



Jackie Price, Director

847-3141



Lighter Side

Lhe O'Brien's loved celebrating St. Patrick's day...but the green food coloring in the Jacuzzi seemed to be a bad idea!



Crabby Road 3-12-07

I never bother turning my clock ahead. It's easier to just show up for everything an hour late.



Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

Older Adults Just Need to Move a Little to Extend Life

For older adults, age 50+, giving up just a few minutes of sedentary time a day can extend longevity. Simple activities such as washing the dishes, sweeping the floor, and taking out the garbage, etc. can help seniors live longer. Even for people who already exercise, trading some couch time for some movement is associated with reduced mortality.

A study conducted by Ezra Fishman, a doctoral candidate at the University of Pennsylvania, and colleagues from Johns Hopkins University, showed that those who move around more during **the day lived longer than those who were sedentary.** **“Even when we compare people who exercise the same amount, those who sit less during the day and move around more tend to live longer,”** Fishman stated. “

Exercise has additional benefits as well for aging seniors. Studies show that exercise helps delay cognitive decline. The effects of physical activity extend to long-term memory. Walking, jogging, swimming, aerobics, dancing, and a variety of other activities, including weight-lifting, have been shown to delay mental decline. For a sedentary person, starting with a little movement is the easiest way to begin to be more physically active, such as taking the stairs instead of the elevator. Try to work up to a regular routine in your exercise. Obviously the more you move, the more benefit you will reap both mentally and physically.

Many seniors find it difficult to get out of the house on a regular basis, but a little creativity can help one get moving right within the walls of your own home. Here are some suggestions:

- Use cans of food for a weight lifting exercise.
- Turn on some music and break out the dance moves
- **OR....turn on some music and do a little exercise**
- Try www.youtube.com: search for yoga or exercise routines
- Many video game systems, such as a wii, have exercise friendly games
- **Play with your grandchildren for a day. You'll find yourself moving a lot!**

Activities at the Skilled Nursing Facility

Hi everyone! February is one of our favorite months. We have our annual sweetheart banquet. It was at the senior citizen center, we ate supper there and took pictures. We would like to thank all those that attended with their loved ones. It is something we look forward to each year. Also this month we played a heart memory game, dipped pretzels, and made Valentine butterflies. The fifth grade came from AJ Winters and passed out Valentines. We were able to take a couple of van rides this month. Our facility recently celebrated becoming a Five Star facility!! Congratulations, we worked hard to achieve that goal. We enjoy all those that come and share their talents with us each month. We look forward to next month and hopefully we will have nicer weather.

The SNF activity department: Tausha, Mandy, 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 Manor and happy February! Hopefully Spring will be here soon. I am finally back after three months, I have missed everyone very much. Thank you so much Brandi for all your help. And thank you to all of our volunteers. The residents enjoyed bingo time, the games, and the entertainment. I appreciate everyone and all their efforts to make our residents happy. I will 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*



MARCH

**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 Turkey yoga 6:30pm	Soup & 2 Sandwich	Sal 3 Sellers @ 11:30am Salisbury Steak	4
5	6	7 Soup & Sandwich ----- Art Guild 8:30AM	Bingo 8 @10:30am Shepherds Pie yoga 6:30pm	9 Soup & Sandwich	Social 10 hour @ 11:30am ----- Roast Pork	11
12	13	14 Soup & Sandwich ----- Art Guild 8:30AM	Bingo 15 @10:30am Sweet & sour meat loaf Yoga 6:30pm	16 Soup & Sandwich	Circuit 17 Breaker info @ 11:30am ----- Cabbage & Corned Beef or Roast Beef	18
19	20	21 Soup & Sandwich ----- Art Guild 8:30AM	Bingo 22 @10:30am Pul led pork over rice Yoga 6:30pm	23 Soup & Sandwich Navajo Tacos	Shelly & 24 Cordell Green @ 11:30am ----- Fried Chicken	25
26	27	28 Soup & Sandwich ----- Art Guild 8:30AM	Bingo 29 @10:30am Chicken Enchil adas Yoga 6:30pm	30 Soup & Sandwich	Charlotte 31 & Cindy Skinner @ 11:30am ----- Baked Ham	

Senior Citizen's

FREE Blood Draw

Open to Senior Citizens age 60 and above.



Every weekday in **March**
8 am - 11 am

To schedule an appointment call 208-847-4377 weekdays between 10 am - 4 pm

Results will be mailed to you and your local Physician. They will contact you directly about your labs.

Sponsored by Bear Lake Memorial Hospital & Bear Lake Valley Health Care Foundation

Live Better Longer!

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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