



Lighter Side



Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

Seasonal Affective Disorder (SAD)

As the seasons change from fall to winter, many people find themselves experiencing symptoms of the “winter blues.” Prone to simply brush these symptoms off as just being in a “funk”, many people think they just have to “tough it out” & wait for the sun to shine more brightly again. What these people may be experiencing is a form of depression called “seasonal affective disorder”(SAD). In most cases, SAD symptoms appear during late fall or early winter & go away during the sunnier days of spring & summer. Symptoms may start out mild but become more severe as the season progresses.

Symptoms specific to SAD (AKA winter depression) include:

- Irritability
- Tiredness or low energy
- Problems getting along with other people
- Hypersensitivity to rejection
- Heavy “leaden” feeling in the arms or legs
- Oversleeping or having trouble sleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain

Experts believe that a drop in serotonin, a brain chemical that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may cause depression.

Some of the factors that increase your risk of SAD include:

Being female Women experience SAD more than men, but the symptoms tend to be more severe in men.

Family History People with family members who suffer from depressive disorders are more likely to be affected by SAD.

Having previously been diagnosed with depression or bipolar disorder. Symptoms may get worse during the winter months.

Living far from the equator SAD appears to be more common in people who live far from the equator

Treatment can help prevent complications. Seek help from your family care provider. In addition, you can try the following:

Make your environment sunnier & brighter Open blinds & trim heavy tree branches away from windows.

Get Outside Even if you're worried about the slick roads & sidewalks, you can sit on a bench at the park or on your porch.

Exercise regularly Exercise helps relieve stress & anxiety & it helps raise serotonin levels.

Take a trip Even if it's not a trip to a sunnier climate, getting out of the house seems to help many people who suffer from SAD.

Activities at the Skilled Nursing Facility

Hello everyone, we hope everyone had a wonderful Christmas! We sure did. Thanks to all who donated items to us this year, because of you we had a nice Christmas. We would like to give a BIG thanks to the VFW for the lap top and kindle fire, also the staff of Worldmark for all their donations, and also Don Johnson and Glenn Page. We had quit a few Christmas programs. We had some violins play for us, the Turner family brought Poinsettias, Kim Hulme and her piano students played for us, the AJ 2nd grade students sang to us, and the Hospital Auxiliary ladies passed out stocking and sang to us. Santa Clause came and we got to have our pictures with him. We enjoyed going out with the van to see the Christmas lights. We made gingerbread houses and glitter snowflakes. We love our Relief Society ladies and are thankful for all they do. We wish you all a Happy New Year!

- SNF Activities Tausha, Mandy , & Carol

*We have openings for a tour or information call 847.4442
We achieved a 4 Star Rating with Medicare!!*

Life at Bear Lake Manor



December has been a wonderful month full of visits, activities, and special gifts. We were visited by the hospital auxiliary volunteers. Audrey Dransfield and Linda Walker played



Christmas music for us while the other volunteers handed out special stockings with some goodies. We hope everyone has enjoyed their holidays as much as we did. Thank you and Happy New Year.

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.





JANUARY

**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
1 HAPPY NEW YEAR	2	3 Soup & Sandwich ----- Art Guild 8:30AM	4 Bingo @10:30am ----- BBQ Pork Ribs yoga 6:30pm	5 Soup & Sandwich Navajo Tacos	6 Gary Scott @ 11:30am ----- Chicken Fried Steak	7
8	9	10 Soup & Sandwich ----- Art Guild 8:30AM	11 Bingo @10:30am ----- Chicken Enchiladas yoga 6:30pm	12 Soup & Sandwich	13 Sal Sellers @ 11:30am ----- Ham	14
15	16	17 Soup & Sandwich ----- Art Guild 8:30AM	18 Bingo @10:30am ----- Fried Chicken Yoga 6:30pm	19 Soup & Sandwich	20 Laura Lee Matua @ 11:30am ----- Meatloaf	21
22	23	24 Soup & Sandwich ----- Art Guild 8:30AM	25 Bingo @10:30am ----- French Dip Yoga 6:30pm	26 Soup & Sandwich	27 Social Hour @ 11:30am ----- Turkey	28
29	30	31 Soup & Sandwich ----- Art Guild 8:30AM				

You're Invited



Join Bear Lake Memorial Hospital and **it's employees to a Open House in Rod Jacobson's** honor. It will be held at the Oregon Trail Center on Friday, January 20th from 6-7pm. Refreshments will be served.

Grace Thiel Community Center
Hospital Plaza
Montpelier, ID 83254

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.

PRSR STD
US POSTAGE

PAID

**MONTPELIER, ID
PERMIT NO. 14**