
September 2024

SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

www.pocatelloSeniorcenter.com

September 16-20, 2024 Is Malnutrition Awareness Week

Do You Know the Signs of Malnutrition?

On September 16-20, 2024, Senior Activity Center will take part in Malnutrition Awareness Week™, an international effort to increase the awareness, diagnosis, and treatment of malnutrition in patients.

Malnutrition Awareness Week is an annual, multi-organizational campaign created by the American Society for Parenteral and Enteral Nutrition (ASPEN) to focus on nutrition as a patient right and its vital role in health and recovery.

Senior Activity Center will be bringing awareness to malnutrition the entire month of September to reinforce the significance of nutrition in medical treatment and educate seniors on the importance of discussing their nutrition status with their healthcare professionals.

Malnutrition, when unrecognized and untreated, results in longer hospital stays for patients, twice the need for rehab or long-term care, and a 2.3 times higher rate of hospital deaths. In addition to its human toll, malnutrition raises hospital costs by 73% and can cost an additional \$10,000 in hospital readmission stays.¹

While older adults are particularly susceptible to malnutrition, others at risk include people with infections; those with long-term health conditions including kidney disease, diabetes, and lung disease; and people with cancer, dementia, and other chronic conditions.²

It is important to know the signs and symptoms of malnutrition. If you or your loved one is experiencing any of these, talk to your healthcare provider:

- Unplanned weight loss
- Loss of appetite
- Not able to eat or only able to eat small amounts
- Feeling weak or tired
- Swelling or fluid accumulation

References:

1.Guenter P, Abdehadi R, Anthony P, et al. Malnutrition diagnoses and associated outcomes in hospitalized patients: United States, 2018. *Nutr Clin Pract.* 2021 Oct;36(5):957-969.
2.Tappenden KA, Quatrara B, Parkhurst ML, et al. Critical role of nutrition in improving quality of care: an interdisciplinary call to action to address adult hospital malnutrition. *JPEN J Parenter Enteral Nutr.* 2013;37(4):482-497.

About Malnutrition Awareness Week

Malnutrition Awareness Week is an annual multi-organizational campaign created by the American Society for Parenteral and Enteral Nutrition (ASPEN) to highlight nutrition's vital role in health and recovery and to educate the public on the importance of discussing their nutrition status with their healthcare professionals, especially when they are hospitalized. For more information, please visit www.nutritioncare.org/MAW.

About ASPEN

The American Society for Parenteral and Enteral Nutrition (ASPEN) is dedicated to improving patient care by advancing the science and practice of nutrition support therapy and metabolism. Founded in 1976, ASPEN is an interdisciplinary organization whose members are involved in the provision of clinical nutrition therapies, including parenteral and enteral nutrition. With members from around the world, ASPEN is a community of dietitians, nurses, nurse practitioners, pharmacists, physicians, PAs, researchers, scientists, and students from every facet of nutrition support clinical practice, research, and education. For more information about ASPEN, please visit www.nutritioncare.org.

Malnutrition Awareness Week™ is a mark of the American Society for Parenteral and Enteral Nutrition (ASPEN)



Senior Activity Center

September Lunch Menu

Tuesday thru Friday lunch served from 11:30am – 12:30pm

*Menu subject to availability







United Way
of Southeastern Idaho

September 16th - 20th is Malnutrition Awareness Week
and

2024 Falls Prevention Awareness Month

(refer to flyer attached)



Tuesday	Wednesday	Thursday	Friday
<p>3 Walk the Block 10:30am</p> <p>Chicken Carrots Pears Roll Milk Dessert</p> 	<p>4 Dance Lessons D.R. 1pm</p> <p>Potato Casserole Broccoli Peaches Roll Milk Dessert</p>	<p>5</p> <p>Chicken Fritter Green Beans Applesauce Roll Milk Dessert</p>	<p>6 Bingo at 12:45pm</p> <p>Chili Hot Dog Sauerkraut Mixed Veggies Milk Dessert</p>
<p>10 Walk the Block 10:30am Welcome Portneuf Health Trust Staff</p> <p>Shepard Pie Broccoli Fruit Milk Dessert</p> 	<p>11 Dance Lessons D.R. 1pm Farnes & Fronski Entertainment at 11:30am</p> <p>Hamburger Onions/Tomatoes/Lettuce Fruit Milk Dessert</p>	<p>12</p> <p>Beef Roast Scandinavian Veggies Roll Fruit Milk Dessert</p>	<p>13 Bingo at 12:45pm Boyd Murdock 11am</p> <p>Bratwurst Sauerkraut Fruit Milk Dessert</p>
<p>17 Walk the Block 10:30am Office of Aging Presentation 11:30am</p> <p>Chicken Fettuccini Normandy Fruit Milk Dessert</p> 	<p>18 Dance Lessons D.R. 1pm</p> <p>Welcome Back AARP!</p> <p>Chicken Fried Steak Beets Fruit Milk Dessert</p>	<p>19</p> <p>Mashed Pot. & Hamburger Gravy Mixed Veggies Fruit Milk Dessert</p>	<p>20 Bingo at 12:45pm</p> <p>Ham Peas Fruit Milk Dessert</p>
<p>24 Walk the Block 10:30am School District #25 Presentation 11:30 am</p> <p>Taco Romaine, Onions, Tomatoes, Lettuce Fruit Milk Dessert</p> 	<p>25 Dance Lessons D.R. 1pm</p> <p>Beef Goulash Fruit Milk Dessert</p>	<p>26</p> <p>Pork Roast & Mashed Potatoes Veggies Fruit Milk Dessert</p>	<p>27 Bingo at 12:45pm</p> <p>Biscuits & Gravy Hashbrowns Fruit Milk Dessert</p>

SENIOR ACTIVITY CENTER PRESENTS:

“STAYIN’ ALIVE” CHARITY GOLF TOURNAMENT



Riverside Golf Course
Pocatello, Idaho

Win \$10,000
Hole-in-One
13th Hole

Registration Fee \$35 per person

**Cash Prizes
Top 3 Teams (Blind Draw)
Raffle, Poker Run, Mulligans**

**Lunch Provided
by Texas Roadhouse!**

All proceeds raised benefit
the Nutrition Program

SHOTGUN
8:30 AM

**Saturday
September 7, 2024**

**COST: \$350 PER 4 PERSON TEAM
INCLUDES: GREENS FEES, LUNCH AND SWAG BAG!**

Bill (208) 251.3769 or Steve (208) 251.1276

Additional questions? Call Senior Activity Center at (208) 233.1212



PRO Age CONNECTIONS

Save the Date!

*Timeless Twirls September 10, 2024
from 2:00pm to 4:30pm at the ISU
Ballroom*

An event to celebrate our older population and
the volunteers who serve them!

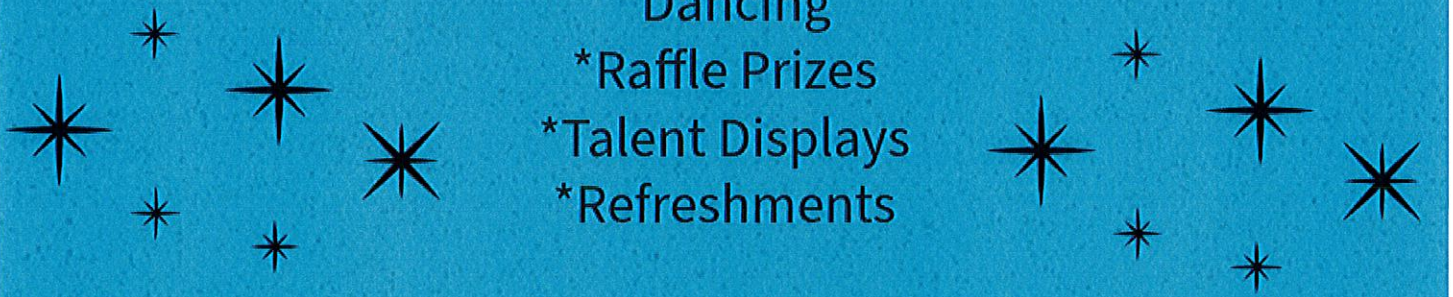
*Music

*Dancing

*Raffle Prizes

*Talent Displays

*Refreshments



Brought to you by the 911 Day of Service Grant & SICOG'S Area
V Agency on Aging

If you would like to support this event or donate a raffle prize,
please contact and RSVP with Gina or Cara at 208-233-4032

Facebook for Pro Age
Connections



Donations for Area V Agency on
Aging



From Awareness to Action!

2024

Falls Prevention Awareness Month



Falls Prevention Coalition of Idaho

Virtual Seminars
Registration is **FREE** but Required
www.aging.idaho.gov/falls



Why Falls
Matter and
How to
Prevent Them

September, 3rd
12:30 - 2:00pm

Topic

A webinar for consumers that identifies what a fall is and why a person should be concerned. Discussion of factors that contribute to increased falls risk, and how to reduce those risks.

Simple Steps to
Improve Balance
and Prevent
Falls

September, 10th
11:00 - 12:00pm

Topic

Simple, at-home exercises (sitting & standing) are demonstrated by a certified Fit and Fall Proof® instructor. Gain strength, balance, and flexibility, the combination of which is the key to preventing falls.

Demonstrated &
Described Yoga
Improves Balance
and Strength

September, 13th
12:00 - 1:00pm

Topic

Join us for this unique yoga session! Participants will follow along through simple but effective movements that improve balance and increase strength. Each movement will be fully described, so participants can follow along.

From Awareness to Action!

Falls Prevention Awareness Month



Virtual Seminars
Registration is
FREE but Required
www.aging.idaho.gov/falls



Understand Your
Pelvic Floor to
Prevent Falls on the
Floor You Walk on
September, 19th
12:00 - 1:00pm

Topic

Many people fall trying to rush to the bathroom or due to poor balance. Learn about the pelvic floor, what it has to do with your bladder and balance, and some simple strategies to keep it healthy and functional. Join us and learn how to improve continence and stay active, social, healthy, and safe.

Preventing Falls by
Finding A 1-Stop
Shop for Overall
Health
September, 23rd
11:00 - 12:00pm

Topic

Being falls-free requires physical and emotional health. Join us and the Treasure Valley YMCA to learn about 1-Stop Solutions. Organizations offer a variety of ways to be physically active as well as intellectually and socially engaged all in one place.

Recognize &
Remove Trip
Hazards at Home
September, 25th
11:00 - 12:00pm

Topic

Join us with Habitat for Humanity to stay safe from falls while at home. This webinar takes you on a virtual tour to identify what might be a trip, slip, or fall risk. Simple strategies to remove those hazards are provided as well as resources to help with the process.

Can We Talk
About Falls?

October, 9th
3:00 - 4:00pm

Topic

Discussions with spouses, siblings, parents, and others we care for about their risk of falling and the potential outcomes can be difficult. Join us for an engaging hour filled with strategies, recommendations, and resources that will help us be able to communicate effectively with those we care for about falls prevention.

Questions? Contact Erin Olsen, ICOA Program Specialist
(208) 577-2853 erin.olsen@aging.idaho.gov

Senior Activity Center, Inc

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	09:30a CLOSED LABOR DAY - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Mahjong - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjongg - Room 4 10:00a SAC Board Executive Meeting - Room 8 11:00a Parkinson 11 AM Exercise - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Board Meetings - Room 11 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:00p SAC Book Club - Room 8 04:00p SAC Fit and Fall 4 PM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4
8	9	10	11	12	13	14
	08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 09:30a NKA Fit and Fall - Room 3 10:30a NKA Travel Committee - Room 4 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Beginning Looming - Room 4 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a SAC Fit and Fall 11AM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjongg - Room 8 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Dining RoomA 10:00a SAC Board Meeting - Room 4 11:00a Parkinson 11 AM Exercise - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Crochet With Recycled Plastic Bags - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 09:30a NKA Fit and Fall - Room 3 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p Portneuf Health Trust Volunteers - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjongg - Room 4 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 11 11:00a Parkinson 11 AM Exercise - Room 3 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p AARP Monthly Meeting - Room 3 12:00p SAC Volunteers 01:00p NKA Beginning Tattooing - Room 11	11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p Gate City Mexican Train - Room 4 01:00p NKA Beginning Tattooing - Room 3 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 11 03:00p Parkinson Support Group Monthly Meeting - Room 3	12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:30p NKA Fun With Crochet - Room 11 04:00p SAC Fit and Fall 4 PM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p Gate City Bunco - Room 3 01:00p NKA Chunky YarnFinger Knitting - Room 11 01:00p SAC Creative Writing - Room 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 03:00p NKA Social And Planning Fun - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4 11:15p Idaho Community Care Program - Dining RoomA	01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 4	01:30p NKA Origami for Beginners - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinson Boxing - Room 5A 10:00a NKA Crochet With Recycled Plastic Bags - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p Gate City Ladies Pinochle Fridays Only - Room 8 01:00p NKA Chunky YamFinger Knitting - Room 11 01:00p SAC Creative Writing - Room 4	
22	23	24	25	26	27	28
	08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 09:30a NKA Fit and Fall - Room 3 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	08:00a SAC Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Beginning Looming - Room 4 10:30a NKA Conversational Spanish - Room 11 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 11:30a School District 25 Presentation - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjongg - Room 4 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Dining RoomA 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p NKA Beginning Tattling - Room 3 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Crochet With Recycled Plastic Bags - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:00p SAC Bunco - Room 8 01:30p NKA Fun With Crochet - Room 11		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
	12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:00p NKA Creative Cards Birthday - Room 8 01:00p NKA Rag Rugs - Room 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	01:00p SAC Mexican Train - Room 4	01:30p NKA Origami for Beginners - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3			
29	30					
	08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 09:30a NKA Fit and Fall - Room 3 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers					