



Welcome to the Center where friends meet...

Senior Activity Center

“The Scoop”

427 North 6th Avenue, Pocatello, Idaho
(Located behind the Idaho Department of Labor on S. 5th St.)

JUNE 2019 Email: senioractivities@ida.net **Website:** www.pocatelloSeniorCenter.com **(208) 233-1212**

Old Town Pocatello - Oldies Rod & Custom Car Show



Fundraising Event for the Senior Activity Center

Saturday, JUNE 8th - 8a.m. to 3p.m.

FREE admission

The Senior Activity Center is pleased to partner with Old Town for the 6th Annual Oldies Rod & Custom Car Show. Stop by the Verizon parking lot and have some breakfast from 8am to 11am. Breakfast cost: \$6 for pancakes, sausage, and orange juice.

Judging of the cars will be from 9 a.m. to 11 a.m. Trophy presentation will be followed by the CAR RAFFLE beginning at 2p.m. Raffle Tickets \$5 each or 3 for \$10 - 2002 Cadillac Deville w/108,812 original miles.

Raffle tickets can be purchased at the Sr. Activity Center or at the day of the event.

You do not have to be present to win!



The Southeast Idaho Senior Games will be from July 12-20, 2019. The event provides participants with opportunities for competition, fun and camaraderie. For more information contact Senior Games at 233-2034.

Inside this Issue

Breakfast menu, Concentrix, SEICOG	2
Menu, Meal Times	3
Birthdays, Upcoming Events, Caregivers	4
Tidbits, Movie	5
Activities	6
Benefits of Quinoa, Recipe, Donations	7
Word Scramble,	8
Summer Safety Tips, Safe Dog Walking	9
Answers to Riddle Me This	10
Chuckles, Advertisers	Various Pages

**HAPPY
FATHER'S
Day!**

June 16th



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Breakfast Menu

One Egg w/Toast - \$1.75	Two Eggs w/Toast - \$2.50	Oatmeal - \$2.00	Oatmeal w/Toast - \$2.75
Two Eggs w/Meat and Toast	\$4.50	Biscuits & Sausage Gravy - Full Order...\$2.50	
Two Eggs w/Waffle or Pancake	\$3.75	Half Order...\$1.75	
One Egg W/Waffle or Pancake	\$2.25	Omelet...\$6.00	Extra Toppings...\$.25
Two Eggs w/Choice: Ham, Sausage or Bacon, Toast or Biscuit	\$4.50	Two Biscuits	\$1.50
Short Stack Pancakes	\$2.25	Bagel w/Cream Cheese	\$2.00
Blueberry Waffles	Small - \$1.50 Large - \$2.00	Hash Browns	\$1.50
Ham, Bacon or Sausage	\$2.00	Hash Browns w/Gravy	\$1.75
French Toast	\$2.25	Toast...\$.75	Coffee...\$.50

Concentrix

The compassion Concentrix employees show to the people at the Senior Activity Center is an inspiration for us all. Concentrix volunteers' actions go a long way when they take the time out of their work morning to come to the Center to interact with our seniors. In May, their employees painted and potted plants with seniors. The company is doing more than being involved with activities at the Center. They are showing that people do care, and that gives us all hope. Thank you Concentrix...we love you!

Connect, Create, Contribute

5/19 US Department of Health's Administration for Community Living

Mental health has an impact on physical health and vice versa. As we age, our physical health may start to decline, and oftentimes that will have an effect on our mental health. For example, older adults with physical health conditions such as heart disease have higher rates of depression than those who are physically healthy.

So how can we eat for our mental health?

- Eat in social situations

As part of connecting, eating around friends or in social situations can boost mental health just by enjoying the company around you. Try inviting a friend over for coffee and breakfast or plan a weekly lunch group to sit together and enjoy a meal with friends or family.

- Eat foods that are satisfying as much as possible

Make sure to eat meals and snacks that you enjoy. Eating foods only for health reasons can be mentally draining. Make sure to incorporate exciting and delicious meals to the mix. Maybe an old family recipe might have to make a reappearance!

- Eat a variety of foods

Eat a variety of foods like fruits, vegetables, whole grains, protein, dairy, and fun foods like ice cream or pastries. Work on listening to your body's hunger and fullness cues to know when to stop eating a certain food. Let's pay extra attention to our physical and mental health.

JUNE Lunch Menu

*8 oz. Milk or coffee
served with all meals*

Tuesday

Wednesday

Thursday

Friday

<p>4 Breakfast</p> <p>Baked Chicken Potatoes Veggie Medley Rice Pilaf Fruit Cocktail Dessert</p>	<p>5 Barry Parker @ 11:30a</p> <p>Beef Fajitas Brown Rice Salad Corn Fresh Fruit Birthday Cake by Quail Ridge</p>	<p>6 Breakfast</p> <p>Salisbury Steak Potatoes with gravy Beets Whole Grain Roll Fresh Fruit Dessert</p>	<p>7</p> <p>Grilled Cheese Sandwich Vegetable Soup Whole Grain Bread Peaches Dessert by Brookdale</p>
<p>11 Breakfast</p> <p>Pork Potatoes & Gravy Spring Veggies Whole Grain Roll Applesauce Dessert</p>	<p>12 Ron Littlefield @ 11:30a</p> <p>Beef Tacos Whole Grain Tortilla Romaine Salad Fresh Fruit Dessert</p>	<p>13 Breakfast</p> <p>Chicken Whole Grain Rice Carrots Fresh Fruit Dessert</p>	<p>14</p> <p>Pulled Pork Whole Grain Bun Green Beans Pears Dessert</p>
<p>18 Breakfast</p> <p>Sweet & Sour Chicken Whole Grain Rice Egg Roll Pears Dessert</p>	<p>19 Michael Corrigan @ 11:30</p> <p>Meatloaf Mashed Potatoes w/Gravy Whole Grain Roll Fresh Fruit Dessert</p>	<p>20 Breakfast</p> <p>Spaghetti w/Meat Sauce Garlic Toast Broccoli Fresh Fruit Dessert</p>	<p>21</p> <p>Beef Casserole Green Beans Romaine Salad Peaches Dessert by Brookdale</p>
<p>25 Breakfast</p> <p>Meatball Sandwich Rice Pilaf Whole Wheat Bun Spring Veggies Fruit Cocktail Dessert</p>	<p>26 Rita Anderson @ 11:30a</p> <p>Chicken Fried Steak Mashed Potatoes w/Gravy Green Beans Whole Grain Roll Fresh Fruit / Dessert</p>	<p>27 Breakfast</p> <p>Beef Enchiladas Rice Refried Beans Green Beans Fresh Fruit Dessert</p>	<p>28</p> <p>Chicken Alfredo Peas Salad Whole Grain Roll Mandarin Oranges Dessert</p>

Breakfast Served:

Tues. & Thurs.
7:15a - 9:30a

The menu is subject to change due to availability

**Be sure to check out our updated website:
www.pocatelloseiorcenter.com**

Lunch Served:

Tues. - Fri.
Noon to 1p

JUNE Birthdays.....



1st	Sharon Gettman Pat Gunter Ernie Montross	11th	Jane Humphrey Deena Packer Paul Sears Quirino "Reno" Torres	21st	Russ Miller
2nd	Nancy Germain Connie McKay	12th	Lilia Garcia	22nd	Echo Mock Paul Sisneros LaRae Wagner Scherryl Tanner
3rd	June Hamilton Angie Hernandez Jerry Jensen	13th	Susan Santillanes Carolyn Hopson	23rd	Carol Barker Deborah Braun Jerald Chambers Jean Fullmer
6th	Bob Kimber Deanne Stoddart Judi Vanderhule Naomi Wilde	14th	Harold Uehling	24th	Patsy Eckert Thelma McCarty
7th	Roger Harrer Diane Moyer Jeff Miller Linda Worthey	15th	Doug Cobia Herman Cornwall	25th	Jean Harris Carolyn Younger
8th	Marie Kearns Robert McCullom	16th	Karen Heiner Gay Jowers Idaho Purce	26th	Diana Munger Aleen Shearer
9th	Rich Johnson Analee Lish Flo Menousek	17th	Darrel Burrows Carol Gold	27th	Merle Hulse
10th	Jim Modica Roger Schow	18th	Anita Valladolid	28th	JoAnn Hobbie Donna Johnston Leland Thomas
11th	Cyndi Colaianni	19th	Marlene Hendricks Patt Jackman Kerry Johnson Adron Parkinson	29th	David Hansen
		20th	Denny Manning Sami Tadehara		

Upcoming Events:

- 1) Senior Games—July 12-20
- 2) August 3rd—Fundraiser Yard Sale
- 3) August 9th —AARP driving classes
- 4) September— Golf Tournament



AARP Driving Class
June 7th
9am-4pm



SEICOG will be sponsoring an amazing training program called Powerful Tools for Caregivers (PTC). The class is FREE and will be held on **Thursday, June 6th** and **Friday, June 7th** from **8 a.m. to 5 p.m.** The training will be held in the Board Room at EICAP in **Idaho Falls**.

How to play golf

"What is your handicap these days?" one golfer asked another. "I'm a scratch golfer. I write down all my good scores and scratch out all my bad ones."

Tidbits about Wanda Burris...

Wanda was born in Clifton, North Carolina. She was raised with two sisters & one brother, who have passed. Wanda met her husband, John, while he was on leave in Maryland. They were together for almost 40 years. She lost John in 2003.



They came to Idaho in 1970 and ran a café and bowling alley for three years. Several years down the road, Wanda and John moved to Lava, where he was the Chief of Police. They later moved to Aberdeen and to Pocatello in 1985. Wanda started a long career working for American Microsystems, Inc. She continued working there for 26 years and retired in 2004.

Wanda has spent her retirement helping friends who were ill. She enjoys working out 5 days a week at Fitness, Inc. She began helping at the center in 2014 with Carrie Dee doing the bake sales. Wanda comes in and wraps silverware for the center. She is happy to help at the center.

Wanda lived in 8 different states on the East Coast before coming to Idaho in 1970. It is home! She has 9 grandchildren, 6 great grandchildren and 7 step grandchildren.



JOIN US for Our

“JUNE MOVIE”

The Sr. Activity Center will be showing a drama/romance this month.

The movie is free, as is the popcorn!

DATE: Tuesday, June 11th

MOVIE: **The Hundred-Foot Journey**

TIME: 1:00 p.m. to approx. 3 p.m.

ROOM: #11

Hassan Kadam (Manish Dayal) is an extraordinarily talented & largely self-taught culinary novice. When he & his family are displaced from their native India & settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory (**Helen Mirren**), the proprietress of an acclaimed restaurant just 100 feet away, strongly objects.

THANK YOU...

Jim Modaci for the vacuum

Jack Buffet for the pancake mix

Listen To Your Doctor

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm.


A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'"...ooh!

In Memory of Francis Cuoio

Ardith Land	\$10
Lisa Mabe	\$20
Rayna Valentine	\$25
Stephen & Marella Bartlett	\$25
Cynthia Bunde	\$200

JUNE Activities

MON	TUE	WED	THU	FRI	SAT
<p>May 27</p> <p style="text-align: center;">Pool & Library</p>	<p>May 28</p> <p><u>Fit'n Fall:</u> 11a <u>Social Bingo</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>May 29</p> <p><u>ZUMBA:</u> 8:30a <u>Hand & Foot:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p</p>	<p>May 30</p> <p><u>Silver Chords:</u> 9:30a <u>Social Bingo:</u> 11:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p</p>	<p>May 31</p> <p><u>ZUMBA:</u> 8:30a <u>Social Bingo:</u> 11:30a <u>Jackpot Bingo:</u> 1p <u>Creative Writing:</u> 1p <u>Dance:</u> DJ Steve Riley 7:30p</p>	<p>1</p> <p style="text-align: center;">Dance to DJ: John Jones 7:30p</p> 
<p>3</p> <p style="text-align: center;">Pool & Library</p>	<p>4 Exec. Brd. Mtg. @ 9:00 a</p> <p><u>Fit'n Fall:</u> 11a <u>Social Bingo</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>5 Barry Parker @ 11:30a</p> <p><u>ZUMBA:</u> 8:30a <u>Hand & Foot:</u> 1p <u>Ballroom Dance</u> <u>Lesson:</u> 1p</p>	<p>6</p> <p><u>Silver Chords:</u> 9:30a <u>Alliance Blood</u> <u>Pressure:</u> 11a <u>Social Bingo:</u> 11:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p</p>	<p>7 AARP </p> <p><u>Driving Class:</u> 9-4 <u>ZUMBA:</u> 8:30a <u>Social Bingo:</u> 11:30a <u>Jackpot Bingo:</u> 1p <u>Creative Writing:</u> 1p <u>Dance:</u> DJ Steve Riley 7:30p</p>	<p>8 Car Show Old Town Pocatello</p> <p style="text-align: center;">Dance to DJ: John Jones</p>
<p>10</p> <p style="text-align: center;">Pool & Library</p>	<p>11 Brd. Mtg. @ 9:00a</p> <p><u>Fit'n Fall:</u> 11a <u>Social Bingo:</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>12 Ron Littlefield @ 11:30a</p> <p><u>ZUMBA:</u> 8:30a <u>Hand & Foot:</u> 1p <u>Ballroom Dance</u> <u>Lessons:</u> 1p</p>	<p>13</p> <p><u>Silver Chords:</u> 9:30a <u>Social Bingo:</u> 11:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p</p>	<p>14</p> <p><u>ZUMBA:</u> 8:30a <u>Social Bingo:</u> 11:30a <u>Jackpot Bingo:</u> 1p Gift Basket by Alliance <u>Creative Writing:</u> 1p <u>Dance:</u> DJ Steve Riley 7:30p</p>	<p>15</p> <p style="text-align: center;">Dance to DJ: John Jones 7:30p</p> 
<p>17</p> <p style="text-align: center;">Pool & Library</p>	<p>18 Attorney @ 10a</p> <p><u>Fit'n Fall:</u> 11a <u>Social Bingo:</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>19 Michael Corrigan @ 11:30a</p> <p><u>ZUMBA:</u> 8:30a <u>Hand & Foot:</u> 1p <u>Ballroom Dance</u> <u>Lessons:</u> 1p</p>	<p>20</p> <p><u>Silver Chords:</u> 9:30a <u>Alliance Blood</u> <u>Pressure:</u> 11a <u>Social Bingo:</u> 11:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p</p>	<p>21</p> <p><u>ZUMBA:</u> 8:30a <u>Social Bingo:</u> 11:30a <u>Jackpot Bingo:</u> 1p <u>Creative Writing:</u> 1p <u>Dance:</u> DJ Steve Riley 7:30p</p>	<p>22</p> <p style="text-align: center;">Dance to DJ: John Jones 7:30p</p> 
<p>24</p> <p style="text-align: center;">Pool & Library</p>	<p>25</p> <p><u>Fit'n Fall:</u> 11a <u>Social Bingo:</u> 11:30a <u>Pinochle:</u> 1p <u>TOPS:</u> 5p</p>	<p>26 Rita Anderson @ 11:30a</p> <p><u>ZUMBA:</u> 8:30a <u>Hand & Foot:</u> 1p <u>Ballroom Dance</u> <u>Lessons:</u> 1p</p>	<p>27</p> <p><u>Silver Chords:</u> 9:30a <u>Social Bingo:</u> 11:30a <u>Fit'n Fall:</u> 11:30a <u>Pinochle:</u> 1p <u>Karaoke:</u> 7p</p>	<p>28</p> <p><u>ZUMBA:</u> 8:30a <u>Social Bingo:</u> 11:30a <u>Jackpot Bingo:</u> 1p <u>Creative Writing:</u> 1p <u>Dance:</u> DJ Steve Riley 7:30p</p>	<p>29</p> <p style="text-align: center;">Dance to DJ: John Jones 7:30p</p>

The Many Benefits of Quinoa

Quinoa is a [grain](#) crop that is grown for its edible seeds. It's pronounced KEEN-wah. In other words, it is basically a seed, which is prepared and eaten similarly to a grain. Quinoa was an important crop for the Inca Empire. They referred to it as the "mother of all grains" and believed it to be sacred. It has been eaten for thousands of years in South America and only recently became a trend food, even reaching super food status. These days, you can find quinoa and quinoa products all over the world. There are three main types: white, red and black.

Following is the nutrient content in **1 cup** (185 grams) of cooked quinoa.

- **Protein:** 8 grams.
- **Fiber:** 5 grams.
- **Manganese:** 58% of the recommended daily allowance (RDA).
- **Magnesium:** 30% of the RDA.
- **Phosphorus:** 28% of the RDA.
- **Folate:** 19% of the RDA.
- **Copper:** 18% of the RDA.
- **Iron:** 15% of the RDA.
- **Zinc:** 13% of the RDA.
- **Potassium** 9% of the RDA.
- Over 10% of the RDA for vitamins B1, B2 and B6.
- Small amounts of calcium, B3 (niacin) and vitamin E.



Quinoa Burrito Bowl

Cook 6 oz **quinoa** according to package directions, adding 1/2 tsp. **chili powder** and 1/4 tsp. **salt**. When done, spoon into **4 bowls**. Top with 1 (15oz.) can **black beans**, drained, rinsed and warmed in the microwave; 1 cup **cherry tomato halves**; 1 diced **avocado** and 1 cup torn **lettuce**. Top with **sour cream** and **lime wedges** for squeezing on top.

D \$10.00 Club

O Linda Thompson
Eli zabeth & Marvin Smith

N \$20.00 Club

A Darrell & Nancy Hill
T Joan Houston
I Theresa Peak
Cass Fonnesbeck

O Other Donations

N James Dykes \$50
S George Oyama
Bob Kimber \$200

Helping Hands Home Health



*"Because there's no
place like home"*

232-2009



Kevin Lish
Mutual of Omaha
Advisors





Word Scramble - desirable traits

1. ernngidnudast _____
2. yrgittine _____
3. ltfuoghuth _____
4. itnlesre _____
5. aivtreec _____
6. nrrkadohiwg _____
7. cseitradeon _____
8. uogecinragn _____
9. nesuegro _____
10. coidentnf _____

Teacher speaking to her Class

Teacher: "Anyone who thinks he's stupid may stand up!"

Nobody stands up

Teacher: "I'm sure there are some stupid students over here!!"

Little Johnny stands up

Teacher: "Ohh, Johnny you think you're stupid?"

Little Johnny: "No... I just feel bad that you're standing alone..."

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Across from Smith's, Next to ISU Credit Union



BROOKDALE
SENIOR LIVING

When you turned 70, did your passions fade? We didn't think so.

Family... Hobbies... Travel

If anything, age strengthens those desires. But, as you get older, you sometimes need a little help. When you are a resident at a Brookdale Senior Living community, we can assist you with the little things.

LIKE: housekeeping, laundry, meals, medical transportation. Getting you more involved in activities you used to enjoy and introducing you to some new ones, plus a great social atmosphere.

Most importantly, we cater to your specific needs. We are staffed with an RN and LPN. So go do the things you love to do and let us help with the rest. We'd love to tell you more, but we've run out of room. Call or email for more information. We would love to schedule a visit, complete with a great lunch.

Call: 208-237-6866 or

Email: sharon.nilson@brookdale.com or
anna.capell@brookdale.com

Enjoying Your Summer - Safety Tips



Summer is just around the corner in Southeast Idaho and there are many safety issues for everyone to remember to ensure their Summer is enjoyable. Here are a few reminders on how to stay safe, especially those who are seniors.

1. **Stay Hydrated:** The standard suggestion is to drink 6-8 glasses of water a day. If spending several hours in the sun, you may want to aim even higher. Invest in a couple of water bottles and challenge yourself to finish them before going back inside or home. Don't depend on your body to tell you when you are thirsty. Be proactive in staying hydrated and make sure it's water. Sodas, coffee, and especially alcohol won't work as good alternatives.
2. **Don't Stay Out for Too Long:** On days where it gets really hot, you should keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day out in the sun. You don't always feel the effect the sun is having on you in the moment, but it can build to something dangerous if you're not careful.
3. **Check the Forecast Before You Go Out:** You don't want to be caught unawares on a 104 degree day. Make sure you know what to expect of the weather before you go out so you can dress appropriately. Don't risk being stuck on a hike far from your car when record temperatures hit in the afternoon.
4. **Keep Sunscreen Where it is Accessible and You'll Remember to Use It:** If you carry a purse, keep your sunscreen in it at all times. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when you need it.
5. **Check the Side Effects of Your Prescriptions:** Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions. It probably won't mean you have to forego outdoor activities, just that you'll need to make extra sure to follow some of the other suggestions on this list to avoid problems.
6. **Use Your Air Conditioning if You Have It:** It costs money, but summer heat waves can have serious consequences for seniors. Making sure you're reasonably comfortable and safe in your own home is worth it. If you don't have an air conditioner, consider buying one. The Low Income Home Energy Assistance Program may help if the cost is prohibitive.
If you don't have A/C in your home and can't find a way to afford it, take trips in the hottest part of the day to the mall, the movies, or the closest library. You can take advantage of their A/C for a little while before heading back home when the day starts to cool down.
7. **Know the Early Signs of Heat Related Illness:** You should be prepared for the worst just in case. Review the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water, shade, or some time inside in air conditioning. It's better than a trip to the emergency room.

Lisa Jolly, Alliance Home Health & Hospice

Dog Walking Safety

Consider the Risks:

- ◆ In 2017, 4,400 senior citizens needed medical treatment for injuries associated with walking a dog
- ◆ Hip injuries account for the highest share of fractures
- ◆ Almost 79% of fractures occur in older women

Safety Tips:

- ◆ Walk your dog in daylight
- ◆ Don't use too long a leash (your dog may run around you and trip you)
- ◆ Prepare for walks by wearing good sturdy walking shoes



Southeastern Idaho Public Health Department

Senior Activity Center
427 N. 6th Ave.
Pocatello, Idaho 83201

Office Hours

Monday: 9:30am-1:30pm

Tuesday & Thursday: 7:15am-5:00pm

Wednesday & Friday: 8:00am-5:00pm

Word Scramble Answers:

- | | |
|------------------|----------------|
| 1. understanding | 6. hardworking |
| 2. integrity | 7. considerate |
| 3. thoughtful | 8. encouraging |
| 4. listener | 9. generous |
| 5. creative | 10. confident |

Concern Form:

When a concern arises, we encourage the public to utilize the concern form, located in the South entrance on the wall.

Scoop Subscription:

If you would like to have the Scoop delivered to your home, please check with the office to be sure we have your address **OR** provide us with your e-mail address, if you would prefer to receive it on-line. The subscription runs Jan. to Dec. for \$1 per month.