



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: ifsgccc.org
Circulation: 750



OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



2024
January

We reserve the right to make mistakes occasionally

New Members: Bonnie Dennis, Rebecca Whitworth, Mark Williams, David & Joann Rushton, Kay & Verbeta Edwards, LouAnn Quinton, Christina Pearce, Creig & Judy Nelson, Ruth Acor, Rosemary & Stanley Weaber, Donna Merritt, Carolyn Jenkins, Lynn & Ron Dickmore, Lydia & Frank Paldino, Luann Torres, Kelsey Gerard, Danny Kelsey

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	118.55
Non-Senior Hour	205.36
Board Member Hour	25.50
Work Detail Hours	0.00

—Total Hours

349.41

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— Jack & Jeanne Farnes, Mary

Venhuizen, Don Yeager, Anonymous

\$100 - \$250— C.L. Ilene Parsons, David Olson, Sylvia

Buerkle

\$300—\$700 Clarence Parsons

\$800-\$3,000—Robert Schaefer

Misc.

Thank You!

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

Select Health

United Way of Idaho Falls & Bonneville County Inc.



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

3

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, 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*

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



TIP SHEET

HealthinAging.org

Trusted Information. Better Care.

Walking Tips for Older Adults

Walking is the most popular form of exercise among older adults and it's a great choice.

If it's been a long time since you exercised, you may want to start out slowly. You can start with just 5 minutes and build up to the recommended 30 minutes a day. Your goal should be to get up to taking 100 steps a minute. Remember, the most important thing is to just get started.

► What can walking do for you?

- Strengthen muscles
- Help prevent weight gain
- Lower risks of heart disease, stroke, diabetes, and osteoporosis
- Improve balance
- Lower the likelihood of falling

Take These Steps to Get Walking

Join a walking program or walk with a buddy

Chances are you'll stick with a walking program if you have someone to walk with. Some shopping malls or town parks may have these programs.

The National Institute on Aging's website has many resources for walking and other kinds of physical activity (<https://www.nia.nih.gov/health/topics/exercise-and-physical-activity>).

Wear the right shoes

Comfortable sneakers work well for most people. If you have foot problems, you may want to look into orthopedic shoes or talk to your healthcare provider about how you can continue your walking program.

Don't let a cane or walker stop you

It's OK to use your cane or walker if you already have one. These can improve your balance and help take the load off painful joints.

Aim for the right pace

Try to walk as fast as you can, but still be able to chat with a friend while walking. Aim to work as hard as you do when you climb up the stairs.

Talk to your healthcare provider if you have any problems

Tell your healthcare provider if you have any pain or problems walking. Otherwise, don't let a health problem keep you from getting started. You may feel a little stiff and achy as you start walking, but many people feel better once they start moving!

1

Be Aware of Your Surroundings

Plan to walk during the daytime or in well-lit areas in the evenings. Keep an eye out for uneven surfaces, possible obstacles, and other tripping hazards.

2

Keep Hydrated

Bring a bottle of water (or other low-calorie liquid) with you and be sure to drink plenty of fluids if you sweat.

3

Dress Properly for the Weather

If walking outside, wear layers of clothing so that you can take off a layer if you're hot, or put one on if too cold.

A seed grows with no sound but
a tree falls with huge noise.
Destruction has noise, but
creation is quiet.

This is the power of silence...
Grow Silently.

- Confucius



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NO SNOW DAYS THIS
SCHOOL YEAR**







Answer
key from
Decembe
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A WORLD REPORT
2023-2024

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U.S. News
A WORLD REPORT
2023-2024



FAIRWINDS
SAND CREEK

3310 Valencia Drive
Idaho Falls, ID 83404
208-310-7349

time to break out the snow socks



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.

RECIPE:
Shrimp in
Cream
Sauce



Ingredients:

- 2 Tablespoons butter, melted
- 1/3 cup all purpose flour
- 1 1/2 cups chicken broth
- 1 cup heavy whipping cream
- 1/2 cup minced fresh parsley
- 2 teaspoons paprika
- Salt and pepper to taste
- 2 pounds large uncooked shrimp, peeled and deveined
- Hot cooked noodles or rice

Directions:

1. Preheat oven to 400*. In a small saucepan, melt butter; stir in flour until smooth. Gradually add broth and garlic. Bring to a boil; cook and stir until thickened, 2 minutes. Remove from heat. Stir in the cream, parsley, paprika, salt and pepper.
2. Butterfly shrimp by cutting lengthwise almost in half, but leaving shrimp attached at opposite sides. Spread to butterfly. Place cut side down in greased 13X9-in baking dish. Pour cream sauce over shrimp. Bake uncovered, until shrimp turn pink, 15-18 minutes. Serve with noodles or rice.

Nutrition Facts

1 each: 240 calories, 15g fat (9g saturated fat), 216mg cholesterol, 410mg sodium, 6g carbohydrate (1g sugars, 0 fiber), 20g protein.

Senior Communicator Newsletter

S u n d a y	Monday	Tuesday				S a t u r d a y
	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	
	CLOSED	Fish & Chips Blueberries Salad Jo Jo's Pop Tart	Chic. Fry Steak Pears Cali Blend Mashed Potato & Gravy Pudding	Orange Chicken Mandarin Orange Stir Fry Veg. Brown Rice Cinnamon Rolls	Turkey Goulash Apricots Green Beans/ Corn Garlic Bread Nutri Grain Bar	
	8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	
	BBQ Pork Chops Applesauce Coleslaw Scalloped Potato Roll	Swiss Steak Mixed Fruit Sunshine Carrots & Tomatoes Rice Pilaf Jello	Chicken Patty Sandwich Strawberries French Fries Cupcake Pickles, tomato	Turkey & Gravy Peaches Peas and Carrots Mashed Potatoes Roll	Chef Salad W/ Ham, Turkey, eggs, croutons Banana Cookies	
	15 Monday	16 Tuesday	17 Wednesday	18	19 Friday	
	Chicken Nachos Grapes Olives, Tom, Pico Chips & Beans	Pepperoni & Ham Pizza Plum Salad Peanut Butter Bar	Tuna Sandwich Pears Chips Cake	Turkey Hash Tropical Fruit Fajita Blend	Sloppy Joes Plums Cucumber & Carrot Sticks Banana Pudding	
	22 Monday	23 Tuesday	24 Wednesday	25	26 Friday	
	Hamburger Apple Lettuce, Tomato, Onion, Pickle Fries Cookies	Honey Mustard Chicken Oranges Brussel Sprouts Cheesy Mashed Potatoes	Meatballs Apple Stir Fry Vegie Au gratin Potatoes Garlic Bread	Creamy Garlic Fish Peaches Cali Blend Roll Jello	Ham Mac & Cheese Pears Green Beans Garlic Bread Ice cream	
	29 Monday	30 Tuesday	31 Wednesday			
	Parmesan Chicken Plums Mixed Veggies	Philly Sandwich Pears Fajita Blend Pudding	Chili Tots Apricots Vegetable blend Muffin			

January 2024

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00a MahJongg/ DS 10:00a Rose's Coffee CLOSED	2 10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinocle 12:00p Bridge	3 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	4 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	5 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	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 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinocle 12:00p Bridge	10 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	11 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	12 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	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 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinocle 12:00p Bridge	17 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	18 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	19 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	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 SCCC Ex Brd 10:00a Roses Coffee 10:15a Fit & Fall Exercise 10:30a SCCC Brd Mtg 11:00a Ladies Coffee 12:00p Double deck Pinocle	24 10:15a Bingo 12:30p Pinochle 10:00a Roses Coffee Group	25 10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee	26 10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm	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 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinocle 12:00p Bridge	31 10:00a Roses Coffee Group 10:15a Bingo 12:30p Pinochle			

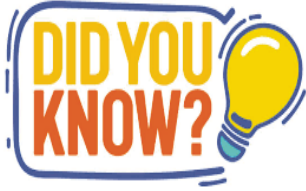
The hours are 10AM to 2PM Monday, Thursday, & Friday. 10AM to 4PM on Tuesday & Wednesday. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

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

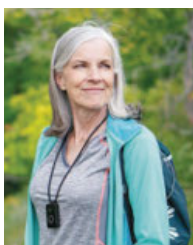
If you would like to start a program call
208) 522-4357 and we will give you the
available times and spaces that are open. You
will be responsible to gather your own
participants to play the games or come
to programs.



Did you know the verse "it's easier for a camel to go through the eye of a needle than a rich man to enter heaven," does not mean a sewing needle? In ancient times those gates had two large leaves and a smaller door called the eye of the needle intended only for the passage of pedestrians. When the large gates were closed, getting a camel through the eye of the needle, it required the camel to shed its load and bend its legs and neck. It was a difficult task that often left scratches. Jesus' teaching was not impossible for a rich man to get into heaven but a reminder that whether you are rich or poor you must shed your burdens, bend your necks in obedience, kneel before God and acknowledge Him that He is the only way to salvation. And on this journey you will get scratches along the way.



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YOUR BOARD OF DIRECTORS

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

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

	Mayor's Office Liaison
Sarah Ryner	Executive Director
	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		
Roy M			
Double Deck Pinochle			
	1st	2ND	3RD

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.



We would like to give a big shout out to the City Of Idaho Falls Community Development Block Grant (CDBG) for approving our grant and helping us replace our ovens and stoves. THANK YOU!! (Pics to the left and below)



Photos from our Pancake Breakfast Success! Thank you to all who volunteered and supported our fundraiser. We appreciate you more than you know. (Pictures below)



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 November your capable **KITCHEN AND DELIVERY PERSONNEL** served **273 meals at the center**, and produced and **Delivered 4,060 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 4,879)***

ADVERTISE HERE
to reach your community



Call 800-950-9952



**INDEPENDENT LIVING
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Idaho Falls, ID 83404
208-522-1591



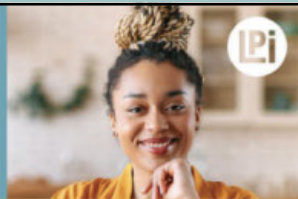
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Weather Closures: Weather Closures: The Senior Center may be closed when School District #91 or #93 closes for inclement weather. Inclement weather includes temperature or wind chill temperature of 20 degrees below zero and/or weather or road conditions which could be dangerous. On days when the School District is not in session, the Center's Executive Director will decide if conditions warrant closure. As always, all television and radio stations will be notified by 6:00 a.m. Thank you for your cooperation.



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	\$10.00
Bingo / Wed, Fri, Saturday	\$3,023.54
Beading -(Beverage)	\$2
Bridge	\$17.00
Bridge—(Bev Only: Both)	\$0.00
Double Deck Pinochle	\$22.00
Double Deck Pinochle (Bev.)	\$5.00
Fit & Fall Exercise	\$114.25
Pool	\$6.00
Woodcarvers	\$19.00
Mah-Jongg	
Pinochle	\$36.00
Pinochle (Bev Only)	\$25 .00
Woodcarvers (Bev Only)	\$24.00 \$32.00
Rose's Gentlemen's Group	\$122.24
Ladies Morning Coffee	\$53.00
Congregate lunch (Beverage only)	\$0.00
	\$0.00
Total	\$3,504.03

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)

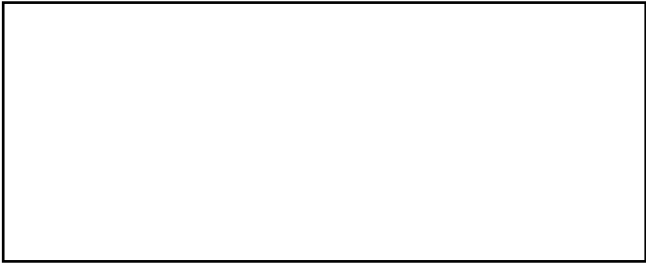
Hours of Operation: Monday - Friday* 9:00 AM - 3:00 PM (MST) *Excluding holidays and other office Closures.)



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SCCC COMMUNICATOR
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
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Permit #155



**The Senior Citizen Activity
Center, Inc.**
Is a United Way Agency. Thanks to you, it continues to work for all of us!

