

the SENIOR CONNECTION

# FEBRUARY NEWSLETTER



VOLUNTEER SPOTLIGHT  
LET'S GET OUT: SVMOA SNOW SHOW  
CREATIVITY WITH GIRL SCOUT TROOP 735  
TAMMY'S JEWELRY MAKING WORKSHOP

# STAFF DIRECTORY

**Jovita Piña**  
**Executive Director**

jovita@seniorconnectionidaho.org  
208-595-1868

**Jeny Ambriz**  
**Membership & Information Coordinator**

jeny@seniorconnectionidaho.org  
208-620-5336

**Daisy Arenas**  
**Development & Communications Coordinator**

daisy@seniorconnectionidaho.org  
208-261-9143

**Sky Barker**  
**Nutrition Director & Chef**

sky@seniorconnectionidaho.org  
208-595-1901

**Anne Bulchis**  
**Development & Communications Director**

anne@seniorconnectionidaho.org  
208-595-1903

**Veronica Cisneros**  
**Transportation Coordinator**

veronica@seniorconnectionidaho.org  
208-595-1885

**Janis Gillette**  
**Caregiving Manager**

janis@seniorconnectionidaho.org  
208-595-1896

**Molly Green**  
**Program & Activities Coordinator**

molly@seniorconnectionidaho.org  
208-595-4220

**Brooke Irby**  
**Office Manager**

brooke@seniorconnectionidaho.org  
208-595-1836

**Cyndi Ochoa**  
**Operations Director**

Cyndi@seniorconnectionidaho.org  
208-595-1803

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@senior\_connect



Facebook Page:  
seniorconnectionidaho



LinkedIn:  
@TheSeniorConnection

## Letter From Jovita



Dear Friends of the Senior Connection,

At the Senior Connection, our mission remains rooted in kindness, compassion, and community. These values are especially meaningful this February, a month filled with love, connection, and gratitude for the people who bring joy into our lives.

Valentine's Day reminds us to celebrate love in all its forms—whether it's the love of family, friends, or the community we share. It's a time to express appreciation and to remind those around us how much they mean to us. Here at the Senior Connection, we're honored to be a place where these bonds are nurtured and cherished.

This month is also Low Vision Awareness Month, an important reminder of the challenges some of our members face in their daily lives. Vision impairments can make everyday tasks like reading a favorite Valentine's Day card or preparing a special meal more difficult. That's why we're proud to offer FREE screenings at our Vision & Hearing Center. If you or a loved one could benefit, please call 208-928-4301 to schedule an appointment. Let's work together to preserve the precious ability to see the faces of those we love.

And while we're celebrating love and connection, why not join us for lunch? From 11:30 a.m. to 1:00 p.m., our dining room is filled with the warmth of delicious food and good conversation. It's the perfect place to share a meal with someone special—or make a new friend!

Let this February be a reminder of the impact of love and the importance of caring for ourselves and each other. Together, we can continue to make every day at the Senior Connection one filled with joy, purpose, and connection.

With gratitude,

A handwritten signature in blue ink that reads "Jovita".

Jovita Piña  
Executive Director



# THANK YOU!

We are incredibly grateful to the following individuals, foundations, and groups who gave to the Senior Connection between December 16 - January 18

Anonymous	Susan Ferguson	Susan Kraemer
Peter & Jacqueline Anderson	Monica & Bruce Fery	Lynn & Bill Kronberger
Lesley A. Andrus	Donna Finegan	Suzanne Kwapich
Drs. Thomas Archie & Heidi Woog	Happy Fitzgerald	Diana Landis
Judy Atkinson	Joyce Fogg	Alice Lane
Evelyn M. Avery	Frances E. Streit Foundation	Donald Leonard
Alexandra Babalis	Joyce Friedman	Penny & Norm Leopold
John Bailey & Grace Harvey	~in memory of Norman Friedman	Jeanne & Tom Liston
Jim Baird	Drs. Scott & Cathy Friedman	Kathy Lynn & Carl Bontrager
Maureen & Donald Baker	Kathryn & Robert Gardner	CK Bradley
Gini & Mark Baumgardner	Lee Golden	Dianne Maxwell
Ruby & Peter Becker	~in memory of Benjamin Frank	Robert Mayer
Donald & Carolyn Benson	~in memory of Dick Springs	Beth Mcconville
Leslie Benz	Roger & Margi Gould	Leonard McIntosh
Karen Bliss	Michelle & Baird Gourlay	Willa & Jim McLaughlin
Sue Bridgman & Jim Downen	Laura Grabow	Jeffrey & Nancy Mihalic
Laura Lalita	David Gwinn	Troy Quesnel
Jan Burrell	Bob & Debra Hall,	Miley Roofing
Janet & Pete Cantor	Hallmark Idaho Properties	John Milner & Kim Taylor
Jeanne Cassell	Penny and Butch Harper	Matt Morell
Lucy Chubb	~in honor of Robin Levitt	Ann Morris
Dawn Cieslik	~in honor of Terry Friedlander	Karen Morrison
Steven Clayton	Harris Foundation	Jill Morse
Sue & Earl Cohen	John and Margund Haskell	Dr. & Mrs. Barton Nisonson
Susan Conner & Samuel Adicoff	Linda Hayes	Jay & Louise Wilson Noyes
Roy Crawford	~in memory of Viola Hayes	Carol O'Loughlin
Don & Heather Cunningham	Tyler & Amery Hendricks	Marc & Sally Onetto
Iny Day-Truppi	Donald Hodge	Kathy Crosson
Margaret Dean	Susanna Howard	Panache
Barry Luboviski	Inge Hub	Pesky Family Foundation
Susan DeChevrieux	Laura Hubbard & Lindy Cogan	Jan Philipsborn & Mitch Hollins
Becky & Bob Dittmer	Elizabeth Huish	Connie Post
Maureen Dougherty	Gay Hurst & Buddy Isom	Paul Preston
Darlene & Ted Dyer	Amber Perkes	Sharon & Nick Purdy
Jeri Howland & Gerald Edelbrock	Idaho Power	Patty Radeke
Ann Ellis	Jori Potiker	Lynn & Paul Ramm
Thomas & Deirdre Farr	Megan Heiser	Julia & Alan Richardson
Dr. Joseph & Ellen Fastow	Laura Jordan	Fred Anderson
<b>4</b>	Colleen & David Kassner	Beverley Robertson
	Christine Keirn	Ronile & Leroy Robinson
	~in memory of Don Keirn	Vicki & Gordon Rosenberg
		Mike Roundy

Margaret Hecht  
Adele & Pat Savaria  
Lyle & Gloriana Saylor  
Donna Scifres  
Carol & Les Shanahan  
Kim & Robert Shaw  
Mardi Shepard  
Peter & Ginny Foreman  
Stephy & Dan Smith  
Nancy & James Welsh  
Smith-Welsh Foundation  
Frank & Sally Helm  
Richard Spaulding  
St. Lukes Community  
Health Improvement Fund  
Carol Stephens  
Monique & Thomas Stern  
Gayle & Al Stevenson

Sheila Summers  
Susan Flynt  
Susan R Flynt Family Foundation  
Pastor Mike and Carola Hendricks  
The Life Church  
Susan Usher  
Chris & Dave Vik  
Gary & Linda Vinagre  
Gretchen Wagner  
Kirk Wampler  
Julia & Doug Webb  
Penny Weiss  
Sharon Wellsandt  
William C. & Nancy C. Swaney  
Craig William  
Tricia & Jim Wood  
Sue Woodyard  
Laurie & Don Yeager



**If you spot an error or omission, please  
let us know: 208-595-1903**



## Volunteer Spotlight:

*Lynn Snavelly ~ Lunchroom Volunteer*

I am new to the Wood River Valley, having moved here about two and a half years ago. Born and raised in Ohio, I have traveled much and lived in Colorado, Maui, New Mexico, and now, Idaho. I have worn 'many hats', as far as occupations over the years, such as lifeguard, swim instructor, pool manager, recreation worker, substitute teacher, public utilities employee, teacher, coach, school counselor, and licensed professional counselor.

Staying active has been a theme of my life. Volunteering, camping, exploring, swimming, paddleboarding, hiking, cycling, basketball, tennis, jogging, traveling, and playing with my dogs keeps me motivated and moving. I claim to be a "lifetime learner", always reading and taking courses, attending conferences, etc. working my brain cells and keeping those synapses responding!

Spending time at the Senior Center as a volunteer has been such a wonderful experience. I plan my work schedule so I can be a lunch server. Interacting with seniors keeps me young!

Thanks to all of you who take the time to share your life stories with me. I appreciate you!





**THANK YOU, LYNN!**

# FEBRUARY ACTIVITIES

## Additional Activities

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 AGELESS MOTION 11:15 AM	4 CASEY'S CIRCUIT 11:10-11:40 <b>BINGO</b> Girl Scout 735 p.9	5 <b>Bridge</b> <b>Tech Class p.10</b> FIT & FALL 11:15 AM <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	6 CASEY'S CIRCUIT 11:10-11:40	7 <b>Bridge</b> FIT & FALL 11:15 AM	8
9	10 AGELESS MOTION 11:15 AM	11 CASEY'S CIRCUIT 11:10-11:40	12 <b>Bridge</b> FIT & FALL 11:15 AM <b>Watercolor p.10</b> <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	13 CASEY'S CIRCUIT 11:10-11:40 <b>Caregiving Guidance p.8</b>	14 <b>Bridge</b> <b>Jam Session</b> FIT & FALL 11:15 AM Jewelry Making p.10	15 <b>Diner's Club p.8</b> 
16	17  <b>PRESIDENT'S DAY</b> <b>CLOSED</b>	18 CASEY'S CIRCUIT 11:10-11:40 <b>BINGO</b>	19 <b>Bridge</b> FIT & FALL 11:15 AM <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	20 CASEY'S CIRCUIT 11:10-11:40 <b>Book Club p.9</b>	21 <b>Bridge</b> FIT & FALL 11:15 AM	22
23	24 AGELESS MOTION 11:15 AM <b>Let's Get Out: SVMOA p.10</b>	25 CASEY'S CIRCUIT 11:10-11:40	26 <b>Bridge</b> FIT & FALL 11:15 AM <small>ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP P.17</small>	27 CASEY'S CIRCUIT 11:10-11:40 <b>Caregiving Guidance p.8</b>	28 <b>Bridge</b> FIT & FALL 11:15 AM	



### 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.

# FEBRUARY MENU

Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Please bring your own to-go containers for any leftovers during lunch. Let's work together to reduce waste and keep things sustainable. Thank you!</p>			<p>Por favor, traiga sus propios recipientes para llevar si desea llevarse las sobras durante el almuerzo. Trabajemos juntos para reducir el desperdicio y ser más sostenibles. ¡Gracias!</p>			1
2	3 <b>Grilled Chicken Sandwich</b>	4 <b>Baked Potato With Chicken Chili</b>	5 <b>GYRO</b>	6 <b>Carey Congregate Pork Chops</b> <small>NO MEALS ON WHEELS</small>	7 <b>Blueberry Pancakes</b>	8
9	10 <b>French Dip</b>	11 <b>Sweet and Sour Chicken</b>	12 <b>Chili Dogs</b>	13 <b>Baked Ziti</b> <small>NO MEALS ON WHEELS</small>	14 <b>Chicken Alfredo</b>	15
16	17  <b>PRESIDENT'S DAY</b> 	18 <b>Fish Tacos</b>	19 <b>Teriyaki Beef</b>	20 <b>Turkey Day</b> <small>NO MEALS ON WHEELS</small>	21 <b>Strawberry Waffles</b>	22
23	24 <b>Chicken Enchiladas</b>	25 <b>Pulled Pork Sandwiches</b>	26 <b>Fried Chicken</b>	27 <b>Pizza</b> <small>NO MEALS ON WHEELS</small>	28 <b>Biscuits and Gravy</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



# Dr. Carol Stephens, PsyD, LP, CBSM

Wednesdays At Senior Connection  
2 PM - 3:30 PM

Thursdays (every other) at Wood River YMCA  
1:30 PM - 2:45 PM

the SENIOR CONNECTION



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

## THEMES FOR CONVERSATION



Understanding Alzheimer's /Dementia



Communication Strategies



Stress Management



Caregiving Strategies

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

# CAREGIVING GUIDANCE GROUPS

JILL PARDINI MORSE, PT

Join us for a 3-part Caregiving Guidance Series with Physical Therapist Jill Pardini Morse! Learn valuable tips and resources on mobility aids, home equipment, body mechanics, and safe transfers. Sessions on February 13, 27, and March 13 at 2 PM at the Senior Connection. Don't miss this opportunity to enhance your caregiving skills!



## DATES:

- 01 Thursday, February 13th at 2PM
- 02 Thursday, February 27th at 2PM
- 03 Thursday, March 13th at 2PM





# GIRL SCOUT TROOP 735

COOKIE DECORATING  
AND FLOWER ARRANGING

**FEBRUARY 4TH AT 3:30 PM**

Join us on for a fun afternoon with Girl Scout Troop 735! We'll be getting creative with flower arranging and cookie decorating. We'll provide the flowers and the Girl Scout moms will bring the cookies and decorating supplies. It's sure to be a sweet and blooming good time!

Need a ride? We've got you covered! We're offering transportation to and from the Senior Connection.

To reserve your spot, please call Molly or Jeny: 208-788-3468

## DINER'S CLUB

**SATURDAY, FEBRUARY 15TH**

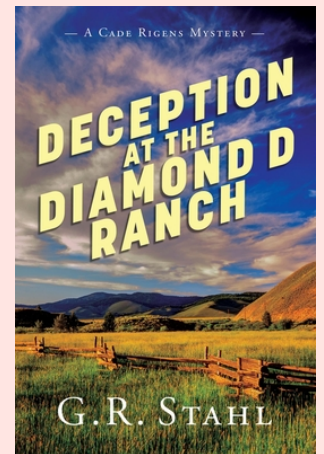
**Yoimi in Bellevue**



Meet at the Senior Connection  
12:00 pm to Carpool  
or meet us at the restaurant at  
12:30 PM

## JOIN OUR BOOK CLUB

Thursday, February 20th  
10:00 am at the Senior Connection.



A welcoming book club where we share their love of reading, discuss literature, and foster a sense of community.

To reserve your spot, please call Molly or Jeny: 208-788-3468

# Jewelry Creations with Tammy Davis

Friday, February, 14th at 1:00 PM

Join us for a creative afternoon at the Senior Connection! Tammy Davis, Executive Director of the Crisis Hotline, will be teaching a jewelry-making class. Don't miss out on this fun and inspiring class!



To reserve your spot, please call Molly or Jeny:  
208-788-3468

# ANNIE'S WATERCOLOR CLASS

Wednesday, February 12th at 1:15 PM



To reserve your spot, please call Molly or Jeny:  
208-788-3468

## TECH CLASS WITH CHERI REINKE!

Wednesday, February 5th at 1 PM

Bring your devices and your questions—our experts are here to help you navigate the digital world.

To reserve your spot, please call Molly or  
Jeny: 208-788-3468



## LET'S GET OUT: SVMOA SNOW SHOW

Monday, February 24th at 1:00 PM  
Departure from the Senior Connection: 12:30 PM

Join us as we head to the Sun Valley Museum of Art for the SNOW SHOW: Winter Now exhibition, coinciding with the 2025 World Cup Alpine Championships! This thought-provoking show explores the past, present, and future of winter and snow sports through stunning photography and video by six contemporary artists.

Don't miss this opportunity to reflect on winter's future, climate change, and the evolving world of winter sports.



To reserve your spot, please call Molly or Jeny: 208-788-3468

# \* HAPPY BIRTHDAY! FEBRUARY 2025 \*

1 John Brewer  
 2 Pamela Ridgway  
 2 Barry Pond  
 2 Maria Izarraraas  
 2 Sharyn Ward  
 3 Connie Chesnel  
 3 Blas Chanco  
 5 Greg Igaz  
 5 John Hollenbeck  
 5 Janice Lyn Gray  
 6 Lita Sullivan  
 6 Carol Bezdeka  
 7 Jill Hammond  
 7 Frank Helm Jr.  
 7 Brad Merklingshaus  
 8 Lynda Mancha  
 8 Steven Crosser  
 8 Jeff Swanson  
 9 Susan Zenoniani  
 9 Jayne Elgee  
 11 Curt Mays  
 11 Michele Puluti

12 Cheryl Hymas  
 13 John Hardin  
 13 Dede Huish  
 13 Esta Hornstein  
 13 Marlys Hall  
 14 Mike Hendricks  
 14 Esperanza Castillo Guerrero  
 14 Valentina Cahuana  
 16 Katie Rabalais  
 16 Ron Dohse  
 17 Chris Simms  
 17 William Jones  
 18 Renoir Finizio  
 19 Melissa Stewart  
 20 Andy kent  
 20 Wendy Crane  
 20 Margaret Youdall  
 21 Joseph Finizio  
 11 Scott Porter  
 21 Karen Young  
 22 Dick Porter  
 22 Inge Hub

22 Derg Perron  
 23 Pedro De La Cruz  
 23 Marguerite Wray  
 23 Mary Mills  
 24 Dennis Coleman  
 24 Norma Reed  
 25 Stephen Johnson  
 25 Lynn Ramm  
 25 Linda Fox  
 25 Harvey Brauburger  
 25 Michelle Reddick  
 26 Maria De Loera  
 26 Phyllis Stelma  
 26 Celia Streit  
 27 Sergei Lagodich  
 27 Ron Foster  
 27 Britton Kolar  
 27 Karl Linsenmeyer  
 27 Beverly De Moura  
 28 Phil Crabtree  
 28 Gay Hurst  
 28 Bob Dittmer



We do our very 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.

## Happy Valentines!



Time to review your Medicare Supplement costs.  
 Idaho legislation now may allow you to save  
 premium on your Medicare supplement.

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

Call me to schedule an appointment and  
 discuss your options.

519 South Main St.  
 Hailey  
 208-788-9209

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



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## EXPLORE GIVING OPTIONS

<https://seniorconnectionidaho.org/ways-to-give/>



**WE ARE SO GRATEFUL FOR YOUR  
GENEROUS SUPPORT!**