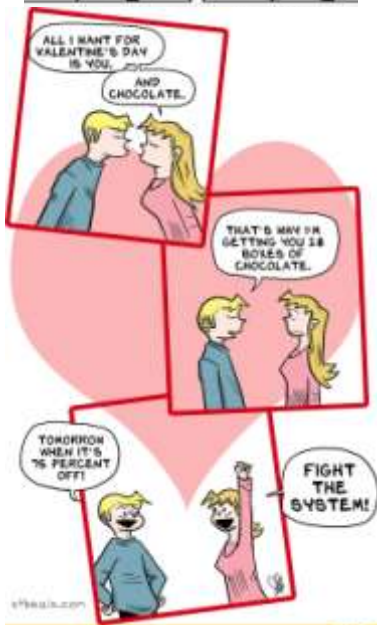




Lighter Side

Love is in the air



Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

BRAIN HEALTH

The only constant about your brain is that it's always changing. Even after we have reached maturity, our brain continues to change. These changes are sometimes referred to as "brain plasticity." Our experiences, habits, and the information we receive all have a part in the changes taking place in our brain. New experiences and knowledge greatly contribute to keeping our brains working, developing, and learning.

Sometimes we become concerned by changes in our brain. We lose our keys and forget people's names. While some of this is attributed to changes in our brain, lapses in memory can also be caused by certain medications, lack of sleep, and other factors such as excessive alcohol.

The brain is like a muscle and when we use it, we feel better. There are lifestyle habits that are not only good for our body, but also our brain.

Here are some suggested activities that are good for the aging brain:

- **Get Moving**---A daily walk is one of the easiest ways to keep moving. However, *any* activity that gets your heart pumping for 30 minutes most days is good for your body, and your brain. Being active is associated with lower risk of brain issues.
- **Know your blood pressure**---High blood pressure can have serious side-effects on your brain health. If your blood pressure is high, make necessary lifestyle changes, including medication if recommended, to get it under control.
- **Get adequate sleep**---Inadequate sleep affects the memory center of the brain. A good 7 or 8 hours of sleep is recommended for good health.
- **Discover a new talent**---When you learn new things, you engage your brain. Picking up a new hobby, learning a new language, reading, word puzzles, and a plethora of other activities keep the brain in good shape.
- **Pick up the phone**---Stay connected with your family and friends. Science has shown that engaging in social activities is good for the brain. Cook dinner and invite someone over. Volunteer or join a group. Find ways to associate with other people.
- **Eat up** - Eating a healthy diet is extremely beneficial not only to our bodies, but also our brains. Some foods, like strawberries, blueberries, and broccoli are considered power foods for the brain.

Activities at the Skilled Nursing Facility

Hello everyone, January has been a more relaxed month after the busy holidays. We have had a couple of van rides this month one of which we went to the Ranch Hand for lunch. We have played lots of games, a snow flake scramble, a saran wrap game, roll a snowman, UNO attack, frog pond, peanut butter ping pong, and of course Bingo. We have had root beer floats, and cooked lemon poppy seed scones. We enjoyed listening to Cordell and Shelly this month. And of course we are always grateful to our Relief Society and church ladies that are faithful to come each month. We are looking forward to our Annual Sweet-heart banquet in February. Until 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



We have almost made it through January and what a **month! We haven't seen this much snow for quite a few years. It's very pretty as long as we get to stay by the fire** and watch from inside, where it is nice and warm. We have had some great people share their talents and visit with us this month. A huge thanks to Darius & Laura Lee Matua, Darryl & Ruth Woolstenhulme, and Cordell and Shelly Green. **The Bear Lake Bears Boy's Basketball team and coaches also came by to visit. We are big Bear's**

fans and we felt very honored that they would take time out of their busy schedules to come by. How fun for us! Along with Bingo, which of course is our favorite, we also had camptown races and did an activity called Book Monsters.

Our residents really enjoy Family Home Evening on Monday nights at 5:30. We have had families and friends come and share their Family Night with us. We are looking for other families in the community to come and share their Family night with us. Also any that would like to come visit or that have talents to share any other times during the week. If you can, please give us a call and get on our calendar. We also currently have an opening.

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



FEBRUARY

**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
			Bingo 1 @10:30am Chicken Enchil adas yoga 6:30pm	Soup & 2 Sandwich Navajo Tacos	Dean 3 Lake @ 11:30am Chicken Fried Steak	4
5	6	7 Soup & Sandwich ----- Art Guil d 8:30AM	Bingo 8 @10:30am Cowboy Casserol e yoga 6:30pm	9 Soup & Sandwich	Ruth & 10 Daryl Wool- stenhul me @ 11:30am Chicken Cordon Bl eu	11
12	13	14 Soup & Sandwich ----- Art Guil d 8:30AM	Bingo 15 @10:30am BBQ Pork Ribs Yoga 6:30pm	16 Soup & Sandwich	Social 17 Hour @ 11:30am ----- Meatl oaf	18
19	20	21 Soup & Sandwich ----- Art Guil d 8:30AM	Bingo 22 @10:30am Roast Beef Yoga 6:30pm	23 Soup & Sandwich	Maury 24 Young @ 11:30am ----- Chicken Pot Pie	25
26	27	28 Soup & Sandwich ----- Art Guil d 8:30AM				

Bear Lake Memorial Hospital Auxiliary's 28th Annual

SNOWBALL DANCE



Saturday, February 18th
Middle School Gym
7:00 - 11:00 PM



**Ticket Prices: \$5 Students,
 \$10 Individuals, \$25 for Families**

**Tickets available at Auxiliary Thrift Store and
 Bear Lake Memorial Hospital's Front Desk.**

TICKET **DOOR PRIZES** **TICKET**
REFRESHMENTS
SILENT AUCTION



A Community Event for the Whole Family
 Proceeds benefit a New Bus for Nursing Home & Assisted Living Residents

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

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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