

# APRIL POCATELLO SENIOR CENTER TECH HELP

GET HELP WITH YOUR TECHNOLOGY  
WITH LOCAL DIGITAL NAVIGATOR,  
GAVIN!

**Every Tuesday and Thursday at  
11:00–11:45 in the Dining Room**



Digital Navigator - ACC  
AmeriCorps Member  
College of Agricultural  
and Life Sciences

University of Idaho  
Extension

Digital Economy  
Program

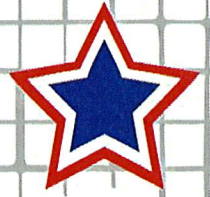
(907) 957-7626  
gfitzgerald@uidaho.edu





*Join us for*

# COFFEE WITH VETERANS



SPONSORED  
BY:

**symbii**  
home health and hospice

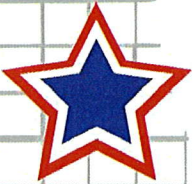
SENIOR ACTIVITY CENTER  
427 N 6TH POCA TELLO, ID 83201

**APRIL**

**9<sup>th</sup>**

**10 AM**

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





**IDAHO COMMISSION FOR THE  
BLIND AND VISUALLY IMPAIRED**

# **INFORMATION BOOTH**

**TUESDAY APRIL 15<sup>TH</sup> @ POKY SENIOR CENTER**

- Ever wonder what the difference is between blindness and low vision?
- Curious what free resources and tools are available for low vision residents?
- Have questions your doctor hasn't been able to answer?
- Heard of ICBVI services, but want to know more?

If you answered Yes! to one or more of the questions, chances are I can help you. Come see me while you have lunch to learn more about free low vision services at ICBVI.

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**April Mills**

**Certified Orientation and Mobility Specialist.**

208-701-7241

amills@ics.idaho.gov

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**WWW.ICBVI.IDAHO.GOV**



Join us for :  
**HOME HEALTH AND HOSPICE 101**

Join us as we provide valuable  
information about your healthcare  
options.



**Friday, April 18th at 11AM**  
**Presented by Jodi Thomas with**  
**Symbii Home Health and Hospice**

**Pocatello Senior Activity Center**





Image by RitaE from Pixabay

## EAT WELL, AGE WELL.

### PROTEIN BREAKFAST FOODS

*"Protein throughout the day, helps muscles stay."*

Protein is essential for healthy aging. If you don't eat enough, it can result in loss of skeletal muscle mass, impaired physical function, frailty, impaired wound healing and decreased immune function. ***How much protein do you need?*** The Academy of Nutrition and Dietetics position paper noted that experts suggest older adults should split their protein intake to ***20-30 grams per meal on average.*** Why? Studies suggest that 30 gram is the upper limit on how much protein can be used for muscle making (synthesis) at a time. Each person's needs are unique, but this is a good starting point.

This month's material will provide you with practical tips and suggestions to help you do this. If you are currently eating toast with jam or jelly and a cup of coffee when you wake up, this is not providing you with adequate protein. However, if you simply add a hard-boiled egg (6g protein) and/or an 8 oz. glass of cow's milk (8 g protein) and 2 TBSP of peanut butter (14 g protein) to your toast, you can meet the recommended level! It doesn't have to be hard, but it does take awareness and commitment to eat protein throughout the day.

## WEEKLY CHALLENGES

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TRY GREEK YOGURT WITH FRUIT FOR BREAKFAST

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MAKE A LIST OF PROTEIN FOODS YOU ARE WILLING TO EAT AT BREAKFAST

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MAKE YOUR HOT CEREAL WITH MILK INSTEAD OF WATER

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STIR NUTS OR NUT BUTTER INTO HOT CEREAL

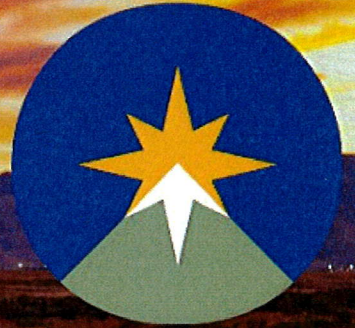
### How Much Protein Is in Foods?

Visit USDA's new website *Food Data Central*  
<https://fdc.nal.usda.gov>



# POCATELLO POLICE

## VOLUNTEER PROGRAM

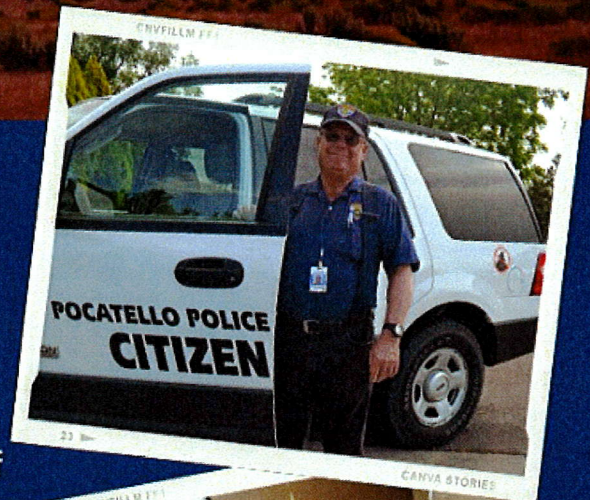


# APPLY NOW!

**OPEN TO EVERYONE 18 AND OLDER**

The Volunteer Program helps the Pocatello Police Department in providing a high level of service to the community. If you want to volunteer, apply and we will get you started today!

- Welcome Desk
- Graffiti Abatement
- Abandoned Vehicles
- Vacation Home Checks
- So Much More!



**APPLY NOW**

Training Coordinator Jene Purman  
208.234.6129 or [jpurman@pocatello.gov](mailto:jpurman@pocatello.gov)



# POCATELLO POLICE VOLUNTEER

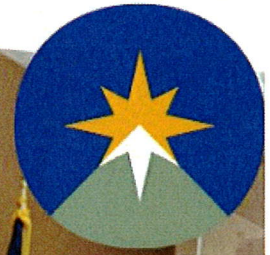
*Apply Now!*

IF YOU WANT TO VOLUNTEER,  
APPLY AND WE HAVE  
SOMETHING FOR YOU!

- WELCOME DESK
- GRAFFITI ABATEMENT
- ABANDONED VEHICLES
- ASSIST WITH VACATION HOME CHECKS
- SO MUCH MORE!

OPEN TO EVERYONE 18 AND  
OLDER

FOR MORE INFORMATION OR TO FILL  
OUT AN APPLICATION, CONTACT:  
TRAINING COORDINATOR JENE PURMAN  
(208)234-6129 OR  
JPURMAN@POCATELLO.GOV



FILM NEGATIVE





# Need help with Libby?

Drop-in sessions are now available!

**Every Tuesday 1pm - 2pm**  
**Every Saturday 11 am - 12pm**

## **“What do I need to bring?”**

- Your library card or photo ID
- Your smartphone or tablet
- Any other devices you plan to read on (i.e. iPad/tablet or kindle)
- Amazon login information (if reading on kindle)



Child Abuse Prevention Month Presents

# FAMILY FUN EVENT

FREE

Saturday, April 5 | 10 am - 1 pm  
Museum Of Clean | 711 S. 2nd, Pocatello

Get ready for a morning of bonding, making memories, and enjoying a wide range of fun-filled activities. Here's what you can expect:



Children's  
Activities



Community  
Resources



Snacks



Prizes

Event  
Sponsors:



**Idaho  
Central**  
CREDIT UNION

Southeast Idaho Child Abuse  
Prevention Activities Committee



More Info.  
208.239.5256



**WE WANT**

**YOUR**

**FEEDBACK!**



## Mental Health Matters in Your Community

SCAN ME



<https://rb.gy/xw85nk>

Complete our quick **3-Minute Community Mental Health Meter** & let us know how Southeastern Idaho Public Health can meet the mental health needs in your community!



**Southeastern  
Idaho Public Health**