

2015



SASi

SANDPOINT AREA
SENIORS, INC.

**WHAT'S
GOING ON
DOWN AT
SASI?**

820 Main Street
Sandpoint, ID 83864
208-263-6860

www.sandpointareaseniors.org
info@sandpointareaseniors.org

Hours of Operation:

Mon.-Thurs.:
8-3:00 pm
Friday:
8-1:00 pm

a 501 (c) 3 non-profit
corporation

"It shall be the mission of the Sandpoint Area Seniors, Inc. to benefit senior citizens over the age of 50 in Bonner County by promoting nutritional, social, recreational and wellness opportunities."

We serve daily low cost meals at our SASi Café for a donation of \$4.00 (60+ years old) or whatever you can afford and \$7.50 charge for under 60 years old. Lunch is served at 11:30 am Mondays - Thursdays. Breakfast is served on Friday at 8:30 am. Call for reservations, 263-6860.

Spring Crafts Fair, A Great Success!

On Friday and Saturday, March 20 & 21, SASi held its first annual Spring Crafts Fair and it was a great success.

Twenty-two vendors filled the whole dining area with their fantastic homemade crafts such as jewelry, soap, candles, delicious jellies, woodwork, baked goods, crocheted blankets. There were dog biscuits, greeting cards, aprons, potholders, wooden pizza cutters, stuffed animals, and anything you can imagine.

During the day and a half event, it's estimated 200 people came to the fair and filled the building while shopping and enjoying the many baked goods that were donated by our seniors. We are so grateful to the many people who gave of their time as greeters and donating their items.

By the time the room was completely set up, there were wall to wall displays of the crafts. We were amazed at how well

everybody fit into their spaces. So many SASi seniors wanted to help, they also donated additional items which we placed on a SASi table. We placed those items as either raffle or auction items. Donna Peterson made a big denim, as she calls it a "camping" quilt, for a silent auction.

We would like to acknowledge the many people who made this such a great event. The volunteers who helped at the door and at the SASi table were: Alexandria Anderson, Janet Vetter, Charlotte Williams, Elara Reynolds, Frances Reed, John James, Rita James, Shakura Young. Kurt Kondratko played piano on Saturday while vendors packed up.

SASi Board members who helped to get the ball rolling and collected donations are

Pamellarose Crawford, event chair, Bruce Wendle, Adele Martin, Sally Sacht, and Michele Mitchell.

We also want to thank the people who baked and donated the delicious foods during the event. Donated items were a 6' sub from Mr. Sub and pizzas from Papa Murphy's. We had loaves of banana bread donated by Ron May and Jan Stoltz; cookies and bread from Nancy Savage; brownies from Shirley Wendle and Donna Peterson. Marge Luther baked cakes, brownies, and cookies. Sally Sacht baked cookies as well. Homemade chili (Yum! It sold out!) came from Pam Crawford. It seems everyone wanted to contribute. Items at the SASi table for raffle or auction were: crocheted doilies and colorful glass earrings from Elara and

Continued on page 5

Activities

Monday: Line Dancing 2:00pm
Tuesday: Mexican Train Dominos
12:00pm (New Game)
Bridge 12:15pm (Thursday)
Pinochle 12:30-3:00pm
Wednesday: Bingo 6:00pm
Thursday: Blood Pressure 10:30am

Dates to Remember

4/2 & 4/16 Alzheimer's Support Group
1:00 pm
4/10 Red Hats Luncheon - Noon
4/11 & 4/25 Saturday Dances 1-4 pm
4/16 Doug Williams ("Earman") 10-2pm
4/23 Medicare 101--Humana rep. to be here
to answer questions — not a sales meeting
4/24 Board of Directors Mtg 10:30 am
(Open to the public)
4/27 Assistive Tech, Mike Mann 10:15am

Director's Corner: Ellen Weissman

"Spring teaches me to look more carefully for the green stems of possibility: for the intuitive hunch that may turn into a larger insight, for the glance or touch that may thaw a frozen relationship, for the stranger's act of kindness that makes the world seem hospitable."

by Parker Palmer, from *Seasons*

A friend read me the poem above recently and I immediately resonated with it. Just as the crocuses are popping up, and one feels the anticipation of spring, I feel a sense of excitement at the possibilities of what we can do here at SASi. And



yet, there is the also the nervous anticipation of finding out if our grants will come through and making plans so that SASi can be here for the future generations.

One of the things that has been discussed is having a sustainable business or businesses that can help fill in the monthly financial gaps. Carla Kirby is starting off this endeavor by providing us *TidyTops*

to sell here at the Center and sharing the profits with us. Thanks so much, Carla! (More information is on page 5.)

Another possibility is setting up an endowment. Most of us don't like to think about dying, but it's good to plan what we'll do with our estate and decide ahead if we want to donate to an organization.

So many of you helped with the Crafts Fair, I know that whatever we decide to undertake, we will succeed!

Thanks so much for your support!

ellen

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Daybreak Center: Liz Stoddart, Director



This month I'd like to feature a volunteer who has been coming

in since DayBreak's beginning and is extremely helpful!

Sally Linton was born and grew up in Rochester, Minnesota. After high school, she worked in the X-Ray department at the Mayo Clinic. She got married when she was 21 years old, and she and her husband moved to Phoenix, where he attended the University of Arizona. She and her first husband had three children: Jennifer, Matthew, and Angela. Her first

husband worked for the federal government, and the family moved a lot to advance his career. They lived throughout the continental U.S. and even Hawaii. Sally has been married to Darrell Linton for 30 years. She met in Sacramento at the mall where they both worked. It was love-at-first-sight; they married 2 months after meeting. She started volunteering "years and years ago" when she lived in California. Sally says volunteering is her "gift" and that when she does it, she "puts her all into it." She also volunteers at Valley Vista and Life Care Center. Her volunteer "specialties" are sing-alongs and card-playing. Below, everyone is enjoying the Tuesday, 1pm, Sing-a-longs *Liz* at DayBreak. Come join us!

Caregivers' Support Group

1st and 3rd Thursdays at 1pm
at the SASi Conference Room

Alzheimer's currently affects 1 in 6 adults under 80 years old and 1 in 2 for adults over 80 years old. Every 67 seconds, someone is diagnosed with dementia.

As a "care-partner," you go through many emotions. Know that you are not alone. Being part of a community of people going through similar experiences can provide you with support, hope and information.

Try it out...Your loved one may stay at the

DayBreak Center at no charge while you are at the Caregivers' Support Group meeting.



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Senior Spotlight: Marge Luther

For the month of April, we decided to feature Marge Luther. Marge has been a regular at SASi since she retired in 1995.

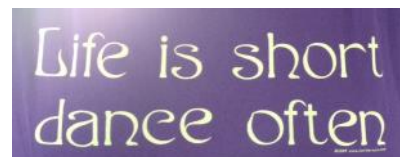
Marge was born in Niagara, Wisconsin. At some time she followed her parents to California where she lived for the next 35 years. After 17 years of marriage, she divorced with the best part being her three great children. After becoming a single mother providing for her children, she remarried after 5 years to her best friend, Robert, and they will be celebrating their 33 years of marriage this year.

Marge is also a long time member of the Red Hats. She's been the Queen of the River Queens in Priest River since 2003. Marge is active in three different chapters, and can be found here on the second Friday of



each month for the Red Hat luncheon held at SASi. Always decked out in the customary red and purple colors for the lunch, Marge is instrumental in organizing the lunches. Marge has a great personality, and can also be found here on Wednesday mornings to set-up the Pinochle game.

Marge says SASi is a very important part of her life. She has made many friends here and enjoys the delicious meals. She's willing to volunteer as she baked goodies for the recent Crafts Fair. Marge likes the many different activities that go on and encourages you to stop by and say hello to her. We also wish her Happy Birthday in April!



“Happy Birthday to YOU!” April

Margaret Locatell 4/4
Karl Fuchs 4/6
Rose Fredstrom 4/16
Kevin Savage 4/16
Joyce Boeck 4/16
Harold Overland 4/16
Bud Vanek 4/17



Marge Luther 4/20
Les Wood 4/20
Ove Gunnarson 4/21
Betty Johnson 4/23
Darrell Ewing 4/25
Barbara Gooby 4/30

Mary's Munchies: Quick Praline Bars

24 Graham cracker squares
1/2 cup packed brown sugar
1/2 cup (1 stick margarine or butter)
1/2 teaspoon vanilla
1/2 cup chopped pecans

1. Heat oven to 350 degrees F.
2. Arrange graham crackers in single layer in ungreased jelly roll pan, 15 1/2 x 10 1/2 x 1 inch.
3. Heat brown sugar and margarine to boiling in 2-quart saucepan. Boil 1 minute, stirring constantly; remove from heat. Stir in vanilla.

4. Pour sugar mixture over crackers; spread evenly. Sprinkle with pecans. Bake 8 to 10 minutes or until bubbly; cool slightly.

Makes about 2 dozen – Enjoy!



More about the Crafts Fair

(continued from page 1)

Don Reynolds, Easter time hand towels with oven mitts, from Jan Stoltz. Jack Raynor donated a cowboy print and frame.

We are grateful to all the vendors and volunteers who helped make this first annual Spring Crafts Fair a success!



TidyTops helping SASi!

We are pleased to announce that we are now carrying *TidyTops*, by Carla Kirby, one of our Crafts Fair vendors. They are stylish smock-like tops that can be worn while eating. They are reversible, easy to clean and stain proof. They come with a matching tote bag. A great gift for someone who may have difficulty when eating and spilling on themselves. Elara modeled one during the recent Crafts Fair, and we thought you might like to pick one up! They are on display in the entryway. Check them out!



Spring has Sprung

By guest columnist,
Desiree Aguirre



The snow is receding like the hair on my dad's head; sprouts of green dot the brown ground, and the geese, ducks, and "hey sweetie" birds have returned in force. Dare I say it? Spring has arrived, and it's time to pack away the winter gloves, the Sorrel boots, the wool hats and scarves, the skis, the snowboards, the snowshoes, and the long johns. The clocks have all been reset, and it's time to reset my body and engage in some sunny outdoor fun.

The older I get, the slower I move—especially in the winter. Spring is the time to gracefully shift gears, and to get ready for the hot days of summer. I remove the sheets of plastic from my windows, brush out the furry mess of

horsey hair, and rake up the loose hay in the barn.

The blue skies and sunshine shout my name, and I have once again started hiking out my backyard, up Cholo Ridge, over to 95 Peak, and back down Desi Ridge to the run out that slips into my backyard. It seems like just yesterday when I could practically run up the first hill, but my initial time out this year, I had to stop halfway up to retie my shoelaces. Naturally, I found a comfortable rock to perch on, and although it only took a couple minutes to pull up my socks and adjust the laces, I sat for ten minutes to enjoy the view and catch my breath.

While I was resting, a small woodpecker started a drum roll, and I was able to take several pictures of him during his solo. The air smelled like pine needles, and I got up, I took the time to feel the new growths of green—the moss

on the rock, the pine needles, the leaves of the wild roses, and the new shoots of grass begging to be born.

Spring has sprung with that grace that always delights and amazes. Take the time acclimating to the glorious scenery.

PIF = Pay It Forward Day!

Thursday, April 30, 2015

A great day to Volunteer!

Have you seen the film?

We will be showing "Pay It Forward" here at the Senior Center at 3pm with a chat afterwards about ways we can pay it forward!

Singin' In The Rain this summer! And more!



We are very excited about putting a group together and going to see a musical production of *Singin' In The*

Rain by the Coeur d'Alene Summer Theatre at the Kroc Center, on Saturday, July 11, 2015, for the matinee performance 2:00 pm.

Senior ticket discounts are for seniors aged 62 and up. The cost of a ticket is \$42.00. With a group of 25 or more, there is an additional 20% sen-

ior discount. We are really hoping to put together a great group to do something during the summer that is both fun and cultural. We'll be looking into how we all will get there, but we definitely want to put this out to you now so that you can start talking to friends. There's time to coordinate this, but like everything else time goes by so fast. For further information, please call the office or see Ellen or Emmy. Let's really see what we can do to make this happen!

Mark your calendars for Monday, April 27, 2015, at 10:15am, there will be an amazing presentation on all sorts of gadgets to make life easier given by Michael Mann, who will talk to us about "Assistive Technologies". He recently spoke on this at the Geezer Forum, and is delighted to do a presentation for us. We ask you to come in early to first hear him, and then please stay for lunch. This is open to the public and hope you join us for this.

Also! The Area Agency on Aging wants to hear from you! They will have representatives here on Thursday, April 23, at 9:30 in the conference room.



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The Hummingbird Puzzle is finished!

On Thursday, March 26th, the completed Hummingbird puzzle that many of you took the time over the past few months to help finish, has been hung on the wall behind the piano. Don Reynolds, skillfully installed it and it will be the first of what we hope to be of several others. We want to thank Don for making the frame, Selkirk Glass for donating the glass, and Andy's Frame Shop for selecting the matting for the picture. We have been watching people on a daily basis, carefully and thoughtfully create like a mosaic the beautiful puzzle. What started out as a simple activity became an act of love and we thank you! We will be putting out another new puzzle to begin on April 1st.



St. Patrick's Day brought us wonderful entertainment from the Sandpoint Youth Fiddlers! Beth Weber has been teaching fiddling to hundreds of students for thirty years in the area. The three homeschooled fiddlers delighted everyone at lunch and in the DayBreak Center with Irish jigs and other tunes. Pictured below are Payton Betz, Gloria Bojilev, Hannah Bartel and Beth Weber.



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