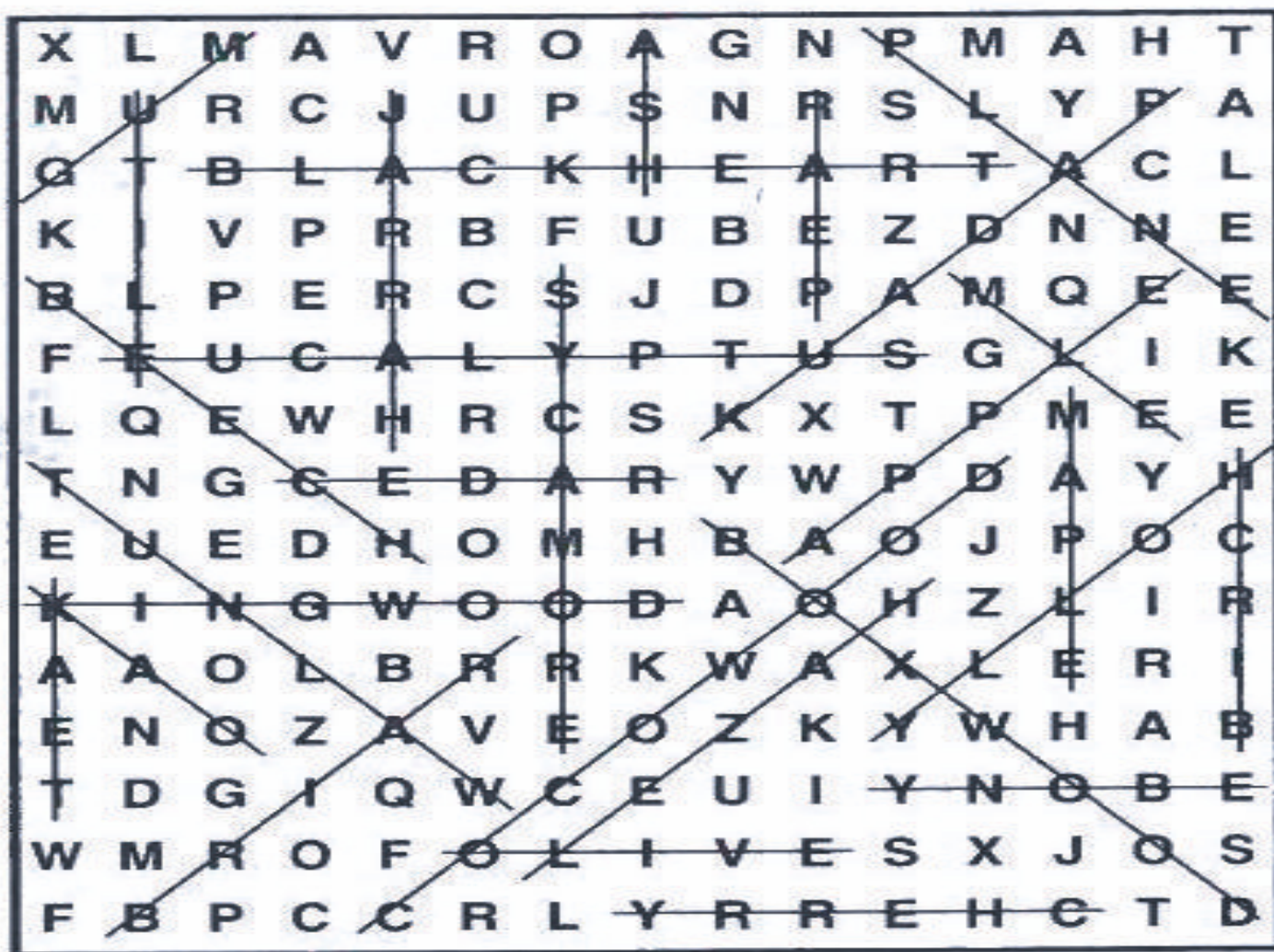
in Idaho Falls and welcome all citizens to join in bringing a little cheer to our beloved senior citizens this Valentine's Day 2021.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Idaho Falls to be affixed on this 3rd day of February, Two Thousand and Twenty-one.


Rebecca L. Noah Casper, Mayor
City of Idaho Falls

PUZZLE 263



Solution from February NL



The world's Most Nearly Impossible Brain Baffler, Sixty-Four



At the end of the soccer season, every player had scored a prime number of goals and the average for the eleven players was also a prime number. No player's tally was the same as anyone else's, and neither was it the same as the average. Given that nobody had scored more than forty-five goals, how many goals did each player score?

Answer is on page 12

You're only young once, but you can be immature all your life.
- Charles Scoggins

Time is the thief you cannot banish.
-Phyllis McGinley,
U.S. Poet and author

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**.

7

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.



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SAND CREEK





LOCAL HELP FOR PEOPLE WITH MEDICARE



Medicare Minute Script — February 2021 Medicare Coverage of Behavioral Health Services

Today we're discussing behavioral health services that Medicare covers. First, let's define behavioral health care. Behavioral health care is an umbrella term that refers to services and programs intended to help diagnose and treat both mental health illnesses and addiction-related issues. Examples of mental health illnesses include depression and anxiety. Examples of addiction-related issues include opioid use disorder and alcoholism. It is important to note that behavioral health conditions are typically not the result of any single event or circumstance. Rather, they tend to be complicated conditions involving multiple factors.

Point 1: Know how Medicare covers outpatient behavioral health services.

Medicare covers outpatient mental health care, such as individual and group therapy, activity therapies such as art therapy, partial hospitalization programs, and annual depression screenings. Medicare also covers outpatient substance use disorder treatment, such as services you receive from a clinic, hospital outpatient department, or opioid treatment program. In order for Original Medicare to cover these services, it is important to see a provider who is Medicare-certified and takes assignment. This is because Medicare will only pay for your care from certain providers, like psychologists and clinical social workers, if they take assignment. You may be wondering what the term "take assignment" means. A provider who takes assignment has agreed to accept Medicare's approved amount for the cost of a service as full payment. These outpatient behavioral health care services are covered by Part B. If you have Original Medicare, you owe a 20% coinsurance for most services after meeting your Part B deductible. For most preventive services, including annual depression screenings, you pay nothing and do not need to meet your Part B deductible. If you have a Medicare Advantage Plan, contact your plan to find in-network providers and learn about costs.

Point 2: Know how Medicare covers prescription drugs for behavioral health treatment.

You can receive prescription drug coverage through a stand-alone Part D plan if you have Original Medicare, or as a part of your Medicare Advantage Plan. You should check before joining a prescription drug plan to ensure that any drugs you need are on that plan's list of covered drugs. The plan's list of covered drugs is called the formulary. While Part D plans are not required to cover all drugs, they are required to cover all antidepressant, anticonvulsant, and antipsychotic medications, with limited exceptions.

Point 3: Know how Medicare covers inpatient behavioral health services.

Medicare covers inpatient behavioral health services that you receive in a psychiatric hospital or general hospital, both for inpatient mental illness treatment and inpatient substance use disorder treatment. Your covered days in a psychiatric hospital have a lifetime limit, but your covered days in a general hospital do not. Medicare covers up to 190 days of inpatient care at a psychiatric hospital in your lifetime. If you have used your lifetime days but need additional inpatient behavioral health care, Medicare may cover your care at a general hospital. General and psychiatric hospitals have the same out-of-pocket costs. After meeting your Part A deductible, Original Medicare pays in full for the first 60 days in your benefit period. After day 60, you owe a daily amount to the hospital. A benefit period begins when you enter a hospital as an inpatient and it ends when you have been out of the hospital or a skilled nursing facility for 60 days in a row.

SHIP National Technical Assistance Center: 877-839-2675 | www.shiptacenter.org | info@shiptacenter.org

SMP National Resource Center: 877-808-2468 | www.smpresource.org | info@smpresource.org

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LOCAL HELP FOR PEOPLE WITH MEDICARE



Point 4: Be prepared to identify and avoid outpatient mental health care fraud.

Outpatient mental health care fraud occurs when Medicare is billed for mental health care services that you did not receive. You can report fraud or errors to your Senior Medicare Patrol, or SMP. Contact information for your SMP is on the last page of this document. Report potential outpatient mental health care fraud, errors, or abuse if:

- You spend the day at a facility playing games or watching TV and Medicare is then billed for group psychotherapy.
- You and other beneficiaries are picked up by a bus or a van, taken out for a meal, and then Medicare is billed for a psychiatric evaluation.
- You see other incorrect charges on your Medicare Summary Notice or Explanations of Benefits, such as mental health services in excess of what you received or that you never received.

Take Action:

1. **Call 1-800-MEDICARE** or your **Medicare Advantage Plan** to find behavioral health care providers in your area. You can also call the Substance Abuse and Mental Health Services Administration (SAMHSA) for additional help finding behavioral health care providers. The SAMHSA helpline number is 1-800-662-HELP (4357).
2. **Contact your State Health Insurance Assistance Program (SHIP)** for help finding local resources and guidance on Medicare’s covered behavioral health services.
3. **Contact your Senior Medicare Patrol (SMP)** if you believe you may be experiencing mental health care fraud, errors, or abuse.

Local SHIP Contact Information	Local SMP Contact Information
<p>Senior Health Insurance Benefits Advisors (SHIBA) toll-free: 1-800-247-4422</p> <p>SHIP email: info@shiptacenter.org</p> <p>SHIP website: www.shiptacenter.org</p> <p>To find a SHIP in another state: Call 877-839-2675 or visit www.shiptacenter.org.</p>	<p>SMP toll-free: 1-877-808-2468</p> <p>SMP Idaho: 208-522-5370 ext. 202</p> <p>SMP email: info@smpresource.org</p> <p>SMP website: www.smpresource.org</p> <p>To find an SMP in another state: Call 877-808-2468 or visit www.smpresource.org.</p>
<p><i>This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.</i></p>	

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Senior Communicator Newsletter

Senior Center Name: Idaho Falls Senior Center

Month: March 2021

MENU SUBJECT TO CHANGE!

1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
Shepards Pie Apple Carrot, Onion, Peas, Peppers MILK Butterscotch Pudding	Mushroom Pork Chops Pineapple Zucchini, Carrots, Broccoli Mashed Potatoes and Gravy MILK	Ghoulash Tropical Fruit Spinach & Tomato Elbow Macaroni MILK Jello	Baked Chicken Thighs Watermelon Coleslaw Potato Wedge MILK Bread pudding	Cold Roast Beef Sandwich Oranges Tomato Slices WG Bread MILK

8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday
Chicken Noodle Soup Banana Carrots, Onion, Celery Crackers MILK	Calico Baked Beans Pears Lima, Kidney, pork & beans Parsley Potato MILK Vanilla Pudding	Pork Tender Fajitas Passion Fruit, & Cranberries Onions, Peppers 5" Flour WG Shells MILK, Sour Cream, & Cheese Rice Crispy Treats	French Dip with Aujus Beef Strawberry French Fries MILK	Tator Casserole Ground Turkey Mandarin Oranges Tator Tots MILK Carrot Cake with Cream Cheese F

15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday
Veal Cutlets Kiwi Broccoli, Cauliflower, Beans Sweet Potato MILK	Chicken & Cheese Quesadilla Fruit Cocktail Avacado, Pepper, Onion, Green C Tortilla MILK, Cheese, Sour Cream Apple Crisp	Corn Beef & Cabbage Green Apples Cabbage Roasted Potatoes MILK Pistachio Pudding	Creamy Pork Casserole Apple Sauce Peas, Carrots, Bell peppers, Tom Egg Noodles MILK Chocolate Pudding	Sliced Turkey with cream gravy Plums Capri Blend, bean, zucc, Squash Potato O'Brien MILK Strawberry Ice Cream

22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday
Fish Sandwich with Tarter Sauce Raisins Beets & Onions Macaroni Salad MILK	Lasagna with Marinara Sauce Cantaloup Broccoli, Cauliflower, Carrots Noodles MILK, Cottage Cheese #REF!	Cabbage pouches Appricots Cabbage Augratin Potatoes MILK Hot Chocolate with marshmallow	Mongolian Mandarin Oranges Broccoli & Cauliflower Steamed Rice MILK Sugar Cookie	Sausage gravy & Biscuits Orange Juice Peppers & Onions Biscuits MILK

29 Monday	30 Tuesday	31 Wednesday	0 Thursday	0 Friday
Turketti with white sauce Oranges Peas, Carrots, Onions, Broccoli Spaghetti Noodles MILK	South Western Salad Orange Juice Red onion, Tomato, & Corn, Lettu Black Beans MILK Sugar Snappes Cookies	Pork Medallions with Mushroom Pineapple Kidney bean, Onion, Celery, Carro Mashed Potatoes MILK Lemon Bars		

Menu Subject Change! In Center Closed to the Public. Opening date is TBD (to be determined)



Recipe: French Bread Pizza

Ingredients: 1 Loaf of French bread, cut in half and then opened up, 1/2 cup of pizza sauce, 1 cup Mozzarella cheese, 1/2 pound of lean ground beef, cooked, 16 slices of pepperoni sliced, 1/2 cup of sweet peppers sliced, 1/4 cup of onions diced, 1/2 cup of Mushrooms sliced, 1 Tblsp of Italian herbs.

Directions: 1. Preheat the oven to 450 2. Line baking sheet with parchment paper or foil. 3. Slice the loaf of French bread in half and then down the middle making four pieces. 4. Spread the pizza sauce over the bread. 5. Top with Italian herbs, Mozzarella and the other toppings. 6. Bake for 10-15 minutes in the preheated oven.

Nutrition Information:

YIELD: 4

SERVING SIZE: 1

Amount Per Serving: CALORIES: 609 TOTAL FAT: 20g SATURATED FAT: 9g TRANS FAT: 0g UNSATURATED : 9g CHOLESTEROL: 80mg SODIUM: 1170mg CARBOHYDRATES: 68g FIBER: 4g SUGAR: 9g PROTEIN: 38g

Nutritional information is approximate due to natural variation in ingredients and the cook-at-home nature of our meals.

The Center is closed to the public and a reopening date is to be determined. You may call the Center for updates. Once the Center opens, in order to comply with social distancing, it will be open limited hours, with limited programs and number of participants allowed in.

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

** Call for an appointment or to sign up
*** Due to the increasing cost of supplies, the Eagle Rock Art Guild will be requesting \$2 per person per Art class to cover Their supply expenses. Classes are limited to 12 people. To ensure enough supplies for Art Classes, please sign up for them at 522-4357. Dead line is Wednesday at 2pm.
**** Play 16 games of bingo for as little as \$3.50

The world's most nearly impossible brain baffle, sixty-four Solution, from page 6
The players scored 5, 7, 11, 13, 17, 19, 29, 31, 37, 41, and 43 goals. Their average was 23 goals.



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13

**Recipe: Green Goddess
Grilled Cheese**

Ingredients: Whole grain bread, Havarti and Mozzarella cheese, Spinach, alfalfa sprouts, avocado, tomatillo or green tomato



Directions: **1.** Add thinly sliced avocado to your first slice of bread, then add one cheese slice. Add the rest of the veggies, then add another cheese slice. **2.** From there, melt butter in a skillet, then fry the assembled sandwiches for about 5 minutes each side. Make sure to closely monitor your sandwich and not crank the heat too high to make sure your sandwich doesn't burn. A great tip for melting the cheese completely is to place a lid on top of the skillet while frying. **3.** Once your grilled cheese is finished, slice in half then serve with your fave sides. I usually serve with ketchup and pickles, and sometimes a side of soup!

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Tiffany Morrison	Life Care Center	
Patrick McCracken	Retired	

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

Thomas Hally	Mayor's Office Liaison
Valisa Say	Executive Director
Sarah Ryner	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. [\(208\) 522-5391](tel:(208)522-5391) Jodi

See you there.....

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
LUNCH 12:00 Noon CARDS 12:30 pm

Rules are on the bulletin board

All Games have a suggested donation
 Or a required donation of \$1.00

Players should be registered
 and at the tables by 12:15 pm

WEDNESDAY PINOCHLE			
	HIGH	2ND	3RD
	HIGH	2ND	3RD
	HIGH	2ND	3RD
	HIGH	2ND	3RD

2ND MONDAY BRIDGE			
	HIGH	HIGH /Tied	2ND
TUESDAY BRIDGE			
	HIGH	2ND	3RD
TUESDAY DOUBLE DECK PINOCHLE			
	High	2ND	3RD

There were no card games. The Center has been closed to the public due to the COVID-19 virus. Hope everyone is well and Staying safe. We cannot wait to see all your smiling faces again soon!!

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.

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AUTUMN TRIVIA

1. What is the first day of fall called?
2. How long does autumn last in the Northern hemisphere?
3. What is a harvest moon?
4. What are the 3 Zodiac signs of fall?
5. What weed pollen causes the most common fall allergies?
6. T/F: On autumnal equinox the number of hours of daylight and darkness are equal.
7. In autumn do you turn your clocks ahead or back?
8. During which month does summer end and autumn begin?
9. Why do the leaves change colour in autumn?
10. Although some varieties are available year round, what fruit is freshest in the fall?

ANSWERS: (1) autumnal equinox (2) mid-Sept to mid-December (3) the full moon which occurs closest to the autumnal equinox (4) Libra; Scorpio; and Sagittarius (5) ragweed (6) True (7) Back (8) September (9) As the leaves lose chlorophyll, their other pigments are exposed. (10) Apples

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: 208-522-5391.**

PLEASE Be Considerate

Snacks are put out for programs, but they are for everyone. Please, enjoy these snacks as you are enjoying the programs, but Please, do not take snacks out of the Center as we cannot incur that cost. **Thank you** for your understanding.

FYI

During the month of January our capable KITCHEN AND DELIVERY PERSONNEL served 192 Take out meals at the center, and produced and Delivered 5268 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 5460)

FREE Skin Cancer Screenings



A preventative reminder that risk factors for skin cancer include:

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

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:

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- Anti-Aging
- Skin Care Products

CALL 208-881-5241

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Daniel Marshall, D.O. | Cameron French, PA-C



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Sarah, Pam, & Gabe receiving Valentine cards brought to us by Chansé Powell from Senior Solutions made by Volunteers. Thank you so much. Our Meals on Wheels Participants loved these cards. It made their day.

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.

Medicare Information

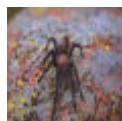


- To learn about Medicare eligibility or to apply, visit www.ssa.gov/medicare/mediinfo.html or call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**).
- If you do not sign up for Medicare Part B (medical insurance) when you are first eligible, or if you cancel Part B and then get it later, 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.

- **Did you know** when lightning strikes it can reach up to 30,000 degrees celsius (54,000 degrees fahrenheit)



- **Did you know** spiders are arachnids and not insects



- **Did you know** each time you see a full moon you always see the same side



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 MAY

Beading	\$0.00
Bingo Wednesday & Saturday	\$0.00
Bingo Wednesday & Saturday (Bev)	\$0.00
Bridge-2nd Monday	\$0.00
Bridge	\$0.00
Bridge—(Bev Only: Both)	\$0.00
Double Deck Pinochle	\$0.00
Fit & Fall Exercise	\$0.00
Hand & Foot	\$0.00
Country Line Dance	\$0.00
Mah-Jongg	\$0.00
Pinochle	\$0.00
Pinochle (Bev Only)	\$0.00
Pool	\$0.00
Spanish Class	\$0.00
Tai Chi	\$0.00
Rose's Gentlemen's Group	\$0.00
Wednesday Morning Coffee	\$0.00
Woodcarvers	\$0.00
Use It Don't lose it	\$0.00
Congregate lunch (Beverage only)	\$0.00
Other	\$0.00
Total	\$000.00

Closed to the public until determined



"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

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!



We are
closed to
the public
until
further
notice!