



Newsletter

December 2021

**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](http://www.sandpointareaseniors.org)

a 501 (c) 3 non-profit corporation



Well folks, another year is in the books and what a strange ride it has been. There have been many ups and downs over the past two years, but our staff and volunteers have weathered the COVID storm without missing a beat. While we were fortunate, there are many senior centers in our surrounding area who have been struggling to meet their mission requirements due to lack of staffing. Many are closed 2-3 days a week and are offering a limited amount of meals. As a result, requests to join SASI's Home Delivered Meals Program (HDMP) has grown exponentially. When I started working here in May of 2020, we were making roughly 2200 meals per month. As of this summer, we were routinely exceeding 2600 meals and even reached over 2800 meals in Oct! Just for some perspective, a restaurant owner recently told me that they do about 250 meals on a slow night, 5pm-10pm, with a staff of nearly 10 chefs/cooks in their kitchen. Our staff of 3, two of whom are in their mid 70's does nearly the same volume of meals but under 2.5 hours! The next time you see chef Greg Bolen, and his assistants Bonnie Pike and Bud Green, please thank them for all of their hard work. And speaking of Bud, no one works harder or puts in more hours in keeping us ship shape than him. We appreciate all you do for us.

In addition to our outstanding kitchen staff, we have our nutrition program coordinator, Mary McGinnis, and her assistant who ensure that every senior registered for our HDMP, receives their meals. Mary has been with SASI for over 25 years and has seen the center grow beyond a community center to become something that serves all seniors, whether they are able to visit us here or are home bound. Her compassion and love of serving the community is on display every day and I hope you get the opportunity to come and meet her.

I also want to give a shout out to Nancy Savage, our financial officer. Her experience and expertise have kept us on top of our finances and in the black. She is also my right hand. Between her and Mary's knowledge about all things SASI, how can we be anything but successful?

Finally, I want to welcome our newest team members. Arianna Sykes joined us in Nov as our executive assistant and all around utility player. She jumped in with both feet and we so value her work ethic & enthusiasm. Susan Musson just joined us as Mary's new assistant. Like Arie, her positive attitude and commitment to supporting our mission is invaluable. Finally, I want to thank Pam and Janette for their contributions this past year. We appreciate you and wish you well on your next adventure.



## Executive Director's Corner: Cherie Coldwell



Hello SASI Nation and welcome to winter! I'm already over the shoveling and we've only just begun! I hope you are all ready for the winter wonderland. Please make sure that you are taking care of yourselves and using good body mechanics if you have to shovel. I'm hoping that we'll have some volunteers to help you with that chore soon.

I have just a couple of things to share with you this month. First, Bingo on Wednesday nights will have a set menu starting in January to help you plan accordingly. On the first Wednesday of the month, they will be offering chicken for dinner. The second Wednesday will feature Polish Dogs, the third is Pizza, and the fourth is Pasta. If there is a fifth Wednesday, the offering will be a surprise. All meals will be served with a side dish so bring your appetites. All meals and concessions available for a small fee.

Secondly, we will be closing the dining room for meal service on Monday's and Tuesday's in order to give our kitchen staff a little bit of breathing room at the start of the week. We will still be offering activities and everyone is welcome to come and have coffee and socialize with your friends, we'll even supply the cookies. Grab and Go meals will be available for take out at noon so you can still have a hot meal for the day. We are hoping that this change will be for just a month or two while we try to accommodate the additional registrants for our Home Delivered Meals Program. We know that this is a slight inconvenience, and we appreciate your support and understanding.

We have had so many things to be grateful for this year. Our mission to ensure every senior who needs a hot and nutritious meal was met, and our drivers were able to provide relief to their isolation. What a joy it is to be able to serve those in our community every day. I look forward to another year of service and I hope you will join us. *Cherie*



### *Coverage Options* for your individual needs.

- |                      |                               |                                     |
|----------------------|-------------------------------|-------------------------------------|
| ■ Major Medical      | ■ Group Benefits              | ■ Critical Care Protection          |
| ■ Short Term Medical | ■ Medicare Supplemental Plans | ■ Accident, Cancer and Gap Coverage |
| ■ Long Term Care     | ■ Medicare Advantage Plans    | ■ Short Term & Long Term Disability |
| ■ Life Insurance     | ■ Prescription Drug Coverage  | ■ Vision and Dental                 |

**BRADLEY**  
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**Every Wednesday 6 pm**

**\$2.00 per card**

**Concessions at 5pm!  
Just show up and have fun!!**

Congratulations to Jerry Baugh and Dell Wood  
for winning \$90 from November Bingo!!

### **Estate Planning**

**Imagine if we joined together and pledged to  
leave 5% to our community.**

- You don't need millions to make an impact. All you really need is a passion for seeing our community thrive.
- The data is staggering, but the invitation is simple. Studies suggest that \$42 billion will transfer generations within our region over the next decade. A collective investment of just 5% would generate \$2 billion for our communities.
- Whether 5% means five dollars or five million to you, everyone has a role to play and a difference to make. Collective generosity drives the 5% Invested, Fully Committed concept.



### **Board of Directors**

<b>President: Nikki Klein</b>	<b>Rick Bivins</b>
<b>Vice President: Adele Martin</b>	<b>Loris Michael</b>
<b>Secretary: Leslie Marshall</b>	<b>Marshall Roberts</b>
<b>Treasurer: Kelly Dryden</b>	<b>Alice Wallace</b>



### **DayBreak Center News**

In 1863, President Abraham Lincoln delivered the first Thanksgiving Proclamation to a hurting and politically divided nation. He began with these words, "The year that is drawing towards its close, has been filled with the blessings of fruitful fields and healthful skies."

At Daybreak Center, we are so thankful for each one of you, and for our Sandpoint community. We are here to help, providing complete care for your loved senior who may be facing difficult times.

By the way, If you have experience in caregiving, would you consider joining our team? For more information, please call Monica at (208) 967-4771.

### **UPCOMING ACTIVITIES**

Dances are back. Please join Country Plus on the 2nd and 4th Saturdays of the month. From 1-4.

Friday Stampers: Please join Jennifer Alderman-Brown on the first Friday at 6:00pm. Call 208-946-8536 to RSVP. Meeting in Dec is on Thu 12/2

Fit n Fall Proof 12/6 (M & Th at 3pm)

Ladies Homesteading Herbal Night- Bay Leaf on 12/16 at 6:30pm.

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



Alzheimer's 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 (We are in the back part of the meeting room with the divider ) of the Columbia Bank Building located at 414 Church St.

Call Facilitator,

**Jan Griffitts**

**208.290.1973**



Although the dining room is once again open, grab-n-go meals are still available for those not comfortable in a group setting. As always, please call the day before or by 9:30 the day of to reserve your meal. Pick up time is at **NOON Mon-Thu and 11 on Fri's.**

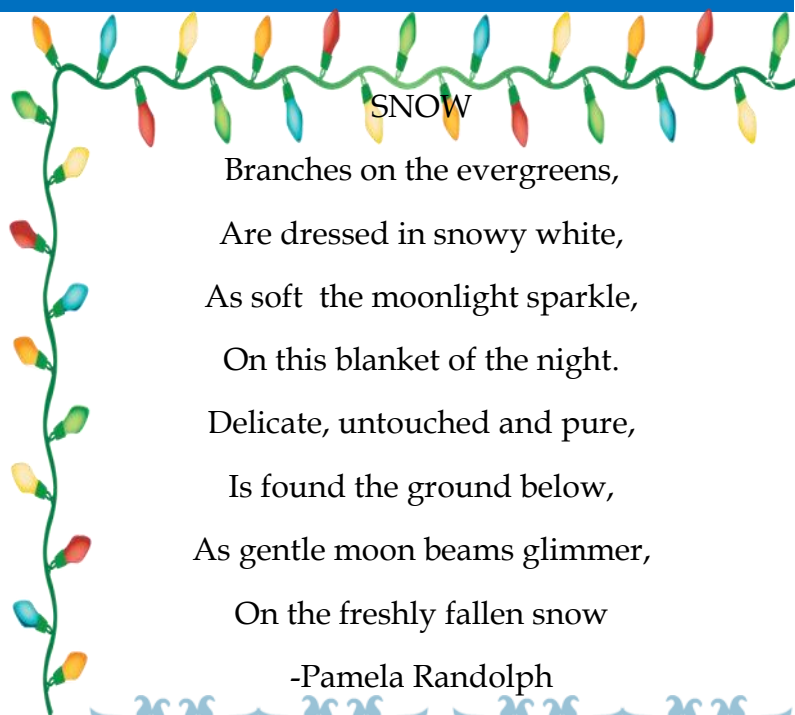
**Thank you for your consideration.**

The Panhandle Heath District is now offering free health screenings. These tests include glucose levels, A1C, lipids, screening for cancer, and blood pressure checks. They will also check your balance, mobility, and flexibility. If you would like to take advantage of these services, please contact Nancy Jenkins at PHD at 208-415-5259.

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

**Like us on Facebook!**

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



SNOW

Branches on the evergreens,  
Are dressed in snowy white,  
As soft the moonlight sparkle,  
On this blanket of the night.  
Delicate, untouched and pure,  
Is found the ground below,  
As gentle moon beams glimmer,  
On the freshly fallen snow

-Pamela Randolph



**Happy Birthday**



Craig Royer 12/4	Sheila Welch 12/15
Ethel Henshall 12/4	Betty Overland 12/16
Lola Rainey 12/7	Donna Johnson 12/17
Peggy Barsotti 12/7	Jim Gunter 12/21
Agar Margaret 12/10	Anita Schoonover 12/26
Peggy Knowles 12/11	Bonnie Glab 12/30
Donnice Forman 12/11	



Looking for a place to live?

As of October 1, 2021 Alpine Vista Senior Apartments have some vacancies in Studio, Standard and Renovated apartments. Some sample prices are a studio/1 bath for a single is \$1495.00 up to 2 bedroom/2 bath single occupancy at \$2295.00. You can check their website at [www.alpinevistaseniorapartments.com](http://www.alpinevistaseniorapartments.com). Some of the services included in rental fees are 3 meals a day, housekeeping, linen service and much more. Phone # is 208-265-4446

## SASi's Kudos Korner

Giving out a HUGE shout out and thank you to all of our volunteers, especially during this holiday season. We couldn't do it without you.

Thank you to Micah and Adrian for fixing our lights around the property. What a difference it has made!!

Where is this?

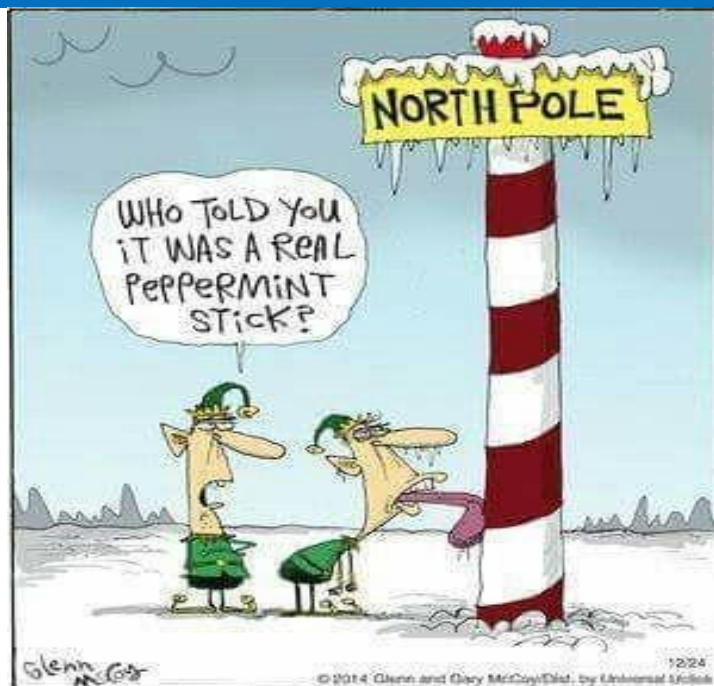


Panida

Thank you generous supporters!! Find names and logos from donor organizations at [www.sandpointareaseniors.org/community-support/](http://www.sandpointareaseniors.org/community-support/)

Shop at Yokes and Amazon Smile and support SASI!

**AmazonSmile** is a feature of **Amazon.com** that allows you to donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Just go to your account settings and select SASI as your charity of choice.



Would you like to receive this newsletter in your mailbox at home? We can mail it to you for \$12/year to cover printing and mailing. Help us save paper and receive it through *email* for free. Menus are also on our website at [www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)

## 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](http://Sudoku.org.uk)

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

### Local Veteran is Honored with Congressional Gold Medal

At 95, George Dong of Sandpoint is one of our country's few surviving World War II veterans.

Dong served in the 411th Field Artillery in the European Theater, stationed in England and Germany. He was one of the approximately 20,000 Chinese Americans who served. Later, he served stateside with the Army National Guard during the Korean War. Dong was scheduled to receive the Congressional Gold Medal in September, but the honor ceremony has been postponed due to the pandemic until further notification.

Dong was born in San Mateo, California and grew up in San Francisco during a time when Chinese Americans experienced prejudice. "In those days as kids, we were confined to certain areas because we were Chinese, he said. "We couldn't cross Powell and Broadway or Kearny and California streets," he said, due to the gangs lined up to stop them. "I would face the leader or the one standing next to him. I stood up to them. My oldest brother stayed away from everything. My second oldest brother was not capable of standing up to them. I was always fighting. There were restricted areas, but our school was through the restricted area. Finally, they put a police car on every block, and that stopped it," he said.

As a child during the Depression, he had to help his parents, who worked as farmers. "I did the washing. I had to carry soaking wet sheets up three flights of stairs to hang them on the roof," he said, adding that sometimes they didn't have food. "The school would bring us graham cookies and milk for a treat," he said.

Finally turning 18, Dong joined the U.S. Army in 1944. He underwent training at Fort Lewis, Washington before traveling on a troop train for more training in North Carolina. He is grateful for that experience. "I got to see the United States because we got off the train to do calisthenics every day," he said.

After training, Dong was sent to North Wales on the U.S.S. Argentina. On board was comedian Mickey Rooney "He was a riot," he recalled.

Dong was stationed in a most beautiful place in North Wales, where the book and subsequent 1942 Oscar-winning movie "How Green Was My Valley" were set. "You could actually see the wind – it whipped back and forth in the tall grass," he said. The people there were very good to us; they gave us food "charging us just one penny," he said, "because we were there to keep them safe."

Sergeant First Class Dong was sent to England and to Germany. He ran mess halls and received a citation from the group headquarters for making the food-serving process more efficient.

Dong was at the Elbe River in Germany when German soldiers swam toward the American side rather than be captured by the Russians. On his Congressional Gold Medal tribute page, it says: "Although the Elbe River was not wide, the water was swift and cold and many German soldiers carrying heavy packs were swept away. Once on shore the German soldiers were searched with fixed bayonets to identify SS officers." After his honorable discharge in May 1946, Dong returned to San Francisco where he worked for the Dean Witter and Co. and served in the Army National Guard during the Korean Conflict. We salute you George Dong and thank you for your service to our country.



Are you a solo ager and would like some assistance at home or maybe someone to visit with? If so, then please call the PHD's Senior Companions Program. A senior will be assigned to assist with light chores, errands, appointments, and/or playing games 2-3 hours per day, 2-3 days per week. Please call Dan Perry at 208-415-5711.

**This program is completely free of charge.**



**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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**Edward Jones**  
MAKING SENSE OF INVESTING

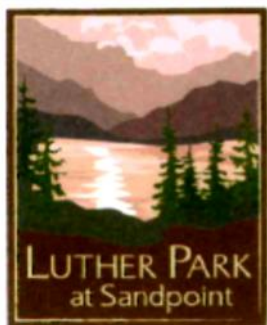


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### Medicare Fraud



**Call your North Idaho Senior Medicare Patrol**  
**1-800-786-5536 ext 4071**  
**Or email [smp@nic.edu](mailto:smp@nic.edu)**

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**eden**  
**HEALTH**  
HOME HEALTH

Physical Therapy  
Occupational Therapy  
Speech Therapy  
Social Services  
Registered Nurses

**Chelsie Ulrich**  
Community Liaison

P: 208.264.8198 • F: 208.263.9210  
[chelsie.ulrich@eden-health.com](mailto:chelsie.ulrich@eden-health.com)  
[www.eden-homehealth.com/sandpoint](http://www.eden-homehealth.com/sandpoint)

### SASi Wish List

2 new toilet seats for the men's room.

Handyman/woman for small jobs.

Your ideas for activities you'd like to see here.

Thank you for your generosity and support!

# Donors

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**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 a partial reimbursement from the Area Agency on Aging of North Idaho, which receives funding from the Idaho Commission on Aging through the Older Americans Act. This funding covers approximately 1/3 of the costs of our nutrition programs. It does not provide funding for operating costs. SASI currently is providing approximately 2,300 meals a month, both in-house and through home-delivered meals to most of Bonner County. The Senior Center is a center for social, health, and educational classes and events. Stop by to learn more!

\$10.00 pays for a meal and unless specified, donations are split equally for the food program, operating expenses, 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**