

THE NEWSLETTER APRIL 2023



IDAHO GIVES ~ MAY 1ST - MAY 4TH

Preserving sight and augmenting hearing are critical for quality of life. Since the **Senior Connection Vision & Hearing Center** opened its doors in June of 2022, our mighty team has provided over **200 FREE SCREENINGS** to older adults in Blaine County.

By bringing these vital services to our community, we're removing a barrier to the vision and hearing services critical in keeping our seniors healthy and connected.

Physical decline, financial hardships, and isolation are issues that many of our aging neighbors experience, and a decline in vision and hearing only compounds these problems. Many of our seniors live on fixed incomes making it difficult to financially prioritize their health. Together, with your support, we can ensure all older adults in our community can maintain their vision and hearing to stay connected and engaged.

“I was able to replace my hearing aids after they were lost in a fire.”

“I can get the injections I need to preserve my vision.”

~Vision & Hearing Center Patients



NOW, MORE THAN EVER, WE NEED YOUR HELP!

During the 2023 Idaho Gives effort, join us in providing these critical free screenings and **GIVE TODAY.**

Scan the QR Code to the left to participate in Idaho Gives!



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The Team



Brian Ahern
Nutrition Director & Chef



Daisy Arenas
Sous Chef



Amber Cheslik
Connection Club
Coordinator



Barb Espedal
Activities & Special Events
Coordinator



Eliseo Gonzalez
Facilities Manager &
Transportation Staff



Elisabeth Ruiz Loera
Office Manager



Amy Mares
Membership & Information
Coordinator



Jovita Piña
Executive Director



Mary Ratliff
Caregiving Manager



Mary Simms
Director of Donor &
Community Relations



Brittany Werry
Associate Executive
Director

To connect with a member of our team, please email us at info@seniorconnectionidaho.org or call us at 208-788-3468.

Thoughts from Jovita

APRIL 2023

April is National Volunteer Appreciation Month across the United States, and this month we're celebrating our **treasured volunteers** who commit themselves daily to serving our Blaine County seniors. While we will be celebrating our volunteers all month long (**and every day of the year!**), we're hosting a special celebration of gratitude on **Thursday, April 27th** at the Center. Please join us for our annual Volunteer Appreciation Luncheon and celebrate those who are **critical** to the success of our programs and services. We will also announce the 2023 Volunteer of the Year. Hope to see you there!

Whether you're delivering nutritious meals and a friendly face through Meals on Wheels, serving up a cup of soup at our congregate lunches, or hosting our bi-weekly Bingo games – **YOU** are vital to ensuring that we connect seniors with essential services, meaningful programs, their peers, and the local community to foster purposeful and passion filled lives. **We invite you, our community, to visit the Senior Connection and learn more about our services, programs, and volunteer opportunities we can offer you.** You may find that volunteering with the Senior Connection and the sense of satisfaction that comes with supporting our senior community is good for your health! A wise person once said "**The more love you give, the more love you get.**", and nothing is as strong as the **heart of a volunteer.**

Last but **certainly not least**, I am in awe by the outpouring of generosity we received for our annual March for Meals fundraiser. Thanks to you, **we raised 100% of our \$30,000 goal!** This incredible support ensures we can continue to deliver quality nutrition and peace of mind to our seniors. Thank you, thank you for making this possible.

In gratitude,



Jovita Piña

Executive Director



DONOR THANKS

Our sincere thanks to the following individuals and groups who gave to the Senior Connection between March 1st - March 25

Anonymous (4)
Mary and John Adams
Sandra Alford
Apple's Bar & Grill
Janet Appleton and
Glenn Thomas
Anne and Henry Atherton III
Alexandra Babalis
Carol Baer
Steven Barrett
Joyce Beahen
George and Gretchen Berni
Bigwood Golf Course
Blaine County Recreation District
Susan Blair
~in honor of The Boys of
March - Arnold Blair and
Marty Schult
Karen Bliss
Matt and Toni Bogue
Patricia Boudwin
Sue Bridgman and Jim Downen
Betty Brooks
Mike Bullock
Café Della
Olga Carrillo
Sandra Caulkins
Chuck Gates Youth Golf
Endowment, Inc.
Clearwater Landscaping
Lynn Cleary
Barbara and Dennis Coleman
Mary and Mike Colhoun
Sara Colwell
Paul Conrad
Karen Curry
DL Evans Bank
Margit Donhowe
Deanna Drake
Maria Dudunakis and
Jerry Boesel
Darlene and Ted Dyer
Elevate Recruiting Group
Ann Ellis
Kimberly Ellwanger
Pamela Feld
Jim Feldbaum
Renoir Finizio
Susan Flandro
Marybeth Flower
Mary Kay Foley
Janet Swanberg and Edward
Forman
Coni Foster

Janis Fulton
Marie Gallo and Benjamin Frank
Matthew Gelso
Stacy Gilden and James Smith
Carol and Scott Glenn
Deana and Morley Golden,
Hollyn Martin
Linda Goldman
Sara Gorham
Michelle and Baird Gourlay
Marcee Graff
Gravity Fitness
Betty and Peter Gray
Grocery Outlet, Hailey
Grumpy's Inc
Linda and Hermie Haavik
Hank & Sylvie's
Florence Harvey
Annie Heiss
Tyler and Amery Hendricks
Tyler Hesse
Sandra and Rick Hesselbacher
Marcia and Greg Hines
Jill and David Hitchin
Franny Hjort
Sally Horn
Mark Howland
Laura Hubbard and Lindy Cogan
Gay Hurst
Croy Canyon Fund to Benefit
Blaine County Seniors in the
Idaho Community
Foundation
Dargatz Endowment Fund in the
Idaho Community
Foundation
Limelight Ketchum Community
Fund in the Idaho Community
Foundation
Idaho Tower
Candace Ireland
Irving's Red Hots
Jacqueline Jablonski
Alexandra Jackson
Josie Jackson
Rhonda and Michael Jaffe
Wendy and Jim Jaquet
Java Hailey
Jersey Girl
Stephanie Johnson
Laura Jordan
Bonnie Jean Justesen
KB's
Kaye and Gerry Kearns

Christine Keirn
Nancy Kercheval
Knob Hill Inn
Bob Knoebel
Susan Kraemer
Stephen and Amy Kroll
Cath Kutys
John and Deborah Kwan
La Cabañita
Alice Lane
Patricia Larson
Lefty's Bar and Grill
Todd Lewis
The Life Church
Carolyn Lister
Lizzy's Fresh Coffee
Valerie Logsdon and
Al Pokorny
Francis MacDonald
Mahoney's Bar & Grill
Elizabeth Mathieu
Anita and Michael McCann
Susan McKee
Megan McMahan
John Milner and Kim Taylor
Betty Murphy
Kim Nalen
Holbrook Newman
Caroline Nutter
Paul Oelerich
Gray Ottley
David Page
Nancy Parry
Gerri Pesch
Alice Nordstrom
Primavera Plants & Flowers
Collett Pruitt
Nancy Richards
Carlyn Ring
Barbara Rognlien
Juli Roos
Saffron Indian Cuisine
Karen and Keith Saks
Michelle Sandoz
Lyle and Gloriana Saylor
Becca Schubert
Rhea Schwartz and
Paul Wolff
Donna Scifres
Joyce Shay
~in memory of Jim Mara

Mardi Shepard
 ~in memory of Dick Hare
 ~in memory of Mike Phillips
 ~In memory of Lynn Whittelsey
 Patricia and David Sias
 Leslie and Tim Silva
 Christopher Simms
 Robert Smania
 Barbara Spallino
 Mark Spencer
 Lisa Wood
 Starbucks
 Carol Stephens
 Thomas and Kathryn Stevens
 Lara and Dave Stone
 Wheeler and Susie Summerhill
 Sun Valley Auto Club
 Sun Valley Company
 Sun Valley Insurance
 Sushi on Second
 Linda and Kent Swisher
 The Cellar
 The Pioneer
 The Pub
 Erica and Eric Thorson
 Anne Tokareff
 Kenny Trager
 Trinh Nail Salon
 Eeva Turzian
 Jennifer Uhrig
 Linda Vick
 Village Market
 Phyllis and Michael Viola
 Warfield Brewery
 Annette Weber
 Brock Weber
 The Edward J. Wes and Shirley S. Wes
 Revocable Trust
 Theresa Williams
 Susan Wolford
 Wood River Community YMCA
 Tricia and Jim Wood
 Janet Wygle
 Hannah Young
 Helen Ziegler

We do our best to accurately acknowledge gifts. Please email Director of Donor & Community Relations, Mary at marys@seniorconnectionidaho.org with any errors or omissions so we can correct our records.

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

OUR LOCAL VISION:
 The Senior Connection is the best part of a member's day.

OUR NATIONAL VISION:
 The Senior Connection is considered one of the finest senior centers in the country.

OUR VALUES:
 Kindness, Compassion, Respect, Responsibility

OUR KEY OBJECTIVES:
 Support Independence, Encourage Engagement, Promote Health

NEWSLETTER SPONSORS

YOUR AD HERE

BECOME A SPONSOR!
 Call Mary Simms @ 208-788-3468 for more information.

ASK PHIL

 **PHIL DOERFLEIN** 208.721.2539


Windermere
 REAL ESTATE SUN VALLEY



Due to new Idaho regulations passed, are you or your loved ones paying too much for your Medicare Supplement policy?

One phone call to our office and we can let you know if we can save you money.

Call us today.

"No matter how long the winter, spring is sure to follow." - Anonymous

Happy Spring!

*The Team at Insurance Specialists Group
Emily, Yira, Brandi, and Michelle*



Call me to schedule an appointment and discuss your options.

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

Michelle Sandoz
*Trusted Licensed
& Certified Independent Agent*



**CONGRATS TO REAL ESTATE
AGENT OF THE YEAR,
DEBRA HALL!**

208-928-SOLD



REAL ESTATE * CONSTRUCTION * PROPERTY MANAGEMENT



VOLUNTEER APPRECIATION LUNCHEON

THURSDAY, APRIL 27

11:30 AM at the Senior Connection

**SENIOR CONNECTION
721 THIRD AVE. S
HAILEY, ID 83333**

**RSVP BY MONDAY, APRIL 24 TO
BRIT@SENIORCONNECTIONIDAHO.ORG**

We're incredibly grateful for the **time**
and **talent** you bring to the Senior
Connection. Please join us as we
celebrate **YOU** and your impact in our
community!

HAPPY BIRTHDAY TO YOU!



- | | | | |
|----|----------------|----|------------------|
| 1 | Karen Bliss | | |
| | Alex DuMauriee | | |
| | Heidi Bynum | | |
| 3 | Daisy Arenas | | |
| | Wiley Ellis | | |
| | Michael Lee | | |
| 6 | David Hipp | 20 | Gary Boesar |
| 7 | Randy Miller | 21 | Ray Grosvenor |
| | Diana Anida | | Doug Wilcox |
| 8 | Ron Reese | 22 | Ralph Harris |
| | James West | | Shirley Barer |
| 9 | Franklin Hall | 23 | Sue Roland |
| 10 | Susan Passovoy | | Gary Price |
| 15 | Sharla Smith | 24 | Nancy Goodwin |
| 16 | Raquel Velasco | 25 | Gabriele Clemans |
| | Susie Reese | 26 | Nancy Urbany |
| | Kathy Lynn | | Katie Allen |
| 18 | Will Duke | 27 | Jeanne Bray |
| | Joyce Fogg | 28 | Gus Griffin |
| | Ilene Turner | 29 | James Downen |
| | Elaine Charlat | | Brian Ahern |
| 19 | Barbara Lee | | |
| | Maureen Coyle | | |
| 20 | Marsha LaVine | | |
| | Mike Henry | | |

We apologize if we have missed your birthday this month. Please let us know if your name was overlooked.
208-788-3468

DINERS CLUB

— THE —
KNEADERY



KETCHUM, IDAHO

The Kneadery - Ketchum

Saturday, April 15th
Meet at Senior Connection
11:30 AM to carpool

RSVP REQUIRED

Call Amy at 208-788-3468 at least one week in advance if you signed up and cannot attend, or if you need a ride.



Legacy Society

Create your legacy today, and support Blaine County seniors for years to come.

Joining the **Legacy Society** is as simple as naming the Senior Connection as a beneficiary in your estate plans.

We suggest you consult a financial advisor or estate attorney for help in choosing an option for you, or reach out to us to find out how to get the process started.

To pay it forward with a planned gift, give us a call at 208-788-3468 and ask for Jovita.

Navigating Longevity Speaker Series

Join us as we discuss dementia, delirium, and depression – three common mental health problems in older adults that you should know about and be able to identify, and Advanced Planning.

Thursday, April 20th • The Community Library • 1:00 PM – 2:30 PM

To register, visit: <https://thecommunitylibrary.libcal.com/event/10265121>

Dr. Carol Stephens PsyD, Licensed Psychologist

Dr. Carol has worked as a psychologist for over 35 years, and is currently on a mission to increase community awareness about changes in thinking and memory in older adults, and the grave importance of early identification and intervention. Her goal is to assist older adults and their families to be intentional in planning for a future with quality of life until the end. In her psychology practice she specializes in treatment of depression, anxiety, insomnia and mental health issues in adults, seniors, and their families. She also offers consultation, education, coaching and mediation for families, professionals, and community groups involved in care of older adults.



Ashley Scates, USC Graduate School of Gerontology

Ashley always had an inkling that a career in healthcare was her calling, and for most of her life it was. A few college internships and close encounters with bodily fluids confirmed that being a healthcare provider was not for her. That realization prompted her to discover how her passion for person-centered care could be fulfilled without being at the bedside. At that same time, she was involved in navigating care for her grandmother who lived in a different state. Her family brought on a care manager, Pam, who changed Ashley's experience with aging and end of life care. Thus a deep interest and passion for care management was born.

Ashley is a graduate of Santa Clara University where she got her Bachelors in Biology and Gerontology and a current graduate student at USC's School of Gerontology where she is pursuing her Master's in Aging Services Management - she will graduate in July. She is launching the Wood River Valley's first Geriatric Care/Aging Services Management business this May where she is excited to begin her work helping older adults and their families navigate aging and end of life.

APRIL ACTIVITIES

ADDITIONAL ACTIVITIES - Carey Center - Fit & Fall Proof
- Tuesday and Thursday, 10:00 am – 11:00 am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 Ageless Motion 11 am	28 Casey's Circuit 11:15 am - 11:45 am Silver Tuesday @ The Attic - 15% off for seniors	29 Fit & Fall Proof 11 am	30 Casey's Circuit 11:15 am - 11:45 am Albertson's 10% off for Seniors	31 Fit & Fall Proof 11 am	1
2	3 Ageless Motion 11 am	4 Casey's Circuit 11:15 am - 11:45 am Silver Tuesday @ The Attic - 15% off for seniors	5 Fit & Fall Proof 11 am	6 Casey's Circuit 11:15 am - 11:45 am Mtn. Rides Presentation @ Senior Connection 12 pm	7 Fit & Fall Proof 11 am	8
9	10 Ageless Motion 11 am	11 Casey's Circuit 11:15 am - 11:45 am Silver Tuesday @ The Attic - 15% off for seniors Bingo! Alzheimer's Association Presentation (pg. 15)	12 Fit & Fall Proof 11 am	13 Casey's Circuit 11:15 am - 11:45 am	14 Fit & Fall Proof 11 am	15 Diner's Club The Kneadery (pg. 8)
16	17 Ageless Motion 11 am	18 Casey's Circuit 11:15 am - 11:45 am Silver Tuesday @ The Attic - 15% of for seniors	19 Fit & Fall Proof 11 am	20 Casey's Circuit 11:15 am - 11:45 am Navigating Longevity Speaker Series (pg. 9)	21 Fit & Fall Proof 11 am	22
23/30	24 Ageless Motion 11 am	25 Casey's Circuit 11:15 am - 11:45 am Silver Tuesday @ The Attic - 15% off for seniors Bingo!	26 Fit & Fall Proof 11 am	27 Casey's Circuit 11:15 am - 11:45 am Volunteer Appreciation Luncheon	28 Fit & Fall Proof 11 am	29

-**Fit & Fall Proof Fit and Fall Proof™ (FFP)** 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.



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.

APRIL MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Shepard's Pie	4 Potato Bar	5 Smoked Brisket	6 Spaghetti and Meatballs Carey Congregate No Meals on Wheels	7 Fried Chicken	8
9	10 Chicken Parmesan	11 Grilled Steelhead	12 Roast Pork Loin	13 Turkey Pot Pie No Meals on Wheels	14 Fish and Chips	15
16	17 Chicken Enchiladas	18 Meatlof	19 Chicken Fried Steak	20 Burger Day No Meals on Wheels	21 Spaghetti and Meatballs	22
23/30	24 Chicken Caprese	25 Sweet and Sour Chicken	26 Pulled Pork	27 Volunteer Appreciation Luncheon Prime Rib No Meals on Wheels	28 Grilled Chicken	29

Menu is subject to change depending on product availability. Please arrive between 11:30am - 1pm for dine-in service. Reservations are required for Curbside Pickup. Call by 9am day of service or before. Meals are a suggested \$5 donation and financial assistance is available.

Senior Connection Programs + Services

NUTRITION

Congregate Lunches
Monday—Friday
11:30 am—1:00 pm
Check calendar for menu

Curbside Takeout Reservations Required
Call Amy @ 208-260-5336

Meals on Wheels
Home delivered meals
Call Brit @ 208-595-4220

CAREGIVING

Call Mary Ratliff @ 208-595-1896

Homemaker Services -Help with light housekeeping, errands, cooking and more

Personal Care Services - Help with bathing, dressing, companionship and more

Respite Services -Help with companionship and supervision for caregiver respite

FITNESS

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

Fit & Fall Proof Class
Wednesday & Friday @ 11 am

Casey's Circuit
Tuesday/Thursday @ 11:15 am

Ageless Motion w/Manon
Monday @ 11 am

TRANSPORTATION

Senior Connection Bus - Daily Rides to the Senior Connection Monday-Friday
***Reservations Required

Hailey/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

WELLNESS

Senior Connection
Vision and Hearing Center

FREE VISION AND HEARING SCREENINGS
Make an appointment request online and Director Sharla Smith will reach out to schedule a time for your vision or hearing screening.

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.

Caregiver Support Groups

“Caregiving often calls us to lean into love we didn’t know possible.”

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.

Questions? Email is at info@seniorconnectionidaho.org

the SENIOR CONNECTION Vision & Hearing Center

220 Second Avenue S #101
Ketchum, ID 83340
208-928-4301

Vision Services

- **Free screenings by appointment** for retinal diseases, diabetic eye disease, and glaucoma
- Treatment on site for retinal disease and referral arrangements for other vision conditions identified at screening review or exam

Hearing Services

- **Free screenings by appointment** to determine if someone has a loss of hearing and to identify hearing range
- For those with a hearing screen outside of the normal range, a referral for a thorough hearing evaluation with a hearing specialist will be initiated

Request an Appointment

Free screenings will be scheduled 4 days per week by appointment - all ages welcome for screenings. The doctors will be available 1 day per week by appointment.

Please visit our website or scan the QR code to the right to request your screening appointment today!



The Senior Connection Vision and Hearing Center is made possible through generous donors with a motivated vision to improve the quality of life for those living in the Wood River Valley with vision and hearing deficits. The Vision and Hearing screenings are offered at no cost, and we will welcome voluntary donations for this service.

The Senior Connection's mission is to connect seniors with essential services, meaningful programming, their peers, and the local community to foster purposeful and passion filled lives.

SPIRITUAL CORNER

The 4 Agreements

Everything we do is based on agreements we have made - agreements with ourselves, with other people, with God, and with life. But the most important agreements are the ones we make with ourselves.

- ~ Be impeccable with your word
- ~ Don't take anything personally
- ~ Don't make assumptions
- ~ Always do your best

-Don Miguel Ruiz,
The 4 Agreements

“Share your knowledge - it is a way to achieve immortality.”

- Dalai Lama

“There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.”

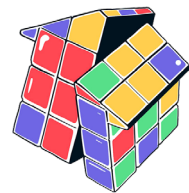
— Rachel Carson

“The meaning of life is just to be alive. It is so plain and so obvious and so simple. And yet, everybody rushes around in a great panic as if it were necessary to achieve something beyond themselves.”

-Alan Watts

Do our housing efforts meet your needs?

¿Nuestros esfuerzo de vivienda satisfacen sus necesidades?



English:

tinyurl.com/ytapnnuv



Screen-Reader:

tinyurl.com/353dz9hu



Español:

tinyurl.com/3y5dsbtz

As implementation of housing plans progress, Blaine County Housing Authority is working with the City of Ketchum to determine how well those actions meet the community's housing needs and preferences. Your input is extremely important since it will inform existing and potential housing programs and developments!

A medida que avanza la implementación de los planes de vivienda, la Blaine County Housing Authority está trabajando con la Ciudad de Ketchum para determinar qué tan bien esas oportunidades satisfacen las necesidades y preferencias de vivienda de la comunidad. ¡Su opinión es extremadamente importante ya que informará los desarrollos y programas de vivienda existentes y potenciales!

closes April 17
cerrará 17 de abril

Living with Alzheimer's Series: 10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Brought to you by



Tuesday, April 11 from 12 p.m. - 1 p.m.

Hailey Public Library
7 W Croy St
Hailey, ID 8333

For questions about the education
program call Kristin Fletcher (208)
788-2036.

Visit alz.org/CRF to explore additional
education programs online and in your area.

If you have any questions about Alzheimer's
and other forms of dementia please call the
Alzheimer's Association 24/7 Helpline at
1-800-272-3900.





PO Box 28 • Hailey, ID 83333



2023 Board of Directors

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Dr. Joseph Fastow

Secretary:

Mardi Shepard

Treasurer:

Michael Beck

Directors:

Rick Allington
Erin Buell
Vaelene Bryant
Mary Colhoun
Bob Kaplan
Robert Shuford
Shelley Seibel
Trish Wilson

MEET THE BOARD: BOB KAPLAN

Bob Kaplan is a retired professor from Vancouver, Canada, who moved to the Wood River Valley in 1991. He earned a Ph.D. in economics and an MBA from Harvard. He has served on the Board of Directors for the Moritz Hospital, and the Community Library, where he also served as treasurer. He enjoys classic cars, the great outdoors, and sports. He joined the Board of the Senior Connection in 2022. “I want to contribute in some way to the quality of life for the senior residents of our community.”

