



Newsletter
September 2020
SASi
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

Senior Center:
208-263-6860

**"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."**

**Need daytime elder care or
a meal delivered to your
home?**

Call for more information!

**Check out our website
www.sandpointareaseniors.org**

a 501 (c) 3 non-profit corporation



KUDOS TO OUR VOLUNTEERS!

SASi would like to thank the following individuals for their generous support last month.

Ryan Ely, who is a gymnast with S.T.E.P. Training Center, used her summer community volunteer time to raise funds for our Seats for Seniors campaign. Ryan was able to raise a whopping \$225 for our fundraiser! Thanks so much to Ryan and all the gymnasts at S.T.E.P. for their commitment to our community.



Barbara Carpenter for her generous donation of a beautiful entertainment center.

Elk Electric- for installing our new ceiling fans.

Payton Ezell for painting and general handy man duties.

Custom Design Contracting- Paul Beaudoin for installing our new blinds.

Lou Rigould- for volunteering to clean up around the prop

Lastly, SASi would like to thank its board of directors for another awesome, if not demanding year. We know that it has been a year of change and challenges but their guidance and leadership has helped us weather the storm of COVID-19 and staff turnovers. As we thank them for another wonderful year, we look forward to the future of SASi as we get ready to hold our annual SASi Board of Directors Election. This year, we have two directors who will be on the ballot for re-election, Leslie Marshall and Marshall Roberts. If you're interested in running for a board position, please send in your Letter of Intent to Cherie or Alice by Friday, 9/11. Elections will be held from 9/14-9/18 at the senior center.



Executive Director's Corner:

Alice Wallace,
Interim Executive Director

Senior Centers: Delivering Vital Connections!

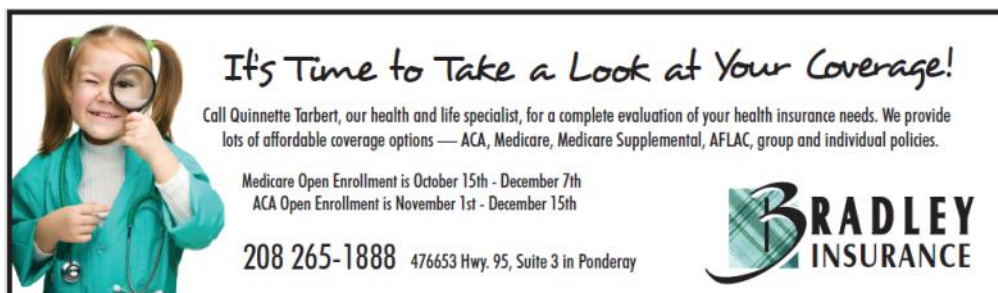
While we have been limited in the last month as to what goes on at the Sandpoint Senior Center does not mean we haven't been planning on the future of opening up to activities. This year's 'Delivering Vital Connections' theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources. During senior center month we want to plan for our reopening to activities and its vital role in your community, promoting positive image of aging, and creating interest among prospective new participants.

Our key words this celebration is *Mind, Body, Spirit, Community*. They are important reminders to take a holistic approach. During your celebration we want to share programs that connect to:

- **Mind:** Maybe Offering a class, start a creative writing class or a meditation group.
- **Body:** Deliver a new evidence-based program health class for losing those pesky extra pounds we have put on during the virus days.
- **Spirit:** Develop a gratitude journaling group or a volunteer led wellness call program
- **Community:** Create a community virtual a letter writing campaign to our service members.

We will be working on the promotion of this in the next weeks to come and will be ready as soon as Governor Little gives the word for the state up to proceed back to ??????

Alice



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

BRADLEY INSURANCE

Board of Directors

President: Nikki Klein

Vice President: Frankie Roberson

Secretary: Leslie Marshall

Treasurer: Kelly Dryden

Directors

Pam Allen

Loris Michael

Marshall Roberts

SASi Spotlight

September is National Senior Center Month so we thought we'd spotlight all of the wonderful things SASi has to offer. Despite the fact that we've had to close our doors to activities, SASi is working hard to provide ways we can virtually connect and stay engaged. That's why we have a link on our website to Highway61.co, a virtual senior center where seniors can get together to play games or visit as well as links to tour famous museums and national parks. SASi has also started a new campaign to buy ergonomic chairs made specifically to keep seniors comfortable while they engage in activities. Finally, SASi continues to meet the nutritional needs of our seniors every day by preparing, packaging and delivering roughly 2300 meals per month. As always, our focus is to address social isolation and food insecurity, and with our community's support, we can continue to do so.

BAKED APPLES FILLED WITH SAUSAGE

Ingredients

1 pound bulk sausage
2 tablespoons brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon grated lemon rind
1/4 cup chopped figs
brown sugar, ground cinnamon, grated lemon rind, or chopped figs

Instructions

Preheat the oven to 375 degrees F. Brown the sausage in a large skillet. Wash the apples and cut a slice from the tops. Scoop out the flesh, leaving shells 1/2 inch thick. Cut the flesh from the cores and chop it. Add the chopped apple, brown sugar, cinnamon, lemon rind, and figs to the sausage and mix well. Fill the apple shells with the mixture. Sprinkle the tops with brown sugar, cinnamon, grated lemon rind, or chopped figs. Place in a baking dish, cover, and bake until tender, about 40 minutes. Serve with hot biscuits and a green salad.



Interested in being a pen pal? Then contact the senior center to sign up and become a pen pal with a senior in Pennsylvania.



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 website at www.sandpointareaseniors.org



The DayBreak Center is currently closed. However, if you need respite or caregiver services, please contact us at:

208.263.6860

SASi's Kudos Korner



Pam Allen

Joe King

Lloyd Wallace

Alice Wallace

Nikki Klein

*Have you moved or changed
phone numbers?*

*PLEASE make sure we have your
correct information!*

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 bathroom supplies!

Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's and memory challenges meet on the 1st and 3rd Thursdays, 1 - 2pm at the SASi Conference Room. **However, due to COVID-19, we are meeting outdoors in the courtyard of the Daybreak Center at the exact same time on the same days.**

Call Facilitator, **Jan Griffiths**

208.290.1973

or **DayBreak**

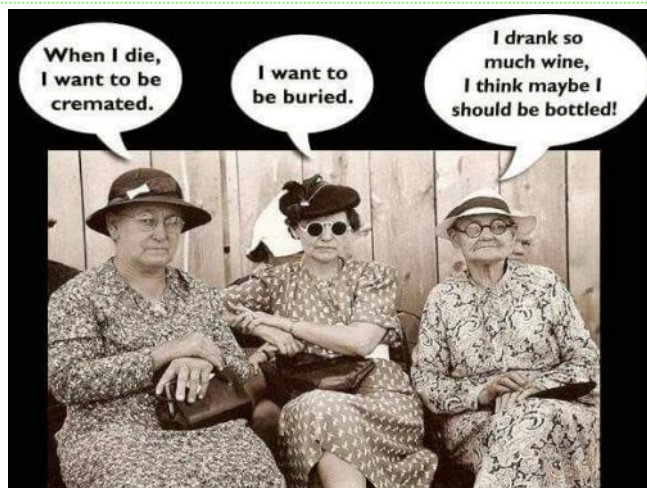
208.265.8127

for more info.

Alzheimer's Association

800-272-3900

www.alz.org · www.alzwa.org



Activities at our Center

Good News! The center is now open for congregate meals, but seating is limited. Please call the center to reserve your spot. For those who are unable to join us for a meal, please know that we will continue to offer home delivered meals.

We all want things to get back to normal but we need to use good old common sense. Everyone's first priority should be to keep loved ones, friends and neighbors (and ourselves) safe.

*There are flowers enough in the summertime,
More flowers than I can remember –
But none with the purple, gold, and red
That dye the flowers of September!
– Mary Howitt (1799-1888)*



Happy Birthday

John Kroker 9/5

Tom McGhee 9/21

Kris Mendenhall 9/5

Gayle Williams 9/26

Daniel Hailey 9/5

TJ Ford 9/11

Marchelle Fritz 9/11

Caroline Morley 9/15

Val Griggs 9/20



**United States
Census
2020**

You matter! Get counted.

Look for the 2020 census to arrive this month. It is vitally important that you get counted. You can complete the census the traditional way, on paper, or for the first time ever, you have the option to complete the census online. CSC is here to help regardless of how you choose to complete the census.

QUOTE of the day:

Drink water from the spring where horses drink.
The horse will never drink bad water.
Lay your bed where the cat sleeps.
Eat the fruit that has been touched by a worm.
Boldly pick the mushroom on which the insects sit.
Plant the tree where the mole digs.
Build your house where the snake sits to warm itself.
Dig your fountain where the birds hide from heat.
Go to sleep and wake up at the same time with the birds – you will reap all of the days golden grains.
Eat more greens – you will have strong legs and a resistant heart, like the beings of the forest.
Swim often and you will feel on earth like the fish in the water.
Look at the sky as often as possible and your thoughts will become light and clear.
Be quiet a lot, speak little – and silence will come in your heart, and your spirit will be calm and full of peace.
-- Mike Merchant

Joke of the month

First it was, alcohol kills Covid. Then heat may kill Covid. Now direct sunlight may kill Covid. So if you see me outside in my yard drunk, naked and laying in the sun, Mind your own business. I'm conducting important medical experiments.

Grandparents Day

September 13th



Marian McQuade hoped to establish a national day that would honor grandparents, and in 1970 she began a campaign to do so. McQuade raised awareness about senior citizens throughout the 1970s. In 1978, President Jimmy Carter declared the first Sunday after Labor Day to be National Grandparents Day. Each year, the president issues a proclamation to keep the tradition going.

Grandparents Day has both an official flower and song. The official flower is the forget-me-not, and the song is Johnny Prill's "A Song for Grandma and Grandpa." Both were chosen by the National Grandparents Day Council.

Happy Grandparents Day!

SUDOKU

Complete the grid so each row,
Column and 3-by-3 box (in bold borders)
Contains every digit from 1-9.

For strategies on solving Sudoku, visit
Sudoku.org.uk

			9	2	7			
9								1
		5	4			3		
4			5	8				6
	9	8				5		
1				9	4			7
		2			8	1		
3								5
			1	4	6			

Wise Advice from a Farmer's Wife



Whenever you return a borrowed pie pan, make sure it's got a warm pie in it.
Invite lots of folks to supper. You can always add more water to the soup.
There's no such thing as woman's work on a farm. There's just work.
Make home a happy place for the children. Everybody returns to their happy place.
Always keep a small light on in the kitchen window at night.
If your man gets his truck stuck in the field, don't go in after him.
Throw him a rope and pull him out with the tractor.
Keep the kerosene lamp away from the milk cow's leg.
It's a whole lot easier to get breakfast from a chicken than a pig.
Always pat the chickens when you take their eggs.
It's easy to clean an empty house, but hard to live in one.
All children spill milk. Learn to smile and wipe it up.
Homemade's always better'n store bought.
A tongue's like a knife, the sharper it is the deeper it cuts.
A good neighbor always knows when to visit and when to leave.
A city dog wants to run out the door, but a country dog stays on the porch 'cause he's not fenced-in.
Always light birthday candles from the middle outward.
Nothin' gets the frustrations out better'n splittin' wood.
The longer dress hem, the more trusting the husband.
Enjoy doing your children's laundry. Someday they'll be gone.
You'll never catch a runnin' chicken but if you throw seed around the back door you'll have a skillet full by supper.
Biscuits brown better with a little butter brushed on 'em.
Check your shoelaces before runnin' to help somebody.
Visit old people who can't get out. Someday you'll be one.
The softer you talk, the closer folks'll listen.
The colder the outhouse, the warmer the bed.

Trivia Question:

What was the name of the new company formed when Nash-Kelvinator and Hudson Motor Car Co. merged?

A. Chrysler B. General Motors C. American Motors

Answer below

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

Shop at Yokes and Amazon Smile and support SASi!

AmazonSmile is a website, and shopping features as **Amazon.com**. The difference is that when you shop on **AmazonSmile**, the **AmazonSmile** Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.



A hospital bed helped a family in need!
We have more! Do you need one?
Please call us at 208.263.6860!

***THANK YOU,**

Swhift Fabricating for paying our hospital bed storage fee for a year!!!

SASi Wish List

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!

C. American Motors



Bingo suspended until further notice

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<https://www.facebook.com/SASiSeniors/>

Thanks to our newsletter advertisers!
Thank you for supporting our outreach efforts!
Your ad reaches hundreds of people each month in print and online. Let us know if you want to join us!



1125 N. Division Avenue
Sandpoint, Idaho 83864
208.265.9299



Chelsie Ulrich
Community Liaison
P: 208.264.8198 • F: 208.263.9210
chelsie.ulrich@eden-health.com
www.eden-homehealth.com/sandpoint

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\$5 A MONTH CLUB

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Special Thanks to these generous donors

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Innovia Foundation
Jacobson, Mary
Joe's Philly Cheesesteak
Juneau, John & Barbara
Keating, Marjorie
Kirkwood, Vivian
Kubiak, Mark
Larson, Linda
Lewis, Nancy
Linscott, Frank & Carol
Litehouse, Inc.
Lockwood, Molly
Luther Park at Sandpoint
Marley, Kim & Jim

Marshall, Leslie
Martin, Adele
Mendenhall, Trudell
Meulenberg, Lori & Dan
Meyer, Julie & Steve
Michael, Loris & Richard
Moody, John (DVM)
Moy, Debra
Newman Community Bible Church, Inc.
North Idaho Fed. Republican Women
Northern Lights, Inc.
Overland, Betty & Harold
Papa Murphy's Pizza
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Sabella, Marilyn
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SASi Pinochle Players
Scharpf, Lou
Selkirk Assoc of Realtors
Selkirk Press Inc.
Selkirks Pend Oreille Transit
Selle Valley Construction

Simonson, Cynthia
Snyder, Billy
Sorentino, Susan
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Walmart
Whipple, Betty & Stephen
Wilfert, Richard
William Wishnick Foundation

*** Thank you for your \$5 a month donations. If you did not see your name on this list, it may be time to renew your commitment.**

Winter Ridge
Wood's Crushing & Hauling, Inc.
Wynhausen, Robert & Barb
Young, Shakura

Many Thanks To ALL our Donors! We simply could not do it without you!

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, the food program and the DayBreak Center. Please join us in thanking the above donors who give monthly, yearly and spontaneously to help us keep our doors open!!

SASi's Staff and Board of Directors



Name _____ Email _____

Address _____ Donation Amount \$ _____

For _____

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