





the SENIOR  
CONNECTION



# MARCH NEWSLETTER



PADDYWAGON  
MARCH FOR MEALS  
FELDENKRAIS METHOD  
BOULDER MOUNTAIN CLAYWORKS



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# Letter from Jovita

Dear Friends,

Each March, *Meals on Wheels* celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. This legislation supported the rapid growth of the *Meals on Wheels* network that now collectively serves 2.8 million seniors each year.

At The Senior Connection, we believe that no older adult should have to worry about where their next meal will come from. Our *Meals on Wheels* program is more than just a meal delivery service—it is a vital lifeline for many of our community's older adults, providing nourishment, independence, and human connection.

Each day, our dedicated volunteers and staff deliver hot, nutritious meals to homebound older adults throughout Blaine County. But *Meals on Wheels* is about more than just food. Our volunteers provide a friendly face and a wellness check, ensuring that those we serve are safe.

The need for our services continues to grow. Your support—whether through donations, volunteering, and/or advocacy—helps ensure that no older adults in our community go hungry or feel forgotten. A simple meal can make a world of difference, offering not only nutrition but also the comfort of knowing that someone is showing up for you.

Thank you for being a part of our generous community.

With gratitude,



Jovita Piña  
Executive Director

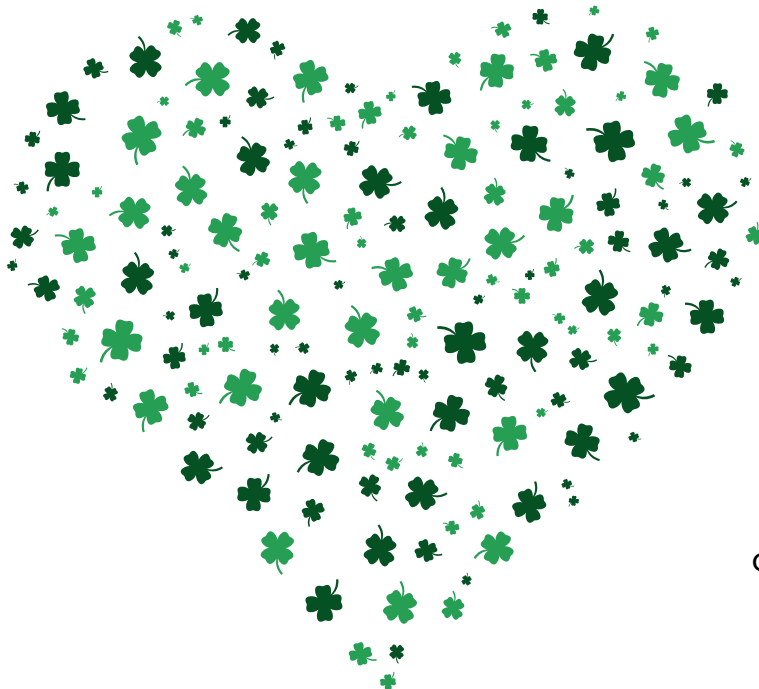


# Thank You!

We are incredibly grateful to the donors listed below who gave to the Senior Connection between January 19 and February 21:

Anonymous (4)  
Janet Augustus  
Alexandra Babalis  
Mary Bachman  
Jim Baird  
Sue Bridgman & Jim Downen  
Susan Bristol  
Maija & Al Eerkes  
Joyce Fogg  
Mary Kay Foley  
Tyler Hendricks  
Pastor Mike and Carola Hendricks  
The Life Church  
Susan Johnson  
Dr. Britton Kolar  
Roy Lightbody

Amy Martin  
Susan McKee  
J. McLaughlin  
Willa & Jim McLaughlin  
Joe and Elizabeth Miczulski  
Deborah Murphy  
Kathy Ratliffe  
Vicki Riedel  
Michelle Sandoz  
Donna Scifres  
Stephy and Dan Smith  
Richard Smooke  
Carol Stephens  
Penny Weiss  
Maryanne and Gerry Whitcomb  
Tricia & Jim Wood  
Janet Wygle



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

# MEALS ON WHEELS

In Blaine County, a dedicated team rolls over roads, bringing meals and a lifeline to older adults. This program exists thanks to our community's generous support.

Will you help provide meals where they are needed most?

Wheels, Wags, and Warm Meals are on the Way!



We will deliver over 16,000 Meals on Wheels in 2025.

This March, please make a donation to the Senior Connection to help fund our Meals on Wheels program.

 \$30 = meals for one week

 \$120 = one month of nourishment and engagement

 \$1,560 = one year of nutrition and safety checks



Scan here to support the health and well-being of older adults in Blaine County.

## MARCH FOR MEALS

For any giving questions, please contact us:

208-595-1903

[development@seniorconnectionidaho.org](mailto:development@seniorconnectionidaho.org)

[seniorconnectionidaho.org/ways-to-give](https://seniorconnectionidaho.org/ways-to-give)



the **SENIOR CONNECTION**

PO Box 28 | Hailey, ID 83333

# MARCH ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Ageless Motion Feldenkrais	4 Casey's Circuit Bingo	5 Center Closed for All-Staff Meeting	6 Casey's Circuit <b>LET'S GET OUT</b>	7 Fit & Fall Proof Bridge	8
9	10 Ageless Motion Feldenkrais	11 Casey's Circuit	12 Fit & Fall Proof Bridge	13 Casey's Circuit <b>CAREGIVING TECH</b>	14 Fit & Fall Proof Bridge <b>MUSIC JAM</b>	15
16	17 Ageless Motion Feldenkrais <b>PADDYWAGON</b>	18 Casey's Circuit Bingo	19 Fit & Fall Proof Bridge	20 Casey's Circuit <b>BOOK CLUB</b>	21 Fit & Fall Proof Bridge	22
23	24 Ageless Motion Feldenkrais	25 Casey's Circuit	26 Fit & Fall Proof Bridge	27 Casey's Circuit	28 Fit & Fall Proof Bridge	29
30	31 Ageless Motion Feldenkrais					

## Times (From Activities A to Z)

- **Ageless Motion:** 11:15 a.m. every Monday
- **Bingo:** 1:00 p.m. every other Tuesday
- **Book Club:** 10:00 a.m. on Thursday, March 20th
- **Bridge:** 1:00 p.m. every Wednesday and Friday
- **Caregiving Class:** 2:00 p.m. on Thursday, March 13th
- **Casey's Circuit:** 11:15 a.m. on Tuesdays and Thursdays
- **Feldenkrais:** 1:00 p.m. on Mondays
- **Fit & Fall Proof:** 11:15 a.m. on Wednesdays and Fridays
- **Let's Get Out:** Leave at 12:30 p.m. on Thursday, March 6th
- **Music Jam:** 1-3 p.m. on Friday, March 14th
- **Paddywagon:** Noon to 1:00 p.m. on Monday, March 17th
- **Tech Class:** 1:00 p.m. on Thursday, March 13th

## Additional Activities

**Carey Center - Fit & Fall:** 10:00 a.m. on Tuesdays and Thursdays

# MARCH MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				No Meals on Wheels on Thursdays		1
2	3 Chicken Cordon Bleu	4 Baked Potato with Chicken Chili	5 Center Closed for All-Staff Meeting	6 Carey Congregate Shrimp and Grits	7 French Toast	8
9	10 French Dip	11 Sweet and Sour Chicken	12 Beef Fajitas	13 Lasagna	14 Chicken Fried Steak	15
16	17 Corned Beef and Cabbage	18 Crispy Fish Tacos	19 Cheesesteak Sando	20 Turkey Day	21 Strawberry Waffles	22
23	24 Smoked Brisket	25 Spaghetti and Meatballs	26 Fried Chicken	27 Seared Trout	28 Biscuits and Gravy	29
30	31 Gyro					

**\*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**





# Dr. Carol Stephens, PsyD, LP, CBSM

Wednesdays At Senior Connection  
2 PM - 3:30 PM

the SENIOR CONNECTION

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



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 CLASS

Thursday, March 13th  
2:00 p.m. at the Senior Connection

Do you help a loved one navigate activities of daily living? If so, this class is for you.

Join this training with physical therapist **Jill Pardini Morse** to get practical guidance on mobility aids, home equipment, body mechanics, safe transfers, etc.

Caregiving is far from easy, so don't miss this opportunity to learn tips and tricks from a professional to make your life easier!





# Acoustic Music Jam: Irish Songs!

Friday, March 14th  
1-3 p.m. at the Senior Connection



All levels of musicians are welcome. Come meet new people to jam with!

This is also open to anyone who wants to sing along or just enjoy the music. Wear your green and join us!



# LET'S GET OUT: BOULDER MOUNTAIN CLAYWORKS

Thursday, March 6th  
Leave the Senior Connection at 12:30 p.m.

Enjoy a "hands on" ceramic arts workshop with friends!



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

# TECH CLASS WITH CHERI REINKE!

Thursday, March 13th  
1:00 p.m. at the Senior Connection

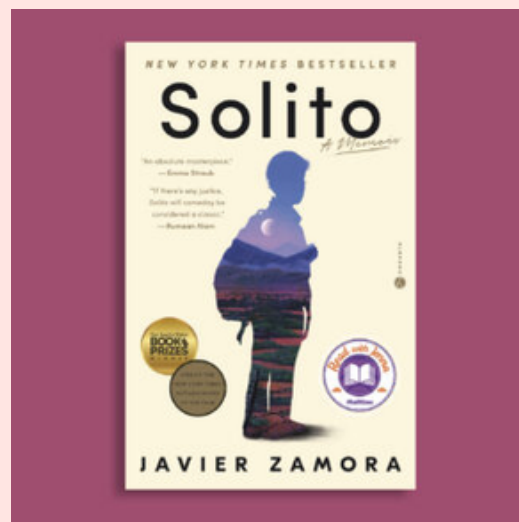
Bring your devices and your questions!



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

# BOOK CLUB

Thursday, March 20th  
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

# 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**



**MARCH 4TH & 18TH  
1:00 P.M. AT THE SENIOR  
CONNECTION**

# HAPPY BIRTHDAY! MARCH 2025

## 1st

Rob Cronin  
Mary Floyd  
Mindy Meads  
Carol Taglio  
Theodore Vigeland

## 2nd

Tammy Barnes

## 3rd

Jock Bell  
Sarah Richards  
Kathryn Wright-Pulliam

## 4th

Joel Graff  
Jennifer Nevins

## 5th

Peggy Williams

## 6th

Joyce Pearson

## 7th

Carley Baird

## 8th

Ofelia Podesta

## 9th

Patricia Fisk

## 10th

Annie Jones

## 11th

Oralani Fuller  
Jane McGrew

## 12th

Robert Shuford

## 13th

Josh Kelly  
Bruce West

## 14th

Gabriel Gonzales  
Pedro Huaman Carlos  
Elaine Niedrich

## 15th

Robert Heed  
Janice Mastenbroek

## 16th

Paul Ramm

## 17th

Diana Paterson

## 18th

Norma Hepworth  
Larry Smith

## 19th

Tom Henderson  
Les Shanahan  
Patricia Weaver

## 20th

Terri Orr  
Margaret Walker  
Laura William

## 21st

Linda Vick

## 22nd

Jan Armstrong  
Carloyn House  
Denise Thomas  
Robert Underberg

## 23rd

Penny Cook  
Charles Macklin  
Ron Taylor

## 24th

Janet Evans  
Mimi Henreid  
Connie Post  
Bob Van Nostern

## 26th

Bobbi Hunt

## 27th

Eileen Rodman

## 29th

Cindy Leonard  
Katie Phillips  
Diane Thurmond

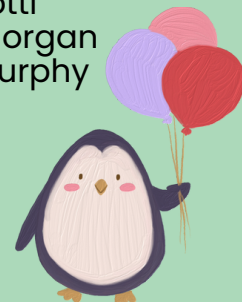
## 30th

John Dominick  
Katie Riley  
Carol Thomas

## 31st

John Bulotti  
Beverly Morgan  
Marion Murphy

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



## Are you getting scam calls?

### Your Phone Shouldn't Be a Nuisance!

Are you receiving Medicare calls at all hours—even when you're on the Do Not Call list? You don't have to put up with it!

### Know Your Rights:

- ✓ Calls before 8 AM or after 9 PM? NOT allowed.
- ✓ On the Do Not Call list but still receiving calls? A violation.
- ✓ Calls from fake or randomized numbers? Report them!

### Take Action Today:

- ✓ Register at [www.DoNotCall.gov](http://www.DoNotCall.gov) or call 1-888-382-1222
- ✓ File a complaint at [www.consumercomplaints.fcc.gov](http://www.consumercomplaints.fcc.gov)

### Need help navigating Medicare?

I'm here to help

Protect your peace. Stop the calls today!



Michelle Sandoz  
Your Local Medicare  
Insurance Plans Advisor

519 S Main St Hailey, ID  
208-788-9209

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