

the SENIOR
CONNECTION



DECEMBER

NEWSLETTER



LET'S GET OUT:
REINDEER ADVENTURE
FASHION & WINE
HOLIDAY GIVING TREE
UGLY SWEATER PARTY

721 THIRD AVE. S. HAILEY, ID 83333

NEWSLETTER

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MEET THE TEAM



Jovita Piña
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



Janileth Ruiz
Vision & Hearing
Technician



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

Dear Friends of the Senior Connection,

As Blaine County's senior population continues to grow at a faster rate than the state and national averages, the need for our services has never been greater. This holiday season, we ask for your support to help us meet the increasing demand.

This year, with your help, we are on track to serve:

- 25,000 Meals
- 6,000 Caregiving Hours
- 300 Days of Memory Care
- 250 Fitness Classes
- 3,000 Rides
- 400 Free Vision & Hearing Screenings



Your investment in the Senior Connection is crucial to ensuring we can provide the programs and services that keep our members healthy, fight senior isolation, and help seniors in Blaine County age in place with dignity.

While the holidays are a time of warmth and cheer for many, they can also be difficult for our seniors. Your generosity this holiday season will make all the difference in ensuring our seniors are not forgotten. Please consider supporting the Senior Connection this holiday season, and help us reach our year-end goal by December 31st to support seniors all year long.

Warmly,

Jovita Piña
Executive Director

Thank You

Our sincere thanks to the following individuals and groups who gave to the Senior Connection between October 21 - November 19.

Anonymous
Kelly and Wayne Allen
Alexandra Babalis
John Bailey and Grace Harvey
Jim Baird
Morgan and Desiree Ballis
Emmy Blechmann
Barbara and Mat Vanderkloot
Anita Braker and Dave Olsen
Sue Bridgman and Jim Downen
Roger and Toby Brooks
Richard Brown
Erin Buell
Alice and John Calvert
Lynn Campion and Theodore Waddell
Eric and Laura Camplin
~in honor of Betty Brooks and
Ron Foster
Olga Carrillo
Scott and Stephanie Chamberlain
Dawn Cieslik
Nancy Colhoun
Don and Heather Cunningham
Beverly De Moura
Danielle and John Dean
Janet Wygle
Hope Hayward and Walter Eisank
Candace and Rick Emsiek
Jim Feldbaum
Jackie Flanigan
~in honor of Sandor Szombathy
Lynn and Rick Flickinger
Joyce Fogg
Deborah and Robert Gilbert
Bruce Green and Barry Karas
Sally and Mike Halstead
Dennis Hanggi
Tyler and Amery Hendricks
Nancie Tatum and Thomas Hennig
~in memory of Steven Huish
~in honor of Mardi Shepard

Bobbie and John Herrell
Richard and Remi Hitchcock
Franny Hjort
Stefanie Holcomb
John Hornbaker
Laine Hubbard
Wendy and Jim Jaquet
Johnson Foundation of the Rockies
Dianne and Jeffery Johnson
Laura and Craig Johnson
Kathy Jones
Stan and Harriet Joseph
Martin and Leslie Kaplan
Christine Keirn
~in memory of Don Keirn
Patricia Kilmartin and
Steve Schmidt
Alex and Claudia Klokke
George and Barbara Knowles
Stephen and Amy Kroll
Lauren Forman, L & H Foundation
Sharon and Michael Landau
Kate and Nick Lieder
Mila and Marty Lyon
Jim and Catherine McLaren
Fran Michael
Kim Nalen, The Nalen Foundation
John and Abby Packer
Martha and Curtis Page
Gordon Pollock and Jill Gosden
Chester Potuzak
Mischa and Colleen Potuzak
Julia and Alan Richardson
Joy Robbins
Ronile and Leroy Robinson
Robert Rolfs and Brianna Stewart
Robert and Lynda Safron
Leonard and Phyllis Schlessinger
Donna Scifres
Elaine and Pierce Scranton, Jr.
Mardi Shepard

Candice and Richard Stark
Allan and Janet Starr
Carol Stephens
David and Maggie Sturdevant
Teri and Sandor Szombathy
Karen and John Taylor
Chuck and Kimberly Tenold
The Life Church
Pastor Mike and
Carola Hendricks
The Sun Valley Ballet School
Andrew Tian and
Donna Delahorne
Penny and Richard Weiss
Julie Weston and Gerry Morrison
Karen and Frank Willey
Jason and Jill Williams
Richard Wilsker
Tricia and Jim Wood
Kelli L Young



**We do our best to acknowledge gifts. Please call us at 208-788-3468
with any errors or omissions so we can correct our records.**



250 FITNESS CLASSES



6,000 HOURS OF CAREGIVING



25,000 MEALS



3,000 RIDES

the SENIOR CONNECTION

721 Third Ave. S Hailey, ID 83333 | 208-788-3468 | www.seniorconnectionidaho.org



...& SO MUCH MORE

LIBATIONS + NIBBLES + FASHION + SHOPPING + PRIZES
FRIDAY + DECEMBER 6TH + 6 PM + THE SENIOR CONNECTION



FASHION + WINE

TICKETS AVAILABLE AT J.MCLAUGHLIN + THE SENIOR CONNECTION

SINGLE TICKET: \$40 | RESERVED TABLE FOR 4: \$200

PURCHASE ONLINE AT SENIORCONNECTIONIDAHO.ORG

RSVP: INFO@SENIORCONNECTIONIDAHO.ORG OR 208.788.3468

the SENIOR
CONNECTION



J. MCLAUGHLIN

EDGE
EVENT PRODUCTIONS

721 Third Ave South Hailey, Idaho 83333

CHRISTMAS



COOKIE DECORATING



Thursday, December 19th at 1:00 PM

Join us for a festive and fun-filled time decorating holiday cookies! We'll provide the cookies, icing, and all the decorations you need—just bring your creativity and holiday spirit.

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

Table Massage

AT THE SENIOR CONNECTION

Wednesday December | 4th | 11th
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



JOIN US TO SEE THE REINDEER IN CAREY!

Wednesday, December 11

Hop on the bus as we head to Carey to visit the reindeer! We'll be leaving at 12:15pm, so don't miss out on this festive adventure!

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



UGLY SWEATER

Party




Bring your friends and family, and let's make this holiday season a bit more absurd and a lot more entertaining. We can't wait to see your terrible taste in sweaters

MONDAY, DECEMBER 23RD | LUNCHTIME

DECEMBER ACTIVITIES

Additional Activities

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 AGELESS MOTION 11:15 AM	3 CASEY'S CIRCUIT 11:15-11:45 Trivia Tuesday	4 Tech Class p.13 FIT & FALL 11:15 AM Table Massage p.8 Bridge p.13 ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17	5 CASEY'S CIRCUIT 11:15-11:45	6 FASHION + WINE CLOSED	7
8	9 AGELESS MOTION 11:15 AM	10 CASEY'S CIRCUIT 11:10-11:40 BINGO Trivia Tuesday	11 Bridge p.13 Table Massage p.8 FIT & FALL 11:15 AM Let's Get Out p.9 ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17	12 CASEY'S CIRCUIT 11:10-11:40 Footlight Dance p.18 Giving Tree p.14	13 FIT & FALL 11:15 AM Bridge With Jan p.13	14
15 Choir p.18	16 AGELESS MOTION 11:15 AM Dance p.13	17 CASEY'S CIRCUIT 11:10-11:40 Trivia Tuesday	18 Bridge p.13 Table Massage p.7 FIT & FALL 11:15 AM ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17	19 CASEY'S CIRCUIT 11:10-11:40 Christmas Cookie Decorating p.8	20 Jam Session p.13 FIT & FALL 11:15 AM Bridge With Jan p.13	21
22 	23 AGELESS MOTION 11:15 AM	24 MERRY Christmas CLOSED	25 	26 CASEY'S CIRCUIT 11:10-11:40	27 FIT & FALL 11:15 AM Bridge With Jan p.13	28
29	30 AGELESS MOTION 11:15 AM	31 CASEY'S CIRCUIT 11:10-11:40	Happy New Year CLOSED		CASEY'S CIRCUIT NEW HOURS STARTING DECEMBER 10TH 11:10-11:40  CONNECTION CLUB 11:40-12:00	



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.

DECEMBER MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chicken Parmesan	3 Chili Dogs	4 Fish and Chips	5 Carey Congregate Pot Roast NO MEALS ON WHEELS	6 FASHION + WINE CLOSED	7
8	9 Gyro's	10 Sweet and Sour Chicken	11 Meatloaf	12 Pizza NO MEALS ON WHEELS	13 French Toast	14
15	16 French Dip	17 Chicken Alfredo	18 Baked Potato	19 Shepherds Pie NO MEALS ON WHEELS	20 Chicken Fried Steak	21
22	23 Prime Rib	24 MERRY Christmas CLOSED	25 	26 Seared Trout NO MEALS ON WHEELS	27 Strawberry Waffles	28
29	30 Fried Chicken	31 Enchiladas	Happy New Year CLOSED			

***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

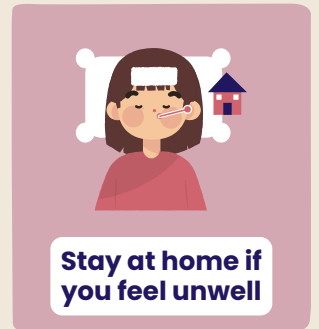


FREE SCREENINGS by appointment to:
Determine if someone has hearing loss, and identify hearing range

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

STAY HEALTHY THIS COLD & FLU SEASON!



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.



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.



DANCE CLASS

AT THE SENIOR CONNECTION
CLASSES TAUGHT BY MOLLY!
THINGS ARE GETTING ROWDY ON
MONDAY, DECEMBER 16TH AT 1:00 PM.

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



Technology Clinic

Wednesday, December 4th 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!

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



CHRISTMAS JAM

AT THE SENIOR CONNECTION
**REHEARSING
DECEMBER 13TH**

**PREFORMING
DECEMBER 20TH**

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



PLEASE JOIN US IN OUR
HOLIDAY
Giving Tree

Spread holiday cheer and give the gift of joy to a senior in need this season! Here's how you can participate:

- Take an ornament from our tree and note the size and gender of the gift.
- Attach the Senior Connection ornament to your wrapped gift (it's numbered to ensure it reaches the right senior).
- Deliver your gift to the Senior Connection by **Thursday, December 12th.**



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SPECIALISTS GROUP**

IT'S THE MOST WONDERFUL
TIME OF THE YEAR!

Wishing you and
your family a
Merry Christmas &
Joyous New Year!



Call me to schedule an
appointment and discuss
your options.

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

Michelle Sandoz
Your Local Medicare Insurance
Plans Advisor

Volunteer Spotlight

My name is Kelle Schmidt and it's been my privilege and honor to volunteer at the Senior Connection for a little over a year. I typically volunteer once or twice a month and usually on Thursdays at lunch. I moved to Wood River Valley 2 ½ years ago.

I grew up in a small farming community in Western Nebraska where most people, who are born there, stay and raise a family. But one hike in Colorado changed my trajectory and initiated a great love for the outdoors. In between earning two degrees while living in Colorado I spent a bunch of time hiking and biking all over the mountains.

My school counselor career took me to Hawaii for 14 years and then back to Colorado. Eventually, I resigned from school counseling and became a licensed professional counselor which is what I currently do part-time. Although I love various outdoor activities, a bit of traveling and my part-time counseling job, my real love is Jesus. He changed my life almost 35 years ago and I have been an adoring follower ever since.



A side note: almost my entire family of origin still reside in western NE with a few scattered in eastern Wyoming or other close-by locations.

I have 11 nieces and nephews.

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.

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/

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



Estate Planning Corner: Plan for the Future

As the year ends, it's a great time to think about your estate plan. Ensuring your wishes are in place can provide peace of mind for both you and your loved ones.

Here are a few quick estate planning tips:

1. Review Your Will – Update it for any life changes.
2. Designate Beneficiaries – Ensure your assets are directed as you intend.
3. Power of Attorney – Appoint someone to make decisions if needed.
4. Consider a Trust – Avoid probate and speed up the distribution of assets.
5. Leave a Legacy – Consider supporting causes you care about through a planned gift

CARITA CHORALE CHRISTMAS CONCERT

SATURDAY, DECEMBER 15TH

Transportation will be provided, and we'll be leaving at 1:15 PM. Admission is free, with a donation kindly requested.



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



THURSDAY DECEMBER 12TH

Footlight Dance will be spreading holiday cheer as they bring a performance to the Senior Connection in Hailey, on Thursday, December 12, performing at 12:20 pm.



*“From home to home,
and heart to heart,
from one place to
another. The warmth
and joy of Christmas,
brings us closer to
each other.”*

—EMILY MATTHEWS



HAPPY BIRTHDAY! DECEMBER 2024

1 James Edward Mara
 1 Muffy Davis
 2 Robert Adinolf
 2 Sara Colwell
 2 Patricia Draper
 2 Barbara Coleman
 3 Cynthia Langlois
 3 Misty Peters
 4 Julie Foxx
 4 Marion Conley
 6 Drury Cooper
 6 Carla Moore
 6 Lindi Davis
 6 Heather Wesley
 7 Donna Scifres
 7 Christina Meyers
 8 Maria Dudunakis
 9 Michael Bernardi
 9 Vanessa Santacruz
 9 Jean Boyles
 9 Susan Brown
 10 Sherry Roscitto

10 Karen Bossick
 10 Kathy Dick
 10 Gary Cornwell
 10 Patricia Ann Sterling
 10 Craig Everheart
 10 Blair Goldman
 12 Carol Gosche
 13 Jovita Piña
 13 James Welsh
 14 Karen Boccabella
 14 Dixie Galvez
 15 Lorraine Conner
 15 Fern Stephenson
 15 Margaret Kacalek
 16 Geoffrey Sparks
 17 Richard Stahl
 19 Adath Kimmich
 19 Clyde Shupe
 21 Cynthia Preston
 21 Vivian Bobbitt
 22 Judith Lathum-pyorre
 22 Deb Landrum

23 Laurie Moss
 23 Leisa Hollister
 23 Pamela Eakin
 24 Mary May Potter
 24 Mary Adams
 24 Christopher Evans
 24 Shirley Wesley
 24 Deon Wells
 24 Peggy Miller
 26 Sonya Dunfield
 26 Ellen Kashino
 27 Bob Bently
 28 Betsy Barrymore Stoll
 28 Inocenta De La Cruz
 28 Mathew Wyneken
 28 Walter Littenberg
 29 Diane James
 30 David Page
 30 Rosemary Hollis
 31 Nancy Vanderboorn
 31 Will Butler

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.

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.

Christmas Bingo

**December 18th
 at 1:15pm**



The Wood River High School National Honor Society is hosting a special Christmas Bingo event here at the Senior Connection! Join us for festive fun and friendly competition. Don't miss out!



the **SENIOR** CONNECTION

