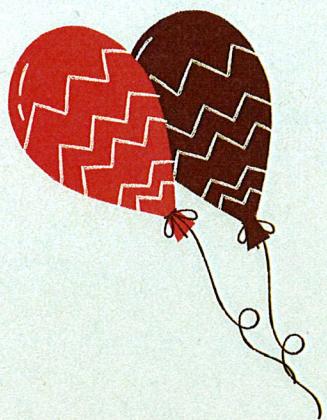


In recognition of all those  
born in December



Happy  
Birthday

Join us Wednesday, December 3  
Serving Cake With Lunch  
Dining Room at 11:30AM

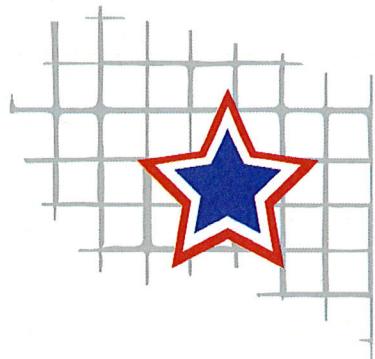
Sponsored by



**HERITAGE**  
—Home Health & Hospice—

This will be on the first Wednesday of every month.

Join us for  
**COFFEE WITH  
VETERANS**



SENIOR ACTIVITY CENTER  
427 N 6TH POCATELLO, ID 83201

**DECEMBER** | **10<sup>th</sup>** | **10 AM**

WITH RESPECT, HONOR, AND GRATITUDE  
SYMBII LOOKS FORWARD TO OUR TIME  
TOGETHER WITH EACH OF YOU.



# POKY4PARKYS

December 2025

Newsletter

## Monthly Events

### Support Group Meeting

December 10 at 3:00 pm at the /Senior Activity Center 427 N 6th (2nd Wednesday) Rm 6.

### Social Luncheon Activity

December 13 at Hilda Sinceros home (2nd Saturday)

## Weekly Exercise

**Monday** at 5:00 pm at River of Life Church 1211 S 5th Physical Therapist led exercise class

**Tuesday** and **Thursday** Group exercise class - variable . 9:30 am at Senior Activities Center.

**Wednesday** at 11:00 am Brain and Body Exercise class at the Senior Center

**Friday** at 6:00 pm therapeutic dance class at ISU building 48, 777 Memorial Dr (in the Cafeteria)

## For Information

Spencer, Kris, or Dean at (208) 2444-0048 or [poky4parky@gmail.com](mailto:poky4parky@gmail.com)

### From SICOG, Cara Christensen

For our December support group meeting on the 10th at 3:00 pm. Cara Christensen, an Information and Assistance Supervisor at Southeast Idaho Council Of Government (SICOG). She works on Elderly programs and will be telling us about the things that her group does for the Senior population.

## Monthly Events

We encourage everyone to be aware of and participate in our monthly activities. This month Hilda Sisneos will be our host for a Pot luck luncheon on the 13th, at noon at her home 485 Juliette Way. In Chubbuck. It is a good time to socialize with your fellow Parkys. We enjoy a lunch and then spend time playing games and other activities and visiting.





**SYMBII HOME HEALTH AND HOSPICE  
IS PLEASED TO SPONSOR**

○ ○ ○

**BLOOD PRESSURE CLINIC**

○ ○ **TUESDAY, DECEMBER 23**

**11AM -12PM**

Pocatello Senior Activity Center

○ ○ ○



# Toilet Talk

## What is Cardiovascular Disease?

Heart disease describes a range of conditions that affect the heart. Heart disease includes:

- Blood vessel disease, such as coronary artery disease.
- Irregular heartbeats, called arrhythmias.
- Heart conditions that you're born with, called congenital heart defects.
- Disease of the heart muscle.
- Heart valve disease.

One type of heart disease is coronary artery disease, which is a common heart condition that affects the major blood vessels that supply the heart muscle. A buildup of fats, cholesterol and other substances

in and on the artery walls usually cause coronary artery disease. This buildup is called plaque. The buildup of plaque in the arteries is called atherosclerosis (ath-ur-o-skluh-ROE-sis). Atherosclerosis reduces blood flow to the heart and other parts of the body. It can lead to a heart attack, chest pain or a stroke.



You might not be diagnosed with coronary artery disease until you have a heart attack, angina, a stroke or heart failure. It's important to watch for heart symptoms. Talk with your healthcare team about any concerns. Heart disease can sometimes be found early with regular health checkups.

Get emergency medical help if you have these heart disease symptoms:

- Chest pain.
- Shortness of breath.
- Fainting

Always call 911 if you think you might be having a heart attack.

For more information, visit the American Heart Association.

## How to Prevent and Identify Heart Disease

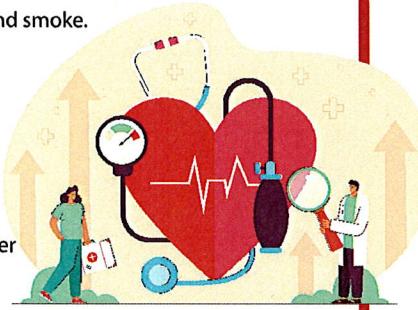
Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will affect the rest of your life.

### Healthy Heart Choices

- Choose a healthy eating plan low in saturated fat, trans fat, and sodium. Shape your diet around fruits and vegetables, fiber-rich whole grains, fish, nuts, legumes, seeds, lower-fat dairy products, and skinless poultry.
- Stay active and exercise.
- Find a healthcare professional and have regular wellness exams.
- Be physically active.
- Do not smoke, and avoid secondhand smoke.

### Warning Signs of a Heart Attack

- Pain or discomfort in the chest
- Lightheadedness, nausea, or vomiting
- Jaw, neck, or back pain
- Discomfort or pain in arm or shoulder
- Shortness of breath



### Warning Signs of a Stroke

- Sudden numbness or weakness in the face, arm, or leg- especially on one side of the body
- Sudden confusion or trouble understanding speech
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no cause

**SOLVE**

**Arrest**  
—  
**You're**

**DEAL**

*Flying High*

# GrinWell for You



# FREE

DENTAL PROGRAM FOR  
ADULTS AGES 18+

## WHAT SERVICES ARE COVERED?

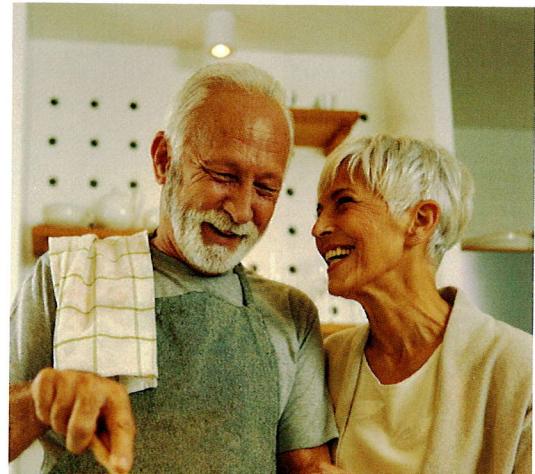
**Up to \$1,850 in FREE dental care including:**

- Cleanings
- Fillings
- Dentures and denture repairs
- X-rays
- Extractions
- Full listing available

## TOO GOOD TO BE TRUE?

- Adults age 18+
- No existing dental benefits (including Medicaid)
- No hidden fees, surprises, or agendas

We simply want you and others in the community to have the best health possible.

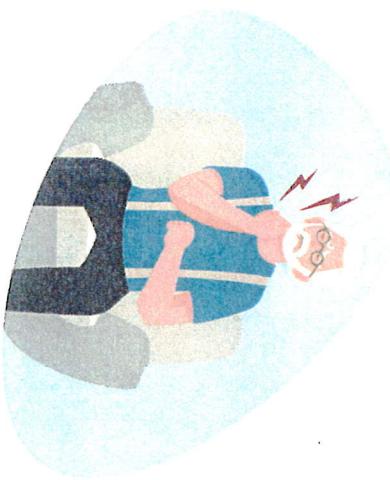


## HOW DO I APPLY?

If you are an adult 18+, please call

# Age 50 and older? Get the shingles vaccine!

Shingles is a painful skin rash caused by the same virus as chickenpox. Here are three things to know:



## Your risk increases with age.

1 in 3 adults will develop shingles. If you had chickenpox earlier in life, you are at risk for developing shingles.

## Shingles can be serious.

For many people, shingles symptoms are mild, but others may develop more severe symptoms like intense or long-lasting pain.

## It's preventable!

The shingles vaccine is more than 90% effective at preventing the disease, and it's recommended for most adults age 50 and older.

Talk with a doctor and learn more at [www.nia.nih.gov/shingles](http://www.nia.nih.gov/shingles).

# Common Symptoms of a **Cold**, the **Flu**, and **covid-19**

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills	✓	✓	✓
Headache	✓	✓	✓
Muscle pain or body aches	✓	✓	✓
Feeling tired or weak	✓	✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓	✓	✓
Cough	✓	✓	✓
Shortness of breath or difficulty breathing	✓	✓	✓
Vomiting and diarrhea	✓	✓	✓
Change in or loss of taste or smell	✓	✓	✓



National Institute  
on Aging

\*Symptoms may vary based on new  
COVID-19 variants and vaccination status.



# MONTE VISTA HILLS HEALTHCARE CENTER

## ABOUT US

Monte Vista Hills Healthcare Center is a skilled nursing and rehabilitation facility in Pocatello, ID, that offers both short-term and long-term care for a range of medical needs.

## INSURANCES ACCEPTED

- MEDICARE
- BLUE CROSS
- MOLINA
- UHC
- TRIWEST/VA
- MEDICAID
- REGENCE
- OPTUM

## SERVICES WE PROVIDE:

- ✓ 24/7 ON-SITE NURSING
- ✓ PHYSICAL THERAPY
- ✓ OCCUPATIONAL THERAPY
- ✓ MEDICAL TRANSPORTATION
- ✓ DINING SERVICES
- ✓ WOUND CARE
- ✓ MEDICATION MANAGEMENT
- ✓ SPEECH THERAPY

## MORE INFORMATION :

- 208-233-1411
- [MONTEVISTAHILLS.COM](http://MONTEVISTAHILLS.COM)
- 1071 RENEE AVE  
POCATELLO, ID  
83201



CALL US TODAY TO  
SCHEDULE A TOUR

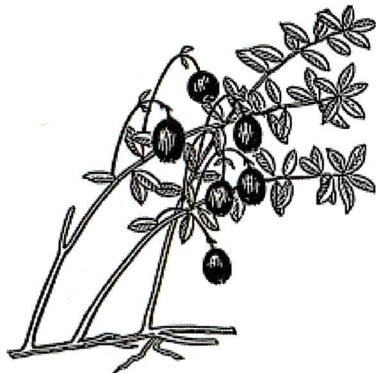
## December 2025 Nutrition Article

Winter is here! Along with the holidays, snow, and hot cocoa come many viruses, coughs, and colds. Please help us reduce the spread of germs with proper handwashing. National Handwashing Awareness Week is **December 5-11**. According to the Center for Disease Control and Prevention (CDC), the following steps can help keep everyone healthy this winter season

- Wash hands with soap and water for at least 20 seconds
  - Singing the song, "Happy Birthday" is at least that long
- Dry your hands using a clean towel or air dry them
- Wash hands before food preparation, before eating a meal, after using the restroom, after sneezing/blowing nose, after leaving a public space, etc

### What's in season during December?

- Brussel Sprouts - wash clean, slice in half, drizzle with olive oil, salt & pepper. Bake at 375 degrees for 30 minutes on a lined baking pan. Delicious!
- Cranberries, Kale, Green Beans, Broccoli , and Oranges



### Easy Citrus Cranberry Sauce

- 1 package of fresh cranberries (usually sold in 2 lb bags), washed clean
- ½ cup granulated sugar - Feel free to adjust to preferred taste
- ½ cup water
- 1 fresh orange ; juice and peel or zest

Bring water and sugar to a light boil, add cranberries and let sit for about 5 min, just until they begin to burst open. Turn off heat and mix in orange juice and zest. Let cool and enjoy! Store in an air-tight container in the refrigerator for 7-10 days.

\*Feel free to add your own "mix-ins" i.e. raisins, cinnamon, ginger, etc.

### FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. **Ask your center staff for details today!**
  - Please reach out to our site for help with the following:
    - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
    - Food resources - Food banks, pantries, programs, etc.
    - Menu planning and recipe ideas
    - Budgeting





# Calcium & Vitamin D

## A Perfect Combo!

### Calcium

Calcium is an important mineral that helps your heart and muscles function. It also supports your nervous system and helps hormones to function in your body. Calcium builds bones when you are young and keeps your bones healthy and strong as you age. Almost all the calcium in your body is in your bones and teeth.

Your body relies on a calcium-rich diet to get all the calcium it needs. If you do not eat enough calcium, your body may begin to pull calcium from your bones. If this happens often, your bones may weaken and can break.

### Vitamin D

Vitamin D is a vitamin that helps your body absorb calcium. It is important for bone growth. Calcium and Vitamin D work together to help prevent bone loss. They also help to build bones and muscles, which keep you strong, balanced, and independent at home! Together they work to maintain the strength of your teeth. Calcium and Vitamin D also work with other minerals to prevent your bones from becoming weak.

It is important to eat foods that are rich in calcium and Vitamin D. Talk to your health care provider or dietitian to see if supplements are right for you.



## BEST FOOD SOURCES

### Calcium

Dairy (Milk, Cheese, & Yogurt)  
Leafy Greens  
Lentils and Beans  
Almonds  
Fortified Foods and Beverages

### Vitamin D

Fatty Fish (Salmon, Tuna, & Trout)  
Mushrooms  
Egg Yolk  
Fortified Foods and Beverages  
Vitamin D Milk

## My Daily Needs

### Calcium

- Women: 1,200 mg
- Men: 1,000 mg (70 & under); 1,200 mg (71+)

### Vitamin D

- 15 - 20 mcg

Sunshine is  
good for you!



Sun exposure is a key Vitamin D source. Your skin makes Vitamin D from the sun and can store it in your body for when you need it.



# Vitamin B12 and you

## Vitamin B12 is an Important Vitamin

Vitamin B12 helps to support nerve function and build healthy blood cells.

Vitamin B12 is also important to keep other parts of your body healthy, including your heart, eyes, bones, hair, nails, and skin.

As you age, it is normal for your body to not absorb Vitamin B12 as well as it once did. It can be common for an older adult to have low levels of Vitamin B12.

## Stay Healthy as You Age

It is important to make sure you are eating rich sources of Vitamin B12 in your diet. You can prevent low levels of Vitamin B12 by eating a healthy, balanced diet.

Vitamin B12 is naturally found in a lot of food sources and can be added into other fortified foods.

Eat a diet that includes a variety of Vitamin B12 foods, including low-fat dairy, lean proteins, and fortified grains.

Talk with your health care provider or dietitian to determine if Vitamin B12 supplements are right for you.



If you take Vitamin B12 supplements, make sure you talk to your health care provider or pharmacist about how it may interact with other medicine you take.

## FOODS RICH in Vitamin B12

MEAT  
(beef & lamb)



DAIRY  
(milk, cheese, & yogurt)



SEAFOOD  
(fish & shellfish)



fortified CEREAL



POULTRY  
(chicken, turkey, and duck)

