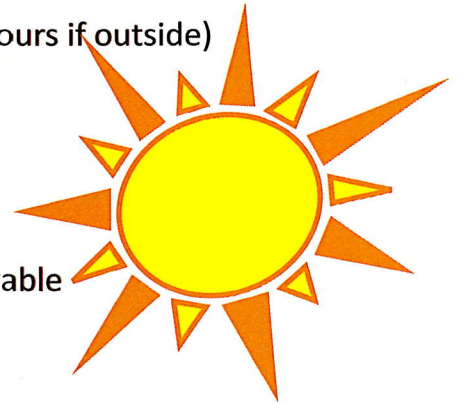


June 2025 Nutrition Article

June weather is approaching, and with that comes extended sun exposure, potential sun burns, and dehydration

- Tips to safely enjoy the sun this summer:
 - Apply sun lotion, and REAPPLY often (every 2-3 hours if outside)
 - Wear protective eye coverings
 - Sun hats with a large brim
 - Sunglasses or goggles when swimming
 - Wear light layers
 - Light weighted layers that are easily removable
- Stay hydrated with plenty of water!
 - 8 cups per day recommended (at least)
 - Flavor water with:
 - Cucumber slices
 - Berries
 - Lemon or lime

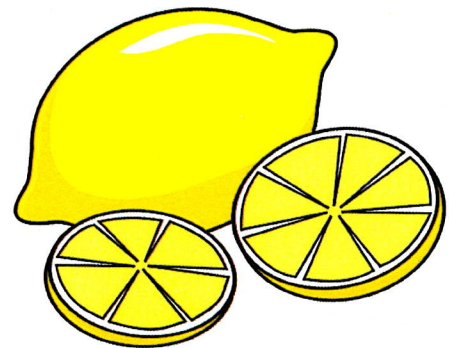


Seasonal foods in June?

- Mangos
- Strawberries
- Watermelons
- Cucumbers

Seafood Ceviche

- 2 cups shrimp; cleaned, cooked, and diced
- 1 cup imitation crab, diced (optional)
- ½ cup tomato, diced
- ½ cup cucumber, diced
- ½ cup red onion, diced

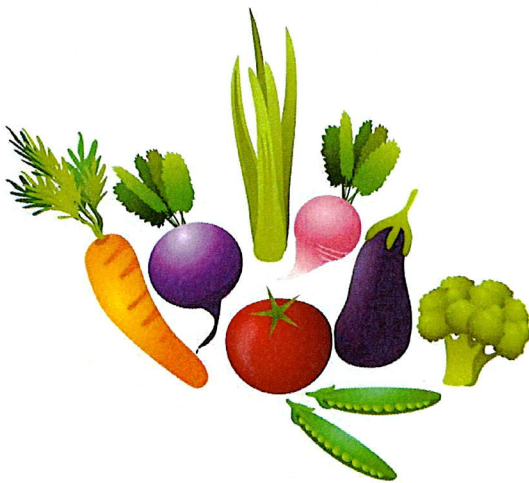


- ¼ cup jalapeno, seeded and diced
- ¼ cup of cilantro, minced
- ¼ cup lime or lemon juice
- Salt and pepper to taste

In a large bowl add in all listed ingredients, stir well. Refrigerate for at least 3 hours so flavors can settle. Serve with tortilla chips or crackers, enjoy! Optional toppings or mix-ins: V-8 vegetable juice, sliced avocados, pickled jalapenos, diced mango, 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, budgeting, and recipe ideas



COOKING FOR ONE

Are you cooking for just one, or maybe two people? Use some of these ideas to prepare healthy and quick meals with limited waste.



Plan Ahead

- Before grocery shopping, list what food items are available in the freezer, refrigerator and pantry that could be used in your menu.
- Create a meal plan for the week to include food items available.
- Create a grocery list to supplement foods you already have.
- Buy large portions of meat products if you have the space to store in the freezer. Divide them into individual portions to freeze for later use.



Fill it up

To easily create meals, consider filling up your freezer and pantry with staple food items to use in your favorite dishes.

Freezer

- Leftovers
- Individual chopped ingredients
- Meat products - in individual servings

Pantry

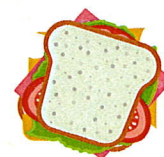
- Canned vegetables
- Rice, pasta
- Canned meat and beans

Reinvent Leftovers

Add variety and interest to your menu. Start with a simple ingredient such as cooked chicken breasts. Cook more than needed for one meal. Later in the week, create different meals using chicken breasts such as:

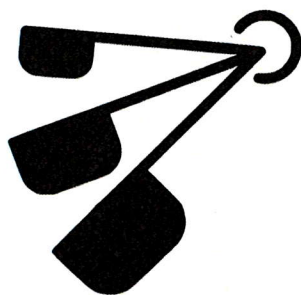


chicken salad
burrito bowl
chicken fried rice
quesadilla
toasted sandwich
soup



Reduce Recipes

If the freezer is full of leftovers, try reducing your favorite recipe by half.



Full recipe

1 cup	1/2 cup
3/4 cup	6 Tablespoons
2/3 cup	1/3 cup
1/2 cup	1/4 cup
1/3 cup	2 Tablespoons & 2 teaspoons
1/4 cup	2 Tablespoons
1 Tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

Half recipe

Easy Meal Ideas

Stuffed baked potato	Pasta	BLT
Omelet or eggs	Casserole	Pizza
Salad	Grilled Cheese	Tuna/Egg/Chicken Salad
Fried rice	Mac & Cheese	Meatloaf
Chili	Soup	Sandwich

For more recipes and ideas visit:

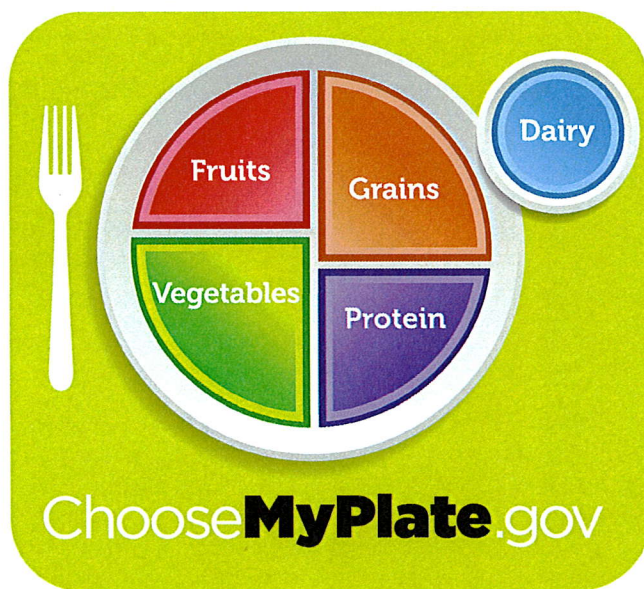
<https://cookingmatters.org/recipes>

<https://www.foodhero.org/healthy-recipes>

<https://onedishkitchen.com/cooking-for-one-recipes/main-dish/>

Nutrition is Important

- Buy produce of varying ripeness. Use the most ripe fruits and vegetables first, saving the others for later.
- Buy frozen vegetables and use only what you need for one meal. Place the rest back in the freezer in a tightly sealed bag.
- Plan to have fruits and vegetables at every meal.
- Balance your plate and monitor portion sizes.
- Don't forget to drink water throughout the day. Limit sugar sweetened beverages.



Common Serving Sizes Per Meal

Fruit - 1 cup

Vegetables - 1 cup

Grains - 1/2 cup or 1 slice bread

Protein - 2 1/2 - 3 ounces

Dairy - 1 cup

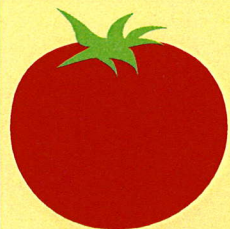


Focus on making half your grains whole grains. Vary your source of protein with meat, fish, beans and legumes. Keep your plate colorful with different fruits and vegetables.

GLEANERS

FARMERS MARKET SHOPPING TIPS

- Purchase produce that is in season.
- Talk with vendors at the farmers' market and find out what will be available the next time you come. Use this information to plan your purchases.
- Buy only what you need for that week, so produce does not go to waste.
- Consider canning or freezing produce if you purchase more than you can eat in a short time.
- Plan to prepare or store produce safely, so it will be available when you need it.



PRODUCE TIPS AND TRICKS

Buying Produce

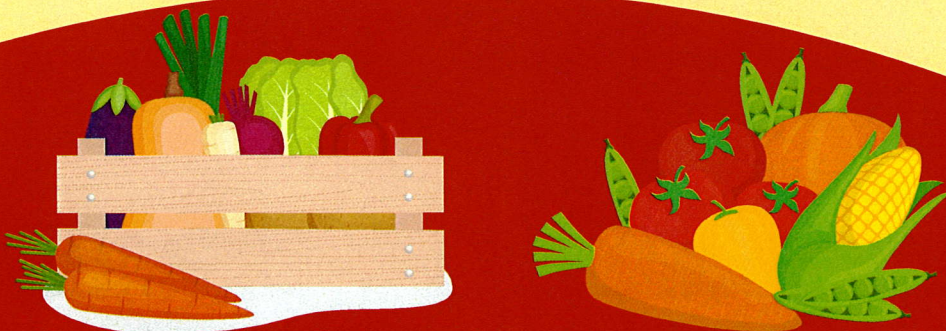
- Keep produce separate from meat, poultry, and seafood when packing them to take home.
- When buying pre-cut produce, make sure it is stored in a cold environment or on ice at the market.
- Inspect produce for quality – choose produce that is not bruised or damaged.

Storing Produce

- Store produce properly. Produce that requires refrigeration should be stored at 40 degrees Fahrenheit. Some produce must be stored in a dry, cool location.
- Refrigerate all pre-cut produce at home.

Preparing Produce

- Cut away any damaged areas on the produce before preparing or eating.
- Wash all produce under running water before preparing or eating. Do not use soap or detergents.
- Even if you do not plan to eat the skin, wash the produce before you peel so no bacteria get under the skin when peeling.
- Use a produce brush on firm produce.
- After washing produce, dry with a clean cloth or paper towel to avoid contamination with bacteria.



FARMERS' MARKET RECIPES

Garden Frittata

From the North Carolina Expanded Food and Nutrition Education Program

INGREDIENTS

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red potatoes
- 1/2 tablespoon olive oil
- 1 bunch Italian kale, or other kale variety (approximately 6 oz)
- 1/4 cup chopped onion
- 1/2 red bell pepper (chopped)

DIRECTIONS

1. Beat eggs, pepper, and salt in large bowl, set aside.
2. Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: cube potatoes and boil 5 minutes until slightly soft, drain)
3. Chop remaining vegetables while potatoes cool. Mix vegetables together.
4. Heat oil in a 10-inch non-stick skillet. Sauté vegetables for 5–8 minutes; add to eggs and mix well.
5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8–10 minutes.
6. Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160°F.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org



FARMERS' MARKET RECIPES

Baked Zucchini

From Eat Smart Move More North Carolina

Ingredients

- 4 medium zucchini, sliced into 1/2-inch rounds
- 2 ounces part-skim mozzarella cheese, shredded
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley flakes

Directions

1. Preheat oven to 350°F.
2. Cover the bottom of a baking dish with half the zucchini. Sprinkle with half of the cheese, garlic powder and parsley. Repeat with a second layer using the remaining ingredients.
3. Bake until cheese is melted and lightly golden, about 10 to 15 minutes.



For more recipes, tips and information visit www.ncfamilieseatingbetter.org

FARMERS' MARKET RECIPES

Souful Greens

From FruitsandVeggiesMoreMatters.gov

Ingredients

- 1/2 cup reduced-sodium chicken broth
- 3/4 cup water
- 2 pounds collard greens, washed, stems removed and chopped
- 1½ cups red onions, sliced
- 1 clove of garlic, minced
- 1/4 cup orange juice
- 1/2 teaspoon dried red pepper flakes

Directions

1. Put chicken broth and water in a large pot. Bring to a boil. Add collards. Cook uncovered at medium-high for 15 minutes. Drain the collards.
2. Sauté garlic and onions for 5 minutes in a large nonstick skillet. Add orange juice and wilted greens.
3. Stir until well coated. Simmer uncovered at medium-low for 10 to 15 minutes.
4. Sprinkle with red pepper flakes and serve.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org



FARMERS' MARKET RECIPES

Vegetarian Stuffed Peppers

Adapted from University of Nebraska Lincoln Nutrition Education Program

Ingredients

- 4 red or green bell peppers
- 2 cups cherry tomatoes
- 1 small onion or 1/2 large onion
- 1 cup basil leaves or 1 tablespoon dried basil
- 3 garlic cloves
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan and set aside.
2. Cut peppers in half lengthwise and remove seeds.
3. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
4. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
5. In a bowl, toss tomatoes, onion, basil, garlic, oil, salt, and pepper to taste.
6. Divide mixture into peppers and roast in oven until tender, about 20 minutes.



For more recipes, tips and information visit www.ncfamilieseatingbetter.org



*Gather your friends,
come and meet new friends,
for games, socializing, and a chance to win.*

**EVERY
FRIDAY**

**12:45-
4:00 PM**

**DINING
ROOM**

**Refreshments Served
\$10 & \$13 Packets**

**B
12**

**B
12**

44

30

30

44

POKY4PARKY

June 2025 Newsletter

Monthly Events

Support Group Meeting

June 11 at 3:00 pm at the /
Senior Activity Center 427 N
6th (2nd Wednesday)

Social Luncheon Activity

June 14 at Cotant Park in
Chubbuck NW picnic Shelter.
(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** at 9:30
am Boxercise class at the
Senior 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



Dr Jeremy W Hale D.C.

Dr Hale is a Chiropractic Specialist in Chubbuck, Idaho. He will be our speaker for our monthly meeting Wednesday June 11 at 3:00 pm in the Senior Activity Center. He will be speaking on "the role of chiropractic care in treating the symptoms of Parkinson's Disease. Dr Hale has been involved in a wide variety of medical information seminars and training opportunities

Type to enter text



Items of Interest

For lots of interesting and



pertinent information from the **Davis Phinney Foundation** go to YouTube and type "Davis Phinney" into the search bar. Podcasts and webinars on a variety of PD related topics are available for on-demand streaming, all focused on "living well today" with PD.

The **Michael J. Fox Foundation** webinar for June will be on "Building Your Best PD Care Team." It will be held on Thurs. June 26, at 10 am, MT. Link for registration: <https://www.michaeljfox.org/webinar/building-your-best-parkinsons-care-team>

Seek to do good
and you will find
that happiness will
run after you.
- James Clarke -

Events with Important Information

Let's Keep Moving With APDA:

Practical Ways to Increase Activity With PD

Tuesday, June 3 at 11AM MT

Featuring Teresa Baker, PT, DPT, from

Boston University and APDA's National

Rehabilitation Resource Center for

Parkinson's Disease, this webinar will explore:

- ? The difference between structured exercise and everyday movement
- ? The impact of physical activity on Parkinson's symptoms
- ? Simple, creative ways to stay active throughout your day, at home or out and about
- ? Live Q&A with our experts -- bring your questions!

The best portion of a good man's life is his little,
nameless, unremembered acts of
kindness and of Love.

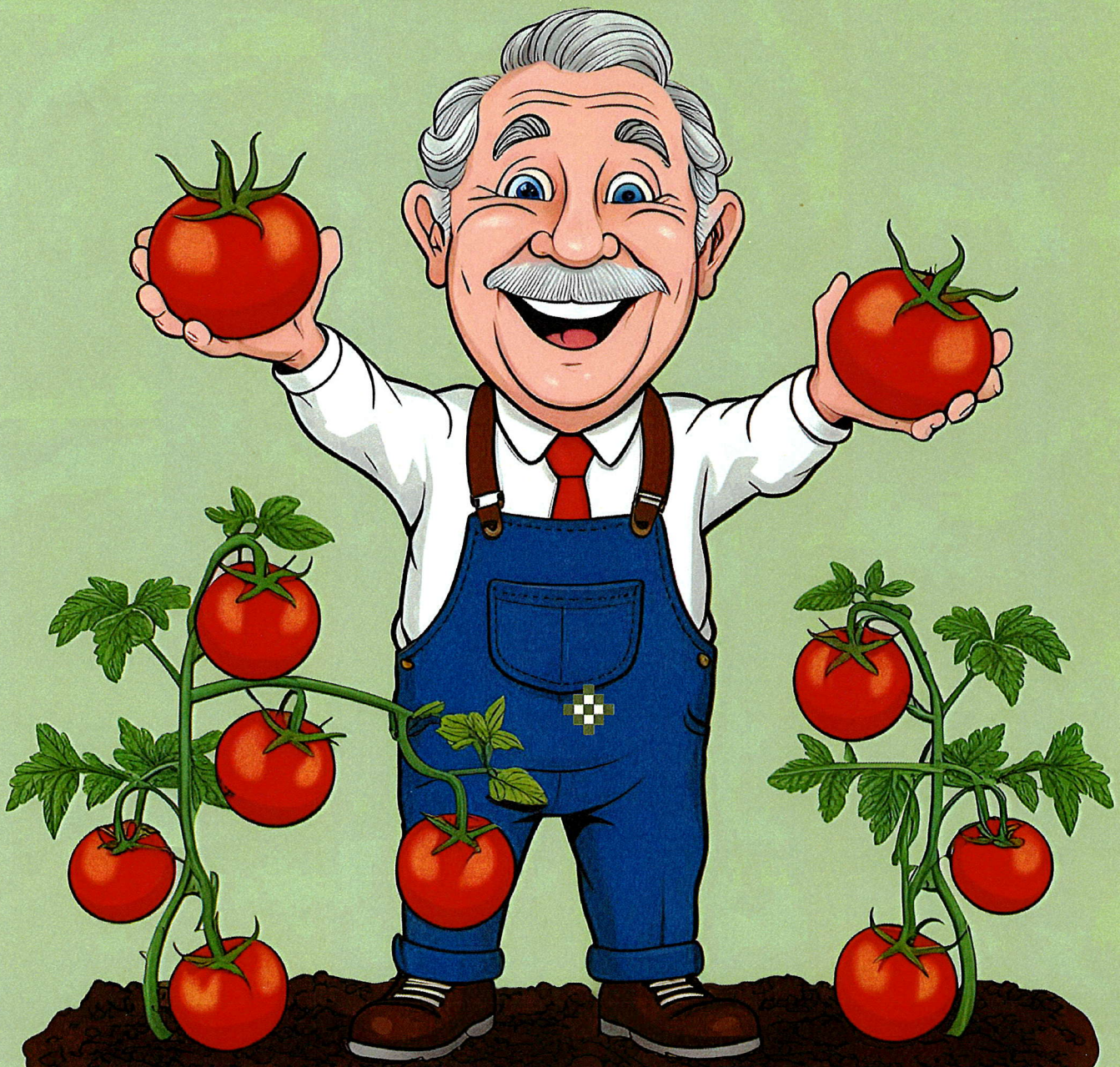
- William Wordsworth -



Gardening Event!

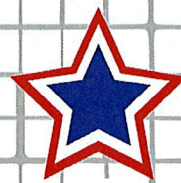
Tiny Tim Tomato Planting

Join us on June 6th from 12:30-2:30 PM at the Senior Center for a delightful afternoon of planting Tomatoes.



Join us for

COFFEE WITH VETERANS



SPONSORED
BY:

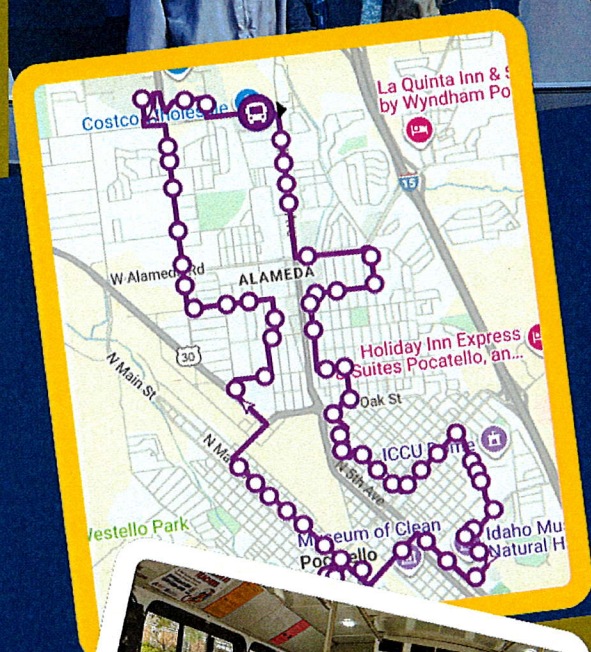
symbii
home health and hospice

SENIOR ACTIVITY CENTER
427 N 6TH POCATELLO, ID 83201

JUNE | 11th | 10 AM

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





TRAVEL TRAINING

**At the Senior Activity
Center**

**JUNE 16, 2025-
10AM-11:30AM**

What You'll Learn in Travel Training:

- How to read bus schedules and route maps
- Planning your trip using our website or app
- How to safely board, ride, and exit the bus
- Rules and tips for riding public transit
- How to pay your fare and use passes

POCATELLO
PRT



Laurie Bauer
laurie.bauer@sicog.org

208-222-1525 • 1010



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

NEW
CONTENT
ADDED!

Date & Time:

Friday, June 20, 2025
8:45 AM till 4:00 PM

Location:

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

Register:

(208) 233-1212 (Pocatello Senior Activity Center)
or
(208) 589-9186 (Ann)

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: **www.aarp.org/driving36**
Call: **1-888-773-7160**

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



Pocatello NAACP

JUNE TEENTH

**COMMUNITY CELEBRATION
JUNE 21, 2025**

**SENIOR ACTIVITY CENTER
427 N SIXTH POCATELLO
Saturday 11 AM - 3 PM
Ethnic & Traditional Food
Served at NOON**

**Picnic Food Donation
Tickets Adults \$25
Children 6-12 yrs. \$15**

**Music, Auction
Scholarship Awards,
Games, Raffle, Prizes,
Cake Baking Contest**

FREEDOM DAY

Tickets available at: Bru House Galilei, College Market,
Grapevine, NAACP at Farmers Market
208-478-2150 pocatellonaacp@live.com



POCATELLO

12TH ANNUAL

**PAY-IT-FORWARD
PAY-IT-FORWARD
PAY-IT-FORWARD
PAY-IT-FORWARD**

PAY-IT-FORWARD BBQ



**FREE PLANT
WHEN YOU
PLEDGE TO
PAY-IT-
FORWARD**

THURSDAY, JUNE 12TH 4:00-6:00 P.M.

FOOD . PLANT GIVEAWAY . VENDORS

CALDWELL PARK, POCATELLO
CORNER OF 7TH AND CENTER

**PAY-IT-FORWARD
PAY-IT-FORWARD
PAY-IT-FORWARD
PAY-IT-FORWARD**

FREE TO THE PUBLIC

(208) 232-9468

nw-pocatello.org



**NeighborWorks
Week** June 7-14, 2025



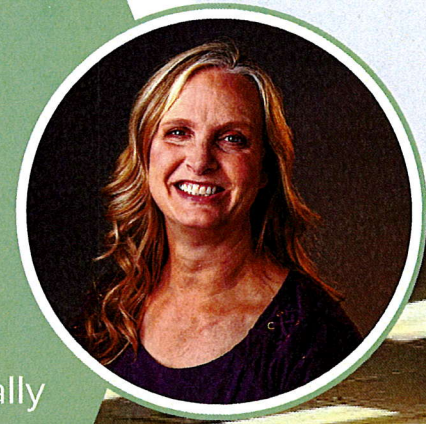
HEALTH HEROES: STRATEGIES FOR LONGEVITY & VITALITY

DISCOVER THE SECRETS TO FEELING STRONGER,
MOVING MORE FREE, AND LIVING BETTER —
FROM THE WORLD'S TOP HEALTH HEROES

An Exclusive and **FREE** Wellness Event
Featuring Real Health Heroes, Health Experts,
and Fitness Influencers — All Sharing What Really
Works to Take Back Control of Your Health.

**HOSTED BY KIMBERLY SCHWARZE,
FROM HIGHLAND PHYSICAL THERAPY!**

*Highland
Physical Therapy*



ATTEND TO RECEIVE THE FOLLOWING

- ✓ CLEAR, ACTIONABLE STEPS TO
IMPROVE MOBILITY, STRENGTH,
BALANCE, AND ENERGY
- ✓ A RENEWED SENSE OF CONTROL
OVER YOUR BODY AND HEALTH
- ✓ INSPIRATION AND CONNECTION
FROM A COMMUNITY OF EXPERTS

SCAN
ME



Book Now!



208-237-2080

kimberly@highlandtherapy.com



Date and Time: Saturday, June 21st, 4-8 PM
Everyone is welcome to visit the vendors



Heroes Presentation 5-6:30 Limited to 50
people (with giveaways!)

Location:

1951 Bench Rd suite E Pocatello Idaho, 83201

ARCHERY • BASKETBALL SHOOT • BILLIARDS • BOCCE BALL • BOWLING • WII BOWLING • CHESS

CHAIR VOLLEYBALL • CORN HOLE • CYCLING • SENIORS GOT TALENT • DARTS • DISC GOLF • FIVE CROWNS • FUN RUN/WALK

GOLF • HAND & FOOT • HORSESHOES • MAHJONG • MEXICAN TRAIN • MINIATURE GOLF • PINOCHLE • PICKLEBALL

Portneuf Medical Center

Southeast Idaho Senior Games

July 9-19 2025

REGISTRATION:

Online: seidahoseniorgames.org
or in-person



208-233-2034
214 E. Center St. Suite 30
Pocatello, ID 83201

 **Portneuf**
MEDICAL CENTER

SHUFFLEBOARD • SWIMMING • TABLE TENNIS • TRACK AND FIELD • TRAP SHOOTING



Pairing Medicare & Medicaid



Many seniors in Idaho don't realize they may qualify for extra benefits with no added cost—especially if you're living on a fixed income or getting Medicaid.

For Seniors in Who Qualify for Both
If you have Medicare and Medicaid, you may qualify for a Dual Special Needs Plan (D-SNP) that offers:

- ✓ \$0 or Low Monthly Premiums
- ✓ Help with Copays & Deductibles
- ✓ Prescription Drug Coverage (Part D)
- ✓ Dental, Vision & Hearing Benefits
- ✓ Over-the-Counter & Grocery Allowances
- ✓ Transportation to Medical Visits
- ✓ Extra Help Paying for Medications

www.rendoninsurance.org

Have Questions?

If you're unsure if you qualify, I'd love to help check. It only takes a few minutes—and could save you money and give you more support.

More information :



BREAUNA BATES

Licensed Insurance Broker

- 📞 (866) 201-5260 ext 3
- ✉ Rendoninsurancebella@gmail.com
- 📍 Idaho
- 🌐 www.rendoninsurance.org