

# Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY



Jackie Price, Director

847-3141



## Lighter Side



*Family*  
is not an  
**IMPORTANT**  
thing, it is  
*Everything*

## 10 Warning Signs Your Family Member Needs Help

The holiday season may be one of the few times families get together and realize their elderly loved ones are deteriorating and need some help. Holiday visits can often be a wakeup call that steps need to be taken to turn the situation around.

The Council on Aging offers these 10 warning signs that your family member needs help:

- Poor eating habits may resulting in weight loss; no appetite or missed meals
- Neglected Hygiene: wearing dirty clothes, body odor, neglected nails and teeth
- Neglected home that is not as clean or sanitary as you remember growing up
- Forgetfulness or failure to take medications
- Changed relationship patterns that neighbors have noticed
- Burns or injuries resulting from weakness
- Decreased participation in activities such as church or social groups
- Scorched pots and pans, or forgetting to turn off the stove
- Unopened mail, newspaper piles or missed appointments
- Mishandled finances such as losing money, forgetting to pay bills or paying bills twice.

**If you notice any of these signs, it's time to decide on the best form of care for your relative. When meeting as a family it's best to encourage participation from everyone. Write things down and keep communication open. Holidays are supposed to be joyous, so consider the wakeup call a blessing. Now that you are aware they need help, you will be able to contribute to a better quality of life and contribute to your relative's safety.**

## *Activities at the Skilled Nursing Facility*

Hello everyone! It seems like the month flew right by. This month we have been busy with Election day, a Veteran's program where the Veteran's presented the flag to Wilmer Brown. We appreciate all our Veteran's have and continue to do for us. We made a spiced apple dump cake that was delicious. We had our annual Bake Sale and basket raffle. It was a great success. Thanks to all that came and supported us this year. We made Turkeys for our craft this month. We have enjoyed our dog visitors this month and look forward to seeing them each week. Thanks to our Relief Society ladies that are faithful each month. We love hearing from Shelly and Cordell each month as well. We want to wish each of you a Happy Thanksgiving!! Until next month....

- SNF Activities Tausha and Mandy

*We have openings for a tour or information call 847.4442  
We achieved a 4 Star Rating with Medicare!!*

## *Life at Bear Lake Manor*



Greetings from the Bear Lake Manor and Happy **November, We can't believe we are into the holidays** it went so fast. The residents have had a fun time with our Bingo games. Thank you to our **entertainment people. We've had Cindy and her girls, Ben Cleveland, and Cordell.** On Friday the **11th we celebrated Veteran's Day.** Our resident Evan Shirley was honored and presented with a flag for his service 1943—1946 in World War II.

He served in the Navy and as a Marine. We are very proud of him for his service. On the 17th the residents made Thumb-print Turkeys and hung them in their rooms. Happy Thanksgiving to everyone and a big thank you to all our volunteers. See you next month.

— Paula Ochsenbein Activity Director

***For more information about Bear Lake Memorial's***

*Assisted Living Center—The Manor call Larae at 208.847.2400  
for questions or a private tour. We have openings!!!*



# DECEMBER

**Serving starts at  
12:00 Noon  
847-3141**

*Menu Subject to Change Without Notice - Meal Costs \$5.00 Regardless of Age*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Soup & Sandwich Navajo Tacos	Austin Fisher @ 11:30am <hr/> Meatloaf	3
4	5	6 Soup & Sandwich <hr/> Art Guild 8:30AM	7 Bingo @10:30am <hr/> BBQ Pork Ribs <hr/> yoga 6:30pm	8 Soup & Sandwich	9 BLHS Show Choir @ 11:30am <hr/> Chicken Fried steak	10
11	12	13 Soup & Sandwich <hr/> Art Guild 8:30AM	14 Bingo @10:30am <hr/> Taco salad <hr/> Yoga 6:30pm	15 Soup & Sandwich	16 Shelly & Cordell Green @ 11:30am <hr/> Turkey	17
18	19	20 Soup & Sandwich <hr/> Art Guild 8:30AM	21 Bingo @10:30am <hr/> Fried Chicken <hr/> Yoga 6:30pm	22 Soup & Sandwich	23 Linda Walker @ 11:30am <hr/> Baked Ham	24
25 Christmas	26	27 Soup & Sandwich <hr/> Art Guild 8:30AM	28 Bingo @10:30am <hr/> Fish <hr/> Yoga 6:30pm	29 Soup & Sandwich	30 Social Hour @ 11:30am  Salisbury Steak	31

**15% OFF  
EVERYTHING**

**Open House Special**  
Wednesday, December 7th 10am - 6pm

You will find deals on handmade & other gift items such as:  
Jewelry, Chocolate, Shawls, Baby Items and more!

**Come check out our new Christmas Inventory.**



Refreshments will be served.  
(Excludes quilts and sale items.)



**The Sunshine Corner**  
BLMH Auxiliary Gift Shop  
Regular Hours:  
Monday - Friday 10am - 4pm

*Attention:* The Bear Lake Community Center is operated in accordance with U.S. Department of Agricultural policy which prohibits discrimination on the basis of race, color, sex, age, handicap, religion or national origin. Any person who believes they have been discriminated against in any USDA related activity, should write to: Administration, Food & Nutrition Services, 3101 Park Center Drive, Alexandria, VA 22302.

Idaho Senior Legal Hotline

The Idaho Senior Legal Hotline is a statewide, toll-free, client access system for people 60 years of age & older. It is designed to help seniors obtain free legal assistance with civil legal problems. If you have questions or concerns please contact Angela Jensen, Attorney at Law by calling toll free 1-866-345-0106. You can also go to [www.idaholegalaid.org](http://www.idaholegalaid.org)

The Grace Thiel Community Center is available for Reunions & Banquets

The Community Center can accommodate class & family reunions. Center availability can include meal service or just building rental.

Call Jackie at 847-3141 for details.

Grace Thiel Community Center  
Hospital Plaza  
Montpelier, ID 83254

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**PAID**

**MONTPELIER, ID  
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