



Newsletter
December 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



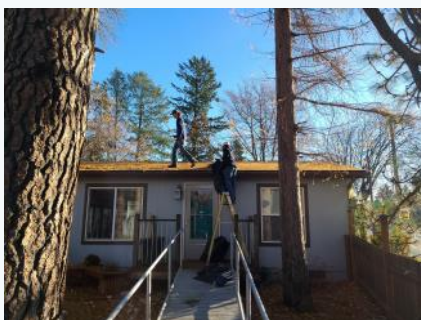
KUDOS TO OUR VOLUNTEERS

SASi would like to take thank the following businesses and individuals for their hard work and support this past month. Their assistance made our building safer for our clients to access and ready for the hard winter ahead.

Insight Restoration: Mark Grow, Ethan Rodgers, Jay Mikesell and Monique Hutchings for clearing off the roof and gutters and getting our building ready for winter.

Selkirk Glass and Cabinets: Jim and Terrell for installing the window in our guest entrance door as well as installing the automatic door opener for our clients who use wheelchairs and walkers.

Keokee Publishing: for the use of their permit so that we could mail out 800 flyers to the community.



Thank you all so much for your hard work and support!



Executive Director's Corner: Alice Wallace



Christmas Day as we know It!

As we all know Christmas is celebrated on December 25 and is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature.

Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive. December 25, Christmas Day has been a federal holiday in the United States since 1870.

How Did Christmas Start?

The middle of winter has long been a time of celebration around the world. Centuries before the arrival of the man called Jesus, early Europeans celebrated light and birth in the darkest days of winter. Many peoples rejoiced during the winter solstice, when the worst of the winter was behind them and they could look forward to longer days and extended hours of sunlight.

The end of December was a perfect time for celebration in most areas of Europe. At that time of year, most cattle were slaughtered so they would not have to be fed during the winter. For many, it was the only time of year when they had a supply of fresh meat. In addition, most wine and beer made during the year was finally fermented and ready for drinking. Thus was the start of the celebration known to us as Christmas. Many spend money they can't afford to spend because it feels good to give some a gift; we cook lavish foods and cook way too many cookies, pies and candy. Let's all take a breath, think of a gift to give someone that is part of you. One year I found a picture of our family when our girls were really young, copied and framed it. They loved that picture and mention it quite often at Christmas time. Another year they had mentioned they would like a 9inch cast iron frying pan. I found 2 of them, seasoned them and they still use them often. These are just a couple gifts that didn't take much money, just a little of my time. If you can't do this this year, remember it for another year either for a loved one or a good friend.

I would like to tell you all how much I have enjoyed these last month's making new friends and re-newing friendships with others. It doesn't seem possible that it is Christmas in about 25 Days. Enjoy the holidays! 2020 will be over soon and we'll think of as just a bad dream! Merry Christmas and Happy Hanukkah!

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



SASi Spotlight



This month's spotlight is shining on the Community of Sandpoint.

The community of Sandpoint has been supporting the mission of the Sandpoint Area Seniors, Inc. since our inception over 45 years ago. Every year local businesses, community organizations, and individuals volunteer their time to help our staff keep the building safe, accessible, clean, and beautiful. This year was especially difficult because of the closures due to the pandemic. However, the support we've received has not only kept our ovens on, but has acted as a huge moral booster, not only for our staff, but for the clients we serve everyday.

So on behalf of the entire SASi staff and our board of directors, we would like to offer our most sincerest gratitude to the community of Sandpoint. Thank you so much for the love and support you've given us over the years.

Happy Holidays!

SASi's Kudos



Nikki Klein

Frankie Roberson

Leslie Marshall

Loris Michael

Marshall Roberts

Payton Ezell

Board of Directors

President: Nikki Klein

Vice President: Frankie Roberson

Secretary: Leslie Marshall

Treasurer: Kelly Dryden

Directors

Pam Allen

Loris Michael

Marshall Roberts

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



"Adult Day Care and Family Support"

DayBreak Center

A Program of Sandpoint Area Seniors, Inc.

(208) 265-8127 820 Main St., Sandpoint, ID 83864

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

**WE NEED
YOUR HELP**

Help SASi save money and the environment by bringing in your own to-go containers.



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!

Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's and memory challenges will now be meeting on the 1st and 3rd Thursdays, 1 - 2:30pm at the Tango Café Meeting Room of the Columbia Bank Building located at 414 Church St.

Call Facilitator,

Jan Griffiths

208.290.1973



I Heard a Bird Sing

"I heard a bird sing in the dark of December
A magical thing And sweet to remember.

'We are nearer to
Spring than we
were in
September,'
I heard a bird sing
in the dark of
December."

- Oliver Herford



Happy Birthday

Craig Royer 12/4

Sheila Welch 12/15

Lola Rainey 12/7

Betty Overland 12/16

Margaret Agar 12/10

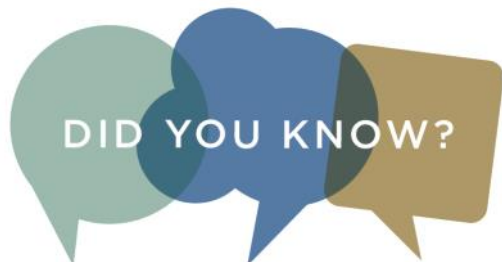
Donna Johnson 12/17

Richard Kelly 12/12

Joanne Cottrell 12/21

Ken Buck 12/15

Anita Schoonover 12/26



Beginning January 1st, the suggested amount to donate for your meals will be \$5.00 for seniors.





Trivia Question:

What old Christmas tradition signals to people passing by that the residents of a house are Christian?

- A. Placing a cross in the window
- B. Placing a candle in the window
- C. Placing a dove in the window
- D. Placing a star in the window

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.



B. Placing a candle in the window
It was a way to show your faith and invite others to join your celebration

sun-gazing.com
INFINITY⁰⁰

**I DON'T WANT MUCH FOR
CHRISTMAS.
I JUST WANT THE WORLD
BACK TO NORMAL,
TO BE HEALTHY, HAPPY,
AND LOVED.
AMEN!**



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

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

Why is Christmas Celebrated on December 25th?

Most Christians today probably can't imagine Christmas on any other day than December 25, but it wasn't always that way. In fact, for the first three centuries of Christianity's existence, Jesus Christ's birth wasn't celebrated at all. The religion's most significant holidays were Epiphany on January 6, which commemorated the arrival of the Magi after Jesus' birth, and Easter, which celebrated Jesus' resurrection. The first official mention of December 25 as a holiday honoring Jesus' birthday appears in an early Roman calendar from 336 A.D.

But was Jesus really born on December 25 in the first place? Probably not. The Bible doesn't mention his exact birthday, and the Nativity story contains conflicting clues. For instance, the presence of shepherds and their sheep suggest a spring birth. When church officials settled on December 25 at the end of the third century, they likely wanted the date to coincide with existing pagan festivals honoring Saturn (the Roman god of agriculture) and Mithra (the Persian god of light). That way, it became easier to convince Rome's pagan subjects to accept Christianity as the empire's official religion.

The celebration of Christmas spread throughout the Western world over the next several centuries, but many Christians continued to view Epiphany and Easter as more important.

Some, including the Puritans of colonial New England, even banned its observance because they viewed its traditions – the offering of gifts and decorating trees, for example – as linked to paganism. In the early days of the United States, celebrating Christmas was considered a British custom and fell out of style following the American Revolution. It wasn't until 1870 that Christmas became a federal holiday.



Hanukkah, the Festival of Lights

The Jewish holiday of Hanukkah, also known as the Festival of Lights, celebrates the victory of a small group of Jewish rebels over an enormous Greek army to defend their heritage, and a miraculously long-lasting flame that continues to serve as a symbol of hope and perseverance.

According to tradition, while the Jews were living under the Greek empire around 167 BCE, King Antiochus IV outlawed Judaism and desecrated the Holy Temple that stood in Jerusalem. A small Jewish army called the [Maccabees](#) led a rebellion against the Greeks and won. When they returned to the Temple to relight the ritual menorah (candelabra), they only found enough oil to last one day, but it miraculously lasted eight.

Hanukkah is one of the most famous holidays in the Jewish calendar, but is not considered a major holiday. The Books of the Maccabees are not included in the Jewish biblical canon, and the Babylonian Talmud offers only a brief explanation of the holiday's origins, citing the miracle of the oil lasting for eight days.

Hanukkah begins on the 25th of the Hebrew lunar month of Kislev every year, but the date in the Gregorian calendar varies. Sometimes an early Hanukkah coincides with Thanksgiving.

When the two holidays overlapped in 2013, the phenomenon became known as "Thanksgivukkah" complete with turkey-shaped menorahs playfully dubbed "menurkeys."



SASi Wish List

8 1/2" x 11" paper, 11" x 17" paper, Bounty Select-a-Size Paper Towels, Toilet Paper (individually wrapped please), Paper Napkins, Slide projector/screen, Handyman/woman for small jobs.

And a million dollars for a new building?!



Ken Wood
Financial Advisor

477100 Highway 95, Suite B
Ponderay, ID 83852-9501
Bus. 208-255-2613 TF. 844-361-3669
Fax 855-379-1812
ken.wood@edwardjones.com
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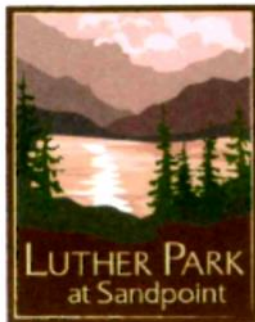


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THE BRIDGE AT SANDPOINT



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208.263.1524 www.thebridgeatsandpoint.com



Nora Horn
Sales & Marketing Manager
NoraHorn@ecumen.org
Phone (208) 265-3557
Fax (208) 265-8880
510 South Olive Avenue
Sandpoint, Idaho 83864
www.lutherparksandpoint.org

All activities are
canceled for the
month of
December.

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

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know if you want to join us!

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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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Monica Sheffield

Care Coordinator, Bonner County
Cell: (208) 290-6506



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best compliment.
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your trust."

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Ponderay, ID 83852

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Cell (208) 610-8096
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www.careyspears.com

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\$5 A MONTH CLUB

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Young, Shakura



*** 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.**

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