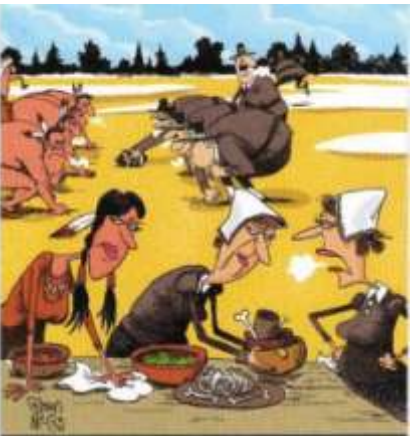




## Lighter Side



# Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

## Medicare D Open Enrollment

It's that time of year again....cooler weather, falling leaves, trick or treaters, and Medicare Part D open enrollment. Anyone enrolled in Medicare should be aware that the time period for evaluating your Medicare drug plan and making changes is between October 15<sup>th</sup> and December 7<sup>th</sup> each year. Unlike a Medigap (supplemental) insurance policy which supplements Medicare Part A and B, Medicare Part D coverage can change from year to year.

Insurance companies can change their formularies by adding or dropping drugs from their plan coverage. A company may also assign a drug a different "tier ranking" and this could result in larger co-pays for your medicine. This year, many more companies have added a deductible to their plan. If you stay with the same plan you had in 2017, you could have a deductible in 2018, *even if you have not previously had one.*



Here is some general advice to think about when choosing a Medicare approved drug plan:

- A plan that is good for your neighbor may not be the best plan for you
- A plan that is good for your spouse may not be the best plan for you
- Even if you loved your plan in 2017, it might not be the least expensive plan for you in 2018.
- It is important to look at the total yearly out-of-pocket expenses, including the premium, the deductibles, and the drug co-pays when deciding on a drug plan.
- Be aware that if you did not sign up for a Medicare Part D plan when you initially could have, you will have a penalty added to the price of your premium. That penalty will be 1% per month (based on the national average price) for every month you could have had a drug plan.
- **If you don't take any prescription drugs at all, you can buy a \$20.00 plan so you will be insured and avoid the penalty later on. The fact is, we don't get healthier as we age, and you will likely need some prescription in the future.**

For questions about Part D or any Medicare coverage, please see your insurance agent or local SHIBA representative, Kim Hulme, who can be reached at BLMH at 847.0949. SHIBA representatives provide free unbiased information, counseling and assistance regarding senior health insurance.

## *Activities at the Skilled Nursing Facility*

Hello everyone. October has been a busy month. We had the privilege of attending the Sound of Music play at the middle school and what a treat that was, they did a very good job and we enjoyed it. We have been on several van rides to see the beautiful fall colors. We had a nut activity to see what kind of a person you are depending on what nut you like. We made our own mini pizzas, had pumpkin bowling, and apple stamping. We played a fun pumpkin balloon pop, and made a candy corn treat. We had a movie matinee and enjoyed popcorn and watched the Cokeville Miracle. To finish the rest of the month we are going to make witches popcorn hands, make a pilgrim craft go Trick or Treating to the different departments and have a Haunted House on Halloween Day and enjoy the festivities going on that day. Our Annual Bake Sale is right around the corner it will be on November 14, 2017 starting at 10:00 a.m. so if you would like to come support this event we would be glad to have you. We will have gift baskets to raffle, baked goods, and soups and fair donuts to enjoy. We would like to thank Cordell and Shelly, Destiny, and those that come for church services and relief society. We will see you all next month.

SNF Activities Staff: Tausha, 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 Bear Lake Manor. Happy October and Halloween to everyone. We have been busy, we dipped apples in caramel to prepare for our Halloween Party on the 30th. It will be great fun for the residents. We have our **exercise group on Mondays and Thursday along with "Out of the Past" news from the News-Examiner. We've been enjoying bingo, ring toss, and balloon toss games.**

We also had an ice cream social with all the toppings, Yum! We took the residents on several bus trips. We went to Afton and got ice cream, looked at the pretty fall colors up St. Charles Canyon and then thru Immigration Canyon. They enjoyed the sing-a-long with Marge. Mike Bateman also entertained them. See you all next month!

Activities Director: Paula Ochsenbein

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



# NOVEMBER

**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>			Bingo 1 @10:30am	2 Chili Dogs	Turkey 3 Shelly & Cordell Green 11:30	4
			Lasagna			
			Yoga 6 p			
5	6	7 Taco Bar ----- Art Guild 8:30AM	8 Bingo @10:30am ----- Shepard Pie ----- Yoga 6 p	9 Turkey Sandwich & Veggie Soup	10 Ham ----- Victor Reese 11:30	11
12	13	14 Steak Fajitas ----- Art Guild 8:30AM	15 Bingo @10:30am ----- roast beef ----- Yoga 6 p	16 Fish Sandwich & Soup	17 Salisbury Steak ----- April Matthews 11:30	18
19	20 CLOSED ALL WEEK	21	22	23 Happy Thanksgiving	24	25
26	27	28 Navajo Tacos ----- Art Guild 8:30AM	29 Bingo @10:30am ----- chicken cordon bleu ----- Yoga 6 p	30 Chicken Sandwich Tomato Soup		



## Bear Lake MEMORIAL Hospital

**208-847-1630**  
**BLMHospital.com**



- 24/7 Emergency
- Digital X-Ray
- Lab Services
- Dialysis
- Physician Clinics
- On-Site CT Scan
- Orthopaedics
- 3-D Mammography
- Physical Therapy
- Speech Therapy
- Occupational Therapy
- Skilled Nursing
- Home Health
- Weight Loss Clinic
- Private Rooms
- Assisted Living
- Respiratory Therapy
- Counseling Services
- Chemotherapy
- Visiting Physicians
- Sleep Lab

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](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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