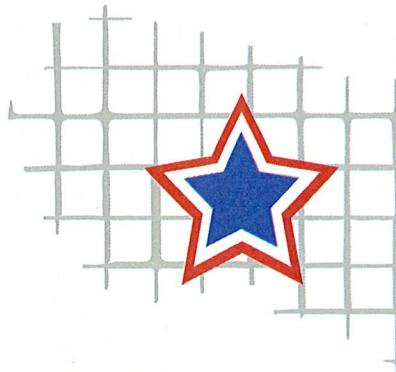


Join us for

COFFEE WITH VETERANS



SPONSORED
BY:

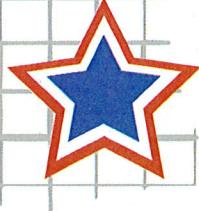
symbii
home health and hospice

SENIOR ACTIVITY CENTER
427 N 6TH POCATELLO, ID 83201

FEBRUARY

11th

10 AM

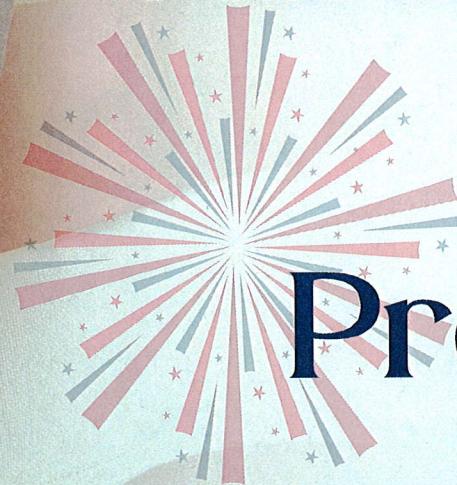


WITH RESPECT, HONOR, AND GRATITUDE
SYMBII LOOKS FORWARD TO OUR TIME
TOGETHER WITH EACH OF YOU.

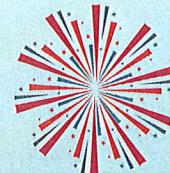
A large American flag is visible on the left side of the image, with stars in the upper left and stripes in the lower right.

CLOSED

Monday
February 16, 2026



**Happy
Presidents'
Day**



**Regular hours resume
Tuesday at 8:00AM**



Home Helpers®

Making *Life Easier*®

Toenail Clipping Services

Come to the senior center and get your toenails
soaked, clipped and lotion applied.

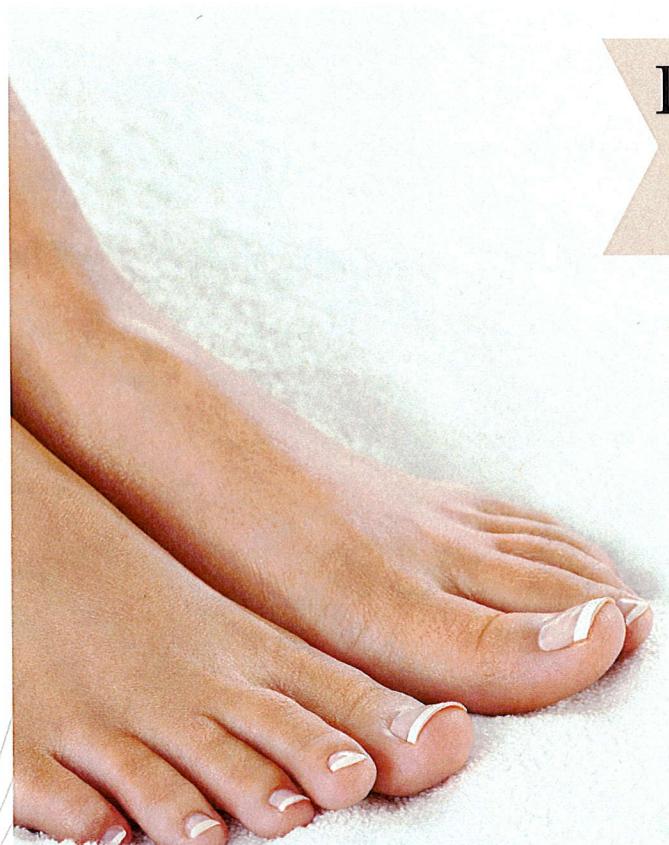
*Clipping provided by RN

No Cost Service | Limited to the first 10 people
Sign up in the Senior Activity Center Main Office.

February 20th, 2026
10:00 AM

Pocatello Senior Activity Center
427 N. 6th
Pocatello, ID 83201

For more information on
Home Helpers in Home
Care please contact Cory @
208-314-7090





SYMBII HOME HEALTH AND HOSPICE
IS PLEASED TO SPONSOR

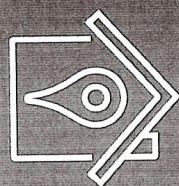
BLOOD PRESSURE CLINIC
TUESDAY, FEBRUARY 24TH, 2026

11AM -12PM

Pocatello Senior Activity Center

Free In-Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age – especially if you are 50 or older or can't afford paid tax preparation.



In Your Area

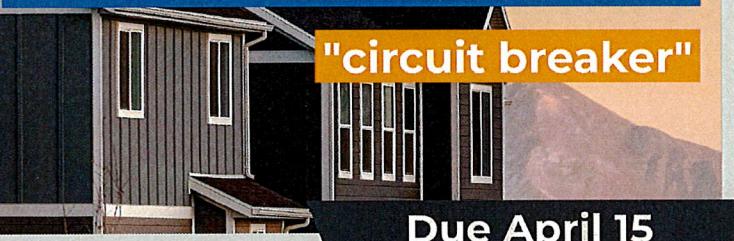
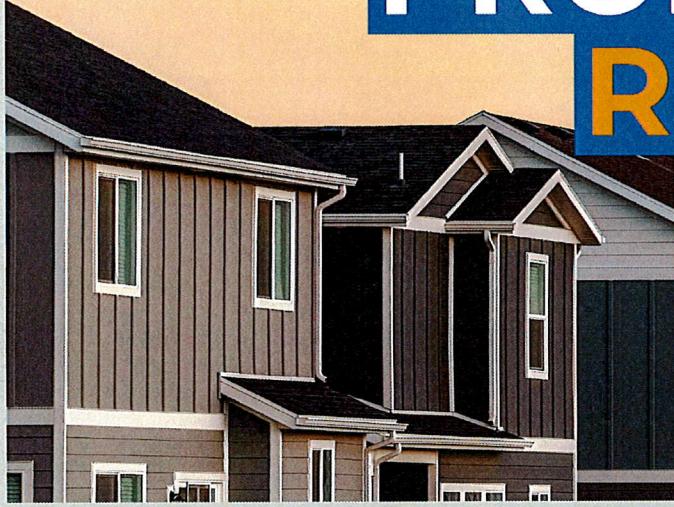
Senior Activity Center (app only)
Tues. & Thu. 10 AM - 3 PM
Marshall Public Library - Walk-in
Monday 5 - 8 PM 113 Scarfie
Gate City Christian Church - Walk-in
Tues. & Thu 10AM-3PM 202 W. Siphon Rd.



PROPERTY TAX REDUCTION PROGRAM

"circuit breaker"

Due April 15



OPEN HOUSES
Feb. 24, 9-10AM Arimo City Hall 115 Henderson Road
Feb. 26, 9-10AM Downey Community Center 15 S Main St
March 3, 9-10AM Lava Hot Springs Senior Center 150 N Center St
March 5, 9-10AM McCammon City Office 100 Center St
March 10, 9-10AM Inkom City Hall 364 N Rapid Creek Road
March 12, 9-10AM Chubbuck City Hall 290 E Linden Ave
March 19, 9-10AM Pocatello Senior Activity Center 427 N 6th Ave

We'll help you apply!

Applications for the PTR Program must be submitted [online](#) this year. Visit the Bannock County Assessor's Office or stop by any of our open houses for help completing your application.

**Do you qualify to save up to
\$1,500 on your property taxes?**

- own your home
- total income for 2025 was \$39,130 or less
- 65 or older and/or widow(er), disabled, former POW, blind

For more information, visit bannockcounty.gov/assessor



assessor@bannockcounty.gov



(208) 236-7260



Se habla español



Do you want to learn a new game?

Come on by for a fun morning of American Mah Jongg! Learn how to read the tiles and how to strategize to achieve your goals in this classic and fascinating game.



We are offering free instructions every Wednesday morning at 9AM at the Pocatello Senior Center in Room 8.

You may already be familiar with Asian Mah Jongg, similar to rummy. The American version takes it a step up to matching your tiles to a wide variety of preset choices.

No equipment needed - we have all you will need to start!

Beginners welcome!



February 2026 Nutrition Article

February is well known as "American Heart Month". Heart disease is the #1 leading cause of deaths in the U.S. Below are some tips and items to keep in mind while promoting one's heart health.

- Choose more unsaturated fats and less saturated fats
 - Saturated fats include: those that stay solid at room temperature
 - Butter
 - Animal Fats (Lard, steaks, sausage, etc)
 - Unsaturated fats include: those that are liquid at room temperature
 - Olive oil, vegetable oil, avocados, etc.
- Consuming less salt
 - Rinse any frozen and canned foods, salt is often used as a preservative. Thoroughly rinse under running water a couple of times will help to reduce sodium content
 - Keep the salt shaker off the table! We often salt our food before tasting it.
 - Look for sodium substitutes i.e. Seasoning, citrus, herbs (fresh or dry)
- Encourage foods rich in omega-3 fatty acids, as they promote positive heart health by reducing triglycerides in one's blood serum
 - Fish (especially salmon), avocados, olive oil, walnuts, flaxseeds, etc

With all the dietary tips listed above, it's important to remember that exercise also plays such an important role in heart health. Understandably so, with colder temperatures we tend to stay indoors during this time. Get creative and use any resources available to you: walk a few laps at your indoor mall if able or grab a friend and walk/stretch/lift light weights (i.e. cans of food)

Seasonal foods in February?

- Citrus fruits - oranges, limes, grapefruit, etc.
- Fennel, cabbage, broccoli
- Pomegranate



Dark chocolate has many heart health properties compared to milk or semi-sweet. Dark chocolate is very high in flavonoids, a specific type of antioxidants (also found in wine, apples, etc) that has been shown to decrease risk of heart disease, cholesterol, hypertension, diabetes, and blood clots.

Dark Chocolate Covered Treats

2 regular size dark chocolate candy bars (or 6 oz of bagged dark chocolate chips)

2 cups of fruit and nuts, any kind!

- Strawberries, blueberries, pitted cherries, bananas. Etc.
- Dried cranberries, raisins
- Pistachios and pecans (shell taken off)

Line a baking pan with wax paper.

In a microwave safe bowl add in dark chocolate and melt for 30-second intervals, mixing in between. Once dark chocolate has melted, submerge half way all fruits and nuts, one at a time. Lay out on a wax paper lined pan. Once complete, set in the refrigerator for at least 5 min until solid. Enjoy this simple, rich and heart healthy treat!

NUTRITION TO GO

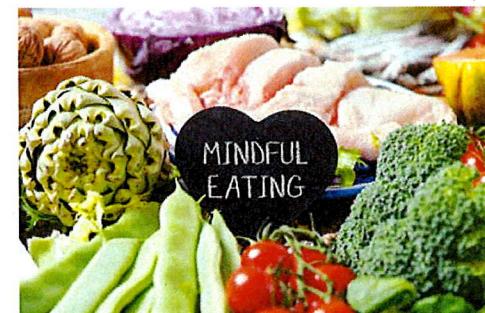
Mindful Eating

What is Mindful Eating?

Mindful eating is when you pay attention to how you feel and listen to your body as you are eating. It helps you to focus on eating, and not be distracted by other things.

Benefits:

- ✓ Increases the enjoyment you get from your meal
- ✓ Promotes healthy eating habits by helping you know when you are hungry or full
- ✓ May reduce stress or anxiety
- ✓ Helps keep you from eating and swallowing too fast, which can worsen heartburn, reflux, or gas



How to Eat Mindfully

Eat slowly. Take small bites, chew more slowly, and put your fork down between bites.



Pay attention to your body. What is it telling you? When eating, pause and listen for your body to signal that you are full. This may help keep you from overeating.



Reduce background noise.

This may include TV, computer, tablet, or phone.

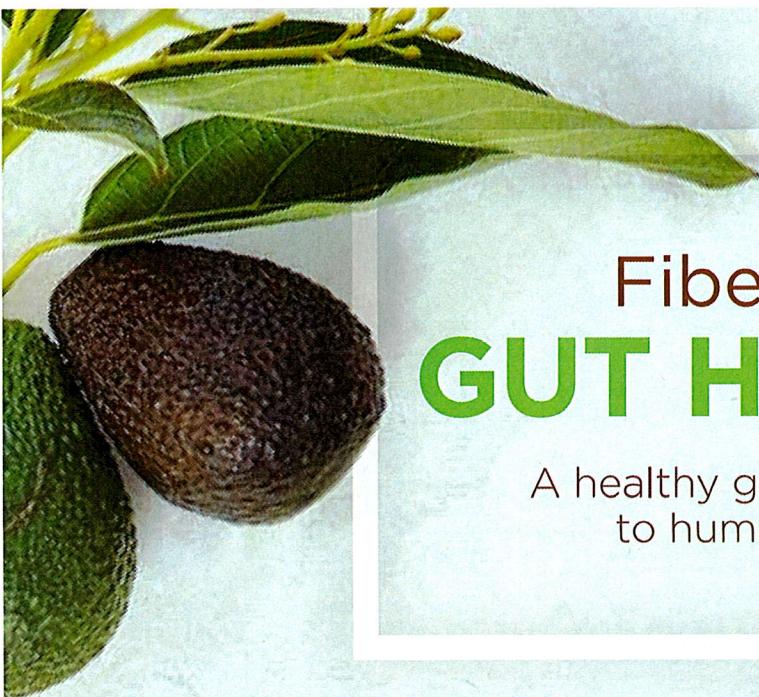


Try eating in a nearby room so the TV can still be heard, or listen to radio or music instead.

Use your senses.

Focus on the smells, colors, and tastes of the foods in the meal.



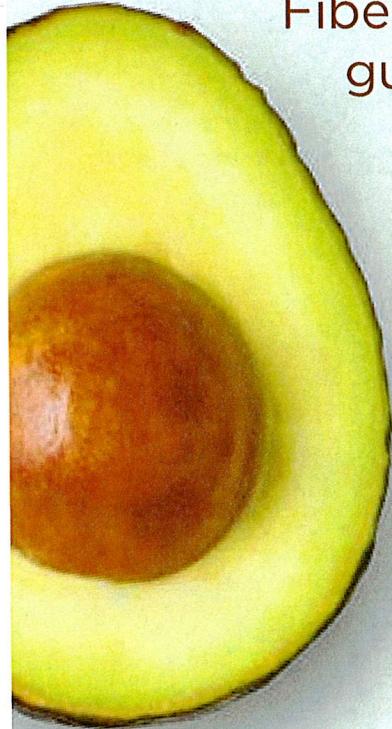


Fiber and **GUT HEALTH**



A healthy gut is essential
to human health

Your digestive tract, also known as the gut, is a complex organ. It breaks down the food you eat into nutrients that can be absorbed and carried throughout your body. There is a community of friendly bacteria living within your intestines that help support your gut health. These bacteria break down nutrients, produce compounds that send communications to the rest of the body, and influence your immune system. Research suggests that obesity, type 2 diabetes, inflammatory bowel disease, and colon cancer are all impacted by your gut's health.



Fiber helps support gut health

Dietary fiber comes from plants, including avocados and other fruits and vegetables, beans, nuts, seeds, and whole grains. It's a non-digestible carbohydrate that passes through your digestive system practically unchanged. Dietary fiber is the fuel your gut bacteria need to flourish and has an impact on digestion. Fiber also contributes to a feeling of fullness after a meal and helps to normalize bowel movements. Some studies suggest that high-fiber diets might also help with weight loss and regulating metabolism. Unfortunately, most people don't eat enough fiber in their diets.



How much fiber is enough?

The typical American only consumes 16 grams of fiber per day. The Daily Value (DV) or the recommended amount of total dietary fiber is 28 grams per day. This recommendation is based on a 2,000-calorie daily diet. Your fiber intake may need to be higher or lower, depending on your individual calorie needs.

FOOD LABEL READING TIP:

Not all nutrition facts labels list soluble and insoluble fiber separately. So, look for food choices with at least 10% DV dietary fiber or 3 grams of fiber per serving.