



**South Central
Public Health District**
Prevent. Promote. Protect.

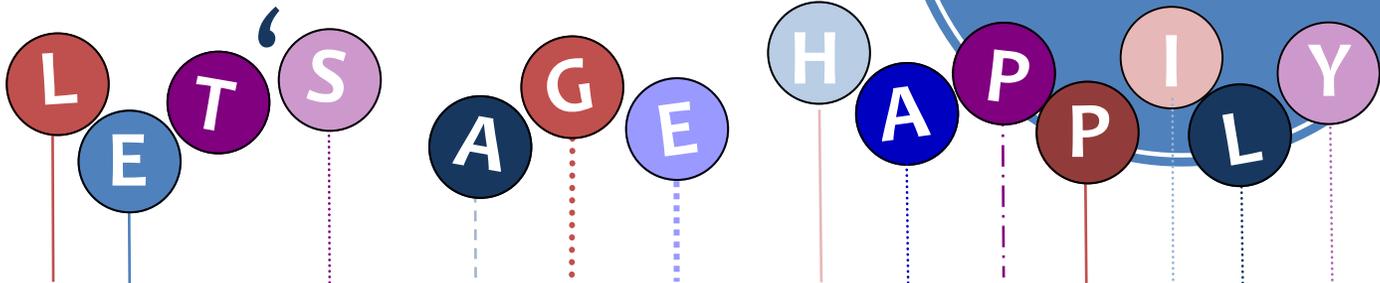


IPAN
Idaho Physical Activity and Nutrition Program

**Fit & Fall Proof™
Resource Guide
for Counties:**

Blaine

Camas



What's in this guide?

This guide was created to assist older populations throughout south central Idaho to find available resources and services. Our information is the most current but we suggest contacting numbers and addresses before seeking services. If you have questions about this guide or would like to be added please call South Central Public Health District at (208) 678-8221.

The Idaho CareLine is also another great resource. Contact their offices by dialing 211.

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Use the **Home Fall Prevention Checklist** to check off items and to help ensure your safety in your home.

1. Stairways, Hallways, Pathways

- Stairs, halls, and pathways are clutter free.
- Stairs, halls, and pathways are well lit.
- There are light switches at the top and bottom of stairs.
- Handrails are tightly fastened and run the length along both sides of all stairs.
- Steps are level, same height and size, and not broken.
- Step edges are painted with a contrasting color so that you can see



2. Living Room

- Electrical cords and telephone wires are placed away from walking paths.
- Rugs are well secured to floor.
- There are light switches at the top and bottom of stairs.
- Furniture (especially low coffee tables) and other objects are arranged so they allow a clear walking path.



3. Kitchen

- Items you use often are on the lower shelves of your cabinets.
- Stepstool is steady and has a bar to hold. Never use a chair as a stepstool.
- Remove throw rugs from kitchen floor.



4. Bedroom

- Carpets and area rugs are firmly attached to floor.
- Telephone is within easy reach near bed.
- Night lights placed so you can see where you walk.
- Lamp or light switch is within reach of bed.



5. Bathroom

- There are grab bars in and out of tubs, showers, and near toilets.
- There are non-skid mats or abrasive strips in tub or shower.
- There is a slip-resistant rug adjacent to tub or shower for safe exit.
- There is a night light to see where you walk.



6. Other Tips

- Post emergency numbers in large print near telephone.
- Get up slowly after you sit or lie down.
- Wear sturdy shoes with thin, non-slip soles. Avoid slippers and running shoes with thick soles.
- Have vision checked at least once a year.
- Talk to doctor or pharmacist about side effects of drugs you take.
- Exercise regularly. It makes you stronger and improves balance and coordination.



Goldmine Thrift Store

**331 Walnut Ave.
Ketchum, ID 83340
(208) 726-3465
Monday-Friday 10 – 6 p.m.
Saturday 10 – 5 p.m.
Sunday 12 – 5 p.m.**

The Gold Mine is an important job creator and a favorite shopping location for locals and visitors alike. Here you'll find great deals on items donated by the dynamic and diverse locals of the Wood River Valley. Find treasures that range from sporting equipment, clothing, children's items and one-of-a-kind collectibles.

The Attic

The Attic features a wide-range of gently used clothing, household items, toys, and more for children and adults. People in need of clothing can obtain Attic vouchers through The Advocates and/or St. Luke's Center for Community Health.

12 W. Carbonate St.

Hailey, ID 83333

(208) 578-0340

Monday-Friday 10 – 5:30 p.m.

Saturday 10 – 5 p.m.

www.theadvocates-aplacetogo.org

Ketchum – Sun Valley Ministers Association

201 Sun Valley Rd.
Sun Valley, ID 83353
(208) 727-8733
Contact for hours!

Ketchum – Sun Valley Ministers Association offers assistance with food vouchers and provides general emergency financial assistance. Financial assistance is limited to \$50 per calendar year per person, benefitting as many in need as possible.

Blaine County Hunger Coalition

The Hunger Coalition strives to end hunger in the community by providing wholesome food to those in need and by promoting solutions to the underlying causes of hunger.

Mobile Food Bank

(Please bring bags to carry your groceries)

121 Honeysuckle St.
 Bellevue, ID 83313
 (208) 788-0121
 Monday-Friday 9 – 5 p.m.
www.thehungercoalition.org

Mon.	Bellevue	Warehouse, 121 Honeysuckle	3 – 4 p.m.
Tues.	Hailey	The Community Campus, 1050 Fox Acres Rd.	4 – 5 p.m.
Thurs.	Ketchum	Big Wood Presbyterian Church, 100 Saddle Rd.	3:30 – 4:30 p.m.

Food Assistance

Ketchum Community Dinners

PCBW Family Life Center

100 Saddle Rd.

Ketchum, ID 83340

(208) 622-3510

Wednesdays 6 p.m. – 7 p.m.

pcbww.org/

Ketchum Community Dinners serves free, hot meals on Wednesday from 6 – 7 p.m. in the Presbyterian Church of the Big Wood Gym. Starting October 1st through the last week of May, dine in or take meals out.

Lighthouse Food Pantry



213 Ponderosa Ave. E.

Fairfield, ID 83327

(208) 764-3322

(208) 530-1160

2nd Wednesdays of the month

3 – 5 p.m.

Souper Supper Dining Room

The Souper Supper Dining Room began with a group of ladies from various faiths whose mission was to serve hot meals to those in need. All meals are prepared and served by volunteers. All meals come from donations, either in the form of food or cash to buy food for the meals.

If interested, donations may be sent to Dora Levin at P.O. Box 4197, Ketchum, ID, 83340.

St. Charles Catholic Church

311 First Ave. S.

Hailey, ID 83333

(208) 788-0726

Monday & Thursday

5:30 p.m. – 6:30 p.m.

(except Thanksgiving & Christmas)

www.souper supper.org/

Office on Aging

College of Southern Idaho

PO Box 1238 (83303)

315 Falls Ave.

Twin Falls, ID 83301

(208) 736-2122

1-800-574-8856

Monday-Friday 8 – 5 p.m.

officeonaging.csi.edu/

Email: info@ooa.csi.edu

The College of Southern Idaho Office on Aging serves as Idaho's Area IV Agency on Aging. Their mission is to promote independence in an environment of dignity and choice, with a good quality of life. Their goal is to enable people to live in their own homes (1) as long as they can (2) as comfortably as they can and (3) as safely as they can.

South Central Public Health District

South Central Public Health District (SCPHD) is your local public health agency. With a vision of Healthy People in Healthy Communities, SCPHD provides a wide range of health services and educational opportunities designed at helping individuals and communities to improve their health, by increasing public knowledge and influencing attitudes.

117 E. Ash St.

Bellevue, ID 83313

(208) 788-4335

Monday-Friday 8 – 5 p.m.

www.phd5.idaho.gov/

St. Luke's Center for Community Health

1450 Aviation Dr.

Suite 200

Hailey, ID 83333

(208) 727-8733

www.stlukesonline.org/wood_river/

St. Luke's Center for Community Health is your resource for health in the Wood River Valley. It connects people to the community through information and referrals, health & wellness promotion, emergency services, support groups, parenting and family education as well as community action support. Call at (208) 727-8733 for information about these programs, and for any other health needs you have.

South Central Community Action Partnership

Hailey Office offers only Energy Assistance

Low-Income Home Energy Assistance Program is a program that provides a once a season monetary benefit to assist low-income clients that meet 150% of the Federal Poverty Guidelines with their winter heating costs. Benefits are paid directly to the heating vendor. Benefit payment are based on income, number of people in household, type of heat, living arrangements and region of the state.

5 Galena St. E.

Hailey, ID 83333

(208) 788-2488

Monday-Thursday 8 – 5 p.m.

(Only Open October – March)

www.sccap-id.org/

Bellevue Public Library

PO Box 825

117 E. Pine St.

Bellevue, ID 83313

(208) 788-4503

www.bellevueidaho.es

bellevuelibrary@bellevueidaho.es

CLOSED

Saturday and Sunday

Bellevue Public Library seeks to support all members of the community who wish to pursue literacy, educational enhancement, recreation and life enriching activities.

Open Hours

Monday, Wednesday,
Friday

10 – 5 p.m.

Tuesday, Thursday

11:30 – 6:30 p.m.

Camas County Public Library

PO Box 292
 607 Soldier Rd.
 Fairfield, ID 83327
 (208) 764-2553
camas.lili.org/

CLOSED
 Saturday and Sunday

Camas County Public Library aims to enhance the lives of all community members by providing access to information recreation and promoting all forms of literacy.

Open Hours	Monday	12:30 – 8 p.m.
	Tuesday, Wednesday, Friday	12:30 – 5:30 p.m.
	Thursday	10 – 5:30 p.m.

Hailey Public Library

Hailey Public Library strives to connect all citizens with current, high-interest materials and information. They provide personnel, programs and technologies that encourage lifelong learning, discovery and enrichment.

Open Hours	Monday, Wednesday, Friday	9 – 6 p.m.
	Tuesday, Thursday	11 – 8 p.m.
	Saturday	10 – 6 p.m.

7 W. Croy St.
Hailey, ID 83333

(208) 788-2036

www.haileypubliclibrary.org

Email: LeAnn Gelskey

lgelskey@haileypubliclibrary.org

CLOSED
Sunday and Holidays

The Community Library

PO Box 2168
 415 Spruce Ave. N.
 Ketchum, ID 83340
 (208) 726-3493
www.comlib.org/
info@thecommunitylibrary.org

CLOSED
 Sunday and Holidays

The Community Library serves the Wood River Valley through its library services, contemporary programming, and museum resources. It encourages educational and personal growth through its collections, reference resources, technological options, and approaches towards library practices.

Open Hours

Monday, Friday, Saturday	10 – 6 p.m.
Tuesday – Thursday	10 – 8 p.m.

Family Health Services

401 W. Camas

Fairfield, ID 83327

(208) 764-2611

Monday, Wednesday & Friday

9 – 2 p.m.

Dental Clinic: Thursday 8 – 2 p.m.

fhsid.org/



Family Health Services provides high-quality, culturally sensitive primary medical and dental care, behavioral health, and social services that are affordable and accessible to the

Medical Assistance

St. Luke's Wood River Medical Center

St. Luke's Wood River Medical Center where babies are welcomed, hearts are stabilized, wounds are treated and families and caregivers unite in a common goal to help and to heal. From nationally recognized care and advanced technology, to prevention, education and support, St. Luke's helps to enhance and sustain the health of the community.

PO Box 100
100 Hospital Dr.
Ketchum, ID 83340
(208) 727-8800
www.stlukesonline.org/wood_river/

Fit and Fall Proof™

South Central Public Health District (SCPHD) offers an exercise program for individuals who wish to improve their balance, strength, and mobility. Exercises are low-impact and can be done while standing or sitting on a chair. For more information, or to volunteer as a class leader, please email program coordinator Adria Masoner at amasoner@phd5.idaho.gov or call at (208) 678-8221.

Classes 10 – 11 a.m.	Monday, Wednesday, Friday	Blaine County Senior Connection
	Tuesday, Thursday	Carey Senior Connection
	Coming soon!	Camas County Senior & Community Center

**South Central
Public Health District**

**117 E. Ash Street
Bellevue, ID 83313**

(208) 788-4335

Monday-Friday

8 – 5 p.m.

www.phd5.idaho.gov/

Physical Fitness

Over 60 & Getting Fit

Blaine County Campus Gym

1050 Fox Acres Rd.

Hailey, ID 83333

(208) 578-2273

Monday, Wednesday, Friday

9 – 10 a.m.

education.csi.edu/te/over60andGettingFit/

This award winning program emphasizes walking as low-impact cardiovascular movement, stretching and resistance training in locations throughout Southern Idaho. This program is sponsored by the College of Southern Idaho (CSI) as a free, college-accredited program. For more information please call CSI at **(208) 732-6475** or **(208) 732-6488**.

Camas County Senior & Community Center

Camas County Senior & Community Center recently opened Grandmothers' Boutique with locally hand-crafted items for sale. Donations are welcome!

PO Box 217
129 W. Willow
Fairfield, ID 83327
(208) 764-2226
camasseniors.wix.com/Fairfield
Email: camasseniors@gmail.com

Cost	\$5.00	Adults under 60 yrs.
	\$4.00	Suggested donation for congregated meals
	No home-delivered meal	

Tuesday, Wednesday & Friday	
12 – 2 p.m.	Lunch

Monday – Friday	
7 – 11 a.m.	Breakfast

The Senior Connection

PO Box 28

721 Third Ave. S.

Hailey, ID 83333

(208) 788-3468

Monday-Friday 9 – 3 p.m.

www.blainecountyseniors.org

Email: Kimberly Coonis

kimberlycoonis@msn.com

Lunch 12 p.m.

Tuesday, Wednesday, Friday	Blain Senior Connection
Thursday	Community Center Building N. Main St. Carey, ID 83320

Cost	\$6.00	Adults under 60 yrs.
	\$4.00	Suggested donation for congregated meals
	\$4.00	Suggested donation for home-delivered meals



Nothing great was
ever achieved without
enthusiasm.

Ralph Waldo Emerson



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