



the **SENIOR**   
**CONNECTION**

**April**  
**NEWSLETTER**

**Gratitude Highlight**

**Solar Eclipse**

**Bridge**

**Stars Among Us**

**Bingo!**

**Let's Get Out - Miracle Hot Springs**

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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



Molly Green  
Meals On Wheels Coordinator



Eliseo Gonzalez  
Facilities Manager



Maria Vazquez  
Sous Chef



Luis Joya  
Kitchen Staff



Ase Anderson  
Kitchen Staff



Brenda Stanton  
Caregiver



Silvia Martinez  
Caregiver



Leslie Sheehan  
Caregiver



Charlotte Jones  
Caregiver



Eglantina Aguirre  
Caregiver



Janileth Ruiz  
Vision & Hearing Technician

# Letter From Jovita

Dear Friends of the Senior Connection,

**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.**

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 25th 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.** During the luncheon, we will also host our Annual Membership meeting. Be sure to join us to hear organizational updates and vote in newest board members.

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 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 the 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!

Last but certainly not least, I am in awe of the outpouring of generosity we received for our annual March for Meals fundraiser. Thanks to you, we raised 100% of our \$50,000 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**



# IN GRATITUDE

**Our sincere thanks to the following individuals and groups who gave to the Senior Connection between February 17 – March 15.**

Anonymous  
Mary and Jon Adams  
~in memory of Benjamin Frank  
Phyllis and Michael Viola,  
Ayco Charitable Foundation  
Alexandra Babalis  
Barry Bortz  
Sue Bridgman and Jim Downen  
Ryan Brodovsky  
~in memory of Benjamin Frank  
Barbara and Dennis Coleman  
Maija and Alvin Eerkes  
Jim Feldbaum  
Nancy and Chuck Ferries  
Joseph Finizio  
Nancy Flannigan  
Sandra and John Flattery  
~in honor of Mardi Shepard  
Joyce Fogg  
Mary Kay Foley  
Marie Gallo  
~in honor of Mardi Shepard  
~in honor of Gina Wolcott  
Bob and Barbara Grabowski  
Marcee Graff  
Tod and Barbara Hamachek  
Shirley Thomas Held  
The Life Church  
Tyler and Amery Hendricks  
Franny Hjort  
Gay Hurst and Buddy Isom  
Thomas B. and  
Lynn Campion-Waddell  
Candace Ireland  
James and Barbara Cimino  
Wendy and Jim Jaquet  
Anne Jeffery and Jack Sept  
~in memory of Benjamin Frank  
Laura and Craig Johnson  
Robert and Nancy Jones  
Lynn and Bill Kronberger  
Diana Landis  
Ali and Jerry Lane  
Lizzy's Fresh Coffee  
Valerie Logsdon and  
Al Pokorny  
Elizabeth Mathieu  
Sandra and Jack McCullough  
Walter McKew  
Joseph and Elizabeth Miczulski  
Melody Mattson and Lane Monroe  
Carrie and Bill Morrow  
~in memory of Benjamin Frank  
Elizabeth Murphy  
Gerri Pesch  
Christine Peterson  
~in memory of Benjamin Frank  
Collett Pruitt  
Ronile and Leroy Robinson  
Donna Scifres  
Mardi Shepard  
Robert Smania,  
Smania Fine Finishing  
Stephy and Dan Smith  
Nancy and James Welsh  
Evan Stelma and Bart Lassman  
~in memory of Phyllis Stelma  
Carol Stephens  
Bob and Betty Stone  
Chris and Dave Vik  
~in memory of Benjamin Frank  
Penny Weiss  
Beverly Dechevrieux  
Trish and Dave Wilson  
~in memory of Benjamin Frank  
Penny Weiss

Susan Wolford  
Youth Philanthropy Initiative  
Tricia and Jim Wood  
Sue Woodyard  
~in memory of  
Benjamin Frank  
Janet Wygle

**We do our best to  
acknowledge gifts. Please  
email us at  
[info@seniorconnectionidaho.org](mailto:info@seniorconnectionidaho.org)  
with any errors or  
omissions so we can  
correct our records.**

“The best part about  
lunch at the Senior  
Connection isn't the  
meal, but the  
conversations I get to  
have with my friends  
when I'm here.” -  
Senior Connection  
Member

# GRATITUDE HIGHLIGHT

Community members celebrate friendship  
and inspire reciprocal generosity



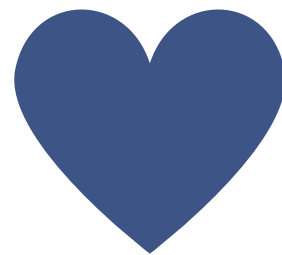
It is heartwarming to see our friends inspire such generosity.

We successfully kicked off our **March for Meals** campaign and supported our **Connection Club** program thanks to a special group of women who stood together to support seniors while honoring their dear friend, and Senior Connection board member, **Mardi Shepard** on her birthday.

In the spirit of giving, Mardi matched her friend's generosity **DOUBLING** the impact of their gifts!

Together, these individuals helped raise an incredible **\$5,745** to support Blaine County seniors.

Thank you to Mardi Shepard and her friends for making the health and well-being of Blaine County seniors a priority!



# THANK YOU



# 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



### 208-928-SOLD



REAL ESTATE \* CONSTRUCTION \* PROPERTY MANAGEMENT

# ASK PHIL



PHIL DOERFLEIN 208.721.2539



## Windermere

REAL ESTATE SUN VALLEY

**Happy Spring**  
from  
**Insurance Specialists Group**  
your  
**Local Medicare Plans Advisor**

We can assist you to make sure you have  
the best rate for your Medicare  
Supplement.

519 South Main St.  
Hailey  
208-788-9209

**Michelle Sandoz**  
Your Local Trusted Medicare  
Insurance Plans Advisor

# Solar Eclipse Watch Party

Monday, April 8th

Join us at the Senior Connection on Monday, April 8th, at 11:30 am for an unforgettable experience! We're hosting a Solar Eclipse Watch Party where you can witness the beauty of the cosmos with fellow enthusiasts. Don't miss out on this celestial event!

Protective glasses will be provided



# PROGRAM RATE CHANGES

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

**\$6** SUGGESTED DONATION

- Includes Soup, Salad, Main Course, and Dessert

**60 AND OVER**

## CONGREGATE LUNCH

**\$10** PER MEAL

- Includes Soup, Salad, Main Course, and Dessert

**59 AND UNDER**

## 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.

# April Activities

## Additional Activities

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>CLOSED</b>	2 CASEY'S CIRCUIT 11:15-11:45	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 <b>Bridge 1:15PM</b>	6
7	8 AGELESS MOTION 11:15 AM <b>Solar Eclipse 11:30-1:00</b>	9 CASEY'S CIRCUIT 11:15-11:45	10 FIT & FALL 11:15 AM <b>Special BINGO</b> <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	11 CASEY'S CIRCUIT 11:15-11:45	12 FIT & FALL 11:15 AM <b>Bridge 1:15PM</b>	13
14	15 AGELESS MOTION 11:15 AM <b>Line Dancing 1:30PM</b>	16 CASEY'S CIRCUIT 11:15-11:45 <b>BINGO</b>	17 <b>Let's Get Out</b> FIT & FALL 11:15 AM <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	18 CASEY'S CIRCUIT 11:15-11:45	19 FIT & FALL 11:15 AM	20 DINERS CLUB p.10 
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 <b>Volunteer Appreciation Lunch</b>	26 FIT & FALL 11:15 AM	27
28	29 AGELESS MOTION 11:15 AM <b>Line Dancing 1:30PM</b>	30 CASEY'S CIRCUIT 11:15-11:45 <b>BINGO</b>				

**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.



# April Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Easter Monday Closed</b>	2 <b>Orange Chicken</b>	3 <b>Chili Dog</b>	4 <b>GYRO</b> <small>NO MEALS ON WHEELS</small>	5 <b>Ham and Cheese Strata</b>	6
7	8 <b>Shrimp Fettuccini Alfredo</b>	9 <b>Pork Verde</b>	10 <b>Chicken Parm</b>	11 <b>Sub Sandwich</b> <small>NO MEALS ON WHEELS</small>	12 <b>Creme Brule French Toast</b>	13
14	15 <b>BBQ Pulled Pork</b>	16 <b>Bison Bratwurst</b>	17 <b>Fish and Chips</b>	18 <b>Turkey Dinner</b> <small>NO MEALS ON WHEELS</small>	19 <b>Cottage Pie</b>	20
21	22 <b>Beef Stroganoff</b>	23 <b>Lemon Garlic Chicken</b>	24 <b>Baked Ziti</b>	25 <b>Bacon Cheeseburger Volunteer Appreciation Lunch</b> <small>NO MEALS ON WHEELS</small>	26 <b>Bacon Eggs Hashbrowns</b>	27
28	29 <b>Sweet and Sour Chicken</b>	30 <b>Lasagna</b>				

**\*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



# the SENIOR CONNECTION

VISION & HEARING CENTER

in partnership with:



**WELCH, ALLAN & ASSOCIATES**

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



Dr. Nathan Welch,  
MD



Dr. Jennifer Olbum  
D.O. FAOCO



Janileth Ruiz,  
Technician



## Vision Services

**FREE SCREENINGS** by appointment for:

Retinal diseases, diabetic eye disease, 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 hearing loss, and identify hearing range

For those with a hearing screening outside the normal range, a referral for a thorough hearing evaluation with a hearing specialist will be initiated.

[www.seniorconnectionidaho.org/vision-hearing-center/](http://www.seniorconnectionidaho.org/vision-hearing-center/)

## Diner's Club



**Saturday, April 20**

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.

## Closed

**Monday, April 1st**

**We will be closed on Monday, April 1st,** for maintenance purposes.

We apologize for any inconvenience this may cause and we appreciate your understanding.



# TO BID OR NOT TO BID

JOIN US IN PLAYING BRIDGE!



ALL SKILL LEVELS ARE ARE WELCOME!

DISCOVER THE JOYS OF BRIDGE WITH OUR FANTASTIC VOLUNTEER, JAN, WHO IS EAGER TO HELP YOU LEARN AND EVEN OFFER LESSONS! JOIN US FOR A GAME AND EXPAND YOUR SKILLS!



THE SENIOR CONNECTION | FRIDAY APRIL 5TH & 12TH AT 1:15 PM

CONTACT BRIT AT 208-595-1803 TO MAKE YOUR RESERVATIONS!



## WOOD RIVER HIGH SCHOOL NATIONAL HONOR SOCIETY



HOSTS

# BINGO

THE SENIOR CONNECTION | WEDNESDAY APRIL 10TH | 1:15PM

JOIN US FOR AN EXCITING COUPLE OF HOURS OF BINGO! INDULGE IN A DELIGHTFUL ARRAY OF PRIZES AND DELECTABLE TREATS AS YOU ENJOY THE THRILL OF THE GAME. THIS PROMISES TO BE A FUN-FILLED EVENT YOU WON'T WANT TO MISS!

CONTACT BRIT AT 208-595-1803 TO MAKE YOUR RESERVATIONS! 13



# **VOLUNTEER APPRECIATION LUNCHEON**

We're getting together  
to say **THANK YOU**  
for all your hard work!

**THURSDAY, APRIL 25**  
11:30 AM – 1:00 PM

RSVP BY MONDAY APRIL 22  
TO [BRIT@SENIORCONNECTIONIDAHO.ORG](mailto:BRIT@SENIORCONNECTIONIDAHO.ORG)

# April Word Search



April

Birds

Sheep

Spring

Bunnies

Easter

Rain

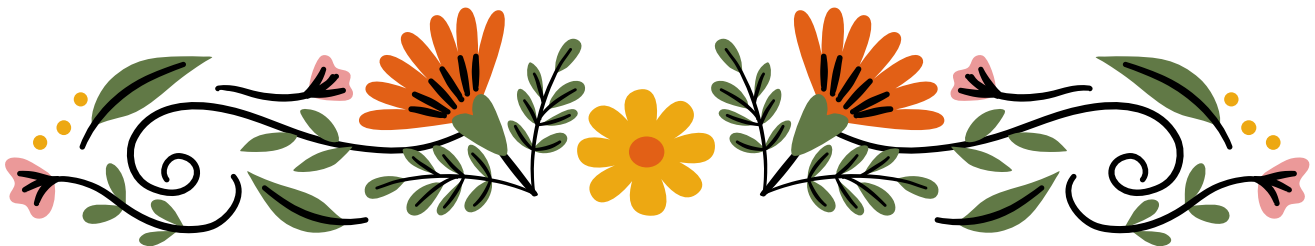
Sunny

Earth

Flowers

Tricks

Butterflies



# THANK YOU



**We extend our deepest gratitude to each and every one of you who participated in March for Meals!** Your commitment to Blaine County seniors ensures we can deliver good food, hope, and peace of mind all year long.

**Your kindness and compassion truly shine through, and we're overwhelmed with gratitude for your support.** Together, we're making a difference in the lives of our seniors, ensuring they receive the nourishment and care they deserve. We couldn't do this without you.





# The Benefits of Eating With Others:

## Connecting Nutrition and Socialization for Better Health

### THE POSITIVE IMPACT OF EATING TOGETHER

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

#### Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility



#### Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression



#### Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness



### REDUCED HUNGER IS MORE COMMON AS WE AGE

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

**Eating better overall** or certain food groups like protein and vegetables.



**Consuming more calories** to provide needed energy.



**Taking in more nutrients** like iron, calcium, and folate.

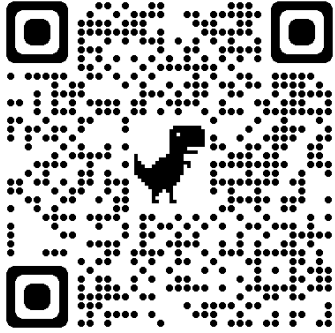


#### Sources cited

- Gender differences in longevity in free-living older adults who eat-with-others: A prospective study in Taiwan. 2017. •A systematic review and meta-analysis of the social facilitation of eating. 2019.
- Social influences and eating behavior in later life: a review. 2011.
- “You’ve got to be old to go there:” psychosocial barriers and facilitators to social eating in older adults. 2020. •Living alone but eating together: exploring lunch clubs as a dining out experience. 2017.
- Eating along or together among community-living older people - a scoping review. 2021.



Scan the QR code to sign up on our website.



We are seeking folks to join our mighty team of volunteers!

## Meals on Wheels Drivers Lunchroom Servers

No previous experience is necessary, and training will be provided.

Join us in creating a supportive community for our seniors.

To sign up or learn more, please contact us at 208-788-3468.

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



## ESTATE PLANNING CORNER

**What makes greatness is starting something that lives after you.**

**Estate Planning:** the process of anticipating and arranging for the management and disposal of a person's estate during the person's life in preparation for a person's future incapacity or death.

**Take this survey to see if you should learn more about estate planning.**

**Have you created a will to outline your wishes for your estate?**

Yes / No

**Do you own your home?**

Yes / No

**Do you have a next of kin?**

Yes / No

**How familiar are you with the concept of estate planning?**

Not familiar / Somewhat familiar / Moderately familiar / very familiar / extremely familiar

**Cut out this survey and return to the Senior Connection to be added to a list of invitees for a special estate planning session presentation!**

# LINE DANCING

Join us for a boot kickin' good time!

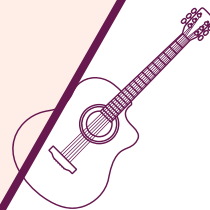
Monday, April 15th and 29th at 1:30 PM

@ the Senior Connection

Must be a senior or bring a senior 55+

**Dance Instructor:** Jenny Heekin

**Class is limited, please reach out  
to Brit for reservations**



# LET'S GET OUT MIRACLE HOT SPRINGS

WEDNESDAY, APRIL 17TH

Experience the rejuvenating wonders of Miracle Hot Springs! Departing from the Senior Connection at 9:15am.

Don't forget to pack your swimming suit, towel and extra dry clothes for a day of relaxation and fun.

Secure your spot with Brit today!



# Senior Connection Programs + Services

## **NUTRITION**

### **Congregate Lunches**

Monday–Friday

11:30 am–1:00 pm

**\*Carey Congregate first Thursday of every month**

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/](http://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

**Don't let life's trials harden  
your heart. Learn to seek  
the lesson...**

**The most beautiful spiritual  
gifts are most likely to have  
evolved from your hardest trials..**

## **Alzheimer's/Dementia Caregiver Support Group**

**Every Wednesday from 2:00–3:30  
at;the Senior Connection**

Dr. Carol Stephens, licensed psychologist who specializes in geriatrics, will lead and facilitate this group to provide education, therapy, and support. Dr. Carol is certified to train by the Alzheimer's Association. **Call 208-788-3468 for more information.**

Blaine County 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 and the Senior Connection have partnered to offer a support group for those navigating the challenges of a loved one being diagnosed with Alzheimer's and other related dementias.



**“Caregiving often calls us to lean into love  
we didn't know possible.” - Tia Walker**



# Stars Among Us: Tricia Dunne

**Tricia Dunne, a force to be reckoned with.** Tricia was born in Brooklyn, New York, on October 26, 1956, and grew up in the suburbs. In the 60's and 70's she was surrounded by 75 kids in her neighborhood and outside was their playground. Tricia and her friends would be outdoors from dawn 'til dusk playing kickball and riding bikes.

School, though, was a different story. Turns out, Tricia battled with dyslexia, but didn't even know it until her later high school years. It made learning an uphill battle. Tricia was an introvert but jammed out to the best of them including Carole King and Cat Stevens. After high school, she headed to Vermont where she found herself with a newfound freedom and a passion for skiing. She skied nearly every day while at school. She studied early childhood education to eventually help young ones on their educational journey.

Post-graduation, Tricia found purpose in caring for adults with disabilities, a role that defined the next four years of her life. Tricia had family in Ireland and had visited in her younger years and felt that it was time for her to make a big change. Tricia moved to Ireland and found a job as a house manager supporting adults with disabilities. It was during this time in Ireland that she met her first husband and together they moved back to the States. She and her husband found work caretaking for a family's estate in New York when Tricia found out she was pregnant with her first son. For 14 years they lived and worked in New York raising their son.

Tricia is always up for an adventure so, in 2001, she visited Sun Valley and found herself visiting family and skiing in Sun Valley. She and her family loved it so much they moved to the valley. In 2006 after some big winters, Tricia and her family decided to make the move to Colorado and make it their home for a good portion of the following decade, giving her all to the school district and making memories to last a lifetime.

When Tricia was in her 30s she was diagnosed with Retinitis Pigmentosa is a rare, inherited degenerative eye disease that causes severe vision impairment. There is no cure. Life, being the rollercoaster it is, brought Tricia back to Sun Valley in 2016. Tricia stands tall as a symbol of resilience and courage and does not let her vision stop her from living an incredible life. Tricia loves to travel and hike and even finds the time to advocate for her community. In 2023, Tricia journeyed to the Idaho Capital where she had courageous conversations advocating for affordable housing as well as caregiver rights and wellness. Tricia is always evolving and learning, and her next project includes participating in board member training so she can step in as a leader in our community.



# Happy Birthday April 2024

**Good health, good luck, and happiness on your special day!**

1 Alex Dumauriee  
1 Karen Bliss  
1 Heidi Bynum  
2 Cameron Faulds  
3 Wiley Ellis  
3 Daisy Arenas  
3 Michael Lee  
3 Lyn Preshure  
3 Richard Cabitto  
5 Hanna Pole  
6 David Hipp  
7 Diana Anida  
7 Randy Miller  
7 Willy Cook  
7 Tomas Zacari  
8 Ron Reese  
9 Manon Gaudreau  
9 Franklin Hall  
10 Susan Passovoy  
12 Mark Sheving

13 Ronald Brans  
14 Barbara Wilkinsen  
16 Kathy Lynn  
16 Raquel Velasco  
16 Susie Reese  
17 Craig Nalen  
18 Elaine Charlat  
18 Joyce Fogg  
18 Will Duke  
18 Ilene Turner  
19 Maureen Coyle  
19 Barbara Lee  
20 Gary Boesar  
20 Mike Henry  
20 Marsha Lavine  
21 Doug Wilcox  
21 Ray Grosvenor  
21 Margaret Kolar  
21 Wesley Moore  
22 Ralph Harris

22 Shirley Barer  
22 Raul Gonzales  
23 Gary Price  
23 Sue Roland  
24 Nancy Goodwin  
25 Leslie Silva  
25 David Lipman  
25 Gabriele Clemans  
25 Patricia Adams  
26 Katie Allen  
26 Nancy Urbany  
27 Patricia Larson  
27 Jeanne Bray  
28 Augusta Griffin  
28 Edward Gardner  
28 Patricia Rawlinson  
29 James Downen

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

## 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.**

## 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  
Bob Kaplan  
Shelley Seibel  
Trish Wilson

### Meet the Board: Rick Allington

Rick Allington has over 30 years of experience representing clients in various capacities and has recently achieved a Masters of Law (L.L.M.) in Elder Law. It is in this area that he hopes to focus his practice in the future. Rick has lived in the valley for 29 years, and in his free time

he enjoys hiking, biking, skiing, fishing and photography. He joined the Board of the Senior Connection in 2022. "I think of the Senior Connection as a hub that connects seniors, and their families, to services and resources, as well as providing a place to interact with the community.

I hope to use my knowledge and skills to be an advocate for the people and families of this underserved and growing population."

