

MERIDIAN MINUTE

July - August 2023



Center At The Park
Meridian Senior Center

We are a Community Center for adults over 60 located in Kleiner Park behind The Village in beautiful Meridian, Idaho.

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Come join the fun! We can't wait to meet you!

Visit our website to find out more about us.
meridianseniorcenter.org

208-888-5555

1920 N. Records Way
Meridian, Idaho 83646
(Located in Kleiner Park behind The Village at Meridian)

Encouraging Seniors To Live Younger!



Black & White BASH!

What a night to remember! With help from the Mayor's Youth Advisory Council we were able to throw an amazing bash! Bobby Dee Keys Rock House Band had us dancing all night long!

The catering from Goodwood was so delicious and savory! The ice cream sundae bar was the cherry on top of a fantastic evening!



Thank you to everyone who helped us pull this event off! Preferred Senior Benefits, Alpha 3 Wealth Management, MYAC, and our volunteers! We would not have been able to do it without your help.

Can't wait till next year!





Center At The Park Meridian Senior Center

CENTER EVENTS & TRIPS

July

- 6th Epi's Basque Restaurant
- 8th Mccall Lake Cruises
- 20th Tucanos Brazilian Grill
- 27th Sa Wad Dee

August

- 17th Baby Boomers Day
- 19th Casino Night
- 21st National Senior Citizens Day
- 26th Wildhorse Casino

*Calendar subject to change. See front desk for details & more events in August.

Our Activity Calendar comes out on the 1st of each month. You can pick one up at the Front Desk on the 1st or find it on our website.

We will be closed on the following holidays:

July 4th - Fourth of July

"America. It is the only place where miracles not only happen, but where they happen all the time.."

Influential Senior



Sidney Poitier, 89

Actor, Director, Author, and Diplomat

One of Hollywood's dominant forces in the second half of the 20th century, Sidney Poitier has acted in more than 50 feature films and directed nine. In 1964, Poitier became the first African American to win an Academy Award for best actor. Today, he is the oldest living actor to have won the award. Poitier's films frequently addressed complex racial issues of the day, and in 2009 the cultural icon earned a Presidential Medal of Freedom, the highest civilian honor in the country.



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Get to know your board members

Joe Reeves

Joe is a retired auto mechanic and in retirement he prepared income tax returns for several years. He sang in a barbershop chorus and quartets for over 50 years. Joe was widowed in 2014 after 59 years of marriage. He has a son in Illinois, a son in Kansas, a daughter near Caldwell, and 2 grandsons.



Isabell Groll

Isabell has volunteered at the Center for about 9 or so years. She enjoys helping the Center in any way she can. Isabell has lived in Meridian for 17 years. She has her daughter and daughter in law's family's that she is very close with. Her greatest joy is being with her family.



- » Respite Care
- » Ambulation
- » Companionship
- » Laundry
- » Toileting
- » Dressing
- » Bathing
- » Appointments
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Did you know, for seniors, the bond dogs form with you promotes stronger physical health and mental health.



Center At The Park
Meridian Senior Center

Lunch Served Daily
Monday - Friday
12:00-12:30 p.m.
Lunch Provided By



Monthly menu can be found on our website or you can pick one up at our front desk.

\$4.00 suggested donation for 60+
\$6.00 for anyone under 60

Take-out-meals \$6 *24 hour notice required.

Did You Know?!?!?!?

Every first Tuesday, 10am-12pm, seniors can shop at Columbia Sportswear in The Village and enjoy an additional 20% off. They even serve doughnuts, bagels, coffee, and orange juice.

The are located at 3424 E. Longwing Ln, Ste. 140, Meridian, ID.



WE LOVE
OUR VOLUNTEERS

Thank you so much for volunteering! Your willingness to give your time and service is greatly appreciated. Your support of the Meridian Senior Center allows us to continue to fulfill our mission and serve 1100+ members (as of July 1st).

History of Our Center

A Tribute to the Meridian Seniors of the Past Part 6

As I have researched the beginnings of our Meridian Area Senior Citizens Association, Inc., and the monumental efforts to acquire a center, I have been in awe of the efforts, perseverance, fortitude, energy and sheer guts to get the job done. One of the newspaper articles I found, describes the determination that took place. It is appropriate for us to recognize, remember and appreciate the legacy these people provided us. I want to share what this young reporter, Jeff Stoffer, wrote in his column published in the Valley News, February 22, 1984, as a tribute to the Meridian seniors of 1970 -1985: If the Valley News had a local political cartoonist, this week I would have a great idea. There would be no caption, just a drawing of my overweight body, camera bag slung over my shoulder, running about four lengths behind President Elizabeth Ryan and the Meridian Area Senior Citizens, trying to take pictures and jot notes as the group campaigns for funds; collects checks, pledges, donations; signs contracts, speaks to organizations, visits businesses, buys a church building, etc.

About the first week of December, I took over a news coverage beat on the local senior's fund-raising drive to get into a multi-purpose center. I did not know what would be in store for me in the coming three months.

Since taking the beat writing my first senior citizens story in the Valley News in early December, I have written approximately 165 inches of news copy, taken seven published photographs, type-set five letters to the editor, written two editorials and mentioned the seniors in my column twice, counting this. All on this subject.

Now that the seniors have sealed the purchase of their new center, with plans to move in next week, I will have to move into a rest home for a few months just to recuperate from the experience. I challenge any member of the community to try to keep up with the local senior citizens. I can't and I'm 21 years old!

Having made the inaccurate assumption that this news beat would be a comfortable series of stories that would fit nicely into my schedule, I didn't realize the determination and seriousness these people had. After all, they are seniors.

One would think that a young reporter could keep up with them. Unfortunately for me, as I didn't know what to expect, I had never met senior citizens quite like the ones in Meridian. Early last month, I joked that by the end of the year, the MASCA would occupy and control the Statehouse - if they kept up the way they were going at the time.



Jeff Stoffer

I can't keep up with them

Now, I would go so far as to nominate, as a write-in candidate for the United States' President, Elizabeth Ryan, with Glenn Lungren (MASCA's campaign advisor), as the country's budget director. Imagine how the national debt would be whittled down with the determination and attitudes of these people. Seriously, this has been a project that would have bettered most people I know.

Though there have been contributions from many concerned Meridian businesses, foundations, and individuals, it has been the seniors' group at large that has made this idea a reality. Almost 80 percent of the money the seniors have raised came from their own pockets. These are not the pockets of people who have regular pay raises but rather the money has come from fixed incomes, portions of people's retirement checks, social security - tough money.

In these days, when a fortune can be made or lost overnight and money is made dishonestly, these people are paying for their new center with earned money. Honest money. Some would call it old-fashioned how the seniors have done this. Rather than flying to Dallas or some place like that, to solicit a huge donation or grant from any one source, they can honestly say they and the community have done it themselves. Earned it.

The community has pulled together specially to help the seniors reach their goal. This is a good sign of Meridian's unity to help when help is needed. Even businesses, having less than banner years recently, saw a project that would benefit the community in many ways and they have risen to the occasion. The unity of Meridian goes without saying, but the energy of the MASCA and all the seniors in the area who have supported this project has been a lesson to one tired newspaper reporter. Don't try to keep up with the Meridian Area Senior Citizens! Next edition of the Meridian Minute will take us to the seniors trying to make the installment payments in time to clear the mortgage on their new center.



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*By: Toni Allison,
President of the Board of Directors
If you've missed parts 1-5, please ask the front desk for previous issues. We are excited to bring you more installments of History of Our Center in future issues.*



Center At The Park Meridian Senior Center



FOR ALL OUR JULY & AUGUST BIRTHDAYS!

May we never take for granted the year we have. May we thank God and be grateful and glad. Look forward not back, be happy, not sad
For this day, be thankful and be glad
Lift your head and give thanks to God above. And remember, you are loved.
Happy Birthday To You!



Saint Alphonus

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Information Reception

August 29th 11-2pm,
Medicare Advantage
Information Reception

MediGold is a not-for-profit Medicare Advantage plan operated by doctors and hospitals. We've been serving seniors and others who are eligible for Medicare since 1997.



Things You Didn't Know About Meridian



Back in 1893, Meridian town site was filed on homestead grand land, which originally belonged to Eliza Ann Zenger. Christian, who was her husband, filed the plat with the county officials and called it Meridian. A lot of the early settlers of Meridian were relatives of Eliza Ann, and they came here via wagon train or railroad car along with their lodge and church preferences.

These early settlers also established fruit orchards and built fruit packing businesses and prune dryers along the railroad tracks. The city of Meridian remained a village till the mid-1940s, however, it was in 1941 that Meridian's status changed from a village to a city.

In 1929, the Ada County Dairymen's cooperative creamery began its operation. These were the lowest days of the Great Depression. This creamery provided milk checks to the people who were a member of the cooperative, thus enabling them to pay off their taxes and provide food for their families.

This creamery was open seven days a week during these 40 years and several additions and upgrades were made. Wyeth Laboratories also got affiliated with this creamery for the manufacturing of SMA baby formula. Later in the 1970s, this creamery closed its operations and the dairymen's milk was now shipped to the Caldwell creamery for its processing.



Center At The Park Meridian Senior Center

Do you want Meridian Senior Center Swag?

Check out our new Online store!

Step 1: Open your camera on your phone

Step 2: Hold your camera up to the code

Step 3: Tap this icon flowcode.com when it appears

You have now been directed to our Swag Store!

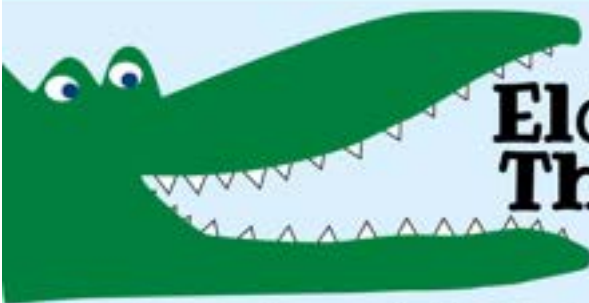


RIDDLE CORNER - HOW MANY CAN YOU GET?

1. WHAT IS SO FRAGILE THAT SAYING ITS NAME BREAKS IT?
2. WHAT CAN FILL A ROOM BUT TAKES UP NO SPACE?
3. WHAT GOES THROUGH CITIES AND FIELDS, BUT NEVER MOVES?
4. THE MORE YOU TAKE, THE MORE YOU LEAVE BEHIND. WHAT ARE THEY?
5. WHAT BREAKS YET NEVER FALLS, AND WHAT FALLS YET NEVER BREAKS?



Answers on back page



Elderly Man Thinks Fast

An elderly farmer in Florida had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five gallon bucket to pick some fruit.

As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, "We're not coming out until you leave!"

The old man thought for a second and said, 'I didn't come down here to watch you ladies swim or to make you get out of the pond naked.'

Holding the bucket up he said, 'I'm here to feed the alligator!'

Need A Free Ride to Our Center?



Need a ride to The Center for lunch or an activity? If you live between Five Mile to Black Cat and Victory to Chinden our bus may have seats available. Contact the Center for info & to sign up. 208-888-5555



Scott Finnegan is with Alpha III Wealth Management. He is our preferred financial advisor & generosity consultant. He can help you with giving to charities, retirement planning, estate planning, investments, insurance and taxes.
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Center At The Park
Meridian Senior Center



*Beauty, in our eyes,
is always fresh and
living, even as God,
the Great Mystery,
dresses the world
anew at each season
of the year.*

— Ohiyesa



FISHING

Mon. - Fri.

10:00 - 1:00

Check out a fishing
rod with the front
desk to enjoy fishing
in Kleiner pond!

must have a fishing license



Summer Gardening Tips

Newspaper Weed Remover

Good news, we finally found a way to make use of all of those old newspapers you have lying around your house. No need to carry them to the recycling bin--apparently, old newspapers can be used to stop weed growth. That's right, newspapers serve as a great weed remover.

The New Scarecrow

Leftover plastic utensils--we all know how bad for the environment they are, and yet we always have some on hand. But don't fret! Here's a great way to reuse disposable plastic forks: Just stick the forks handle down into the soil, with the prongs and pointy bits sticking out the top. Keep them spread apart around the area that you are trying to protect, to keep unwanted critters away from your budding veggies. Hooray!

A Secret Use For Weeds

So weeds AREN'T just useless. They can actually serve in creating some amazing garden water. Place your weeds in a bucket and cover them with water, this will then soak up all the weed's nutrients rather than them going to waste.



Monthly Donation Campaign- Make it shine

As a standalone 501(c)(3) non-profit one of the best ways to support the Meridian Senior Center is with a monthly gift. A monthly gift will make a huge difference when we all give together, whether it's \$5, \$10, \$20 or more month, it will make a significant impact on fulfilling our mission of serving seniors in our community.

Please contact the front desk to set-up your re-occurring gift. 208-888-5555

Thank you for your continued support of the Meridian Senior Center.



TIPS FOR STAYING COOL THIS SUMMER

Drink more water. The best thing to drink to stay hydrated is a good ol' fashioned water. We can also get more water by eating more fruits and vegetables that contain lots of water like berries, green leafy vegetables, cucumber, and tomatoes.

Avoid drinks with high caffeine and sugar. Not all liquids are the same. Drinks that contain lots of caffeine or sugar dehydrate you. Caffeine may cause us to have to use the bathroom more. Drinks with a lot of sugar, such as soda, can reduce the amount of fluid that our bodies retain.

Replenish electrolytes. When we sweat, water and electrolytes leave the body. If you don't replace the water and electrolytes lost through sweating by drinking more fluids, the body's water levels will be out of balance and the body may overheat. When that happens, it's important to consume drinks that contain electrolytes.

THIS TIME IN HISTORY

July 4th, 1776 - Congress accepted the Declaration of Independence.

July 14th, 1858 - Birthday of Emmeline Pankhurst, English suffragette who suffered imprisonment in order to gain the vote for women.

July 21st, 1969 - The Eagle lands on the moon and US astronaut Neil Armstrong is the first man in history to walk on its powdery surface.

August 5th, 1957 - "American Bandstand" makes its network debut on ABC

August 14th, 1945 - Japan surrenders to the Allies, ending the Second World War.

August 22nd, 1902 - Cadillac Started In Detroit.



Your ONLY Preferred Community Medicare Advisor Partner at the Meridian Senior Center Medicare Questions? We Can Help!



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By contacting Preferred Senior Benefits, you agree that a licensed insurance agent/producer may contact you by phone or email to answer your questions or provide additional information about Medicare Supplements, Medicare Advantage, or Part D plans. Preferred Senior Benefits is not connected with or endorsed by the U.S. Government or the federal Medicare program. Preferred Senior Benefits is not affiliated with or paid by the Center for any of its services.



Center At The Park
Meridian Senior Center

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**YOU KNOW YOU ARE GROWING OLD
WHEN**



HAPPY HOUR IS A NAP!

Speaker Series

JULY 13TH,

DARIO BOLLACASA

The Suez and the Panama Canal.

AUGUST 10TH,

JANET WORTHINGTON

Edith Wilson, first women
president of the United States

Meridian Senior Center Word Search

C K L P V I A T C L W R V K R Z J H N G S V G
A T P E J L P O J A Z W R L P A R K G A W S P
W L I Z W G I O Z Y B V R B Y C N F E P B S S
O O B Q X L X S U V W I V G E E N R A F A S M
J X P B P P R B A N O L R N J Q A L S S K P P
O J S R V L E X U A W O K S Q O I Z L B U O H
I S S W D J R T L I X S E N I O R I N O Y C Y
U B U C K I O Z H D X R G I A U V G E U K E M
N N M A O C Q I W I V W R A S B D J N T F C G
G K M P A M Y F H R S Y B K A D F Y D I N E Z
Q C E M B Z J A N E S S I R E Z F C T Q J N C
Q S R V E B L L Q M H I N K O R T E M U A T V
J K B W D O R C A Z K A G Q K T U A Z E G E A
D L E V Y R H E A L T H O I B M U I C Z L R T
E J R E F I Y T M J X Y U K K Z S Q E S E K N
C R K Q Y J R E T J Z N T V K C I X P E I N H

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**Meridian
Senior
Center**

**Boutique
Park
Metro**

**Bingo
Swag
Health**

**Luau
Summer
Lisa**

SHARE
the TRIP
LOVE

It is the mission of the Meridian Senior Center to provide activities and trips for our members to enjoy!

Members and guests who want to participate in a trip may sign up for one dinner and one trip per week and place their names on a waiting list for other trips they are interested in that week and they will be called when availability occurs.

Do You Carry Your Umbrella?

Would you carry your umbrella in a drought? As a drought continued for what seemed an eternity, a small community of farmers was in a quandary as to what to do. Rain was important to keep their crops healthy and sustain the townspeople's way of life. As the problem became more acute, a local pastor called a prayer meeting to ask for rain. Many people arrived at the church to pray for the needed rain. The pastor greeted most of them as they filed in. As he walked to the front of the church to officially begin the meeting he noticed most people were chatting across the aisles and socializing with friends. When he reached the front his thoughts were on quieting the attendees and starting the meeting. His eyes scanned the crowd as he asked for quiet. He noticed an eleven year-old girl sitting quietly in the front row. Her face was beaming with excitement. Next to her, open and ready for use, was a very colorful and extremely large umbrella, much bigger than her in fact. The little girl's beauty and innocence made the pastor smile as he realized how much faith she possessed. No one else in the congregation had brought an umbrella. All came to pray for rain. But the little girl had come expecting God to answer.



AUGUST 19TH

CASINO

Night

INCLUDING

PINOCHLE, BUNCO, & POOL TOURNAMENTS!



DOORS OPEN AT 4:45PM | DINNER AT 5:00PM | GAME PLAY FROM 6:00PM-9:00PM | PRIZES AT 9:15PM

TICKETS ON SALE JULY 26TH

"Do not be afraid; our fate cannot be taken from us; it is a gift." — Dante Alighieri

About Julius M. Kleiner

Born in 1892. Julius came to America from Russia in 1915. His journey to America came after an arduous trip on the Trans-Siberian Railroad with stops along the way in Manchuria and Japan. From Japan, he took a freighter across the Pacific Ocean and landed in Seattle. He worked in odd jobs digging graves and tending counters in a grocery store, eventually leaving Seattle for Spokane, where he worked in the creamery business, which would become a lifelong pursuit.

Julius prospered in Idaho running the Caldwell creamery for several years. He sold the Caldwell creamery to purchase a creamery in Nampa in 1929. In addition to his successful creamery business, Julius also raised turkeys and spoke passionately about farming, including forming a cooperative to help address milk prices. In 1944, he purchased the property in Meridian from the Morrison Knudsen Company, who used it to store construction equipment and horses.



In true spirit of the land and in tribute to his father, his son, Eugene, is honored to donate the farm to the people of Meridian for their enjoyment as a peaceful park, a place where the community can experience some of the same freedoms that his father held dear.

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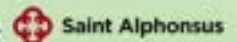
GOLD



SILVER



BRONZE



We also want to thank our Community Partners!!! Without all of you, we could not do what we do for our amazing community!

- Advanced Neuropathy Center*
- Home Instead*
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- Idaho Senior Living Council*
- Humana*
- Trinity Home Care & Resources*
- United Healthcare*



Riddle Corner

Answers

1. Silence
2. Light
3. A Road
4. Footsteps
5. Day and Night

Open to the Public!

BINGO 16

FRIDAY NIGHTS

CASH PRIZES!

Doors Open at 4:00 p.m.

Game Play starts at 6:00 p.m.

(must be 18 years or older to play)

As our director, Lisa Hansen always says, "This isn't your Grandma's Bingo!" We are licensed by the Idaho State Lottery as a Bingo Hall and play for real money every Friday night. Don't miss out!

Must be 18 years or older to play.