

SEPTEMBER 2023 NEWSLETTER

HOURS OF OPERATION

Monday	9:30 am to 1:30 pm
Tuesday	8:00 am to 5:00 pm
Wednesday	8:00 am to 5:00 pm
Thursday	8:00 am to 5:00 pm
Friday	8:00 am to 5:00 pm



Senior Activity Center
427 North 6th Avenue
Pocatello, Idaho 83201
(208) 233-1212

September is Falls Prevention Month!

The state of Idaho has one of the fastest growing populations in the country and with almost 20% of Idaho's population over the age of 65, it is important than ever to keep our senior population safe!

One in three older Idahoans fall each year and those falls can result in serious physical injury. In 2021, almost two-thousand people were admitted to the hospitals due to falls; over 500 of those hospitalized died and over 400 of those were transferred to a long-term care facility. Increased hospitalizations lead to increased costs and that financial toll is only expected to increase.

As part of Falls Prevention Month, we urge every individual, family, friends, caregiver, and healthcare organization to learn more about the risk for injury, ways to prevent falls, how to talk to your loved ones about falls, and reduce fall risk on our community.

The Idaho Commission on Aging is hosting webinars on falls prevention, more information on these webinars can be found in the attached documents. Every Tuesday, learn ways to stay informed, stay safe, and stay healthy with experts from across the state. Our very own Michelle Butterfield, MHE, Southeastern Idaho Public Health, Health Education Specialist Senior is one of the Subject Matter Experts for one of these webinars.

Stay Healthy: Simple Steps to Improve Balance & Prevent Falls

In this seminar, simple, at-home exercises are demonstrated, both standing and sitting, that allow a person to gain strength, balance, and flexibility, the combination of which is the key to preventing falls.

Tuesday, 9/19/2023, 10 AM - 11 AM MDT (60 minutes)

Expert facilitators: Michelle Butterfield, Fit & Fall Proof® coordinator and Kate Wilson, LPN

Register: www.aging.idaho.gov/falls

Website: www.pocatelloseiorcenter.com

Email: senioractivities@ida.net

FACEBOOK: Pocatello Senior Activity Center

Find us on 

National Senior Center Month

Discover your...

City of Pocatello
Proclamation Sept 7th at
6pm

Friendships



Health



Purpose



Creativity



Join us!

Idaho Commission on Aging will be at the center on
September 19, 2023 at noon for discussion and presentation on
Idaho Senior Plan!



**EVERY TUESDAY IS
SALAD DAY**



YOGA AT THE PORT

FREE! YOGA FOR ALL AGES & LEVELS



SATURDAY, SEPTEMBER 16TH

8AM - 9AM

gates open at 7:30am

Bring your own yoga mat,
props, & water

Health Row of Vendors from

9AM - 10:30AM

vendors can be viewed before &
after yoga

Portneuf Health Trust
Amphitheatre

Breathe Yoga Community



Register
today!



Healthy City
USA

breathe
YOGA COMMUNITY

info@portneufhealthtrust.org

EDUCATION CLASSES

For families, community members, and people facing Alzheimer's and all other dementia.



AWARENESS PRESENTATION (15 TO 20 MINUTES)

The purpose of this presentation is to raise awareness of Alzheimer's and dementia, share basic disease information, and inform the community of Alzheimer's Association resources. With a flexible format, an awareness presentation can fit into existing business meetings, corporate lunch and learns and community gatherings.

INTRODUCTION TO ALZHEIMER'S (20 MINUTES)

This presentation provides a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

HEALTHY LIVING FOR YOUR BRAIN AND BODY (45 MINUTES)

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

10 WARNING SIGNS OF ALZHEIMER'S (30 OR 60 MINUTES)

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA (30 OR 60 MINUTES)

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

DEMENTIA CONVERSATIONS (30 OR 60 MINUTES)

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult — but important — conversations about changes that may be related to dementia.

EFFECTIVE COMMUNICATION STRATEGIES (30 OR 60 MINUTES)

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Continued on back.

FOR ADDITIONAL INFORMATION, TO REGISTER FOR A PROGRAM, OR REQUEST A PRESENTATION, CONTACT 800.272.3900.



September Falls Prevention Month

10 ways to prevents Falls at Home

Resource: National Institute on Aging

To help prevent falls at home, simple changes can make all the difference in keeping you and your loved ones safe from dangerous falls.

1. **Clean up clutter.** Keep your home free of clutter. Remove stacks of old newspapers and magazines, especially from hallways and staircases.
2. **Repair or remove tripping hazards.** Examine every room and hallway, looking for items such as loose carpet, throw rugs, or wood floorboards that stick up. Repair, remove, or replace those items for more effective fall prevention.
3. **Install grab bars and handrails.** Install grab bars by toilets and bathtubs and handrails in stairways and hallways. Have a repair person or family member help with this if necessary.
4. **Avoid loose clothing.** Long past that drag on the floor can cause you to trip and all. Baggy clothes may snag on door handles or other items in the home and cause you to fall.
5. **Light it right.** Install brighter light bulbs where needed, particularly in stairways and narrow hallways. Night-lights in bedrooms and bathrooms will help with better guidance at night.
6. **Wear shoes.** Preventing falls at home can be as simple as wearing shoes. You can also purchase non-slip socks that have grips on the soles of the feet if shoes are too uncomfortable.
7. **Make it non-slip.** Bathtubs and showers, as well as floors in kitchens, bathrooms, and porches, can become extremely dangerous when wet. To prevent falls on slick surfaces, use non-slip mats.
8. **Keep pets away from your feet.** Pets may cause you to trip and falls. Make sure they are not at your feet when trying to walk.
9. **Move more carefully.** Take your time when standing up by pausing before taking a step. It is better to go slow and safe!
10. **Stay Active.** Keep your body moving to improve your strength, balance, and flexibility. Join an exercise class, walk more, and stay active doing something you like to do.