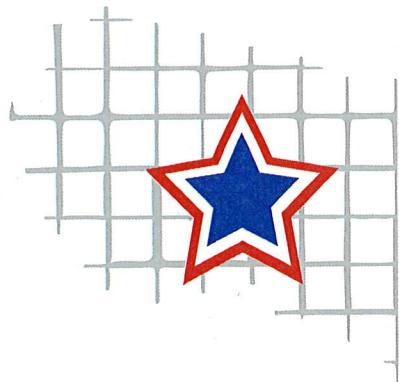


*Join us for*

# COFFEE WITH VETERANS



SPONSORED  
BY:

**symbii**  
home health and hospice

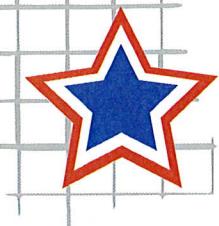
SENIOR ACTIVITY CENTER  
427 N 6TH POCATELLO, ID 83201

**JANUARY**

**14<sup>h</sup>**

**10 AM**

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



# 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.

January 16<sup>th</sup>, 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

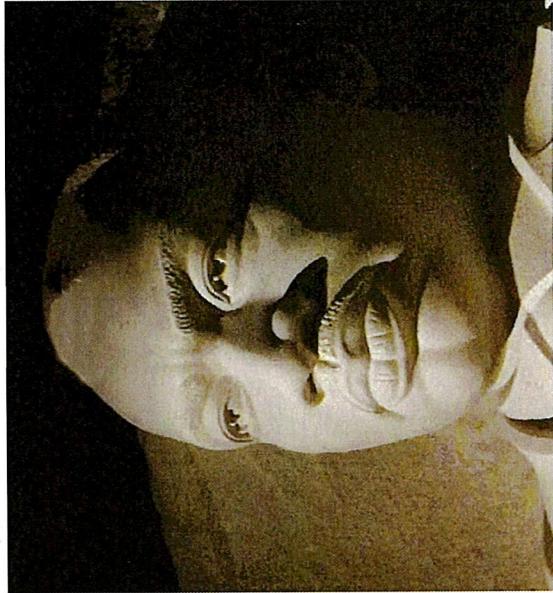


# Martin Luther King, Jr. Celebration Brunch

Saturday, January 17, 2026  
10:30 am

Idaho State University  
Pond Student Building  
Wood River Rooms

Tickets \$25  
Bru House Galilei  
The College Market  
or call 208-478-2150

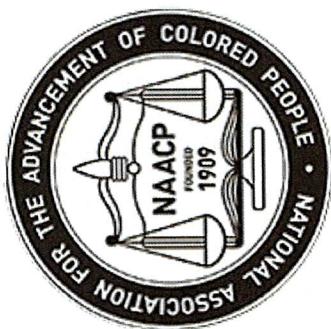


## Guest Speaker Stephen Weeg

His commitment to civil and human rights for all persons was forged in the 60's while attending the U of Notre Dame. It was there that he was introduced to Martin Luther King, Gandhi, and the foundations of non-violence.

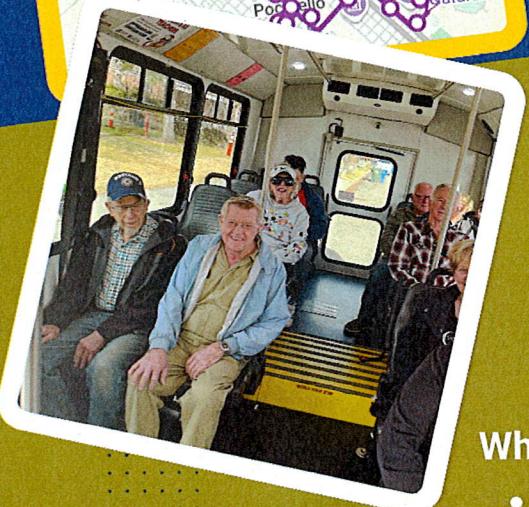
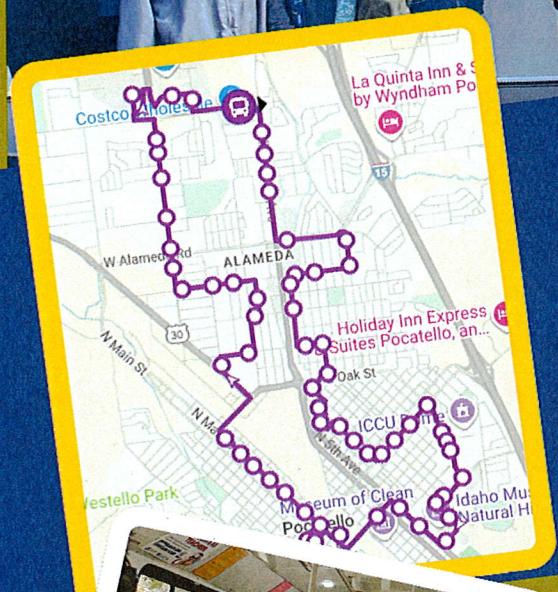
**Pocatello Branch NAACP**  
**208-478-2150**  
[pocatellonaacp@live.com](mailto:pocatellonaacp@live.com)

[Facebook.com/Pocatello Branch NAACP](https://Facebook.com/Pocatello Branch NAACP)





# TRAVEL TRAINING



## Pocatello Senior Activity Center

Monday,  
January 26, 2026  
10 AM

### What You'll Learn in Travel Training:

- How to read bus schedules and route maps
- Planning your trip using our website or app
- How to safely board, ride, and exit the bus
- Rules and tips for riding public transit
- How to pay your fare and use passes

POCATELLO  
**PRT**  
REGIONAL TRANSIT

  
Southeast Idaho Council  
of Governments, Inc.  
Building Bridges to Communities

Laurie Bauer  
[laurie.bauer@sicog.org](mailto:laurie.bauer@sicog.org)  
208-233-4535 ex 1018



SYMBI HOME HEALTH AND HOSPICE  
IS PLEASED TO SPONSOR

BLOOD PRESSURE CLINIC  
TUESDAY, JANUARY 27<sup>TH</sup>, 2026  
11AM -12PM

Pocatello Senior Activity Center

January 2026

"Success isn't always about greatness. It's about consistency. Consistent hard work gains success. Greatness will come." – Dwayne "The Rock" Johnson



# Toilet Talk

## Avoid Hibernation- Stay Active This Winter

Snow is falling, temperatures are dipping below freezing, and the days are getting shorter. It can be challenging to stick with an exercise routine during the winter months. Physical activity can help maintain a healthy weight, improve your mood, and increase your cardiovascular health. Finding time and motivation for movement doesn't have to be complicated or time-consuming, and it can even be fun! Check out these tips for staying fit and active.



### Winter Physical Activity Tips:

- Hot yoga is a great activity for improving flexibility while escaping from the cold weather. Research indicates that heated yoga sessions significantly reduce symptoms of depression and improve mental health.
- Long winter walks are just as effective for cardiovascular health as timed indoor activities such as spin bikes and ellipticals. Evidence shows that step-based goals and time-based goals are equally effective for reducing the risk of cardiovascular disease.
- No motivation? Try starting out with a weekend-only workout schedule. Concentrating on moderate-to-vigorous exercise for one or two days per week can significantly improve cardiovascular health.
- Try some of these indoor activities.
  - Walk at an indoor location, like a grocery store or Costco
  - Sign up for indoor activities or classes at your local gym or community center
  - Create an inexpensive home gym including stretch bands and a stability ball
  - Swim at an indoor pool
  - Check out exercise DVDs at the library

For more information, visit the American Heart Association website at [www.heart.org](http://www.heart.org).



Cherry  
Please

league  
baseball

Course  
Course  
Course  
Course  
Course  
Meal

**SOLUTION:** Pretty Please With a Cherry on Top - Little League Baseball - Five Course Meal

Provided by: Southeastern Idaho Public Health, [siphidaho.org](http://siphidaho.org)

### Getting Motivated- Tips for Establishing a Workout Routine

Implementing new physical activity habits and staying motivated can be difficult, especially in the winter months. How can you establish a routine and stick to it even when you are busy, cold, tired, or lack the desire to exercise?

**Start Slow and Keep Expectations Reasonable.**

**Set goals based on your personal physical fitness level.** Gradually build up to 30 minutes of activity most or all days of the week. Starting with a few exercise sessions per week rather than jumping straight into a rigorous 7-day fitness routine can help maintain your motivation.



### Pencil it Into Your Calendar.

Exercise at the same time of day so it becomes a regular part of your daily routine. Find a convenient time and place to do activities to establish a habit.

**Too busy for a structured exercise session?** Try exercise snacks—brief periods of high-intensity movement or exercise lasting for approximately 2 minutes. Climb the stairs, do leg raises in your office chair, time a wall sit, or do lunges down the hallway.

**Switch It Up.** Develop a variety of activities that you can enjoy to avoid boredom, low motivation, and burn-out. Walk one day, swim the next, join a weekly Pickleball league, attend a session of hot yoga, or check out an exercise DVD. Find a show that you only watch while walking on the treadmill.



# POKY4PARKYS

January 2026

Newsletter

## Monthly Events

### Support Group Meeting

January 14 at 3:00 pm at the / Senior Activity Center 427 N 6th (2nd Wednesday) Rm 11.

### Social Luncheon Activity

January 10 at Marshal Public Library (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** Group exercise class - variable . 9:30 am at Senior Activities Center.

**Wednesday** at 11:00 am Brain and Body Exercise class at the Senior Center

**Friday** at 6:00 pm therapeutic dance class at ISU building 48, 777 Memorial Dr (in the Cafeteria)

## For Information

Spencer, Kris, or Dean at (208) 2444-0048 or [poky4parky@gmail.com](mailto:poky4parky@gmail.com)

## Group Discussion

For our January support group meeting on the 14th at 3:00 pm. We will have a group discussion on individual experiences, solutions, recommendations, tips and tricks, and daily living. We hope also to discuss our support group. What we want to do as a group of Parkys to be a help to each other.

## Monthly Tips

Seasonal Safeguards

Tips from the Anchorage Support Group of APDA:

**?** Light + nature boosts – Aim for 15 Minutes of sunlight exposure most days.

**?** Night-path lighting – Outlet cover lights or plugin LED rope/strip lights along the baseboard from bedroom to bathroom provide gentle, always-on guide for night trips.

**?** Hall/stair safety – Add motion-sensing LEDs in hallways, stairs and entryways to reduce fall risk.

**?** Use delivery & ride options – When roads are bad or you're not up to driving, consider carpooling, grocery/meal/pharmacy delivery.



## Items of Interest

### Davis Phinney Foundation:

Will be continuing their First Tuesday Meetup for Care Partners. In this meetup care partner regulars and special guests will discuss the concerns, challenges ,and questions that Parkinson's care partners have today. If you're a care partner for someone diagnosed with PD this is the place for you! January 6, at 12 pm MT. To register for the monthly meetups:  
[https://secure2.convio.net/dpf/site/SSurvey?SURVEY\\_ID=2000](https://secure2.convio.net/dpf/site/SSurvey?SURVEY_ID=2000)

**The way I see it  
If you want the  
rainbow,  
You gotta put up  
With the rain.**

**Dolly Parton**

## Important Information

Join APDA in their January presentation: Stem Cells, Breakthroughs, and What's Next for Parkinson's Research. January 15, at 5 pm MT. To register for this discussion exploring the rapidly evolving science behind cell-replacement therapies for Parkinson's disease:  
<https://www.apdaparkinson.org/events/dr-gilbert-hosts-stem-cells-parkinsons-disease/>

\*The DPF Webinar for January will be on Navigating Demoralization and Finding Hope. This virtual webinar will be held on Friday, January 16, at 12 pm MT. The discussion will center on why these feelings are common in PD, how to manage them and ways to find and maintain hope while living with Parkinson's. to register:

[https://davisphinneyfoundation.org/events/hopelessness-and-hope-navigating-depression-and-demoralization-in-parkinsons/?utm\\_source=email&utm\\_medium=email&utm\\_campaign=events-newsletter&utm\\_content=2026jan](https://davisphinneyfoundation.org/events/hopelessness-and-hope-navigating-depression-and-demoralization-in-parkinsons/?utm_source=email&utm_medium=email&utm_campaign=events-newsletter&utm_content=2026jan)

**Beauty is not in the face;  
Beauty is a light In the heart.**

**Kahlil Gibran**



# What's your move?

## Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks,  
like chores and shopping



Keep up with the grandkids



Stay independent  
as you get older

And it has big health benefits, too.



Less pain



Better mood



Lower risk of many diseases

## What types of activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



### Muscle-strengthening activity

Activities that make your muscles work harder than usual count.



### And mix in activities to improve your balance!

Aim for a mix of aerobic, muscle-strengthening, and balance activities.



Try activities that count as more than 1 activity type — like dancing, sports, or tai chi — to help keep your body strong and lower your risk of falls.

## Physical activity can help manage many health problems.

- ✓ Reduce symptoms of arthritis, anxiety, and depression
- ✓ Help keep diabetes and high blood pressure under control

### Just getting started?

No problem — start slow and do what you can. **Even a 5-minute walk has real health benefits.** Build up to more activity over time.

### And all sorts of activities count.

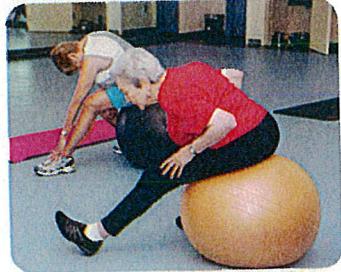


Even things you have to do anyway

Even things that don't feel like exercise

### You can get more active.

No matter your age, you can **find a way that works for you.**



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

[odphp.health.gov/MoveYourWay/Activity-Planner](http://odphp.health.gov/MoveYourWay/Activity-Planner)





# How can I stay active as I get older?

These 3 types of physical activity can help you **stay healthy and independent**:



Aerobic activity



Muscle-strengthening activity



Balance activity



## Get your heart beating faster.

**Aerobic activity** can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood — or inside your home when the weather's bad
- Play a sport with friends — consider pickleball or tennis



Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

## Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.



## Build your muscle strength.

**Muscle-strengthening activity** can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights — or fill a plastic bottle with water and lift that instead



Aim for at least **2 days a week** of muscle-strengthening activity.

## Does pain make it hard to be active?

Physical activity can **ease pain** and help you feel better. If you're recovering from an injury, listen to your body and do what feels right for you. Walking is a good way to start.



## Work on your balance.

**Balance activity** can lower your risk of falls — and your risk of an injury if you do fall.

Try these balance activities at home:

- Stand on 1 leg
- Walk backwards or sideways
- Do an online yoga or tai chi video



Feeling unsteady? Try holding onto a chair or wall for support!

## What about stretching?

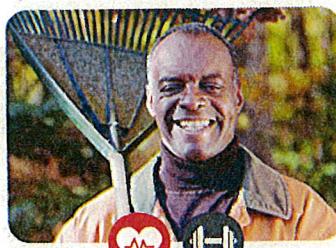
Stretching can help you stay flexible enough to do everyday tasks — like bending down to tie your shoes. Try stretching to cool down after activity.

## Get a mix of activity types at the same time.

For even more health benefits, try something that counts as more than 1 activity type:



Try ballroom or salsa dancing



Rake leaves in the yard



Take a water aerobics class

Remember, it's never too late to start being active.

So take the first step. Get a little more active each day. **Move your way.**

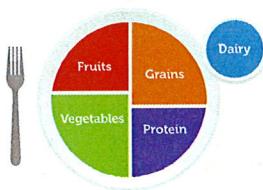
Find tips and videos to help you get moving at [health.gov/MoveYourWay](http://health.gov/MoveYourWay)

Build your weekly activity plan at [health.gov/MoveYourWay/Activity-Planner](http://health.gov/MoveYourWay/Activity-Planner)





## Start simple with MyPlate



# Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



### Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



### Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



### Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



### Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



### Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.