

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

# Bear Lake Seniors Newsletter

INFORMING SENIOR CITIZENS OF BEAR LAKE COUNTY



Jackie Price, Director

847-3141



## Lighter Side



## How You React to Stress May Predict Brain Health

New research finds that our response to even minor daily stressors, such as getting stuck in traffic or waiting too long at the supermarket, can affect how healthy our brain is, particularly into old age.

Prolonged chronic stress can lead to a wide range of adverse health consequences, from diabetes and heart disease, to mental health conditions, such as depression, burn-out, post-traumatic stress disorder, and even schizophrenia. Zooming in on the effects that stress has on the brain, recent studies have suggested that high levels of the stress hormone cortisol may impair memory.

How do small daily stressors affect the brain? New research, led by Robert Stawski, an associate professor in the College of Public Health and Human Sciences at Oregon's State University in Corvallis, suggests that it is not so much the stressful events in themselves, but our reactions to them that harm our brain health.

One study, done during a 2.5 years period, examined senior's cognitive health using standardized assessments every 6 months. Some of these assessments included asking the seniors to look at two sets of numbers and then say if the same numbers appeared in the two sets, even if not in the same order. Overall, the study found that people whose response to daily stressors involved more negative emotions and were of higher intensity had higher inconsistencies in their response time, suggesting poorer mental focus and brain health.

The research revealed significant age differences. For instance, the older participants—those in their late 70's to early 90's—were most affected. That is, the higher the stress reaction, the less cognitive function.

However, for those in their late 60's to mid 70's, more stress seemed to benefit cognitive health in some cases. These people may have had a more active life-style to begin with, or more social and professional engagement, which sharpens mental function.

The results confirm that people's daily emotions and how they react to stress will affect brain health and function. It's not the stressor that contributes to mental declines, but how a person responds that affects the brain.

## *Activities at the Skilled Nursing Facility*

What a wonderful month November has been here at the Skilled Nursing Facility. The veterans from the Montpelier VFW came and honored one of our residents who served in World War II by presenting a flag to him. This past month residents have been getting into the holiday season. Residents decorated the dining room with festive turkeys they created. They created homemade cards to express gratitude to people they appreciate, and participated in their own version of a turkey shoot. The facility had its annual Holiday Bake Sale to raise money for resident Christmas gifts, and the event was a success. Residents had opportunities to go on lunch outings, van rides, make crafts, participate in **cooking activities, play Bingo and learned a new card game called, "Trash."** We have a new staff member working in our activities department, Rusty Harris. We hope you will stop by and say hello. Residents love visitors, and we welcome your presence in our facility.

--SNF Activities Staff: Diane, Carol, Meliza, and Rusty

*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*

Happy December! The holidays are approaching fast. This past month the residents have enjoyed Bingo, Balloon Toss, and a fun stepper to exercise **on! They've also been participating in our weekly exercise programs.** Our entertainment was provided by Cordell Green and his guitar.

We went on several bus trips around the lake and planning to visit the Fish Hatchery in Grace. We want to give a big shout out to all our volunteers. They help us so much! We will be enjoying the soon approaching Christmas Light Parade and a tour of local lights in the neighborhood. We want to welcome the new staff members. 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*



# DECEMBER

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>BURGERS AVAILABLE EVERYDAY \$3.00</b>						1 Festival of Trees @Trail Center 10a-8p
2	3	Navajo 4 Tacos Art Guild 10 a Fit & fall proof 1 p	Bingo 5 @10:30 a Sweet & Sour Meatballs	6 Turkey Sandwich Fit & fall Proof 1 p	Pulled 7 pork sandwich BLHS Show Choir 11:30 am Papparazzi Fundraiser 10a-5p	Festival 8 of Trees @Trail Center Noon-8p bread class @ 1p here
9	10	Ham 11 & Cheese Art Guild 10 a Fit & fall Proof 1 p	12 Bingo @10:30 a turkey	13 Taco Soup or Chicken Noodle Fit & fall Proof 1 p	Fried 14 Chicken Gary Scott 11:30 am	15 Christmas Chocolate Class 1 p Here
16	17	Sweet 18 & Sour Chicken Art Guild 10 a Fit & fall Proof 1 p	19 Bingo @10:30 a Chicken Fried Steak	20 Tuna fish Sandwich Fit & fall Proof 1 p	21 Ham Dinner	22
23	24	25	26	27	28	29
Closed All week						
30	31					



Festival of Trees at Oregon Trail Center 4pm-8pm M-F 3rd-7th and Noon—8pm Saturday the 8th. Live local entertainment in the auditorium most nights.

Thurs - Fri, Dec 6th-7th Bear Lake Arts Council Murder Mystery Dinner at the Trail Center . Contact Shanna at 435-881-9397 for details. \$25 tickets online at [www.OregonTrailCenter.org](http://www.OregonTrailCenter.org) .

Sat, Dec 8th Brenn Hill Christmas Concert at 7:30pm at the Trail Center \$20 for the concert. Dinner starts at 6pm meal costs extra. Tickets available at [www.OregonTrailCenter.org](http://www.OregonTrailCenter.org)

Sat, Dec 8th Senior/Community Center 1pm Trio of fabulous Homemade Breads! Register at 208-847-3141 Prices TBD

Fri, Dec 14th Live Nativity at Gundersen's Parking Lot at 2pm

Sat, Dec 15th Senior/Community Center 1pm Dipping Chocolates taught by Jill Wright Register at 208-847-3141 Prices TBD

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

**Sunshine Corner Gift Shop**



**Wednesday,  
Dec. 5<sup>th</sup>  
10am to  
7pm**