



## Lighter Side



# Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

## Taking care of Diabetes: Are you doing enough?

Dr. Prasuna Dubagunta

Most of us know that diabetes is a chronic disease with multiple complications, if not managed well.

It is a condition of altered metabolism and high sugar; some patients may not even realize they have it as symptoms can be subtle. Most common type is type 2 diabetes. Some people have pre-diabetes, which means that their sugar is higher than normal but not high enough to be diagnosed as diabetes.



Symptoms that you can develop if sugar is very high are weight loss, feeling thirstier or hungrier than usual, going to the bathroom more often, frequent urinary tract infections, and frequent vaginal yeast infections in women. Blood testing is the only way to diagnose it and it is very important to get it checked periodically. Also be aware of common risk factors like family history of diabetes in a close relative, being overweight, and sedentary lifestyle.

If you have been diagnosed with diabetes or pre-diabetes it is important to take charge of your diagnosis and implement lifestyle changes right away. This in itself will normalize sugar in a majority of people. Take a close look at your daily diet, maintain a food diary if needed, learn about carbohydrates and calories and implement in diet.

Eliminate all sugar and sweets and sugary drinks first, choose sugar free alternatives. But be careful when you opt for sugar free alternatives – make sure they are not heavy on carbohydrates and calories. This is crucial to control blood sugar. Increase daily physical activity. See your physician regularly, at least quarterly for regular checks. Do not be afraid to start medication or insulin if needed. Use community resources for dietary help if available.

## *Activities at the Skilled Nursing Facility*

Hello everyone!! June has been a warm month and we have been excited to get outside. We have enjoyed several activities on the patio. We have enjoyed ice cream and even a water balloon toss. The first of the month we went on a Cruise to three different places. We went to Hawaii, Alaska and Scotland. We even had an under water excursion. Trish Crane favored us with some yummy food from Scotland. We went fishing in Alaska and soaked our feet in the ocean at Hawaii. We had lots of fun. We had a shuffle board game and made watermelon sun catchers. We have enjoyed the new van that the hospital purchased it has been a life saver for us. We were able to see some baby bald eagles. We hope all the Fathers out there had a Happy Fathers Day. We went on a nature scavenger hunt outside it was fun to see all the different things everyone came up with. We continue to play bingo twice a week and dice and card games weekly. We appreciate the ladies that come each week to do Relief Society and church services. Thanks to those that help the first week of the month with Family Home Evening. We are also thankful for Cordell and Shelly for entertaining us each month we look forward to hearing you. We hope each of you have a safe and happy 4th of July... Until next time...

- SNF Activities Tausha, Kristen 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. Happy summer to everyone it is going by so fast! We have been enjoying out patio area. We had a cook out for Father's Day. **The residents also enjoy their walks outside. They had fun trying to find "Nemo" with a pan filled with graham crackers and Swedish fish.** We have also enjoyed our bus trips up St. Charles Canyon and to Cokeville. There was plenty of beautiful scenery and animals to see. Thanks to all our volunteers. We want to welcome our new residents to the Manor. 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.***



**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
					Maury Young @ 11:30am ----- Ham	
3	4 4th of July	5 Soup & Sandwich ----- Art Guild 8:30AM -	6 Bingo @10:30am ----- Baked Ziti	7 Soup & Sandwich ----- Navajo Tacos	8 Shelly & Codrell @ 11:30am ----- Turkey Dinner	9
10	11	12 Soup & Sandwich ----- Art Guild 8:30AM -	13 Bingo @10:30am ----- Chicken Fajita Casserole	14 Soup & Sandwich	15 Heber Dunford @ 11:30am ----- Meatloaf	16
17	18	19 Soup & Sandwich ----- Art Guild 8:30AM -	20 Bingo @10:30am ----- Roast Beef	21 Soup & Sandwich	22 Social Hour @ 11:30AM ----- Fried Chicken	23
24 31	25	26 Soup & Sandwich ----- Art Guild 8:30AM -	27 Bingo @10:30am ----- Chicken Enchiladas	28 Soup & Sandwich	29 Trivia With Sally @ 11:30AM ----- Chicken Fried Steak	30

The Community Center is available for  
Reunions & Banquets

The Grace Thiel Community Center can accommodate class & family reunions. Center availability can include meal service or just building rental.  
Call Jackie at 847-3141 for details.



*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) to find information about laws that affect you.

Grace Thiel Community Center  
Hospital Plaza  
Montpelier, ID 83254

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