



NEWSLETTER OF LOVE

If you are caring for someone and need some extra support and information EICAP has your answer. There is a support group for Caregiver's that meets the 1st & 3rd Tuesdays of the month at 12:00 pm. We meet via zoom on the 1st Tuesday and in person on the 3rd Tuesday!! For more information call **Jodi 208-522-5370 ext. 203**



EICAP also has an Information and Assistance line. They can help with Home Maker, Chore, Meals on Wheels, Incontinence supplies, Respite, and more. Give them a call at 208-542-8179 Let us help you lighten the load!!!



Kindness begins with the understanding that we all struggle



Developed by the United States Department of Agriculture (USDA), Commodity Supplemental Food Program (CSFP) improves the health of low-income seniors at least 60 years of age, by adding nutritious food to their diets. Eligible seniors receive a free monthly food box that includes nutrition information and helpful recipes. **To get an application go to your local Food Bank, 245 N. Placer Ave. Idaho Falls/208-524-0994 or 208-524-0980**

Monthly food boxes include a variety of healthy food such as canned meat, fruit, vegetables, juice, cereal, milk, whole grains (like rice or pasta), peanut butter or dried beans, and cheese. **To qualify, you must:**
Be an Idaho resident; Be 60 years of age or older; & have a monthly income that meets the federal guidelines!!



**What do you call it when a group of apes starts a company?
Monkey business!!**

“The happiness of your life depends on the quality of your thoughts!!

Stay safe and Healthy in the Winter: Winterize your home; check your heating systems, inspect, and clean chimneys, and put new batteries in your smoke detectors. Prepare your vehicle; service the radiator & maintain antifreeze levels, check your tires tread, keep gas tanks full, use wintertime windshield washer Fluid, prepare an emergency kit; which includes, cell phone with portable charger & extra batteries, extra hats- coats-blankets, food and water, sand or cat litter for traction,



flashlight, & a first aid kit!! Some of these same suggestions are great to have in the home as well.

Remember: when disaster strikes, the time to prepare has passed!



I love this time of year, the leaves are changing colors, it's not too hot and it's not too cold, the menus are changing so we get to eat a little different, it's time to hang the Halloween things up, then the Thanksgiving decorations out, and finally the Christmas ones come out!! And then we are praying for spring flowers and warmer weather!!



Easy Taco Casserole: Ingredients: 1 lb. burger, 1 onion diced, 1 pkg. taco seasoning, 1 16 oz. can refried beans, 1 16 oz. bag frozen tater tots or you can substitute 1 bag of slightly crushed Doritos in place of the tater tots, 1 14 oz. can petite diced tomatoes drained, 8 oz. shredded cheddar cheese. Directions: Oven 350 Spray 9 x 13 pan w/ cooking spray. Cook burger and diced onion, add in taco seasoning and diced tomatoes, stir and simmer 5 min. Spread refried beans in the bottom of prepared baking dish, now place frozen tater tots on top of beans in single layer or substitute with the crushed Doritos. Spread the meat mixture on top of tater tots/Doritos. Sprinkle with cheese, cover and bake 20 min. uncover and bake an additional 15 min. or 'til cheese is melted. Top with Lettuce, olives, sour cream, salsa, avocado or whatever you're flavor. Serve immediately with a green salad and garlic bread!!



Open Enrollment for a Medicare Health Plan

You can join, switch, or drop a plan between October 15th and December 7th 2022
Call SHIBA (Senior Health Insurance benefits Advisors) at 1-800-247-4422 /
SHIBA.idaho.gov or visit www.medicare.gov

Home heating bills are generally more expensive in the winter. **The Energy Assistance Program** is intended to assist with your primary heat source to offset the extra costs to heat your home in the winter months. The Energy Assistance season is scheduled to run November 1st-March 31st as funding is available. Visit our website for more information at www.eicap.org.

You can APPLY in the following ways: · Online- www.idaholiheap.org / · Return paper applications by: Email - Drop Box outside office - Front Desk - Fax 208-529-3503 / Idaho Falls Office: 208-542-8178 eaif@eicap.org 935 E. Lincoln Rd. - Rexburg Office: 208-356-8849 fsrexburg@eicap.org 275 Stationary Place - Salmon Office: 208-756-3999 fsalmon@eicap.org 955Riverfront Dr., Ste A

