

Happy  
Spring!  
Lighter Side



# Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

## Eat Right for Your Sight

It wasn't just your mother telling you to eat carrots for better vision. People have known for centuries that certain foods can be good for your eyesight, including 16th Century Spanish explorers who carried chili peppers on voyages to help with night vision. Your mom and the explorers were smart: those chili peppers contained beta-carotene, vitamins C, E and B6, and folic acid, and the carrots had carotenoids and antioxidants. A diet rich in these nutrients may reduce the risk of developing macular degeneration and slow the progression of the disease in those already diagnosed. The easy part of eating for eye health is learning which kinds of foods are best, foods like salmon, eggs, corn, blueberries, peppers, and leafy green vegetables.

Age-related macular degeneration, or AMD, is a common eye condition and a leading cause of vision loss among people age 50 or older. It causes damage to the macula, a small spot near the center of the retina and the part of the eye needed for sharp, central vision, which lets us see objects that are straight ahead. In some cases, the disease advances slowly and vision loss does not occur for a long time. In others, the disease progresses faster and may lead to loss of vision in one or both eyes. Age is a major risk factor for AMD. Other risk factors include:

- Smoking-smoking more than doubles the risk
- Race-AMD is more common among Caucasians than African-Americans or Hispanics
- Family history and genetics-People with family history are at a higher risk

Lifestyle does make a difference. Avoid smoking, exercise regularly, maintain normal blood pressure and cholesterol levels, and eat a healthy diet rich in green, leafy vegetables and fish.

Researchers at the National Eye Institute tested whether taking nutritional supplements could protect against AMD. They found that daily intake of certain high-dose vitamins and mineral can slow progression of the disease in people who have intermediate AMD, and those who have late AMD in one eye. Studies showed that a combination of vitamin C, vitamin E, beta-carotene, zinc, and copper can reduce the risk of late AMD by 25%. Other supplements help as well. The list published by the National Institute of Health includes:

- 500 milligrams of vitamin C
- 400 international units of vitamin E
- 80 milligrams of zinc as zinc oxide
- 2 milligrams of copper as cupric oxide
- 10 mg lutein and 2 mg zeaxanthin

## *Activities at the Skilled Nursing Facility*

Greetings from the Skilled Nursing Facility. March is almost over with already. This month we have played bingo, made rainbows with foot loops and marsh mellows, we had girl scout cookies and played a girl scout crossword puzzle, we tasted different potato chips for potato chip day, on St. Patrick's day we played a green guessing game and tasted foods that were green, we stamped with green peppers to make Sham-rock's, we did a Let's Fly a Kite exercise activity. We have done some exercise classes, taken a few van rides to the Soda Elk ranch, had pedicures and our weekly manicures. We will finish the month off with making Bunny food to eat, having a birthday party for our residents that had birthdays in March, we will also color Easter eggs. We look forward to having nice weather so we can go outside and enjoy the sun. We will see you 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, and Happy Spring** even if it doesn't feel that way! Some of our activities this past month were bingo, balloon toss, and bean bag toss. We had a fun game of hangman with treats. Then bus trips around the lake and to Soda Springs. We had an ice cream social with all the toppings. Our exercise group on Monday and Thursday mornings are fund with a few new exercises added.

**St. Patrick's Day was fund with hats and our special green food. Wee had a sing-a-long with March then watched the movie "Oklahoma! Our entertainment was Mike Bateman and his wife, and Ben Cleveland. Thank you to all of them and also a big thank you to all the volunteers that help with bingo. The residents are getting ready to color eggs for Easter along with a hunt on Saturday. We want to welcome the new staff and residents. See you all next month!**

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



# APRIL

**Serving starts 11:30 Tue - Thur, Noon Fridays**  
**847-3141 Meals for 60 & under \$6.00**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Beef Stew ----- Art Guild 8:30AM	4 Bingo @10:30am ----- Chicken fried steak ----- Yoga 6 p	5 Baked Potato Bar	6 Turkey ----- Poetry club 11:30	7
8	9	10 Navajo Tacos ----- Art Guild 8:30AM	11 Bingo @10:30am ----- Fish ----- Yoga 6 p	12 Chicken Strips	13 Meatloaf ----- Highs School Choir 11:30	14
15	16	17 Biscuits & Gravy ----- Art Guild 8:30AM	18 Bingo @10:30am ----- Ham ----- Yoga 6 p	19 Grilled Tuna Sandwich	20 Roast Beef ----- Dall Sellers 11:30	21
22	23	24 Hot Turkey Sandwich ----- Art Guild 8:30AM	25 Bingo @10:30am ----- Chicken Cordon Bleu ----- Yoga 6 p	26 Navajo Tacos	27 Roast Pork ----- Social Hour 11:30	28
29	30	<p><b>Every Wednesday</b>  <b>@ 11:30 am is a</b>  <b>Meet the Specialist Program</b></p> <p><b>BURGERS AVAILABLE</b>  <b>EVERYDAY \$3.00</b></p>				



**Trivia Night**

**THURSDAY, APRIL 19**

**Bear lake High School Gym**

**Doors open at 5:30**

**Trivia starts at 6:00**

**Food & refreshments available by donation.**

Registration is \$250 per team of up to 10 people. To register or sponsor a team contact Tracy at 208-847-4450 or email [tracy.park@BLMHospital.com](mailto:tracy.park@BLMHospital.com)

Modern Woodmen of America  
TRADITIONAL FINANCIAL

Proceeds will go toward a new MRI Suite  
at Bear Lake Memorial Hospital.

BEAR LAKE VALLEY  
HEALTH CARE FOUNDATION

*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. Go to [www.idaholegalaid.org](http://www.idaholegalaid.org) to find information about laws that affect you.

#### 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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