Halloween Spirit O.O. Week

Monday 27

Door Decorating – Sign up for a door with Marty. Decorating 9:30AM–1:30PM

Space Limited

Tuesday 28

Cookie Decorating During Lunch

Wednesday 29

Wear your best orange and black attire. Also ISU Wednesday.



0.0

Thursday 30

Pumpkin Painting All Day Room, 6

Friday 31

Costume Contest Dining Room
10:30AM Gather, Costume Parade, Prizes
Serving "Ghoul" ash

SENIOR ACTIVITY CENTER

MEET THE CANDIDATES

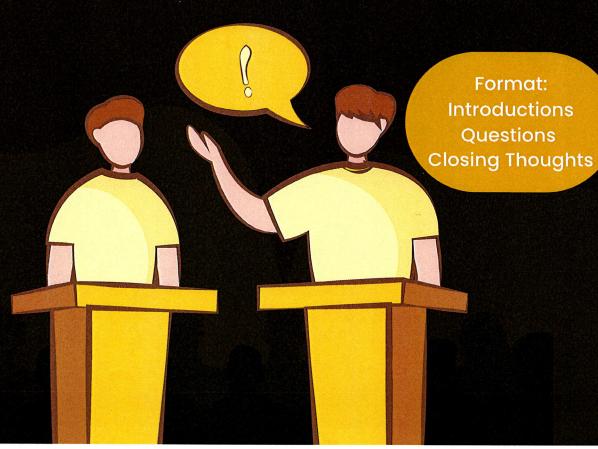
Q&A Sessions

City Council Candidates

- Friday, September 26
- 10:30AM-11:30AM
- Room 3

Mayoral Candidates

- Friday, October 17
- 10:30AM-11:30AM
- Room 3





SENIOR ACTIVITY CENTER

SAT, 29 NOV 10AM-4PM

Handcrafted Gifts
Unique Items
Baked Goods
Food
Music



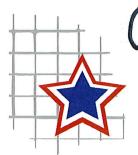
427 North 6th Ave, PocatelloMore Info & Vendors call 208-241-4825

\$50 Booth includes lunch and table.

COFFEE WITH SERVICE OF THE SERVICE O



SENIOR ACTIVITY CENTER
427 N 6TH POCATELLO, ID 83201



Oct

8th

10 AM

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

Your paragraph text Your paragraph text

Medicare Annual Enrollment October 15 - December 7

Join Me at the Pocatello Senior Center

- October 10 @ 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.

Advanced Care Planning Workshop with ISU Nurse Practitioner Student

Who: Seniors & Families in Pocatello/Chubbuck

What: Learn about Advanced Directives, Living Wills, Idaho POST form, safety tools, and more.

Where: Pocatello/Chubbuck Senior Center

When: October 24th 10:30am & 11am in room 3

Why Come?

- Valuable L.I.F.E. Folder (emergency info, meds list, safety checklists)
 - Peace of mind for you & your family
 - Lite refreshments served

Don't miss it—plan ahead, stay safe, and take home free resources!



Healthy Living 101:

Fall 2025

This FREE six-class series is to educate all community members on prevention of chronic illnesses, SMART goals, healthy meal planning and diets, fitness, and more. Classes will be offered in person and on Zoom.



Wednesday, September 24th 4:00PM-5:00PM

Prevention for a Healthy Self-Role of Prevention of Chronic Disease

Is your health keeping you up at night? Let us help!



Wednesday, October 1st 4:00PM-5:00PM

Nourishing Yourself

Change your relationship with food and watch it change your life



Wednesday, October 8th 4:00PM-5:00PM

Nourishing Your Family

Ensure the whole family is getting what they need nutritionally



Wednesday, October 15th 4:00PM-5:00PM

Move Yourself

How exercise and movement can empower you and your health



Wednesday, October 22nd 4:00PM-5:00PM

Surround Yourself

Connection in the pursuit of a good quality of life



Wednesday, October 29th 4:00PM-5:00PM

Empower Yourself

Putting knowledge into action and making it achievable







Register for in person or Zoom!

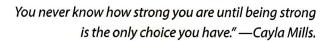
portneufhealthtrust.org/healthy-living-education/

QUESTIONS?





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





Toilet Talk

Feel for Lumps, Save Your Bumps

Around 1 in 8 women will develop some form of breast cancer within their lifetime. Breast cancer mainly occurs in middle-aged and older women. However, men may also develop breast cancer, but those rates are much lower. Currently, the median age of breast cancer diagnosis is 62. A very small number of women are diagnosed with breast cancer before the age of 45.

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer, where it depends on which cells in the breast turn into cancer. Breast cancer can begin in different parts of the breast, which include three main parts: lobules, ducts, and connective tissues. The lobules are the glands that produce milk; the ducts are tubes that carry milk to the nipple; and the connective tissue surrounds and holds everything together. Most breast cancers begin in the ducts or lobules.

There are many risk factors that can contribute to the potential develop-

ment of breast cancer. Therefore, here are some risk factors that you are un-



able to change.

- · Getting older.
- Genetic mutations (BRCA1 and BRCA2).
- Reproductive history.
- · Having dense breasts.
- Personal history of breast cancer or certain non-cancerous breast diseases.
- Family history of breast or ovarian cancer.

- Previous treatment using radiation therapy.
- Exposure to the drug diethylstilbestrol (DES).

Here are risk factors that you can change.

- · Not being physically active.
- Being overweight or having obesity after menopause.
- Taking hormones.
- Reproductive history.
- Drinking alcohol.

Do You Qualify for a FREE Mammogram?

- Low-income
- No Health Insurance Coverage
- US Citizen
 permanent
 resident card
 of at least
 5 years



- Age 21-64
- Women over age 65 who are NOT eligible for Medicare or cannot afford Medicare Part B

Contact our Women's Health Check Program at 208-239-5207 for more info.

Breast Cancer Screening

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. All women need to be informed by their health care provider about the best screening options for them. When you are told about the benefits and risks of screening and decide with your provider which screening is right for you, this is called informed and shared decision-making.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early so it is easier to treat.

Here are some breast cancer screening tests.

- Mammogram. A mammogram is an X-ray of the breast.
- Breast Magnetic Resonance Imaging (MRI). A breast MRI uses magnet and radio waves to take pictures of the breast.
- Clinical breast exams. A clinical breast exam is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.

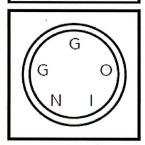


Provided by: Southeastern Idaho Public Health, siphidaho.org





SOLVE



SOLUTION: All for one, one for all Going in circles