



## Lighter Side



# Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

## Speech Therapy By Saunja Carlson, MS, CF-SLP

Speech therapists, or Speech Language Pathologists (SLPs), are highly trained professionals with Masters or Doctorate Degrees. They specialize in helping both children & adults with communication disorders. Many people are familiar with speech therapy for children. Some children may go to an SLP because they have difficulty producing some sounds correctly (for example, saying "wabbit" for "rabbit", "appo" for "apple", or "jips" for "chips"), or if they stutter. But did you know that SLPs also work with adults? So, how exactly can a speech therapist help adults?



Often when adults suffer a stroke or a traumatic brain injury, they need help reorganizing their thoughts, orientation, & memory. Sometimes they need help retraining their swallowing function, in order to keep them safe & prevent food & liquid from going down into their lungs. Perhaps someone's Grandma has dementia, with difficulty remembering people, events, & things most dear to them. These are some examples of when a speech therapist, or SLP, can help an adult.

SLPs evaluate & provide therapy for communication disorders for adults, including speech, language, swallowing, cognitive communication, social communication, pragmatics, auditory processing, fluency (stuttering), voice disorders, & training for use of alternative/augmentative communication (AAC) devices.

Let's talk about each of these areas more.

- Speech is the way we produce our sounds, or clarity.
- Language includes expressive language (how we express our ideas & thoughts) & receptive language (understanding others).
- Cognitive communication includes memory, orientation, problem solving, organization, attention.
- Social communication involves conversational dynamics, such as taking turns in conversation or altering our language to suit different situations.
- Dysphagia (swallowing) includes determining risk for aspiration, swallow integrity, recommendations for safest & least restrictive food/liquid consistencies, safe swallowing techniques, compensatory strategies, exercises to strengthen oral pharyngeal musculature.
- Fluency includes stuttering, & how it affects a person's social communication.
- Voice involves pitch, volume, quality, modifying accent, breathing exercises, resonance, excessive throat clearing.
- AAC devices are alternative methods for communication when a person is nonverbal (such as using an iPad to communicate).

So, what are some things we should watch out for? When should an adult go to see an SLP? Watch your loved ones for difficulty swallowing, coughing, choking, clearing throat while eating or drinking, drooling, or having a "gurgly" voice after eating. Also watch for difficulties with memory, attention, organization, problem-solving, or finding the right word to say. An SLP could help your loved one with these difficulties.

## *Activities at the Skilled Nursing Facility*

Hello again everyone. This month we have made homemade donuts for national donut day, we tried different cheeses for national cheese tasting day, we had banana boats on the patio, we made strawberry shortcake, we made fudge for national fudge day. We have played miniature golf, table volleyball, and Wii bowling this month. We had a Hawaiian Luau with pineapple bowling and pineapple ring toss, we had fruit kabobs also and watched *Moana*. We took **some of the residents to Dan's drive Inn for shakes. We have been on a couple of van rides, to St.Charles canyon and around the lake. Destiny sang to us and we appreciate when she comes. We also appreciate our relief society ladies that are so faithful to come each week. We will see you all next month. Have a Happy and safe 4<sup>th</sup> of July.**

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*



Greetings from the Bear Lake Manor. We are welcoming Summer! The residents enjoyed a balloon toss, ring toss, and Bing. Marge had the resident participate in a sing-a-long. Cordell Green also entertained us with his music. We went on several bus trips. We drove to Afton for ice cream and on another occasion went to the lake for a picnic. We appreciate Marge for driving us and new volunteer driver Frank Vilt. We want to

thank the night shift ladies for getting lunch ready. A big welcome to all the new staff member and residents. Welcome to the family!

A big thank you to the community member who made and donated these quilts to our Veterans at the Manor.

- Paula Ochsenbein, Activities Director



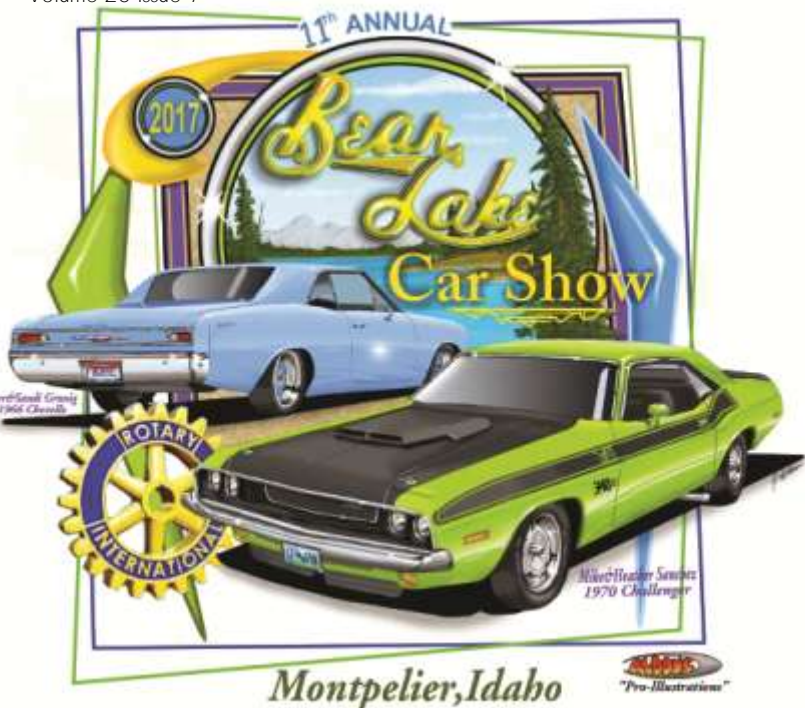
*For more information, a private tour, or to get on our activities calendar call Larae at 208.847.2400*



**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>						1
2	3	4 Happy Fourth Of July	5 Bingo @10:30am <hr/> Chicken Fried Beef Patties	6 Navajo Tacos	7 Shirley Harris Students @ 11:30am <hr/> Turkey	8
9	10	11 Soup & Sandwich <hr/> Art Guild 8:30AM	12 Bingo @10:30am <hr/> Ham	13 Soup & Sandwich	14 Heber Dunford @ 11:30am <hr/> Meatloaf	15
16	17	18 Soup & Sandwich <hr/> Art Guild 8:30AM	19 Bingo @10:30am <hr/> Roast Beef	20 Soup & Sandwich	21 Linda Wal ker @ 11:30am <hr/> Fried Chicken	22
23 /	24 /	25 Soup & Sandwich <hr/> Art Guild 8:30AM	26 Bingo @10:30am <hr/> Chicken Cordon Bl eu	27 Soup & Sandwich	28 Victor Reese @ 11:30am <hr/> Chicken fried Steak	29
30	31					



Friday, July 7 BBQ Dinner & Poker Run 6pm  
**King's Parking Lot Corner of 10th & Washington**

Saturday, July 8 Car Show Wells C. Stock Park

*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.

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Grace Thiel Community Center