

JULY

BEAR LAKE SENIOR CENTER

A PLACE FOR THE
COMMUNITY TO COME
TOGETHER

CHANGING LIVES ONE MEAL AT A TIME.

Mon	Tues	Time	Wednesday	Thursday	Friday
3	4	10 A.M. 11:30 A.M. 12 P.M. 1 P.M. 6:30 P.M.	5 Bingo Chicken Cordon Bleu Fit 'n' Fallproof	6 Beef Stew	7 Dal Sellers Chicken Fried Steak
10	11	10 A.M. 11:30 A.M. 12 P.M. 1 P.M. 6:30 P.M.	12 Bingo Mississippi Pot Roast Fit 'n' Fallproof	13 Table Tennis Sausage, Biscuit, Gravy	14 Christine & Dean Lake Chicken Pot Pie
17	18	10 A.M. 11:30 A.M. 12 P.M. 1 P.M. 6:30 P.M.	19 Bingo KFC Bowl Fit 'n' Fallproof	20 Table Tennis —CANCELLED Taco Baked Potato	21 Michelle Humphries Pork Loin / Rice Pilaf
24	25	10 A.M. 11:30 A.M. 12 P.M. 1 P.M. 6:30 P.M.	26 Bingo Twice Baked Potato Fit 'n' Fallproof	27 Table Tennis 11:30—Stitchers Broccoli Soup/Turkey Sandwich Table Tennis—CANCELLED	28 Cordell Green Hamburger Steak

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

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 —

**You may
borrow:
Puzzles &
Books**

LOCATED EAST OF
BEAR LAKE FAMILY CARE
NEAR THE ER ENTRANCE,
115 S 4TH ST.,
MONTPELIER, ID 83254 •
208.847.3141

**THE BOOK CLUB WILL
RESUME MEETINGS
THE LAST FRIDAY IN
SEPTEMBER.**

HOLIDAYS FOR JUNE: Month—Cell Phone Courtesy, National Blueberry, National Anti-Boredom, Unlucky for Weddings, National Grilling, National Hot Dog, National Ice Cream, National Park and Recreation, National Picnic, National Watermelon; Week—Nude Recreation, Capture the Sunset (third week); Day—1st: Creative Ice Cream Flavors, International Cherry Pit Spitting, International Chicken Wing, International Joke; 2nd: Build a Scarecrow, I Forgot, World UFO, Compliment Your Mirror, Disobedience, Eat Beans, Stay out of the Sun; 4th: Independence, National Country Music, Sidewalk Egg Frying; 5th: National Apple Turnover, International Bikini, Work-a-holics; 6th: International Kissing, National Fried Chicken; 7th: Chocolate, Global Forgiveness, Father-Daughter Take a Walk Together, National Strawberry Sundae; 8th: Body Painting, National Blueberry, Video Game; 9th: National Dimples, National Sugar Cookie; 10th: Pick Blueberries, Pina Colada Day, Teddy Bear Picnic; 11th: Cheer Up the Lonely, Make Your Own Sundae, National Blueberry Muffins, World Population; 12th: Different Colored Eyes, Pecan Pie; 13th: Barbershop Music Appreciation, Embrace Your Geekness, Fool's Paradise, National French Fries, National Nitrogen Ice Cream, Oxymoron; 14th: Bastille, Pandemonium, National Macaroni and Cheese, National Motorcycle, National Nude, Shark Awareness; 15th: Be a Dork, Cow Appreciation, Gummi Worm, National Give Something Away, Tapioca Pudding; 16th: Fresh Spinach, National Ice Cream, Works Snake; 17th: Peach Ice Cream, World Emoji, Yellow Pig; 18th: National Caviar, Women's Dive; 19th: National Daiquiri, National Hot Dog National Raspberry Cake; 20th: National Ice Cream Soda, National Lollipop, Moon, Space Exploration, Ugly Truck Day—It's a "Guy" Thing; 21st: National Be Someone, National Junk; 22nd: Hammock, Ratcatcher's; 23rd: Parent's, Vanilla Ice Cream; 24th: Amelia Earhart, Cousins, National Drive-Thru, National Tequila, Tell an Old Joke; 25th: Culinarians, National Chili Dog, Threading the Needle; 26th: All or Nothing, Aunt and Uncle, World Tofu; 27th: National Love Is Kind, Take Your Houseplants for a Walk, Walk on Stilts; 28th: Buffalo Soldiers, National Chocolate, National Waterpark, System Administrator Appreciation; 29th: International Tiger, National Chicken Wing, National Day of the Cowboy, National Lasagna, National Lipstick; 30th: Father-in-Law, International Day of Friendship, National Cheesecake, Paperback Book; 31st: Mutt's, National Avocado, National Watermelon.



What You Need to Know About Vitamin Supplements

Research shows that there is no substitute for a well-balanced diet. Our bodies prefer naturally occurring sources of vitamins and minerals. We absorb these better. There are, however, medical conditions that put people at high risk for certain nutritional deficiencies, and there are medical conditions that can be treated with certain nutritional supplements.

There are guidelines for specific groups, such as pregnant women. Folic acid is especially important for healthy fetal development and a deficiency can cause spina bifida. Older adults can have difficulty absorbing vitamin B12. If someone is taking an acid-reducing medication, it is very likely that they will become deficient in B12, as well as iron, vitamin D, and calcium. These folks may very well benefit from multivitamins.

There is a long list of medical issues that predispose people to vitamin deficiencies. For example, people who have had weight-loss surgery may require a number of supplements including A, D, E, K, and B vitamins, iron, calcium, zinc, copper, and magnesium, among other things. Fish oil can support heart health. People with osteoporosis may greatly benefit from taking vitamin D.

The list could go on and on.

Some supplements can pose health risks:

- Vitamin K can reduce the effectiveness of blood thinners
- Ginkgo can increase blood thinning
- St. John's wort can make some drugs, such as birth control and antidepressants, less effective
- Herbal supplements comfrey and kava can damage your liver
- Beta-carotene and vitamin A can increase the risk of lung cancer in smokers.

A supplement's effectiveness and safety may depend on your individual situation and health. Remember the term "natural" doesn't necessarily equal "safe."

Always keep supplements away from children.

Speak with your healthcare provider before taking any supplements.



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