isu.edu/healthfair

THURSDAY AND FRIDAY
MARCH 20 & 21
7 AM - 1 PM
POND STUDENT UNION

Idaho State University
Division of Health Sciences
Portneuf Medical Center
Portneuf Laboratory will be offering routine blood tests at the ISU Health fair. Even though you may not have any signs or symptoms; they can help detect problems early and help you benefit from easier and more effective treatment. Some of these tests sometimes even prevent disease. Some of the tests will detect underlying problems in the blood or heart disease early; before you have a heart attack!
Portneuf Medical Center is offering reduced fee blood screening during the month of March from 7 a.m.to 11 a.m. Monday through Sunday at the outpatient draw station, located on the ground floor of the hospital, located at 777 Hospital Way.
Some of the screening tests being offered range from a general health blood profile. The health panel will include a chemistry profile, lipid profile based on cholesterol levels, a complete blood count and a thyroid screen. Optional tests include a prostate antigen test, thyroid function test, iron level, uric acid level, colon cancer screening test (Occult blood test) glycohemoglobin, insulin level, vitamin D level, a test for osteoporosis. These tests are available as “wellness screening” on a walk in basis daily at the outpatient draw station. A physician order is not required.

Community Tables

Table: 72
Portneuf Primary Care Clinic
portmed.org

Table: 73
Portneuf Weight Management Institute
portmed.orgclinicsweight-management
Portneuf Weight Management Institute
Live Your Dream! Don’t let your struggle with weight rob your quality of life.

Table: 31
Compassion & Hope Pregnancy Center
pocatellopregnancycenter.com
CHPC provides services for women, men and families faced with an unplanned pregnancy. We offer: free pregnancy tests; Baby & Me class; STD info; healthy relationships; and much more.

Table: 44
Area Agency on Aging
sicog.org
We provide information about Case management, Adult protection, Information and Assistance, Medicare Assistance, ombudsman, Family Caregiver Support, Nutrition Program and more.

Table: 63
Idaho MedAlert
idahomedalert.com
Idaho MedAlert provides seniors with the best in monitored medical alert systems by combining modern technology and great customer service so that families can enjoy security and peace of mind.

Table: 65
Idaho Beef Council
idbeef.org
Stop by the Idaho Beef Council booth and pick up some new recipes and get the latest information on beef nutrition and beef’s role in a healthy diet. Stop by the Idaho Beef Council booth and pick up some new recipes and get the latest information on beef nutrition and beef’s role in a healthy diet.

Table: 3
Idaho Relay
hamiltonrelay.comcaptel/state.html
Idaho Relay provides free services for any Idaho residents with difficulty speaking and/or hearing on the phone.

Table: 17
Access Home Care and Hospice
accesshomecareandhospice.com
Access Home Care and Hospice is the leading home health provider in Eastern Idaho. Access is a team of caring professionals ready to help with any healthcare need in the home. Learn about home care and hospice and how Medicare and private insurances cover them.

Table: 46
Home Helpers
homehelpersofeasternidaho.com
Home Helpers is the region’s premier senior care provider including personal care. Combined with our Direct Link medical alert systems, we are the total solution for remaining independent at home.
Our booth will present information on the Trends in Aging. The exploding senior population is going to require a conscious, collaborative effort to plan for the health, financial, and social implications of an older population.

Table: 15
Randall Family Chiropractic
Dr. Glen Randall D.C. will be offering free spinal screenings to check for scoliosis and the overall health of the spine.

Table: 29,30
Alta Animal Hospital
altaanimalhospital.com
Veterinary Medicine Promoting preventative and affordable health care for your four legged furry family members.

Valley Foot & Ankle
myfoot-ankle.com
“Dr. Brandon Wilde of Valley Foot & Ankle is a physician and surgeon who specializes in the diagnosis and treatment of all ailments of the foot and ankle.

Participating vendors at the health fair are not selected by Idaho State University and the vendors’ presence at the health fair does not imply that ISU endorses the vendors or their products in any way.
The Idaho Meth Project is a large-scale, statewide prevention program aimed at reducing and preventing teen Meth use through public service messaging, education and community outreach initiatives. Visit the Idaho Meth Project booth to learn more about how the Project educates teens about the dangers of Meth. You can also learn more about signing up to be an Idaho Meth Project volunteer.

Modern Woodmen is a Fraternal Financial Services company providing insurance and investment guidance for families and businesses. We’ll have door prize drawings. We’ll provide information on community events and involvement as well as information on financial topics.

Critical Nurse Staffing is an approved provider of in-home skilled nursing care and aide services under the Energy Employees Occupational Illness Compensation Program. CNS will provide public information and education to former workers, families, and healthcare providers in the process of applying for EEOICP health benefits. Nurses will evaluate your healthcare needs and will assist you in getting the nursing and personal care help that you need and deserve.

We are a hometown pharmacy that does compounding, vitamins, essential oils, CPAP, Oxygen and a host of other medical equipment. We are also home to the “No Wait Refill” and “My Dose Alert”.

“The Idaho Foodbank is an independent, statewide non-profit organization and the largest distributor of free emergency food from warehouses located in Boise, Pocatello, and Lewiston.

ISU Credit Union is a member-owned, not-for-profit financial institution whose sole purpose is to provide exceptional financial products and services to our member/owners.

We are the area expert in home accessibility equipment. Particularly that of modular wheelchair ramps, vertical platform lifts, and stair lifts. We also make equipment available to rent.

Providing Loving Care to those with Dementia, Alzheimer’s and Memory Loss.
Do you know who will make decisions for you, if you are unable to? What is incapacity and how do you maintain your independence?

What is incapacity and how do you financially care for a loved one with Alzheimer’s disease? Are you prepared to emotionally and physically care for a loved one with Alzheimer’s disease? Do you have the legal documents to include incapacity planning in your estate planning documents? SHIBA offers free and unbiased information, counseling and assistance regarding health insurance for individuals and their families eligible for Medicare. Information will be available regarding Medicare, Medicare Supplements, Medicare Advantage Plans and Medicare Prescription Drug Coverage.

Table: 27

Alcoholics Annoymous
Alcoholics Annoymous is non-profit fellowship we help each other recover from alcoholism. I am the CPCPI representative for our district I have information about our fellowship.

Table: 42

Dentistry for Kids Pocatello
[Soon to Be Tooth Town Dentistry for Kids]
dentistryforkidsdocmchorton.com
We are a fun-filled pediatric dental office accepting new patients from ages 18 months to 18 years and we accept all forms of insurance including medicaid!

Table: 61

Emergency Supply Depot, Inc.
emergencysupplydepot.com
Emergency Supply Depot, Inc. is an emergency and survival supply company which provides emergency products, personal consulting and group seminars. The importance of water. Water and how water helps your bodies health. pH and how your body uses pH to maintain its health. Emergency Preparedness and the three levels of preparedness. Emergency supplies, what is needed to survive emergencies and disasters.

Table: 4,5

Chubbuck Chiropractic
chubbuckchiropractic.com
Chiropractic Office focused on helping your body so that you can live the way you want. We will be providing a computerized evaluation of the autonomic nervous system. This information helps you to know what nerves in your neck that go out to the different organs are working well and which ones are not doing so good. Then we can talk to you about treatment options.

Table: 64

Idaho Commission for the Blind and Visually Impaired
icbvi.org
Idaho Commission for the Blind and Visually Impaired (ICBVI) is a state agency and provides services for persons who are legally blind, functionally blind or in danger of legal blindness.

Table: 52

Southeastern Idaho Public Health
siphidaho.org
At Southeastern Idaho Public Health we strive to improve the quality of life in the communities we serve. In short, our mission is: “Every day, in every way, empowering & improving health!” Southeastern Idaho Public Health will provide education on its myriad of services through an interactive game. Topic covered include but are not limited to Smoking Cessation and Tobacco Prevention, Women’s Health Check, Physical Activity & Nutrition, Immunizations, HIV/AIDS and Preparedness.

Table: 13

Idaho Central Credit Union
iccu.com
Idaho Central Credit Union’s mission is “helping members achieve financial success.” This is the very core of what we do every day. Idaho Central Credit Union will be talking to people and answering questions regarding their financial health.
Foot Zoners
Zoning uses energy and reflexology with precise directed pressure to various zones of the feet to balance and heal. Zoning stimulates every organ in the body and brings harmony to life. Teaching reflexology on the feet, where the meridian points and organs are on the feet. We will also teach the importance of keeping balanced spiritually, physically, mental, and emotionally in life.

Abbvie
crohnsandcolitisinfo.com
Crohn’s and Ulcerative Colitis Patient Advocate Program

Time Laboratories & Endobiogenic Integrative Medical Center
timelabs.com

Benny’s Pantry
isu.edu/pantry
Benny’s Pantry exists to alleviate food insecurity where it may exist in the Idaho State University community. Learn about food insecurity and how Benny’s Pantry supports the ISU community with emergency food assistance. Find out how to help as a volunteer or through donations.

Pocatello Free Clinic
pocatellofreeclinic.com
The mission of the Pocatello Free Clinic is to promote health and wellness in the community by providing uninsured individuals with medical and dental care at no cost.

CarePatrol
carepatrol.com
Helping families find quality, safe independent living, assisted living & memory care communities through out East Idaho. Provide information on helping seniors and there loved ones find the right in home services or the right independent living, assisted living & memory care communities.

Rosetta Assisted Living
Rosettahomes.com
We are a privately-owned company specializing in Alzheimer, Dementia Care and Memory Loss Disorder. Visit our booth for information and handouts of Alzheimers and dementia.

Pocatello SDA Church
pocatellosda.org
We are a bible based organization who believes in healthful living. We like to share information with others to help maintain healthy living. Grip strength testing and healthy recipes.

Shaver Pharmacy & Compounding
Shaver Pharmacy is a family owned pharmacy and compounding center. Our compounding center and Home Medical Department are accredited bringing enhanced levels of professionalism and safety.

SE Idaho Community Action Agency
seicaco.org
SEICAA Meals On Wheels provides a nutritious home-delivered meal to homebound elderly. SEICAA RSVP recruits and places volunteers ages 55 and over in non-profit agencies.

Pets with a Purpose
Pets keep us healthy. Registered Pet Partner dogs will be teamed up with their handlers to visit the attendees.

Halls Healthy Step
Foot and leg and vein health through arch support, orthopedic shoes, compression hosiery. Full body health through massage therapy. Foot and arch imprints, vein and leg health and associated information. Massage therapy and associated information.

Fresenius Medical Care
Idaho Kidney Center, Liberty Dialysis, in Affiliation with Fresenius Medical Care Liberty Dialysis enables its dialysis patients to lead extraordinary lives as a result of a caregiving focus that provides extraordinary care. Learn more about how Liberty Dialysis provides an exceptional dialysis experience for every patient through its physician driven teams, state-of-the-art equipment, community based nephrologists, and chronic kidney outreach programs.

Senior Games
The Southeast Idaho Senior Games provides participants 50 and older with opportunities for competition, fun and camaraderie. The Senior Games has something to offer every interest and level of fitness – from Basketball, Track and Field events to Archery, Softball, Pickleball, Table Tennis, Tennis, Softball, Swimming, Cycling, Shuffleboard, Croquet, Horseshoes, Bowling, Mahjong, Wii Bowling, Bridge, Hand and Foot Canasta and Pinochle. Golf is 18-hole scratch play and don’t forget your dancing shoes for the Ballroom Dance competition.
Currently we have research projects for people who have diabetes and cardiovascular diseases. There are several benefits for people to participate in clinical research: free labs and EKGs, free study related care, possible financial reimbursement for some studies, and long-term/close follow-up with health care providers, etc.

**Veterans Sanctuary: Veterans Resources**

The Veterans Sanctuary at ISU is the first transition and support program of its kind in the United States. Developed for vets, by vets, our mission is simple—to provide first-class service to military veterans of all eras attending ISU.

**ISU Audiology: Collaborating to Provide Comprehensive Hearing Healthcare**

ISU Audiology will be providing hearing screenings. The booths will include various activities that incorporate interprofessional education including a communication station where professionals and students can learn good communication strategies when talking to a hearing impaired individual and how hearing loss contributes to dementia.

**College of Pharmacy: Generation Rx**

We have a poster that describes the importance of using prescription drugs correctly. It also gives information about how prescription drugs are abused and the adverse effects that happen when someone does abuse them. We also provide information about how to properly dispose of drugs that are no longer wanted.

**College of Pharmacy: Meth Awareness**

Providing information about meth and how it is prevalent in our area. Ways to help those who are affected by it.

**ISU SON Junior Med/Surg Students**

Respiratory Health and Osteoporosis

**ISU SON NAMI**

Senior nursing student will be at the NAMI table

**ISU School of Nursing**

Booth 1

What foods and vitamins are best when you’re pregnant? Come to our booth and let us tell you about a few!

Booth 2

Domestic violence. No matter what stage of your life we have information for you, your daughter, or any woman in your life!

**College of Pharmacy: Operation Self Care**

Pharmacy students educating about over-the-counter medications, herals and dietary supplements with posters and pamphlets.

**School of Nursing: “Brain Attack”**

Motivate participants to identify risk factors and make positive health behavior changes related to “brain attack.”

**School of Nursing: Hypertension**

Motivate participants to identify risk factors and make positive health behavior changes related to hypertension.

**School of Nursing: Colorectal Cancer**

Motivate participants to identify risk factors and make positive health behavior changes related to Colorectal Cancer.

**School of Nursing: Renal Health**

Motivate participants to identify risk factors and make positive health behavior changes related to Renal Health.

**School of Nursing: Skin Cancer**

Motivate participants to identify risk factors and make positive health behavior changes related to Skin cancer.

**College of Pharmacy: Immunizations**

Information on common diseases that can be prevented with immunizations.
Table: 81,82
ISU Wellness Center
isu.edu/wellness

Table: 79,80
Dental Hygiene: systemic health links and screenings
Examinations of the mouth, head, and neck will be performed and education will be provided.
Ever wondered how you might look with a whiter, brighter smile? See for yourself with our Philips Zoom app. Professional strength Whitestrips will be available for purchase at a reduced fee of $40 (retail $100) as a student fundraiser.

Table: 11,12
Dietetics
isu.edu/hns/dietetics
Eat this, not that!
Healthy snack and recipe substitutions to improve nutritional content of diet. Cooking demo and sampling will be included.

Table: 9,10
Department of Sport Science & Physical Education: Human Performance Laboratory
http://ed.isu.edu/sspe/sspe_index.shtml
“The Department of SSPE Human Performance Laboratory offers sport and exercise testing for the community and area sport athletes. The facility offers state-of-the-art testing on aerobic and anaerobic power/capacity, cardiac function, body composition, pulmonary function, muscle strength, nutritional analysis, and competitive assessment.

Table: 74
ISU Counseling
isu.edu/hpcounsel
The Department of Counseling will provide resources that educate individuals, groups, couples, and families on how to prevent the development of mental health problems, and promote overall mental health and wellness.
Thank you for attending
the 2014 Health Fair
See you next year
March 19-20, 2015