

# THE NEWSLETTER AUGUST 2022

## the SENIOR CONNECTION

so much more than lunch



## 2022 SENIOR CONNECTION GAMES!



We're gearing up for our annual Senior Games to take place on **September 17th!** This year's games will include pickleball, cornhole, golf, and a hill climb. The spirit of the games offers comradery, friendly competition, and an inviting atmosphere for the novice or returning athlete. Returning participants are encouraged to bring a friend and spread the word.

Be sure to watch for more details as we approach the games.

We are also looking for volunteers to help setup, take down, and run the events to ensure our members can participate in a safe and encouraging environment!

**Give us a call at 208-788-3468 and let us know how you would like to get involved.**

### Our Mission:

**Connecting seniors with essential services, meaningful programming, their peers and the local community to foster purposeful and passion filled lives.**

**Supporting Independence, Promoting Health, Encouraging Engagement**

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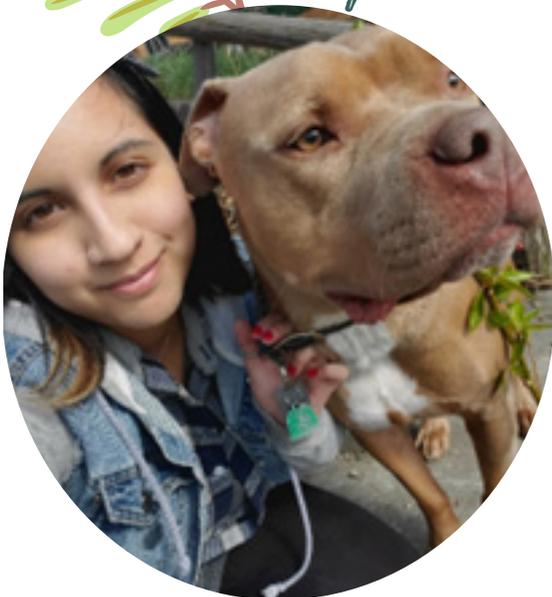
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**Meet new staff member,  
Amy, on page 18!**



**Staff Directory**

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**Executive Director**

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208-595-1868

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**Associate Executive**

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**Membership & Information Coordinator**

amy@seniorconnectionidaho.org  
208-788-3468

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# Thoughts from Jovita - July

Thank you to everyone who participated in our many July events! It was inspiring to host the grand opening of the Senior Connection Vision and Hearing Center. A huge thanks to Dr. Joseph Fastow, board director and Senior Connection Medical Advisor, as well as Sharla Smith, our Vision and Hearing Center Director, and our incredible donors who have made this venture possible. It is heartwarming to see so many people come together to provide access to the vision and hearing services our community needs. We're honored to serve all older adults in Blaine County, and are thrilled to begin offering these services locally.

We're in the midst of our kitchen remodel which will provide the space needed to efficiently store, prep, cook, and package nutritious meals for our community. Thank you for your flexibility and patience to our members and volunteers as the construction continues.

Our annual overnight trip to Stanley, a night of music and prizes at our Wicked Wednesday night, and Lunch 'n Lit each Thursday are just a few other events that contributed to a fun filled July! We love these opportunities that get us out into the community, thank you to everyone who made these events possible.

We're gearing up for our 4th Annual Senior Connection Games that will take place on Saturday, September 17th. A reminder that anyone who is 50 years old and better is eligible to sign up for the events that will include cornhole, pickleball, a hill climb, and golf!

I am grateful to everyone who continues to give their time, talents, and treasure to our organization. Thanks to your incredible support in so many ways, we can continue to do the work we're doing on providing access to essential services, meaningful programs, and the local community for all Blaine County Seniors.

Happy August!

Love,  
Jovita



# DONOR THANKS

Our sincere thanks to the following individuals and groups who gave to the Senior Connection between June 18, 2022 – July 15, 2022

## General Support

Marsha Azorsky  
Michael & Beth Beck  
Mr. & Mrs. H. P. Boyle  
Anne Brunelle  
Phil & Ann Doerflein  
Dr. Joseph & Ellen Fastow  
Bob Fuller  
Ralph & Jacqui Harris  
Franny Hjort  
Cleve & Andie Johnson  
Laura & Craig Johnson  
The Life Church  
Gayle & Ralph Meredith  
Marla Mink  
Nancy Eccles & Homer M.  
Hayward Family  
Foundation  
Jane & Tom Oliver  
Richard K. & Shirley S.  
Hemingway Foundation  
Lita Sullivan  
Charlotte Unger  
Penny Weiss

## In Kind

Kim Boyett  
Marie Gallo  
Ralph Harris  
Franny Koretz  
Sheila Mells  
Laurie Moss  
O'Relly's  
Sun Valley Auto  
Anida & Tigert Allen

**"The greatness of a community is most accurately measured by the passionate actions of its members."**

Thank you for your support!

***We do our best to acknowledge gifts.***

***Please email Director of Donor & Community Relations, Mary Simms, at [marys@seniorconnectionidaho.org](mailto:marys@seniorconnectionidaho.org) with any errors or omissions so we can correct our records.***

# THANK YOU, VOLUNTEERS!

Lots of appreciation to our many volunteers that come in daily, weekly, monthly, or yearly to help the Senior Connection be the wonderful place that it is.

Want to become a volunteer or know someone that does?

Check out our volunteer opportunities below or call Katie to share how you might be able to offer services to our members.



There's an opportunity for everyone!



Alex DuMaurie volunteers weekly as a server and socializing with our members!



## Volunteer Opportunities

### **Servers & Bussers**

Regular and substitute basis. Shifts are weekdays from 11:30am-1pm.

### **Substitute Meals On Wheels Drivers**

Potential shifts are weekdays from 10:30am-2:30pm.

### **Senior Games Volunteers**

September 17th  
Event committee members, day of volunteers, golf, pickleball, Dollar Hill Climb, cornhole

### **Lunch & Lit Volunteers**

Thursdays now through August  
**Help drive and serve lunches at the Community Library**

**Call Katie at 208-788-3468 or email**

**[katie@seniorconnectionidaho.org](mailto:katie@seniorconnectionidaho.org)**

**for more information and to sign up!**



# STARS AMONG US: JOYCE SHAY

Joyce's great grandparents came from Germany through Ellis Island and settled in Saginaw, Michigan where Joyce grew up with two younger brothers. It was a close knit community. Hard to believe in this day and age, but her parents grew up across the street from each other, and her aunt, uncle and grandparents lived just down the same street.



Joyce's parents – adopting their new country – never spoke German at home, but they did enjoy their German customs and cuisine. Every year until last year, Joyce has carried on the tradition of making Lebkuchen – a special German Christmas cookie with lots of spices and fruits.

Growing up in Saginaw provided lots of freedom to wander and explore in the adjacent forest – perfect for Joyce the self described tomboy who loved to catch all kinds of wild life, like garter snakes, frogs and bugs. They also grew every conceivable vegetable in their huge back yard surrounded by fruit trees. While Joyce's father worked hard – 6 ½ days a week at the grocery store he owned, he did join the family one week each year in the summer for a vacation at her great grandmother's cottage on Budd Lake in northern Michigan.

The cottage holds special memories for Joyce who went there often in the summer with her grandmother – a role model – who learned to drive a Model T and got a job when she was 32 years old after her husband died. When Joyce's mother was a child in the 1920's it took an entire day for them to drive to the cottage that later became a two hour trip.

During high school Joyce worked part time at a record store (remember those 78's and 45's). She recalls when they received a batch of Elvis Presley records – who was he? They had no idea how to even categorize his singing. After high school, Joyce attended Bay City junior college and started teaching when she was 19. After a year, she went back to school at Central Michigan, this time living in an apartment with friends and subsisting on mac and cheese. In 1970 through night classes Joyce obtained her masters degree from Eastern Michigan. For 27 years Joyce taught school – every grade from pre-K through 4th.

In 1962 Joyce met and married Fritz who worked for GM and subsequently a furniture manufacturer. In Michigan there were local ski areas everywhere, so Joyce, who started skiing in 1959 when the equipment was leather boots with laces and long wood skis with cable bindings, avidly participated. She also transferred her love of skiing to her children, Wade and Dana, starting them on their own skis when they were 5 and 3.

Besides teaching and knitting, Joyce took up line dancing – seriously. As a member of the Happy Hoofers and the Dandi-liners, Joyce entertained at churches, nursing homes and festivals, also performing in the Over 50 Follies. After retiring from teaching in 1997, Joyce spent several months each winter in Manasota Key, a quiet 7 mile island off Florida where she laid on the beach, ate great seafood, made lots of friends and continued her line dancing.

# STARS AMONG US: CONTINUED...

Joyce has filled her life and retirement with a plethora of activities – volunteering at school as a reading mentor, serving at a soup kitchen, and helping in her local theater, where she painted sets for plays. Eventually Joyce gave up downhill skiing and took up cross country and snow shoeing. She rode a bike in the summer until this year, and for many years enjoyed slimnastics and yoga. She has traveled to all 50 states, South and Central America and the Caribbean, often on ocean cruises with her brother and his wife.

In 2015 Joyce moved to the Wood River Valley to be near her son-in-law Danny and daughter Dana, a lawyer practicing in Ketchum. At heart, though, Joyce confesses to being a city girl, and since Dana and Danny recently sold their condo and are planning to settle somewhere else in Idaho, she is thinking of returning to her roots and family in Michigan. In the meantime she stays active, grateful for the reopening of the Senior Center where she joins friend for lunches, classes, the Diner's Club and numerous field trips.

## the SENIOR CONNECTION Vision & Hearing Center

### Vision Services

- Diagnostic vision (Age-Related Macular Degeneration, Diabetic Retinopathy)
- Diagnosis and treatment or referrals as needed (for patients with retinal disease)

### Hearing Services

- Free self-administered hearing screenings to determine if someone has a loss of hearing (mild, moderate, severe). For those with a screening score that suggests hearing loss, a limited audiogram screening will be performed
- Referrals for thorough hearing exams with trained hearing specialist as needed

**Hours; Screenings will be offered 2-3 days per week; the doctors will be available 1 day per week by appointment.**

Visit <https://seniorconnectionidaho.org/18544-2/> to complete an appointment request form



## August Birthdays!

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 1 <sup>st</sup> – Don Weems          | 20 <sup>th</sup> – Kimberlee Boyett   |
| – Glenda Cox                         | – Jim Washington                      |
| 2 <sup>nd</sup> – Kristin Kefer      | – Frank Andrews                       |
| – Jane Bunker                        | – Virginia Reed                       |
| – Terri Moore                        | – Apolonia Martinez                   |
| 3 <sup>rd</sup> – Pete Cantor        | – Tom Henderson                       |
| – Dave Mollineaux                    | 21 <sup>st</sup> – Jeanne Greenberg   |
| 4 <sup>th</sup> – Chuck Abramo       | 22 <sup>nd</sup> – Susan Canham       |
| – Phyllis Wells                      | 23 <sup>rd</sup> – Jeramie Dreyfuss   |
| – Lyn Christensen                    | 24 <sup>th</sup> – Diane Harkness     |
| 5 <sup>th</sup> – James Carr         | – Patricia Meyer                      |
| – Jack Dailey                        | – Gail White                          |
| – Jon Thorson                        | 25 <sup>th</sup> – Grace Eakin        |
| – Knox Barclay                       | – Mark Sliwicki                       |
| – Sally Metcalf                      | – Michael Morgan                      |
| 6 <sup>th</sup> – Lupita Sanchez     | 26 <sup>th</sup> – Christopher        |
| – Ann Mallowney                      | Millsbaugh                            |
| 9 <sup>th</sup> – Carol Shanahan     | 27 <sup>th</sup> – John Hepworth      |
| – Elizabeth Simon                    | – Nina Orvik                          |
| 10 <sup>th</sup> – MaryAnn Flaherty  | – Carolyn Baird                       |
| 14 <sup>th</sup> – Chris Vik         | – Kathleen Deeter                     |
| 15 <sup>th</sup> – JoAnn Walker      | – Doris Brogin                        |
| 16 <sup>th</sup> – Steve Snyder      | 28 <sup>th</sup> – MaryEllen Card     |
| – Leslie Mincks                      | – Linda Packer                        |
| – Marianne Schwartz                  | – Sheila Kelley                       |
| 17 <sup>th</sup> – Eleanor Lipman    | – Joy Robbins                         |
| – Dorothy McIntire                   | 30 <sup>th</sup> – Myra Sluder        |
| 18 <sup>th</sup> – Pamela Bebermeyer | – Mary Gibson                         |
| – Robert Rodman                      | – Theresa Handley                     |
| 19 <sup>th</sup> – Judy Kildare      | – Richard Fife                        |
| – Eddie Archueta                     | – Michelle Banducci                   |
| – Shirley Givens                     | – Jane Jaqua                          |
|                                      | – Will Davidson                       |
|                                      | – Robert Spence                       |
|                                      | 31 <sup>st</sup> – Beverly Carr/Boyer |

*We apologize if we have missed your birthday this month. Please let us know if your name was overlooked.*

**208-788-3468**

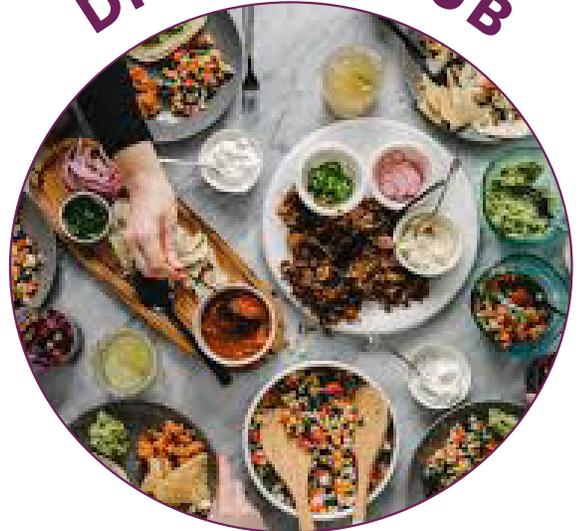
## Nature Walk



**Lake Creek Walk**  
**Meet at the Senior**  
**Connection at 9am**  
 Transportation provided.

**RSVP REQUIRED**

## DINER'S CLUB



**Marie Gallo's Home**  
**Saturday, August 27<sup>th</sup>**

**Meet at the Senior Connection by**  
**11:30 am to carpool.**

Provide own transportation.

**RSVP REQUIRED**

# KITCHEN PROGRESS IS BEING MADE!

Thank you for your patience and please excuse the potential disruption as the kitchen remodel is in progress.

Lunch will continue as usual, unless otherwise informed.



## Hearing Life

August 11<sup>th</sup>  
12pm - 1pm

RSVP for appointment



## Hearing Aids

The Senior Connection is looking for donations of "lightly used" hearing aids from those who have upgraded to a new model. These donations will be re-purposed and re-fitted for hearing impaired seniors.

Give us a call at  
208-788-3468

# AUGUST 2022 ACTIVITIES

Not all activities provide transportation. Please call 208-788-3468 to confirm transportation availability.

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> Ageless Motion 11 am  Nature Walk Lake Creek at 9am	<b>2</b> Fit & Fall Proof 11 am	<b>3</b> Fit & Fall Proof 11 am	<b>4</b> Casey's Circuit 11:15-11:45 am	<b>5</b> <b>CLOSED</b>	<b>6</b>
<b>7</b>	<b>8</b> Ageless Motion 11 am	<b>9</b> Casey's Circuit 11:15-11:45 am  <b>Bingo! 1 pm</b>	<b>10</b> Fit & Fall Proof	<b>11</b> Casey's Circuit 11:15-11:45 am  HearingLife 12-1 RSVP Required	<b>12</b> Fit & Fall Proof 11 am	<b>13</b>
<b>14</b>	<b>15</b> Ageless Motion 11 am	<b>16</b> Casey's Circuit 11:15-11:45 am	<b>17</b> Fit & Fall Proof 11 am	<b>18</b> Casey's Circuit 11:15-11:45 am	<b>19</b> Fit & Fall Proof 11 am	<b>20</b>
<b>21</b>	<b>22</b> Ageless Motion 11 am	<b>23</b> Casey's Circuit 11:15-11:45 am  <b>Bingo! 1 pm</b>	<b>24</b> Fit & Fall Proof 11 am	<b>25</b> Casey's Circuit 11:15-11:45 am	<b>26</b> Fit & Fall Proof 11 am	<b>27</b>  <b>Diners' Club @ Marie Gallo's House RSVP</b>
<b>28</b>	<b>29</b> Ageless Motion 11 am	<b>30</b> Casey's Circuit 11:15-11:45 am	<b>31</b> Fit & Fall Proof 11 am			

## ADDITIONAL ACTIVITIES

Carey Center - Fit & Fall Proof

Tuesday and Thursday, 10:00 am – 11:00 am

## FITNESS CLASS INFORMATION:

Fit & Fall Proof Fit and Fall Proof™ (FFP) has helped more than 2,400 Idaho adults stay fit, prevent falls, and form lasting friendships. It helps improve mobility for every day living activities.

Casey's Circuit Training is a cycle of 5-7 exercise stations that alternate different muscle groups and body parts used. Each exercise lasts 30-60 seconds and rest between each station is minimal.

The cycle is repeated for 20-30 minutes.

Ageless Motion is a class that cultivates body-mind health through awareness, mindfulness, slow movements, breathing exercises, self massage, meditation, body-mind rejuvenation, and happiness skills.



# August Lunches

The Senior Connection values kindness, compassion, respect, and honesty at all times when at the center.

Please remember to treat your server with these values - they are volunteering their time and talent to make sure we all have access to a delicious lunch. Thank you.

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> Spaghetti & Meatballs	<b>2</b> Enchiladas	<b>3</b> Chicken Stir fry	<b>4</b> Manicotti No Meals on Wheels Lunch n' Lit 11:30-12	<b>5</b> <b>CLOSED</b> SPECIAL LUNCHEON FOR HERITAGE COURT	<b>6</b>
<b>7</b>	<b>8</b> Fried Chicken	<b>9</b> Seared Salmon	<b>10</b> Braised Flank Steak	<b>11</b> Pulled Pork Sandwiches No Meals on Wheels Lunch n' Lit 11:30-12	<b>12</b> Meatloaf	<b>13</b>
<b>14</b>	<b>15</b> Chicken Alfredo	<b>16</b> Pork Cutlet	<b>17</b> Pot Roast	<b>18</b> Turkey Dinner No Meals on Wheels Lunch n' Lit 11:30-12	<b>19</b> Sweet & Sour Chicken	<b>20</b>
<b>21</b>	<b>22</b> Turkey Pot Pie	<b>23</b> Chicken Parm	<b>24</b> Burgers	<b>25</b> Chicken Fried Steak No Meals on Wheels Lunch n' Lit 11:30-12	<b>26</b> Fish & Chips	<b>27</b>
<b>28</b>	<b>29</b> Pork Chops & Yukon Potatoes	<b>30</b> Chicken Caprese & Penne	<b>31</b> Baked Ham & Scalloped Potatoes			

Menu is subject to change depending on product availability. Please arrive by 12pm for Dine-in service. Reservations are required for Curbside Pickup. Call by 9am day of service or before if possible. Meals are suggested \$5 donation and financial assistance is available.

Call 208-788-3468.



# Volunteer Spotlight

By Katie Phillips

Our Volunteer Spotlight this month is in honor of Veterans Brian and Pat Williams. Annually, A Veteran's yard is chosen from The Senior Connection in partnership with Sun Valley Realtors Give. Along with 19 local Realtors, the Volunteers work together raking, mowing, weeding, planting, trimming trees, with high spirits and from the heart.

This year, Willy Cook highlighted the event in The Mountain Express. News station KMVT also paid tribute to Veterans Brian and Pat with a feature on the nightly news. It was a full and glorious day.

Thank you to Executive Director of SV Realtors Give Cathy Nikolaisons for organizing what is always a special communal gathering. Brian has also been a faithful Meals on Wheels driver here at TSC for over 10 years!! What a wonderful way to salute decorated Veterans Brian and Pat Williams.

We thank you for your service!!



# SPIRITUAL CORNER

## Caregiver Support Groups

The Senior Connection caregiver support group takes place the first Thursday of the month from 11 am—12:30pm.

It is facilitated by the Hospice & Palliative Care of the Wood River Valley. Masking and social distancing protocols will be observed.

Please call to let us know you are coming!

**“Forgive the past. It is over. Learn from it and let go. People are constantly changing and growing. Do not cling to a limited, disconnected, negative image of a person in the past. See that person now. Your relationship is always alive and changing.”**  
– Brian Weiss

**“Believe in your infinite potential. Your only limitations are those you set upon yourself.”**  
– Roy T. Bennett

## Connection Club

We have openings to join our Connection Club Tuesdays and Thursdays!

Only 4 spots available so please don't wait to call Caregiving Manager Mary Ratliff at 208-788-3468.

The Connection Club is our adult day/memory care respite program for those living with Alzheimer's or other cognitive impairments and their families. Our clients enjoy mentally stimulating activities in a safe environment and their caregiver/loved ones get a much needed break. We eat lunch, play bingo, make art, solve puzzles, take walks and bike/rickshaw rides, enjoy music therapy and fitness, and so much more.



# TURN YOUR HORSEPOWER INTO POWERFUL FUNDS FOR THE SENIOR CONNECTION.

WE WILL USE THE PROCEEDS FROM THE SALE OF YOUR CAR, TRUCK, RV AND EVEN BOAT DONATION TO CONTINUE OUR MISSION

DO SOME GOOD WITH YOUR UNWANTED VEHICLE TODAY! CALL 208-788-3468 OR VISIT [HTTPS://CAREASY.ORG/VEHICLE-DONOR/FAQS](https://careasy.org/vehicle-donor/faqs)

SCAN ME TO LEARN MORE!



**TURN HORSEPOWER INTO FLOWER POWER**

Reroute your pollution with an environmentally responsible solution when you donate your car, truck, or boat.

**DONATE TODAY**



## SPONSORS

### Scott Miley Roofing

Associated Construction Services Inc.

Re-Roofs/Repairs—New Roofs — Carpentry—Remodels  
Snow Removal — Sheet Metal Fabrication

208-788-5362

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

### Simpson Lawn Care

Seniors Save 30%

Quality Lawn Mowing, Sprinkler Repair and Service.

Sam Simpson, owner operator  
208-420-3023

Seniors and members of our community with special needs save 30% on weekly lawn care. 30+ years in the Valley.

### Cindy Ward

Associate Broker, SRE - Senior Real Estate Specialist

208-720-0485

[cindy@findmycorner.com](mailto:cindy@findmycorner.com)

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



## YOUR AD HERE.

**BECOME A SPONSOR!**

Call Mary Simms @ 208-788-3468  
for more information.

Are you on a Medicare Supplement?  
Due to new Idaho legislation, I might be able to save  
you money on your Medicare Supplement.



Let's finish the last month of summer with a bang.  
Call me to make sure you have the best price for your  
Medicare Supplement.

As your local, trusted, licensed & certified  
independent agent I can help.



**Michelle Sandoz**

*Independent Agent &  
Health Insurance Advisor*

519 South Main St.  
Hailey, ID  
208-788-9209



**208-928-SOLD**



**REAL ESTATE \* CONSTRUCTION \* PROPERTY MANAGEMENT**

# PROGRAMS & SERVICES

Scholarships are available for all services — please ask us.  
Masks are required to enter the building and/or access transportation.

## TRANSPORTATION

### Senior Connection Bus

Daily Rides to the  
Senior Connection

Monday–Friday

\*\*\*Reservations Required

### Hailey and Bellevue

\$25 per month or \$5 per day

### Mid-Valley

\$35 per month or \$10 per day

### Ketchum, Sun Valley, Carey and Picabo

\$50 per month or \$15 per day

### Special Transport

\$25 per hour, upon availability  
and with a minimum

48-hour advance notice.

Please call Katie to schedule.

## Mountain Rides Public Transportation

Hailey Route deviates to the  
Senior Connection with 2 hour  
advance notice.

Call 208-788-7433 for pickup.

All routes are currently free.

Masks Required.

For those with  
disabilities, Mountain Rides  
offers paratransit/ADA service.

Don't forget the new FREE Twin

Falls route. Everyone is  
welcome! A great way to  
get to those doctor's  
appointments in Twin!

## FITNESS

### Fit & Fall Proof Class

- Wednesday & Friday  
@ 11 am
- Included in annual  
fitness membership

### Casey's Circuit

- Tuesday @ 11:15 am
- Thursday @ 11:15 am
- Included in annual  
fitness membership

### Ageless Motion w/Manon

- Monday @ 11 am
- Included in annual  
fitness membership

### Fitness Membership

- Includes all fitness classes
- Unlimited access to the  
fitness center  
(except during class time)
- \$60 per year

## WELLNESS

### Hearing Clinics

- Monthly, check calendar  
for dates/times
- Rates vary, please check  
with provider

### Vision and Hearing Center (see page 7)

- Make an appointment  
request online and  
Director Sharla Smith will  
reach out to schedule  
a time for your vision or  
hearing screening.

## NUTRITION

### Congregate Lunches

Monday–Friday

11:30 am–12:30 pm

Check calendar for menu

### Meals on Wheels

Home delivered meals

Call Katie @

208-595-4220

### Curbside Takeout

Reservations Required

Call Katie @

208-595-4220

## CAREGIVING

### Homemaker Services

- Help with light  
housekeeping, errands,  
cooking and more
- Call Mary @ 208-595-1896

### Personal Care Services

- Help with bathing, dressing,  
companionship and more
- Call Mary @ 208-595-1896

### Respite Services

- Help with companionship  
and supervision for  
caregiver respite
- Call Mary @ 208-595-1896

**FREE**

# SUN VALLEY STORY TOUR

a free bus tour highlighting the area's rich heritage



**July 1 – September 2**

**Fridays at 10:15 AM**

Departing from the Visitor Center 491 Sun Valley Road



Visit the area's most historic locales.

Jump on the Sun Valley Story Tour bus for a one-hour guided tour past:

- Old Union Pacific Railroad Terminal**
- Cemetery where Ernest Hemingway is buried**
- The last place Hemingway dined with his wife**
- Comstock-Clark Mercantile Building**
- Horace Lewis home and the mining history**
- Site of the original Sun Valley rodeo**
- Historic Brass Ranch Barn and the Union Pacific Railroad ranch purchase**
- and more!**

Guided by local volunteers and brought to you by a partnership between Mountain Rides, Wood River Valley's Public Transportation and Sun Valley Magazine, publishers of The Sun Valley Story coffee table book by Van Gordon Sauter.

THE COMMUNITY  
**LIBRARY**



**SunValley**  
magazine

presented by Mountain Rides, The Community Library and Regional History Museum & Sun Valley Magazine

The Heritage Court began 18 years ago to honor the women in our community who have committedly contributed to improve, support and better the Wood River Valley. This year four more women were added to this beautiful group. Thank you for making our valley such a special place to call home.

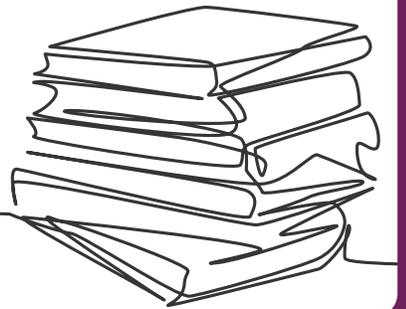
*On August 5th The Senior Connection will be closed to host a special luncheon to honor the entire court.*



## EVERYONE HAS A STORY...

If you haven't had the time to share events of your life story, JoEllen Collins would like to help. As a teacher and writer, she understands the importance of recording the important moments and history of your life. JoEllen will conduct an audio interview/recording and then translate it to a printed document for you to keep or perhaps add to in your own time. This process will remain confidential for your own records. Interviews can be in the Center or, if you prefer, at your home.

Contact JoEllen at 208-720-4160 to set up a time to meet!



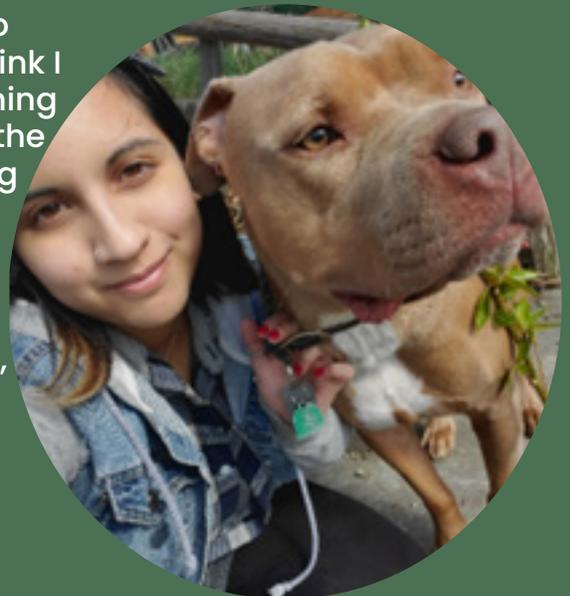
## MEET THE STAFF, AMY MARES!

I was born in Los Angeles but moved here when I was 11 and continue to strive and thrive here in good old Blaine County. I graduated Carey HS in 2011 and followed the dream of culinary arts. I dedicated about 7 years to the kitchen industry, working in different restaurants but always working hard to climb the ladder. I was a sous chef for The Konditorei in Sun Valley for about a year, but then I realized that I did not want to continue down this path anymore, so I branched out to the nonprofit world and landed at The Hunger Coalition.

I dedicated 3 years to The Hunger Co, starting off as the Warehouse Coordinator/Supervisor, and branched out to Kitchen Supervisor. I found myself doing things I didn't think I would ever find myself doing- driving forklifts, programming the new software for food orders, building and branding the website used for volunteers to sign up for shifts, designing the Bloom sign, and even painting alongside a muralist during our grand opening to the public.

I am a watercolor artist, an anime nerd (also known as a weeb- fun word for you to add to the vocabulary list ha!), a huge soccer fanatic, and of course I love a good rave occasionally.

I am so excited to start this new chapter at The Senior Connection, make many memories, give back to our community and to full send it!



Come join us for Lunch and Lit at The Community Library every Thursday! It's a great way to meet new people, enjoy a delicious lunch and read some amazing literature. Running through August, this program is available for the entire community, so grab your sun hat and sunscreen, give us a call and join the fun!



### Lunches

\$5 for adults 60 and better

\$8 for those under 60 years of age

\$4 for children 12 and under

\*\*Scholarships are available, ask us!

\*\*Bring your own reusable bag to carry your lunch!

Reservations are required and need to be made by the day of at 9:00 am. Call the Senior Connection at 208-788-3468 to reserve your lunch! The monthly menu is available in the Senior Connection newsletter, or online at [www.seniorconnectionidaho.org/menu](http://www.seniorconnectionidaho.org/menu)



the **SENIOR** CONNECTION  
so much more than lunch

THE COMMUNITY  
**LIBRARY**



**PO Box 28  
Hailey, ID 83333**

## **2022 Board of Directors**

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## **MEET THE BOARD: DR. JOSEPH FASTOW**

Practicing emergency medicine for 35 years, Dr. Fastow was often struck by the avoidable nature of many senior visits to the emergency room. He is interested in pursuing solutions to this problem. He views the Senior Connection as a support resource for senior citizens in the community providing dietary, educational, wellbeing and transportation services.

*"By serving on the board, I am able to help seniors remain more independent at home longer."*

