

HELLO
2024
January Newsletter

Winter Emergency Kits
New Year Announcements
Let's Get Out
Diner's Club
Staff Spotlight



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



Newsletter

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The Team



Jovita Piña
Executive Director



Brit Werry
Associate Executive Director



Mary Simms
Director of Donor &
Community Relations



Mary Ratliff
Caregiving Manager



Sky Barker
Nutrition Director & Chef



Brooke Irby
Office Manager



Daisy Arenas
Administrative Assistant



Jeny Ambriz
Membership &
Information Coordinator



Veronica Cisneros
Transportation Coordinator



Eglantina Aguirre
Caregiver



Molly Green
Meals On Wheels Coordinator



Eliseo Gonzalez
Facilities Manager



Maria Vazquez
Sous Chef



Luis Joya
Dishwasher



Sharla Smith
Vision & Hearing Director



Janileth Ruiz
Vision & Hearing Technician



Brenda Stanton
Caregiver



Silvia Martinez
Caregiver



Leslie Sheehan
Caregiver

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

LETTER FROM Jovita

Happy New Year! I am so grateful for the outpouring of generosity we received at year end. Thanks to you, our incredible community, we can provide critical programs and services to Blaine County seniors all year long. **Thank you.**

I love the fresh start each new year can bring, and I want to remind you of all the ways you can be involved at the Senior Connection in 2024.

Health & Wellness – Senior Connection Fitness Memberships cost \$80/year and include access to all our fitness classes and unlimited access to the fitness center (except during class time). Classes include Fit & Fall Proof Class, Casey's Circuit, and Ageless Motion with Manon (see Activities calendar for schedule).

Transportation – Catch a ride to fitness classes and lunch at the Senior Connection, or make a reservation for a ride to your medical appointments. We pick you up at your house and assist you to the bus if needed. See rates on page 16, and give us a call for more information.

Caregiving – We are committed to ensuring that our older adult population can age in place, and with dignity for as long as possible. Our caregiving services help our seniors navigate the activities of daily living by providing the appropriate level of care. Additionally, we host a Caregiver Support group on the first Thursday of each month – at 11:00 am at the Senior Connection, and an Alzheimer's caregiver support group every Wednesday (see p.17).

Nutrition – Good food is good for the soul. Whether it be sharing a meal with someone at the Center or being delivered a nutritious meal with a friendly face – we aim to provide nutrition to help our older adult community function at their best. Visit us Monday – Friday 11:30 am – 1:00 pm for our congregate lunch or give us a call at 208-788-3468 to learn more about our Meals on Wheels program.

Volunteerism – Our volunteers are the heart and soul of what we do at the Senior Connection. Their commitment to Blaine County seniors is invaluable – and we're in need of lunchtime servers and Meals on Wheels drivers to join our mighty team of volunteers. Please give us a call at 208-788-3468 if you are interested in delivering delicious meals to our seniors!

Our community is what makes the Senior Connection so special, and we are grateful to start the year off together with so much good to come. Thank you all for everything you do to support and engage with the Senior Connection. I wish you all a safe and prosperous New Year!

With sincere thanks.

Jovita



IN GRATITUDE

Our sincere thanks to the following individuals and groups who gave to the Senior Connection between November 17th - December 17th.

Anonymous (3)
Susan Alban
Kelly and Wayne Allen
Samuel H. and
Mary Jane Armacost
Lynn and Janet Askew
Evelyn M. Avery
Ayco Charitable Foundation,
Phyllis and Michael Viola
Alexandra Babalis
Carol Baer
Maureen and Donald Baker
Joyce Beahen
Jim Blandford
Karen Boccabella
Sue Bridgman and Jim Downen
Spence and Barabara Browning
Anne and Mike Brunelle
Eric and Laura Camplin
~in honor of Betty Brooks
and Ron Foster
Barbara Capik
Nina Carroll and Travis Reed
Micki and Dan Chapin
Lucy Chubb
Steven Clayton
Barbara and Dennis Coleman
Marybeth Collins
Jane Conner
~in honor of Renoir Finizio
Rachel and Jeff Cooper
Roy and Patricia Crawford
Steven Crosser
Don and Heather Cunningham
Karen Curry
John Dominick
Ross and Kim Donald
Jim and Wendy Drasdo
Maria Dudunakis and Jerry Boesel
Hope Hayward and Walter Eisank
Ann Ellis

Jubal Farrow
Pamela Feld
Nancy and Chuck Ferries
Donna Finegan
Renoir and Joseph Finizio
Mary Floyd
Joyce Fogg
Peter and Ginny Foreman
Roger and Jeanne Foreman
Ellen Frieder
Robin Leavitt and
Terry Friedlander
Jeane Gadd
Marie Gallo and Ben Frank
Manon Gaudreau and
Aubrey Stephens
Matthew Gelso
Katharine Gibson
Anne and Charles Gifford
Jenny and James Smith
Marcee Graff
Lolly Greeninger
Nancy Gurney
Linda and Hermie Haavik
Hallmark Idaho Properties,
Bob and Debra Hall
Dee Dee and Michael Hansen
John and Margund Haskell
Michael and Irene Healy
The Life Church
Tyler and Amery Hendricks
Sandra and Rick Hesselbacher
Franny Hjort
James Hodge
Connie and Gary Hoffman
Larry and Mary Huck
Gay Hurst and Buddy Isom
Georgica Pine
Martha Jennings
Robert Nimmo and
Linda Jensen
Joan Leidy Foundation

Cleve and Andie Johnson
Johnson Foundation of
the Rockies
Debbie and Jerry Johnson
Laura and Craig Johnson
Robert and Nancy Jones
Jerry and Kathy Kavka
Kaye and Gerry Kearns
Nancy and Samuel Kennette
Susan King
Rae Kozlowski
John and Deborah Kwan
Diana Landis
Ali and Jerry Lane
Jami Lettice
Kathie Levison
Mila and Marty Lyon
Elizabeth Mathieu
Robert Mayer
Anita and Michael McCann
Leonard McIntosh
Susan McKee
Willa and Jim McLaughlin
Julie and Steve Meineke
John Milner and Kim Taylor
Deborah and James Mitchell
David Mollineaux
Melody Mattson and
Lane Monroe
Karen Morrison
Carrie and Bill Morrow
Jim and Laurie Moss
Elizabeth Murphy
Joan Mylnar
Martha and Curtis Page
James and Mary Peterson
Carol and Todd Pintler
Jori Potiker
Marjorie Praegitzer
Charles Pratt
Shari and Paul Preston
Laren and Gary Price

Collett Pruitt
Jolean and Allen Quimby
Patricia Radeke
Kathy Ratliffe
Susan Reinstein and Brian Ross
Julia and Alan Richardson
Mike Roundy
Sahm Family Foundation
Adele and Pat Savaria
Janet Schaumburg
Rhea Schwartz and Paul Wolff
Donna Scifres
Sandy Scott
Carol and Les Shanahan
Julia Shelly
Mardi Shepard
~in honor of Mary Simms
Jared Smith

The CMH Fund at the
Spur Community Foundation
Brenda Stanton
Blaine Stavn
Eugene and Sharon Steiner
Carol Stephens
Monique and Thomas Stern
Bob and Betty Stone
Deborah Straiton and Erik Larson
Carol Swig
Jean Tagliapietra
Karen and John Taylor
The Flanigan Family Foundation
~in honor of Sandor Szombathy
Barbara Timmons
Frank and Rosalie Tornello
Diana and Karl Wadsack
Rudy Webb
Penny Weiss
Geoff Wells

Sharon Wellsandt
Gail Wenger
Judy Whitmyre
Carolyn Wicklund
Jacqueline Wieman
Trish and Dave Wilson
Linda Winnovich
Tricia and Jim Wood
Kathryn Wright-Pulliam
and Dan Pulliam
Janet Wygle
Lawrence Young

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

Gratitude Highlight: 2023 Winter Emergency Kits

Special thanks to the incredible 5B Engine Works team who generously awarded \$5,050 to the Senior Connection's Winter Emergency Kits! 5B Engine Works fueled this program in its first official year, ensuring all seniors in our community had access to emergency items during the cold weather season. The kits included pantry staples, frozen meals, hats, gloves, blankets, flashlights, a list of emergency resources, and more.

Shout out to 5B Engine Works members Louise Wilson-Noyes, Marcia Hines, and Robin Leavitt for their efforts to assemble and lift these sturdy cotton bags in preparation for delivery, and the Meals on Wheels volunteer drivers who hand delivered the Emergency Kits.

We are so grateful for the incredible gifts of time, talent, and treasure from 5B Engine Works!



Thank you!

HALLMARK
IDAHO PROPERTIES

208-928-SOLD



REAL ESTATE * CONSTRUCTION * PROPERTY MANAGEMENT

YOUR AD HERE BECOME A SPONSOR

Please call
Mary Simms at
208-788-3468
for more information.

—AGING OUT WEST—

CONFIDENTLY NAVIGATE AGING

Care Management | Aging Advocacy
(208) 720-0194
agingoutwest.com



ASK PHIL



PHIL DOERFLEIN 208.721.2539



Windermere
REAL ESTATE SUN VALLEY



Celebrate the
New Year!

Let us count our joys and life's precious moments.

As your Local Medical Insurance Plans Advisor,
I will help you with your Medicare questions.

Call me to schedule and appointment
and discuss your options.

519 South Main St.
Hailey
208-788-9209

Michelle Sandoz
*Trusted Licensed
& Certified Independent Agent*



NEW YEAR ANNOUNCEMENTS

Dear Members and Clients,

We hope this letter finds you well. We are writing to inform you of an upcoming change at the Senior Connection that will affect our programs and service rates. This decision was not made lightly, and we want to provide you with a clear understanding of the reasons behind this adjustment.

Over the past several years, the Senior Connection has continuously strived to enhance the quality of services and programs we offer to our valued members. We have made improvements to our facilities, expanded our range of activities, and invested in new programs that cater to the diverse needs and interests of our senior community.

However, to sustain and improve the level of service you have come to expect from the Senior Connection, we find it necessary to adjust our membership rates. This adjustment will enable us to continue providing a high standard of facilities, programs, and services, ensuring that the Senior Connection remains a vibrant and enriching community hub for all our members.

The new rates will come into effect on **January 1st, 2024**. We understand that changes like these can be concerning, and we want to assure you that we have carefully considered the impact on our members. We remain committed to providing excellent value for your membership. The Senior Connection will continue to offer financial assistance for all our programs and services. For financial assistance help, please reach out to **Brit at 208-788-3468**.

We are dedicated to transparency and welcome any questions or concerns you may have regarding this change. Our team will be available to discuss the new rates, the value they represent, and how we are working to enhance your experience at the Senior Connection.

Thank you for being a part of our community. We look forward to continuing to serve you and creating meaningful experiences together.

-the Senior Connection Team



NEW YEAR RATES

EFFECTIVE JANUARY 1ST, 2024

MEALS ON WHEELS

\$6 PER MEAL

- Hailey Route, South Route, & North Route
- Includes Main Meal, Veggie, Salad, Fruit, Dessert

CONGREGATE LUNCH 60 AND OVER

\$6 SUGGESTED
DONATION

- Includes Soup, Salad, Main Course, and Dessert

CONGREGATE LUNCH 59 AND UNDER

\$10 PER MEAL

- Includes Soup, Salad, Main Course, and Dessert

TO GO MEALS

\$10 PER MEAL

- Includes Soup, Salad, Main Course, and Dessert

FITNESS MEMBERSHIP

\$80 PER YEAR

- Includes full access to our gym Monday-Friday anytime between 9:00-4:00 *except during classes
- Includes unlimited access to all fitness classes (Fit N Fall/ Ageless Motion / Casey's Circuit/ etc.

TRANSPORTATION & HOMECARE

- **Hailey/Bellevue** \$30 a month/ \$5 a day
- **Mid Valley** \$40 a month/ \$10 a day
- **Ketchum/Sun Valley** \$55 a month/ \$15 a day
- For updated HOMECARE rates, please reach out to Mary R. at 208-595-1896

The Senior Connection will continue to offer financial assistance for all our programs and services. For financial assistance information, please reach out to Brit at 208-788-3468.



Team



Sharla Smith, Director



Janileth, Technician

Retinal Specialist,
Dr. Jennifer Olbum D.O. FAOCO

in partnership with:



WELCH, ALLAN & ASSOCIATES

**Request
Your
FREE
Screening**



or call us at

208-928-4301

Diner's Club

La Cabañita – Hailey



Saturday, January 20th

Meet at the Senior Connection
12:30 PM to Carpool

RSVP REQUIRED - Limited Spots Available

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

the SENIOR CONNECTION

VISION & HEARING CENTER

220 Second Ave. S #101 • Ketchum, ID • 83340

www.seniorconnectionidaho.org/vision-hearing-center/

Vision Services

**Free screenings by
appointment for:**

- Retinal diseases,
diabetic eye disease,
and glaucoma

Treatment on site for:

- Retinal disease

Referral
arrangements for
other vision
conditions identified
at screening review

Hearing Services

**Free screenings by
appointment to:**

- Determine if
someone has a loss
of hearing
- 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

CENTER CLOSED

**Monday, January 1st
Thursday, January 18th**

The Senior Connection will be closed on:

- **January 1st** for the NEW YEAR!
- **January 18th** for our annual
staff retreat

THANK YOU FOR YOUR UNDERSTANDING



HAPPY BIRTHDAY TO YOU!



JANUARY 2024

1 Ali Lane
1 Casey Scherer
1 Norman Huber
1 Richard Carrothers
1 Richard Hill
1 Robert Pyrah
1 Suzie Pearson
2 Drew Ann Hastings
2 Linda Rotondella-Elie
2 Rosemary Mcilhaney
2 Tom Lovell
3 Judy Gordon
6 Eliseo Gonzales
6 Grant Swindle
7 Armando Lopez
7 Brian Dahl
7 Mary Peterson
7 Vicky Lockwood

8 Bonnie Lazzarini
8 Nancy Jones
8 Susan Dechevrieux
9 David Barovetto
9 Mariyah Cueva
10 Mar Jo Rumball-Petre
11 Les Dilley
11 Marty Arvey
12 Sandi Alford
12 William Smith
13 Colleen Dugger
13 Don Nocito
14 David Moe
15 Dedman Ella
16 Jane Eittreim
16 Mardi Shepard
16 Raquel Velazques
17 Randi Wilson

19 Faye Barker
19 John Brown
19 Julio Mitma
20 Betty Brooks
21 Gerald "Gerry" O'toole
21 Janis Corkery
21 Verla Goitiandia
22 Sandi Frederick
22 Tom Furtaw
25 Nathaniel Beitler
26 Emma Burton
26 Linda Pattinson
27 Mary Kim Uranga-laragan
27 Michael Hobbs
29 William Pryor
30 Carlyle De Bivort
30 Doug Brown
30 Helen Cornett

We do our best to acknowledge our Senior Connection family birthdays. Please email us at info@seniorconnectionidaho.org with any errors or omissions so we can correct our records.

ESTATE PLANNING CORNER

The Five Wishes

1. Who do you want to make your healthcare decisions for you when you can't make them?
2. What kind of medical treatment do you want/not want?
3. How comfortable do you want to be?
4. How do you want people to treat you?
5. What do you want your loved ones to know?

The Five Wishes is an advanced directive, and is an essential part of estate planning that spells out your wishes for the time period in which you are unable to make your own personal, financial, and health decisions.

Scan the QR code to preview the easy to fill out Five Wishes form, and document your wishes today!



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 a member of the Development Team.

CALLING ALL NEW YEAR PARTY ANIMALS!

We are seeking enthusiastic **LUNCHROOM VOLUNTEERS** to join our team at the Senior Connection in Hailey.

Lunch is served M-F 11:30 AM - 1:00 PM

If you have a heart for serving and enjoy brightening the lives of seniors, this is the perfect opportunity for you!

No previous experience is necessary, and training will be provided. Join us in creating a supportive and enjoyable dining experience for our members.

To sign up or learn more, please contact Jeny at 208-788-3468 or jeny@seniorconnectionidaho.org

Your time and talent will go the distance in supporting Blaine County seniors.



Scan the QR code to sign up on our website.

LET'S GET OUT - BLAINE COUNTY HISTORICAL MUSEUM Wednesday, January 10th 2024

Come take a walk through memory lane at the Blaine County Historical Museum.

The Blaine County Historical Museum takes great pride in being a deposit for the history of our community. It is our passion to share that history, and inspire and educate the future generations. BCHM believes that knowing the history of your area connects you to your community and inspires you to be a more involved citizen.

We will be leaving the Senior Connection at 1:15 PM.

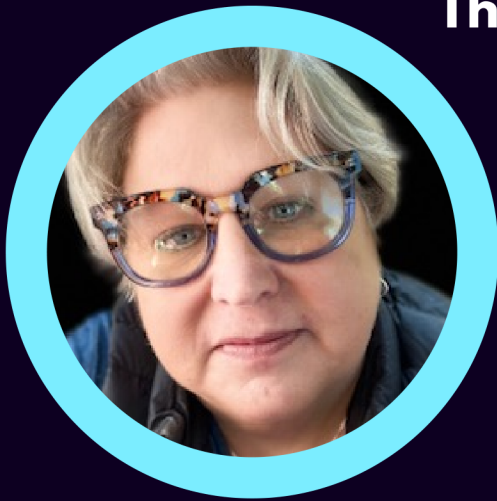
**SPACE IS LIMITED,
PLEASE MAKE YOUR
RESERVATIONS WITH
BRIT @ 208-788-3468**



Technology Clinics

**Current Scams and Frauds:
Thursday, January 11 at 1:00 PM**

**Personal Device & Technology Support
Thursday, January 25 at 1:00 PM**



WITH CHERI REINKE
CR TECH SUPPORT

Join us at the Senior Connection on 1/11 and 1/25 for education, information, and support for all your technological needs!

Cheri Reinke with CR Tech Support will lead two clinics that will help you identify frauds/scam as well as support with your personal tech devices,

Clinics

- 1/11/24 - Current Scams and Fraud Alerts
- 1/25/24 - Personal Device and Technology Questions

Space is limited - RSVP now!

208-788-3468

info@seniorconnectionidaho.org



January Activities

Additional Activities

Carey Center - Fit & Fall Proof - Tuesday and Thursday, 10:00 - 11:00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED <i>Happy New Year</i>	2 CASEY'S CIRCUIT 11:15-11:45 BINGO	3 FIT & FALL 11:15 AM <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	4 CASEY'S CIRCUIT 11:15-11:45	5 FIT & FALL 11:15 AM	6
7	8 AGELESS MOTION 11:15 AM	9 CASEY'S CIRCUIT 11:15-11:45	10 FIT & FALL 11:15 AM LET'S GET OUT Blaine County Historical p. 13 <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	11 CASEY'S CIRCUIT 11:15-11:45 Technology Clinic p.13	12 FIT & FALL 11:15 AM	13
14	15 AGELESS MOTION 11:15 AM	16 CASEY'S CIRCUIT 11:15-11:45 BINGO	17 FIT & FALL 11:15 AM <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	18 CLOSED	19 FIT & FALL 11:15 AM	20 DINERS CLUB p.11 
21	22 AGELESS MOTION 11:15 AM	23 CASEY'S CIRCUIT 11:15-11:45	24 FIT & FALL 11:15 AM <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	25 CASEY'S CIRCUIT 11:15-11:45 Technology Clinic p.13	26 FIT & FALL 11:15 AM	27
28	29 AGELESS MOTION 11:15 AM	30 CASEY'S CIRCUIT 11:15-11:45 BINGO	31 FIT & FALL 11:15 AM <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>			



Fit & Fall Proof Fit and Fall Proof™ (FFP)
Helps improve mobility for every day living activities.

Casey's Circuit Training
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
A class that cultivates body-mind health through awareness, mindfulness, slow movements, breathing exercises, self massage, meditation, body-mind rejuvenation, and happiness skills.



January Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED <i>Happy New Year</i>	2 LEMON GARLIC CHICKEN	3 TUNA CASSEROLE	4 BRATWURST <i>Carey Congregate</i> NO MEALS ON WHEELS	5 BLUEBERRY PANCAKES	6
7	8 SWEET AND SOUR CHICKEN	9 BEEF STROGANOFF	10 PORK VERDE	11 BEEF POT ROAST NO MEALS ON WHEELS	12 BISCUITS AND GRAVY	13
14	15 GINGER BEEF BROCCOLI	16 CHICKEN PARM	17 FISH AND CHIPS	18 CLOSED NO MEALS ON WHEELS	19 BELGIUM WAFFLES	20
21	22 SAUSAGE AND PEPPERS	23 SPINACH CHICKEN CASSEROLE	24 COTTAGE PIE	25 TURKEY DAY NO MEALS ON WHEELS	26 TOMATO SPINACH FRITTATA	27
28	29 FRIED CHICKEN	30 PULLED PORK	31 CHEESE RAVIOLI			

***Menu is subject to change depending on product availability.
Please arrive between 11:30 AM- 1 PM for dine-in service.**

Lunches

\$6 for adults 60 and better (A suggested donation)

\$10 for those under 60 years of age

\$10 for meals To-Go

\$4 for children 12 and under



Senior Connection Programs + Services

NUTRITION

Congregate Lunches

Monday–Friday

11:30 am–1:00 pm

Check calendar for menu

To Go Meals: \$10 charge per pick up meal. If you would like a meal to-go, you can pick up a meal between 11:30 to 1:00.

Meals on Wheels

Home delivered meals, Call Molly @ 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) - \$80 per year

Fit & Fall Proof Class

Wednesday & Friday @ 11:15 am

***Carey Center - Fit & Fall Proof - Tuesday and Thursday, 10:00 - 11:00**

Casey's Circuit

Tuesday/Thursday @ 11:15 am

Ageless Motion w/Manon

Monday @ 11:15 am

TRANSPORTATION

Senior Connection Bus - Daily Rides to the Senior Connection Monday-Friday

Reservations Required - 48 Hours In Advance

Hailey/Bellevue - \$30 per month or \$5 per day

Mid-Valley - \$45 per month or \$10 per day

Ketchum, Sun Valley, Carey and Picabo -

\$55 per month or \$15 per day

WELLNESS

**Senior Connection
Vision and Hearing Center
208-928-4301**

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

www.seniorconnectionidaho.org/vision-hearing-center/

Mountain Rides Public Transportation

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

Call 208-788-7433 for pickup.
All routes are currently free.

Mountain Rides also offers paratransit/ADA service. For Non-Emergency Medical Transport, NEMT, request Kim to schedule
@ 208-788-7433

The New Year has descended
To help us ascend
To our highest heights.

Sri Chinmoy



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 us at info@seniorconnectionidaho.org

Alzheimer's/Dementia Caregiver Support Group

Every Wednesday from 2:00–3:30

The Blaine County community continues to see a rise in folks being diagnosed with Alzheimer's and other related dementias. Their caregivers face the challenges of navigating this disease while providing care for their loved ones.

Dr. Carol Stephens, licensed psychologist who specializes in geriatrics as well as Senior Connection Caregiving Manager, Mary Ratliff, will lead and facilitate this group to provide education, therapy, and support.

Dr. Carol and Mary are both certified to train by the Alzheimer's Association.

Call 208-788-3468 for more information

the Senior Connection – 721 S Third Ave - Hailey, Idaho



MEET THE STAFF:

Brooke Irby ~ Office Manager

My name is Brooke Irby and I am the new Office Manager. I will be working with the entire team to make sure operations run as smoothly as possible.

With a degree in Business Management from Cornell (Go Big Red!), numbers and spreadsheets are my bread and butter.

Originally hailing from a small village in England I have been a part of the Wood River community for 10 years and live in Ketchum with my son (Wesley, 9 years old), daughter (Maisie, 4 years old), and my two dogs Pete and Larry. When I'm not staring at an Excel sheet, you can find me with my nose in a book, watching a NatGeo documentary, or looking for fairies in the mountains with my little ones.

With my mentor being my late Grandfather, I chose to be a part of the Senior Connection because I want to be a part of something bigger than myself. It is my belief that being a part of a community means supporting each other and that is what I am here to do.

My door is always open, so please stop by and have a cup of tea, coffee, or some chocolate with me.

I look forward to getting to know each and every one of you and can't wait to be a contributing member of this organization.



WELCOME BROOKE!

FITNESS MEMBERSHIP

the SENIOR
CONNECTION
FITNESS & GYM 2024



WHY JOIN OUR ANNUAL MEMBERSHIP?

Our program is designed to promote physical, mental, and emotional well-being by offering a range of fitness classes suitable for all fitness levels. We are here to encourage new friendships, shared experiences and all while working out in a safe and welcoming environment.

BENEFITS YOU CAN GAIN WITH US:

- Exercises that help promote mobility
- Circuit training with professional Trainers
- Modern equipment & weights
- Unlimited Access Mon-Fri from 9am-4pm *

ANNUAL 12-MONTH MEMBERSHIP

\$80 / PERSON

GET MOTIVATED, AND STAY
ENERGIZED! SIGN UP FOR YOUR
SENIOR CONNECTION
GYM MEMBERSHIP TODAY



+208-788-3468
SENIORCONNECTIONIDAHO.ORG
721 SOUTH 3RD AVE HAILEY, ID 83333

*No access during fitness classes scheduled M-F 11:15AM - 12:00 PM

2024 Board of Directors

Chairperson:
Don Cunningham

Vice Chair:
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: Erin Buell

Erin has lived in the valley for over 25 years. She is an outreach coordinator and educator at St. Luke's WR Center for Community Health, a Parent Educator for the Family Court Services of Blaine County, and has a private practice in family mediation.

Erin is a past board member for Habitat for Humanity and has served on the board for the Senior Connection since 2016. "I believe that aging and longevity are true gifts that should be valued and supported by families and communities. I cherish serving on the Board of the Senior Connection as we strive to enhance our valley with vibrant, healthy, and meaningful opportunities for our senior population, and to provide appropriate and caring resources and services."

