



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



Starting the month of July with a bang. The Center is OPENING July 1st with limitations. See article on page 9 for details.

OUR
SOCIAL
MEDIA

WEBSITE



FACEBOOK



TWITTER



2021
July

We reserve the right to goof-up occasionally

New Members Robert Schriener, Perry Clegg, Lydia Brisciano, Kim Short, Darla & James Laird, Tammie Harris, Jean Ockernan, Marie Cutler, Sherry Davison, Janet Waters, Ida Ogawa, Ralph Hurzeler, Ralph & Sharon Halstead, Wayne Bonne, Jeanette, Lassfjord, Carla Whitman, Yvonne Lanier, William Summers, Richard Plude, Kathy Kopcho, Joseph & Barbara Stewart, Elizabeth Kindred, Shirley Dwigans

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	174.00
Non-Senior Hour	130.00
Board Member Hour	33.50
Work Detail Hours	0.00
<hr/>	
Total Hours	337.50

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 Pamula Stronks, 3 Anonymous

\$100 - \$250 Jean Adamson, Lala S. Chambers

\$300—\$700

\$800-\$2,000

Thank You!

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

Ammon City of* *Newcomers Club of Idaho

3 Times through month of May Community Food Basket

First Evangelical Lutheran Church* * Fairwinds-Sand Creek

Idaho Falls City of* *Idahoan Foods* *United Way

Idaho Falls Humanitarian Center



VOLUNTEERS
don't necessarily
have the time;
they just have
the heart!



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

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

Dave Nobles, William Brotherson, Patrick McCracken, Richard & Marion Myers,
Chase Powell-Senior Solutions, Steve Stowell, 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, Tyler Peterson,
Shirley & Robert Brosseau, Miriam Cotto, Drew Parks, Brandy Jackson, Leah Squire,
Kristen Keiss-Weitenhagen, Erin Tucker, Beth Anderton,
Derek Baker, Devin Turpin

COME JOIN THE FUN

CALL FOR A TOUR TODAY!



LINCOLN * COURT

INDEPENDENT, ASSISTED LIVING & MEMORY CARE

850 Lincoln Dr, Idaho Falls

208-529-3456

Fully
Vaccinated
Community



Safest Place To Live

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



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

Sudoku Solution
from Junes
Newsletter



Wordoku Solution
from Junes
Newsletter



D	A	F	I	G	H	C	B	E
G	C	B	E	A	D	F	I	H
I	H	E	B	F	C	A	G	D
B	E	D	C	I	A	H	F	G
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A	D	I	G	C	E	B	H	F
E	F	H	D	B	I	G	C	A
C	B	G	A	H	F	D	E	I



I can't be over the hill,
I'm too tired to climb
the FREAKIN' Stairs

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.

SING ALONG

- A CHORUS LINE
- CANDIDE
- MAMMA MIA
- ANNIE GET YOUR GUN
- CATS
- MISS/SAIGON
- ANYTHING GOES
- CHESS
- MY FAIR/LADY
- ASPECTS OF LOVE
- EVITA
- OKLAHOMA
- BRIGADOON
- FAME
- SOUTH PACIFIC
- CABARET
- GODSPELL
- THE KING/AND I
- CAMELOT
- GREASE
- WEST/SIDE/STORY
- GUYS/AND/DOLLS
- HAIR

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



I'm Not sure if life is
passing me by or
running me over.



Continued
on Page 6



Medicare Minute Script — June 2021 Original Medicare and Medicare Advantage Appeals

Today we will discuss how to file an appeal with Original Medicare or your Medicare Advantage Plan.

Point 1: Understand what to do if you are denied coverage for a health care service or item.

If you are denied coverage for a health service or item, you have the right to appeal the decision. An appeal is a formal request for review of a decision made by Original Medicare or your Medicare Advantage Plan. Before you start your appeal, make sure you read all the letters and notices sent by Medicare or your plan. Call 1-800-MEDICARE or your private plan to learn why your coverage is being denied, if the reason was not provided or if you don't understand it. This will help you address the reason for denial in your appeal letter. You can strengthen your appeal by including a letter of support from your doctor that explains why you need the service or item. There is more than one level of appeal, and you have the right to continue appealing if you are not successful at the first level. Be aware that at each level there is a separate timeframe for when you must file the appeal and when you will receive a decision. Make sure to file each appeal in a timely manner, or your appeal may not be considered. If there is a reason you cannot submit your appeal within the timeframe, see whether you are eligible for a good cause extension. We will try to make appeals easy to understand today, but it has many steps. If you wish to appeal a denied claim and have questions about the process, your State Health Insurance Assistance Program, called SHIP, can help.

Point 2: Know how to begin an appeal for an Original Medicare denial.

To find out if Original Medicare has covered or denied the health care services you have received, check your Medicare Summary Notice, or MSN. The MSN is a summary of health care services and items you have received during the previous three months. The MSN is not a bill. MSNs contain information about charges billed to Medicare, the amount that Medicare paid, and the amount you are responsible for. If your MSN says that Medicare did not pay for a service, and you think it should, call your doctor before appealing to make sure that there was not a billing error. Look for the "Services Approved" column and the notes below to find information that may explain the denial. Then, start your appeal by following the appeal instructions listed on the last page of your MSN. Next, send your appeal to the Medicare Administrative Contractor, or MAC, within 120 days of the date on your MSN. The MAC's name and address are listed in the shaded section of your MSN. The MAC should make a decision within 60 days. If your appeal is successful, your service or item will be covered. If your appeal is denied, you can move on to the next level by following the instructions on the MAC denial notice.

Point 3: Know how to begin a pre-service or post-service appeal for a Medicare Advantage Plan.

If your plan denies coverage for a health service or item before you receive it, you can appeal to ask the plan to reconsider its decision. Before you start your appeal, you will need to get an official written decision from your plan, called a Notice of Denial of Medical Coverage. You can start your appeal by following the instructions on the Notice of Denial of Medical Coverage and filing your appeal within 60 days of the date on this notice. You will need to send a letter to your plan explaining why you need the service or item. Your plan should make a decision within 30 days. This process looks a little different **if your plan denies coverage for a service or item that you have already received.** You should receive a written notice from your plan stating

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

Continued
from Page 5



that it is not covering your health service or item. This can either be an Explanation of Benefits, called an EOB, or a Notice of Denial of Payment. This is not a bill. Start your appeal by following the instructions on the notice you received from your plan and file the appeal within 60 days of the date on the notice. Your plan should make a decision within 60 days. If your appeal is successful, your service or item will be covered. If your appeal is denied, you can move on to further levels of appeal by following instructions on the denial notice. Keep in mind that an appeal is different from a grievance, which is a formal complaint that you file with your plan.

Point 4: Know how to report Medicare fraud.

Medicare fraud occurs when someone knowingly deceives Medicare to receive payment when they should not, or to receive higher payment than they should. Committing fraud is illegal and should be reported. Anyone can commit or be involved in fraud, including doctors, other providers, and Medicare beneficiaries. A provider is committing fraud if they bill Medicare for services you never received or bill Medicare for services that are different from the ones you received. Always confirm that you received the services listed on your MSN or EOB. If you think there is something wrong with a bill for a Medicare service, call your doctor, provider, or facility first to check if there was an error. To report fraud, contact your Senior Medicare Patrol (SMP) for help reporting the incident to the proper authorities.

Take Action:

1. **Call your State Health Insurance Assistance Program (SHIP)** for individualized education and assistance regarding Medicare grievances, denials, and appeals.
2. **Call 1-800-MEDICARE or your Medicare Advantage Plan** for more information regarding a denial.
3. **Request a letter from your doctor** in support of your appeal.
4. **Contact your Senior Medicare Patrol (SMP)** to report potential Medicare fraud, errors, or abuse.

Local SHIP Contact Information	Local SMP Contact Information
<p>SHIP toll-free: Senior Health Insurance Benefits Advisors (SHIBA) 1-800-247-4422</p> <p>SHIP email: idahoshiba@doi.idaho.gov</p> <p>SHIP website: doi.idaho.gov/shiba/</p> <p>To find a SHIP in another state: Call 877-839-2675 or visit www.shiphelp.org.</p>	<p>SMP toll-free: 1-800-623-4813</p> <p>SMP Eastern Idaho: (208) 522-5370 ext. 202</p> <p>SMP email: ymortensen@eicap.org</p> <p>SMP website: www.EastIdahoAging.com</p> <p>To find an SMP in another state: Call 877-808-2468 or visit www.smpresource.org.</p>

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.

Eat Fatty Fish

Pretty much everyone agrees that fish is healthy. This is particularly true of fatty fish, like salmon, which is loaded with omega-3 fatty acids and various other nutrients. Studies show that people who eat the most fish have a lower risk of all sorts of diseases, including heart disease, dementia and depression.

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.



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

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(208) 310-7349 • FairwindsSandCreekSeniorLiving.com

A LEISURE CARE PREMIER COMMUNITY



FAIRWINDS
SAND CREEK



6

Pillars of Brain Health

Lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to your brain health.



Physical Exercise Useful Tips for a

Healthy Brain
What's Good for Your Heart is Good for Your Brain. What can add years to your life, help you lose weight, boost your mood, improve your sleep, reduce your risk of heart disease and cancer, keep your bones and your brain healthy? Exercise! Even if you have never exercised, any physical activity is better than none at all.



Food & Nutrition The Mediterranean Way

Research shows that a Mediterranean-style diet rich in fish, whole grains, green leafy vegetables, olives, and nuts helps maintain brain health and may reduce the risk of Alzheimer's disease. Cook and eat fresh food, savor the taste, enjoy dining with family and friends. A Mediterranean regimen is more than just a diet. It's a lifestyle, a way of living well.

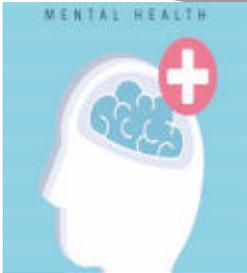
Social Interaction Spend Time with Others

Staying connected with family and friends is important for brain health. Studies show those with the most interaction within their community experience the slowest rate of memory decline.



Mental Fitness Build Your Brain Reserve

You have something called "brain reserve," which helps your brain adapt and respond to changes and resist damage. Your brain reserve begins to develop in childhood and gets stronger as you move through adulthood. People who continue to learn, embrace new activities, and develop new skills and interests are building and improving their brain reserve.



Medical Health Control Risks

A variety of medical conditions are strongly linked to the decline of brain function. Keep your blood pressure and weight at a healthy level, take medication as prescribed, cut down on salt and sugar, keep active and stay socially connected and positive. All of this can help you stay sharp, smart, and increase the vitality and quality of life as you enter your golden years.



Sleep & Relaxation Keys to a Good Night's Sleep

Few things feel better than a good night's sleep. Quality time with the sandman puts us in a better mood and sharpens our brains. It also gives us the energy and the ability to run our busy lives — from exercising to keeping up with our kids to excelling at work.



The Center has plans to open on July 1st, 2021, unless there is a change in COVID cases or CDC Guidelines. We can't wait to see your smiling faces again. There will be some changes. The Center will be opened from 10:00am to 2:00pm Monday thru Friday. Participants will: enter through the front door, need to be vaccinated - you will be required to show your vaccination card, fill out a registration form and get a membership card, if you plan on eating lunch you will need to reserve a meal by notifying the center the day before and have your name placed on a list (Friday for Monday), lunch will be 11:30am to 12:30pm. At this time we do not have scheduled activities due to the changes. You can call the Center closer to July 1st and we may have some activities scheduled.



Senior Communicator Newsletter

Senior Center Name:

Idaho Falls Senior Center

Month:

July 2021

0 Monday	0 Tuesday	0 Wednesday	1 Thursday	2 Friday
			0 Salisbury Steak	Hot Dogs
			0 Plums	Orange Juice, Strawberry
			0 Broccoli, Zucchini, Carrots, Onion	Blue, Red, White Salad, Baked Beans
			0 Mashed Potatoes & Gravy	WG Hot dog Bun
MILK	MILK	MILK	MILK	MILK
			0 Spice Cake with Cream Frosting	

5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday
Swiss Steak	Sweet & Sour Pork	Chicken Nuggets with BBQ Sauce	Turkey Meatballs & Spaghetti	Veal Patties
Apple	Pineapple	Pears	Peaches	Tropical Fruit
Brussel Sprout, Mushroom & Onion	Lima Green, Peas, Corn	Green Bean Casserole	Broccoli, Cauliflower	Glazed Carrots & Onions
Parsley Potato	Wild Rice	Cheesy Hashbrowns	WG Garlic Bread	Mashed Potatoes & Gravy
MILK	MILK	MILK	MILK	MILK
	0 Vanilla Pudding		0 Chocolate Cake	Cookie

12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday
Ham & Navy Beans	Chicken Pot Pie	Scatt Veggie Burger	French Dip with Au Jus	Garlic Rosemary Fish
Kiwi	Cranberry Juice	Pineapple	Cantaloup	Mandarin Oranges
Carrots, Celery, Onion	Peas, Carrots, Mushrooms, Onion	Coleslaw- Tomatoe-Cabbage-Carr	Dinner Salad, Tom, Cuc, Onion, Sp	Zucchini, Yellow Squash, Green Be
Beans	Pie Crust & Mashed potatoes	French Fries	Potato Wedges	Rice Pilaf
MILK	MILK	MILK & Cheese	MILK	MILK
Chocolate Pudding		0 Jello		0 Brownies

19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday
3 Meat Pizza	Stuffed Green Peppers	Hungarian Ghoulash	Chef Salad	Pot Roast
Pineapple	Watermelon	Mixed Fruit	Pears	Appricots
Onion, Olives, 2cups & Dinner Salad	Green Peppers, Onion, Celery	Tomato, Carrots, Peppers, Onion	Spring mix salad, Tomato, carrot,	Carrots, Onions
Pizza Crust	Mashed Potatoes & Gravy	Red potatoes	WG Muffin	Boiled Potato with gravy
MILK & Cheese	MILK	MILK	MILK	MILK
	0 Tapioca Pudding		0 Cupcake	Key Lime Pie

26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday
Pork Fingers	Meatloaf	Ranch Pork Chops	Blueberry Pancakes	Patty Melt
Banana	Apple Sauce	Honey Dew	Blueberries	Grape Juice & Pineapple
Spring Blend	Green Beans, Red Pepper	Southwest Blend, Black Beans, Co	Green & Red Peppers, Onions	Sweet Potato
Augratin potatoes	Mashed Potatoes with gravy	Hot Pasta Salad	Hashbrowns	Rye Bread
MILK	MILK	MILK	MILK	MILK
Vanilla Icecream		0 Bread Pudding	Syrup-Butter-WhipCream	Jello With Pineapple

Menu Subject Change! In Center Closed to the Public. Opening date is TBD (to be determined) We offer take out meals. Need to call day before to be added to list

July 2021

Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00a Wood Carvers/ CR 10:15a Fit and Fall 10:15a Rose's Coffee Group	2 10:00a Beading 10:00a Rose's Coffee Group	3
4 8:00a Closed for Independence Day	5 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	6 10:00a Roses Coffee Group 10:15a Fit & Fall Exercise 11:30a Bridge	7 10:00a Pinochle/DS 10:00a Rose's Coffee Group	8 10:00a Wood Carvers/ CR 10:00a Roses Coffee Group 10:15a Fit and Fall	9 10:00a Beading 10:00a Rose's Coffee Group	10
11	12 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	13 10:00a Roses Coffee Group 10:15a Fit & Fall Exercise 11:30a Bridge	14 10:00a Pinochle/DS 10:00a Rose's Coffee Group	15 10:00a Wood Carvers/ CR 10:00a Roses Coffee Group 10:15a Fit and Fall	16 10:00a Beading 10:00a Rose's Coffee Group	17
18	19 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	20 10:00a Roses Coffee Group 10:15a Fit & Fall Exercise 11:30a Bridge	21 10:00a Pinochle/DS 10:00a Rose's Coffee Group	22 10:00a Wood Carvers/ CR 10:00a Roses Coffee Group 10:15a Fit and Fall	23 10:00a Beading 10:00a Rose's Coffee Group	24
25	26 10:00a MahJongg/ DS 10:00a Rose's Coffee Group	27 10:00a Roses Coffee Gp 10:00a SCCC Ex Brd 10:15a Fit & Fall Exercise 10:30a SCCC Brd Mtg 11:30a Bridge	28 10:00a Pinochle/DS 10:00a Rose's Coffee Group	29 10:00a Wood Carvers/ CR 10:00a Roses Coffee Group 10:15a Fit and Fall	30 10:00a Beading 10:00a Rose's Coffee Group	31

The Center will be open July 1st as of right now we have some programs scheduled, but at different times due to time constraints with new hours. The hours are 10AM to 2PM. The doors will not open until 10AM. No one will be allowed in the building before or after these hours.

All of the programs in the Center are run by volunteers
At times the Volunteer may need to cancel the program.
Thank you in advance for your understanding.
Visit our Facebook page for latest Center activities.
See more info At IFSGCC.ORG

** 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

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on Page 16

Photo by Kahar Erbol on Unsplash



TAKE ADVANTAGE OF YOUR MEDICARE SUMMARY NOTICES

By Yvonne Mortensen, Area Agency on Aging

Are you taking full advantage of all the resources you are eligible for? One resource is your Medicare Summary Notice (MSN). Original Medicare beneficiaries receive an MSN in the mail every three months. It lists all the services or supplies that were billed to your Medicare number during the period. It also details what Medicare paid, and the maximum amount you may owe for each service. If you have a Medicare Advantage or other private insurance plan, you will receive an Explanation of Benefits (EOB) instead of an MSN.

When your notice arrives, Medicare.gov suggests that you carefully compare it to your own records. Be sure that you received all the services, supplies or equipment on the dates listed. If you paid a bill before your notice arrives, verify you paid the correct amount.

If you have a concern with something on your MSN or EOB, here are actions you can take:

- If an item or service was denied, call your health care provider to be sure it was submitted correctly. If not, they can make corrections and resubmit the claim.
- If you disagree with a decision, detailed appeal instructions are on the last page of your MSN.
- Contact your local Senior Medicare Patrol at (208) 522-5370 ext. 202. They can help you contact Medicare or providers as necessary. If there are signs of potential fraud, they can help you get it reported and resolved.

You can access your healthcare billing information at any time by creating an account at Medicare.gov. Take advantage of the information at your fingertips. Make sure your charges are accurate and you have received everything you paid for. You deserve it!

Medicare Part D

Some questions to ask about your prescription drug coverage.



- Are my meds covered?
- Is there a cheaper equivalent?
- Is my pharmacy on the list?
- Is mail-order an option?
- What are my total annual costs?

You can change your drug plan each year.

Contact Senior Health Insurance Benefit Advisors for customized guidance. (800) 247-4422.



On the Flip Side

- ◆ Extra Help for Prescription Costs
- ◆ What's Your Superpower?
- ◆ MSN Detection
- ◆ Subscriber Info
- ◆ Services for East Idaho Seniors

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wclough@lpicommunities.com or (800) 950-9952 x2635



13

Recipe: Broccoli Bacon Salad



Ingredients: 3 Heads of Broccoli, cut into bite size pieces, 1/2 C Shredded Cheddar, 1/4 Red onion thinly sliced, 1/4 c toasted sliced almonds, 3 slices bacon cooked and crumbled, 2 tbsp freshly chopped chives. **The Dressing:** 2/3 c Mayonnaise, 3 tbsp Apple cider vinegar, 1 tbsp Dijon mustard, kosher salt, freshly ground pepper

Directions: 1. In a medium pot bring 6 cups of salted water to a boil, while waiting for the water to boil prepare a large bowl with ice water. 2. Add broccoli florets to the boiling water and cook until tender 1 to 2 min, remove with a slotted spoon and place in the prepared ice water bowl, when cool drain florets in a colander. 3. In a medium bowl whisk to combine dressing ingredients, season to taste with salt and pepper. 4. Combine all salad ingredients in a large bowl and pour over dressing, toss until ingredients are combined and fully coated in dressing, refrigerate until ready to serve.

GENERATIONS INSURANCE
MEDICARE HEALTH PLAN OPTIONS • LIFE INSURANCE

Call today for a NO-COST review of your Medicare health plan options!

208-709-4355



- Medicare Advantage
- Medicare Supplement/Medigap
- Part D Prescription Drug Plans
- Final Expense Life Insurance

Mason Watt— Your local Medicare Advisor • www.generations-insurance.com
2440 Jafer Ct. • Idaho Falls, ID 83404



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Chanse Powell	Senior Solutions	Treasurer
Lew Eaker	Retired Engineer	
Karl Casperson	Bonneville County Sheriff Office	
Jeanie Brady	Good Samaritan	
Alecia Coburn	Lincoln Court Retirement	
Jana Merkley	CEO Greater IF Ass. Of Realtors & Snake River Regional MLS	
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

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

Caregivers Nook

EICAP Caregivers Support Group

A support group for individuals who are caring for loved ones and are in need of information, resources, and support. We cover a wide range of topics such as Safety, Health & Fitness, Self care, Family relationships, Daily care, Respite, Grief & End of life. We meet on the 1st & 3rd Tuesday of the month, from: 12:00-1:30 at EICAP [935 E. Lincoln Rd.](#) I.F. 208-522-5370 ext-203 Jodi (call for zoom information)

See you there.....

Idaho Falls Senior Citizens' Community Center
535 west 21st street
PRESENTS

Also Known as SENIOR ACTIVITY CENTER

COMMUNITY BINGO

Guaranteed minimum

BINGO? In need of Volunteers to run Bingo Program. Call (208)522-4357 if interested.

at 4:30 pm

FUN BINGO on WEDNESDAY MORNINGS
AT 9:45AM - 16 games for as little as \$3.50

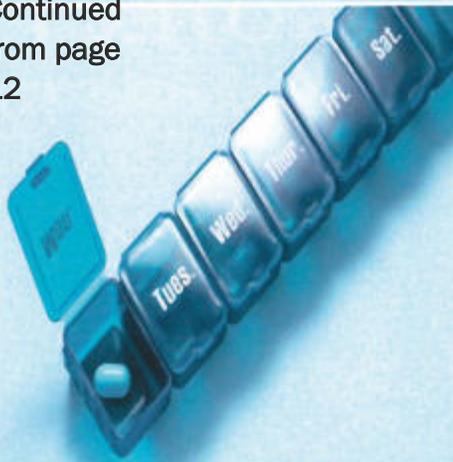
- * FOR EVERYONE - Not just for seniors
- * Must be 18 years old or older to play
- * Win CASH

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

Continued
from page
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Medicare Offers “Extra Help” for Prescription Drugs

Medicare Extra Help is a program that assists with monthly premiums, annual deductibles, and co-pays related to Medicare Prescription Drug costs. Extra Help:

- Eliminates most “donut hole” costs.
- Reduces your monthly premium.
- Cuts the annual deductible.
- Reduces pharmacy copays, even on expensive medications.

You should apply for Extra Help if you have monthly income of \$1,615 (\$2,175 married) and assets of \$14,610 or less. Your home, car, burial plot and \$1,500 for final expenses do not count toward these limits. To see if you qualify, contact Idaho Senior Health Insurance Benefits Advisors (SHIBA) at 1-800-247-4422, or apply at www.ssa.gov.



What’s Your Superpower?

You have a lifetime of skills. Are you great at:

- ◆ Talking to peers?
- ◆ Using technology?
- ◆ Being friendly and sharing information?
- ◆ Understanding insurance bills?

Eastern Idaho Senior Medicare Patrol helps Medicare beneficiaries prevent, detect and report healthcare fraud. Information is shared in many ways, both online and in-person. Your skills can make a difference.

You don’t have to travel to Idaho Falls; ambassadors are needed in your community. Find out more by contacting Yvonne, 208-522-5370 ext. 202.



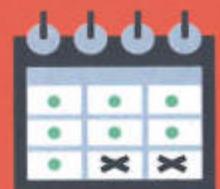
MSN DETECTION

3 Things for You to Look for

✓ PROVIDER LOCATION
Were you billed from a provider in a different city or state?

✓ DATE OF SERVICE
Were you billed for a service on a day you weren't seen?

✓ DUPLICATE BILLING
Were you billed for a product or service more than once?


Subscribe to receive this free newsletter by email or mail. Send your contact information to ymortensen@eicap.org, (208) 522-5370 ext. 202. For more information on services for seniors, call (208) 522-5391 to reach the agencies below or visit www.EastIdahoAging.com.



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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Eat Healthy

The digestive system slows down with age, so high-fiber fruits, vegetables and whole grains are as important as ever. Because seniors are prone to dehydration, they should drink plenty of water to stay energized and sharp.

FYI

During the month of May our capable KITCHEN AND DELIVERY PERSONNEL served 166 take out meals at the center, and produced and Delivered 4,676 meals to home-bound seniors and disabled adults through our Meals On Wheels program (Total meals:4,842)

FREE Skin Cancer Screenings



A preventative reminder that risk factors for skin cancer include:

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

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

Cosmetic Dermatology:

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

CALL 208-881-5241

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



**INDEPENDENT LIVING
ASSISTED LIVING • MEMORY CARE**

4000 S 25th E

Idaho Falls, ID 83404

208-522-1591



morningstarseniorliving.com

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

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 Medicare

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

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 OFNone	
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 Dancing	\$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

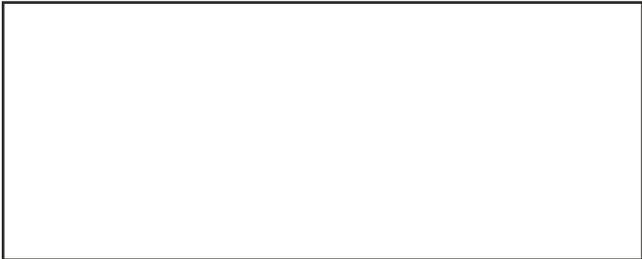


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SCCC COMUNICATOR
Senior Citizen's Community Center, Inc.
535 West 21st Street
Idaho Falls ID 83402-4528

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!

