

Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY



Jackie Price, Director

847-3141



Lighter Side

©smeltzercartoons.com



"Can you find me something nice in the back row with a view of the playground?"

Cathy Thorne © www.everyday people cartoons.com



ONLY 4 MONTHS TO INVENT THE PERFECT LIFE.

The Truth About Sodium Intake for Seniors

Recently, results of a study published in the *Lancet* medical journal contradicts the link between heart disease and sodium intake for senior citizens. In response to the published information in *Lancet*, the American Heart Association (AHA) disputes these findings and issues strong warnings to seniors about sodium consumption. According to the AHA, lowering sodium is more important than ever. Consider the following:



- One-third of American have high blood pressure.
- 90% of all adults will develop hypertension over their lifetime
- **Heart disease & stroke are the world's 2 leading causes of death**

According to Mark A. Creager, M.D., President of the American Heart Association and director of the Heart and Vascular Center at Dartmouth-Hitchcock Medical Center, **"The large body of science clearly shows how excessive amounts of sodium in the American diet can cause high blood pressure, which can lead to heart disease, stroke, and even death."**

Dr. Creager ascertains that the study in the *Lancet* journal is flawed. He reports that the vast majority of credible studies show that limiting sodium intake to 1500mg per day is the safest dietary measure for most seniors.

There are specific people who should not lower their sodium intake. These include those who work regularly in extreme heat, and those with uncommon, specific illnesses. Visiting with your doctor is the best way to know if you fall into this category.

The AHA is one of many numerous health organizations and governmental bodies that encourage sodium limits for health reasons. The CDC recommends no more than 2300 milligrams per day and, as noted above, the AHA recommends no more than 1500 milligrams per day, especially for older adults. Unfortunately, most Americans consume more than twice the recommended amount of sodium per day.

Activities at the Skilled Nursing Facility

Hello everyone, another month has gone by already. We started August out with an Olympic day where we competed in the pool noodle javelin throw, a shaving cream game, a ring toss, and shot put. We were all winners and received a candy bar medal. We celebrated Bambi's birthday by watching the movie Bambi. We played a question and answer game with Dum Dum suckers. We enjoyed ice cream sandwich day and National Root Beer Day. We made a trip to the fair and enjoyed donuts and the entertainment. We also attended the parade and got lots of candy. Of course we enjoy our bus trips, bingo and visits from Maggie and Jasmine each week. We appreciate all that the Relief Society ladies do for us. We also enjoy Cordell and Shelly entertaining us each month. We will finish the month off with a bus trip and banana splits for National Banana Lovers Day. Until next time. Contact the activities department at 847-4443

- 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!!! We are all so sad that summer is coming to a close. It has been fun but way too short! The residents had a good time during the Bear Lake County Fair. We watched the Fair Parade on Wednesday night and then we took a group out on Thursday to watch the free stage entertainment and to have a snack. Thank you to all the volunteers that help us. We encourage visitors, so stop by and visit anytime. 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!!!



SEPTEMBER

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

Menu Subject to Change Without Notice - Meal Costs \$5.00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Soup & Sandwich ----- Navajo	2 Social Hour @ 11:30am ----- Roasted Pork	3
4	5	6 Soup & Sandwich ----- Art Guild 8:30AM	7 Bingo @10:30am ----- Chicken Alfredo	8 Soup & Sandwich	9 Michelle Humpherys @ 11:30am ----- Meatloaf Dinner	10
11	12	13 Soup & Sandwich ----- Art Guild 8:30AM	14 Bingo @10:30am ----- Chicken Cordon Bleu	15 Soup & Sandwich	16 Lake Family @ 11:30am ----- Baked Ham	17
18	19	20 Soup & Sandwich Navajo ----- Art Guild 8:30AM	21 Bingo @10:30am ----- Roast Beef	22 Soup & Sandwich	23 Jamie Bartschi @ 11:30AM ----- Turkey Dinner	24
25	26	27 Soup & Sandwich ----- Art Guild 8:30AM-	28 Bingo @10:30am ----- Frito Pie	29 Soup & Sandwich	30 Ruth & Darryl Woolstenhulme @ 11:30AM ----- Chicken Fried Steak	

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.

Community Blood Draw

Blood testing will take place from most days in September 7:30am to 10:30 am

Appointments can be made by calling 847-4377 Monday thru Friday 8 am — 4pm

Fasting is important—nothing to eat or drink (except water and black coffee) for 10 hours prior.

Blood Panel Prices:
 Combination Profile: \$35
 Glycohemoglobin A1C: \$25
 PSA (men only): \$25

BEAR LAKE MEMORIAL HOSPITAL
 THE MOST CARING HOSPITAL ON EARTH

Dental Exam Coupon can be purchased at the hospital gift shop for \$20.
 No blood draw is necessary to purchase.

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 to find information about laws that affect you.

Grace Thiel Community Center
Hospital Plaza
Montpelier, ID 83254

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