



Lighter Side



Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

Medicare Preventive and Screening Services

The best way to stay healthy is to live a healthy lifestyle. Eating well, exercising, maintaining a healthy weight, getting enough sleep and not smoking are things you can do to prevent disease and health problems. Medicare can help as well. Medicare pays for many preventive services to help keep you healthy. Preventive services include exams, shots lab test, and screenings. They also include programs for health monitoring, counseling, and education. The Affordable Care Act made many improvements to Medicare. If you have Original Medicare, you can get a yearly **“Wellness” visit and many other covered preventive services.** In some cases, you must have a risk factor or a family history to get the screening free of charge, but many of the services listed below are free to beneficiaries.

Medicare Preventive Services and Screenings

- | | |
|---|--|
| Abdominal aortic aneurysm screening | Alcohol misuse screenings and counseling |
| Bone mass measurements (bone density) | Cardiovascular disease screenings |
| Cardiovascular disease behavioral therapy | Cervical & vaginal cancer screening |
| Colorectal cancer screenings | Depression screenings |
| Diabetes screenings | Diabetes self-management training |
| Glaucoma tests | Hepatitis C screening test |
| HIV screening | Lung cancer screening |
| Mammograms (screening) | Nutrition therapy services |
| Obesity screenings and counseling | “Welcome to Medicare” visit |
| Prostate cancer screenings | Sexually transmitted infections screenings |
| Tobacco use cessation counseling | Yearly Wellness visit |

Shots:

- Flu shots
- Hepatitis B shots
- Pneumococcal shots

Visit: <https://www.medicare.gov/coverage/preventive-and-screening-services.html> to learn more about each of the screenings listed above. Register at MyMedicare.gov to get direct access to your preventive health information—24 hours a day, every day. You can track your preventive services, get a 2-year calendar of the Medicare-covered test and screenings you're eligible for, and print a personalized **“on-the-go” report to take to your next doctor's appointment.**

Activities at the Skilled Nursing Facility

Happy Fall everyone. This month we have gone to the Paris Park and had a picnic lunch and then cooked smores over the fire, we went on an alphabet scavenger hunt, we had a back to school day where we had school work, recess and made school buses out of twinkies. We have also played giant marbles, had a rock painting activity, everyone made some kind of animal from rocks and then painted them, so much fun. We have enjoyed manicures weekly as well as bingo. We have enjoyed having our new social worker Melissa's dog visit us, she is so cute and everyone enjoys her company. We have gone to the seniors for lunch this month and also gone to see the beautiful leaves up St. Charles canyon. We will finish up the month by learning about and making flowers for International flower day, we will have a leaf relay and have our craft day to start the new month. The holidays are coming and we would love to here from any of you that have a talent that would like to share with us. You can call 208-847-4443 please leave a message if no one answers. Until 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 Fall to everyone. This month we played Bingo and balloon toss. For our entertainment we had Cindy Skinner, Ben Cleveland, Mike Bateman, along with Shelly & Cordell Green.

Thank you so much for everyone's participation. We had a bus trip and picnic up Imigration Canyon. We couldn't do it with out Marge or Brandi. I was gone on vacation and Brandi Phelps fill in for me. She is so great. We want to welcome all the new residents to the Manor. Please stop by and visit! See you all next month.

Assisted Living Activities Director: Paula Ochsenbein

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



OCTOBER

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
1	2	Tuna sand 3 & Chicken Noodle <hr/> Art Guil d 8:30AM	Bingo 4 @10:30am <hr/> spaghetti <hr/> Yoga 6 p	5 Navajo Tacos	Turkey 6 <hr/> Dal Sel l ers 11:30	7
8	9	10 Sl oppy Joe <hr/> Art Guil d 8:30AM	Bingo 11 @10:30am <hr/> Ham <hr/> Yoga 6 p	12 Turkey Sandwich & Veggie Soup	13 Fried Chicken <hr/> Ruth & Daryl Wool stenhuil me 11:30	14
15	16	17 Corn Chowder Grill ed ham & cheese <hr/> Art Guil d 8:30AM	Bingo 18 @10:30am <hr/> roast beef <hr/> Yoga 6 p	19 Fish Sandwich & Soup	20 Chicken Fried Steak <hr/> Char l ette & Cindy Skinner 11:30	21
22	23	24 Ital ian Noodle <hr/> Art Guil d 8:30AM	Bingo 25 @10:30am <hr/> Chicken cordon bl eu <hr/> Yoga 6 p	26 Chicken Sandwich & Tomato soup	27 Meatl oaf <hr/> Social Hour 11:30	28
29	30	31 Navajo Tacos <hr/> Art Guil d 8:30AM	BURGERS AVAILABLE EVERYDAY \$3.00			



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

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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