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We also wish to thank for being generous donors to SASI:

Ambrosiani Family Trust
Litehouse for continuing donations of dressings for the congregate lunch

Volume 1 Issue 10

October 2014



SASi

Sandpoint Area Seniors, Inc

WHAT'S GOING ON DOWN AT SASI?

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

Hours of Operation:

Mon.-Thurs.:
8-3:00 pm
Friday:
8-1:00 pm
Sat, Sun:
Closed to Public

~a 501(c)3 non-profit corporation~

SASi is a community center servicing people fifty and over where we provide well-being and educational programs, social outings, and recreational activities. 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 \$6.00 charge (for under 60 years old). Please call for reservations. 208-263-6860.

New Director, New Internet Information

The SASI Board of Director's is pleased to announce, Ellen Weissman, as the new Executive Director of the Center. Ellen is in her third week hard at work getting to know the staff, the seniors, the volunteers and learning the many different areas of what it takes to run the Center. She will have a monthly column for the newsletter letting you know what's going on at the Center. We are happy to have her here, so please introduce yourselves to her.

With your help by donating to the coffee maker, we are pleased to announce a new one will be on its way very soon. Thanks again to those of you who helped make this possible!

The Fall Fundraiser is right around the corner on October 11th, so please remember to get your

tickets. There will be delicious food, and many wonderful items for the auctions. We are looking forward to having a sell-out crowd. Starting at 4pm will be the Silent Auction and Raffle. Dinner starts at 5:30pm and the Live Auction will start at 7pm.

For those of you who are able to use a computer, please see below for our new website and email addresses. You will be able to get lots of information and see what's going on at the Center. We are very excited about this new addition.

The next Coeur d'Alene Casino bus trip is scheduled for Monday, October 6th,

so please sign-up as we think it will be popular.

The Board of Directors' election is over and we are pleased to announce that the candidates who ran on the ballot have all been re-elected. Bruce Wendle, Pamela Crawford, David Watkins and Lew Rich will remain in the board for another year. Thanks to those of you who voted!

Halloween falls on the last Friday in October, so feel free to dress up in costumes on Thursday, October 30. We will have a contest and give out some prizes for the best costumes. We encourage you to use your creativity!

New Website and Email!
www.sandpointareaseniors.org
info@sandpointareaseniors.org

Activities

Monday: Line Dancing 2:00pm

Tuesday: Mexican Train Dominos 12:00pm
Bridge 12:30pm
Pinochle 12:30-3:00pm

Wednesday: Bingo 6:00pm

Thursday: Blood Pressure 10:30am
Pinochle 12:30-3:00pm

Dates to Remember

10/2 Alzheimer's Support Group 1pm
10/2 Free Notary Service
10/6 Casino Bus Trip 8:30-4:40
10/10 Red Hats Luncheon - Noon
10/11 & 10/25 Saturday Dances 1-4 pm
10/11 SASI Fundraiser at Heartwood Ctr.
10/16 Alzheimer's Support Group 1pm
10/16 Doug Williams (Earman) 10-2:00
10/17 Public Board of Directors Mtg 10:30
(Open to the public)

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Director's Corner: Ellen Weissman

Our new director, Ellen Weissman, has lived in Sandpoint for 21 years. She has two grown daughters, one in San Diego and one in Phoenix. Born and raised in the Washington, DC area, she moved west in 1980 after receiving a Bachelors in Elementary and Special Education and a Masters degree in Educational Administration and Community Education. She recently completed a second Masters Degree in Arts Integration in Education. She has taught all ages and grades for many years as a substitute teacher after teaching P.E. and Special Education for two years at the Lake Pend Oreille Alternative High School and two years at North Idaho College in Adult Education. She is also an avid juggler and clown and looking forward to teaching juggling to everyone!



Ellen was the first Market Manager of the Farmers Market and coordinated the cleanup crew at the Festival at Sandpoint for 10 years turning it into the awesome "Green Team," a full scale recycling operation.

Ellen is very excited to be joining the staff at the Senior Center. "The staff work very hard and are making my job so much easier than I thought it would



be! And the members of the Board of Directors are great! Everyone has been so helpful and encouraging!

"The volunteers are amazing also! I've met a few of the drivers for the home delivered meals and it's so awesome that they give their time to do that!

"The participants are the heart and soul of the Senior Center and I've been honored to meet spunky 95-year-olds and unfortunately experience the pain of folks passing also right off the bat. It's bittersweet, but it's also been a great experience! I look forward to more exciting days ahead!"

"I'm so grateful to be here!"

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In Memory...

Joe Dornbusch



At age 82, Joe Dornbusch frequently rode his bicycle to the Senior Center for lunch with his loving wife Jean.

Joe passed peacefully at home on Sunday, September 21.

Joe's smiling face and wonderful sense of humor will be greatly missed.

Our hearts go out to Jean.


Meg Frost

All of us at SASi wish to send our condolences to the family of our dear friend, Meg Frost, who passed away recently while vacationing in the Bahamas. Meg was such a vital part of the center including being on the Board of Directors for many years. She organized and ran the bingo and pinochle games, was the leader of the Red Hats Ladies, and was just so positive and lots of fun. Every Thursday, we counted on Meg to help serve our lunch. She loved her family and

friends and always was available if you needed to talk with her.

She lived a good life, and she will be missed by all of us! Thanks, Meg, for your friendship—God Bless!



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 and,
 Bonners Ferry Senior Center
 1st Thursday 9 am – 1 pm.

Daybreak Center Update: Liz DeWolfe Director

Thursday, September 25th, the DayBreak Center hosted an Open House for the community. This event was a great success with the help of many volunteers and supporters. It was a beautiful warm fall evening and our lovely outside courtyard looked very festive lit up with white lights. Wine was donated by Rokstad Ford and served along with food donated by Safeway, Yokes, Jan Gordon, Jan Griffitts, Linda Adair and Connie Betcher. A big thank you to you all!

Our volunteer Julie Monroe

made some new valances for our windows which enhanced the recent work by volunteers to spruce up the inside of Day-Break with some fresh paint, donated by the Paint Bucket. Peter Lucht blessed us by playing lovely music on our new keyboard donated by the Community Action League (CAL).

What an awesome community we live in with so many donating time and resources towards our efforts at Day-Break! Thank you to everyone who helped and attended our event!



Liz Stoddart,
Director

Volunteers are needed for playing the keyboard and providing sing-a-long time at the DayBreak Center. The person(s) could also play music in the main hall at the Senior Center!

The DayBreak Devotee Scholarship Program is underway to help fund care for those in need of assistance.

SASI says “Thank You” to the Volunteers!

Please join us in thanking the many volunteers who so generously give of their time-

Bob & Peg Barsotti
Ann Birkheimer
Vicky Cassidy
Mona Cole
Pamelarose Crawford
Jack & Janice DeBaun
Rick Dalessio
Gladys Engen
Jan Gordon
Jan Griffitts
Jim Gunter
Lois Hall
Charlotte Hooper
Marge Keating
Carol Keller
Debbie Knowles
John Kroker
Sally Linton
Dalyn Marley

Tom McGee
Trudy Mendenhall
Julie Monroe
Katie Moore
Barry & Ginny Nelson
Steve Nuss
Betty Overland
Laney Parent
Dale Phillips
Jiwan Ripley
Alyssa Roche
KC Rokstad
Polly Ryberg
Sally Sacht
Monica Sheffield
Carey Spears
Ben Tate
Bruce Wendle
Linda Wylie

These volunteers are comprised of the people who do the Home Delivered Meals, Lunch, Bingo, the DayBreak Center and other volunteer activities.



We greatly appreciate Humana and Chris Murphy for bringing our birthday cakes each month! Yum!

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Autumn at the Heartwood

Want to come to a SASi Funraiser?

Saturday, October 11th at 4:00pm

The Heartwood Center

615 Oak Street, Sandpoint

Silent Auction (4pm) Dinner (5:30pm) Live Auction (7pm)

Tickets: \$25 (They are going fast!)

Tickets available at: Sandpoint Senior Center, 820 Main Street, Sandpoint

“Happy Birthday to YOU!” November

10/7 - Lolo Thompson
10/10 - Steve Nuss
10/11 - Trudy Mendenhall
10/18 - Doris Dingman
10/25 - Chris Charland
10/29 - Paula Hendrickson



Mary's Munchies of the Month! Pumpkin Pie Rice Pudding

Ingredients:

1 1/2 cups Minute White Rice, uncooked
1 can (12 fl. Oz.) Nestle Carnation Evaporated Milk
1 cup Libby's 100% Pure Pumpkin
1 cup water
1/2 cup packed dark brown sugar
2 teaspoons pumpkin pie spice
1/4 teaspoon salt
1 teaspoon vanilla extract

Directions:

COMBINE rice, evaporated milk, pumpkin, water, sugar, pumpkin pie spice and salt in medium saucepan.

Cook over medium heat 20 minutes, stirring frequently. Remove from heat and stir in vanilla extract. Let stand for 5 to 10 minutes.
Serve garnished with a dusting of pumpkin pie spice, Graham crackers, whipped cream or pecans, if desired.
Prep Time: 5 min. Cook Time: 20 min.
Stand Time: 5 min. Level: Easy!
Please make this delicious dessert and let us know how you liked it!

“Eat Smart Idaho” Classes Return!

Once again SASI is holding a series of classes called “Eat Smart Idaho”. Beginning Wednesday, October 8th, Jeana from IU Extension Education Program will be back to present a different topic each week that will help you to eat more nutritiously and live a healthier lifestyle.

The class is from 1-2:00 each Wednesday and the

class can comfortably hold up to 10 people.

Here is the list of the upcoming classes:

10/8 - Plan, Shop, Save
10/15 - Understanding Food Labels
10/22 - Eating for a Healthy Heart
10/29 - Get Moving

These have been popular classes so please get registered as soon as possible.

Casino, too!

We're off to the Casino again!

October 6th

Leaving 8:30am

Returning 4:30pm

Sign up with Emmy —
15 minimum

My Mom is a Super Senior!

By Guest Columnist,
Desiree Aguirre

My mom, Rhoda Sanford, is a super senior. She continues to cut firewood with her new Ryobi battery operated chainsaw, stack wood, garden, and enjoy life, in spite of a few rounds of breast cancer and a gnarly gallbladder that resulted in open stomach surgery, a row of staples, and for a short time, a loss of taste and a bile bag. My mom claims that she will keep on keeping on until she can't, and then, she'll walk into the woods during the winter months and not come back.

Of course, I'm not ready for that to happen, but neither is she. When she first discovered that she had breast cancer, she researched her treatment options and worked with her physician and surgeon to come up with a treatment plan.

She asked plenty of questions, and together, her and her team fought the cancer and won—two times.

My mom has learned how to use the Internet, and when her gallbladder began troubling her, she searched for information about diet, exercise, and treatment. For a short time, her food intake was severely limited, because her body couldn't properly digest fat. Although she still can't pour heavy cream on top of her home made peach pie, she can ingest limited amounts of fat now, and her diet is almost completely normal.

My mom doesn't use a wheelbarrow when she relocates wood to the woodpile because she claims carrying a couple of sticks at a time forces her to walk approximately 1 mile a day. Walking, my mom claims, is great ex-

ercise, because it promotes a healthy heart while warding off depression. She also gathers information on nutrition, and cooks her meals with produce from the garden or health food store because she claims you are what you eat.

I am delighted that my mom has taken a proactive stance in her health, conducting research, exercising daily, and eating nutritiously. On the upper edge of 70, closely approaching 80, my mom continues to have a sharp mind, a keen wit, and a healthy body.