



Jackie Price, Director

847-3141

Happy Holidays!



Lighter Side



# Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

## National Flu Awareness Week

### Flu

- The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death.
- People of every age, including people in good health, are at risk of flu.
- Influenza can cause illness & sometimes severe disease in persons of any age.
- Flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands or tens of thousands of deaths each year in the United States.
- Although a majority of hospitalizations and deaths occur in people 65 years and older, even healthy young children and younger adults can have severe disease or even die from influenza.
- Over 100 pediatric deaths from influenza were reported to CDC last season.

### Flu Vaccinations

- An annual flu vaccine is the best way to protect against this potentially serious disease.
  - Flu vaccination can reduce flu illnesses, doctor visits, missed work and school due to flu, as well as prevent flu related hospitalizations.
  - Flu vaccination also may make your illness milder if you do get sick.
  - Getting vaccinated yourself protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.
- Despite the unpredictable nature of the flu, you should know:
  - You need the 2017-2018 flu vaccine for optimal protection against the flu this season because:
    - o Flu viruses are constantly changing, and this season's vaccines have been updated to protect against the viruses that surveillance data indicate will be most common this flu season
    - o A person's immune protection from vaccine declines over time so annual flu vaccination is needed for the best protection
- It takes about 2 weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.
- While seasonal flu outbreaks can happen as early as October, flu activity is usually highest between December and February, though activity can last as late as May. As long as flu viruses are circulating, it's not too late to get vaccinated, even in January or later.
- With flu activity increasing & family & friends planning gatherings for the holidays, now is the time to get a flu vaccine if you haven't been vaccinated yet this season. A flu vaccine can protect you & your loved ones from the flu.

## *Activities at the Skilled Nursing Facility*

Hello again, this month has flown by. We have had fun with a Turkey shoot at the beginning of the month, some of the residents voted, we also made turkey cupcakes. The Veterans came and presented the flag to our oldest Veteran. We appreciate them doing this service each year. We had our annual Bake Sale/ basket raffle this month. We are very thankful for all those that participated in any way in this cause. We appreciate all you do for our residents. We have played Thanksgiving Pictionary, Wii bowling and of course bingo throughout the month. We had an I Am Thankful wall as you enter the dining room where the staff and residents could trace their hand and then decorate it as a Turkey then put what they are thankful for, it turned out so cute. As we are every month we are Thankful for our Relief society sisters that are faithful to come each week, also for Cordell and Shelly entertaining us each month and also the Ward programs that come each Friday. We are grateful for your service each month. It is coming closer to December and we would like to hear your talents throughout the month, please call the activities office at 847-4443 if you would like to share your talents with us. Until next month!!

SNF Activities Staff: Tausha, Carol and Diane

*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*

Greetings from the Bear Lake Manor and welcome to all the holidays. November was a busy month. We had crafts days, made handprint turkeys out of paper plates. We also took several bus trips in the newly purchased bus. Frank Vilt drove the residents to Chesterfield. We had a fun time looking at all the old buildings.

We also went on a ghost tour, with history being told on each stop. The residents enjoyed playing bingo, exercise time, and our game day. Thank you to all of our volunteers. We will see you next month!

Activities Director: Paula Ochsenbein

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



# Ho-Ho-Ho

**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
<b>BURGERS AVAILABLE EVERYDAY \$3.00</b>					Chicken 1 Fried steak <hr/> Kristine & Dean Lake 11:30	2
3	4	5 Biscuits & Gravy <hr/> Art Guild 8:30AM	6 Bingo @10:30am <hr/> French Dip <hr/> Yoga 6 p	7 Turkey Sandwich	8 Salisbury Steak <hr/> Maury Young 11:30	9
10	11	12 Navajo Tacos <hr/> Art Guild 8:30AM	13 Bingo @10:30am <hr/> BBQ Pork Chop <hr/> Yoga 6 p	14 Fish Sandwich & Soup	15 Turkey <hr/> High School Choir 11:30	16
17	18	19 Salad Bar <hr/> Art Guild 8:30AM	20 Bingo @10:30am <hr/> roast Beef <hr/> Yoga 6 p	21 Pulled Pork Sandwich	22 Ham <hr/> Linda Walker 11:30	23
24 / 31	25 Merry christmas	26 CLOSED	27 Bingo @10:30am <hr/> Roast Pork <hr/> Yoga 6 p	28 Navajo Tacos	29 Spaghetti <hr/> Social Hour 11:30	30

*Escape to a Healthier You*

**SATURDAY, JANUARY 20**  
**1 PM - 5 PM**  
**BEAR LAKE MIDDLE SCHOOL AUDITORIUM**

**KEYNOTE SPEAKER:**  
*Elizabeth Smart*

Dr. Nicholas Packer - Women's Health  
 Dr. Trevor Jacobson - Mindfulness  
 Dr. Clay Campbell - Personal Responsibility  
 Shaun Tobler, MSWC - Coping with Life Challenges

SPONSORED BY:  
**Bear Lake MEMORIAL Hospital**

*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. Go to [www.idaholegalaid.org](http://www.idaholegalaid.org) to find information about laws that affect you.

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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