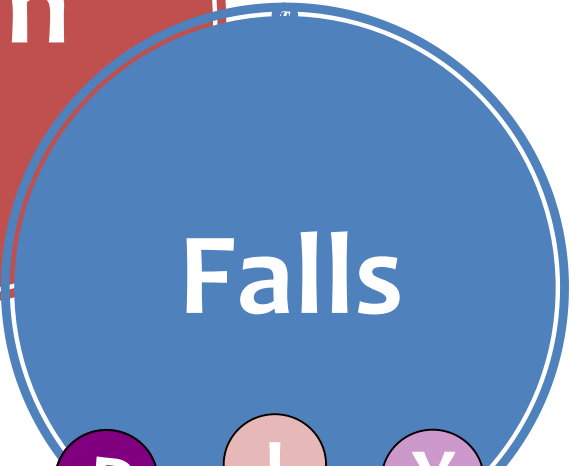
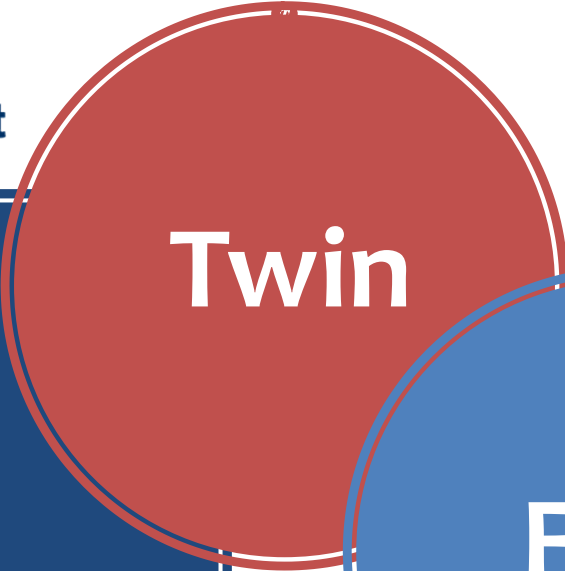
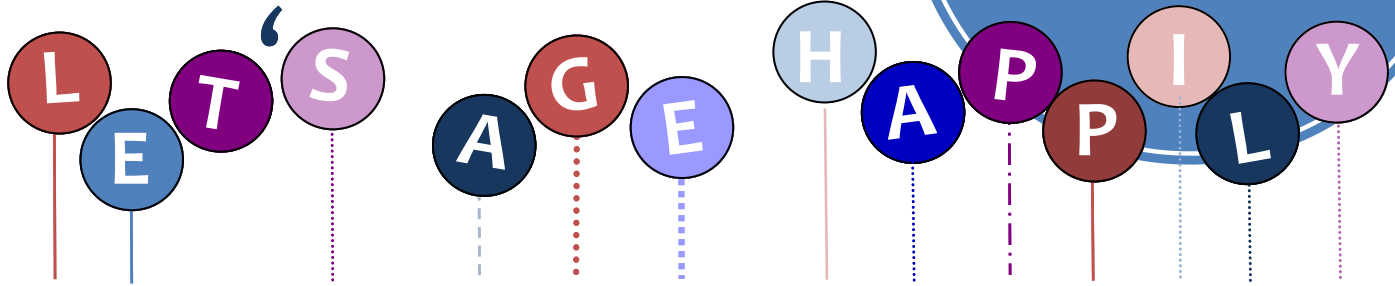




**South Central
Public Health District**
Prevent. Promote. Protect.



Fit & Fall Proof™
Resource Guide
for County:



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
Clothing Assistance	11
Financial Assistance	14
Food Assistance	22
Health & Wellbeing	32
Home Assistance	37
Libraries	42
Medical Assistance	47
Physical Fitness	51
Senior Citizen Centers	53
Transportation Assistance	57

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.



Living Independent Network Corporation

1182 Eastland Dr. N.
Suite C

Twin Falls, ID 83301

(208) 733-1712

Monday-Friday 8 – 5 p.m.

www.lincidaho.org

mheinrich@lincidaho.org

Living Independence Network Corporation (LINC), is a non-profit organization empowering people with disabilities to achieve their desired level of independence. LINC promotes personal growth and freedom of choice through advocacy, networking, public awareness and modification of environments.

Calvary Chapel of Buhl

1004 Burley Ave.

Buhl, ID 83316

(208) 543-9959

www.calvarychapelbuhl.com

Free Community Dinner

Wednesday

5 – 6 p.m.

The mission of the Calvary Chapel of Buhl is to provide clothing and household items for discount prices to Idaho community members. In addition, they assist those in need of help with utilities and rent.

Clothing Assistance

Mustard Seed

The Mustard Seed provides low-cost, quality merchandise to those in need by receiving a wide range of donated items including clothing, toys, furniture, electronics, sporting gear, books and any kind of household items. Donations are made directly to the store or can be picked up at the residence with advance notice. Pick ups can be scheduled by calling the store during business hours.

702 Main Ave. N.
Twin Falls, ID 83301

(208) 733-9515

Monday-Saturday

10 – 5 p.m.

www.tfrc.org/

mustardseed@qwestoffice.net

St. Vincent de Paul

244 Main Ave. E.
Twin Falls, ID 83301
(208) 734-9143
Monday-Friday 9 – 5 p.m.
Saturday 9 – 4:30 p.m.
www.svdpgr.org

St. Vincent de Paul's thrift store features a wide-range of gently used clothing, household items, toys, and more for children and adults. They encourage people in need to shop in their stores as well as community members to donate their clothing, furniture, appliances, and other household goods that they no longer need.

Consumer Credit Management Services

**PO Box 45 (83303)
800 Falls Ave.
Suite 11
Twin Falls, ID 83301
(208) 733-2227
www.ccms4u.com**

Consumer Credit Management Services offer free counseling and educational services to members of the south central Idaho community, in addition to an affordable debt management plan that provides individuals and families an effective way to avoid bankruptcy and climb out from under debilitating financial situations.

Experience Works

Experience Works is a national, charitable, community-based organization striving to improve the lives of older people through training, community service, and employment. They believe that older people should have the opportunity to learn new skills and contribute to their communities throughout their lives, that employers who hire, train and retain older workers will be successful and that people who are productive and active throughout their lives will have better health, increased longevity, and a positive impact on their communities.

308 Shoshone St.
Twin Falls, ID 83301
(208) 734-3305
www.experienceworks.org/

Idaho Department of Insurance SHIBA

1445 Fillmore St.

Suite 1104

Twin Falls, ID 83301

(208) 736-4713

www.doi.idaho.gov/shiba/

Email: shiba2@pmt.org

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.

Idaho Division of Vocational Rehabilitation

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.

**650 Addison Ave. W.
Suite 102
Twin Falls, ID 83301
(208) 736-2156
www.vr.idaho.gov**

Idaho Legal Aid Services, Inc.

475 Polk St.

Suite 4

Twin Falls, ID 83301

(208) 736-7024

Monday-Friday

8:30 – 5 p.m.

www.idaholegalaid.org/

Idaho Legal Aid Services, Inc. is Idaho's largest nonprofit law firm. Their mission is to provide quality civil legal services to low income and vulnerable Idahoans. Every year Idaho Legal Aid Services, Inc. helps thousands of Idahoans with critical legal problems such as escaping domestic violence and sexual assault, protecting abused and neglected children, preserving housing, helping vulnerable seniors and stopping discrimination.

Magic Valley Youth & Adult Services

Magic Valley Youth & Adult Services (MVYAS) offers employment services to adults assisting them in becoming employable. They offer assessments to determine job skills and interests, help in obtaining work clothing, and self esteem help. Youth services offer supportive services for at risk youth, focusing on improving job skills and developing work ethic, resume writing and independent living skills. MVYAS also recruits, trains and supports foster parents.

**1869 Addison Ave. E.
Twin Falls, ID 83301
(208) 734-4435
Monday-Friday
9 – 5:30 p.m.**

Self Reliance Benefits Program

823 Harrison St.
Twin Falls, ID 83301
(208) 736-2110
Monday-Friday
8 – 5 p.m.

healthandwelfare.idaho.gov/

The Idaho Department of Health and Welfare Self Reliance Programs include Food Stamps, Medical/Medicaid Assistance, Idaho Child Care Program, Temporary Assistance for Families in Idaho, Aid for the Aged, Blind and Disabled, Personal Care Services, Telephone Assistance, Home and Community Based Services and Nursing Home Assistance.

Social Security Office

Social Security delivers a broad range of services that include regional offices, field offices, card centers, teleservice centers, processing centers, hearing offices, the Appeals Council, state and territorial partners and the Disability Determination Services. For the public, Social Security offices are the face of the government. These offices have a proud history of protecting the integrity of their programs and service to the public.

**1437 Fillmore St.
Twin Falls, ID 83301
(208) 734-3985
1-800-772-1213
Mon., Tues., Thurs., & Fri.
9 – 3 p.m.
Wednesday 9 – 12 p.m.**

Twin Falls County Assistance

Twin Falls County Courthouse

425 Shoshone St.

Twin Falls, ID 83301

(208) 736-4037

Monday-Friday 8 – 5 p.m.

Walk-ins welcome; except

1:30 – 3:30 p.m.

Twin Falls County Assistance offers Idahoans aid with medical situations (emergency and medically necessary), rent (with eviction notice and referral from South Central Community Action), utilities (with final notice “suspension of service” and bill has to be at least \$75 for one month) and burial necessities (basic service or cremation \$800.00 and \$495 for opening and closing of plot.)

Center of Prayer & Worship

259 Main Ave. E.

Twin Falls, ID 83301

(208) 735-2249

Monday-Friday 10 – 4 p.m.

The Center of Prayer and Worship is an operating food bank striving to end hunger in the community by providing wholesome food and information to those in need throughout the Twin Falls area.

East End Providers



229 N. Main
Kimberly, ID 83341
(208) 423-4496
Tuesday-Saturday
9 – 5 p.m.

Homestyle Direct

PO Box 159

Kimberly, ID 83341

1-866-735-0921

Monday-Friday

8:30 – 4:30 p.m.

www.homstyledirect.com



La Posada



134 Hansen St. E.
Twin Falls, ID 83301
(208) 734-8700
Contact for hours!

River Christian Fellowship

4002 N. 3300 E.
Twin Falls, ID 83301

(208) 733-3133

Monday-Friday 9 – 5 p.m.

www.theriverchristianfellowship.com

River Christian Fellowship wants to help end hunger in the community by providing food and other assistance to those in need.

Food Bank

1st and 3rd
Thursdays

10 – 12 p.m.

Safe Harbor

Safe Harbor aims to feed hungry children & families throughout the Magic Valley. The organization is currently taking donations of food, cash & other goods.

269 Filer Ave.

Twin Falls, ID 83301

(208) 735-8787

Monday-Thursday

10 – 5 p.m.

www.safeharbortwinfalls.info

Saint Edward The Confessor

212 7th Ave. E.
Twin Falls, ID 83301
(208) 733-3907
www.stedschurch.org

Soup Kitchen	
Monday, Wednesday & Friday	5:30 – 6:30 p.m.

Saint Edward The Confessor seeks to end hunger in the community by providing wholesome food to those in need and by promoting solutions to the underlying causes of hunger.

Salvation Army

The Salvation Army aims to feed, clothe, comfort and care for those in need. Their work helps to rebuild broken lives and homes, through the belief that by fighting hunger and poverty, they can feed and mature the human spirit.

348 4th Ave. N.

Twin Falls, ID 83301

(208) 733-8720

Monday-Friday 9 – 5:30 p.m.

Saturday 10 – 5 p.m.

www.salvationarmytwinfalls.org/

West End Ministerial Association

908 Maple St.

Buhl ID, 83316

(208) 329-2393

(208) 490-0315

1st, 3rd & 4th Tuesday

1:30 – 4:30 p.m.

2nd Wednesday 1:30 – 4:30 p.m.

The West End Ministerial Association (WEMA) serving Buhl and Castleford, Idaho, aims to help those suffer from hunger, offering food boxes, loafs of bread, fresh produce (when available) every Tuesday of the month. In addition, WEMA grants clothing, home items, as well as rent and utility assistance.

Crisis Center of Magic Valley

**PO Box 2444
Twin Falls, ID 83303**

(208) 733-0100

1-800-882-3236

24-Hour Facility

www.crisiscenterofmagicvalley.com

The Crisis Center of Magic Valley, Inc. has been providing supportive services to victims of domestic violence and sexual assault for many years to south central Idaho. Their goal Valley is to rebuild lives by providing resources and tools to establish independence and freedom from abuse. Services include: legal, advocacy, transportation, support group and counseling, 24-hour hotline, food, clothing, and referrals to other service providers.

Idaho Commission for The Blind & Visually Impaired (ICBVI)

ICBVI is an agency to assist blind and visually impaired persons to achieve independence by providing education, developing work skills, increasing self-confidence and helping them remain employed or prepare for employment. Seniors who are legally blind or have vision loss that has made it difficult to perform daily tasks as independently as they would like are eligible to receive an Independent Living/Older Blind program. A home instructor will meet with them in their home to assess their needs and concerns, and recommend and provide instruction based on their situation.

650 Addison Ave. W.
Suite 101
Twin Falls, ID 83301
(208) 736-2140
www.icbvi.state.id.us/

Interfaith Volunteer Caregivers of Magic Valley, Inc.

459 Locust St.

Suite 106

Twin Falls, ID 83301

(208) 733-6333

Monday-Friday 8 – 5 p.m.

ivcmagicvalley.com/

Interfaith Volunteer Caregivers of Magic Valley, Inc. (IVC) is a non-profit organization that provides volunteer assistance to the elderly, frail, chronically ill, and disabled. IVC also provides respite care for their homebound caregivers. Our goal is to help people live independently and with dignity in their own homes as long as possible.

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.

1020 Washington St. N.

Twin Falls, ID 83301

(208) 737-5900

Monday-Friday 8 – 5 p.m.

www.phd5.idaho.gov/

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

Office on Aging

The College of Southern Idaho Office on Aging serves as Idaho's Area IV Agency on Aging. The agency's 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.

Community Council of Idaho

1139 Falls Ave. E.
Twin Falls, ID 83301

(208) 734-3336

Monday-Friday

8:30 – 3:30 p.m.

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

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.

**722 Cheney Dr.
Twin Falls, ID 83301
(208) 734-9412
Monday 10 – 6 p.m.
Tuesday-Friday 10 – 9 p.m.
Saturday 10 – 9 p.m.
deseretindustries.org/**

Idaho Housing & Finance Association

Idaho Housing is a uniquely created and organized financial institution and administrator of affordable housing resources. In its simplest form, Idaho Housing's mission is to provide funding for affordable housing opportunities in Idaho communities where they are most needed and when it is economically feasible.

844 Washington St. N.

Suite 300

Twin Falls, ID 83301

(208) 734-8531

www.idahohousing.com/

Twin Falls Housing Authority

200 Elm St. N.

Twin Falls, ID 83301

(208) 733-5765

Idaho Youth Ranch

162 Main Ave. S.
Twin Falls, ID 83301
(208) 734-3075
Monday-Saturday 9– 6 p.m.
Sunday 12 – 5 p.m.

1118 Main St.
Buhl, ID 83316
(208) 543-4259
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/.

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.

**550 Washington St. N.
Twin Falls, ID 83301
(208) 733-9351
Monday-Thursday
8 – 4 p.m.
www.sccap-id.org/**

Home Assistance

Buhl Public Library

215 Broadway Ave. N.

Buhl, ID 83316

(208) 543-6500

buhl.lili.org/

buhllibrary30@gmail.com

CLOSED

Friday, Sunday & Holidays

Buhl 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	1 – 9 p.m.
	Tuesday & Thursday	1 – 5 p.m. & 7 – 9 p.m.
	Wednesday	10 – 6 p.m.
	Saturday	1 – 5 p.m.

Filer Public Library

Open Hours

Monday – Wednesday	3 – 6:30 p.m.
Thursday	10:30 – noon & 3 – 6:30 p.m.
Saturday	1:30 – 4:30 p.m.

219 Main St.
Filer, ID 83328
(208) 326-4143
Email: asccm@hotmail.com

CLOSED
Sunday and Holidays

Filer Public Library aims to provide materials and services to help community and district residents obtain information meeting their personal, educational and recreational needs.

Hansen Community Library

120 W. Maple
 Hansen, ID 83334
 (208) 423-4122
hansen.lili.org/

Hansen Community 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	1 – 6 p.m.
Wednesday	1 – 7 p.m.

CLOSED

Tuesday, Thursday
 Sunday and Holidays

Kimberly Public Library

Open Hours	Monday & Thursday	11 – 6 p.m.
	Tuesday	3 – 8 p.m.
	Wednesday & Friday	3 – 6 p.m.
	Saturday	10 – 2 p.m.

120 Madison W.
 Kimberly, ID 83341
 (208) 423-4556
kimberly.lili.org/

CLOSED
 Sunday and
 Holidays

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

Twin Falls Public Library

201 4th Ave. E.

Twin Falls, ID 83301

(208) 733-2964

www.twinfallspubliclibrary.org/

CLOSED

Sunday and Holidays

Twin Falls Public Library seeks to provide for the community access to information, materials, and services that enhance quality of life, builds community, and encourages a love of reading and lifelong learning.

Open Hours

Monday – Thursday	9 – 9 p.m.
Friday & Saturday	9 – 6 p.m.

Family Health Services

Twin Falls Medical Clinic
388 Main St.
Twin Falls, ID 83301
(208) 734-0451

Twin Falls Acute Care
325 Martin St.
(208) 734-0451
Dental Clinic
(208) 732-7447

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.

**Kimberly Medical &
Dental Clinic**
132 Main St. N.
Kimberly, ID 83341
(208) 735-3938

Buhl Medical Clinic
725 Fair St.
Buhl, ID 83316
(208) 543-8271

Buhl Dental Clinic
325 Martin St.
(208) 677-5198

For more information visit their website fhsid.org/

Medical Assistance

Positive Connections, LLC.

1373 Fillmore St.

Twin Falls, ID 83301

(208) 737-9999

Monday-Thursday 8 – 6 p.m.

Friday 8 – 5 p.m.

www.positiveconnectionsusa.com/

hr@positiveconnectionsusa.com

Positive Connections, LLC. is a team of psychological and psychiatric experts who will meet your needs through compassionate and friendly care that will bring out the best in you. Positive Connections can provide you and your family with client-focused Clinical Counseling, Psycho-Social Rehabilitation, Developmental Therapy and Substance Abuse services, which will help you and your family grow and endure life's challenges.

St. Luke's Magic Valley Medical Center

As a vital part of Idaho's only not-for-profit health system, St. Luke's Magic Valley is committed to their mission to improve the health of people in our region. St. Luke's Magic Valley provides inpatient and outpatient surgery, primary care and specialty services, 24-hour emergency services, cancer treatment, imaging, inpatient and outpatient behavioral health services, and women's and children's healthcare.

**801 Pole Line Rd. W.
Twin Falls, ID 83301**

(208) 324-4301

www.stlukesonline.org/magic_valley/

Wellness Tree Community Clinic

173 Martin St.

Twin Falls, ID 83301

(208) 734-2610

Monday-Thursday 9 – 4 p.m.

Tuesday & Thursday

Walk-in Clinic at 5:30 p.m.

www.tfrc.org/

The Wellness Tree Community Clinic aims to show kindness through community wellness care. This free clinic is centered on the belief that citizens who work at being productive should not be denied ordinary medical care while making their own effort to provide for themselves and their families.

Fit and Fall Proof™

SCPHD

(208) 678-8221

Monday-Friday 8 – 5 p.m.

www.phd5.idaho.gov/

Coordinator: Adria Masoner

amasoner@phd5.idaho.gov

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 or call the program coordinator at **(208) 678-8221**.

Monday, Wednesday & Friday	Ageless Senior Center	Kimberly, ID
	Twin Falls Senior Federation	Twin Falls, ID

Physical Fitness

Over 60 & Getting Fit

CSI Gymnasium

315 Falls Ave.

Twin Falls, ID 83301

(208) 736-2122

Mon., Wed. & Fri.

9 – 9:50 a.m.

Filer Elementary School

700 Stevens Ave.

Filer, ID 83328

(208) 326-4369

Mon., Wed. & Fri. 9 – 9:50 a.m.

Friday 10 – 11 a.m.

7th St. Gym

215 7th Ave. N.

Buhl, ID 83316

Mon., Wed. & Thurs.

10 – 10:50 a.m.

Sponsored by the College of Southern Idaho (CSI), this award winning program emphasizes walking as low-impact cardiovascular movement, stretching and resistance training in locations throughout southern Idaho. For more information please call CSI at (208) 732-6475 or (208) 732-6488, or visit their website at education.csi.edu/te/over60andGettingFit/.

Ageless Senior Citizens

PO Box 403
310 Main St. N.
Kimberly, ID 83341
(208) 423-4338
Monday, Wednesday & Friday
8:30 – 3 p.m.
Email: asciz@qwestoffice.net

1st Sunday of the Month
Lunch 12 p.m.

Monday, Wednesday, Friday	
Lunch 12 p.m.	
\$5.00	Adults under 60 yrs.
\$4.00	Suggested donation for congregated meals
\$4.00	Suggested donation for home-delivered meals
\$2.00	Kids under 12 yrs.

Twin Falls Senior Federation

PO Box 23 (83303)

530 Shoshone St.

Twin Falls, ID 83301

(208) 734-5084

Monday-Thursday 8 – 3 p.m.

Friday 8 – 1 p.m.

www.tfseniorcenter.com/

Email: tfseniorcenter@gmail.com

Monday – Friday 12 p.m. lunch

\$5.50	Adults under 60 yrs.
\$4.50	Suggested donation for
\$4.50	Suggested donation for Home-delivered meals
\$3.50	Kids under 12 yrs.

1st Saturday Breakfast

8 – 11 a.m.

Filer Senior Haven

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

\$5.00	Adults under 60 yrs.
\$4.00	Suggested donation for congregated meals
\$4.00	Suggested donation for home-delivered meals

PO Box 288

222 Main St.

Filer, ID 83328

(208) 326-4608

Tuesday, Wednesday & Thursday

7:30 – 2 p.m.

Email: filerseniors@filertel.com

West End Senior Center

Sunday Lunch

1 p.m.	\$4.50
--------	--------

Center is open
on Saturday

8 – 9:30 a.m.

Cost	\$5.50	Adults under 60 yrs.
	\$4.00	Suggested donation for congregated meals
	\$4.00	Suggested donation for home-delivered meals
	\$3.50	Kids under 12 yrs.

1010 Main St.

Buhl, ID 83316

(208) 543-4577

Sunday 11 – 3 p.m.

Mon., Tues., Thurs. 8 – 4 p.m.

Wednesday 8 – 1 p.m.

buhl seniors.org/

Email: buhl seniors@ cableone.net

Trans VI Buses

496 Madrona St.
Twin Falls, ID 83301
(208) 736-2133
www.csi.edu/support/

Trans IV Buses have been providing personalized public transportation to the people of the Magic Valley since 1979. A variety of services are offered to meet the needs of working commuters, students, agency clients, the elderly, and the disabled. Scheduled buses operate in the mornings and afternoons between Twin Falls and Kimberly, Hansen, Jerome, Filer, and Buhl, Monday through Friday.



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