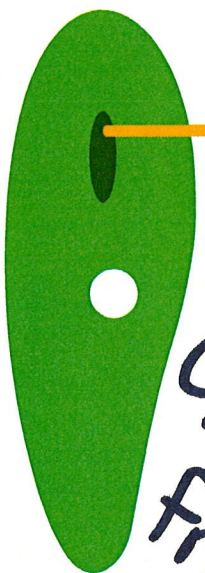


Last
Chance
Fri. Sept 5



TICKETS

1-\$1 or 6-\$5

Stayin' Alive

Golf Tournament

RAFFLE ITEMS

Drawing Sat Aug 6



Raffle Donor

Albertson's
Anonymous
Anonymous
Bannock Animal Medical Hospital
Black Swan Inn
Bonneville Neighborhood Assoc.
Cactus Pete's
Chapala Mexican Restaurant
Christine's Floral
Cole Nissan Kia
Connections Credit Union
Crumb Cookies
DSW Crafts
Flowers By LD
Gold's Gym/Sunsations
Gnomes of Pocatello Adoption Center
Lannette Wells
Lannette Wells
Jakers Bar and Grill
Maple Street Sit & Sleep
Molinelli's Jewelers
New Day Products and Resources
Orange and Black Store
O'Reilly Auto Parts
Pinehurst Floral and Greenhouse
Pocatello Electric
Pocatello Reel Theatre
Rendon Insurance
Sandpiper
Sand Trap
Shaver's Hallmark
Sizzler
Spark Tire Pros
Symbii Home Health and Hospice
Vicker's Western Store

donation

2 - \$25 Gift Cards
toiletary bag with tech case
2- pool stick carry cases
Pet Gift Basket
\$100 gift card towards any room
\$100 Gift Card Bi-Lo Market
Overnight hotel package with food
2 - \$25 gift certificates
Gift Basket
Oil Change certificate
screen
cookie gift cards
Golfer's Gift Basket
\$50 Gift Card
"Spa" type goodies
stuffed gnome
framed beaded "Fall" tree picture
framed beaded Winnie the Pooh picture
4 - \$50 Gift Cards
2 Dream Pillows
Earrings - lab grown ruby with white zirconia
Auto Detail - Gold certificate
Bengal Basket
car wash kit
\$20 Gift Card
5 piece Knife Set
10 Movie tickets
Car Detailing Bucket
2- \$50 Gift Certificates
2-\$20 Gift Cards
Gift Basket
12 - \$5 gift certificates
1-Alignment, 1-Oil Change
Cookbook gift basket
2 - \$50 gift cards

And many more!!

Join us for
COFFEE WITH  VETERANS



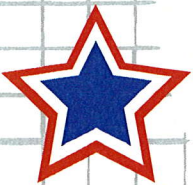
**SPONSORED
BY:**

symbii
home health and hospice

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

SEPT | 10th | 10 AM

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





Executive Department
State of Idaho

The Office of the Governor
Proclamation

State Capital
Boise

WHEREAS, experts agree that nutrition status is a direct measure of health and that good nutrition can keep people healthy and out of healthcare institutions; and

WHEREAS, illness, injury, and malnutrition can result in the loss of lean body mass, leading to complications that impact good patient health outcomes, including recovery from surgery, illness, or disease; and

WHEREAS, disease-related malnutrition is a highly prevalent form of malnutrition; and

WHEREAS, 32-54% of hospitalized adult patients have malnutrition; and

WHEREAS, the 30-day hospital readmission rate is 2.2 times higher than patients without malnutrition; and

WHEREAS, readmitted malnourished patients are twice as likely to be diagnosed with an infection; and

WHEREAS, malnourished patients have two times the mortality rate of all hospitalized patients; and

WHEREAS, 20-40% percent of adults in the community are at risk or have malnutrition; and

WHEREAS, screening, assessment, diagnosis, and intervention are key to improving malnutrition in the United States.

NOW, THEREFORE, I, BRAD LITTLE, Governor of the State of Idaho, do hereby proclaim September 8-12, 2025, to be

MALNUTRITION AWARENESS WEEK

in Idaho, and I encourage Idaho citizens to recognize this special observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Idaho at the Capitol in Boise on this 1st day of September, in the year of our Lord two thousand and twenty-five.

BRAD LITTLE
GOVERNOR

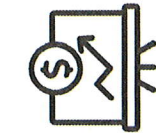
PHIL MCGRANE
SECRETARY OF STATE

MALNUTRITION: AN OLDER ADULT CRISIS

JUST 4 STEPS CAN HELP IMPROVE
OLDER ADULT MALNUTRITION CARE

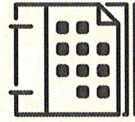


**UP TO 1 OUT OF 2
OLDER ADULTS**
are at risk for malnutrition¹



\$51.3 BILLION

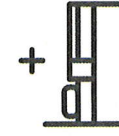
Estimated annual cost
of disease-associated
malnutrition in older
adults in the US²



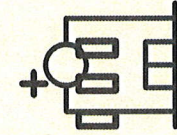
Protein-calorie
malnutrition
related hospital
stays are

2X LONGER³

MALNUTRITION



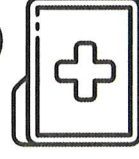
LEADS TO
more complications,
falls, and 30-day
readmissions^{3,4}



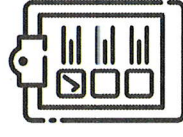
Protein-calorie
malnutrition related
hospital stays are
3X MORE LIKELY
to result in death³



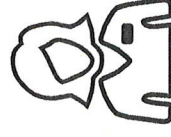
SCREEN
all patients



ASSESS
nutritional status



DIAGNOSE
malnutrition



INTERVENE
with appropriate
nutrition

MALNUTRITION IS HIGHEST IN OLDER ADULTS³

Protein-Calorie Malnutrition Related Hospital Stays per 100,000 Population



FOCUSING ON MALNUTRITION IN HEALTHCARE HELPS:

- ✓ Decrease healthcare costs⁵
- ✓ Improve patient outcomes⁵
- ✓ Reduce readmissions
- ✓ Support healthy aging
- ✓ Improve quality of healthcare

Support policies across the healthcare system that defeat older adult malnutrition.

Learn more at www.DefeatMalnutrition.Today

References: 1. Kaiser MJ, et al. *J Am Geriatr Soc.* 2010;58(9):1734-1738. 2. Snider JT, et al. *JPEN J Parenter Enteral Nutr.* 2014;38(2 suppl):77S-85S. 3. Barrett ML, Bailey MK, Owens PL, U.S. Agency for Healthcare Research and Quality. www.hcup-us.ahrq.gov/reports.jsp. Published 2018. 4. Norman K, et al. *Clin Nutr.* 2008;27(1):5-15. 5. Philipson TJ, et al. *Am J Manag Care.* 2013;19(2):121-128.

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Reducing Malnutrition through Senior Meal Programs

How ACL's Senior Nutrition Program helps address malnutrition among older adults

Older adults are at high risk of malnutrition.¹ Malnutrition occurs when a person is not eating enough food or meeting their nutritional needs. As we age, changes occur in how our brain and body work. These changes can affect body weight, increase risk of health conditions and disease, and lead to use of medications that impact the way we absorb nutrients – all of which put us at higher risk of malnutrition.²

ACL's Senior Nutrition Program works to address malnutrition among older adults by providing access to nutritious food through local home-delivered and congregate meal programs.

These programs make an impact! A systematic review of 20 studies by the Community Preventative Services Task Force recommended home-delivered and congregate meal services to reduce malnutrition among older adults living independently.³

Evidence also showed that senior nutrition meal services like the Senior Nutrition Program are likely to:

- Reduce food insecurity among participants.
- Increased the percentage of participants who met the recommended daily allowances for energy intake.
- Improve intake of protein, fiber, vitamins, and minerals.
- Improve Health Related Quality of Life (HRQoL) and well-being.



Home-delivered meal participants were

15.5%

less likely to be malnourished.

Congregate meal participants were

9%

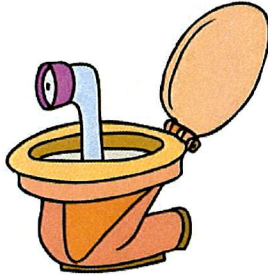
less likely to be malnourished.

To learn more about the Senior Nutrition Program and its impact on older adults, visit acl.gov/snp.

References:

1. Norman K, Haß U, Pirlich, M. Malnutrition in older adults—recent advances and remaining challenges. *Nutrients* 2021;13:2764.
2. Krondl M, Coleman P, Lau D. Helping older adults meet nutritional challenges. *Journal of Nutrition for the Elderly* 2008; 27(3/4), 205-220.
3. CPSTF considers older adults living independently as those who are not residents of senior living or retirement community centers.

The Community Preventative Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts who provide evidence-based recommendations and finding on programs to protect and improve the population health.



Toilet Talk

Together in Hope: Supporting Suicide Prevention Awareness this September

September is nationally recognized as Suicide Prevention Awareness Month. This month is a time when individuals, organizations, and communities across the country come together to raise awareness, share resources, and remind one another that suicide is preventable—and that healing is possible.

This year's theme, developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), is Together in Strength, Dignity, Hope, and Purpose. Everyone deserves to feel seen, supported, and connected. Sui-

cide is a complex issue influenced by many factors—but through compassion, education, and accessible care, we can help save lives. When people

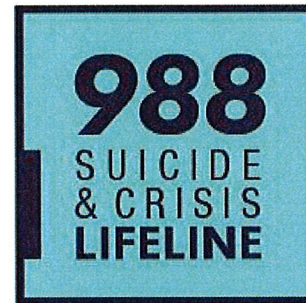
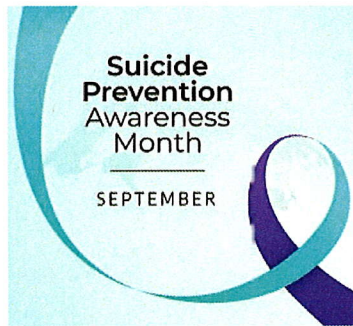
feel valued and heard, they are more likely to seek help, stay connected, and recover after a crisis.

Preventing suicide means creating supportive environments where people can talk openly about mental health, access effective care, and

build resilience. It's about standing together in times of crisis and offering real hope through genuine connection. Whether you're reaching out

to someone who may be struggling, advocating for better mental health resources, or simply checking in with a loved one—you can make a difference.

We all have a role to play. And when we approach suicide prevention with strength, dignity, hope and purpose, we help create a future where everyone has the opportunity to heal, grow, and thrive.



For more information visit nami.org.

Having a Hobby is Tied to Happiness and Well-Being

Something that is not always talked about in reference to suicide prevention, but has a huge impact on people's well-being, is having hobbies. A study published online Sept. 11, 2023, by Nature Medicine suggests that having a hobby is good for your health, mood, and more. Researchers combed through five large studies involving more than 93,000 people across 16 countries (including the United States, Japan, China, and a dozen European countries). Participants were all ages 55 or older, and more than 60% had longstanding mental or physical health conditions. They periodically answered questionnaires about their health and well-being and were followed for four to eight years. Compared with people who didn't have hobbies, those who did reported better health, more happiness, fewer symptoms of depression, and higher life satisfaction. The findings were similar across all countries. The study is observational and doesn't prove that hobbies caused people to be healthy and happy. But the researchers say hobbies — such as arts and crafts, games, gardening, volunteering, or participating in clubs — involve creativity, sensory engagement, self-expression, relaxation, and cognitive stimulation, which are linked to good mental health and well-being. Plus, taking part in hobby groups keeps you socially connected, which helps reduce loneliness and isolation.



SOLVE

Open

Tim

ROdiamondUGH

OPEN SPACE - TIMMY TIM - DIAMOND IN THE ROUGH

Provided by:

 **Southeastern Idaho Public Health**
siphidaho.org



Falls Prevention Awareness Month 2025

Online Virtual Seminars

Join us online

To raise **awareness** about falls & learn how you can take **action** to prevent them!

Live 1-hour virtual seminars featuring Idaho professionals include:

Preventing Falls is a Weighty Matter

With professor of kinesiology Dr. Shawn Simonson, EdD (BSU)

Wednesday, September 10th, 12:00pm - 1:00pm MDT / 1:00pm - 2:00pm PDT

Can We Talk About Falls?

With Julie Torresani from the Idaho Community Care Program

Thursday, September 11th, 11:00am - 12:00pm MDT / 12:00pm - 1:00pm PDT

Addressing Dementia and Cognitive Decline to Reduce Falls

With Angela Zaugg, OT (CWI)

Monday, September 15th, 10:00am - 11:00am MDT / 11:00am - 12:00pm PDT

Simple Steps to Improve Balance and Prevent Falls

With Fit and Fall Proof® facilitator, Julie Haringa (North Central Health District)

Wednesday, September 17th, 10:00am - 11:00am MDT / 9:00am - 10:00am PDT

Living an Active Independent Fall-Free Life with Assistive Technology

With Krista Kramer from the Idaho Assistive Technology Project

Monday, September 22nd, 2:00pm - 3:00pm MDT / 1:00pm - 2:00pm PDT

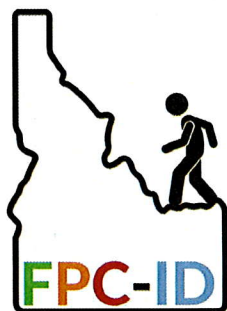
Recognize and Remove Trip Hazards at Home

With Jake Crist from Habitat for Humanity

Thursday, September 25th, 10:00am - 11:00am MDT / 9:00am - 10:00am PDT

View Descriptions and Register Now!

www.aging.idaho.gov/falls



Falls Prevention Coalition of Idaho





COMMUNITY RESOURCE FAIR

Come find out what benefits you might be entitled to!

Thursday, September 11th



1501 Baldy Ave



208.237.6866

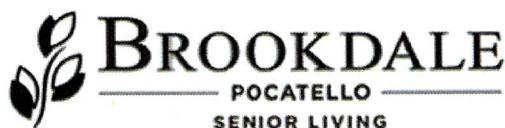
Lunch @ 12:00 PM

Chili & Cornbread

Community Resource Fair:

1:00 PM – 3:00PM

**Join us as we unveil our new Honor Wall
and celebrate our military families with
Heritage Home Health**



Medicare Annual Enrollment October 15 - December 7

Join Me at the Pocatello Senior Center

- **October 11 @ 11:00 AM - Information Table**
 - ✓ **Stop by and ask your questions!**
 - ✓ **What to expect this AEP**
- **October 15 @ 10:00 AM - Class Education Session**
 - ✓ **Common changes to Medicare plans**
 - ✓ **What to do if your plan is leaving your area**
 - ✓ **Changes in Prescription Drug Plans**
- **October 18 @ 10:00 AM - Brunch & Medicare Changes**
 - ✓ **In Depth Plan Changes**
 - ✓ **What to do if your plan is leaving your area**
 - ✓ **Changes in Prescription Drug Plans**

**CALL NOW TO SCHEDULE YOUR FREE PLAN
REVIEW, WITH NO OBLIGATION TO ENROLL
385-233-9223**

I have been serving the Medicare population for 7 years! I feel very grateful for the opportunity to help you understand Medicare and all of your options. Your healthcare is my number ONE priority and I promise to always take care of you and protect your health. Thank you for allowing me the opportunity to serve you!

HEIDI OREN

Licensed Insurance Agent

Phone: 385-233-9223

Email: heidi@risingsunins.com

Website: www.risingsunins.com



PLAN AND BENEFITS REVIEW

- Medicare Advantage Plans
- Medicare Supplement Plans
- Prescription Drug Plans
- Cancer / Heart Attack / Stroke
- Dental Plans



Not affiliated with or endorsed by the Government or Federal Medicare program. Calling the number above will direct you to a Licensed Agent.

