



SASi

SANDPOINT AREA
SENIORS, INC.

WHAT'S GOING ON DOWN AT SASI?

820 Main Street
Sandpoint, ID 83864
208-263-6860

www.sandpointareaseniors.org
sandpointareaseniors@gmail.com

Hours of Operation:

Mon.-Thurs.: 8am-3:00 pm
Friday: 8am-1:00 pm

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 daily low cost meals at our SASi Café for a donation of \$4.00 (60+ years old) or whatever you can afford and \$7.50 charge for under 60 years old. Lunch is served at 11:30 am, Mondays - Thursdays. Breakfast is served on Friday at 8:30 am. Salad Bar, M/W. Please call ahead for reservations, 208.263.6860.

Need a meal at home?
Call for more information!

Last month of summer is here!

"Where has the summer gone?" is what I hear most people saying. Seriously, this has been one of the fastest summers in recent memory. It seems we were just printing the June newsletter. It feels like yesterday since we had the Sandpoint Injectors Car Club BBQ here and Donna Peterson's BBQ at her place. Now we are getting ready for the fall/winter season. Time marches on!

For the month of August, we have a few upcoming events. There is the POAC arts and crafts fair at the City Beach. We will once again have a booth where we will be selling hot dogs and other goodies for a price of \$5.00. We have found this a good

event for us to fundraise for SASi. The dates of this event is Saturday, August 13, 10am-6pm and Sunday, August 14th, 10am-4pm. If you think you might like to volunteer, please call the office at 208.263.6860. Come by and see us at the fair!

On Friday, August 26th, from 9-3:00 pm, we will be holding a Garage Sale in the parking lot.

We will be selling items that have been in storage here. You may donate things you would like for us to sell with the proceeds to go towards our many valuable programs. We also can have booths for you to sell items you might have. To rent a space there is a \$15.00 fee. You will need to

provide your own tables and chairs. For further information, please call the office at 208.263.6860.

On Wednesday, August 31, 2016, at 11:00 am, Rosanna Lewis, from Area Agency on Aging will be here to talk about the Ombudsman Program. They are advocates for senior needs such as legal advice and other senior matters. This will be before lunch, and the talk is open to all.

Looking ahead to September, it's National Senior Centers Month! And October 1st is International Day of Older Persons! Stay tuned!

Activities

Monday: No Line Dancing July/August
Exercise Class (Richard Simmons tape)
8:15 am – open to the public

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

Wednesday: Plastic bag folding for the
Food Bank 10:00 am
Laughter Yoga 10:30 am

Thursday: Wii Virtual Games 9:30am
Blood Pressure 10:30am
Pinochle 12:30-3:00 pm

Dates to Remember

8/4 Alzheimer's Support Group 1:00 pm

8/12 Red Hats Luncheon Noon

8/13 Saturday Dance 1-4:00 pm

8/13 & 8/14 POAC Fair at City Beach
SASi will have a food booth w/ hot dogs etc. for sale. Proceeds to benefit programs.

8/18 Alzheimer's Support Group 1:00 pm

8/26 Yard Sale in SASi parking lot 9-3pm

8/26 SASi Board Meeting 10:30 am

8/27 Saturday Dance 1-4:00 pm

8/29 Widows Helping Widows Group 10am

8/31 AAA Ombudsman talk by Rosanna Lewis, 11am

Executive Director's Corner: Ellen Weissman

Growing up in a suburb of Washington, DC, the evening news was rarely the "local" town news. It was always the national political scene. Going downtown meant going to the Washington Monuments, the Smithsonian Museum, the Holocaust Museum and the Capitol and White House. I'm very grateful for the upbringing I had and also grateful for being able to now live in the smaller town of Sandpoint where "everyone knows your name."

At the dinner table, discussions were always about world affairs and national politics. When President Kennedy was shot, it was the first time I saw my mother cry. We went downtown to go to the Capitol to see the casket and pay our respects, but the crowds were overwhelming. When the Vietnam



War was in full swing, my brother Jon, a conscientious objector, and my dad, who worked for the Navy, had vigorous discussions. I remember asking my 6th grade teacher why all the presidents had been men and not any women! (I decided right then I would be President someday!)

When I started here at SASi, I heard that "we don't talk about politics." Apparently in the past, some heated discussions led to hard feelings. This year, it's really hard not to talk about politics! This is the

most unique election year anyone can remember! I've been fascinated by the campaigns from the beginning and glued to the television for both conventions! Recently, I was fortunate to be a delegate to our state convention and it has renewed my awareness and interest in politics! So long as we stay kind and respectful, I think it's important to be engaged. And remember to vote in November!

ellen

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DayBreak Center: Things We Like To Do



Anne Haynes

Activities
Team
Leader

I think about the things I love to do – hiking, dancing, playing musical instruments, curling up with a good book, playing tennis. These things bring joy to my life when I take the time to do them. I think about the changes I have noticed in myself as I have moved into my 60's. It has been an acceptance curve for me, many things being harder physically and mentally. How will I accept it if in my 80's or 90's, all the things that bring me joy slip away? Will new, gentler things take their place, or will everything just slow to simply passing the time with not much to fill it?

As companions to the participants who join us at the DayBreak Center, we do our best to notice what brings a touch of cheer or interest. The capacity to engage in things they enjoyed during their lifetimes has slipped away in many respects and yet their spirit, humor, and sparkling intelligence shine through. Finding ways to engage those aspects with joy is what the activity assistants and our wonderful vol-

unteers try to do. Sometimes it feels like a treasure hunt.

We found a bit of it last month in a conversation with Jane Fritz, who came to train as a substitute activity assistant. She talked about the Native American tribes in this area that sparked more questions and interest than normal from a couple of participants. A home-made apple pie was so good a couple of them remembered it the next day. Impromptu dancing brought out laughter and fun and let me tell you, the men knew how to dance! We look for inspiration and hints to those treasures wherever we can find them!

Jolene Brackey will be at the First Lutheran Church in Sandpoint on Friday, August 12, at 9:00 am and 2:00 pm giving a presentation on "Creating Moments of Joy for the Person with Alzheimer's or Dementia". This is what we want to do, create moments of joy, and I look forward to all the inspiration she can give. This will be a wonderful presentation for all families and caregivers.

Anne

Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's and related disorders

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 Caregivers' Support Group meetings with prior reservations.

Call Jan Griffiths, Support Group Facilitator, 208.290.1973 or DayBreak, 208.265.8127 for more information.

Alzheimer's Association
www.alz.org and www.alzwa.org

800-272-3900

We eat well at the Senior and DayBreak Centers and the Home Delivered Meals!

Join us Mondays - Thursdays
at 11:30am at the Senior Center!
Breakfast 8:30am on Fridays!
Call 208.263.6860
to reserve a spot!



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

Call Shahna Smith Reed, 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 - November 7th
ACA Open Enrollment is November 1st - January 31st

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



Senior Spotlight: Helen Labowski

Helen Labowski has been coming to SASi since 2005. She first started coming here to play Bridge. She has enjoyed eating lunch on Tuesdays followed by an afternoon of Bridge.

Helen was born in 1924 in Trenton, New Jersey. At the age of four, the family moved west to live in Montana. In 1938 Helen moved to Sandpoint, went to school at Sandpoint HS where she graduated from in 1942. She retired after working for 25 years at the US Forest Service working in business management. Her first husband, Robert Melior and she owned the Sandpoint Cleaners from 1958-1974. They bought



the business from her parents who operated the cleaners through World War II. At the time, they were busy cleaning the wool uniforms the soldiers wore.

After the war, the parents were so exhausted, Helen and her husband ended up buying it from them.

Robert commissioned someone to paint the sign on the wall for the cleaners on the corner of Main and 2nd. It was just revealed during the new

remodeling now going on where Truby's was.

Helen was married to Julius Labowski from 1981 until he passed away on her 75th birthday. Helen has been involved with different organizations over the years. She was with the Lady Kiwanis Club and Toastmasters of Sandpoint Civic Chapter.

A notable thing about Helen is that she goes to Acupuncture treatments every other week! She loves water classes too. Helen now lives in Luther Park and can be found here on most Tuesdays. She loves being around people and coming to SASi!

“Happy Birthday to YOU!” August 2016

Rosemary Eckel 8/1
Ezra Woods 8/13
Wilbur Shaffer 8/13
Myrna Payne 8/15
Lee MacLeod 8/17
Sally Sacht 8/17
Ella Vizona 8/18
Loris Michael 8/21



Heidi Smith 8/21
Vegas Hinrichs 8/22
John James 8/26
Erval Rainey 8/28
Pam Crawford 8/28
John Warren 8/29

Mary's Munchies: Raspberry Dessert Strata

12 slices of white bread, cut into 1" cubes.
1/2 cup mini chocolate chips
3 cups fresh raspberries
1/4 cup slivered almonds
2 (4-serving) pkgs. Jell-O sugar free Vanilla cook & serve pudding mix
2/3 cup Carnation Non-fat Dry Milk Powder
3 cups water
1 1/2 teaspoons almond extract
Spray a slow cooker container with butter-flavored cooking spray. Layer half of bread cubes, half of chocolate chips, half of raspberries, and half of al-

monds in prepared container. Repeat layer. In a large bowl, combine dry pudding mixes and dry milk powder. Stir in water and almond extract. Evenly pour mixture over top. Cover and cook on HIGH for 2 hours or until set. Let set for 5 minutes before serving.

Serves 8.

Check out the SASi Exhibit at library!

If you haven't yet made it to the library, please stop by and take a look at our display in two of their cases. Ellen and Emmy placed pictures and printed information about the Senior Center and the DayBreak Center in the side-by-side cases. The display opened in June and will stay up until Monday, September 26. We have had good feedback from this display, so please go check it out!



Thank you, Second Harvest!
It's wonderful to have the potatoes
and string beans!

~~~~~  
"Widows Helping Widows" is growing! Five gals recently shared information about their common experience. They talked about referrals to services and resources in the area for repairs that their husbands had done in the past. Come find out more about their motto: "Women getting strong together!"

The next meeting will be on Monday, August 29, at 10am. For more information, call the Center at 208.263.6860 and we will pass on your number to Vivian Kirkwood to call you!

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Cool Summer Recipe: Poppy Seed Fruit Salad

By Desiree Aguirre,
Guest Columnist

As winds of summer sweep up the clouds of gray, and the temperatures stretch into the 80s and 90s, my energy levels dip into the siesta zone, and my stomach craves cool and light meals that are simple to prepare. Poppy Seed Fruit Salad, an easy and nutritious meal that doesn't require a hot oven or stove, makes a great lunch, and takes the edge off the hottest summer day.

Poppy Seed Fruit Salad

Ingredients:

- 3 tbs. orange-mango fat-free yogurt
- 3 tbs. poppy seed salad dressing



- 2 cups halved strawberries
- 2 cups cubed pineapple
- 1 cup honeydew melon balls
- 1 cup cantaloupe balls
- 12 lettuce leaves

Preparation:

1. Combine yogurt and salad dressing in a small bowl; stir well with a whisk.
2. Combine strawberries, pineapple, and melon balls in a large bowl, tossing gently.
3. Line each of 6 plates with 2 lettuce leaves; spoon 1 cup fruit mixture onto each plate.
4. Drizzle each salad with 1 tbs. dressing. Serve immediately.

Poppy Seed Fruit salad requires very little time to prepare, and can be served for lunch or as

a dinner salad. Any leftover fruit can be turned into a cool and refreshing breakfast smoothie by simply throwing the works into a blender with some yogurt or milk. Best of all, Poppy Seed Fruit Salad tastes delicious, and is healthy and nutritious, with calcium, protein, vitamins, and a daily dose of fruits and vegetables.

Serves: 6.

Move your body! Exercise and Line dancing!

We are now having an exercise group here on Mondays at 8:15 am. The group is exercising along with a Richard Simmons tape. Although it is from the 1980s, he implements a program of exercises that are senior friendly. The "Silver Sneakers" tape runs around 35 minutes, and gives you a good body workout without intense cardio or jumping around. No matter what your fitness level is, you are invited to join in. For further information, please call the office at 263.6860.



Volunteers for DayBreak needed!!
also...Bounty Select-a-Size
Paper Towels, Toilet
Paper, White Pump Hand Soaps,
Paper Napkins and , Hugs and Kisses!



Wednesdays, 6 pm

\$2.00 per card

We're excited and pleased to announce that our SASi website has a new **Community Supporters page!** You'll find names of supporters and logos from donor organizations. When you click on the logo, it will open a new page with the organization's website page! Thank you generous supporters!!

www.sandpointareaseniors.org/community-support/



**Saturday Dances, August 13th & 27th,
1-4 pm.**

Potluck lunch! Music by "Country Plus!"

Beginning in September, 2016, the Line dancing Group will meet on Mondays, at the new time of 1:00 pm. In the past, Sally was leading the group at 2:00 pm. Since Labor Day falls on Monday, September 5, 2016 this year, the group will begin the following Monday, September 12, at 1:00 pm. There is no charge for this group, and everybody is invited to join in!



Come and join us at the POAC Arts Fair at City Beach on Friday and Saturday, August 13 & 14.

We will have a food booth with hot dogs, chips, cookies, and beverage for \$5.00.

*If you'd like to help at the booth,
please call office at:*

208.263.6860.

*The proceeds for this will go to benefit the
valuable SASi programs.*

Look for us at the north end of the park!

Do you need crutches,
a walker or
a bath seat? We have
numerous items available
for check-out!



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

Wii, Anyone? Virtual Games!

Thursdays, 9:30am For more info and to
sign up, see Emmy at the front desk!

Would you like to receive this newsletter in your mailbox *at home*? We can mail it to you for \$15/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 on our website, too, at www.sandpointareaseniors.org! Let us know!

Join Us for a Scenic Train Ride in October!

All aboard for the scenic train ride on Saturday, October 22, 2016, leaving from the Ione, WA. train station. This trip, sponsored by the Ione Lions Club, takes you on a 90 minute ride that snakes along the Pend Oreille River, through the 810-foot long Vail Tunnel, and across the trestle over Box Canyon.

We are planning on taking the 1:00 pm time which is billed as the "Great Pumpkin Ride" since it is close to Halloween. If you so desire, you may wear a costume however, it is not required. Please dress according to the weather that day. There are volunteers on board who provide historic and local information. Food and souvenirs are available before and after the ride. You may sit in an open or antique closed coach with restrooms on each car.

The cost for the train ride is \$15.00 per person that will need to be collected upon your sign-up reservation. We will meet at SASi that morning and plan on carpooling to the Ione station leaving around 10:30 am. Please let us know if you would consider being one of the carpool drivers. We think this should be a fun time, so plan on going and sign-up!



Elections are coming! Not just the National elections, but our very own SASi Board elections! We have three officers up for renewal who would like to stay on. However, anyone interested can also run for the board. Here are the dates to remember:

- *Letters of Intent due: Tuesday, September 6, 3pm
- *Candidates' Forum: Thursday, Sept. 15, 12:30pm
- *Voting open until Wednesday, September 21, 3pm
- *Results announced at the Board Meeting, 10:30am on Friday, September 23.

Thanks for participating and voting!

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Call for rate information, 208.263.6860.

A message from the SASi Board of Directors
President, Bruce Wendle:



I'm really happy with the way things are going at SASi this summer! We've had two great BBQ's put on by the Sandpoint Injector's Car Club and a fun time out at Donna Peterson's place. Great food and lots of fun being together.

Please come and join me and others at the POAC Art Fair at City Beach. We will have a food booth again with hot dogs and other goodies for \$5.00 donation. We have a good time being there and hope you will join us while visiting the art fair!

Elections are coming for three of the Board of Directors positions. Interested? See the schedule above!

Thanks again for all that you do in the community to help us continue to help feed the seniors!

Donors

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

\$5 A MONTH CLUB

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"You accomplish nothing by not challenging yourself!" Tim Crouse

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

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 2,000 meals a month, both in-house and through home-delivered meals to the entire Bonner County; respite services for six families in the DayBreak Center and is a center for social, health and educational classes and events monthly. Stop by to learn more!
820 Main Street, Sandpoint. Info: 208.263.6860.

\$7.50 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

Will you become an annual "SASi Jewel Donor"?

\$1 - \$499 Garnet	\$2500 - \$4900 Emerald
\$500 - \$1499 Sapphire	\$5000 + Diamond
\$1500 - \$2499 Ruby	<i>We now take Credit Cards!</i>

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 \$ _____

For _____