



“SASi”

SANDPOINT AREA
SENIORS, INC.

What's going on down at SASi?

820 Main Street
Sandpoint, Idaho 83864

Senior Center: 208-263-6860

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



DayBreak Ctr: 208-265-8127

Mon.-Thurs.: ~8:30am - 5:30pm

www.sandpointareaseniors.org
sandpointareaseniors@gmail.com

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 meals daily at our SASi Café for a donation of \$4.00 (60+ years old) or whatever you can afford. There is an \$8.00 charge for guests under the age of 60.

Get your pie throwing skills ready for another fun Pi Day. This year, we will be loading up the paper plates with whipped cream for you to anoint your favorite county commissioner, law enforcement officer, and other good sports we invite to join in on the fun!!

Pi Day is celebrated on March 14th (3/14) around the world. Pi (Greek letter “π”) is the symbol used in mathematics to represent a constant- the ratio of the circumference of a circle to its diameter – which is approximately 3.14159. Pi has been calculated to over one trillion digits beyond its decimal point. As an irrational and transcendental number, it will continue infinitely without repetition or pattern. While only a handful of digits are needed for typical calculations,

Pi’s infinite nature makes it’s a fun challenge to memorize, and to computationally calculate more and more digits. For our purposes, Pi day is a fundraiser for SASi.

On Thursday, March 12, 2020, after lunch at 12:30pm, come in and for either \$10.00 or \$20.00 you can pick one of the folks who have agreed to get a “pie in the face” so to speak!

Once again we have enlisted Marchelle Fritz, from LifeCare Sandpoint, to MC the festivities. If you have come to this event the last 2 years, you know how fun this is. All proceeds from this fundraiser goes to the food programs and other activities.



Weekly Activities

Monday: Pool Players 9am
Tai Chi Group 5:15pm open to all!

Tuesday: Bridge 12:15pm
Pinochle 12:15pm

Wednesday: Pinochle 9:00am
Bingo 6pm

Thursday: Pool Players 9am
Line Dance Group 12:30pm
EMS Blood Pressure Checks

Bingo Callers:

Marchelle Fritz, 3/4, 3/18
Marty Martinez, 3/11, 3/25

Dates to Remember

- 3/5 Alzheimer’s Support Group 1pm
- 3/10 Papa Murphy’s Fundraiser for DBC Family Assistance Fund 9am-10:00pm
- 3/12 Pi Day Fundraiser 12:30pm
- 3/13 Red Hats Luncheon 11:30am
- 3/14 Saturday Dance 1-4:00pm
- 3/17 St. Patrick’s Luncheon 11:30am
- 3/19 Alzheimer’s Support Group 1pm
- 3/ 28 Saturday Dance 1-4:00pm
- 3/30 Widows Helping Widows 10:00am



Executive Director's Corner: Alice Wallace, Interim Executive Director



I would like to introduce myself to those of you reading this month's newsletter. My name is Alice Wallace, I have lived in Sandpoint since 1957. I was a stay at home mother until my girls were in high school. My last job before retiring was with the Bonner Community Food Bank for 20 years. I was elected to the Senior Center Board in October. I had no intentions of going back to work after retirement, but I was asked by the board to be the interim Senior Center director for 2 or 3 months due to the many years in the similar position at the Food Bank. I have enjoyed my first month at the Sandpoint Senior Center, getting to know the great staff and meeting the seniors that come in for lunch meals on Monday-Thursdays at 11:30 a.m. and Friday breakfast at 8:30 a.m. Come join us, you won't be sorry!

February thru April 15th AARP volunteers are helping seniors do their taxes, if you need help, please call and make an appointment at 208-263-6860. There is no charge, but if possible, a donation to the Senior Center would be appreciated. We have some interesting classes at this time, Ti chi, writing, and drawing classes. Please call for more information. Bingo is on Wednesday night with the doors opening at 5:00 p.m. bingo starting at 6:00 p.m. There are many card games during the week that you might want to join in also. The dances on the 2nd and 4th Saturdays of the month continue with a smaller but great band playing the 2-step, waltz and fast dances, we all enjoy and to top it off we have a great pot luck. Some just come for the music and socializing and we all need that in our lives.

There is going to be a new look to the inside of the building in the months to come. Many have come forward to donate new lighting, paint and the labor to do the paint, and much more. We have a great organization that is necessary for a thriving community. If you can help us in anyway please call 208-263-6860, we need all the help we can get. The only funds that will be used are those donated for this exact project. I will close with a saying I read this week "when a senior passes away it is like a library burning to the ground", so much knowledge and experience is lost.



It's Time to Take a Look at Your Coverage!

Call Quinnette Tarbert, our health and life specialist, for a complete evaluation of your health insurance needs. We provide lots of affordable coverage options — ACA, Medicare, Medicare Supplemental, AFLAC, group and individual policies.

Medicare Open Enrollment is October 15th - December 7th
ACA Open Enrollment is November 1st - December 15th

208 265-1888 476653 Hwy. 95, Suite 3 in Ponderay



DayBreak Center



(l-r) Kelly Crowder, Program Coordinator, Adrienne Belucci and Denise Dombrowski, Activities Assistants.

For those dealing with a loved one with memory loss, there are many stages to walk through. There are many questions that arise in dealing with memory loss issues. It's very important for you to keep yourself healthy while providing care to a loved one.

We have a great program here at The DayBreak Center which helps provide respite care to you while your family member is in a comfortable home environment with a very caring and competent staff. This also provides your family member with a social life. You can choose the hours to best fit your own needs. We are open Monday-Thursday. Please stop by and get a feel for what we provide for our participants and their families.

The DayBreak Center is a one of a kind adult care facility in our community. We pride

ourselves in providing a great time geared towards each participant.

There is a packet full of information and some general questions we need completed before a loved one is able to come as a participant to include the doctor's signature approving the program for the person dealing with memory loss.

A participant may be a private pay, or if financial assistance is needed we have a couple forms that need to be completed and approved prior to the participant joining our great group.

Our staff and volunteers are awesome. We have a great group of caring people that are part of our program and most of them have been through a loved one with memory loss. They are very empathetic to what you are going through.

Our doors are open Monday-Thursday.

We want to thank Papa Murphy's Take N Bake Pizza for the fundraiser in February that raised \$156.81 for the DBC Family Assistance Fund!

Kelly

Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's and memory challenges

1st and 3rd Thursdays, 1 - 2pm
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.

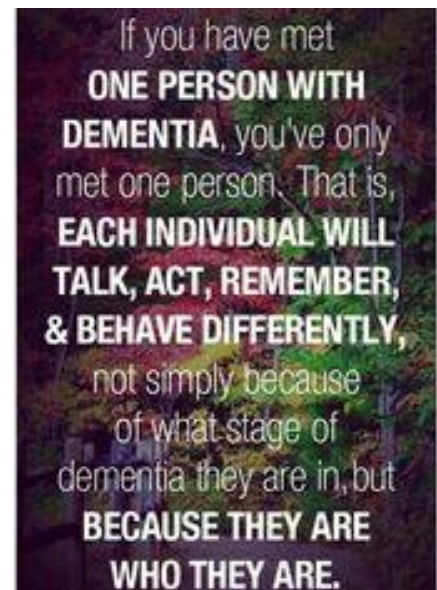
As a "care-partner," you go through many emotions. Know that you are not alone.

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 (with prior arrangements) while you are attending the Caregivers' Support Group meetings.

Call Facilitator, Jan Griffiths, 208.290.1973

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## Senior Spotlight: Nancy Savage, SASi Bookkeeper

Nancy was born in New Port, Rhode Island. Because her father was in the Navy, they moved around a lot, but mostly grew up in San Diego, CA. She graduated college in 1974, and has worked in accounting her whole career. In 1990, she moved to Salt Lake City, Utah, where she worked for a truck repair shop and then 16 years for an Engineering firm. Nancy then met her husband, Kevin in 1995, and married in 1997. Kevin and Nancy have 6 wonderful grandchildren.

In 2012 they moved to Sandpoint to be near to her mother. One day Nancy came to lunch at SASi, and Emmy asked what kind of work do you do? Emmy told Nancy how the bookkeeper at the time had passed away and they were looking for a new person. Nancy told the then director, Joyce, she would be happy to volunteer her services. Joyce said to Nancy "you will work too hard to not get paid if you volunteer". The board

hired her with the understanding that she would continue to look for a "real job". Seven and a half years later, Nancy is still here!

Nancy has worked with 5 directors and 4 board treasurers, but she is committed to SASi! Nancy enjoys garage sale shopping, and being involved in her church. She is pictured here with her family while in Utah, 2018.



## Happy Birthday

Shakura Young 3/5  
Jean DeRemer 3/5  
Martha Bridges 3/9  
Shirley Shaffer 3/9  
John Chellman 3/9  
Trixine Malone 3/14  
Doug Fraser 3/16



Steve Pultorak 3/18  
Diane Belwood 3/18  
Evelyn Brabender 3/24  
Michelle Mitchell 3/25  
Russ Newell 3/29

## SASi's Kudos Korner

We would like to give "kudos" to the following people :

Taran White from Thunder's Catch who donated the best fresh Alaskan Salmon which we served at February Birthday Lunch!! Everybody just loved the super fresh fish! Also to the cooks and kitchen staff for the great work they've been doing!

Two volunteers who have been super helpful during the transition helping with the computer sys-

tem, David Webster and Sharon!

Also thanks to a new volunteer just this week, Barbara Whatley who helped on Birthday Lunch and in our offices!

Please come in and ask how you can volunteer at SASi or DayBreak Center.

## Papa Murphy's Take and Bake Pizza Fundraiser for DBC

Mark your calendars for another Papa Murphy's Take and Bake Pizza fundraiser to benefit the Daybreak Center Family Assistance Fund. The date is Tuesday, March 10, 2020. All day you can go into the Ponderay store and with a coupon get a pizza or any of their delicious products. Papa Murphy's will then donate 9% of whatever they bring in that day for the fund.

Papa Murphy's has been a valuable partner for the past 2 years donating towards this important fund which helps the families of loved ones who have dementia and Alzheimer's Disease. The fund was set up to help them pay for time so they can bring their loved one into the DayBreak Center so that the caregivers can get much needed respite time.

The DayBreak Center provides a day program which includes lunch, snack, and activities. The staff has a daily schedule of activities which can be music

or art.

If you don't have a coupon which can be picked up at SASi, just use the one printed in this newsletter. Enjoy the delicious food and know you are helping to support the DayBreak Center Family Assistance Fund!! For more information, please call 208.263.6860.

**USE THIS COUPON:**

**Papa Murphy's Take 'N' Bake Pizza**

**And**

**Sandpoint Area Seniors, Inc. invite you to a**

**PIZZA FUNDRAISER FOR THE DAYBREAK FAMILY ASSISTANCE FUND**

**Tuesday, March 10, 2020**

## Thank you, Advertisers!!

## Need a hospital bed?!

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Thank you for supporting our outreach efforts! Your ad reaches hundreds of people each month in print and online.



A hospital bed helped a family in need!

We have more! Do you need one or have one to donate?

Please call us at 208.263.6860!

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More Bits and Pieces of SASi Information:

I am happy to report we have reserved a bus to go to the Coeur d'Alene Casino in Worley, on Monday, April 6, 2020. The bus will pick you up at 8:30 am and return to the center at 4:00pm. We will have a sign up sheet at front desk. Please indicate whether you will need to sign up for the Coyote Rewards Program if this is your first trip going.

For more information, please call the office at 208.263.6860. Bring a friend along! No charge.

We would like to invite anybody who likes to Line Dance to please come and join the ladies on Thursdays at 12:30pm. Evelyn Brabender, Sandy Roberts and DD Dong would like you to come in and kick up your heels! No experience is necessary!

Keep posted for upcoming events and fundraisers for the next few months.

The Tai Chi class is still being held on Mondays at 5:15pm. There is plenty of room in the class. There is no charge for this activity.

The drawing class is being held on Thursday, 4-6:00pm. We are looking into other art classes for the spring.

There is a writing group at SASi held on Tuesdays. The doors open at 5:30pm.

All of these groups are open to the public!



Saturday Dances,
1-4 pm. "Country Plus!"
Second and Fourth Saturday!

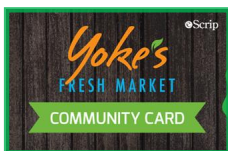
FACILITY RENTALS!

Looking for somewhere to hold a holiday or anniversary party, meeting or gathering?

Intimate and large group settings!

Reasonable rates! Both buildings are available!

Thank you generous supporters!! Find names and logos from donor organizations at ww.sandpointareaseniors.org/community-support/



Shop at Yokes and
Amazon Smile and



Every Wednesday 6 pm

\$2.00 per card

Concessions at 5pm!

8 1/2" x 11" paper, 11" x 17" paper, Bounty Select-a-Size Paper Towels, Toilet Paper, Hand Pump Scent Free Soaps, Paper Napkins, Battery Sidewalk Snow Blower, Ice-maker, Brooms, Slide projector/screen. *Help with our storage unit rent, \$60/mo.* (See below!) New oven for the serving area. Handyman/woman and Wheel Chair Fix-it person needed!



And a million dollars for a new building?! Thank you so much!

Have you moved or changed phone numbers? PLEASE make sure we have your correct information on file!

Do you need crutches, a walker or a bath seat? We have numerous items available for check-out! Bring us your gently used wheelchairs and



Would you like to receive this newsletter in your mailbox at home? We can mail it to you for \$20/year to cover printing and mailing. Help us save paper and receive it through *email* for a donation (if you can afford it). Menus are also on our web-

Letter from SASi Board President, Chenoa Crettol

Dear SASi Community Members,

Many questions have arisen with regard to the termination of Ellen Weissman, SASi's former Executive Director. As I am sure each of you realizes, these decisions are never easy and each member of our Board of Directors takes them very seriously.

Many of you attended the most recent Board Meeting on February 28th to express your views on the situation and to ask questions. Out of respect for Ellen's privacy, I will not go into specific details as to the reasons the Board made this decision, however, I will say that policy was followed and the decision received a unanimous vote by the Board.

The process of terminating an employee is always complicated. There is no easy way to help a person with this transition but please be assured that every effort was made to handle this as professionally as possible. While it is very uncomfortable and can be shocking to learn of these changes after the fact, that is, unfortunately, the appropriate and most professional way to handle these issues. To preserve the

outgoing employee's privacy as well as the security of the company, it is imperative that these actions be done directly with the person and in private.

Concern was expressed regarding rumored changes coming up at SASi. At this time, any changes being discussed by the Board relate to the formation of committees to bring focus to the areas of facility improvements, grant and fundraising opportunities, and added activities and educational opportunities for participants.

We all understand that this time of transition is stressful and confusing and hope that, with time all participants will be able to see a positive outcome from this difficult change.

The Board appreciates all that Ellen was able to offer SASi during her years of service and wish her the very best in her future endeavors.

Best Regards,

Chenoa Crettol

President, SASi Board of Directors

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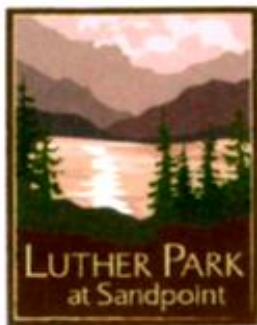
Monica Sheffield

Care Coordinator, Bonner County

Cell: (208) 290-6506



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Many thanks to ALL our donors! We simply could not do it without you!

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Beebout, Marie	Alan Barber	Craig Royer	Joe's Philly Cheesesteak	Nancy Heene
Cecil, Bill	Adele Martin	Curtis Smith	John & Mary Campbell	Nancy Lewis
Clark, Linda	Alzheimer's Foundation of America	Dairy Depot <i>Garnet</i>	<i>Sapphire</i>	Natalie Ednie
Dillon, Marilyn	Ambrosiani Family Trust	Dan Donegan <i>Sapphire</i>	John & Shirley Howard	Newman Community Bible Church, Inc.
Durfee, James	<i>Diamond</i>	Debra Moy & Steven Hein	John Moody, DVM	Norma Pierce
Ewing, Darrell	Angels Over Sandpoint	Don Wolfe	<i>Sapphire</i>	Northern Lights, Inc.
Herling, Judy	Anita Pine	Dover Baptist Church	Joyce & Larry Anderson	Pamela & Richard Forcier
Hern, Kelli	Asih & Ted Olson	<i>Sapphire</i>	Joyce & Marshall Roberts	Panhandle Health staff
Hinrichs, Vegas	Barbara & Lawrence	Eichardt's Pub <i>Sapphire</i>	Judith and Arthur Bourassa	Papa Murphy's Pizza
Lucas, Jeannette	Headden	Equinox Foundation	<i>Sapphire</i>	Patricia Stevens
& Richard	Beth Pederson	Family Health Center	Judy Riffe	Paul & Sue Graves
Luther, Marge & Bob	Betty Ann Diehl	First Presbyterian Church	Julie & Steve Meyer	Peak Sand & Gravel, Inc.
McClure, Joan	Betty & Harold Overland	George & Barbara Gauzza	Kathy & Chris Chambers	Pend d'Oreille Winery
Marshall, Leslie	<i>Ruby</i>	<i>Sapphire</i>	Kay Saunders	<i>Emerald</i>
Martin, Adele	Betty & Kenneth Colin	Grace & Steve Brixen	Kelli Hern <i>Sapphire</i>	Pend Oreille Shores Resort
Michael, Loris & Dick	Betty & Stephen Whipple	H & R Block	Kim & Jim Marley <i>Emerald</i>	Petal Talk
Payne, Myrna	Billy Snyder	Heather Hellier & Alan Barber	Laurelie & David Wall	R.D. & P.T. Thurston
Peterson, Donna	Bonner County	Highlands Day Spa	Leslie Marshall	Richard Wilfert
Pine, Anita	Bonner General Health	Holy Spirit Episcopal Church	Lewis Family	Robert Moore <i>Sapphire</i>
Pierce, Norma	Bob & Trish Thurston	Home Depot	Linda Larson	Robert & Barb Wynhausen
Roberson, Frankie	Bonner County Daily Bee	Idaho Comm. Food Bank	Lindy Flynn	Joyce & Marshall Roberts
Reed, Frances	Bradford Bowman <i>Garnet</i>	Idaho Community Found.	Litehouse, Inc.	<i>Sapphire</i>
Sacht, Sally	Bud Britain	Idaho Pour Authority	Lori & Dan Meulenberg	Sally Sacht <i>Garnet</i>
Schoonover, Anita	Cadeau Foundation	Injectors Car Club	Lou Scharpf <i>Sapphire</i>	Sandpoint Computers
Stevens, Bill & Jerri	Catholic Charities of Idaho	Innova Foundation	Louise & Steven Wood	Sandpoint Denture Clinic
Taylor, Ed	Carey Spears	Isabel Hollreigel	<i>Sapphire</i>	Sandpoint Friends Meeting
Vetter, Janet	Carol & Bob Camp	Jackie & Tim Hanna	Marilyn Chambers	Sandpoint Medical Massage & Bodyworks
Watts, Buzz	Carol Thomas & friends	Jackie & Tom Peters	Marilyn Sabella	Sandpoint Reader
Wendle, Bruce	Caroline Lobsinger	James & Janice Roberts	Marjorie Keating	SASi Bridge Players
Thank you also to these generous donors to SASi:	Cindy Elliot <i>Garnet</i>	Jane Clark	Mark Kubiak	SASi Pinochle Players
Adam Weissman	City of Sandpoint	Janet McKeough	Mary & Gary Daubersmith	Sdpt Denture Clinic
Foundation <i>Sapphire</i>	Colleen Culwell <i>Sapphire</i>	Janet Vetter	Mary Jo Haag	Sdpt Duplicate Bridge Club
	Community Assistance	Janice & Mark Johnson	Matthew Nykiel <i>Garnet</i>	
	League (CAL) <i>Diamond</i>	Joanne & Jonathan Cottrell	Mike Weissman & Amanda Mardon <i>Sapphire</i>	
	Cool-it Heating & Cooling		Mountain Sky	

SASi is a non-profit organization. Your donations are tax deductible! We appreciate all of your contributions, any size!

Sandpoint Area Seniors, Inc. (SASi) is funded primarily through grants and *your donations!* We receive reimbursement monies from the Area Agency on Aging in Coeur d'Alene which receives funding from the Idaho Commission on Aging which is funded from the U.S. Government Older Americans Act. This funding covers approximately 1/3 of the costs of our meals programs and limited scholarships for DayBreak participants. It does not provide funding for operating funds. SASi currently is providing approximately 2,100 meals a month, both in-house and through home-delivered meals to the entire Bonner County; respite services for seven families in the DayBreak Center and is a center for social, health and educational classes and events monthly. Stop by to learn more!

\$8.00 pays for a meal and \$10.00 pays for an hour of care at DayBreak. Unless specified, donations are split equally for operating expenses,

Will you become an annual "SASi Jewel Donor"?

\$1 - \$499 Garnet	\$2500 - \$4999 Emerald
\$500 - \$1499 Sapphire	\$5000 + Diamond

I/We want to help Sandpoint Area Seniors, Inc. keep the doors open! Drop off or mail to: SASi, 820 Main Street, Sandpoint, Idaho 83864

Name _____ Email _____

Address _____ Amount \$ _____