

the SENIOR
CONNECTION

JUNE

NEWSLETTER

LETS GET OUT: GOLD DREDGE
BINGO!
SUN VALLEY BALLET
AQUA AEROBICS



OFFICE STAFF DIRECTORY

Jovita Piña
Executive Director

jovita@seniorconnectionidaho.org
208-595-1868

Jeny Ambriz
Membership & Information Coordinator

jeny@seniorconnectionidaho.org
208-788-3468

Sky Barker
Nutrition Director & Chef

sky@seniorconnectionidaho.org

Anne Bulchis
Director of Advancement

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
Finance Manager

brooke@seniorconnectionidaho.org
208-595-1836

Cyndi Ochoa
Director of Operations

cyndi@seniorconnectionidaho.org
208-595-1803

June Highlights	3
Letter from Jovita	4
Board of Directors	5
Donor Thank You	6
June Menu	7
June Activities Calendar	8
June Activities List	9
Caregiver Conference	10
June "Ads" & Idaho Gives	11-14
June Birthdays	15



HIGHLIGHTS



THANK YOU TO EVERYONE THAT HELPED MAKE THE SENIOR EXHIBITION POSSIBLE

Art Curator

Tewa "She Sends" Evans

Artists

Dang's Thai Cuisine & Sushi Bar
Kathleen Cameron
Chris "He Leads the Grass" Evans
Tewa "She Sends" Evans
David Rau
Bob Rodman
Deanna Schrell
Poo Wright-Pulliam
Don Yeager

Musicians

Karen Bliss, Heidi Bynum
Melanie Kerbs & Ted Macklin

Sponsors & Partners

Atkinsons' Market
Albertsons
CR Tech Support
Dang's Thai Cuisine & Sushi Bar
D.L. Evans Bank
Grocery Outlet Bargain Market
Hangar Bread
La Cabañita
Natural Grocers
Saigon VN Nails
Sun Valley Culinary Institute
Tara Bella Flowers
Worth Printing

the SENIOR CONNECTION
so much more than lunch



Letter from Jovita

Dear Friends of the Senior Connection,

Our team has been planning a terrific lineup of “Let’s Get Out” trips to help make the most of the summer months. From the Sun Valley Summer Symphony to an overnight trip in Stanley and everything in between, there are plenty of opportunities to connect, explore, and enjoy the beauty of our area together.

If you’ve visited the Senior Connection recently, you’ve noticed the construction activity. We know the noise and limited parking have made things more challenging, and we sincerely appreciate your patience. This construction is paving the way for our new carport structure that will shelter our transportation vehicles. This upgrade is crucial for the safety and accessibility of our members and staff during the winter. We’re grateful that this project is being paid for primarily through a Community Development Block Grant. It has taken a lot of work to get this funding, with significant time and effort already invested into this facility improvement project.

I’m happy to share great results from our Idaho Gives 2025 fundraising campaign! We had 62 donors contribute \$23,652. Thank you so much to our amazing community of generous donors for enabling us to provide the programs and services that we do all year long. None of this would be possible without you!

June is Alzheimer’s & Brain Awareness Month, and here at the Senior Connection, we are committed to fostering ongoing, open conversations about Alzheimer’s disease and other forms of dementia. We are especially grateful to Dr. Carol Stephens and the amazing staff and volunteers of our Connection Club, who provide compassionate care and critical support to family caregivers and their loved ones navigating the innumerable challenges of memory loss.

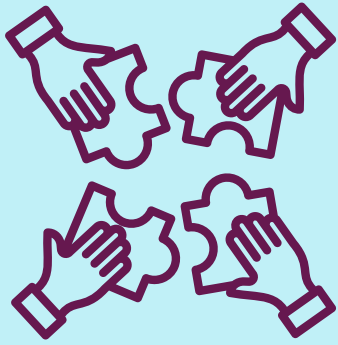
As always, thank you for being part of the Senior Connection community. Your kindness, participation, and support continue to drive our mission forward.

Gratefully,



Jovita Piña
Executive Director





The Senior Connection's Board of Directors



Don Cunningham
Chair



Rick Allington
Vice Chair



Diane Cordes
Treasurer



Amber Royal-Perkes
Secretary



Mary Colhoun
Director



Rob Cronin
Director



Dr. Joseph Fastow
Director



Mardi Shepard
Director



Trish Wilson
Director



Reflections from our two new Board Members:

"I'm excited for this opportunity to directly impact the lives of seniors in our community and contribute to initiatives that address their needs and enhance the well-being of these people who I have a deep-seated respect for."

-Amber Royal-Perkes

"Having had close relationships with both my grandparents and parents truly gave me a soft spot for those who are aging, especially those who are aging alone. I have watched the Senior Connection evolve over the years and have a huge appreciation for all the programs. I'm honored to help spread awareness of all we do and be a part of the mission at absolutely every level I possibly can."

-Rob Cronin

THANK YOU

We are so grateful to the donors listed below who gave to the Senior Connection
between April 22 and May 22:

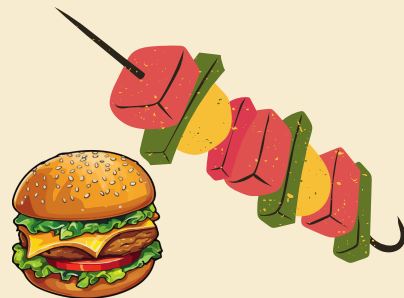
Anonymous (5)
Kirk and Hillary Anderson
Maryann Andonian
Sherry Archer
Nancy Auseklis
~In memory of Alvis Auseklis
Alexandra Babalis
Jim Baird
Brent and Julie Barsotti
Joyce Beahen
~In honor of Jovita Piña
Karen Bliss
Sue Bridgman and Jim Downen
Anne Bulchis
Jan Burrell
~In memory of Marla Mink
Kathleen Cameron
Cynthia Luck Carr
Jeanne Cassell
Sonia Castro
Linda Castro-Piña
Dawn Cieslik
Lynn Cleary
Rosemary Cody
Carol Cole and Jim Rinehart
Mary and Mike Colhoun
Don and Heather Cunningham
D.L. Evans Bank
Kimberly Ellwanger
Christine Ferguson
Marybeth Flower
Joyce Fogg
Marcee Graff
Betty Grant
Ed and Jane Grimes
Nancy Gurney
Tom and Florence Harvey
Linda Hayes
~In memory of Viola Hayes
Mike and Carola Hendricks
Tyler and Amery Hendricks
David Hitchin
Sally Horn
Mike Infanger




Robert Nimmo and Linda Jensen
Craig and Laura Johnson
Janice Jorgensen
Chris Keirn
~In memory of Don Keirn
Linda Kish
Rae Kozlowski
Sheila and Ray Liermann
Carolyn and John Lloyd
Anita McCann
Susan McKee
Gerald and Sheila Mells
John Milner and Kim Taylor
David Mollineaux
Barry and Barbara Neiwert
Gail Wilson-Norgren and Tim Norgren
John and Abby Packer
April Piña
Jovita Piña and Elmer Perez
Jake Provonsha
Kathy Ratliffe
Ronile and Leroy Robinson
Amber Royal-Perkes
Adele and Pat Savaria
Heidi Schiers
Ashley Schmiedeskamp
Donna Scifres
Carol and Les Shanahan
Melinda Springs
~In honor of Terri Bullock
Nina Steffens
Carol Stephens
Betsy Barrymore Stoll
Bob and Betty Stone
Erik Larson and Deborah Straiton
David and Maggie Sturdevant
Adam Taylor
Tryntje Van Slyke
Chris and Dave Vik
Penny Weiss
Tricia and Jim Wood
Wood River Women's Foundation
Janet Wygle
Lawrence Young





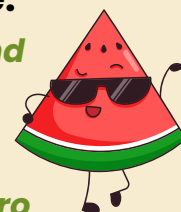
JUNE MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Rueben Sandwich	3 Chicken Tacos	4 Fried Chicken	5 Carey Congregate Meat Loaf NO MEALS ON WHEELS	6 Blueberry Pancakes	7
8	9 Sweet & Sour Chicken	10 Gyro	11 Beef Fajitas	12 Seared Trout NO MEALS ON WHEELS	13 Cheeseburger 	14
15 <i>happy Father's Day</i>	16 Brisket	17 Chicken Alfredo	18 Lasagna	19 Fish & Chips NO MEALS ON WHEELS	20 Strawberry Waffles	21
22	23 Pulled Pork	24 Potato Bar	25 Chicken Parm	26 Sub Sando NO MEALS ON WHEELS	27 Chicken Fried Steak	28
29 	30 French Dip	1 	2 CLOSED SPECIAL EVENT	3	4 CLOSED 	5

**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 to be entered into our raffle at the end of the month. Ask Jeny at the front desk for more info. Let's work together to reduce waste. Thank you!



Por favor, traiga sus propios recipientes para llevar para participar en nuestro sorteo al fin de mes. Pregunte con Jeny en recepcion para mas informacion. 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



JUNE ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Ageless Motion	3 Casey's Circuit Feldenkrais Method Aqua Aerobics	4 Fit & Fall Proof Bridge Alzheimer's Group	5 Casey's Circuit TECH CLASS	6 Fit & Fall Proof Bridge	7
8	9 Ageless Motion	10 Casey's Circuit Feldenkrais Method Aqua Aerobics	11 Fit & Fall Proof Bridge Alzheimer's Group	12 Casey's Circuit LET'S GET OUT	13 Fit & Fall Proof Bridge BINGO	14
15 HAPPY FATHER'S DAY	16 Ageless Motion Take a Hike Swift sure Ranch	17 Casey's Circuit Feldenkrais Method Aqua Aerobics	18 Fit & Fall Proof Bridge WATERCOLOR Alzheimer's Group	19 Casey's Circuit BOOK CLUB	20 Fit & Fall Proof Bridge JAM SESSION	21 DINERS CLUB Taste of Thai
22	23 Ageless Motion	24 Casey's Circuit Feldenkrais Method Aqua Aerobics	25 Fit & Fall Proof Bridge Alzheimer's Group	26 Casey's Circuit	27 Fit & Fall Proof Bridge Bingo	28 Sun Valley Ballet
29	30 Ageless Motion	1 july	2 Closed Special Event	3	4 Closed HAPPY 4th of July	5





JUNE 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
- **Aqua Aerobics:** Every Tuesday 9am– 9:55am
- **Bingo:** New Time and Day! **Friday, June 27th 5:30–6:30 p.m.**
- **Book Club:** 10:00 a.m. on **Thursday, June 19th**
 - The book is: **All The Light We Cannot See**
- **Bridge:** 1:00 p.m. every Wednesday and Friday
- **Casey's Circuit:** 11:15 a.m. every Tuesday and Thursday
 - **Diner's Club:** Saturday, **June 21st** at **Taste of Thai**
 - Leave the Senior Connection at noon or meet at the restaurant at 12:30 p.m.
- **Feldenkrais Method:** 1:00 p.m. every **Tuesday**
- **Fit & Fall Proof:** 11:15 a.m. every Wednesday and Friday
- **Let's Get Out:** June 12th **Yankee Fork Gold Dredge**
 - Leave the Senior Connection at 9:00 a.m.
- **Music Jam:** 1:00 p.m. on **Friday the 20th**
- **Tech Class:** 10:30–11:30 a.m. on **Thursday, June 5th**
 - Private sessions available from 12:15–1:15 p.m.
- **Watercolor Class:** 1:00 p.m. on **Wednesday, June 25th**

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



2025 CAREGIVER CONFERENCE

Saturday, June 14, 2025, 9:00am - 3:00pm
CSI Fine Arts Theater

IN HOME CARE

Home Care
vs
Home Health

END OF LIFE CARE

Palliative Care
vs
Hospice care

THE CAREGIVER PUZZLE, UNDERSTANDING THE PIECES

Dignity * Respect * Burnout

FACILITY CARE

Assisted Living
vs
Skilled Nursing

SELF CARE

Guardianship
vs
Power of Attorney



Click on link for
CSI FOUNDATION
to support this event

EVENT FREE OF CHARGE

Check in at 8:30am
complimentary lunch

Call to Register: 208-736-2122

Free Oral Health Screening at The Senior Connection

**Examen Gratuito de Salud
Bucal en El Senior Connection**

**Thursday, June 12th
11 a.m. - 4 p.m.**



**Jueves, 12 de Junio
11 a.m. - 4 p.m.**



Let's take a Hike! Join us at Swiftsure Ranch

Visit with the horses, walk, and enjoy
good company. Bring your
comfortable shoes.



Our Idaho Gives fundraising campaign was a success!

THANK YOU!

We are so grateful to the 62
donors in our wonderful
community who gave to the
Senior Connection for a
total of \$23,652!

ANNIE'S WATERCOLOR CLASS

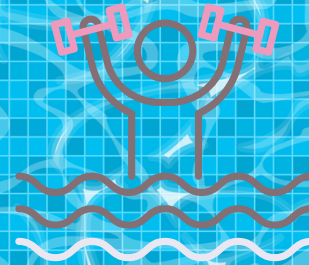
Wednesday, June 25th at 1:00 p.m.



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

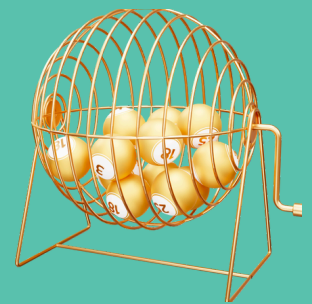
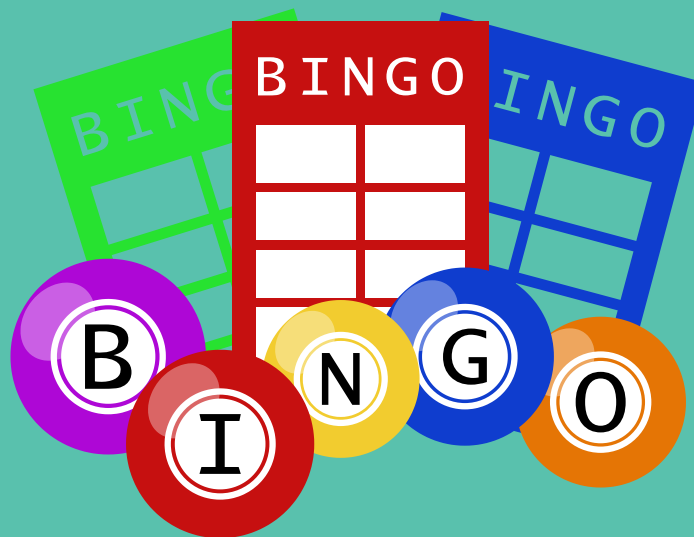
Aqua Aerobics

**Every Tuesday at the BCRD.
We will leave the Senior
Connection @ 8:45 a.m.**



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

**Join us Friday night
for ...**



Friday, June 27th from 5:30 - 7:30 p.m.

\$10 per card, must be 18 yrs or older

Call 208-788-3468



Acoustic Music Jam

**Friday, June 20th from 1-3 p.m.
At the Senior Connection**

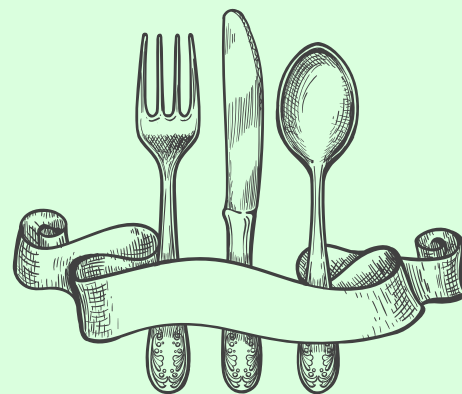
Everyone welcome to play,
sing, or just listen!

DINER'S CLUB

Taste Of Thai

Saturday, June 21st

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, June 5th

10:30 a.m. at the Senior Connection

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

Bring your devices and your questions!

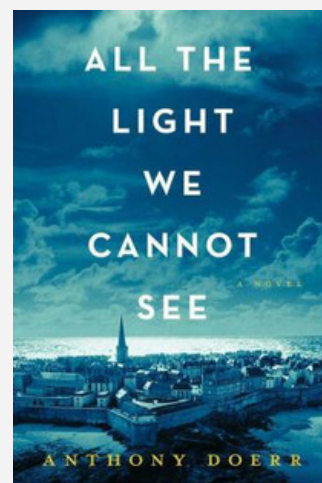


To reserve your spot, please call
Molly or Jeny: 208-788-3468

BOOK CLUB

Thursday, June 19th

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

LET'S GET OUT

YANKEE FORK GOLD DREDGE

THURSDAY, JUNE 12TH - LEAVE AT 9 AM



We will leave the center at 9 a.m.
Lunch will be provided. Please bring a
water bottle, sunscreen, and anything
else you might need for the day.



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

Sun Valley Ballet

Saturday, June 28



We will leave the center
at 6:15 p.m. The show is
7:00-8:30 p.m. Space is
limited, so please call to
reserve your spot.



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

HAPPY BIRTHDAY! JUNE 2025

1st

Mark Howland
June Worthington
Angel Cahuana

2nd

John De Moura

3rd

Lesley Andrus
Patricia Felstein
Elizabeth Mathieu

4th

Jill Hitchin
John Tapia

5th

Jeanne Robeson
Richard Haynes
Elizabeth Mariani
Luz Colis Martinez

6th

Ann Ellis

7th

James Perkins

8th

Vicky Kensington
Robert Hannon

9th

Gretchen Boe
Cathy Lind

10th

James Byerly
Allen Heath
Bonnie Bray

11th

Barbi Mcqueen
Rod Kegley
Paul Sernur
William Postlewait
Dewey Casimiri

12th

Chuck Erwin
John Lovey

14th

Robert Gordan
Larry Newton
Bob Stone
Debbie Johnson

15th

Carmen Cruz
Ken Parks
Nancy McAfee

16th

Nancy Grant
Susan Wilhelm

17th

Patrick Simpson

18th

Lewis Tripp
Shelley Seibel

19th

Eugene McLaughlin
Christopher Campbell

20th

Harol Schmidt
Patti Lindberg

21st

Harold Ward
Eileen West
Hanna Bigelow
Jeanne Cassell

22nd

Norma Mccolley

23rd

Sherri Dominic

24th

Charlie Watts
Carol Henry

25th

Jerry Smith

26th

Martha Burke
Heike Striebeck

27th

Bobbi Burns
Jeffrey Steinberg
Aurelia Gonzalez
Mary Mcclanahan

28th

Shirley Huntington
Dale Martin

29th

Pat Parke
Pedro Terrazas

30th

Robert Welsh
Irma Reigle
Tom Teitge



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

Drug Discount Cards

Understanding How They Work & What You Should Know

What Are Drug Discount Cards?

They work like insurance by negotiating lower prices through Pharmacy Benefit Managers (PBMs). Companies like GoodRx, BlinkRx, and SingleCare are some of the most well-known options. These companies earn money when you use their card at the pharmacy.

Important Facts:

- Discount card usage is private, so your insurance company will not be notified.
- Using a discount card will NOT count toward your Medicare Part D \$2,000 cap.
- Only prescriptions filled using your insurance plan will count toward that limit.
- Pharmacies are not required to accept discount cards and can stop accepting a card at any time without warning.

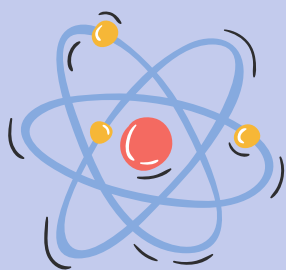
We're here to help you understand your options
and potentially save on your medications.

Insurance Specialists Group
519 S Main St, Hailey
(208) 788-9209

Michelle Sandoz
Your Local Medicare
Insurance Plans Advisor



Get Ready for our Summer Series Coming Soon!



The Dredge
Ballet
Swiftsure

Herrett Center For
Arts & Science
Stanley Overnight
Pops Symphony
Boomer Games

