

the SENIOR CONNECTION

# NOVEMBER NEWSLETTER



Soup Exchange  
Let's Get Out - Jackpot  
Jam Session  
Wreath Decorating Class

721 THIRD AVE. S. HAILEY, ID 83333

# NEWSLETTER CONTENTS



3	<b>Meet the Team</b>
4	<b>Letter from Jovita</b>
5	<b>Donor Thanks</b>
6	<b>Impact Report</b>
7	<b>Soup Exchange</b>
8	<b>Veterans Day</b>
9	<b>Let's Get Out: Jackpot</b>
10	<b>Activities Calendar</b>
11	<b>October Menu</b>
12	<b>Diner's Club</b>
13	<b>Jam Session</b>
14	<b>Wellness Corner</b>
15	<b>Sponsors</b>
16	<b>Volunteer Opportunities</b>
17	<b>Programs + Services</b>
18	<b>Tech Clinic</b>
19	<b>Happy Birthday!</b>

# Meet the Team



Jovita Piña  
Executive Director



Brit Werry  
Associate  
Executive Director



Sky Barker  
Nutrition Director & Chef



Brooke Irby  
Office Manager



Daisy Arenas  
Development & Communications  
Coordinator



Jeny Ambriz  
Membership &  
Information Coordinator



Veronica Cisneros  
Transportation  
Coordinator



Molly Green  
Program & Activities  
Coordinator



Eliseo Gonzalez  
Facilities Manager



Maria Vazquez  
Sous Chef



Luis Joya  
Dishwasher



Janis Gillette  
Caregiving Manager



Kristen O'Laughlin  
Caregiving Coordinator



Brenda Stanton  
Caregiver



Charlotte Jones  
Caregiver



Silvia Martinez  
Caregiver



Dawn Hunt  
Caregiver



Chris Herrera  
Caregiver



Janileth Ruiz  
Vision & Hearing  
Technician



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



# Letter From Jovita

Dear Senior Connection Friends,

As we move into November, there's an undeniable sense of excitement in the air! Fall is always a special time here at the Senior Connection, and we have an incredible lineup of activities to help you stay connected, engaged, and active.

First, I'm thrilled to highlight our next Let's Get Out adventure. This month, we'll be heading to Jackpot for a fun-filled day trip! It's a great opportunity to enjoy the beautiful fall scenery, try your luck at the casino, and spend time with friends. Be sure to reserve your spot soon!

We also have a Wreath Decorating Class coming up. This is a chance to get creative and craft your own beautiful holiday wreath—perfect for decorating your home or giving as a gift. Space is limited, so sign up early.

In addition, we're hosting a special Veterans Day Drive-Through BBQ on November 11th to honor the men and women who have served our country. It's our way of saying thank you to our veterans, and we encourage everyone to come out and show your support.

Finally, as we approach Thanksgiving, I want to take a moment to express how grateful we are for each and every one of you. The Senior Connection is not just a place—it's a community where we support, uplift, and care for one another. We are thankful for the warmth, friendship, and generosity that fill our days here, and we hope you'll join us as we celebrate this season of gratitude together.

We hope you'll join us for these events and many others. We're grateful for the wonderful community we share here at the Senior Connection, and we look forward to spending another month filled with joy, fun, and connection with each of you.



**Jovita Piña**  
Executive Director



# Thank You

Our sincere thanks to the following individuals and groups who gave to the Senior Connection between September 18 - October 21.

Anonymous  
William J. Barrett  
Frederick Benford  
Elli and Jerry Bernacchi and  
Sandy and Tom Kling  
~in honor of Todd Helmeke  
Hank Blanco  
Karen Bliss  
Sue Bridgman and Jim Downen  
Rhonda and Richard Brown  
John Chlebowski and Mary Ahern  
~in honor of Richard Springs  
Dawn Cieslik  
Peg and John Claghorn  
Mary and Mike Colhoun  
~in memory of Dick Springs  
and Elaine Rossof  
Damaris Colhoun and Trevor Noren  
~in memory of Elaine Rossof  
Jane Conner  
Don and Heather Cunningham  
Ron and Judi Dohse  
Linda and Bob Edwards  
Hope Hayward and Walter Eisank  
Lynn and Ken Fitzsimmons  
Sandra and John Flattery  
Lucy and Bob Fuller  
Sara Gallet and Dave Pederson  
Manon Gaudreau and Aubrey Stephens  
Betty Grant  
~in memory of Bill Grant  
Tyler and Amery Hendricks  
The Life Church,  
Pastor Mike and Carola Hendricks  
Sally and Mike Halstead  
Ursula Hinson  
James Hodge  
Virginia and Jeff Holloway  
Dede Huish  
Todd Cooper, Idaho First Bank  
Letitia and Thomas Jochums  
Lynn and Bruce Kaplan

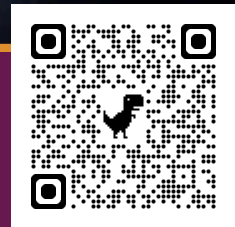
Ronald and Susan Kase  
Christine Keirn  
~in memory of Don Keirn  
Andrea Laporte  
Ken Lewis and Joyce Hart  
Mary and Steve Malkmus  
Jeff McLaren  
Marisa and Joel Elizarraras  
Renee and Ron Noren  
~in memory of Elaine Rossof  
Gail and Tim Norgren  
Louise Wilson Noyes and Jay Noyes  
Karen Oswalt and Craven Young  
Thomas and Michelle Praggastis  
Gene and Chuck Pratt  
David and Mary Rau  
Henry and Gail Reiter  
Richard K. and Shirley S. Hemingway  
Foundation  
Ronile and Leroy Robinson  
RL Rowsey  
Allan Smith and James Ryder  
Fernanda Sammis  
Heidi Schernthanner  
Ashley Schmiedeskamp  
Mardi Shepard  
~in memory of Dick Springs  
Robert and Margot Shuford  
Bob and Betty Stone  
David and Maggie Sturdevant  
Christiane Burnap  
The Burnap Foundation  
Gail Thornton and Gary Morgan  
Jill and Fred Vogel  
Penny and Richard Weiss  
Shirley Wesley  
Judy Whitmyre  
Trish and Dave Wilson  
Buddy Wilton and Shay Doll  
Gina and John Wolcott  
Tricia and Jim Wood  
Worth Printing

Annual

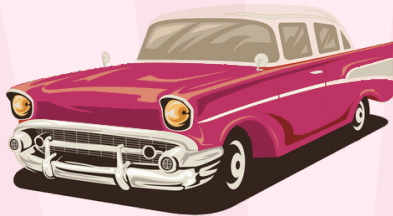
# IMPACT REPORT 2023



SCAN HERE TO SEE THE IMPACT YOU'VE MADE



# AT THE HOP



Scan here for more photos from At the Hop!



# Soup Exchange at the Senior Connection!

Tuesday, November 5th at 1:00 PM

Join us for a delicious and fun Soup Exchange! Bring your favorite homemade soup to share and exchange recipes with friends. We'll provide the containers, so just bring your soup and your appetite!



Space is limited, please make your reservations with Molly at 208-788-3468



## the SENIOR CONNECTION

### Table Massage

AT THE SENIOR CONNECTION

Wednesday November 6th | 13th | 20th

9:00am - 11:00am



Gene Mclaughlin is renowned for his expertise in deep tissue massage and Shiatsu, offering comprehensive and personalized care for his clients.

FULLY CLOTHED IN AN OPEN ROOM WITH AN OPEN DOOR  
Appointments and Pre-Payment Are  
Required On A Pay What You Feel Basis



**SPECIAL GUESTS:  
5TH GRADERS  
FROM BELLEVUE  
ELEMENTARY HERE TO  
LISTEN, SING, AND  
ENGAGE IN MEANINGFUL  
CONVERSATIONS  
HONORING YOU!**

A DRIVE BY BBQ IN CELEBRATION OF

# VETERANS DAY

CURBSIDE TAKEOUT 11:30 -1:00 PM



**FREE  
CURBSIDE  
TAKEOUT  
LUNCH FOR  
VETERANS**

**PLEASE ORDER  
YOUR LUNCH BY  
12 NOON  
WEDNESDAY  
NOVEMBER 6TH  
BY CALLING  
208.788.3468**

**ORDER & PICKUP  
FOR A NON-  
VETERAN FAMILY  
MEMBER OR  
FRIEND FOR \$8  
PER SACK LUNCH**







# Let's Get Out Jackpot

Thursday, November 14th  
9:00 AM – 6:30 PM

We will be taking the Senior Connection bus and leaving the center at 9:00 AM. Lunch will be provided when we arrive in Jackpot.

We will leave Jackpot at 4:00 PM, arriving back at the Senior Connection around 6:30 PM

Bring your own money to gamble.

Transportation is provided.

Space is limited, please make your reservations with Molly at 208-788-3468

# November Activities

## Additional Activities

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		★ YOUR VOTE COUNTS. 			1 FIT & FALL 11:15 AM Bridge With Jan p.13	2
3	4 AGELESS MOTION 11:15 AM Line Dance p.13	5 Election Day CASEY'S CIRCUIT 11:15-11:45  Soup Exchange p.7 Trivia Tuesday	6 Tech Class p.13 FIT & FALL 11:15 AM Bridge p.13 Table Massage p.7 ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17	7 CASEY'S CIRCUIT 11:15-11:45 The Community Library p.18	8 FIT & FALL 11:15 AM Bridge With Jan p.13	9
10	11 Veterans Day 	12 BINGO CASEY'S CIRCUIT 11:15-11:45 Trivia Tuesday	13 Bridge p.13 Table Massage p.7 FIT & FALL 11:15 AM Watercolor p.13 ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17	14 CASEY'S CIRCUIT 11:15-11:45 Let's Get Out Jackpot p.9	15 FIT & FALL 11:15 AM Bridge With Jan p.13	16 DINERS CLUB p.12 
17	18 AGELESS MOTION 11:15 AM Line Dance p.13	19 CASEY'S CIRCUIT 11:15-11:45 Trivia Tuesday	20 Bridge p.13 Table Massage p.7 FIT & FALL 11:15 AM ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17	21 CASEY'S CIRCUIT 11:15-11:45 Navigating Longevity p.16	22 Wreath Decorating p.18 FIT & FALL 11:15 AM Jam Session p.13 Bridge With Jan p.13	23
24	25 AGELESS MOTION 11:15 AM	26 BINGO CASEY'S CIRCUIT 11:15-11:45 Trivia Tuesday	27 FIT & FALL 11:15 AM ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17	28 	29	30

Table Massage p.7

### Fit & Fall Proof Fit™ (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.

# November Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				3	1 <b>Biscuits and Gravy</b>	2
3	4 <b>Chicken Parmesan</b>	5 <b>Election Day Meatloaf</b>	6 <b>Sweet and Sour Chicken</b>	7 <b>Carey Congregate Chile Verde With Pork</b> NO MEALS ON WHEELS	8 <b>French Toast</b>	9
10	11 <b>Veterans Day BBQ</b> 	12 <b>Gyro's</b>	13 <b>Pork Chops</b>	14 <b>Lasagna</b> NO MEALS ON WHEELS	15 <b>Fish and Chips</b>	16
17	18 <b>Beef Tacos</b>	19 <b>Fried Chicken</b>	20 <b>Baked Potato Bar</b>	21  <b>Turkey Day</b> NO MEALS ON WHEELS	22 <b>Strawberry Waffles</b>	23
24	25 <b>Smoked Brisket</b>	26 <b>Chicken Fried Steak</b>	27 <b>Honey Ham</b>	28 	29	30

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

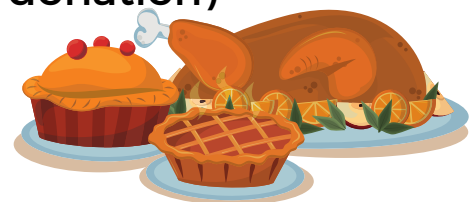
## Lunches

\$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.

208-928-4301 | [visionandhearing@seniorconnectionidaho.org](mailto:visionandhearing@seniorconnectionidaho.org)

Currently seeking donations of hearing aids. If you or someone you know has hearing aids that are no longer in use, we would be incredibly grateful for your contribution.

# Diners Club Taste of Thai

Saturday, November 16th  
Meet at the Senior Connection  
12:30 pm to Carpool



RSVP REQUIRED -  
Limited Spots Available  
Call Molly at 208-788-3468




# LINE DANCING!

AT

★ THE SENIOR CONNECTION ★  
★ CLASSES TAUGHT BY JENNY! ★  
★ THINGS ARE GETTING ROWDY ON ★  
★ MONDAY, NOVEMBER 4TH AND ★  
★ NOVEMBER 18TH AT 1:00 PM. ★

Space is limited, please make your reservations  
with Molly at 208-788-3468



## Wednesday, November 13th

# WATERCOLOR CLASS WITH ANNIE

Space is limited, please make your  
reservations with Molly at  
208-788-3468

If you have already participated -  
You will be added to the waitlist



# A JOIN US IN PLAYING BRIDGE!

the Senior Connection  
Every Wednesday and  
Friday at 1:15 pm

Space is limited, please make your  
reservations with Molly  
at 208-788-3468



## Jam Session

22 NOVEMBER 2024

Join us for a fun and lively Jam Session on Friday, November 22 right after lunch! Whether you play an instrument, sing, or just love music, this is your chance to make some joyful noise with fellow music lovers. All skill levels are welcome, so bring your instrument (or just your voice) and let's make some music together



Space is limited, please make your reservations with  
Molly at 208-788-3468

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## Smart Snacking Tips for Adults and Teens

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from the MyPlate food groups can help increase variety and reduce sources of empty calories and added sugars.

Find the right snack for your eating style and activity level. Keeping snacks to 200 calories or less can be a reasonable goal for most people. Adults and teens who are more active, or eat smaller meals throughout the day may want to aim for 200 to 300 calories per snack.

### Make snacking a smart habit by:

#### **Snacking only when you're hungry.**

Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.

#### **Having snacks planned and portioned out ahead of time.**

Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.

#### **Practicing food safety.**

Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.



Make snacking simple by choosing different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned, or dried are all good options. Compare labels to limit items high in sodium, saturated fat and added sugars.

Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.

Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

# — AGING OUT WEST —

CONFIDENTLY NAVIGATE AGING

Care Management | Aging Advocacy

(208) 720-0194

agingoutwest.com



# SIMPSON LAWN CARE, LLC



**CALL SAM (208) 420-3023**

**Call me today - I'll be there!**

# ASK PHIL



**PHIL DOERFLEIN 208.721.2539**



**Windermere**

REAL ESTATE SUN VALLEY

**HALLMARK**

IDAHO PROPERTIES

**208-928-SOLD**



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

**INSURANCE  
SPECIALISTS GROUP**



## *Feeling Grateful for the Senior Connection!*

Open Enrollment is Open Now-  
until December 7, this is your  
Opportunity to review your  
Medicare Health Care plan options.

I will help you with your Medicare  
Insurance Questions, Call for a free review.

Insurance Specialists Group

519 S Main St

Hailey

**208-788-9209**

**Michelle Sandoz**

Trusted, Certified  
Insurance Plans  
Advisor



## Estate Planning Corner

As we enter the holiday season, it's a great time to ensure your estate plan is up-to-date. Two key steps to consider this month:

### 1. Review Your Will and Beneficiaries:

Life changes—like marriages, new grandchildren, or changes in assets—may mean your estate plan needs updating. Ensure your will and beneficiary designations reflect your current wishes.

### 2. Organize Key Documents:


Keep your will, power of attorney, and healthcare directives in a safe, accessible place to reduce stress for loved ones.

For more help, join us on Thursday, November 21st for a special workshop on wills and trusts, featuring Tatyana Gray and an estate planning lawyer.

## NAVIGATING LONGEVITY ESTATE PLANNING WORKSHOP

Join Our Estate Planning  
Workshop with Tatyana Gray!

 21 November 2024

 4:00 PM

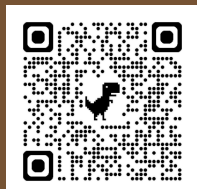
 Senior Connection  
721 Third Ave. S. Hailey, ID



the SENIOR  
CONNECTION



Register Now



## Volunteer Opportunities



**Are you ready to give back and make a positive impact in our community?  
Look no further!**

**Meals on Wheels Volunteers:** Help deliver nutritious meals to homebound seniors. Your friendly smile and a warm meal can brighten their day and provide essential support.

**Lunch Room Servers:** Join us in our lively lunchroom, serving meals and sharing conversations with our seniors. Your kindness and energy will create a fun and engaging environment.

**Want to get involved? Email us at [info@seniorconnectionidaho.org](mailto:info@seniorconnectionidaho.org) or call us at 208-788-3468**



# 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

## 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

## WELLNESS

Senior Connection  
Vision and Hearing Center  
208-928-4301

FREE VISION AND HEARING SCREENINGS  
Call to make an appointment request, or go online

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

## CAREGIVING

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  
Call Janis at 208-595-1896 for more info

## 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

## 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



**NOVEMBER 22ND**

**1:00 PM**

**AT THE SENIOR CONNECTION**

Get into the holiday spirit with us as we craft beautiful wreaths together! Join our festive Wreath Decorating Class and create your own masterpiece to take home. All supplies are provided—just bring your creativity!

Space is limited, please make your reservations with Molly at 208-788-3468



**FRAUD AND SENIOR FINANCIAL  
EXPLOITATION PREVENTION**

**THURSDAY NOVEMBER 7**

**1:00 – 2:30 PM**

**LOCATION: JOHN A AND CAROLE O. MORAN  
LECTURE HALL  
THE COMMUNITY LIBRARY**

Join experts from the Idaho Department of Finance, AARP Idaho, and more to learn how to detect, prevent, and report financial exploitation and fraud targeting seniors.

## ALZHEIMER'S FAMILY CAREGIVER SUPPORT GROUP



**Dr. Carol Stephens, PsyD, LP, CBSM**

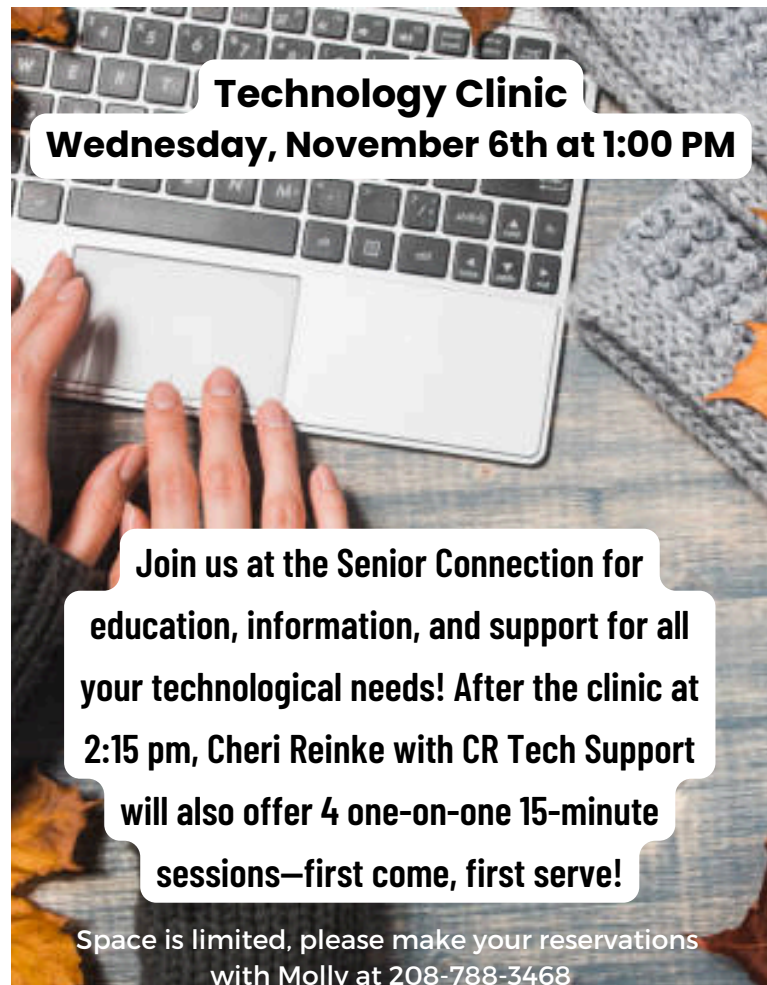
**Wednesdays At Senior  
Connection  
2 PM – 3:30 PM**

Dr. Carol Stephens leads and facilitates this group for family caregivers of those living with Alzheimer's and other related dementias.

the **SENIOR  
CONNECTION**



**If you are interested and would like to sign  
up, please contact Janis at 208-595-1896**



**Technology Clinic  
Wednesday, November 6th at 1:00 PM**

Join us at the Senior Connection for education, information, and support for all your technological needs! After the clinic at 2:15 pm, Cheri Reinke with CR Tech Support will also offer 4 one-on-one 15-minute sessions—first come, first serve!

Space is limited, please make your reservations with Molly at 208-788-3468

# HAPPY BIRTHDAY! NOVEMBER 2024

1 Nathan Lago  
2 Martin Quispe  
2 Dave Town  
2 Sherry Bleeker  
3 James Browne  
3 Greg Urbany  
3 Linda Barker  
3 Debra Rosen  
4 Tom Hanson  
4 Diane Phillips  
4 Rosa Martinez Macias  
4 Richard Sanders  
4 Amy Federko  
5 Erin Buell  
6 Joseph Fastow  
6 Katie Heaphy  
6 Jane Drussel  
6 Linda Board  
7 Rick Allington  
7 Betty Stone  
8 Robert Thrower  
9 Diana Landis

9 Leslie Anderson  
9 Marilyn Shilue  
10 Bonnie Hobbs  
10 Joyce Shay  
11 Jennifer Wuebker  
11 William Campanelli  
11 Heather Dawson  
13 Kathleen Carr  
13 Duane Carlson  
14 Sheryll Lott  
14 Joan Watts  
14 Constance Chadband  
15 Jan Torgrimson  
15 Craig Specht  
16 Dora Lehman  
16 Delfina Campos  
17 Joyce Hart  
17 Susan Woodruff  
18 Judy Wampler  
19 Tim Taylor  
19 Susan Summerhill  
19 Marilyn Plott

19 Brooke Irby  
20 Brenda Stanton  
21 Daniel Hunt  
21 Iny Day-Truppi  
22 Allen Heath Jr.  
22 Thomas Crais  
23 George Knowles  
23 Sharon Wellsandt  
23 Lidia Lopez  
24 Irma Olegua  
24 Joanie Buck  
26 Rick Hoel  
26 Juli Miller  
26 Veronica Cisneros  
26 Barbara Perry  
27 Silvia Romero  
28 Molly Green  
28 James Moss  
29 Henry Mende  
29 Evelyn Avery  
29 Kathy Jones  
29 Frances Rasor

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.

*“Don’t wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving!”*

—CHARMAINE J FORDE

