



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

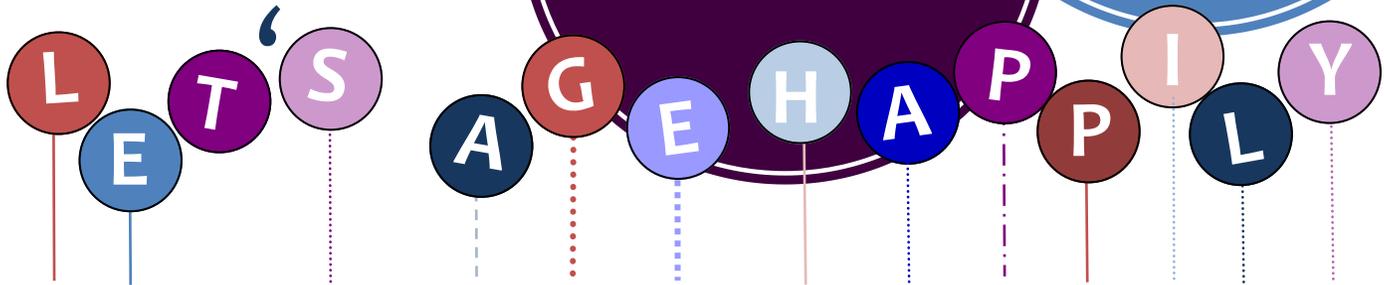


**Jerome**

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

**Lincoln**

**Gooding**



# 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.

# Table of Contents

Home Fall Prevention Checklist .....	4
Assisted Living .....	10
Food Assistance .....	12
Health & Wellbeing .....	18
Home Assistance .....	20
Libraries .....	22
Medical Assistance .....	26
Physical Fitness .....	29
Senior Citizen Centers .....	31

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.



# Bennett Hills Center

The Bennett Hills Center is an 80 bed facility offering short-stay care, long-term care and hospice care. The nursing and therapy staff are very caring, with specialized education and training to effectively work with those attending the center. They spend the time needed to help guests return home, up to 3 hours a day, and are continually trained in proper techniques.

**1220 Montana St.**

**Gooding, ID 83330**

**(208) 934-5601**

**Care Line: 1-866-745-CARE**

**[www.genesishcc.com/BennettHills](http://www.genesishcc.com/BennettHills)**

# Hospice Visions, Inc.

1220 Montana St.

Gooding, ID 83330

(208) 934-4283

[www.hospicevisions.org/index.php](http://www.hospicevisions.org/index.php)

[hv@hospicevisions.org](mailto:hv@hospicevisions.org)

Hospice Visions, Inc. is a non-profit, community based and supported organization. When cure is no longer possible, the Hospice team provides professional care designed to meet the physical, emotional, social and spiritual needs of patients and their loved ones who are coping with a life-limiting illness and related losses. Hospice is committed to educating the community on issues of death, dying, quality of life and bereavement. Care is provided without regard to personal beliefs or financial status.

# Helping Hearts & Hands

Helping Hearts & Hands is non-profit organization assisting those in need throughout Gooding county. This community based organization offers services such as a community food bank, “Food for Kids” program, emergency assistance, referrals and education classes.

**Satellite Office located at:  
130 N. State St.  
Hagerman, ID 83332**

**426 Main St.  
Gooding, ID 83330  
(208) 934-5101**

**Monday & Wednesday  
10 – 2:45 p.m.**

**Tuesday, Thursday & Friday  
11 – 1:45 p.m.**

**[www.hhandh.org](http://www.hhandh.org)**

# Hope For The Hungry Community Food Pantry

112 S. Apple St.  
Shoshone, ID 83352  
(208) 886-7159  
Friday 3 – 5 p.m.

Hope For The Hungry Community Food Pantry strives to end hunger in the community by providing wholesome food boxes to those in need throughout Lincoln County. For more information please visit them on Facebook.

# Saint Elizabeth Catholic Church

Saint Elizabeth Catholic Church wants to end hunger in the community by providing food and medical (diabetic) assistance to those in need.

1515 California St.  
Gooding, ID 83330  
(208) 934-5634  
Monday-Friday  
10 – 3 p.m.

# St. Jerome's Community Kitchen

216 2<sup>nd</sup> Ave. E.  
Jerome, ID 83338

(208) 324-3437

Food Pantry:

Monday-Friday 9 – 5 p.m.

St. Jerome's Community Kitchen strives to end hunger in the community by providing wholesome food boxes to those in need.

## Dinners

Monday & Wednesday	5:30 – 6:30 p.m.
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## Mobile Food Pantry

Every 3 <sup>rd</sup> Thursday	1 p.m.	Each family is given 2 food boxes
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Food Assistance

# United Methodist Church

270 E. Salmon  
Hagerman, ID 83332  
(208) 539-1515  
[www.umo.org](http://www.umo.org)

United Methodist Church provides shelters and soup kitchens, as well as 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.

# Valley Community Alliance Food Pantry



348 A. Main St.  
Hazelton, ID 83338  
(208) 293-4755  
Appointments only  
[www.valleycommunityalliance.org](http://www.valleycommunityalliance.org)

Food Assistance

# 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/](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

951 E. Avenue H

Jerome, ID 83338

(208) 324-8838

WIC: (208) 324-1323

Monday-Friday 8 – 5 p.m.

255 N. Canyon Dr.

Gooding, ID 83330

(208) 934-4477

Monday-Friday 8 – 5 p.m.

Clinic at:

Episcopal Church

Shoshone, ID

83352

(208) 934-4477

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).

# Idaho Youth Ranch

233 E. Main St.  
Jerome, ID 83338  
(208) 324-5351  
Monday-Saturday  
9 – 6 p.m.  
Sunday 12 – 5 p.m.  
[youthranch.org/](http://youthranch.org/)

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.

# 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.

1120 Montana St. #3  
Gooding, ID 83330  
(208) 934-5150  
Monday-Thursday  
8 – 4 p.m.  
[www.sccap-id.org/](http://www.sccap-id.org/)

Home Assistance

# Hagerman Public Library

PO Box 330  
 290 S. State St.  
 Hagerman, ID 83332  
 (208) 837-6520  
[hagerman.lili.org/](http://hagerman.lili.org/)

**CLOSED**  
 Sunday and Monday

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

<b>Open Hours</b>	Monday, Thursday, Friday	2 – 6 p.m.
	Wednesday	2 – 5 p.m.
	Saturday	10 – 1 p.m.

# Gooding Public Library

Gooding Public Library has 22,000 books, 650 audio books, and 1180 videos in circulation. They offer story times for toddlers and preschoolers, as well as for children of all ages. They currently have book clubs for various grades, teens, and adults. Their special programs include, Family Read Nights and Summer Reading.

<b>Open Hours</b>	Monday	12 – 5 p.m.
	Tuesday & Thursday	1 – 8 p.m.
	Wednesday	10 – 5 p.m.
	Friday	12 – 5 p.m.

306 5<sup>th</sup> Ave. W.  
 Gooding, ID 83330  
 (208) 934-4089  
[gooding.lili.org/](http://gooding.lili.org/)

**CLOSED**  
 Saturday and Sunday

# Jerome Public Library

100 1<sup>st</sup> Ave. E.  
 Jerome, ID 83338  
 (208) 324-5427  
[www.ci.jerome.id.us/](http://www.ci.jerome.id.us/)

**CLOSED**  
 Sunday and Holiday

Jerome 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.

<b>Open Hours</b>	Monday – Thursday	9 – 7 p.m.
	Friday	9 – 5 p.m.
	Saturday	10 – 5 p.m.

# Shoshone Public Library

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

<b>Open Hours</b>	Monday & Friday	12 – 5 p.m.
	Wednesday	12 – 7 p.m.
	Thursday	10 – 4 p.m.
	Saturday	12 – 3 p.m.

211 S. Rail W.  
 Shoshone, ID 83352  
 (208) 886-2843  
[shoshone.lili.org/](http://shoshone.lili.org/)

**CLOSED**  
 Tuesday and Sunday

# Family Health Services

114 Pioneer Court  
Jerome, ID 83338  
(208) 324-3471  
[fhsid.org/](http://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 people of south central Idaho.

## Dental Clinic

8 – 5 p.m.

Monday, Tuesday,  
Thursday, Friday

## Medical Clinic

7:30 – 6 p.m.

Monday – Friday

Medical Assistance

# North Canyon Medical Center

When you and your family need medical care, peace of mind is essential. North Canyon Medical Center offers many advanced services close to home, so you don't need to travel out of the area for most healthcare services. Their employees take pride in creating an environment of comfort, safety, and familiarity for each of their patients. They offer state-of-the-art healthcare with a personal touch.

267 N. Canyon Dr.  
Gooding, ID 83330  
(208) 934-4433  
[www.ncm-c.org/](http://www.ncm-c.org/)

# St. Luke's Jerome Medical Center

709 N. Lincoln  
Jerome, ID 83338

(208) 324-4301

[www.stlukesonline.org/jerome/](http://www.stlukesonline.org/jerome/)

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.

# 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](mailto:amasoner@phd5.idaho.gov) or call at (208) 678-8221.

**SCPHD**  
 (208) 934-4744  
 (208) 324-8838  
 Monday-Friday 8 – 5 p.m.  
[www.phd5.idaho.gov/](http://www.phd5.idaho.gov/)

<b>Classes</b>	Monday & Wednesday	11 – 11:50 a.m.	Gooding Senior Center	308 Senior Ave. Gooding, ID 83330
	Tuesday & Thursday	9 – 10 a.m.	Wendell Housing Association	105 W. Avenue A Wendell, ID 83355
		10:30 – 11:30 a.m.	First Segregation Fire Station	235 E. Wilson Ave. Eden, ID 83325

# Over 60 & Getting Fit

**Jerome Recreation District**  
2032 S. Lincoln  
Jerome, ID 83338  
(208) 324-3389  
Mon., Wed. & Fri.  
9 – 9:50 a.m.

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.

**Hagerman High School**  
150 W. Lake  
Hagerman, ID 83332  
Mon., Tues. &  
Thurs.  
9 – 9:50 a.m.

**Gooding Rec. Center**  
Gooding, ID 83330  
(208) 934-4457  
Mon., Wed. & Fri.  
9:30 – 10:20 a.m.

**Shoshone Old High School**  
61 E. Highway 24  
Shoshone, ID 83352  
Mon., Wed. & Fri.  
9 – 9:50 a.m.

# Golden Years Senior Center

PO Box 399  
218 N. Rail W.  
Shoshone, ID 83352  
(208) 886-2369

Mon., Tues., Wed. & Fri.

8:30 – 3:30 p.m.

Email: [goldenyr@qwestoffice.net](mailto:goldenyr@qwestoffice.net)

Lunch 12 p.m.	
Mon. & Thurs.	Richfield Senior Center 130 S. Main Richfield ID, 83349
Tues., Wed., Fri.	Golden Years Senior Center

Cost	\$5.50	Adults under 60 yrs.
	\$3.50	Suggested donation for congregated meals
	\$3.50	Suggested donation for home-delivered meals

# Gooding Senior Center

## Monday – Thursday Lunch 12 p.m.

\$5.00	Adults under 60 yrs.
<b>\$3.50</b>	Suggested donation for congregated meals
\$4.00	Suggested donation for home-delivered meals

## 1<sup>st</sup> Saturday Breakfast

7:30 – 10:30 a.m.	\$4.00
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308 Senior Ave.  
Gooding, ID 83330

(208) 934-5504

Monday-Thursday

8:30 – 3:30 p.m.

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

Email: [goodingseniors@live.com](mailto:goodingseniors@live.com)

# Hagerman Senior Center

PO Box 509  
140 E. Lake  
Hagerman, ID 83322

(208) 837-6120

Monday, Wednesday & Friday

9 – 2 p.m.

Email: Rose Irwin

irwinmanager@yahoo.com

Monday, Wednesday & Friday

Lunch 12 p.m.

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

# Jerome Senior Center

212 1<sup>st</sup> Ave. E.  
Jerome, ID 83338

(208) 324-5642

Monday-Friday 8 – 4 p.m.

Email: [seniors563@aol.com](mailto:seniors563@aol.com)

## Monday – Friday 12 p.m. lunch

\$5.00	Adults under 60 yrs.
\$3.50	Suggested donation for congregated meals
\$3.50	Suggested donation for Home-delivered meals
\$3.00	Kids under 12 yrs.

# Silver & Gold Senior Center

**Tuesday & Thursday**  
Lunch 12 p.m.

**2<sup>nd</sup> Saturday  
Pancake Breakfast**  
7:30 – 10:30 a.m.

<b>Cost</b>	\$5.00	Adults under 60 yrs.
	\$3.50	Suggested donation for congregated meals
	\$3.50	Suggested donation for home-delivered meals
	\$3.00	Kids under 12 yrs.

**PO Box 331  
203 Wilson  
Eden, ID 83330  
(208) 825-5662**

**Mon., Wed. & Fri. 8 – 12 p.m.  
Tues. & Thurs. 7 – 2 p.m.**

**Email: Pat Bruning  
bruningpat@gmail.com**

# Wendell Meal Site

105 West Ave. A.  
Wendell, ID 83355  
(208) 536-2730  
Monday 11 – 1 p.m.

Monday 12 p.m. lunch	
\$5.00	Adults under 60 yrs.
\$3.00	Suggested donation for congregated meals



Nothing great was  
ever achieved without  
enthusiasm.

*Ralph Waldo Emerson*



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