

HAYDEN SENIOR CENTER

Recreation, Information, and Services for
Older Adults

Quarterly Newsletter

April — June 2024



BINGO & BREWS

Join us for another fun afternoon
with friends, food, and cash prizes.



May 11th



Lunch 12pm -1pm

Bingo Sales 1pm—1:30 pm

Bingo Session 1:45pm—4pm

See inside for more information

OUR MISSION STATEMENT

The Hayden Senior Center is dedicated to reaching seniors in Hayden and the surrounding area. The Corporation provides resources to aid in achieving a healthy, active, and independent lifestyle.

HAYDEN SENIOR CENTER

1250 Lancaster Road,
Hayden, ID 83835
208 762-7052

lisa@haydenseniorcenter.org

HSC OFFICE STAFF

Lisa Martin, Executive Director

KITCHEN STAFF,

Kate Robertson, Nutrition Manager
Samuel Jepsen, Kitchen Support/Maintenance

Contact the Senior Center office at
208-762-7052 to report any of the following:

- Address, phone number, or name change
- Make sure we have a correct email
- Want to become a member, volunteer donor, or contributor

HAYDEN SENIOR CENTER 2024 BOARD OF DIRECTORS

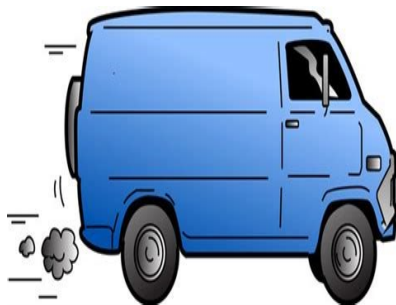
Kathy Verburg - Chairperson
Dick Panabaker - Vice Chair
Keri Reynolds - Treasurer
Sharon Clamp - Secretary
Shari Durbin - Member
Diane Zell - Member

Interested in serving on the Board or want time on the floor at the next meeting? Please contact Lisa Martin or Kathy Verburg at 208-762-7052

Van pick-up for non-drivers may be available for lunches and bingo but reservations (in advance) are required.

**Call for a ride
208-762-7052**

Donations for operating costs are greatly appreciated.



WEEKLY ACTIVITIES

Most activities have a \$1 per person fee with a current membership, \$3 without a membership. First time is free. Fit n' Fall Proof classes have a \$1 fee with or without a membership. Please call for more info.

All Week when available.....Super 1 Bakery Goods

MONDAY

9:00 am - 10:00 am.....Fit n' Fall Proof
10:00 am - 12:30 pm.....Canasta
1:00 pm – 2:00 pm.....Fit n' Fall Proof
2:30 pm - 3:15 pm.....Chair Yoga
3:30 pm - 4:30 pm.....Yoga
4:45 pm - 5:45 pm.....Yoga

TUESDAY

9:30 am -10:30 am.....Fit n' Fall Proof
12:00 pm – 1:00pm.....Lunch (by reservation only)
12:00 pm - 3:00 pm.....Mahjong
12:30 pm - 3:30 pm.....Bridge

WEDNESDAY

9:00 am - 10:00 am.....Tai Chi
10:30 am - 11:30 am.....Line Dance Class
12:00 pm - 3:30 pm.....Cribbage , Pinochle, and Chinese Mahjong

THURSDAY

9:00 am - 10:00 am.....Fit n' Fall Proof
12:00 pm –1:00 pm.....Lunch (by reservation only)
1:30 pm - 4:00 pm.....Bingo
(Bingo card sales end promptly at 1:25)

FRIDAY

9:30 am - 10:30 am.....Fit n' Fall Proof
10:30 am - 3:00 pm.....Variety Game Group
1:00 pm - 3:00 pm.....Krafty Krafters
3:30 pm - 4:45 pm.....Yoga (resuming shortly)

THANK YOU TO ALL OF OUR AMAZING VOLUNTEER INSTRUCTORS.

RESOURCES

Important Numbers

Lake City Meals on Wheels.....	208-667-4628
Adult Protection.....	*800-786-5536/208-667-3179
Area Agency on Aging (AAA).....	208-667-3179
City Link Bus Service.....	*877-941-7433
Elder Help.....	208-661-8870
Idaho Care Line.....	*211
Idaho Senior Legal Hotline M - F, 8 - 2 pm (PST).....	. *866-345-0106
Legal Aid.....	208-667-9559
Medicare Questions.....	208-666-6847
Hospice of North Idaho (non-profit).....	208-772-7994
SHIBA.....	*800-247-4422

* Toll Free Numbers

SHIBA

Medicare—One of the many challenges facing seniors. What, you ask, are Parts A, B, C, and D?

What is the difference between a supplement (Medigap) and an advantage plan (Health Plan)? You don't take prescriptions—do you have to purchase a drug plan? Is your employer's health insurance adequate after you turn 65? Your current plan just sent you a letter saying they're going out of business. Now what?

These are just some of the questions typically asked about Medicare. To have them answered, the Idaho Department of Insurance has a program for called SHIBA (Senior Health Insurance Benefit Advisors). This free-of-charge program offers you objective information and assistance. Advisors answer your questions, assist you in enrolling in advantage or drug insurance plans, and provide information about supplements. Staffed by partially paid advisors, but mostly well-trained volunteers, SHIBA is here for you.

To make an appointment with a local advisor, phone:
1-800-247-4422.



NEEDS YOUR HELP!

You know who you are. You're the one with carpentry, plumbing, painting, gardening, and/or small jobs experience. You may be retired but you still possess those God-given skills and abilities that ElderHelp can use to help others. Don't waste your talents.

We have many older adults who are no longer able to care for their homes as they once did and need someone just like you to give them a little helping hand with repairs. Call us today: **208-661-8870**

We also accept tax-deductible cash donations.

If you need help, please see our ad on page 15 that explains the criteria for qualifying for **ElderHelp**.



Hayden Chamber of Commerce

PO BOX 1210, Hayden, ID 83835

208-762-1185

info@haydenchamber.org

www.haydenchamber.org

Mission: "To serve and promote the greater Hayden Business Community."

Breakfast meetings:

4th Thursday of the month, 7:00 am

Kroc Center -1765 Golf Course Rd, CDA

For more information or to become a volunteer, please
call us at 208 762-1185

BRAIN GYM By Jill Mikael

Would you like to learn 16 simple exercises to boost your brain functioning? Brain Gym activities, which can be done sitting or standing, enhance coordination physically and mentally, as well as boost memory, enhance breathing and focusing skills, and relax one's central nervous system. They also improve posture and improve one's energy levels, vision & hearing. This 4 week class will be taught at the Hayden Senior Center by Jill Mikael (a retired special education teacher of 44 years and a daily utilizer of brain gym)

Class fee is twenty five dollars for the session. Sessions will be scheduled when 5 people sign up.

Brain gym exercises are a series of simple exercises that boost brain function. Though they were initially designed for kids, these exercises have proven to be effective for adults as well.

Studies show that regular physical exercise reduces the risk of Alzheimer's, diabetes, heart disease, cancer, and respiratory disease and act as an antidepressant.

The idea behind Brain Gym is to use physical movement to access different parts of the brain. Movements that are the repetition of specific bilateral, contralateral, and other activities to promote efficient communication among the many nerve cells and functional centers located throughout the brain and sensory motor system. These movements are designed to integrate your body and mind in order to improve coordination and functioning.

FIT & FALL PROOF CLASSES

Idaho Dept. of Health & Welfare

Panhandle Health District

This program developed by Jan Mittlieder, Terry Ann Gibson, and Michelle Arnett, is focused on senior health.

Distinct areas of our physical lives require attention as we become more mature. Exercises that focus on balance, core strength, mobility, flexibility, are taught in a fun and safe atmosphere. Each student is required to participate at their own level. Progress is measured every 10 weeks. It is amazing how you can have so much fun and improve your health in a safe friendly environment.

See schedule of available classes on page 2.



Yoga - Monday

CHAIR Yoga 2:30 pm - 3:15pm

(\$15/month or \$5 /session)

HATHA Yoga 3:30 pm - 4:30 pm

(\$30/month or \$8/session)

HATHA Yoga 4:45 pm - 5:45 pm

(see Jill for pricing)

Yoga - Friday

BONE HEALTH Yoga 4:00 to 5:15

(\$30/month or \$8/session)

Friday Brain Gym from 2:30 pm - to 3:15 pm

(\$25 for 4 week session) New session begins when 5 people sign up. Please call for more details

Call Jill Mikael to register

208-772-6240

The Hayden Senior Center Board



...can always use more individuals to serve. These volunteer positions require one-year commitments and require investments of time and talents to maintain the sustainability of our mission.

We are looking for volunteers to help with fundraising events, marketing, event planning, and everything in between. If this sounds like a good fit for you, please contact Lisa Martin for more detailed information.

208-762-7052

WELCOME NEW 2024 MEMBERS

Theresa A.	Ellen K.	Sherry W.
Linda A.	Gene K.	Doug W.
Phyllis B.	Karen L.	SharonKaye W.
Gayle Blood	Susie M.	
Rod H.	Mary O.	
Judy H.	Leslie P.	
Bryan H.	Keri R.	
Bryan H.	Lisa R.	
Debra H.	Margaret R.	
Suzan H.	Carla S.	
Marlin H.	Joi S.	
Karen H.	Donna S.	
Janet H.	Cathy S.	
Helen J.	Donna W.	

let's do lunch

SENIOR MEALS PROGRAM

Lunch is served Tuesdays and Thursdays at NOON. Beverages are served with each meal.

To help us serve as many seniors as possible (with minimal waste) **reservations are required but not guaranteed. If we are full, we will be happy too put you on the waitlist and call if there is a cancellation.**



**Call by 3:00 pm on Friday for
Tuesday's lunch**

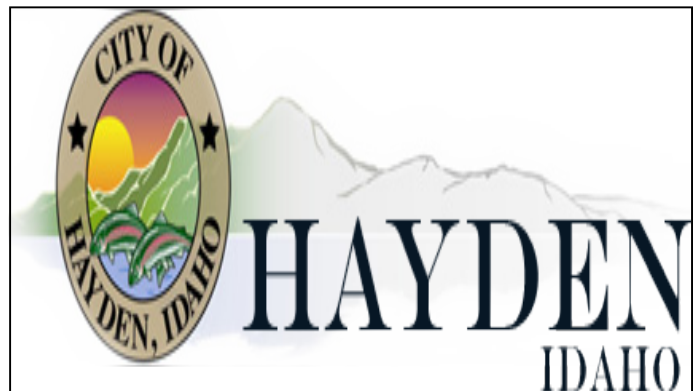
**Call by 3:00 pm on Monday or
Thursday's lunch.**

208-762-7052

Suggested donation is \$6.00

Monthly menus can be obtained at the Senior Center, or on our website: haydenseniorcenter.org
Standing reservations are generally available.

All meals are prepared on-site and in accordance with AAA program guidelines and the Panhandle Health District standards which includes annual health



BINGO

HSC BINGO

Come join the fun

EVERY THURSDAY

1:30 - 4:00 pm

Bingo card sales start at 1:00 pm
and

End promptly at 1:25 pm
Must be 18 to play

Cash Prizes



Greetings to all of our readers,

The Board of Directors has asked me to include some important information we have been exploring in order to sustain our Center, as well as move toward attaining a facility of our own.

As most of you know, the sale of our previous location on Government Way put us in the position of having to find a new home for our Center. Thankfully the Shriner's building had space for us to rent for all of our weekly activities. The space has been wonderful and we are very grateful. It has however, left us without the ability to bring in substantial revenue through facility rentals of our own. As the Executive Director, I write for grant funding throughout the year and when we are selected, we are very grateful, but we are still looking for ways to supplement the income we lost. If you feel like you can monetarily help support our Center, there are a few ways you can help.

DONATIONS:

Monetary donations can be gifted to support General Operating expenses.

Monetary donations can also be given to support specific programs such as our Senior Meals program, events, and the building fund. These can be spontaneous gifts or planned, such as a monthly contribution.

PLANNED LEGACY GIVING

What is Planned Legacy Giving?

Planned Giving is a term used to describe a variety of ways that allow a donor to give to a charity. Planned gifts are commonly offered through estate planning and gifted upon the death of a donor, in the name of the donor or their family trust. This form of giving is a vision of the Leadership of the Hayden Senior Center to help sustain the continued mission of our Center for years to come.

WAYS TO GIVE

Bequests: A written statement in a donor's Will or Trust directing specific assets, or a percentage of the estate, be transferred to the charity upon the death of the donor.

Retirement Plans & IRA's: The naming of the charity as the entire , or partial, beneficiary of the retirement plan assets upon the owner's passing.

Life Insurance: The naming of the charity as the entire, or partial beneficiary of a life insurance policy upon the owner's death.

Annuities: There are a variety of types of annuities which allow multiple ways to leave a Legacy Gift to our Center.

Personal Property: Often part of an estate plan includes determining how to distribute personal property. These are things like homes, cars, cash, stocks & bonds, etc. These can also be gifted to charity with proper planning.

If you are interested in having more information about any form of giving, please see Lisa or a Board Member.



Hayden Ace Hardware
 196 W Hayden Ave
 Hayden, ID 83835
 Ph: (208) 762-0210
 Fax: 2087624187

Rick Kammerer
 Manager




UNITED CROWN
 PUMP & DRILLING

Richard A. Agueros
 President

208.772.PUMP(7867) 3125 W. Hayden Ave.
 800.682.9641 Hayden, ID 83835
 208.699.7867 Cell www.unitedcrown.com
 208.772.7229 Fax ragueros@unitedcrown.com

Sales • Service • Installation • Well Drilling • Pump Systems
 Residential • Commercial • Municipal

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 F: (208) 772-1897 Heat Pumps | Solar Ready
 Indoor Air Quality | Air Handlers
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143 West Hayden Avenue | Hayden Lake, ID 83835




LAKEVIEW
 DENTAL

Dr. A. Brett Matteson, DDS, FACP, DABP
 Prosthodontist Board Certified Since 2011



North Idaho's only Board Certified Prosthodontist,
Dr. Alvin "Brett" Matteson, DDS,FACP,DABP
Recognized Leader in Cosmetic, Restorative & Implant Dentistry
SPECIAL \$500.00 OFF per Dental Implants, mention you saw us in the Hayden Senior Center Newsletter.
Featuring Esthetic Dental Restorations created by a Certified Master Dental Ceramist.
Call 208.664.0884 or visit www.lakeviewdentalclinic.com to schedule an appointment.



Dana Klaas
 Executive Director
 dklaas@bestlandcda.com
 Main 208-6656-1600
 Fax 208-765-6070
 606 East Best Ave
 Coeur d'Alene, ID 83814
 www.bestlandcda.com



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Tamara Jacobson - Senior Care Consultant
 (208) 660-9982
 www.CompassionateCareReferral.com

The Center still needs the support of the community and individuals in order to continue to provide services. If you or someone you know, is interested in helping support the Hayden Senior Center, please contact Lisa Martin at:

208-762-7052

WE ARE HONORED TO CARE
FOR YOUR LOVED ONES



HOSPICE[™]
OF NORTH IDAHO

OUR COMMUNITY TRUSTED NONPROFIT PROVIDING EXPERT
END OF LIFE CARE AND SUPPORT SINCE 1981 SERVING
KOOTENAI, BENEWAH AND SHOSHONE COUNTIES.

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WWW.HOSPICEOFNORTHIDAHO.ORG

All you young Whipper-snappers
will never know...

The satisfaction
of slamming
down a receiver
on a rotary phone!



BWJokes.com

Every time you're able to find some humor in a difficult situation, you win.

EDITOR'S NOTE

We are a quarter of the way into the new year and it's wonderful to see so many new faces. Since the time I came on staff at our Center, I have heard over and over, what a friendly place we are. For so many of us, myself included, this is our home away from home. It is such a pleasure for me to see new folks join us and be welcomed in with such sincerity and love. To see people building friendships, supporting one another through the challenges of life, or just being comfortable enough to be silly and laugh, is such a gift.

With much thanks, Lisa Martin

"Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you." – Shannon Alder



Bingo & Brews

Join us for an afternoon of Food, Fun and Bingo! Cash payouts, gift card drawing, and 50/50 raffle.

Saturday, May 11th, 2024

Entry fee WITH LUNCH \$15

**(Must have reservation by May 8th.
Please call 208-762-7052 or stop by.)**

Spaghetti w/meat sauce, garlic bread, salad, and dessert

Lunch 12-1pm

Bingo 1:45 -4pm

Admission for BINGO ONLY \$10

(walk-ins welcome)

- BINGO PACKETS SOLD SEPERATELY
- \$10 MINIMUM BUY-IN
- ADDITIONAL \$10 PACKETS AVAILABLE FOR PURCHASE
- BEER & WINE SOLD SEPERATELY FOR \$5 EACH

**Bingo packets sales end promptly at
1:30**

**MUST BE 18 TO ATTEND,
21 TO PURCHASE ALCOHOL**

An Elderly Encounter

An elderly gentleman, in his mid-90s, very well dressed, hair well groomed, great looking suit, flower in his lapel, smelling of a good after shave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

Seated at the bar is an elderly looking lady.

The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her and says, "So tell me, do I come here often?"

HAPPY BIRTHDAY

April

Trena Casky
Ava Edwards
Cindy Farrell
Karen Holm
Lillian Jaynes
Mary Ottaviano
Doug Wilson
Sheri Woodrum



May

Arlene Anderson
Linda Deffenbaugh
Melony Evans
Joann Gorniak
Judy Halone
Helen Johnson
Susan Klassen
Ben Palanuik
Leslie Pirelli
Susan Roberge
Sandra Sawyer
Suzanne Stanley
Lynne Taylor
Darlene Wilson

June

Irene Broderick
Lozetta Doll
Jeff Edwards
Carol Griffith
Dan Leoni
Terry Patnode
Linda Smith



We want to thank the City of Hayden, Kootenai County Commissioners, Super 1 Foods, Post Falls Food Bank, Pastries & More, and all of the Sponsors and Donors that have supported our Center.

2024 Individual/Business Donors of \$100 or more

Daniel Jepsen Wealth Management Strategies
Darlene Wilhite
SharonKaye Wishner
Patsy Bowers
Helen Schaal

2024 Business Sponsors of \$500 or more

Silver Angels Shawn & Colleen Aldrich - Windermere Real Estate

2024 Grantors

We also want to thank all of the business and individuals who contribute through In-kind donations such as groceries, various supplies, raffle baskets, gift cards, and so much more. Every bit, big or small, helps us serve this community. Thank you all so much.

GETTING TO KNOW OUR MEMBERS

We have so many wonderful, members here at the Hayden Senior Center. We thought in this newsletter we could give you some insight into Karen and Phyllis Smutts. Karen is one of the wonderful Fit n' Fall Proof instructors and she and her mom regularly attend these classes as well as our Tuesday and Thursday lunches.

Way back when, in 1971, while attending dental hygiene college in Colorado, Karen met her future mother-in-law, Phyllis. Karen married Phyllis' eldest of four sons, Bob, Jr., and began a 49-year marriage. Karen and Bob Jr. lived and worked in Oregon, Washington, and Arizona. Their two grown and married children now live in Hayden ID and Washougal WA, along with a granddaughter in Washougal. In 2021 Bob Jr. passed away, prompting Karen to consider a new start in Idaho along with Phyllis.

Phyllis' late husband, Bob Sr., worked as a plant superintendent for El Paso Natural Gas. His job required many moves to; Texas, New Mexico, Colorado, Wyoming, Idaho, Oregon and finally retirement back in Colorado. They raised four boys. Sadly, Phyllis has outlived them all.

Karen and Phyllis live happily together in Post Falls. Phyllis enjoys reading her iPad and Kindle, playing with her 11-year-old Pomeranian, Gracie, watching football and baseball games, and phoning her sister and friends that live out of state. Karen likes attending plays in Coeur d'Alene and Spokane, working on a current project of digitizing generations of family photos and slides, occasionally playing the piano, and gardening. Phyllis and Karen both attend Fit and Fall Prevention classes, travel with the CdA Rambling Rovers, and laugh at the antics of Karen's 16-pound cat, Taz. Karen and Phyllis both of them love attending the lunches at the Senior Center!

Hayden Senior Center Membership

Memberships are an important piece of what we do. They reflect the good work and welcoming environment our Center provides to the City of Hayden. They also play a part in our sustainability. As a small nonprofit each piece of our fundraising efforts means the world to our success. In addition to memberships, individual donations, and our minimal activity fees, we are very thankful to have the support of local businesses and grantors help sustain our Center.

Membership is \$35 per year and greatly appreciated.
Please consider joining and or contributing.



Special thanks to Washington Trust Bank Employees who graciously help us at our at our many events.
From all of us at the Hayden Senior Center, THANK YOU SO MUCH!

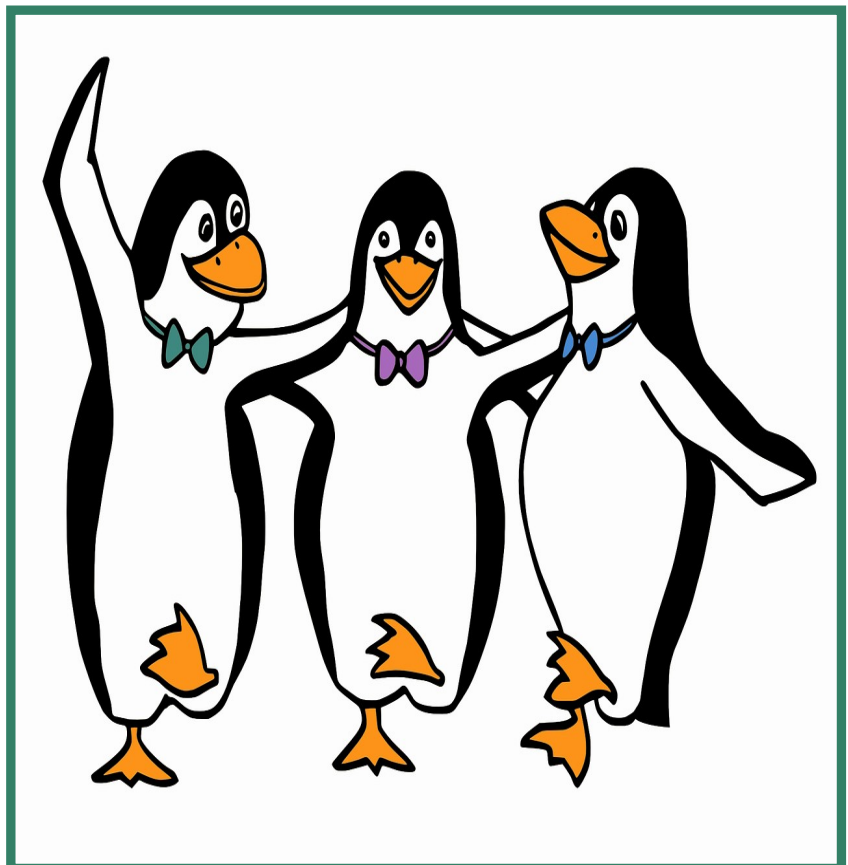
A man was driving and saw a truck stalled on the side of the highway that had ten penguins standing next to it. The man pulled over and asked the truck driver if he needed any help.

The truck driver replied, " If you can take these penguins to the zoo while I wait for a tow truck, that would be great!"

The man agreed and loaded the penguins into the back of his car. Two hours later, the trucker was back on the road and decided to check on the penguins. He went to the zoo, but the penguins weren't there! He returned to his truck and drove around the town looking for any sign of the penguins, the man, or the car. While driving past a movie theater, the truck driver spotted the guy walking out with the ten penguins.

The truck driver yelled, "What are you doing? You were supposed to take them to the zoo!"

The man replied, "I did and then I had some extra money so I took them to go see a movie."



<p><u>JANUARY 2024</u></p> <p>Center closed: January 1st</p> <p>Annual Membership Mtg.</p> <p>January 31st 11:00 am</p> <p>Lunch will be provided for the first 100 current members who have signed up by January 25th</p>	<p><u>FEBRUARY 2024</u></p> <p>Center closed: February 19th</p> <p>Bingo & Brews</p> <p>February 10th</p> <p>12:00 pm - 4:00 pm</p> <p>Lunch served 12:00 pm - 1:00 pm</p> <p>Card sales end at 1:30</p> <p>Monthly Board Meeting</p> <p>February 28th 10:00 am</p>	<p><u>MARCH 2024</u></p> <p>Monthly Board Meeting</p> <p>March 27th 10:00 am</p>
<p><u>APRIL 2024</u></p> <p>Monthly Board Meeting</p> <p>April 24th 10:00 am</p>	<p><u>MAY 2024</u></p> <p>Center closed: May 27th</p> <p>Bingo & Brews</p> <p>May 11th</p> <p>12:00 pm - 4:00 pm</p> <p>Lunch served 12 pm - 1 pm</p> <p>Card sales end at 1:30</p> <p>Monthly Board Meeting</p> <p>May 29st 10:00 am</p>	<p><u>JUNE 2024</u></p> <p>Monthly Board Meeting</p> <p>June 26th 10:00 am</p>
<p><u>JULY 2024</u></p> <p>Center closed:</p> <p>July 4th and 5th</p> <p>July 29th - August 2nd</p> <p>Hayden Days Beer & Wine Garden</p> <p>July 26th and 27th</p> <p>12:00 pm - 9:00 pm</p> <p>Monthly Board Meeting</p> <p>July 24th 10:00 am</p>	<p><u>AUGUST 2024</u></p> <p>Center closed:</p> <p>July 29th - August 2nd - QUILTERS</p> <p>Bingo & Brews</p> <p>August 17th</p> <p>12:00 pm - 4:00 pm</p> <p>Lunch served 12 pm - 1 pm</p> <p>Card sales end at 1:30</p> <p>Monthly Board Meeting</p> <p>August 28th 10:00 am</p>	<p><u>SEPTEMBER 2024</u></p> <p>Center closed: September 2nd</p> <p>Classic Car Cruise & Lunch</p> <p>This event will be on September 7th.</p> <p>We are in the planning stages for this event. Please see Lisa for more details.</p> <p>Monthly Board Meeting</p> <p>September 25th 10:00 am</p>
<p><u>OCTOBER 2024</u></p> <p>Center closed: October 14th</p> <p>Bingo & Brews</p> <p>October 12th</p> <p>12:00 pm - 4:00 pm</p> <p>Lunch served 12 pm - 1 pm</p> <p>Card sales end at 1:30</p> <p>Monthly Board Meeting</p> <p>October 30th 10:00 am</p>	<p><u>NOVEMBER 2024</u></p> <p>Center closed:</p> <p>November 11th</p> <p>November 28th and 29th</p> <p>Christmas Bazaar</p> <p>November 9th</p> <p>Monthly Board Meeting</p> <p>November 27th 10:00 am</p>	<p><u>DECEMBER 2024</u></p> <p>Center closed:</p> <p>December 25th - 27th</p> <p>Potluck Christmas Party & White Elephant gift exchange</p> <p>December 20th</p> <p>11:00 am - 2:00 pm</p> <p>Monthly Board Meeting</p> <p>December 18th 10:00 am</p>