

Healthy Living 101:

Spring 2026

Join Healthy City, USA this spring for a series designed to support the 65+ population in healthy aging and vibrant living! Classes will be held at 1001 N 7th Ave. Pocatello, ID 83201. Classes are available both in person and online. A light lunch is provided to those who are registered for in-person. Take charge of your health and age with confidence!



Tuesday, February 3rd 12:00PM-1:00PM

The Talk (No, Not That One)

Starting the conversations that make your wishes clear - before life gets complicated!



Tuesday, February 10th 12:00PM-1:00PM

Home Sweet Home

Designing your life so you can stay where you love - safely and confidently.



Tuesday, February 17th 12:00PM-1:00PM

Stronger for Longer

Nutrition and movement strategies to protect your muscle and your momentum.



Tuesday, February 24th 12:00PM-1:00PM

Love Your Heart, Trust Your Gut

Simple strategies for keeping your heart strong, digestion smooth and body in balance.

Healthy City
USA

Register for in
person or Zoom!

Portneuf
HEALTH PARTNERS



portneufhealthtrust.org/healthy-living-education/

QUESTIONS?

 208-239-1955

 info@portneufhealthtrust.org

In-Person Class location:
City Center Campus - Training Level
1001 N 7th Ave.
Pocatello, ID 83201



"In order to succeed, we must first believe that we can." – Nikos Kazantzakis

Toilet Talk

What is Seasonal Affective Disorder (SAD)?

Seasonal affective disorder (SAD) is a type of depression that comes and goes in a seasonal pattern. SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. Symptoms of SAD can include:

- A persistent low mood
- A loss of pleasure or interest in normal everyday activities
- Irritability
- Feelings of despair, guilt, and worthlessness
- Feeling lethargic (lacking energy) and sleepy during the day
- Sleeping for longer than normal and finding it hard to get up in the morning

- Craving carbohydrates and gaining weight
- Difficulty concentrating
- Decreased sex drive

For some people, these symptoms can be severe and have a significant impact on their day-to-day activities.



What causes SAD?

The exact cause of SAD is not fully understood, but it's often linked to reduced exposure to sunlight during the shorter autumn and winter days. The

might stop a part of the brain called the hypothalamus working properly, which may affect the:

Production of melatonin- melatonin is a hormone that makes you feel sleepy; in people with SAD, the body may produce it in higher-than-normal levels

Production of serotonin- serotonin is a hormone that affects your mood, appetite and sleep; a lack of sunlight may lead to lower serotonin levels, which is linked to feelings of depression

Body's internal clock (circadian rhythm)- your body uses sunlight to time various important functions, such as when you wake up, so lower light levels during the winter may disrupt your body clock and lead to symptoms of SAD

It's also possible that some people are more vulnerable to SAD because of their genes, as some cases appear to run in families. For more info., visit the National Health Service at www.nhs.uk.

Treatment for Seasonal Affective Disorder

A number of treatments are available for seasonal affective disorder (SAD), including cognitive behavioral therapy, antidepressants, and light therapy.

Things You Can Try Yourself

- Try to get as much natural sunlight as possible- even a brief lunchtime walk can be beneficial
- Make your work and home environments as light and airy as possible
- Sit near windows when you are indoors
- Exercise regularly
- Eat a healthy, balanced diet

Talking Therapies

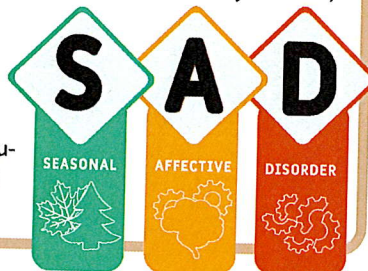
- Cognitive behavioral therapy is based on the idea that the way we think and behave affects the way we feel.
- Counseling and psychodynamic psychotherapy involves talking to a trained counselor about your worries and problems. You discuss how you feel about yourself and others while talking about experiences in your past.

Antidepressants

Antidepressants are often prescribed to treat depression and are also sometimes used to treat severe cases of SAD. Selective serotonin reuptake inhibitors (SSRIs) increase the level of the hormone serotonin in your brain, which can help lift your mood.

Light Therapy

Some people with SAD find that light therapy can help improve their mood considerably. This involves sitting by a special light called a light box that simulates the sunlight that's missing during the darker winter months.



SOLVE

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SOLUTION: Penny for Your Thoughts
-For Pete's Sake

 Southeastern
Idaho Public Health

www.siphidaho.org



BROOKDALE
SENIOR LIVING

Brookdale Chubbuck Presents

Love in The Air

**Sweethearts
Dance**

FRIDAY

13 FEB

**5:00-
7:00PM**

MUSIC - DINNER - DANCING

RSVP your spot now and let's make this Valentine's Day
unforgettable!

Free for Brookdale Residents, \$5 for non-residents

Must be 65+ years

Buy tickets now: (208) 240-0401

(Chelsea Nebeker)

4080 Hawthorne Rd.

Chubbuck, ID 83202



VINTAGE * HANDMADE * COLLECTIBLES * LOCAL VENDORS

The first POKY FLEA in Pocatello, Idaho will showcase 200+ vendors, art, antiques, handmade goods, collectibles, vintage clothing, local vendors, food and more at the Mountain View Event Center in Pocatello, Idaho.

FREE ENTRY

Pocatello, Idaho

February 28, 2026

10 am — 3 pm

Mountain View Event Center (ICCU Fieldhouse)



READY TO SERVE?

**Seniors
Needed
55+**

**ARE YOU AGE 55 OR BETTER AND LOOKING FOR A
WAY TO HELP OTHERS?**




*Become a volunteer with the
AmeriCorps Seniors RSVP Program!*

How you can help:

- Be a friendly peer support for seniors
- Engage in group activities and social visits
- Make wellness check-in calls
- Support local food banks and community events



READY TO GET INVOLVED?

 **Call us today to get
connected!**

**Seize Your Moment to
volunteer with
AmeriCorps Seniors!**



Retired and Senior Volunteer Program



**Idaho State
University**
Institute of
Rural Health

**Contact:
Project Coordinator
Annie Mendoza
208-282-6275
rsvpseniors@isu.edu**

Volunteer with
RSVP Seniors
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FREE COMMUNITY LUNCH EVERY 2ND SATURDAY OF THE MONTH

Hosted by First United Methodist Church & Friends at

First United Methodist Church
200 N. 15th Avenue
Pocatello, ID 83201

11:00am – 1:00pm

Inquiries? Call the church office at 208-232-1353



UPCOMING MEALS

JANUARY 10
FEBRUARY 14
MARCH 14
APRIL 11

"Crowded Table" is a meal for all.
No conditions. No documentation.
No religious pressure. Ever.
Simply come, eat, stay as long as you
like, and grow connections in our city.



BECOME A Foster Grandparent

AND CHANGE A CHILD'S LIFE

WHO CAN VOLUNTEER

Be 55 years or older.

**Pass a criminal history
check.**

**Be physically and
mentally able to
perform volunteer
duties.**

**Volunteer as little or as
much as wanted (5
hours per month to 40
hours per week).**

WHAT A FOSTER GRANDPARENT DOES

Foster Grandparents may:

Provide one-on-one and small group support in classroom readiness skills. These include reading, writing, math, peer interaction and basic school readiness.

Mentor children and teens to build confidence and life skills.

Support children with special or exceptional needs in classroom or community settings.

Help with homework or social-emotional activities.

VOLUNTEER BENEFITS

**Tax-free stipend (if income
eligible)**

**Mileage or transportation
reimbursement.**

**Meals while on duty, if
available.**

**Pre-service and ongoing
training.**

**Accident, liability, and
supplemental insurance.**

**Holiday and personal leave,
recognition events, and
community connection.**

**Improved health and well-
being.**

**READY TO SHARE YOUR WISDOM
AND HELP A CHILD?**

**Cheiska 208-881-6211
cmotloch@unitedwayif.org**