



Lighter Side



"Don't worry about burning the calories
— that's already been done!"



Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

TIPS TO PREVENT FRAUD

DO'S Do protect your Medicare number (on your Medicare card) & your Social Security Number (on your Social Security card). Treat your Medicare card like it's a credit card.

Do remember that nothing is ever "free." Don't accept offers of money or gifts for free medical care.

Do ask questions. You have a right to know everything about your medical care including the costs billed to Medicare.

Do educate yourself about Medicare. Know your rights & know what a provider can & can't bill to Medicare.

Do use a calendar to record all of your doctor's appointments & what tests or Xrays you get. Then check your Medicare statements carefully to make sure you got each service listed & that all the details are correct. If you spend time in a hospital, make sure the admission date, discharge date, & diagnosis on your bill are correct.

Do be wary of providers who tell you that the item or service isn't usually covered, but they "know how to bill Medicare" so Medicare will pay.

Do make sure you understand how a plan works before you join.

Do always check your pills before you leave the pharmacy to be sure you got the correct medication, including whether it's a brand or generic & the full amount. If you don't get your full prescription, report the problem to the pharmacist.

Do report suspected instances of fraud.

DON'TS Don't allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.

Don't contact your doctor to request a service that you don't need.

Don't let anyone persuade you to see a doctor for care or services you don't need.

Don't accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to be from Medicare or Medicaid, remember that Medicare & Medicaid don't send representatives to your home to sell products or services.

Don't be influenced by certain media advertising about your health. Many television & radio ads don't have your best interest at heart.

Don't give your Medicare card, Medicare number, Social Security card, or Social Security Number to anyone except your doctor or other authorized Medicare provider.

Beginning in 2018, all Medicare recipients will receive a new identification number. This is to help prevent fraud & abuse of Medicare. Ironically, fraud perpetrators are already on the bandwagon & have begun making phone calls. Their method of operation is to call a Medicare recipient & tell them of the identification number change, assuring the enrollee that they (the perpetrator) can make the transition go so smoothly if the recipient will give them their Medicare information over the phone. **NEVER GIVE YOUR PERSONAL INFORMATION OVER THE PHONE UNLESS YOU HAVE INITIATED THE PHONE CALL & KNOW FOR SURE WHO YOU ARE CALLING!** This new Medicare scam has hit even southern Idaho, so be on the alert!

Activities at the Skilled Nursing Facility

Hello again. We are excited to be able to see some sunny weather. On the 5th we celebrated Cinco de Mayo by having Mexican food for lunch, & hitting a **Pinata & pinning the tail on the donkey. The children's choir came & performed** for us. The Modern Woodmen group came & made some Spring pictures with us & played balloon toss. We planted flowers on the deck. All the ladies **received corsages for Mother's Day. We had a Mother's Day tea party a few days after Mother's Day. We tried on different hats, had pink lemonade & powdered donuts, & made tea cups out of ice cream cones, cookies, frosting, & pretzels, they turned out so cute.** We also enjoyed pedicures this month. We hope to be able to get outside more in June & enjoy some sunny days. Thanks to all those that come visit us & make our days brighter. We appreciate all of you. See you next time.

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 and Happy June! The residents enjoyed celebrating Cinco De Mayo with table decorations, Mexican food, a festive drink, and music. We want to thank Lorna for making the yummy food. Our entertainment this month consisted of Cordell and Shelly Green, Ben Cleveland, Mike and Marge Bateman who lead us in a sing-a-long. It was great fun! **Thank you for everyone's help.**

We also watched a movie, The Sound of Music, complete with popcorn. We will **be watching "Oklahoma" next week. Our bus trips included going around the lake, Dingle area, and going to Soda Springs to see the geyser.** We want to thank our bus driver Marge for taking us on these trips.

We had an ice cream social with banana splits and all the toppings. We played games like balloon and ring toss, along with Penny Ante in addition to our weekly Bingo games. We want to extend a big welcome to all the new staff and residents. See you 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*



Serving starts at
12:00 Noon
847-3141

Menu Subject to Change Without

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BURGERS AVAILABLE EVERYDAY \$3.00				1 Navajo Taco	2 Ed Lyon @ 11:30am Ham	3
4	5	6 Soup & Sandwich ----- Art Guild 8:30AM	7 Bingo @10:30am Chicken Fried Steak	8 Soup & Sandwich	9 Mayor Sharp @ 11:30am Turkey	10
11	12	13 Soup & Sandwich ----- Art Guild 8:30AM	14 Flag Day Bingo @10:30am Frito Pie	15 Soup & Sandwich	16 Dallies @ 11:30am Chicken Cordon Bleu	17
18 FATHER'S Day	19	20 Soup & Sandwich ----- Art Guild 8:30AM	21 Bingo @10:30am BBQ Beef Patties	22 Soup & Sandwich	23 Michelle Humphreys @ 11:30am Roast Beef	24
25	26	27 Navajo Taco ----- Art Guild 8:30AM	28 Bingo @10:30am Beef Enchiladas	29 Soup & Sandwich	30 Social Hour @ 11:30am Fried Chicken	



Please start saving your donations. Drop offs accepted the day before yard sale at the Auxiliary Thrift Store on 5th & Washington.



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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