

100 BLOCK OF SOUTH UNION PACIFIC | BEHIND STATION SQUARE

SATURDAY, JUNE 14, 2025

9AM TO 3PM | FREE ADMISSION

Calling all car enthusiasts!

Join us for an unique exhibition of vintage and custom wheels.

Live DJ - Family Fun - Food Available for Purchase

More Information: call 208-233-´212 senioractivities@ida.net ______ Brought to you by Historic Downtown Pocatello and Senior Activity Center





SENIOR ACTIVITY CENTER
427 N 6TH POCATELLO, ID 83201

MAY

14th

10 AM



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



BREAKFAST	(PROTEIN/DAIRY)
LUNCH	(PROTEIN) (FRUIT) (VEGETABLE)
DINNER	(FRUII)

Twice-Baked Potatoes

Yield: 2 servings

1 medium baking potato (about 8 ounces)

3 T. low-fat sour cream

1/8 t. garlic powder

1/8 t. salt

1/8 t. pepper

1 T. chopped fresh chives

2 T. (1/2 oz.) shredded reduced-fat sharp Cheddar Cheese

Scrub potato; bake at 425° for 1 hour or until tender. Let potato cool to touch. Cut potato in half lengthwise; carefully scoop out pulp, leaving 1/4-inch-thick shells. Set shells aside. Place pulp in a small bowl; mash until smooth. Combine mashed potato, sour cream and next 3 ingredients, beating until smooth. Stir in chives. Spoon potato mixture evenly into potato shells, and sprinkle evenly with cheese. Place potato shells in a small ungreased baking dish. Bake at 425° for 5 minutes or until cheese melts.

Per Serving: 154 calories; 4g fat; 25 carbs; 214mg sodium

Cheesy Potatoes

Yield: 2 servings

2 medium baking potatoes 1 5-ounce package frozen broccoli in cheese sauce



Preheat oven to 400°. Scrub potatoes under faucet, dry, prick several times with a fork and place in oven directly on rack. Bake 30-45 minutes. Potatoes are fully cooked when you can stick a fork in the center and it feels soft. Prepare broccoli in cheese sauce according to package directions. Just before serving, split each potato lengthwise and pour cheese sauce in the center of each. Garnish with chopped parsley, if desired.

Per serving: 170 calories; 2g fat; 34g carbs; 246mg sodium

Kids' Favorite Potatoes

Yield: 2 servings



2 medium baking potatoes 1/4 t. garlic salt 1/2 to 1T. Olive oil

Preheat oven to 400°. Scrub potatoes under faucet. Don't peel potatoes, but cut in half lengthwise. Sprinkle each cut half with garlic salt, and fresh ground pepper, if desired. Coat a baking dish with olive oil. Place potatoes cut-side down. Bake for 45 minutes.

Per serving: 177 calories; 5g fat; 30g carbs; 237mg sodium

Sweet Potato Boats

Yield: 2 servings

2 sweet potatoes or yams

6 miniature marshmallows, or 3 cut-up large marshmallows

Scrub and dry potatoes. Prick potatoes with fork several times. Place potatoes in oven and bake for 1 hour at 375°. After baking, cut cross in potato tops; push down on four cut corners. Insert marshmallows and return to oven for 5 minutes.

Per serving: 92 calories; 0g fat; 22g carbs; 11mg sodium

Two-Ingredient Toppings For Baked Sweet Potatoes or Yams

- 1 T. butter and 1/2 t. orange juice per potato
- 1 T. butter and 1/2 T. brown sugar per potato

Sweet Potato Bake

Yield: 2 Servings

1 small sweet potato, peeled and cubed

1 1/2 T. low-fat milk

2 T. brown sugar, divided

1 T. unsweetened orange juice

Dash of salt

1/8 t. ground allspice

1 egg, separated

Butter-flavored vegetable cooking

spray

2 t. chopped pecans



Cook sweet potato in a medium saucepan in boiling water to cover 10 minutes or until tender. Drain. Beat sweet potato at high speed with an electric mixer until smooth. Add milk, 1 tablespoon brown sugar, orange juice, salt, allspice, and egg yolk, beat at high speed until smooth. Beat egg white at high speed with an electric mixer until stiff peaks form; fold egg white into sweet potato mixture. Spoon mixture into 2 (6-ounce) ramekins coated with cooking spray. Sprinkle remaining 1 tablespoon brown sugar and pecans evenly over potato mixture. Bake at 400° for 20 to 25 minutes or until thoroughly heated.

Per serving: 205 calories; 5g fat: 35g carbs; 126 mg sodium



5TH ANNUAL

WELLNESS COMPLEX CLEANUP

Wednesday, May 21st, 2025 3PM - 5PM

Join us for the 5th Annual Wellness Complex Cleanup on Wednesday, May 21st!

Bring your own pair of work gloves

We will be working on various projects

2375 Olympus Dr. Pocatello, ID 83201

Meet by the box office/concessions





Portneuf Peaks Club

How to be a part of Portneuf Peaks Club:

- Hike to the top of Scout Mountain, Chinese Peak, and Sterling Justice Overlook
 - Take a selfie at the top of each
 - Post the selfies in the comments section of the pinned Portneuf Peaks Club post on Healthy City, USA's Facebook page @healthycityusa

Scout Mountain

Chinese Peak Sterling
Justice
Overlook

Petite Peaks

How to be a part of Petite Peaks:

- Hike Wiggle Worm Trail, Red Hill Trail, and ANY Greenway trail
 Take a selfie on each trail
- Post the selfies in the comments sect on of the pinned Petite Peaks post on Healthy City, USA's Facebook page @healthycityusa

ANY Greenway Trail

Wiggle Worm

Red Hill





PARKY4PARKYS

May 2025 Newsletter

Monthly Events

Support Group Meeting

May 14 at 3:00 pm at the Senior Activity center 427 N 6th Ave. (2nd Wednesday)

Social Luncheon Activity

May 10 12 noon at Cotant Park NW corner 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 classes at the Senior Center.

Wednesday at 11:00 am Brain and Body exercise class at the Senior Center.

Friday therapeutic dance at 6:00 pm at ISU building #48 777 Memorial Drive (in the cafeteria).

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For Information

Spencer, Kris, or Dean at (208) 244-0048 or poky4parky@gmail.com



This Month Meeting - Group Discussion

As PWP and care partners <u>cognitive function</u> is an ever present concern. At our May meeting we will discuss some modifiable factors for cognition, choices we can make and things we can do to maintain function. We'll learn a little bit about brain structure and function along the way. Join us: <u>May 14, 3:00 pm</u>, at the senior center.



Newsletter

Items of Interest

Parkinson's Foundation

Navigating Parkinson's disease (PD) requires an active and informed approach to healthcare. Join us May 21 at 11:00 am MDT, for a webinar designed to help you take charge of your care with strategies for effective communication and selfadvocacy before, during and after healthcare visits. Learn how to make the most of each appointment. Additionally, we'll explore valuable tools and resources that can help. Register here for this free webinar: https:// www.parkinson.org/events/ 2025/May21WW

What is Dystonia?

Dystonia is a muscle contraction state resulting in an abnormal posture of a foot, toes, hand, etc. This is caused by abnormal motor programing within the central nervous system. It is a common motor symptom of Parkinson's Disease.

Glossary, <u>The New PD</u>
 <u>Treatment Book</u>; J E

 Ahlskog, M

Information

American Parkinson's Disease Association

Join us on May 14 at 12:00 noon, for <u>Unlocking</u> <u>Strength Witnin: Working & Parkinson's Disease</u>, the next episode in our popular <u>Unlocking Strength Within</u> series. This virtual panel will feature Keith Fritz, Sharon Gillardi, and Luis Torrez, Jr., who will share their firsthand experiences and practical advice for managing work and PD, including overcoming challenges, making adaptations, and finding new opportunities. Moderated by APDA's National Director of Programs & Services, Anushka Shiell, MS, the discussion will cover:

- ⇒ How Parkinson's can affect your ability to work
- > Strategies for disclosing your diagnosis at work
- > Tips for balancing career, health, and life
- ♣ And more—plus a live Q&A!

To register: https://www.apdaparkinson.org/events/unlocking-strength-within-working-with-parkinsons/

Explore past webinars. All webinars are recorded and available to v.ew on demand.

Spread Kindness

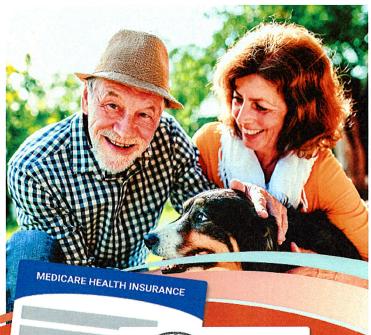
Offer compliments when you can. If you admire something someone's done, what they've said or what they're wearing, let them know about it! A kind word does wonders for people's spirits, and sharing warm thoughts will lift you up too.





Have Medicare & Medicaid?

Molina Medicare Advantage plans give you the benefits of both in one easy-to-use plan. Join the plan that's right for you and your budget!





Idaho Medicaid Card

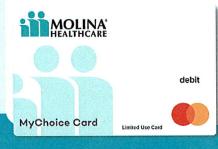
JOHN Q. SMITH MID 1234567

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Get copays as low as \$0 on these benefits and more:

- \$0 monthly plan premium
- Eye exam + get \$200 for eyewear every year
- \$100 every month for OTC and transportation
- No-cost access to 16,000+ fitness centers, plus a home fitness kit
- No-cost hearing exam every year + 2 hearing aids every 2 years
- \$150 per month for groceries*
- 20 no-cost chiropractic visits per year



Get \$3,000 every year! Use your pre-funded debit card to pay for covered benefits like:

- ✓ Over-the-counter items
- Transportation
- ✓ Groceries*

Call today to enroll! Lisa Jolley (208) 479-8387 (TTY: 711) Monday to Friday 8:00 AM - 5:00 PM

2025 ID H5628-008 (HMO DSNP)

HEALTH HEROES: STRATEGIES FOR LONGEVITY & VITALITY

Physical Therapy

Highland

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!



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



Book Now!



208-237-2080 kimberly@highlandtherapy.com

- Ever
- 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



POCATELLO Senior Center

We want you to tell us what you'd like to learn about!

We're offering free, easy-to-understand **Medicare education** with no sales pressure — just honest information to help you feel confident and in control.

Choose the topics you're most curious about! Circle as many as you would like to learn about

Special Situations

- Medicare for those under 65 with disabilities
- Medicare & Special Needs families
- Medicare + Medicaid (Dual Eligible)
- VA Benefits & Medicare How they coordinate
- Why COBRA + Medicare often leads to penalties

Medicare Costs & Coverage

- Medicare is not free Breaking down the real costs
- "Medicare covers 80%" What that actually means
- What Medicare doesn't cover (dental, vision, longterm care)
- The Medicare Donut Hole How it works and what to expect
- IRMAA How high-income clients are affected

Choosing the Right Plan

- Medigap vs. Medicare Advantage Pros and cons
- Hidd∋n costs in "Free" Advantage plans
- Network restrictions with Advantage plans
- Common Part D drug plan mistakes

Annual Enrollment & Plan Changes

- Why reviewing your plan yearly is critical
- Can you switch plans after enrolling?
- Why drug costs change every year

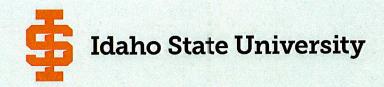


Breauna Bates

Licensed Insurance Broker

866-201-5260 ext 3

Rendoninsurancebella@gmail.com



INSOMNIA TREATMENT STUDY

The RESTED Lab is looking for adults experiencing sleep difficulties.

Participants will be compensated up to \$75

Interested in participating?



Scan the QR code or go to: redcap.link/ISUInsomniaStudy

WHAT DOES THE STUDY INVOLVE?

Our study aims to investigate how adults with insomnia change following cognitive behavioral therapy for insomnia (CBTi) by measuring changes in sleep health and cognition.

Study visits include:

- Online questionnaires
- Brief clinical interview
- Cognitive functioning evaluation
- In-home sleep study (PSG)

6-Week Treatment includes:

 Six 60-min sessions of modified CBTi with a trained clinician using evidence-based components to aid with sleep difficulties.

What is CBTi?

CBTi is the first line treatment for insomnia disorder that focuses on addressing factors that contribute to the persistence of insomnia.

For more information, go to our website at sarah-emert.weebly.com/ or contact us at restedlab@isu.edu