

Published by the Bear Lake Valley Health Care Foundation for Valley Seniors



Jackie Price, Director

847-3141



## Lighter Side



# Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY

## SSA & IRS SCAM ALERT!

Anyone can become a victim of Identity theft & seniors are one of the biggest targets. It is important to always stay vigilant in protecting your social security number & other personal information. Be informed & be aware because scammers are creative & determined.

The Acting Inspector General of Social Security, Gale Stallworth Stone, is warning citizens about ongoing Social Security Administration impersonation schemes. The Social Security Administration (SSA) & the Office of the Inspector General (OIG) have recently received several reports of suspicious phone calls from people who claim to be with the IRS or the SSA. Here is a list of a few of their tactics:

- A person receives an automated phone call stating that their social security number has been suspended for suspicious illegal activity. The person is given a phone number to call to immediately resolve the issue. **The call concludes by stating that if the person doesn't contact the provided phone number, the person's assets will be frozen until the alleged issue is resolved.** When the victim returns the call, they are immediately asked to provide a date of birth & their social security number.
- Someone claiming to be from Social Security calls & says that a person is guilty of fraud & is subject to prosecution in federal court. Again, they leave a phone number & tell you to contact them immediately.
- IRS scammers use phone spoofing to make their number come up as the 'IRS'. **They accuse the victim of a fraudulent tax return or tax evasion & tell you to call back immediately to avoid prosecution.** They ask for payment to resolve the issue.

Know this: The IRS will NEVER contact you by phone asking for money. They use snail mail as their only means of communication. The SSA will NOT call you & tell you that you are going to be prosecuted in federal court. These are scare tactics. These scams are showing up in our local area & have claimed some victims. Remember to NEVER give personal information over the phone unless you have initiated the phone call.



Sept. 14th

Support the  
Healthcare  
Foundation  
MRI Fundrasier

6am—6pm at Hospital

## *Activities at the Skilled Nursing Facility*

During August residents in the Skilled Nursing Facility celebrated summer with **summertime activities. We had a “Watermelon Day” where we made fans to cool ourselves in the shape of a watermelon, and then ate watermelon as a treat. We had a visit from the 4-H Rabbit and Poultry group. Members of that group brought their animals and showed them to residents in preparation for their final County Fair judging. Some residents attended the Bear Lake County fair. They ate fair food and looked at the exhibits. We had 21 residents attend the fair parade on Wednesday, August 15<sup>th</sup>. We had an Elvis party and watched Elvis sing and dance in his “GI Blues” movie. The smell of fresh bread continues to fill the halls of the facility each Tuesday, with residents eating the bread once it comes out of the bread machines. We had cooking and craft activities each Friday during the month. This month residents got to experience kittens and a dancing parrot during their pet visit time. We ended our celebration of summer with a beach party one afternoon, and watching Frankie Avalon and Annette Funicello in their famous “Beach Party” movie later that evening. We are looking forward to September, with the arrival of autumn, and have many activities in store to celebrate the arrival of that season. Sadly, we are losing one of our Activities aides, MaKayla Erickson, but we wish her well in her move to a new location. We extend a warm welcome to any who want to visit us here at the Skilled Nursing Facility.**

- SNF Activities Staff: Diane and Carol

## *Life at Bear Lake Manor*

Greetings from the Bear Lake Manor. August was a busy month, Shirley Harris and her piano students performed for us. We also had Adrianna Johnson play her harp. Cindy and her girls sang to us too. We played Bingo, balloon toss, and we even had Ben Cleveland yodel for us.

As you know, there was the county fair going on. The residents enjoyed the parade and also the shows on the main stage accompanied with donuts and a drink.

We also took a bus trip to Hooper Springs and had a picnic with fried chicken, along with potato and macaroni salads. Thank you for all the support. See you all next month! - Paula Ochsenbein, Activity Director

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



# September

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Every Wednesday @ Noon is a meet the Specialist Program</b></p>						1
<p><b>BURGERS AVAILABLE EVERYDAY \$3.00</b></p>						
2	3	Navajo 4 Tacos	Bingo 5 @10:30 a	Chef 6 Sal ad bar	Turkey 7	8
		Art Guil d 10 a	spaghetti	Fit & fall I Proof 1 p	Social Hour 11:30 am	
		Fit & fall I proof 1 p	BLMH Dr. Jacobson Noon			
9	10	Taco 11 Casserole	Bingo 12 @10:30 a	13 Baked Potato bar	Sweet & 14 Sour Pork	15
		Art Guil d 10 a	turkey- bacon Wrap	Fit & fall I Proof 1 p	Social Hour Jodi Thomas	
		Fit & fall I Proof 1 p	BLMH PT Greg Hyde			
16	17	Ham & 18 bean Soup	Bingo 19 @10:30	Navajo 20 Tacos	Salisbury 21 Steak	22
		Art Guil d 10 AM	Chicken Enchil adas	Fit & fall I Proof 1 p	Access/ Signature 11:30 am	
		Fit & fall I Proof 1 p	Miracl e Ear			
23	24	Sal ad, 25 Soup & Scone	Bingo 26 @10:30 a	27 Chef Sal ad Potato bar	Sal ad bar 28	29
		Art Guil d 10 AM	Meatl oaf	Fit & fall I Proof 1 p	Charol ette & Cindy Skinner	
		Fit & fall I Proof 1 p	BLMH Jory hunter			
30						

# Fit and Fall Proof™



**Location:** Bear Lake Senior Center/Community Center  
300 Hospital Plaza, Montpelier

**Days:** Tuesdays & Thursdays

**Time:** 1:00 p.m. – 2:00 p.m.

**Remember to:**

- Dress comfortably
- Wear sensible footwear
- Bring water

For more information, please contact Jackie Price at 208-847-3141.



*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

PRSR STD  
US POSTAGE  
**PAID**  
MONTPELIER, ID  
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