



Toilet Talk

Save a Life with Your Hands

It's terrible to even imagine, but what would you do if you saw someone collapse and stop breathing? Chances are the person has experienced cardiac arrest, an electrical malfunction that causes the heart to beat rapidly and chaotically — or to stop beating altogether.

After calling 911, you should begin hands-only cardiopulmonary resuscitation (CPR), which does not involve the mouth-to-mouth breathing used in standard CPR. For more than a decade, national guidelines have recommended the simpler, hands-only version of CPR for cardiac arrests that occur outside a hospital.

"We need to do a better job encouraging people to perform bystander CPR, and learning this simpler version seems to help," says Dr. Charles Pozner, associate professor of emergency medicine at Harvard-affiliated Brigham and Women's Hospital. Hands-only CPR eliminates the fear of communicable diseases, one of the main reasons people say they'd hesitate to perform CPR.



Another barrier people cite is fear of injuring the person — especially by doing compressions incorrectly or on someone who doesn't require CPR. "It's true that even correctly done CPR can crack a person's ribs," says Dr. Pozner. But it's better to perform chest compressions on somebody who doesn't need them than to withhold compressions for someone that does, he adds.

To be clear, CPR does not restart a person's heart, but it's a crucial step in the chain of survival. CPR keeps blood circulating until the person's heart can be shocked back into a normal rhythm with an auto-



mated external defibrillator (AED). Although emergency personnel will bring and use this device, bystanders must be trained to obtain and use public access AEDs if we want to have the most favorable outcomes, Dr. Pozner says. For more information, visit www.health.harvard.edu.

Two steps to save a life:



Call Right Away!



Push Hard & Fast in the Center of the Chest!

Adult AED Use

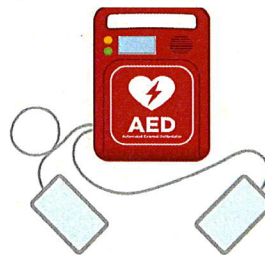
Check to see if the person is breathing and has a pulse.

If you cannot feel a pulse and the person is not breathing, call for emergency help and begin CPR.

Turn on the AED. The automated external defibrillator gives you step-by-step voice instructions for its use.

Deliver the shock. When the pads are in place, the AED automatically measures the person's heart rhythm and determines if a shock is needed. If it is, the machine tells the user to stand back and push a button to deliver the shock.

Start CPR. Begin CPR after the shock is delivered if CPR is still needed. The process can be repeated as needed until emergency crews take over. For more information, visit newsnetwork.mayoclinic.org.



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SOLUTION: CERTAIN INATE QUALITIES - RAISIN COOKIES

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 **Southeastern Idaho Public Health**
siphidaho.org



MARSHALL

PUBLIC LIBRARY

Monday-Thursday 10am-9pm

Friday-Saturday 10am-6pm

113 S. Garfield Ave, Pocatello, Idaho

HELP US COMPLETE

A PUZZLE!

**WE ALWAYS HAVE A PUZZLE OUT
FOR THE PUBLIC TO WORK ON.**

In accordance with the Americans with Disabilities Act, it is the policy of the City of Pocatello to offer its public programs, services, and meetings in a manner that is readily accessible to everyone, including those with disabilities. If you are disabled and require an accommodation, please contact Skyler Beebe with two (2) business days' advance notice at sbeebe@pocatello.gov; 208.234.6248; or 5815 South 5th Avenue, Pocatello, Idaho. Advance notification within this guideline will enable the City to make reasonable arrangements to ensure accessibility.



The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.



Cyber Seniors

Learn the technology basics with your local Digital Navigator, Gavin!

at the Marshall Public Library
2pm - 3pm

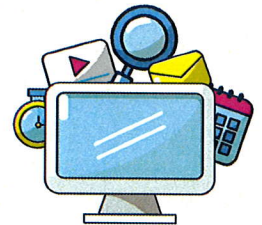
March 5, 2025 ✓

March 12, 2025 ✓

March 26, 2025 ✓



free!



Bring your device and be ready to learn!





MEDICARE/MEDICAID PLAN CHOICES

New options are coming for Medicare and Medicaid dual eligible members enrolled in the Medicare Medicaid Coordinated Plan (MMCP) or Idaho Medicaid Plus (IMPlus).

CHANGES ARE COMING

- UnitedHealthcare (UnitedHealthcare) will provide IMPlus starting June 1, 2025.
- Blue Cross of Idaho (BCI) will no longer provide services for IMPlus or MMCP after May 31, 2025.

YOU HAVE OPTIONS

- An enrollment choice form will be mailed to members on March 1st.
- **All members** can choose Molina IMPlus, Molina MMCP, or UnitedHealthcare IMPlus.



BLUE CROSS OF IDAHO

BCI is leaving the network. Members can choose to enroll with Molina in either IMPlus or MMCP or UnitedHealthcare IMPlus.

Current BCI members who do not choose a plan will be automatically enrolled in IMPlus with UnitedHealthcare June 1, 2025.



UNITEDHEALTHCARE COMMUNITY PLAN OF IDAHO

Beginning March 1, members can choose UnitedHealthcare for their IMPlus plan starting June 1, 2025.

UnitedHealthcare will offer MMCP starting January 1, 2026.



MOLINA HEALTHCARE OF IDAHO

Members enrolled with Molina for MMCP or IMPlus will remain enrolled with Molina, unless they choose another option.

CONTACT THE IDAHO MMCP AND IMPLUS MEDICAID TEAM

833-814-8568

IdahoDuals@dhw.idaho.gov

mmcp.dhw.idaho.gov

Frequently Asked Questions



Am I affected?

Idahoans over the age of 21 that are enrolled in Medicare parts A, B, and D and Idaho Medicaid Enhanced benefits plan who live in a county where managed care is available.



Is it required that I enroll with either Molina or United?

The IMPlus plan is mandatory in most counties in Idaho. To see if you live in a mandatory county please see the more detailed FAQs on the Idaho Medicaid website or call or email, contact information is at the bottom of this flyer.



When can I make an enrollment choice?

Letters will be mailed on March 1st to all eligible members. The letters will contain an enrollment choice form. This form can be mailed, faxed, or emailed to Idaho Medicaid.



What is IMPlus?

Idaho Medicaid Plus (IMPlus) is a Medicaid health plan that manages Medicaid benefits only. It does not impact who manages your Medicare benefits. This option will be mandatory in most counties.



What is MMCP?

The Medicare Medicaid Coordinated Plan (MMCP) is a health plan that manages both Medicare and Medicaid benefits through one company. This option is always voluntary.



What happens if I don't make an enrollment choice?

No problem! If you are currently enrolled with Molina in MMCP or IMPlus, you will remain enrolled with Molina.

If you are enrolled with BCI in MMCP or IMPlus, you will be automatically enrolled into United IMPlus.

MOLINA HEALTHCARE OF IDAHO

Members can contact Molina using the information below.

☎ 866-403-8293

🌐 <https://www.molinahealthcare.com/members/id/en-us/hp/medicare/enroll.aspx>

UNITEDHEALTHCARE COMMUNITY PLAN OF IDAHO

Members can contact United using the information below.

☎ 866-785-1628 (Live March 1, 2025)

🌐 <https://www.uhc.com/communityplan/idaho>



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF MEDICAID

EASTERN IDAHO

MEDICARE/MEDICAID MEMBER INFO SESSIONS

05

MARCH, 2025

**SOUTHEAST IDAHO
COMMUNITY ACTION AGENCY**

9 - 10 AM 650 N. 7TH AVE. POCATELLO, ID

05

MARCH, 2025

AREA V AGENCY ON AGING

3:30 - 4:30 PM 214 E. CENTER POCATELLO, ID

06

MARCH, 2025

BLACKFOOT LIBRARY

11 - 12 PM 129 N BROADWAY ST. BLACKFOOT, ID

07

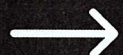
MARCH, 2025

**TETON MEDICAL CENTER
CONFERENCE ROOM**

9 - 10 AM 2001 S. WOODRUFF AVE., SUITE 19
IDAHO FALLS, ID 83404

1 - 2 PM 2001 S. WOODRUFF AVE., SUITE 19
IDAHO FALLS, ID 83404

For more info : www.mmcp.dhw.idaho.gov





Free Hearing Test at Ed Snell's Pharmacy located at 1015 E Young St Pocatello, ID on Tuesdays and Wednesdays from 9:30 AM to 5 PM. No appointment necessary.

Why Get a Hearing Test?

Early Detection of Hearing Loss

Hearing loss can occur gradually, and many people might not realize they are experiencing it. Early detection through a hearing test can help address the issue before it worsens.

Improved Quality of Life

Identifying and treating hearing loss can significantly improve communication, social interactions, and overall well-being.

Prevention of Further Damage

Regular hearing tests can help in preventing further hearing damage by addressing the underlying causes and recommending protective measures.

What to Expect During a Free Hearing Test

Hearing Evaluation

The hearing test typically involves a series of assessments to evaluate your hearing ability. T

- Pure-tone Audiometry: You will listen to sounds at various pitches and volumes through headphones, indicating when you can hear them.

Results and Recommendations

After the evaluation, the hearing specialist will explain your test results and provide recommendations.

2025 BOOK Sales



March 14: 10am - 5pm

March 15: 10am - 4pm



June 27: 10am - 5pm

June 28: 10am - 4pm



Sept. 26: 10am - 5pm

Sept. 27: 10am - 4pm

Hardcovers: \$2.00 | Softcovers: \$1.00



Cash/Credit/Debit accepted



Specialty Items priced separately
Other discounts/offers may be available



The Friends of MPL is a 501(c)(3) organization; all proceeds benefit the library and its patrons. Donations always welcome.



113 S. Garfield St., Pocatello, ID



208-232-1263



Friends of the Marshall Public Library