



# BEAR LAKE SENIOR CENTER

*Changing lives one meal at a time.*

A place for the  
Community to  
Come Together

Mon	Tues	Time	Wednesday	Thursday	Friday	
<div>You may borrow: Puzzles &amp; Books</div>		10 A.M.	<div>March is National Nutrition Month — come celebrate with us on March 6<sup>th</sup>. We'll be celebrating with a game of <b>Peril</b> (a trivia game similar to Jeopardy). You won't want to miss the fun.</div>			<div>Dal Sellers</div> <div>Meatball Linguine</div> <div>Share a Smile Day</div>
		11:30 A.M.				
		12 P.M.				
		1 P.M.				
		6:30 P.M.				
4	5	10 A.M.	Bingo	6	7	<div>Chistine &amp; Dean Lake</div> <div>Roast Beef</div> <div>Discover What Your Name Means Day</div>
		11:30 A.M.	Alfredo Beef Potato	Sausage, Biscuit, & Gravy	8	
		12 P.M.	12:30 - Fit for Fallproof			
		1 P.M.	National Oreo Cookie Day	Sock Monkey Day		
		6:30 P.M.		Table Tennis		
11	12	10 A.M.	Bingo	13	14	<div>Michelle Humphries</div> <div>Corned Beef</div> <div>Ides of March</div>
		11:30 A.M.	Baked Chicken/Baked Beans	Beef Stew	15	
		12 P.M.	12:30 - Fit for Fallproof			
		1 P.M.	National K9 Veterans Day	National Learn About Butterflies Day		
		6:30 P.M.		Table Tennis		
18	19	10 A.M.	Bingo	20	21	<div>Sisters Yorgason</div> <div>Turkey à la King</div> <div>National Goof Off Day</div>
		11:30 A.M.	Ham	Cowboy Casserole	22	
		12 P.M.	12:30 - Fit for Fallproof			
		1 P.M.	Spring Equinox	National Rosie The Riveter Day		
		6:30 P.M.		Table Tennis		
25	26	10 A.M.	Bingo	27	28	<div>Cordell &amp; Shelly Green</div> <div>Beef Tips</div> <div>Good Friday</div>
		11:30 A.M.	Pork Roast	11:30 - Stitchers	29	
		12 P.M.	12:30 - Fit for Fallproof	Taco Salad		
		1 P.M.	Manatee Appreciation Day	National Hot Tub Day		
		6:30 P.M.		Table Tennis		



Hours of Operation: 9:00 A.M. – 2:00 P.M. Wednesday thru Friday  
Lunch: under age 60-price-\$7.00/age 60 & over-suggested donation-\$6.00  
 —Hamburgers almost always available \$4.00—  
**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD.**

**HOME DELIVERY**  
 — CALL BEFORE —  
 10 A.M.  
 208.847.3141

# The Danger of Carbon Monoxide Poisoning



Carbon monoxide poisoning occurs when carbon monoxide builds up in the blood. When too much carbon monoxide is in the air, the body replaces the oxygen in the red blood cells with carbon monoxide. This can lead to serious tissue damage and even death.

Carbon monoxide has no odor, taste, or color. Burning fuels, including gas, wood, propane or charcoal, make carbon monoxide. Appliances and engines that aren't well vented can cause the gas to build up to dangerous levels. A tightly enclosed space makes the buildup worse.

Anyone exposed to carbon monoxide needs to get fresh air and seek medical care right away. Call 911 right away for someone who is in a coma and can't respond.

Carbon monoxide affects the brain and heart the most. Exposure over time may lead to symptoms that can be mistaken for the flu without a fever. Other symptoms include headache, shortness of breath, weakness, dizziness, nausea or vomiting, confusion, blurred vision, drowsiness, loss of muscle control, and loss of consciousness.

The most common cause of carbon monoxide poisoning is unvented space heaters in the home. Other common causes include fires, malfunctioning cooking appliances, clogged chimney, auto exhaust, malfunctioning water heater, malfunctioning oil, wood, gas, or coal furnace, and malfunctioning gas clothes dryer.

**LOCATED EAST OF  
BEAR LAKE FAMILY CARE  
NEAR THE ER ENTRANCE,  
300 HOSPITAL PLAZA.  
• MONTPELIER, ID 83254 •  
208.847.3141**

## PREVENTION

Have carbon monoxide detectors in the home. Put them near each sleeping area. Check the batteries at least twice a year.

Open the garage door before starting the car. Never leave a car running in the garage, especially if the garage is attached to the house.

Use gas appliances only as intended. Never use a gas stove or oven for heat. Use gas camp stoves outdoors only. Don't run a generator in an enclosed space. Use fuel-burning space heaters only when someone is awake to keep an eye on them and doors or windows are open.

Keep fireplaces in good condition. Clean the chimney and flue every year.

## POISON CONTROL CENTER

The national toll-free Poison Center help line is:

**800-222-1222.**

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BEAR LAKE SENIOR/  
COMMUNITY CENTER**



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OLDIES GOODIES BAKERY**