



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



2024
May

We reserve the right to make mistakes occasionally

New Members: Elaine & William Jensen, LaDawn Lott, Robert & Shirley Chandler, DeAnna Breezee, Del Sprague, Richard Hayes, Thomas Walker, Terry Thornock, Les Packer, Allyn & Dorothy Kyes, Harry & Lorretta Guzelzow, Marvin Johnson, Andrew Allred, Geneal Havens, Jessie Smithies

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	220.05
Non-Senior Hour	162.25
Board Member Hour	37.50
Work Detail Hours	9.53

—Total Hours 429.33
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

\$100 - \$250– Harold & Anne Jones, D.S. & S.O.

Brooks

\$300—\$700—Christian & Brenda Uteley,

Heads&Tails Distillery, Steve Wagner

\$800-\$4,000– Idaho Falls School District #91

(Skyline), United way of idaho falls,

Misc. \$5,000– Eagle Riders

Thank You!

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

Idaho Falls Rotary Club

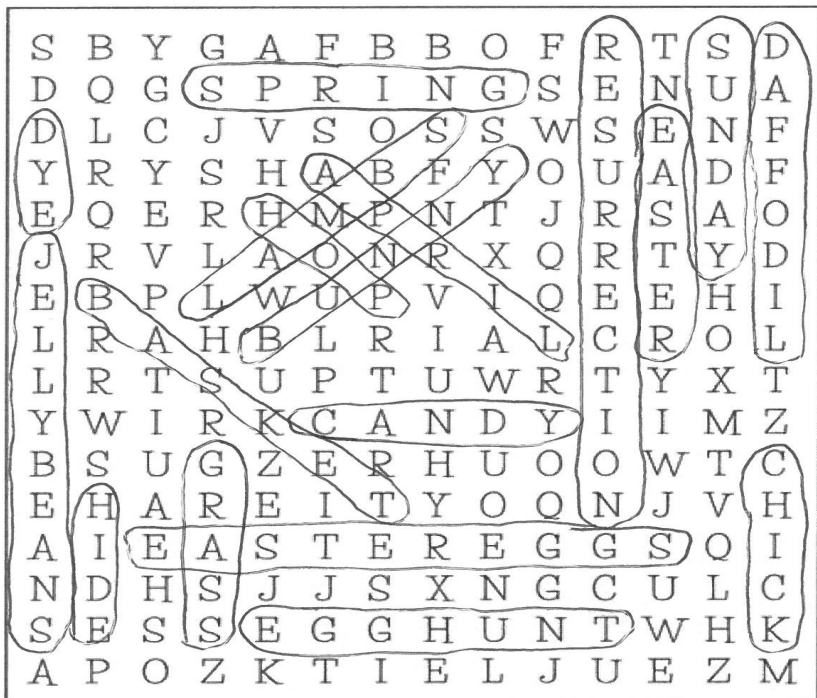


*We want to say thanks to our
VOLUNTEER DRIVERS
for the Meals on Wheels program.*

3

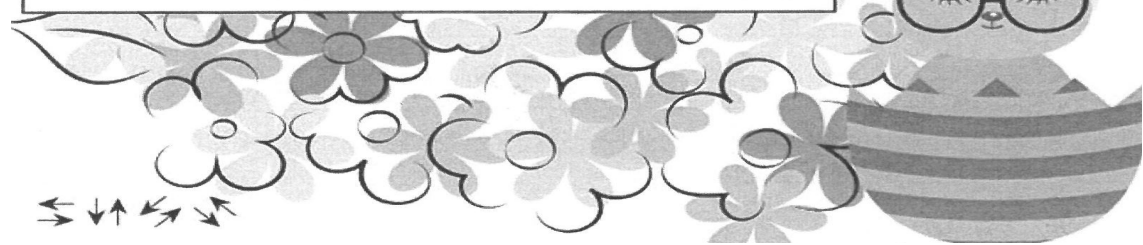
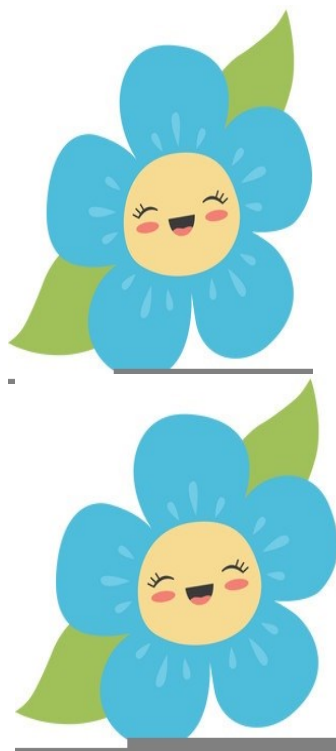
We appreciate so much the way you have opened your hearts to help our seniors and disabled adults. Your willingness to give of your time has enabled us to deliver our meals quicker, more timely and helps make sure that we don't have a wait list. You are a blessing to all.

*Dave Nobles, John Burnside,
Taylor Haderlie, Steve Stowell, Johannah Thompson, Marla Morgan,
Jeffrey Socher, Moira Solle, Bob Schweiger, Jordan Homer, Murmy Cotto,
Hal & Deb Tobin, Don Yeager, Roger Kuhl, David Archer, Robert Pearce,
Kathy Failor, Chris Waddoups, Melissa Knight, Gerald Ondricek.*



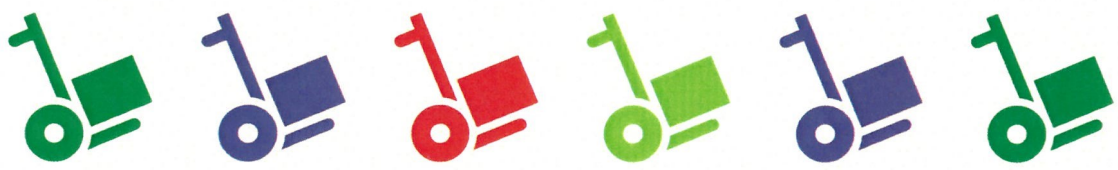
- BUNNY ✓
- LAMBS ✓
- APRIL ✓
- EGG HUNT ✓
- EASTER ✓
- DYE ✓
- RESURRECTION ✓
- SPRING ✓
- CHICK ✓
- BASKET ✓
- DAFFODIL ✓
- HOP ✓
- SUNDAY ✓
- GRASS -
- HIDE -
- JELLYBEANS -
- EASTER EGGS -
- CANDY -

Answer Key for
Aprils Puzzle



We are now accepting donations for the silent auction and pancake breakfast raffle. Help us help you clear out your clutter.

Items needed to stuff baskets, paper filler, tissue paper, any great gifts that need a new home.



Healthy Eating and Alzheimer's Disease

Eating healthy foods helps everyone stay well. It's even more important for people with [Alzheimer's disease](#). Here are some tips for [healthy eating](#).

Buying and Preparing Food

When the person with Alzheimer's disease lives with you:

- Buy healthy foods such as [vegetables, fruits, and whole-grain products](#). Be sure to buy foods that the person likes and can eat.
- Give the person choices about what to eat—for example, "Would you like green beans or salad?"
- Buy food that is easy to prepare, such as premade salads and single food portions.

It may be helpful to have someone else make meals or use a service such as Meals on Wheels America, which brings meals right to your home. For more information, contact Meals on Wheels America at **1-888-998-6325** or www.mealsonwheelsamerica.org.

When a person with [early-stage Alzheimer's disease](#) lives alone, you can buy foods that the person doesn't need to cook. Call to remind him or her to eat.

Maintain Familiar Routines



[Read and share this infographic](#) on making mealtimes easier for people with Alzheimer's.

Change can be difficult for a person with Alzheimer's disease. Maintaining familiar routines and serving favorite foods can make mealtimes easier. They can help the person know what to expect and feel more relaxed. If a home health aide or other professional provides care, family members should tell this caregiver about the person's preferences.

Try these tips:

- View mealtimes as opportunities for social interaction. A warm and happy tone of voice can set the mood.
- Be patient and give the person enough time to finish the meal.
- Respect personal, cultural, and religious food preferences, such as eating tortillas instead of bread or avoiding pork.
- If the person has always eaten meals at specific times, continue to serve meals at those times.
- Serve meals in a consistent, familiar place and way whenever possible.
- Avoid new routines, such as serving breakfast to a person who has never routinely eaten breakfast.

As Alzheimer's progresses, familiar routines and food choices may need to be adapted to meet the person's changing needs. For example, a family custom of serving appetizers before dinner can be preserved, but higher-calorie items might be offered to help maintain the person's weight.

Stay Safe: In the early stage of Alzheimer's, people's eating habits usually do not change. When changes do occur, living alone may not be safe anymore. Look for these signs to see if living alone is no longer safe for the person with Alzheimer's:

1)The person forgets to eat. 2)Food has burned because it was left on the stove. 3)The oven isn't turned off.

Other difficulties, such as not sitting down long enough for meals and refusing to eat, can arise in the middle and [late stages of the disease](#). These changes can lead to poor nourishment, dehydration, abnormally [low blood pressure](#), and other problems.

Caregivers should monitor the person's weight and eating habits to make sure he or she is not eating too little or too much. Other things to look for include appetite changes, the person's [level of physical activity](#), and problems with chewing or swallowing. Talk with the person's doctor about changes in eating habits.

Read about [this topic in Spanish](#). Lea sobre [este tema en español](#).

For More Information About Healthy Eating for a Person with Alzheimer's

NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center
800-438-4380

Make sure you give out some hugs today!

HUGGING

Number of times a
person craves a
hug in a day

13

9.5

Number of
seconds the
average hug lasts

Number of seconds for a
hug to have medical
healing properties

20

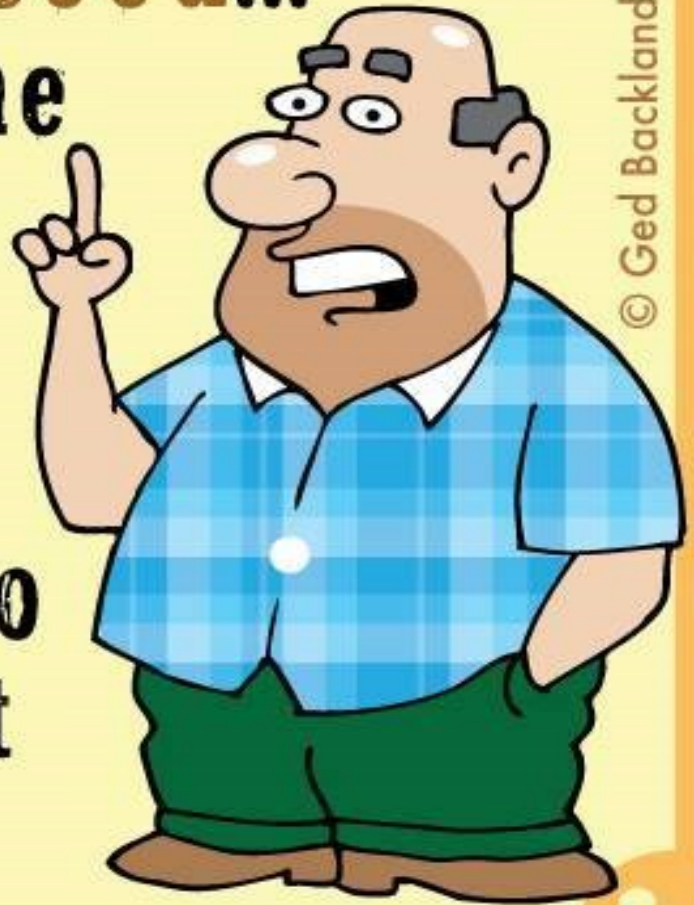
Hug long and hug often.



At the first sight of spring,
the state flower can
be seen blooming on every
roadside.

If at first
you don't **succeed...**
try doing it the
way your
Wife
told you to do
it in the first
place.

aunty acid
auntyacidbingo.com



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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.



Safer Driving May Save You Money



Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

UPCOMING CLASSROOM COURSES NEAR YOU

NEW
CONTENT
ADDED!

TUESDAY, APRIL 30TH

9:00 AM - 4:00 PM

IDAHO FALLS SENIOR CITIZENS
COMMUNITY CENTER
535 W. 21ST STREET
IDAHO FALLS, IDAHO 83402

(208) 522-4357

WEDNESDAY, MAY 29TH

9:00 AM - 4:00 PM

IDAHO FALLS SENIOR CITIZENS
COMMUNITY CENTER
535 W. 21ST STREET
IDAHO FALLS, IDAHO 83402

(208) 522-4357

TUESDAY, JUNE 18TH

9:00 AM - 4:00 PM

IDAHO FALLS SENIOR CITIZENS
COMMUNITY CENTER
535 W. 21ST STREET
IDAHO FALLS, IDAHO 83402

(208) 522-4357

\$20 for AARP members | \$25 for non-members

For more information, visit aarp.org/drive or call **1-888-773-7160**

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Turkey & Bacon Cobb Salad Hardboiled egg Nectarine Dressing & cheese	2 Lasagna Kiwi Green Beans Garlic Bread Jell-O	3 BBQ Chicken Grapes Normandy Blend Vegis Au gratin Tators Roll & Pudding	
	6 Carne Asada Tacos Tropical Fruit Fajita Blend Vegis Rice & Tortilla Flan	7 Orange Chicken Pineapple Oriental Blend Vegis Brown Rice	8 Turkey Hash w/ Egg Strawberries Peas and Carrots Diced Potatoes	9 Sausage & Canadian Bacon Pizza Bananas Mushrooms, Bell Pep., Onion, Olives Fluff Salad	10 Fish Sandwich Peaches Cole Slaw JoJo's Muffin Tartar Sauce	
	13 Sausage & Waffles Eggs Blueberries Cali Blend Vegis Hash Browns Butter & Syrup	14 Philly Cheesesteak Orange Fajita Blend Fries Strawberry Shortcake	15 Chicken Enchiladas w/ Sauce Beans, let., Tom., Oni. Raisins Jell-O Parfait	16 Bacon Egg Sandwich Celery, Onion, Tom. Apples Cookie	17 Turkey Wrap Cantaloup Lett., Onion, Tom. Cheese Dressing	
	20 Hot Turkey Noodles w/ Gravy Apple Sauce Scandinavian Blend Veggies	21 Taco Salad Berries Mexican Corn Salad Lett, onion, Tom. Chocolate Cake	22 Chicken Fried Steak Pears Carrots Mashed Tators & Gravy w/ Roll	23 Biscuits & Gravy Strawberries Onions & peppers Hashbrowns No Bake Cookies	24 Tilapia Florentine Pineapple Spin., Tom., Onion Rice Jell-O	
	27 Chicken Pot Pie Plums Peas and Carrots Muffins	28 Turkey Tot Casserole Honey Dew Tomatoes Rice Krispy Treats	29 Salisbury Steak Watermelon Mixed vegs., Mushrooms Mashed Tators & gravy w/ Roll	30 Loaded Baked Tators w/ Ham & Broccoli Cheese Sauce Blueberries Cookie	31 Hamburger w/Cheese Peaches Lett., Onion, Tom., Pickles Fries	



May 2024

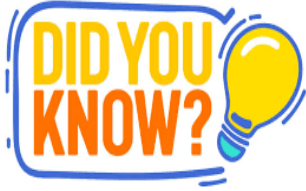
Community

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>10:15a Bingo 12:30p Pinochle</p> <p>10:00a Roses Coffee Group</p>	<p>2</p> <p>10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee</p>	<p>3</p> <p>10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm</p>	<p>4</p> <p>4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm</p>
<p>6</p> <p>10:00a MahJongg/ DS 10:00a Rose's Coffee Group</p>	<p>7</p> <p>10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinochle 12:00p Bridge</p>	<p>8</p> <p>10:15a Bingo 12:30p Pinochle</p> <p>10:00a Roses Coffee Group</p>	<p>9</p> <p>10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee</p>	<p>10</p> <p>10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm</p>	<p>11</p> <p>4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm</p>
<p>13</p> <p>10:00a MahJongg/ DS 10:00a Rose's Coffee Group</p>	<p>14</p> <p>10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinochle 12:00p Bridge</p>	<p>15</p> <p>10:15a Bingo 12:30p Pinochle</p> <p>10:00a Roses Coffee Group</p>	<p>16</p> <p>10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee</p>	<p>17</p> <p>10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm</p>	<p>18</p> <p>4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm</p>
<p>20</p> <p>10:00a MahJongg/ DS 10:00a Rose's Coffee Group</p>	<p>21</p> <p>10:00a Roses Coffee 10:15a Fit & Fall Exercise 11:00a Ladies Coffee 12:00p Double deck Pinochle 12:00p Bridge</p>	<p>22</p> <p>10:15a Bingo 12:30p Pinochle</p> <p>10:00a Roses Coffee Group</p>	<p>23</p> <p>10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee</p>	<p>24</p> <p>10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm</p>	<p>25</p> <p>4:30p Bingo. Doors open at 4:30pm Bingo starts at 6pm</p>
<p>27</p> <p>10:00a MahJongg/ DS 10:00a Rose's Coffee Group</p>	<p>28 *</p> <p>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 Pinochle</p>	<p>29</p> <p>9:00a AARP Safe Driving Class 10:15a Bingo 12:30p Pinochle</p> <p>10:00a Roses Coffee Group</p>	<p>30</p> <p>10:00a Woodcarvers 10:15a Fit & Fall Exercise 11:00a Ladies Coffee</p>	<p>31</p> <p>10:00a Beading 10:00a Rose's Coffee Group 6:00p Bingo doors open at 4pm</p>	

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.



May's full moon, called the Flower Moon, appears on Thursday, May 23 reaching peak illumination at 9:53 a.m. (EDT). It will be below the horizon at this time, so for the best view of this full moon, step outside on the night of the 23rd or the 24th and look for that big, bright, shining lunar disk!



A dry May and a leaking June
Make the farmer whistle a merry tune.
A snowstorm in May
Is worth a wagonload of hay.
Among the changing months, May stand confessed
The sweetest, and in fairest colors dressed!
-James Thomson, Scottish Poet(1700-48)
<https://www.almanac.com/content/month-may-holidays-fun-facts-folklore>

ASTROLOGY – ZODIAC SIGNS



TAURUS

ELEMENT  Earth

RULING PLANET Venus

COLORS Pink, bright green

LUCKY STONES Emerald, Sapphire, Turquoise

CHARACTERISTICS

- Sensual
- Stable
- Stubborn
- Practical
- Productive

 WISHBONIX

ASTROLOGY – ZODIAC SIGNS



GEMINI

ELEMENT  Air

RULING PLANET Mercury

COLORS Blue, gray

LUCKY STONES Magnetic ironstone, Opal, Agate


CHARACTERISTICS

- Versatile
- Witty
- Communicative
- Rational
- Takes pleasure in learning


 WISHBONIX

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**My bed is
a magical
place where I
suddenly
remember
all of the
stuff I was
supposed
to do...**

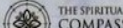


aunty acid
www.facebook.com/auntyacid



If we could look into each other's hearts
and understand the unique challenges each of us
faces, I think we would treat each other much
more gently, with more love, patience,
tolerance, and care.

-Marvin J. Ashton



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-----

Jim Frances	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



Securing today
and tomorrow

Dear Colleague,

It's National Library Week, an opportunity to recognize the ways in which libraries connect our communities and enrich the lives of those they serve. Libraries are a fixture in underserved communities and are often the best place for people in critical need of financial help to access information.

Our Supplemental Security Income (SSI) program provides monthly payments to people who have limited income and resources and are either age 65 or older, or those of any age with a disability or blindness. SSI helps pay for basic needs like rent, food, clothing, and medicine. The basic monthly SSI payment for 2024 is \$943 for one person and \$1,415 for couples. To learn more about SSI eligibility and how your community members can apply, read our publication, Supplemental Security Income (SSI).

Please visit our Outreach Materials for People Facing Barriers for resources and materials that can be shared with people in your community. We encourage you to share these materials widely, through websites, social media, blogs, newsletters, and community boards.

Sincerely,

Dawn Bystry
Associate Commissioner
Office of Strategic & Digital Communications
@SSAOutreach

SSA.gov     

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.



6 Tips for Healthy Aging

Use these 6 tips to remain active and independent as long as possible.

1

Eat & Drink Healthy

Make healthy choices—like fruits, vegetables, whole grains, lean meats, low-fat dairy products, and water.



2

Move More, Sit Less Throughout the Day

Being active can help you prevent, delay, and manage chronic diseases; improve balance and stamina; reduce risk of falls; and improve brain health.

TIP Aim for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activity, like carrying groceries, at least 2 days a week.



3

Don't Use Tobacco

If you use tobacco, take the first step towards quitting by calling 1-800-QUITNOW for FREE help.



4

Get Regular Checkups

Visit your doctor for preventive services, not just when you're sick. This can prevent disease or find it early, when treatment is more effective.



5

Know Your Family History

Share your family health history with your doctor, who can help you take steps to prevent chronic diseases or catch them early.



6

Be Aware of Changes in Brain Health

Everyone's brain changes as they age, but dementia is not a normal part of aging. See your doctor if you have questions about memory or brain health.



For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.



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)**

17

FYI

During the month of March your Capable KITCHEN AND DELIVERY PERSONNEL served 161 meals at the center , and produced and Delivered 3814 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals: 3975)

What do you call a magic dog? A labracadabrador.



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 OFMarch	
Beading	13.00
Bingo / Wed, Fri, Saturday	2552.91
Beading -(Beverage)	7.00
Bridge	4.00
Bridge—(Bev Only: Both)	0
Double Deck Pinochle	8.00
Double Deck Pinochle (Bev.)	8.00
Fit & Fall Exercise	36.00
Pool	11.00
Woodcarvers	8.00
Mah-Jongg	0.00
Pinochle	22.00
Pinochle (Bev Only)	0
Woodcarvers (Bev Only)	0
Rose's Gentlemen's Group	19.00
Ladies Morning Coffee	19.00
Congregate lunch (Beverage only)	0
Total	2707.91

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)

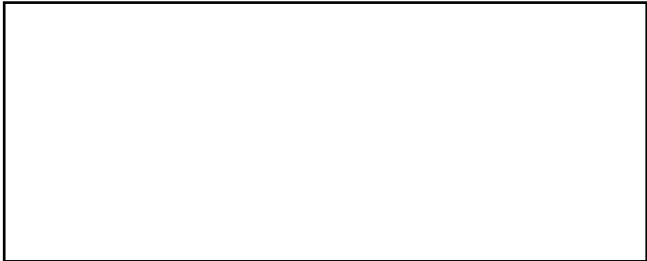
Hours of Operation: Monday - Friday* 9:00 AM - 3:00 PM (MST) *Excluding holidays and other office Closures.)



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SCCC COMUNICATOR
Senior Citizen's Community Center, Inc.
535 West 21st Street
Idaho Falls ID 83402-4528
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Is a United Way Agency. Thanks to you, it continues to work for all of us!

