

Newsletter
December 2022
SASI
SANDPOINT
AREA
SENIORS, INC.

820 Main Street Sandpoint, ID 83864

Senior Center: 208-263-6860

The Sandpoint Area Seniors, Inc. strives to address food insecurity and social isolation among the most vulnerable members of the senior community in the Bonner County area. We do this by providing nutritious meals both onsite and through home delivery as well as providing a gathering place and informational site for social, recreational, and wellness programs.

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

Call for more information!

**Check out our website** 

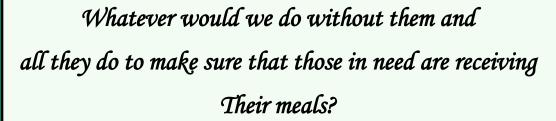
www.sandpointareaseniors.org a 501 (c) 3 non-profit corporation





As Thanksgiving is upon us, the Board of Directors
Wish to send a special Thank You to

our Staff, Volunteers, and Drivers!!!



Their dedication to our Mission is Very appreciated!!!

When you're in the Center – please tell them how much

they are appreciated





## THANKSGIVING BINGO WAS A HUGE SUCCESS!!!

Thanks to Board Member Judy Fry-McComish and her fellow Board Members for their hard work and donations for the raffle and silent auction

## SPECIAL THANKS TO THE FOLLOWING DONORS

The Festival at Sandpoint – Walmart - Winter Ridge –
Woods Meats - Artist Jeff Rosekrans –I Saw Something Shiny
The Elks Lodge - Lovely Nails - 7B Wine – Gription Tires
Wesley Kary and Ketty Musson, Rick Bivins

Because this was such fun, we are planning another Bingo Fundraiser around Valentine's Day and will include food

















## Coverage Options for your individual needs.

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



208 265-1888



Make a difference where it matters to you.

Education. Arts and culture. Social justice. Food security. A healthy environment. Economic opportunity. Each of us has a passion that's bigger than ourselves. We find ways to engage — to make a difference in our region in ways that feel meaningful — throughout our lives.

As the community foundation for Eastern Washington and North Idaho, Innovia envisions vibrant and sustainable communities, where every person has the opportunity to thrive.

Our power to make a difference continues after we're gone. By planning to leave 5% of what we have to local organizations doing work we believe in, we know we'll keep making a difference that matters.

# Announcement 1

During our lunch hour from 11:15—12:15 Mon to Thurs our staff will be taking their well deserved lunch so if you already have reservations please still join us. If you need any assistance with anything including medical equipment please come before or after our lunch hour. Thank you for understanding.

Also we are asking that you make your Friday breakfast reservations no later than Thursday before we close at 3:00pm. The kitchen is having a hard time keeping up with walk-ins.

#### **Board of Directors**

President: Nikki Klein Loris Michael

Vice President: Adele Martin

Secretary: Leslie Marshall Judy Fry McComish

Treasurer: Kellie Dryden



At Onsite for Seniors, you can be certain that your loved one is well cared for in a fun, stimulating, and safe environment. For more in-

formation or to schedule a visit to our facility, please call (208) 651-9060. Your first visit is free!

## Open Mon - Fri

#### **UPCOMING ACTIVITIES**

Friday Stampers: Please join Jennifer Alderman -Brown on the first Friday at 6:00pm. Call 208-946-8536 to RSVP.

Fit n Fall Proof Mon & Thurs at 3pm

Blood Pressure checks Thurs at 11:00 if EMTs are available

The next Board Meeting is on Fri 12/16 at 10:30

Panhandle Health Diabetic screening Thurs 12/7 at 9:00-12:00

Wildflower Spa will be here Dec 1st, 8th & 15th offering free services to our seniors. Space is limited and reservations are required. Call the senior center for more info 208-263-6860

Bing Crosby Historical "Sing-a-long" Thurs Dec 22nd at Noon

Old Time Fiddler Jam Dec 31st at 3:00

Senior Center will be closed Dec 23rd, Dec 26th & Jan 2nd for the holidays.

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

as long as its clean! Thank you

for your support.

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 - 2:30 pm 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



Our dining room is open!

Carry out meals are NO longer available. Sorry
As always, please call the day before or
no later than 9:30 the day of Mon- Thurs to
reserve your meal.

Friday Breakfast reservations need to be made no later than Thursdays at 3:00pm

Thank you for your consideration.

#### Bonner Partners in Care

Did you know that the Bonner Partners in Care offer free health screenings on the first Tuesday of every month?

Care is provided on a first come first serve basis and the doors open at 5:30 so patients are encouraged to arrive by 5pm.

2101 Pine St. Sandpoint, ID 83864



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

#### Like us on Facebook!

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

#### The Snowbird

When all the ground with snow is white,
The merry snowbird comes,
And hops about with great delight
To find the scattered crumbs.
How glad he seems to get to eat
A piece of cake or bread!
He wears no shoes upon his feet,
Nor hat upon his head,
But happiest is he, I know,
Because no care with bars
Keeps him from walking on the snow
And printing it with stars
- Frank D Sherman



Craig Royer 12/4

Ethel Henshall 12/4

Lola Rainey 12/7

Peggy Barsotti 12/7

Margaret Agar 12/10

Peggy Knowles 12/11

Donnice Forman 12/11

Sheila Welch 12/15

Betty Overland 12/16

Nancy Miller 12/18

Donna Johnson 12/17

Jim Gunter 12/21

Anita Schoonover 12/26

Carol Shelly 12/28

Bonnie Glab 12/30

## Get free at-home COVID-19 tests

Residential households in the U.S. can order two sets of #4 free at-home tests from USPS.com. Here's what you need to know about your order:

- Limit of one order per residential address
- One order includes #4 individual rapid antigen COVID-19 tests
- Orders will ship free starting in late January Order your tests now so you have them when you need them.

Linda Reasor came to our rescue once again to help wash dishes when an employee called in sick. We can't thank her enough for her hard work.

Thank you David Brown for the 50lbs of potatoes and 70lbs of apples.

Huge shout out to Mountain West Bank for helping label our holiday fundraising letters.

Thank you Mark from Narrow Gate Snow for helping us plow out our parking lot this winter. He came to our rescue in the time of need and gave the senior center a huge discount. Thank you

Sharon Millner ......Thank you so much for your design, work and help with our fundraiser flyers!

Thank you to Seventh Day Adventist Church for your donation of the beautiful blankets and hats to give out to our homebound seniors.

Thank you to Six Star Auto for fixing our work vehicle so quickly, enabling us to still deliver home delivery meals with no issues.



Tax Return help this year will **NOT** be hosted at the Sandpoint Senior Center. They will be at Sandpoint Library starting Feb 1st—April 12th Mondays and Wednesdays on a first come first serve basis. Sandpoint library is located at 1407 Cedar St. They can be reached at (208) 263-6930 for any questions.

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

Shop at Yokes, Walmart, 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





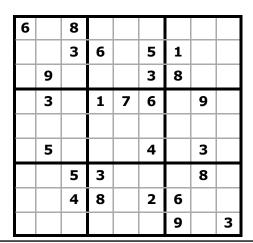


Would you like to receive this newsletter in your mailbox *at home*? We can mail it to you for \$12/year to cover printing and mailing. Help us save paper and receive it through *email* for free. Menus are also on our website at www.sandpointareaseniors.org

## **SUDOKU**

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

visitSudoku.org.uk. Level :Moderate





Sadly, our beautiful and stately Ponderosa Pine was dying at a rapid rate and has been felled by the city. Our seniors honored the tree with a farewell ceremony complete with poetry and drumming.

















Standing tall for so many years....we salute you and all you have seen. We wish you well on your next journey.....may the seeds you have shed grow into trees tall and strong as you have been.

Farewell old friend!

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 208-415-5177.

This program is completely free of charge.



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 www.edwardjones.com

> Edward **Jones** MAKING SENSE OF INVESTING



1125 N. Division Avenue

Sandpoint, Idaho 83864

208.265.9299







Thank you to our advertiser's 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!



**Carey Spears** 

Ponderay, ID 83852

300 Bonner Mall Way #48

- Medicare Health Plans
- · Prescription Drug Plans
- · Dental & Vision Plans

"Your Referral is the best compliment. Thank you for

your trust."

Office (208) 265-2026 Cell (208) 610-8096 cspears4insurance@gmail.com www.careyspears.com

We can help you prevent, detect, and report

### Medicare Fraud



Call your North Idaho Senior Medicare Patrol 1-800-786-5536 ext 4071 Or email smp@nic.edu

This project was supported, in part by grant number 90MPPG0034-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



Chelsie Ulrich Community Liaison Physical Therapy Occupational Therapy Speech Therapy Social Services Registered Nurses

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



## **SASi Wish List**

Volunteers for dining room help.

Need volunteer drivers Mon-Thurs.

We are Hiring. Please call us for more details.

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

Menu ideas for Lunch and Breakfast

Thank you for your generosity and support!

## Donors

\$5 A MONTH CLUB Clark, Linda Crawford, Pamela Rose Hull, Daniel & Yvonne Marshall, Leslie Martin, Adele Peterson, Donna

Pine, Anita Raynor, Linda & Roy

Thank you to these donors Abromeit, Shannon Anderson, Joyce & Larry Area Agency on Aging of N. Idaho Atkisson, Eileen & Blakey, Lawrence Auburn Crest Avista Foundation Beaudoin, Monica Beery, Keisch

Blackband Giving Fund Bond, Richard & Sandra **Bonner County Commissioners** Bonner Mall Trade Association

Britain, Bud & Paulette Cady, Betty

Bensen, Robert & Carol

Campbell, John & Mary Carol & Robert (camp) Chambers, Chris & Kathy Clark, Jane

Cobb, Donna Community Assist. League Coffelt Funeral Services Cottrell, Joanne & Jonathan

Creed, Dick & Elise Dairy Depot

Daubersmith, Mary Debaun, Jack & Janice Deshon, Donna **Dover Community Church** 

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Martin, Adele Max & Victoria Dreyfus Foundation Melia, Thomas & Linda

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Mountain West Bank Moody, John

Morgenstern, Janice & Michael

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Sanders, Brian & Andrea Sandpoint, Elks

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Wood's V-X Ranch Wynhausen, Robert York, Georgia 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 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, heath, 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 For