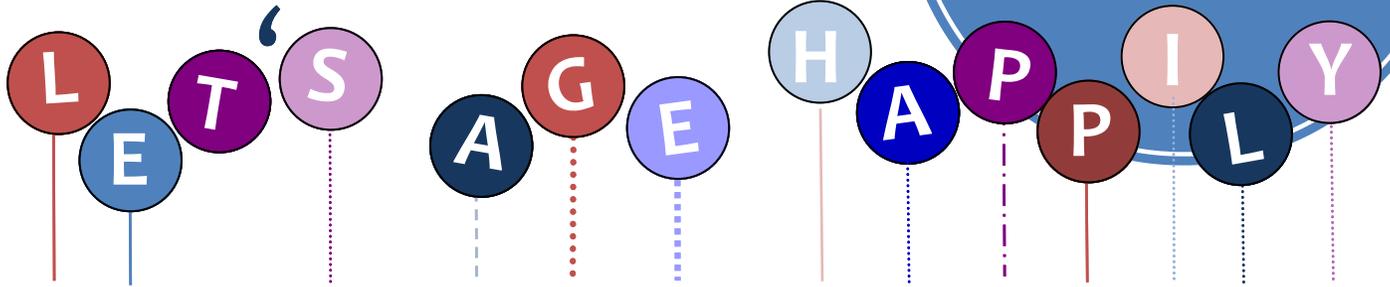




**South Central  
Public Health District**  
Prevent. Promote. Protect.



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



# 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.



# Life, Inc.

**2311 Parke Ave.**

**Suite 7**

**Burley, ID**

**(208) 678-7705**

**[www.lifeincorporated.com/](http://www.lifeincorporated.com/)**

Life, Inc. is committed to providing the highest quality care and service to persons with disabilities. The focus of service is to promote self-reliance and independence. Their belief is that persons they serve are not simply objects of care, but truly partners in life.

The goal of Life, Inc. is to empower persons with disabilities to gain more control over their lives and to become as self-sufficient as possible.

# Mini-Cassia Board of Community Guardians

The Mini-Cassia Board Of Community Guardians aims to assist the elderly in obtaining all needed available services when they are no longer able to do so themselves or when a family member is no longer available to assist them.

PO Box 849  
Burley, ID 83318  
(208) 678-2291  
Email: [large@pmt.org](mailto:large@pmt.org)

# Warren House Assisted Living

**1301 Bennett Ave.  
Burley, ID 83318  
(208) 677-8212  
(208) 252-7043**

Warren House Assisted Living is partnering with employees, residents and community to provide assisted living that maintains residents' dignity and individuality. Warren House provides thoughtful, compassionate care in a warm, lively senior living community. They develop individual care plans to meet the needs of each resident, and a full-time registered nurse is available 24 hours a day to provide clinical oversight and coordination of care. They welcome pets and help residents thrive by offering activities, such as arts and crafts, bingo, exercise, cards, knitting, poetry reading, family home evening, and family dinner night.

# Community Oasis Outreach

102 2<sup>nd</sup> St.  
Rupert, ID 83350  
(208) 436-4969

Community Oasis Outreach is a operating shelter and soup kitchen striving to end hunger in the community by providing wholesome food and information to those in need throughout the Mini-Cassia area.

# Helping Hands Mission



1250 Miller Ave.  
Burley, ID 83318  
(208) 878-9140  
Contact for hours!

# St. Therese Little Flower Catholic Church

1601 Oakley Ave.

Burley, ID 83318

(208) 678-5453

Thursday 1:30 – 4 p.m.

[www.faithfamilyjesus.com](http://www.faithfamilyjesus.com)



# United Methodist Church

United Methodist Church of Burley provides shelters and soup kitchens along with a host of other needs. Members serve as first responders and they work with other non-governmental agencies active in disasters to prepare for crises and respond as needed.

450 E. 27<sup>th</sup>

Burley, ID 83318

(208) 678-2184

Monday

8:30 – 10 a.m.

5 p.m. – 6 p.m.

[www.burleyumc.org](http://www.burleyumc.org)

# Cassia County Assistance

1459 Overland Ave.

Suite 106

Burley, ID 83318

(208) 878-5246

Monday-Friday

8:30 – 5 p.m.

[www.cassiacounty.org/](http://www.cassiacounty.org/)

Cassia County Assistance offers temporary assistance to Cassia County residents for the payment of some non-medical and medical expenses. Please contact the Cassia County Courthouse for program details and the application process.

# Idaho Department of Insurance SHIBA

In Idaho, SHIBA is funded by the Centers for Medicare and Medicaid Services, the federal agency which administers the Medicare program, and the Idaho Department of Insurance. They offer free and unbiased information, counseling, and assistance regarding senior health insurance. They do not sell insurance, recommend policies, agents, or specific companies. It is their goal to provide you with up-to-date and objective information to assist you in making informed buying decisions.

**2421 Overland Ave.**  
**Burley, ID 83318**  
**(208) 878-8646**  
**[www.doi.idaho.gov/shiba/](http://www.doi.idaho.gov/shiba/)**  
**Email: [shiba2@pmt.org](mailto:shiba2@pmt.org)**

# Idaho Division of Vocational Rehabilitation

1600 Parke Ave.  
Suite B4  
Burley, ID 83318  
(208) 678-3838  
[www.vr.idaho.gov](http://www.vr.idaho.gov)

Idaho Division of Vocational Rehabilitation is a state-federal program whose goal is to assist people with disabilities prepare for, secure, retain or regain employment. Their mission is preparing these individuals with disabilities for the working world and community enrichment.

# Mini-Cassia FreeMed

Mini-Cassia FreeMed is a volunteer group that provides financial assistance to those who are unable to purchase their prescription medication due to monetary complications. The group's assistance is provided based on the various drug manufacturers' patient assistance programs.

702 11<sup>th</sup> St.

Rupert, ID 83350

(208) 219-0980

(208) 436-9107

Monday & Tuesday

Appointment only

Email: [mcfreemed@gmail.com](mailto:mcfreemed@gmail.com)

# Office on Aging

College of Southern Idaho

2311 Parke Ave.

Burley, ID 83318

(208) 677-4872

Monday-Friday 8 – 5 p.m.

[officeonaging.csi.edu/](http://officeonaging.csi.edu/)

Email: [info@ooa.csi.edu](mailto: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

**Minidoka Memorial Hospital**

**1224 8th St.**

**Rupert, ID 83350**

**(208) 678-8221**

**Monday-Friday 8 – 5 p.m.**

**2311 Park Ave. Unit 4, Ste. 4**

**Burley, ID 83318**

**(208) 678-8221**

**WIC: (208) 678-8608**

**Monday-Friday 8 – 5 p.m.**

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. For more information, visit their website at [www.phd5.idaho.gov](http://www.phd5.idaho.gov).

# Community Council of Idaho

744 Overland Ave.

Burley, ID 83318

(208) 878-1171

Monday-Friday

8:30 – 3:30 p.m.

[www.communitycouncilofidaho.org](http://www.communitycouncilofidaho.org)

Community Council of Idaho, Inc. (CC Idaho) is a rural-centered, multi-service nonprofit organization trying to improve the social and economic status of local communities through workforce preparation, education, cultural awareness, civil rights advocacy, and well-being services. They offer bilingual education, parent education, and comprehensive health, nutrition and disability services throughout southern Idaho. CC Idaho strives to improve Idaho through providing families with resources and opportunities in education, housing, health and employment.

# Deseret Industries

**295 N. Overland Ave.**

**Burley, ID 83318**

**(208) 678-7855**

**Tuesday-Friday 10 – 7 p.m.**

**Monday & Saturday 8 – 6 p.m.**

**[deseretindustries.org/](http://deseretindustries.org/)**

Deseret Industries is a thrift store operated by the Church of Jesus Christ of Latter-Day Saints. Donations are accepted year-round Monday through Saturday. You can drop off donations at your local Deseret Industries store or take your donations to one of their convenient container locations (call the store nearest you for locations). In addition DI offers a variety of training opportunities to help individuals gain the skills to succeed in today's job market.

# South Central Community Action Partnership

Only open October – March

South Central Community Action Partnership strives to eliminate the causes and effects of poverty in the Magic Valley. Through providing a wide range of support services, such as family and community development, the Low-income Home Energy Assistance Program, weatherization, homeless and food assistance, the Partnership helps individuals and families build bridges toward self-sufficiency.

314 E. 5<sup>th</sup> St.  
Burley, ID 83318  
(208) 678-3514  
Monday-Thursday  
8 – 4 p.m.  
[www.sccap-id.org/](http://www.sccap-id.org/)

# Idaho Youth Ranch

1324 Albion Ave.  
Burley, ID 83318  
(208) 678-9294

**Monday-Saturday 9 – 6 p.m.**  
**Sunday 12 – 5 p.m.**

506 East St.  
Rupert, ID 83350  
(208) 436-9365

**Monday-Saturday 9 – 6 p.m.**  
**Sunday 12 – 5 p.m.**

The Idaho Youth Ranch is a non-profit agency offering emergency shelter, residential care, substance abuse treatment, job readiness training, alternative education, adoption services, family counseling, and more for at-risk kids and their families. They also operate a network of 29 thrift stores that help fund youth program and services. Check out more on their website [youthranch.org/](http://youthranch.org/).

# Burley Public Library

1300 Miller Ave.  
 Burley, ID 83318  
 (208) 878-7708  
[www.bplibrary.org](http://www.bplibrary.org)

**CLOSED**  
 Sunday and Holidays

Burley Public Library staff, board, and community envision a future where the library serves as a premier information resource that supports, enhances, and inspires learning and personal enrichment.

<b>Open Hours</b>	Monday	9 – 7:30 p.m.
	Tuesday-Thursday	10 – 7 p.m.
	Friday	9:30 – 6 p.m.
	Saturday	10 – 5 p.m.

# DeMary Memorial Public Library

DeMary Memorial 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-Friday	11 – 7 p.m.
Saturday	11 – 3 p.m.

417 7<sup>th</sup> St.

Rupert, ID 83350

(208) 436-3874

[demary.lili.org](http://demary.lili.org)

**CLOSED**

Sunday and Holidays

# Oakley Free Library

185 E. Main St.  
Oakley, ID 83346  
(208) 862-3434  
oakley.lili.org

**CLOSED**  
Sunday and Holidays

Oakley Free 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, Thursday,  
Saturday

2 – 6 p.m.

# Abigail's In-home Care, Inc.

Abigail's In-home Care, Inc. has been in business for 7 years serving all of Minidoka & Cassia counties. They pride themselves on being a customer service focused company that provides home healthcare services for individuals and families. They value providing their customers with prompt, courteous service, helpful customer support and quality adult in-home care products and services.

**1711 Overland Ave.  
Suite C  
Burley, ID 83318  
Monday-Thursday 8 – 5 p.m.  
Friday 9 – 12 p.m.  
(208) 878-7777**

# Family Health Services

1308 Bennett Ave.  
 Burley, ID 83318  
 (208) 678-7796  
[fhsid.org/](http://fhsid.org/)

1024 8<sup>th</sup> St.  
 Rupert, ID 83350  
 (208) 650-7941

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 people of South Central Idaho.

## Burley & Rupert Medical Clinic

Monday & Wednesday	8 – 5:30 p.m.
Tuesday & Thursday	8 – 8 p.m.
Friday	8 – 5 p.m.

## Burley Dental Clinic

1361 E. 16th  
 (208) 677-5198

Monday – Friday

7 – 6 p.m.

Medical Assistance

# Intermountain Cassia Regional Medical Center

Cassia Regional Medical Center is a 25-bed critical access hospital provider, and nonprofit community hospital in Burley providing exceptional care and state-of-the-art technology close to home. Their team of doctors, nurses and health care workers are committed to providing the highest quality healthcare at the lowest possible cost. Their hospital provides the latest technology in a healing environment designed for beauty, convenience, and privacy.

**1501 Hiland Ave.**

**Burley, ID 83318**

**(208) 678-4444**

**Emergencies (208) 677-6560**

**[intermountainhealthcare.org](http://intermountainhealthcare.org)**

# Minidoka Memorial Hospital

1224 8<sup>th</sup> St.

Rupert, ID 83350

(208) 436-0481

[www.minidokamemorial.com/](http://www.minidokamemorial.com/)

Minidoka Memorial Hospital provides and promotes high- quality, compassionate, primary health care services and health education to residents of, and visitors to, the Mini-Cassia region.

# Pathways, Inc.

Pathways, Inc. provides psychosocial services to seniors throughout the Burley area. The center focuses on the evaluation, prevention, diagnosis, and treatment of mental, emotional and behavioral health issues. A clinical psychologist uses psychotherapy and other counseling skills to improve emotional and mental health of patients. Also, in-home services are available.

**2311 Parke Ave.**

**Unit 2, Suite 8**

**Burley, ID**

**(208) 878-3350**

**Email: [pathways2@pmt.org](mailto:pathways2@pmt.org)**

# Fit and Fall Proof™

**SCPHD**

**(208) 678-8221**

**Monday-Friday 8 – 5 p.m.**

**[www.phd5.idaho.gov/](http://www.phd5.idaho.gov/)**

**Coordinator: Adria Masoner**

**[amasoner@phd5.idaho.gov](mailto:amasoner@phd5.idaho.gov)**

South Central Public Health District 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 or call the program coordinator.

## Class Hours and Locations

Tuesday & Friday 11 – 11:50 a.m.	Oakley Fire Station	315 E. Main St. Oakley, ID 83346
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**Physical Fitness**

# Over 60 & Getting Fit

## CSI Mini-Cassia Center

1600 Parke Ave.

Burley, ID 83318

(208) 678-1400

Tues., Wed. & Thurs. 11– 11:45 a.m.

[offcampus.csi.edu/miniCassia/](http://offcampus.csi.edu/miniCassia/)

## Rupert Civic Gym

652-698 F St.

Rupert, ID 83350

(208) 436-9390

Mon., Wed. & Fri. 9 – 9:50 a.m.

[www.rupert-idaho.com](http://www.rupert-idaho.com)

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). For more information please call CSI at (208) 732-6475 or (208) 732-6488.

# Golden Heritage Senior Center

PO Box 395  
 2421 Overland  
 Burley, Idaho 83318  
 (208) 878-8646  
 Mon., Tues., Wed. & Fri.  
 8 – 2 p.m.  
 Thursday 8 – 3 p.m.

Email: [sr.center.burley@gmail.com](mailto:sr.center.burley@gmail.com)

Monday – Friday	
\$6.00	Adults under 60 yrs.
\$4.50	Suggested donation for congregated meals
\$4.50	Suggested donation for home-delivered meals

# Lorna Reeder Senior Center

**Wednesday**

Lunch 12 p.m.

<b>Cost</b>	\$5.00	Adults under 60 yrs.
	<b>\$4.00</b>	Suggested donation for congregated meals

**PO Box 45**

**400 W. Market**

**Albion, ID 83311**

**(208) 673-6210**

**Wednesday 9 – 2 p.m.**

**Email: [albionseniors@atc.net](mailto:albionseniors@atc.net)**

# Minidoka Senior Center

702 11<sup>th</sup> St.

Rupert, Idaho 83350

(208) 436-9107

Monday-Friday

9 – 3 p.m.

Email: [mcsrctr@pmt.org](mailto:mcsrctr@pmt.org)

**Monday – Friday  
Lunch 12 p.m.**

\$6.00

Adults under 60 yrs.

**\$5.00**

Suggested donation for  
congregated meals

\$4.50

Suggested donation for  
Home-delivered meals

\$3.00

Kids under 12 yrs.

# Oakley Valley Senior Citizens

## Monday

Home delivered meals  
12 p.m.

## Friday

Lunch 12 p.m.

<b>Cost</b>	\$4.50	Adults under 60 yrs.
	<b>\$3.50</b>	Suggested donation for congregated meals
	\$3.50	Suggested donation for home-delivered meals
	\$3.50	Kids under 12 yrs.

PO Box 82  
104 N. Church  
Oakley, Idaho 83346  
(208) 862-3350  
Tuesday 8 – 12 p.m.  
Friday 7 – 2 p.m.  
Email: oakleysencen@gmail.com

# A to B Services

103 S. Oneida St.

Rupert, ID 83350

(208) 434- 2848

Email: [atobservice@yahoo.com](mailto:atobservice@yahoo.com)

A To B Services is a non-emergency transportation service serving the transportation need for Southern Idaho. A To B Services is also a licensed Medicaid transportation provider that specializes in transporting special needs children and adults to and from medical/therapy appointments. They also transport the general public and small tools and equipment. Contact their services today for all your transportation needs.

# Mini-Cassia Veterans Service

625 Fremont Ave.  
Rupert, ID 83350  
(208) 678-3599  
Monday & Tuesday  
9 – 3 p.m.



Serving all veterans! “Our veterans served our country, it’s our turn to serve them.”



Nothing great was  
ever achieved without  
enthusiasm.

*Ralph Waldo Emerson*



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