



## Lighter Side



# Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

## Tips to Prepare Elderly Adults for Disasters

When a major disaster occurs, a person's life can change in an instant.

Here are some precautions to take to prepare your family, including elderly loved ones, for a disaster.

### Learn About Potential Threats

Learn what disasters or emergencies may occur in your area. These can include those that affect only your family, to those affecting the entire community.

### Plan Escape Routes

Identify two ways to escape from every room. Practice your escape plan at least twice a year.

### Establish a Communication Plan

Make a plan for how you will contact family members if they are not present.

### Make copies of important documents

Items to consider are: passport, drivers license, social security and insurance cards, wills, deeds, financial statements, etc. Also have emergency contact cards for you and your family.

### Plan for Pets

**Don't forget to include food and water for animals**

### Make an Emergency Kit

Basic items to consider:

3 day supply of non-perishable food and water

Portable, battery-powered radio or television and extra batteries

Flashlight and extra batteries

Photocopies of credit and identification cards

First-Aid kit

Sanitation and hygiene items

Manual can opener

Matches in a waterproof container

Extra clothing and blankets

Cash and coins

Whistle

Extra set of house and car keys

Medication, contact lens solutions, etc.

Consider your own special needs.

Maintain your kit and store in a cool dry place. Update as needed.

For more information about disaster preparedness visit:

[www.fema.gov](http://www.fema.gov) & [www.ready.gov](http://www.ready.gov)



## *Activities at the Skilled Nursing Facility*

Hello everyone, in July we went to the Circus, had popsicles on the patio, we played water balloon volleyball on the patio. We went to Adam's park and had a picnic with sack lunches. We have gone on a scavenger hunt and played tic-tac-toe on the patio. We need to give a big thank you to the high school cheerleaders for coming and cooking and serving supper for us on the 15th, they did a good job and we appreciate their hard work and service. We made homemade ice cream that was yummy. We appreciate our ladies that are here each week for Relief Society, they do such a great job. Also a big thank you to Cordell and Shelly for their entertainment. We enjoy playing bingo and other card games each week. Thanks to all that come visit us. see you next month.



SNF Activities: Tausha, Mandy & Carol

*We have openings, for a tour or information call 847.4442  
We achieved the highest rating level at 5 Stars with Medicare!*

## *Life at Bear Lake Manor*

Hello everyone and greetings from the Bear Lake Manor. This has been a very busy month. The residents enjoyed bingo, a balloon toss, ring toss, and just sitting on the patio visiting while looking at the flowers. The weather has been beautiful.

They enjoyed the entertainment this month provided by Ben Cleaveland, Cindy Skinner and her girls, Mike Bateman and his wife, and Cordell and Shelly Green. Thank you to everyone who comes by and volunteers!

We had a lot of bus trips this month. We went to Grace to see the Fish Hatchery. We took the residents around the lake too. Another trip we went up Georgetown Canyon and finally we had a picnic up Immigration Canyon. We appreciate all the help. We want to welcome our new residents and staff members. See you all next month.

- Paula Ochsenbein, Activities Director

*For more information, a private tour, or to get on our  
activities calendar call Larae at 208.847.2400*

# AUGUST



phillipmartin.info

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

*Menu Subject to Change Without*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Ham 1 Sandwich Beef Tomato ----- Art Guild 8:30AM	Bingo 2 @10:30am ----- Fish & Wild Rice	3 Navajo Taco	4 Turkey Dinner ----- Maury Young 11:30	5
6	7	Veggie 8 Soup with French Dip ----- Art Guild 8:30AM	Bingo 9 @10:30am ----- BBQ Pork Ribs	10 Potato Bar with Chili Dog	Sweet 11 n Sour Meatloaf ----- Gary Scott 11:30	12
13	14	15	16	17	18	19
<b>Closed for County Fair</b>						
20	21	22 Biscuits & Gravy ----- Art Guild 8:30AM	23 Bingo @10:30am ----- Chicken Fried Steak	24 Cheesy vegetable soup ----- TACOS	25 Ham Dinner ----- Heber Dunford 11:30	26
27	28	chicken 29 Noodle & Tuna Sandwich ----- Art Guild 8:30AM	Bingo 30 @10:30am ----- Chicken Cordon Bleu	31 Broccoli Soup & Fish Sandwich	<b>BURGERS AVAILABLE EVERYDAY \$3.00</b>	



*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

PRSR STD  
 US POSTAGE  
**PAID**  
**MONTPELIER, ID**  
**PERMIT NO. 14**