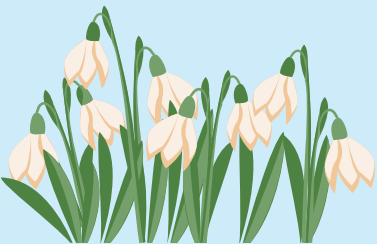


the SENIOR
CONNECTION

APRIL NEWSLETTER



Easter Egg Hunt
Trinity Hot Springs
Medicare & Medicaid Info Session
Volunteer Appreciation Lunch
Meals on Wheels Fundraising
Artist Exhibition



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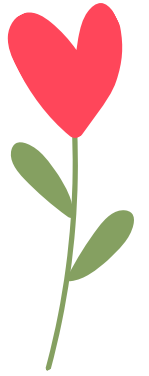
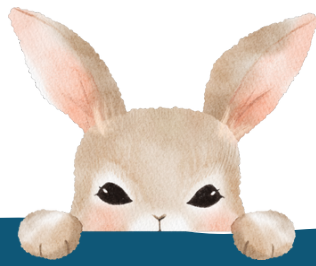
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+ Medicare & Medicaid
Info Session

"It is one of the most beautiful compensations of life that no person can sincerely try to help another without helping themselves."

-Ralph Waldo Emerson



FAMILIAR FACES



Jovita Piña
Executive Director



Jeny Ambriz
Membership &
Information Coordinator



Sky Barker
Nutrition Director & Chef



Anne Bulchis
Development &
Communications
Director



Veronica Cisneros
Transportation
Coordinator



Barb Espedal
Caregiver



Janis Gillette
Caregiving Manager



Eliseo Gonzalez
Facilities Manager



Molly Green
Program & Activities
Coordinator



Dawn Hunt
Caregiver



Brooke Irby
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Luis Joya
Kitchen Staff



Silvia Martinez
Caregiver



Cyndi Ochoa
Operations Director



Kristen O'Laughlin
Caregiving Coordinator



Brenda Stanton
Caregiver



Maria Vazquez
Sous Chef



THE SENIOR CONNECTION'S FULL TEAM OF STAFF

Letter from Jovita

**“Volunteers do not necessarily have the time; they have the heart.”
– Elizabeth Andrew**

Dear Friends of the Senior Connection,

As we step into April, we are reminded that this is National Volunteer Appreciation Month. It is impossible to imagine the Senior Connection without volunteers because our existence would truly *be impossible* without our generous and treasured volunteers. At the Senior Connection, volunteers are at the heart of everything we do.

From helping with our day-to-day operations and assisting with community events to strategizing with staff about program planning and fundraising efforts, YOU are vital to ensuring that we can connect older adults in Blaine County with peers, local activities, meaningful programs, and essential services to enhance health and well-being. **Thank you, thank you, thank you! I'm filled with gratitude for your time, energy, compassion, expertise, optimism, creativity, and so much more.**

Additionally, I want to express my deep appreciation to all of you who have donated to our Meals on Wheels program through our ongoing “March for Meals” fundraising campaign. **As of today, March 24—when we’re sending this newsletter to print—we are just \$5,000 away from our \$60,000 goal!** This amazing support, which has already surpassed last year’s goal, allows us to be on track to deliver over 16,000 Meals on Wheels in 2025. Thank you so much for ensuring access to home-delivered quality nutrition and safety checks for older adults in Blaine County!

If you have not yet given to “March for Meals” and would like to, please visit the donation page on our website (seniorconnectionidaho.org/ways-to-give) or contact our Development and Communications Director, Anne Bulchis: 208-595-1903 or anne@seniorconnectionidaho.org.

Gratefully,



Jovita Piña
Executive Director





MARCH MERRIMENT ON ST. PATRICK'S DAY & IRISH WORDS OF WISDOM



The older the fiddle the sweeter the tune.



A good laugh and a long sleep are the two best cures.



Always remember that hindsight is the best insight to foresight.



Every person is sociable until a cow invades their garden.



You've got to do your own growing, no matter how tall your father was.



Thank You!

We are incredibly grateful to the donors listed below who gave to the Senior Connection between February 22 and March 21:



Randy and Sue Acker
~In memory of Doug Clemens

Mary & Jon Adams

Alexandra Babalis

Jim Baird

Brent & Julie Barsotti

Barbara Boswell & Harold Robinson

Sue Bridgman & Jim Downen

Anne Bulchis

~In honor of Dr. Joe Fastow

Teresa Campbell

Ragna Caron

Dawn Cieslik

Robert Cimino

Linda Clemens

~In memory of Doug Clemens

Carolyn & Charles Coiner

Dennis & Barbara Coleman

Mary & Mike Colhoun

Cydney Conger

Diane & Jeff Cordes

Ghislaine Daniels

Margaret "Peggy" Dean

John Dominick

Kim and Ross Donald

~In honor of Terri Bullock

Darlene & Ted Dyer

Maija & Alvin Eerkes

~In honor of Doug Brown & Bode

Nancy & Chuck Ferries

Susan Flandro

Diana & John Flood

Joyce Fogg

Linda Fraser

Theresa Gallant & Edward Bulchis

Kathryn & Robert Gardner

Leonora Gogolak

Deana & Morley Golden

Marcee Graff

Nancy & Lloyd Gurney

Linda & Hermie Haavik

Charlotta & Scott Harris

~In honor of Terri Bullock

Heidi & Allen Heath

Mike & Carola Hendricks

Tyler & Amery Hendricks

Sandra & Rick Hesselbacher

James Hodge

Ben Holmes & Carol Scheifele Holmes

Sally Horn

Horrigan Foundation Inc.

Bonnie & Dean Hovencamp

Mark Howland

Inge Hub

Elizabeth Huish

~In memory of Benjamin Frank

Dan & Friends, Roy A. Hunt Foundation

Gary Hurst & Buddy Isom

Jim & Wendy Jaquet

Martha Jennings

Cleve & Andie Johnson

Craig & Laura Johnson

Jerry & Debbie Johnson

Robert & Nancy Jones

Jerry & Kathy Kavka

Christine Keirn

~In memory of Don Keirn

John & Deborah Kwan

Amy & Robert Landis

Ali & Jerry Lane

Alice & Robert Lane

Andrea Laporte

Robin Leavitt & Terry Friedlander

Roy Lightbody

Don & Kaye Lofgren

Valerie Logsdon & Al Pokorny

Marty & Mila Lyon

Robert & April MacLeod

Karen Mayeda

Patricia McLean

~In honor of Terri Bullock

Joseph & Elizabeth Miczulski

Bart & Nancy Nisonson

Jane & Tom Oliver

John & Abby Packer

Nancy Parry

Mary & James Peterson

Jovita Piña & Elmer Perez

Connie Post

Molly Prekeges

Gary & Laren Price

Sharon & Nick Purdy

Kathy Ratliffe

Kelly & John Roberts

Ronile & Leroy Robinson

Barbara & David Rognlien

Beth & Bob Rohe

Amber Royal-Perkes

Deb & Robert Santa

Lou Scharpf

Donna Scifres

Mary Louise Sedin

Mardi Shepard

~In honor of Terri Bullock

Edward Simon

Carol Sinnott

~In memory of Doug Clemens

Annika Sohlstrom

Jeffrey & Sherry Steinberg

Evan Stelma & Bart Lassman

Carol Stephens

Thomas & Monique Stern

Bob & Betty Stone

Andrew Tian & Donna Delahorne

Laura Todd

Bree Vanden Heuvel

Linda Vick

Phyllis & Michael Viola

Penny Weiss

Michelle & Robert Wiederrick

Tricia & Jim Wood

Janet Wygle



APRIL MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chicken Caprese	2 Pot Roast	3 Carey Congregate Seared Trout	4 Blueberry Pancakes	5
6	7 Chicken Parmesan	8 Baked Potato with Chicken Chili	9 Cheeseburger	10 Shrimp and Grits	11 French Toast	12
13	14 French Dip	15 Sweet and Sour Chicken	16 Chicken Enchiladas	17 Subway Sandwich	18 Honey Ham	19
20	21 Spaghetti and Meatballs	22 Fish and Chips	23 Cheesesteak Sandwich	24 Turkey Day	25 Strawberry Waffles	26
27	28 Smoked Brisket	29 Bratwurst	30 Fried Chicken	No Meals on Wheels on Thursdays		

The menu is subject to change depending on product availability. Please arrive between 11:30 a.m. and 1:00 p.m. for dine-in service.

Please bring your own to-go containers for any leftovers. Let's work together to reduce waste. Thank you!

Por favor, traiga sus propios recipientes para llevar si desea llevarse las sobras durante el almuerzo. Trabajemos juntos para reducir el desperdicio. ¡Gracias!

Lunch

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

\$10 for those under 60

\$10 for meals to-go

\$4 for children 12 and under



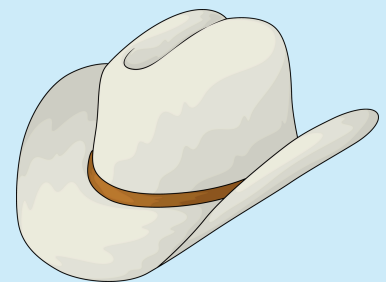


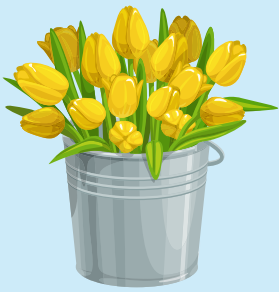
APRIL ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Casey's Circuit Bingo	2 Massage Fit & Fall Proof Bridge Alzheimer's Group	3 Casey's Circuit TECH CLASS	4 Fit & Fall Proof Bridge	5
6	7 Ageless Motion Feldenkrais Method	8 Casey's Circuit LET'S GET OUT	9 Massage Fit & Fall Proof Bridge Alzheimer's Group MEDICARE & MEDICAID	10 Casey's Circuit	11 Fit & Fall Proof Bridge MUSIC JAM	12
13	14 Ageless Motion Feldenkrais Method	15 Casey's Circuit Bingo	16 Massage Fit & Fall Proof Bridge Alzheimer's Group WATERCOLOR CLASS	17 Casey's Circuit BOOK CLUB	18 Fit & Fall Proof Bridge EASTER EGG HUNT ARTIST EXHIBITION	19
20	21 Ageless Motion Feldenkrais Method	22 Casey's Circuit	23 Massage Fit & Fall Proof Bridge Alzheimer's Group	24 Casey's Circuit VOLUNTEER APPRECIATION LUNCH	25 Fit & Fall Proof Bridge	26 Diner's Club
27	28 Ageless Motion Feldenkrais Method	29 Casey's Circuit Bingo	30 Massage Fit & Fall Proof Bridge Alzheimer's Group			

*"When I started counting my blessings,
my whole life turned around."*

-Willie Nelson





APRIL ACTIVITIES LIST

Times – Activities Listed from A to Z:

- **Ageless Motion:** 11:15 a.m. every Monday
- **Alzheimer’s Support Group:** 2:00–3:30 p.m. every Wednesday
- **Artist Exhibition:** 6:00–8:00 p.m. on Friday, April 18th
- **Bingo:** 1:00 p.m. on April 1st, 15th, and 29th
- **Book Club:** 10:00 a.m. on Thursday, April 17th
 - The book is “Lessons in Chemistry” by Bonnie Garmus
- **Bridge:** 1:00 p.m. every Wednesday and Friday
- **Casey’s Circuit:** 11:15 a.m. every Tuesday and Thursday
- **Diner’s Club:** Fuego in Gannet on Saturday, April 26th
 - Leave the Senior Connection at noon or meet at the restaurant at 12:30 p.m.
- **Easter Egg Hunt:** Noon on Friday, April 18th
- **Feldenkrais Method:** 1:00 p.m. every Monday
- **Fit & Fall Proof:** 11:15 a.m. every Wednesday and Friday
- **Let’s Get Out:** Trinity Hot Springs on Tuesday, April 8
 - Leave the Senior Connection at 9:30 a.m.
- **Massage:** 9:00–11:00 a.m. every Wednesday
- **Medicare & Medicaid Info Session:** Michelle Sandoz of Insurance Specialists Group will present at 12:30 p.m. on Wednesday, April 9th
- **Music Jam:** 1:00 p.m. on Friday, April 11th
- **Tech Class:** 10:30–11:30 a.m. on Thursday, April 3rd
 - Private sessions available from 12:15–1:15 p.m.
- **Volunteer Appreciation Lunch:** Noon on Thursday, April 24th with no “to go” meals
- **Watercolor Class:** 1:00 p.m. on Wednesday, April 16th



Carey Center – Fit & Fall Proof: 10:00 a.m. every Tuesday and Thursday

Senior Artist Exhibition

You are invited

to an evening of art, music,
hors d'oeuvre's and libation

1st

"Senior Artist Exhibition"

Including silent auction & raffle

Curated by Tewa "She Sends" Evans

Located at :

the **SENIOR** CONNECTION

731 3rd Avenue S Hailey Idaho
Friday April 18th 6 - 8 pm

A portion of proceed benefits
the Senior Connection



Tewa "She Sends" Evans
Multimedia + Art curator



Chris "He Leads the Grass" Evans
Multimedia



Kathleen Cameron
Acrylic



Deanna Schrell
Oil



Poo Wright-Pulliam
Multimedia



David Rau
Multimedia



Don Yeager
Multimedia



Bob Rodman
Jewelry Maker

FREE

R.S.V.P

208-788-3468

Fitness Classes at the Senior Connection!

Ageless Motion: Mondays at 11:15 a.m.

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

Feldenkrais Method: Mondays at 1:00 p.m.

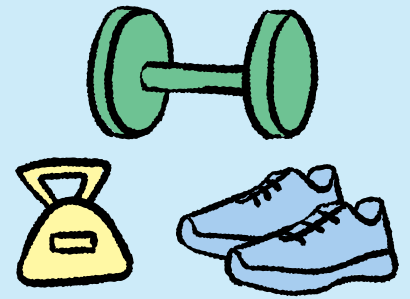
Learn to increase your ease and range of motion, improve flexibility and coordination, and rediscover a freedom of movement most often associated with childhood.

Casey's Circuit: Tuesdays and Thursdays at 11:15 a.m.

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.

Fit & Fall Proof: Wednesdays and Fridays at 11:15 a.m.

Helps improve mobility for everyday living activities.



JOIN US IN PLAYING BRIDGE!

**Every Wednesday and Friday
1:00 p.m. at the Senior Connection**



**APRIL 1ST, 15TH & 29TH
1:00 P.M. AT THE SENIOR
CONNECTION**

ANNIE'S WATERCOLOR CLASS

Wednesday, April 16th at 1:00 p.m.



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



TABLE MASSAGE

9:00-11:00a.m.

Every Wednesday

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 Required



EASTER EGG HUNT

That's right, say it again!
An Easter Egg Hunt!

Noon on Friday, April 18th
At the Senior Connection

Kids will join us!





Acoustic Music Jam

**Friday, April 11th from 1:00-3:00 p.m.
At the Senior Connection**

Everyone welcome to play,
sing, or just listen!

DINER'S CLUB

Fuego in Gannett

Saturday, April 26th

Leave the Senior Connection
at noon or meet at the
restaurant at 12:30 p.m.



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

TECH CLASS WITH CHERI REINKE!

Thursday, April 3rd

10:30 a.m. at the Senior Connection

Private sessions available from 12:15-1:15 p.m.

Bring your devices and your questions!

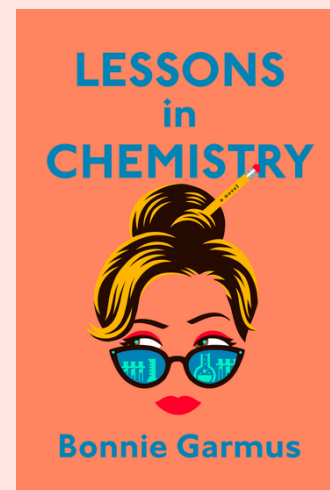


To reserve your spot, please call
Molly or Jeny: 208-788-3468

BOOK CLUB

Thursday, April 17th

10:00 a.m. at the Senior Connection



A welcoming book club where we
share the love of reading and
appreciate a sense of community.

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



The Bellevue Historical Society is seeking volunteers to help bring history to life!

To keep the museum open on summer weekends from 12–4 p.m., volunteers are needed for 2-hour shifts. Other opportunities include enhancing the museum or promoting Bellevue's history in our community.

Interested? Please contact Susan Canham:
suzcanham@gmail.com or (208) 721-1465.

LET'S GET OUT

TRINITY HOT SPRINGS

TUESDAY, APRIL 8TH

Experience the rejuvenating wonders of Trinity Hot Springs! Departing from the Senior Connection at 9:30 a.m. Don't forget to pack your bathing suit, towel, and water bottle for a day of relaxation and fun. Lunch provided.



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

HAPPY BIRTHDAY! APRIL 2025

1st

Karen Bliss
Heidi Bynum
Hugo Calderon Baylon
Alex Dumauriee

2nd

Cameron Faulds

3rd

Richard Cabitto
Wiley Ellis
Lynn Preshure

5th

Catherine Dolan
Hanna Poole

6th

David Hipp

7th

Diana Anida
Willy Cook
Bonnie Justensen
Randy Miller
Tomas Zacari

8th

Daryl Engelhardt
Jay Phipps
Ron Reese
James West

9th

William Bentz
Manon Gaudreau
Franklin Hall

10th

Susan Passovoy

12th

Mark Scheving

13th

Ronald Brans

14th

Barbara Wilkensen

15th

Sharla Smith

16th

Kathy Lynn
Susie Reese
Raquel Velasco

17th

Craig Nalem

18th

Elaine Charlat
Will Duke
Joyce Fogg
Ilene Turner

19th

Janet Becht
Maureen Coyle
Barbara Lee

20th

Gary Boesar
Mike Henry
Marsha LaVine

21st

Ray Grosvenor
Margaret Kolar
Wesley Moore
Doug Wilcox

22nd

Shirley Barer
Raul Gonzales
Ralph Harris

23rd

Gary Price
Sue Roland

24th

Nan Goodwin

25th

Patricia Adams
Gabriele Clemans
Tony Evans
David Lipman
Leslie Silva

26th

Katie Allen
Anna Cabot
Nancy Urbany
Nancy Van Diver

27th

Jeanne Bray
Patricia Larson

28th

Gus Griffin
Edward Gardner
Patricia Rawlinson

29th

Brian Ahern
Jim Downen

30th

Lori Israel
Laurel Luft

If you spot an error or omission,
please let us know.



MEDICARE & MEDICAID INFO SESSION



Are you eligible for both Medicare and Medicaid?
If so, join us! This seminar will have important info for you.


Wednesday, April 9th at 12:30 p.m.

At the Senior Connection (721 3rd Ave S, Hailey)

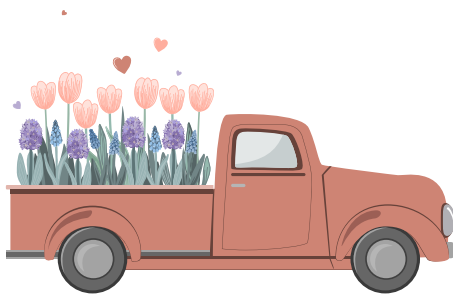
Michelle Sandoz will present on the big changes that are coming to Idaho and how they will affect you and your coverage.

Call Michelle if you are unable to attend and have questions!

MICHELLE SANDOZ SPECIALIZES IN MEDICARE PLAN ADVISING:

 (208) 788-9209

 michelle@insurancespecialistsgroup.com



If you haven't yet had the chance to support Meals on Wheels, now is the time! Donations to the Senior Connection through mid-April will continue funding our Meals on Wheels program. **Please consider contributing today!**



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