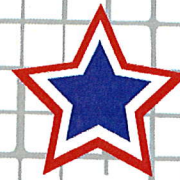


*Join us for*  
**COFFEE WITH  VETERANS**



**SPONSORED  
BY:**

**symbii**  
home health and hospice

**SENIOR ACTIVITY CENTER  
427 N 6TH POCA TELLO, ID 83201**

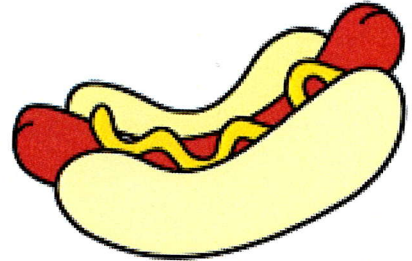
**JULY | 9<sup>th</sup> | 10 AM**

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



## July 2024 Nutrition Article

National Hot Dog month is in July! Hot dogs offer anywhere from 9-15 grams of protein (depending on the brand). They can be prepared via grilling, boiling, or steaming. This affordable summer staple can be very versatile in the kitchen, used for breakfast, lunch, and dinner. They can be dressed up to offer us a variety of nutrients, let's get creative!



- Menu item ideas:
  - Diced with scrambled eggs, onion, & tomato
  - Wrapped in a tortilla served with salsa
  - Served over bean or meat chili, cheese, & onion
- Possible hot dog toppings:
  - Finely diced red onion, tomato, peppers, and relish
  - Crumbled bacon and shredded cheese
  - Mayonnaise, teriyaki sauce, sesame seeds, and shredded seaweed
  - \* There are now vegetarian options also, plant based dogs →

## Seasonal foods in June?

- Mangos
- Avocados
- Blueberries
- Cucumbers
- Tomatoes (early harvest)

## Potato or Macaroni Salad

- 2 cups cooked pasta of choice OR boiled potatoes, diced
- 1/3 cup mayonnaise
- 1/4 cup sour cream



- 2 hard boiled eggs, peeled and diced
- 1/3 cup celery, diced
- 1/3 cup black olives, diced
- 1/3 cup green onion, finely sliced
- 1/3 cup pickle, diced
- 2 Tbsp mustard
- 2 Tsp dried dill
- Pepper to taste

In a large bowl add in all listed ingredients, stir well. Garnish with paprika. Refrigerate for at least 3 hours so flavors can settle. Garnish with paprika, enjoy as a side or main dish!

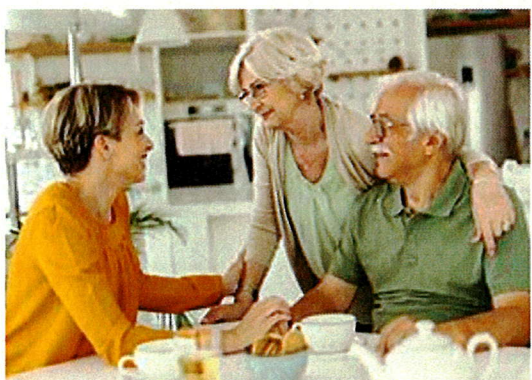
### **FREE NUTRITION COUNSELING**

- 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, budgeting, and recipe ideas



# Powerful Tools for Caregivers

Powerful Tools  
FOR Caregivers



**Attend this valuable free  
6-part workshop  
for family caregivers!**



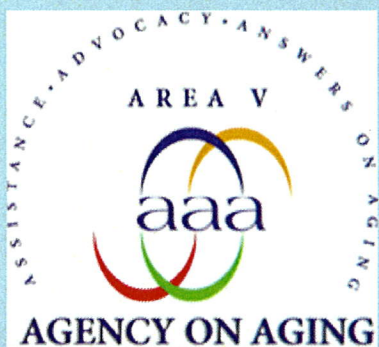
- Learn strategies
- Reduce stress
- Give yourself credit-not guilt

Learn strategies to reduce stress, communicate well, and navigate family dynamics while making tough decisions. Build confidence in your decisions as you learn effective problem-solving skills and connect with helpful resources. Learn to give yourself credit, not guilt. You don't have to do it alone.

## Powerful Tools for Caregivers

**Sponsor: Area V Agency on Aging**

**Please call 208-233-4032  
for more information for classes**





# Toilet Talk

## For the Best Vacation, Don't Skip Out on Health & Safety

You circled the dates on your calendar **months ago**, and now it's finally time — vacation! Your playlist is ready to roll and you're itching to get on the road. Maybe you're heading to the mountains, the theme park or a fast-paced city. Or perhaps you're off to explore foreign lands.



cal health. But keep in mind that too much fun can be bad for your health.

Vacations allow us to loosen the reins a bit and take a break from our normal routines. That means we have new adventures, try new foods, sip on drinks with little paper umbrellas and explore new places. Vacations are good for us, says Brooks Gump, PhD, MPH, a public health researcher at Syracuse University **who has studied the effect of vacations on our health.** "Not having an actual vacation year-to-year is associated with an increased risk in mortality."

But wherever you're headed, Gump advises easing in to your vacation. Studies show that people prone to heart disease are at an increased risk of having a heart attack **within the first two days of arriving at their destination.** The risk is likely related to vacation travel stressors combined with unfamiliar surroundings, which can also increase your risk of injuries, he says.

"The best recommendation is to take it **easy the first couple days** until you're acclimated," he says. And along with that, don't be afraid to pull the plug on work. That will allow you to truly relax because

there's no way they can get ahold of you." Your mental health will thank you.

### Pack Your Better Judgment

Ready for your vacation? Have fun, but don't take a break from common sense. Vacationers can sometimes indulge in things they haven't tried before, like ziplining, skydiving or deep-sea diving. That can be exciting, but no matter what kind of recreational activity you try, listen to safety instructions and follow the rules.

That means if you're on the water, make sure to wear a life jacket. If you'll be traveling by car, take it in for an inspection before hitting the road. Traveling with children? Make sure they're buckled up in age- and size-appropriate car seats, booster seats or seat belts. Will your plans include bicycles or motorbikes? Great, but helmets are just as vital on vacation as they are at home.

It's also important to know the risks of the places you're visiting. If you're vacationing on an island or coast, look up hurricane and tsunami risks and ask about evacuation routes. If you're heading for a hike in the woods, check the weather and **wildfire** forecast and tell someone where you're going.

Taking the time to be careful can mean the

difference between spending your vacation relaxing under a beach umbrella or lying in a hospital bed.

### Try Not to Overindulge

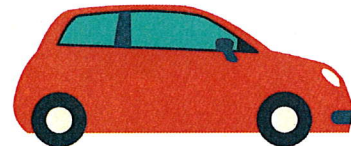
Stepping away from the everyday can mean less healthy meals, interrupted sleep routines and skipped exercise.

If you're just bending your rules for just a little while, it shouldn't make too

**much of a difference** in the long run. Just be sure not to go overboard. A less-healthy you isn't one of the souvenirs you want to bring home from your vacation. Here are some tips that can help you stay healthy on your time off:

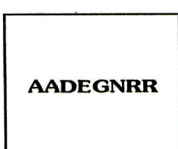
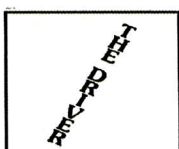
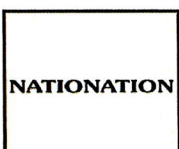
- **Don't forget to hydrate.** Besides making you feel better, it can help with constipation issues that many people have when traveling.
- **Find the veggies:** There are veggies on all those menus. Look for ways you can add them into your meals as an appetizer or side dish.
- **Eat your starchier, heavier or bigger meals** for lunch and make dinner more protein- and veggie-focused.
- **Mind your alcohol intake.** You don't want to miss that once-in-a-lifetime sunrise because you've overimbibed.
- **Watch your step.** Falls and trips are some of the most common vacation injuries. Pack comfortable, sturdy shoes and pay attention to where you're going.
- **Keep things active.** Add in movement whenever you can. If you're in a city, walk from place to place — make it fun and track your steps. If you're on a beach, go for long walks during the day, and add in some **swimming.** If your resort offers yoga, try it out. If the area is bike-friendly, rent a bike for an afternoon or day.

There are so many ways to work in movement on vacation that have nothing to **do with the gym.** And finally, have fun, take lots of pictures and be in the moment.



For healthy travel tips visit [cdc.gov/travel](https://www.cdc.gov/travel).

SOLVE



SOLUTION: UNITED NATION - TIP THE DRIVER - ARRANGED IN ALPHABETICAL ORDER

Provided by:

 **Southeastern Idaho Public Health**  
[siphidaho.org](https://www.siphidaho.org)  



# Drink To Your Health

Your body, including your heart, kidneys, and blood needs water each day to function. Fluids keep your body hydrated and working well.

## TIPS to Drink More Water

- 1 **CARRY A WATER BOTTLE WITH YOU AND REFILL IT OFTEN**
- 2 **CHOOSE WATER OVER OTHER BEVERAGES**
- 3 **ADD FRESH FRUIT OR HERBS (LEMON, LIME, RASPBERRIES, MINT) TO ADD A HINT OF FLAVOR TO YOUR WATER.**

refreshing!

### Water Helps Your Body...

- ◆ Feel full and keep your hunger cues on track.
- ◆ Keep a normal body temperature.
- ◆ Protect your joints.
- ◆ Get rid of waste through urination, sweating, and bowel movements.
- ◆ Protect your spinal cord and other sensitive tissues.



**Are you staying hydrated?**  
See the next page to learn more!



# SNAP Factsheet

## Guide for Idahoans Aged 60+

The Idaho Hunger Relief Task Force offers free and confidential SNAP application assistance!

### ELIGIBILITY

To be eligible for SNAP benefits, you must:

- Be a citizen or legal resident
- Be an Idaho resident
- Meet household income limits
- Have assets less than \$5,000

### ENROLLMENT

SNAP applications are available on the Idaho DHW's website. Once you complete your SNAP application, submit it to the Idaho DHW.

- **Call:** 877-456-1233
- **Email:** mybenefits@dhw.idaho.gov
- **Mail:** Self-Reliance Program P.O. Box 83720, Boise, ID 83720
- **Visit:** Local SNAP office

You should be prepared to provide identification, proof of income, proof of all expenses, and citizen or immigration status (if applicable). Once the Idaho DHW completes its review of your SNAP application, the DHW will contact you to complete an interview. Should you receive benefits, they will be delivered to you via an EBT card with funds reloaded monthly.

### MONTHLY GROSS INCOME LIMIT

HOUSEHOLD SIZE	INCOME
1	\$1,632
2	\$2,215
3	\$2,798
4	\$3,380
5	\$3,963
6	\$4,546
7	\$5,129
8	\$5,712
EACH ADDITIONAL MEMBER	+\$583

AS OF OCTOBER 2024

### SPECIAL RULES FOR APPLICANTS AGED 60+

- Even if your household's gross income is above the monthly income limit for your household size, you may still be eligible if your net income after allowable deductions is below the limit.
- You may deduct allowable medical expenses that are more than \$35 a month, as well as some excess shelter costs.
- If your household consists entirely of elderly members, your household is not subject to work requirements to receive SNAP benefits.
- If you are a resident of federally subsidized housing for the elderly, you may still be eligible for SNAP, even if you receive your meals there.
- You must also meet all general eligibility requirements.





# How to Apply for SNAP (food stamps)



1

## Text "Food" to 74544\*

Answer a few questions about yourself and mRelief will let you know if you likely qualify for SNAP.

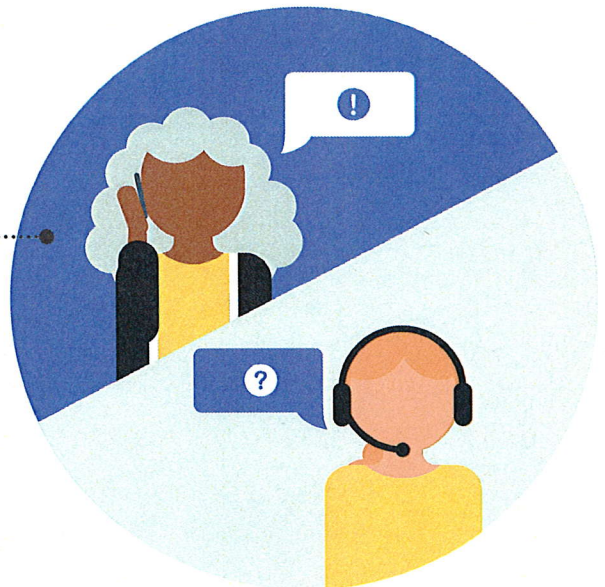


You can also visit  
 [snap.mrelief.com/IHRTF](https://snap.mrelief.com/IHRTF)

2

## Apply with Assistance

We'll send you a link to schedule a call for someone to assist you with applying over the phone.



\*Data and text messaging rates may apply. You don't need a smartphone to screen or apply. Visit [mrelief.com/terms](https://mrelief.com/terms) and [mrelief.com/privacy](https://mrelief.com/privacy) for more information on our terms and policies.