

POKY4PARKYS

April

NEWSLETTER

Monthly Events

Support Group Meeting - April 8 at 3:00 pm at the Senior Activity Center 427 N 6th Ave. (2nd Wednesday)

Social Luncheon Activity suspended at this time

Weekly Classes

Monday at 5:00 pm at River of Life Church 1211 S 5th Physical Therapist led exercise class.

Tuesday and Thursday classes cancelled for now

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 Dr. (in the cafeteria)

For Information

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

ppokypokeypoky4parky@gm

Program for April

We hope to have a speaker from the ISU Health Fair which will be held April 2, 2026. Please join us, We always have interesting and informative discussions even without a formal speaker. We share ideas and experiences among the PWP's and Carer givers

We are working at a couple of things that look promising. We are hoping that we can include some boxing. More information to follow. How important to you are accessible entry ways? We are looking at a facility that would work but it has stairs and uneven flooring to get to the workout area.



Dear Care Partner, family ,and friends.

Educate yourself on the disease so you know what we are up against.

When yo can't motivate me me to get out of the house, call on my family and friends to help.

come with me to appointments and be my advocate.

I still want to enjoy the things I've always found pleasure in. Help me find ways to still do them.

When you are frustrated with me because of the things I cannot do. Just imagine how frustrated I must be because I'm no longer able to.

When I fall behind, instead of rushing ahead, slow down and take my hand.

When I can't get the words out, wait for me rather than speak for me.

Don't talk about me as if I'm not in the room or exclude me from social gatherings.

Don't feel guilty if you can no longer care for me. It's not your fault, you've done your best.

If I must live away form you, visit me often.

Be confident that I am still the person you know and love.

An exert from "Traveling Parkinson's Lane" a poem written by Barb Stutka in 2023, inspired by Rachel Wonderlin's "16 Things I would want If I Got Dementia"

We have included a listing of available Webinars on the next page.



April Webinars



2 APRIL 2026 Thursday 12:00 pm MDT APDA Unlocking Strength Within Emotional Wellbeing
Vulnerability, Misinformation, & the Power of Pause / Speaker: Brandi Hackett, LCSW

Shifts in thinking make individuals more vulnerable to misinformation, and scams. She will explain the factors that contribute to these risks — and more importantly, how we can respond.

<https://www.apdaparkinson.org/events/unlocking-strength-within-vulnerability-misinformation-and-the-power-of-pause/>

3 APRIL 2026 Friday 9 am to 10:30 am MDT Davis Phinney Live Well Today Webinar

Emerging Therapies with Dr. Soania Mathur and Dr. Michael Okun discussing trials targeting alpha-synuclein and neuroinflammation; updates about gene therapy, cell therapy, and deep brain stimulation; recent research about the gut-brain axis and what it means for future treatments; and low-dose carbon monoxide.

<https://davisphinneyfoundation.org/events/emerging-therapies-for-parkinsons-2026/>

6 APRIL 2026 Monday 11:00 pm to 11:30 pm MDT Parkinson's Foundation Mindfulness Mondays –

Building the Foundations / Speaker: Devon Hase, Meditation Teacher

Establishing a mindfulness practice can be a powerful ally in managing Parkinson's symptoms and stress. There is no charge to attend, but registration is required. Virtual (Zoom)

<https://www.parkinson.org/events/2026/April6MM>

7 APRIL 2026 Tuesday 11:00 pm MDT Let's Keep Moving with APDA (American Parkinson Disease Association)

Balance 101: Understanding Unsteadiness / Speakers: Timothy Nordahl, PT and Teresa Baker, PT

1st of 3-part series that will explore **balance in Parkinson's disease**. In this interactive webinar, you'll learn why balance changes occur, what contributes to feelings of unsteadiness, the specific aspects of balance that are affected by PD.

<https://www.apdaparkinson.org/events/lets-keep-moving-with-apda-balance-101-understanding-unsteadiness/>

8 APRIL 2026 Wednesday 1:00 pm MDT Northwest Parkinson's Foundation Educational Webinar

NWPF HOPE Apothecary: Dr. Pinky Agarwal Parkinson's-related Hallucinations & Delusions

Discover how you can talk to your healthcare provider about your symptoms and treatment plan.

https://us02web.zoom.us/webinar/register/WN_pnGyy78gTPKuuVckR5Y7-A#/registration

8 APRIL 2026 Wednesday 11:00 am to 12:15 pm MDT Parkinson's Foundation Wellness Wednesday

Expert Briefing: Inside the Science: Parkinson's Research Today / Speaker: Laurie Sanders, Ph.D.

Focus on three key research areas shaping today's momentum: alpha-synuclein, mitochondrial function, and inflammation. <https://www.parkinson.org/events/2026/April8WW>

13 APRIL 2026 Monday 11:00 pm to 11:30 pm MDT Parkinson's Foundation

Mindfulness Mondays - Mental Well-being / Speaker: Taylor Rush, PhD

Dr. Rush invites you to slow down, breathe, and reconnect with yourself through a guided mindfulness practice. There is no charge to attend, but registration is required. This is a virtual program, taking place live, using the online Zoom platform. Instructions on joining the webinar are provided after registering.

<https://www.parkinson.org/events/2026/Apr13MM>

16 April 2026 Thursday 10:00 am MDT Third Thursdays Michael J. Fox Foundation Webinar

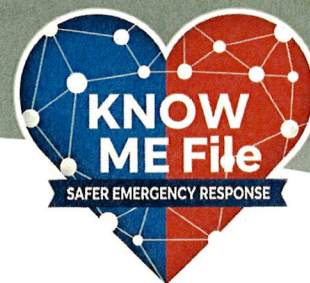
What Causes Parkinson's Disease? Panel of experts will discuss what we know, so someday we may slow, stop, or prevent the disease. <https://www.michaeljfox.org/webinar/what-causes-parkinsons-disease>

21 April 2026 Tuesday 12:00 pm MDT Northwest Parkinson's Foundation

Meet the Expert: Dr. Nate Coomer, DPT, NCS on Gait & Parkinson's

Discuss the challenges that come along with walking and Parkinson's Disease. He will cover the most common walking impairments that come with PD including shuffling gait, freezing of gait and decreased arm swing, and ways to help improve your walking mechanics.

https://us02web.zoom.us/webinar/register/WN_30H-wHxtRwWLZgeOcWdF2Q#/registration



Dear Community Partner,

The City of Pocatello is introducing the KNOW ME File, a voluntary program that allows individuals and families to share helpful information with first responders ahead of time.

When first responders have access to important details such as communication preferences, medical needs such as durable medical equipment, or sensory triggers, they can adjust their response approach and provide the right kind of care.

What is the KNOW ME File?

The KNOW ME File is a voluntary and confidential program offered by the Pocatello Police Department Dispatch Center to support individuals who may benefit from tailored care or communication during emergencies. This program allows individuals or caregivers to share helpful information with first responders so they can respond more safely, effectively, and compassionately.

Who can benefit from the KNOW ME File?

This program may benefit individuals of all ages who may have difficulty responding in high-stress situations, including those with:

- Autism or other developmental conditions
- Dementia, Alzheimer's, or traumatic brain injuries
- Down Syndrome
- Mental Health conditions
- Nonverbal communication needs
- Sensory sensitivities or behavioral triggers
- Other medical, cognitive, or behavioral needs

Information could include: Diagnosis – Dementia – May not recognize surroundings, can become anxious or confused, responds best to a calm tone and simple instructions.

We are reaching out to organizations like yours to help share this program with the individuals and families you serve. If you have questions or would like additional materials, please contact us at knowme@pocatello.gov.

We appreciate your time and the work you do in our community.

Sincerely,
The KNOW ME Team

**PROUDLY
SUPPORTING**
THE CITY OF POCATELLO
THE CITY OF CHUBBUCK &
BANNOCK COUNTY CITIZENS



The KNOW ME FILE

The KNOW ME File is a voluntary and confidential program offered by the Pocatello Police Department to support individuals who may benefit from tailored care or communication during emergencies.

Who is The KNOW ME File for?

- Individuals with dementia, Down syndrome, Alzheimer's, traumatic brain injuries, mental health conditions, or autism.
- Individuals who are nonverbal or have communication challenges or sensory sensitivities.
- Anyone who may struggle to respond in high stress or emergency situations.
- Anyone who wants to share information that could help first responders better assist them during an emergency.

Participation is always optional and you may update or remove your information at any time. You remain in full control of what is shared and when.

Who can be enrolled?

Anyone who lives in or frequently spends time in Pocatello, Chubbuck or Bannock County area and may need additional support during emergencies. This includes individuals of all ages with medical, cognitive, behavioral, or developmental conditions.

How does this help during an emergency?

When responders know what to expect, they can adjust their approach, improving safety and reducing confusion or escalation.

Who can Enroll someone and how?

A parent, guardian, caregiver, or the individual themselves can enroll by submitting the form with the person's information and any helpful details for responders.



Toilet Talk

April 2026

Staying Up On Recalls Can Help Protect You From Harm

From baby equipment to ground beef to cars and everything in between, when you buy a product, you expect it to be safe and work the way it should.

Most of the time, everything is fine. After all, there are hundreds of regulations designed to make sure products meet safety standards. But sometimes problems still happen. That's when you might hear a word that can sound scary but is meant to protect you: recall.

So, what is a recall, really? Think of it as a public health heads-up. It's a message that says, "Hey, this product or food might not be safe. Here's what to do next."

When a company or a government agency learns that a product is unsafe, it may be recalled. Sometimes a company finds the problem and pulls the item from shelves on its own. For example, a batch of lettuce tests positive for salmonella, or a toy is found to contain lead or poses a choking risk. Other times, a government agency steps in and orders a recall. Either way, the goal is the same — to get unsafe products out of homes and stores before someone is harmed.

You'll often see recalls posted on official government websites, in news alerts or shared through email and social media. If you bought something online or registered a product or appliance, you might even get an email, call or text telling you that what you purchased is on a recall list.

Food recalls often happen because products are contaminated with harmful germs, contain foreign objects or are missing labels for allergens such as peanuts. These problems can be especially dangerous if you're pregnant, allergic, older or have a weak immune system. "Recalls are the last line of defense when preventive food safety measures fail," says Thomas Gremillion, director of food policy at the Consumer Federation of America.

"Recalls play a critical role in preventing foodborne illness and maintaining consumer confidence in the food system."

Stores are expected to pull recalled products from their shelves. But reaching



consumers who already bought the item can be harder. Some stores post signs or notices on the shelf or at the check-out. Some retailers also use membership card data to inform customers if they purchased a recalled item.

Recalls are very specific. Only products that match all the listed details, such as the brand, name, lot number and date, need to be avoided. If you find a recalled product at home, don't panic.

"First and foremost, do not eat a recalled product," Gremillion says.

"If you can, take it back to the store and ask for a refund."

If you can't return the product, throw it away properly so that other people or animals can't get to it. Never donate recalled food to a food bank.

If a recalled food sneaks into your fridge, don't give it a second chance. Toss it out, then give your refrigerator a thorough cleaning. According to the U.S. Centers for Disease Control and Prevention, germs in recalled food could spread to drawers or shelves in your refrigerator.

And don't hesitate to call your doctor or veterinarian if you or a family member — pet products are at risk, too — may have used or eaten a recalled product.

Recalls aren't just about food, drugs and

cosmetics. They also help prevent injuries from everyday items, such as baby strollers with faulty brakes, space heaters that can catch fire, dressers that can tip over or car parts that don't meet safety standards.

"When in doubt, stop using the product," says Courtney Griffin, director of consumer product safety at the Consumer Federation of America.

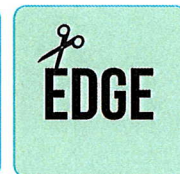
Griffin recommends that you find the official recall notice online at the U.S. Consumer Product Safety Commission's website and follow the manufacturer's instructions about the steps to take regarding refunds.

"Recalls can vary," Griffin says. "Sometimes there will be a request to throw out the product or there may be modifications that the consumer can make to ensure the product is used safely."

The good news is you don't have to hunt for recalls every day. Several federal agencies share safety alerts to help protect you and your family and keep you up-to-date about product recalls. Some of their websites let you sign up for free email or text alerts, so recalls come to you instead of the other way around.

Foodsafety.gov brings together recall information from both the U.S. Food and Drug Administration and the U.S. Department of Agriculture. CPSC.gov provides the U.S. Consumer Product Safety Commission's list of recalls for everyday products like baby gear, appliances, furniture and more.

SOLVE



SOLUTION: Split Decision - Cutting Edge



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www.siphidaho.org





RSVP



AMERICORPS SENIORS RSVP PROGRAM

Idaho State University's Institute of Rural Health is proud to announce the Retired and Senior Volunteer Program (RSVP) is in operation to help combat social isolation, loneliness, and support mental wellness among seniors in Bannock, Bingham, Power, and Shoshone counties!

OVERVIEW

The RSVP program pairs senior volunteers, aged 55+, with socially isolated peers to foster connection through regular interactions. Each volunteer is matched with two seniors, spending 1.75 hours in-person and conducting two 30-minute phone calls with each participant monthly over a three-month period.

SUMMARY

Volunteers Needed	<i>Reduce loneliness for isolated seniors.</i>	<i>Support mental and physical wellness in our communities.</i>
Volunteer Stations Needed	<i>Provide a setting for volunteers to meet with other seniors.</i>	<i>Ensure volunteer safety and appropriate training.</i>
Community Partners Needed	<i>Stakeholders who can share information about our program.</i>	<i>Collaborate with other invested individuals about senior care in our communities.</i>
Benefits of RSVP program	<i>Choose when and how you want to serve.</i> <i>Contribute to a community-wide solution to senior isolation.</i>	<i>Expand your reach and services with skilled, dependable volunteers.</i> <i>Strengthen your impact in senior care and behavioral health.</i>

OUR IMPACT

Together, we're building healthier futures.
Our mission to combat loneliness and isolation, as well as improve mental health among seniors, will be achieved by creating connection and purpose through service.

Ready to help? Contact us for more information!

CONTACT INFORMATION

Annie Mendoza, Grant Project Coordinator
Phone: 208-282-6275
Email: rsvpseniors@isu.edu



Retired and Senior Volunteer Program



CALL TO SCHEDULE A TOUR (208) 233-1914

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\$1000 OFF FIRST FULL MONTH'S RENT
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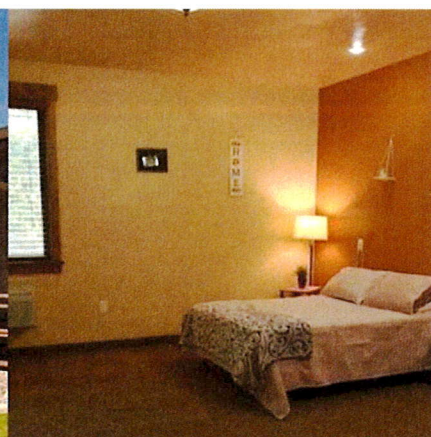
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Help Prevent the Spread of Norovirus ("Stomach Bug")

IF NOROVIRUS IS AFFECTING YOUR COMMUNITY, HERE ARE SOME ACTIONS YOU CAN TAKE TO HELP PREVENT FURTHER ILLNESS

1 Clean up surfaces

- Clean frequently touched surfaces with soapy water
- Rinse thoroughly with plain water
- Wipe dry with paper towels
- Dispose of paper towels

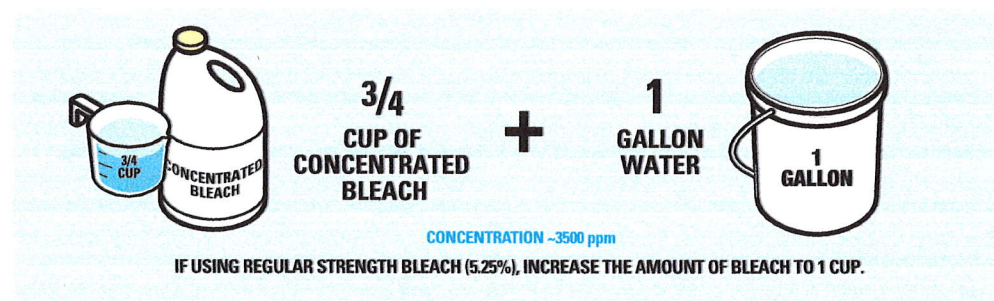
DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces

a. Prepare and apply a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners. Mixing directions are based on EPA-registered bleach product directions to be effective against norovirus.

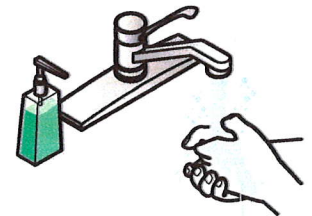
For best results, consult label directions on the bleach product you are using.



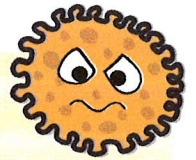
- Leave surface wet for at least 5 minutes
- Rinse all surfaces intended for food or mouth contact with plain water before use

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus.



Facts about Norovirus



Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination.

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



co.somerset.nj.us/health



neha.org



waterandhealth.org



americanchemistry.com



cfour.org

disinfect-for-health.org

Updated March, 2015