



Idaho Falls Area Humanitarian Center (IFAHC) Newsletter

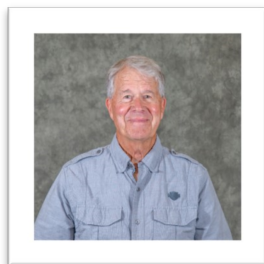


Volume VIII

Issue 3

March 2022

ASSISTANT DIRECTOR'S MESSAGE



Kent Durst

It would be very rare for us to have a fire in the Center, but in case we did, do you know where the closest fire extinguisher is to your work area and how to use it?

This could be a case of, "There's a fire!! Quick! Someone grab a fire extinguisher! versus, "Man! There's a fire! I'll grab the extinguisher and put it out quick!" It could easily be the difference between a lot of damage



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FIT AND FALL PROOF

Timalee Geisler, Fit & Fall Proof (FFP) program coordinator at Eastern Idaho Public Health, was a special guest speaker on February 15. She introduced our volunteers to this FREE exercise program designed to strengthen older adults so they can remain independent longer. Classes target individuals ages 65+ years but are open to all ages. All classes are instructed by certified volunteers who have received training and instruction on exercise techniques and personal safety.

The program began in 2004 when Idaho's fall death rate was two and a half times the national average.

The goals of FFP are to enable older adults to maintain an independent, freely functioning life; improve muscular strength; improve flexibility, helping older adults to reach and bend; increase balance and improve posture; and improve mobility, endurance, and walking gait. Class participation is FREE and open to all.



Timalee shared that athletic teams use exercise bands for strength training, and demonstrated the exercise bands each class participant receives as part of the program.

She pointed out that there are not many "free" programs for seniors in our area. This program is funded by the federal government through taxes, so as taxpayers, we may as well get our money's worth!

Visit eiph.idaho.gov for a complete list of Fit and Fall Proof classes in the Eastern Idaho Public Health service area. Clas-

ses are peer lead and may be found in Rigby, Shelley, and on both the east and west sides of Idaho Falls.

Classes are held in churches, senior centers, and senior housing complexes. Classes are 45-60 minutes per session and are held 2-3 times per week

Classes allow participants to exercise at their own pace and adapt exercise to one's individual's abilities. Since the program inception in 2004,

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Hours: Tuesday & Wednesday 10 am – 3 pm

The Idaho Falls Area Humanitarian Center is a non-profit / non-denominational organization
PLEASE SHARE THIS NEWSLETTER WITH YOUR FRIENDS AND NEIGHBORS

ASSISTANT DIRECTOR...

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and a little. Also, if you're walking around and see something and say to yourself, "Hmmm. That looks dangerous," report it immediately to your supervisor so it can be taken care of right away. This could be in the parking lot as well as inside the building.

Remember—There's Ice T. There's Mr. T, but the most important T is Safe-T.

Jesus didn't sit around waiting for those in need to come to him. He went about doing good and looked for those that needed help and went to them. He loved the people around him and treated everyone with love and respect, no matter their circumstance in life.

Thank you for the great service you do to improve the lives of others.



FIT AND FALL PROOF...

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Idaho's death rate has dropped to on and a half times the national rate.

For more information about the Fit and Fall Proof™ Program, please contact Timalee Geisler, MHE at 208-533-3149 or email her at tgeisler@eiph.idaho.gov.



PAPA MURPHY'S FUNDRAISER FOR IFAHC

We are doing a center fundraiser with Papa Murphy's on **Monday, March 14**, from **11 am to 8 pm**. All local Papa Murphy's stores are participating, and you may order online, by phone, or in person; however, you must mention the Idaho Falls Area Humanitarian Center before you place your order. The center will receive 20 percent of all proceeds from sales during the promotion. Please share this information with your friends, neighbors, and congregations.



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COMMUNITY ROOM NEEDS

PILLOWS
TWIN SHEETS
LAUNDRY DETERGENT
LOTION



LAST MONTH'S IMPACT

Individual volunteers.....	769
Onsite service hours.....	4,106
Offsite service hours.....	10,633
First-time volunteers.....	30
Total center items produced	3,474
Total at-home items checked in	5,790

March 8

CalRanch Service 3-5 pm

March 14

Papa Murphy's Fundraiser

WAYS TO DONATE



venmo

In person or by mail: 1413 Northgate Mile, Idaho Falls, ID 83401, PayPal, or to donate through Venmo, scan the QR code here or go to our website at idahofallsareahumanitariancenter.org

THE LAST WORD



"One of the most important things you can do on this earth is to let people know they are not alone."

— Shannon L. Alder