

MERIDIAN MINUTE

May - June 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.

Encouraging Seniors To Live Younger!



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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)

Vietnam Veterans Day

We had an amazing turnout for our Vietnam Veterans Day event. It was an honor to be able to host all of our heroes and hear all the amazing stories they had to share.

We also want to give our vendors and volunteers a huge THANK YOU for making the event such a success.

The Vietnam War has a long history. It was one of the longest wars involving America. Starting in 1955, the war went on until 1975, making it the second-longest war.

Did you know...

The Vietnam War Veterans Recognition Act, signed into law in 2017, designates March 29 of each year as National Vietnam War Veterans Day. Most states celebrate "Welcome Home Vietnam Veterans Day" on March 29 or 30 of each year.



MERIDIAN MINUTE



Center At The Park Meridian Senior Center

CENTER EVENTS & TRIPS MAY

- 1st-4th** Idaho Gives
- 5th** 1st Friday w/ Meridian Chamber
- 16th** Voting Poll
- 20th** Black & White Dance

JUNE

- 3rd** The Springs Trip
- 10th** MSC Carnival - Kleiner Day in Kleiner Park
- 21st** Luau BBQ, Dance & Social
- 24th** Terrace Lake Wine & Art Trip
- 24th** Dairy Days Parade

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

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:

May 29 - Memorial Day

"A friend is someone who knows all about you and still loves you."

Senior Record-Setters

Walter Orthmann set the Guinness World Record for working at the same company for 84 years and 9 days (as of Jan 6, 2022). He's 100 now and still drives to work every day.

The oldest living person ever was Jeanne Louise Calment, another French woman who loved chocolate and port wine (which she claims are the secrets to her longevity). She was 122 years and 164 days of age.



CONGRATULATIONS

Joyce Swiech

Joyce won a first place ribbon at the local Wood Carving contest with her amazing skills and attention to details. Joyce also participates in our Center woodcarving activities.



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appointments!

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Get to know your board members

Gary Koehmstedt - Vice President

Gary was born in Langdon, North Dakota and moved to Los Angeles after high school graduation. He attended barber college and worked as a barber by day and as a nightclub manager by night to put himself through more college. He opened his own barbershop and finished his degree in Business Administration. He married Shirley in 1976 and combined their family of 3 children. They now have 5 children total and 8 grandchildren. For many years, Gary was a distributor manager/supervisor for Campbell Soup, Coca Cola, Gourmet Specialties, Sysco Foods and Super Value. Before retiring to Meridian, Idaho in 2013, he was a real estate agent in Livermore, California. He joined the Center in 2015 and loves playing pinochle.



Larry VanOver

Larry was born in Boise. He was married for 54 years to Linda VanOver, his junior high sweetheart and high school fiancé. Linda passed away in 2015. They have 2 daughters one is Buffy, who drives our buses, the other is Jennifer. Larry has 1 grandson, and 2 granddaughters. In 2016, Larry married his sweetheart, Marie, who also volunteers at our Center in the boutique. They were married on her birthday, September 9, 2016. As a retired civil engineer he still loves to travel. He spends a lot of his free time volunteering here at the Center.



Looking for senior living resources for your loved one?



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Kathy Lacina
Senior Living Advisor
Phone 208-573-4658



OasisSeniorAdvisors.com/SW-Idaho

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The Reviews Are In!

See what our community says about our Center!

"We had our company picnic here at the Center At the Park. The venue was affordable and very accommodating. The event coordinator Lisa made the process clear and easy. We would definitely consider returning for future events!" - Angstman Johnson





Center At The Park
Meridian Senior Center

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



Monthly menu is 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.



Elk Sleigh Ride



was a blast!

History of Our Center

Still Doin' It Part 5

To recap where we left off last edition...In a change of plan, the Meridian Area Senior Citizens Association, Inc., decided to purchase a building rather than construct one. They signed an agreement to purchase the 8,000 sq. ft. Meridian Assembly of God Church building at 133 W Broadway for \$200,000. This would allow the seniors group to own the property, save money and move in right away. They were hoping to have a grand opening in February 1984 if everything went as expected. A dream begun 15 years ago may finally become a reality!

This meant that the fundraising efforts must continue. They had raised \$100,000 in cash and pledges but besides the purchase price, they would need to bring the kitchen to standards required to run a Meals on Wheels program. This would cost an additional \$50,000. To ensure the financial stability of the Center, they would need \$250,000 total. The pace of contributions was lagging until a very generous lady came forward.

Valerie Louderbough, former president and organizer of the senior center, pledged to match the next \$30,000 donated then gave the first \$1,000 to this new effort! (Wish I could do that!) Her offer, she said, was "to help stimulate others to sacrifice a bit. Meridian really needs a community center. It will be a prideful thing for all of us. I am pleased to be an important part of its realization."

Another kind of donation came to the seniors when Idaho Greenthumb, Inc., a federally funded organization designed to provide jobs for the elderly, donated \$10,000 worth of new books. This would give the "new" center's library a start with over 1,000 books. The leader of this Nampa-based organization had made this offer some time earlier but the seniors had to decline the offer with no place to put the books. Thus, the new building brought another benefit to the community.

Then the Gannett Foundation (owner of the Statesman) awarded the Association \$5,500 toward the building campaign. By January 11th, they were reaching a critical point in the fundraising. The seniors had until January 31st to raise approximately \$50,000 more. President Ryan said that smaller donations were still trickling in but they still needed a major contributor to step up. They offered to name the building after such a donor.



A dollar-for-dollar matching pledge is presented by Valerie Louderbough, right, to Elizabeth Ryan and Genevieve Mitchell, Meridian Area Senior Citizens Committee. The money will go toward the drive for a new multi-purpose center.

But with no one coming forward, they began looking at the numbers and came to a serious conclusion.

Many of the area's seniors could not even afford the \$5 a month for 36 months' pledge. This indicated even a greater need for the center where the many low-income seniors could come to be warm and receive a meal; where a distribution area would be established; where seniors could meet and socialize thus reducing isolation and loneliness for

the most vulnerable in our community. "I'm beginning to wonder if the need is much greater than I originally anticipated," President Ryan concluded.



January 25th, negotiations with the church board of directors gave some reprieve. They would accept the \$67,000 cash on hand the seniors had in a money-market account. However, they would need an additional \$12,000 for realtor fees. If they could just get \$6,000 donated, that would free up the Louderbough matching funds. The church board gave the seniors one year to pay off the balance at 10% interest rate. The church would rent back the building while their new church was being built for Sunday and Wednesday evening services for \$650 a month. And some really good news, the Area III Council on Aging would install the kitchen with help from the Ida-Ore Planning and Development Association in Weiser.

Ida-Ore donated \$2,000 and Nahas a \$1,000; \$1,585 of individual pledges came in; the Cherry Plaza Merchants declared "Senior Citizens Weekend" and donated 2% (\$1,052) of total sales to the seniors while the seniors held a bake sale at the Plaza. The Merchants also pledged the proceeds (\$756) from the 4th Annual Cherry Pie Contest while Meridian Lanes hosted a 4-day bowling tournament and gave \$4.50 of each \$5 daily entry fee to the seniors. They did it!! With \$1,000 to spare for installing phones and other moving-in expenses, the seniors were going to move into their own place!

The seniors would have their building after four years of unbelievable efforts to raise the funds. They made the down payment but now they would have two installments to make, one by July 31, 1984 and the other by January 31, 1985. Tune in next Meridian Minute edition to learn – did they make it?



Three office locations to better serve the community -
Boise, Nampa and McCall

We offer In-Home Care services that include:

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Jackie Smith

Partner / Administrator

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*By: Toni Allison,
President of the Board of Directors
If you've missed parts 1-3, 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 MAY & JUNE BIRTHDAYS!

Happy Birthday!

It is your birthday again,
Time to wish you good things,
May you see the wonder,
And the joy a birthday brings.

To you, I wish you the best of health,
And the best of luck in all you do,
Mostly I wish you love,
For a life that is pure and true.



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Licensed Healthcare Agent
208-367-5841

mandi.hansen@trinity-health.org

Mandi holds Medicare seminars here at our Center.

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Information Reception

June 27th 9-11am,
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 1990.



Meridian, Idaho Fun Facts



The town was established in 1891 on the Onweiler farm north of the present site and was called Hunter.

As of the 2020 census, the population of Meridian was 117,635, making it the second-largest city in Idaho after Boise.

Meridian has been the fastest growing city in Idaho since 1994, with the population tripling between 1990 and 2000, and more than doubling between 2000 and 2007.

Meridian is a city located in Ada County in the U.S. state of Idaho. The Settlers' Irrigation Ditch, 1892, changed the arid region into a productive farming community.

The original Meridian townsite was filed in 1893 on homestead grant land belonging to Eliza Ann Zenger.

The city has a total area of 26.84 square miles, of which, 26.79 square miles is land and 0.05 square miles is water.

Median Property Tax in Meridian is \$1.337



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 KIND OF BAND NEVER PLAYS MUSIC?
2. WHAT HAS MANY TEETH, BUT CANNOT BITE?
3. WHAT BEGINS WITH AN "E" AND ONLY CONTAINS ONE LETTER?
4. I HAVE BRANCHES, BUT NO FRUIT, TRUNK, OR LEAVES. WHAT AM I?
5. WHAT CAN TRAVEL ALL AROUND THE WORLD WITHOUT LEAVING ITS CORNER?



Answers on back page



\$50 Dollars, is \$50 Dollars!



Morris and his wife Esther went to the state fair every year, and every year Morris would say, "Esther, I'd like to ride in that helicopter".

Esther always replied, "I know Morris, but that helicopter ride is 50 dollars — and 50 dollars is 50 dollars".

One year Esther and Morris went to the fair, and Morris said, "Esther, I'm 85 years old. If I don't ride that helicopter, I might never get another chance."

Esther replied, "Morris, that helicopter is 50 dollars — and 50 dollars is 50 dollars".

The pilot overheard the couple and said, "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word I won't charge you! But if you say one word, it's 50 dollars."

Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but still not a word. When they landed, the pilot turned to Morris and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!"

Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know — 50 dollars is 50 dollars."

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
208.918.5149
scott@alpha3wealth.com

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



You can't do anything about the length of your life, but you can do something about its width and depth.



-Evan Esar

BILLIARDS

Mon. & Wed.

12:15 - 3:30

Tues. & Thurs.

11:00 - 3:30

Friday

8:00 - 3:30



Edwards Greenhouse

Edwards Greenhouse & Flowershop is a family owned business serving the Treasure Valley since 1930 and operates year-round.



Everyone had a great time roaming the grounds of Edwards Greenhouse. From fruits, to trees, shrubs, and plants, our members had an amazing time! We will definitely be scheduling another trip VERY soon!

DID YOU KNOW?

Houseplants add life, color, and character to indoor spaces throughout the year. Not only are they an element of décor that provide texture and form to your home, but houseplants purify the air of volatile organic compounds





Mitch Lyman
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mlhealthadvisor@gmail.com

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- Choose from all area plans

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THIS TIME IN HISTORY



May 1, 1841 - The first wagon train leaves Independence, MO for California.

May 3, 1937 - Margaret Mitchell wins Pulitzer prize for "Gone With the Wind".

May 14, 1973 - The first U.S. space station, "Skylab" is launched.

May 23, 1785 - Benjamin Franklin invents bifocals.

June 3, 1964 - The Rolling Stones begin their first U.S. tour.

June 20, 1782 - The U.S. Congress approves the Great Seal of the United States and the bald eagle as its symbol.

June 28, 1776 - The final draft of the U.S. Constitution is submitted to the Continental Congress.



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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.

Tips for Better Sleep



Some habits that can improve your sleep health:

Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.

Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.

Avoid large meals, caffeine, and alcohol before bedtime.

Get some exercise. Being physically active during the day can help you fall asleep more easily at night.





Center At The Park
Meridian Senior Center

Get To Know Our Preferred Community Partners!



Premier Home Care offers an individualized approach to keep seniors safe and sound in their own home. We provide everything from help with light housekeeping to 24/7 care and everything in-between.

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Premier Home Care is a Titanium Sponsor of the Meridian Senior Center.



When your senior loved one needs to find a safe, comfortable place to call home, Oasis Senior Advisors SW Idaho can help. Our team of trusted senior advisors can discuss the right one for your elder based on their needs and interests. Best of all, there is no charge for our services!

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Oasis Senior Advisors is a Gold Sponsor of the Meridian Senior Center.



Scott Finnegan is with Alpha III Wealth

Management is a financial advisor. Scott can help you with giving to charities, retirement planning, estate planning, investments, insurance and taxes.

CONTACT: Scott Finnegan (208) 918-5149

email: scott@alpha3wealth.com

web: www.alpha3wealth.com

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Are you ready to take control of your Medicare coverage and enjoy peace of mind? We're excited to be your go-to resource for all things Medicare, including Medicare Advantage, Medicare Supplement and Prescription Drug Plans. Our team of friendly and knowledgeable professionals is dedicated to helping you find the perfect coverage to meet your unique needs and budget. Plus, we provide ongoing support and advice all year long to ensure that you're always getting the most out of your coverage.

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Tricia J. Daigle, J.D., M.A. specializes in elder law, family law, estate planning & probate. She approaches every individual with respect, care and attention to detail.

CONTACT: Tricia Daigle (208) 917-3455 email:

tricia@daiglelawpllc.com

web: www.daiglelawpllc.com

Tricia is a Bronze Sponsor of the Meridian Senior Center.

THE OLDER I GET,
THE MORE I UNDERSTAND



WHY ROOSTERS START
THEIR DAY OFF BY SCREAMING

Donate Monthly

One of the best ways to support the Meridian Senior Center is to donate monthly. Even \$20 a month makes a huge difference when we all give together! It's easy and makes a huge impact on our Community Center. Need help setting it up? Just call our front desk and ask for Kristin. She can help you set up monthly giving in a safe and secure way.

Velocity

CLINICAL RESEARCH



Get Paid for Clinical Research

Velocity's mission is to bring innovative medical treatments to patients. We are committed to making clinical trials succeed by generating high quality data from as many patients as possible, as quickly as possible while providing exemplary patient care at every step.

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STAYING SAFE FROM PHONE SCAMMERS!

Telephone scammers often try to hook you with enticing offers, appeals for charitable causes, or claims of being associated with the government. They won't allow time for you to think through their pitch. They will pressure you to make a decision.

Regardless of their behavior or message, a phone scammers goal is to get you to either send them money or provide your personal information.

Below are common warning signs of a phone scam to watch out for:

- A claim that you have been specially selected
- Use of high-pressure sales tactics and "limited-time" offers
- Reluctance to answer questions about the business or the offer
- Request that you confirm your personal information
- Request payment by means other than credit card including cash, gift card, wire transfer or private courier
- Request your credit card or other payment mechanism for shipping and handling
- Use of threats if you don't comply – even the threat of arrest
- The call starts with a prerecorded message – called a robocall
- Claims you have a virus on your computer or requests to log in to your computer
- Claims to be a friend or relative in need of money – but they don't give you any time to think or contact others



Not Getting Emails From Our Center?

Have you been having trouble receiving emails from our Center regarding updates and events? This may be due to your email thinking it's spam. No worries! We can help fix that for you!



Here is what to do:

1. Go into your email
2. Go to add contact
3. Add the email info@meridianseniorcenter.org
4. Save contact

You will now receive all our emails!

"One's life a year from now may be directly a result of what one decides to do today."

#gratefulforeveryday

Our top sponsors...

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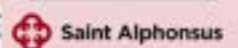
GOLD



SILVER



BRONZE



Thank you to all of our Community Partners and Sponsors!!! Without all of you, we could not do what we do for our amazing community!

June
7
2023

HEALTH



& RESOURCE

FAIR



10:00AM to 11:30AM

Cost: FREE!!!

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We've got them!
Meet over 30 fabulous
health, support, and care
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Our vendors are the best in the industry!
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BINGO

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Game Play starts at 6:00 p.m.

(must be 18 years or older to play)

Thank you to
EVERYTHING HEARING
for sponsoring our building sign



Riddle Corner Answers

1. A Rubber Band
2. A Comb
3. An Envelope
4. A Bank
5. A Stamp

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.