

“Thank You” from Bruce Wendle

November 2014



SASi

SANDPOINT AREA
SENIORS, INC.

**WHAT'S
GOING ON
DOWN AT
SASI?**

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

www.sandpointareaseniors.org
info@sandpointareaseniors.org

Hours of Operation:

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

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.

A Big Thank-You for the October Fundraiser from SASi Board President, Bruce Wendle:

Now that the grand event is over, it is time to thank all of the contributing participants who helped to make it such a success. This year, the SASi Board of Directors took over the planning and putting together the many different areas needed in order to give the attendees the best possible evening.

The planning for this event begins at least a year before it occurs. Choosing the location and date come first. This year we chose the beautiful, newly opened Heartwood Center. It was decided to hold the fundraiser again in October. Once the location was secured, committees were formed to secure the many auction items, menu choices, table decorations, linens and utensils and glassware.

This year, each SASi board member was asked to collect 5 items for the auction. They were able to solicit additional items from donors on past lists. This took considerable time and I commend them for the hard work they did in order to have such a fine list of items to auction, both silent and live.

The days leading up to the fundraiser are filled with pulling all of the details together. There were many trips to and from the Senior Center to the Heartwood to bring over the many items collected for the auctions, the tables and assorted other items.

The day before and up to the day of the event, each person was assigned a task in order for it to become the truly breathtaking look in the

dining hall and ready for people to attend.

I want to thank the local restaurants that donated the delicious food served. Once again, we were fortunate to have representation from Ivano's, Eichardt's, Trinity at City Beach, Winter Ridge Natural Foods, Connie's Café, Spud's Waterfront Grill, and Pend d'Oreille Winery, and the Sandpoint Vegetarians.

Board member, Pamelarose Crawford, served as chairperson for the event. She worked tirelessly along with other board members. Board member Sally Sacht provided the beautiful signage. A big thank you to members of the SASi staff who volunteered their time along with Liz Stoddart and The DayBreak Center folks. Our new Executive Director, Ellen Weissman
(Continued on page 4)

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

11/6 Alzheimer's Support Group 1pm
11/6 Free Notary Service
11/14 Red Hats Luncheon- Noon
11/8 & 11/22 Saturday Dances 1-4 pm
11/12 & 11/19 Educational Classes 1pm
11/20 Alzheimer's Support Group 1pm
11/20 Doug Williams ("Earman") 10-2pm
11/21 Public Board of Directors Mtg 10:30
(Open to the public)
11/24 Casino Bus Trip 8:30am-4:40pm
11/27 & 11/28 Closed for Thanksgiving

Director's Corner: Ellen Weissman

Goodness, time sure does fly around here! I can't believe I've already been here six weeks! I'm remembering names and faces, feeling the rhythms of the activities and really enjoying the food!

You all have made me feel so welcome! Upon my arrival, the fundraiser plans were already in high gear. What a wonderful night! With many other activities going on that day in town (it always seems like feast or famine in Sandpoint when it comes to activities!), it was wonderful that we sold out prior to the event! The Heartwood Center was beautiful and thanks go to Board members Pamelarose Crawford, Sally Sacht and Adele Martin for



their hard work and tremendous attention to detail. Bruce Wendle and volunteers Steve Nuss and Eric Ridgway supplied brute and brawn and Lewie Rich was a fun auctioneer. Thanks also to Dorothy Kohne for folding programs. All of the Board members helped in so many ways that it was truly a group effort! Thanks goes to the M.C., Dan Young, too!

Look through the newsletter for some pictures from the fun night!

Now we can focus on grants and our *raffle*! Our last auction item, the Kona Condo on the main island of Hawaii did not meet its minimum bid, so now we are raffling off *only 200* tickets at \$20 each to win that Condo! It's available from September 13th – 23rd, 2015 and sleeps four. The chances of winning for only \$20 are pretty good! The drawing will be February 5th, 2015.

Halloween was so fun! I hope everyone has a wonderful Thanksgiving! *ellen*

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Daybreak Center: Liz Stoddart

The DayBreak Center is pleased to announce Connie Besler as our new and wonderful Activities Planner. Here are some of the things we have been doing during Fall. Connie usually prepares a yummy treat for morning coffee as the participants arrive. This week we carved a pumpkin and enjoyed eating a homemade pumpkin pie. We like to reminisce and share fond memories.

A big thank you to Washington Federal Bank Foundation who recently donated \$1,000.00 to our Devotee Scholarship Program which exists to provide DayBreak care for families who

cannot afford to pay for this care but do qualify for a scholarship.

We are looking for volunteers right now to assist us with activities and especially someone who would like to play piano or other instruments. If you are interested in joining us and becoming a volunteer, please call Liz or Connie at 208-265-8127.



Liz

On right, celebrating Halloween, Board President, Bruce Wendle became a Pumpkin carver extraordinaire! Thanks to Liz and Steve for cleaning the innards!



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Continued from page 1

performed like she had been holding down the job for years.

I'd also like to thank the Forrest Bird Charter School Culinary students, the TEEN Center teens and the missionaries from the Church of Jesus Christ of Latter-Day Saints for the fine help they did in serving the guests their dinner.

Mainly, I sincerely want to thank the people who attended this fundraiser. We hope you had an enjoyable evening. We are grateful for the generous help you have given in order to help our beloved SASi Center, its food programs, and many other activities to continue. To date, we have raised \$8,000. A job well done!

If you weren't able to attend this year, stay tuned for what we will be planning in 2015 for our most important fundraiser! Let us know if you'd like to help out!

Bruce

P.S. Also, thanks go to these great folks!

Lolo Thompson, Calligrapher Extraordinaire!

Paralee Gates and Dawn Rice at Panhandle State Bank

And.....

KRFY Radio

Bonner County Daily Bee

KSPT Radio

Sandpoint Online

All About Weddings

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“Happy Birthday to YOU!” November

11/4-Rich Speidell
11/4-Don Johnson
11/8-Marion Spradlin
11/10-Ina Jacobson
11/11-Tom Spade
11/16-Berta Folmer



11/19-Smitty Smith
11/20-Norma Fontinatos
11/21-Donna Peterson
11/22-Rita Chellman
11/24-Janet Vetter

Mary's Munchies of the Month! Potato Chip Cookies

1 cup butter-flavored shortening

3/4 cup sugar

3/4 cup packed brown sugar

2 eggs

2 cups all-purpose flour

1 tsp. baking soda

2 cups crushed potato chips

1 cup butterscotch chips

1. Preheat oven to 375. In a large bowl, cream shortening and sugars until light and fluffy. Beat in eggs. In another bowl, whisk flour and baking soda; gradually beat into creamed mixture. Stir in potato chips and

butterscotch chips.

2. Drop by tablespoonfuls 2 inches apart onto ungreased baking sheets. Bake 10-12 minutes or until golden brown. Cool on pans 1 minute. Remove to wire racks to cool.

Prep: 15 min., Bake: 10 min., Batch makes: 4 doz.

Educational Classes and presentations at SASi

Wednesday, November 12:

Jeana Beck, from, the University of Idaho Extension program has been teaching the Eat Smart Idaho Classes which have been popular. Jeana will be returning on Wednesday, November 12 from 1-2pm, 2014, to present a class called "Healthy Holiday Eating". Jeana will give tips to making healthy food choices during the holiday season. She will also be discussing food safety as well. Class limit is 10 with sign-up at front desk. Yum!

Wednesday, November 19:

Wendy deBlaquiere, RN, an Acute Care Nurse from Kootenai Health will be giving a presentation on the Influenza Vaccine. Wendy will be discussing the history of influenza, why it's important to get vaccinated, its effectiveness, and other important issues related to this seasonal disease. Plan to attend on Wednesday, November, 19 from 1-2:00 pm. Class can hold up to 10. Sign-up at front desk.



We had an surprise visit from Helen Thomas seen here with dear friends, Lois Hall and Janet Vetter!

Avenge Yourself...Live long enough to be a burden to your children!

Enjoy a delicious, healthy Fall smoothie

By Guest Columnist,
Desiree Aguirre
Fall Recipe: Healthy Smoothie



The days are getting shorter; the leaves have changed their hue, and fall from the trees, twirling on the wind. Autumn has arrived in North Idaho, and the mornings come with a bitter chill that sinks into my bones. My knees ache, my shoulders ping with pain, and my left thumb reminds me that I am not as young as I used to be.

Fortunately, there are natural ways to combat achy bones and joints. For instance, every morning I make myself a delicious fruit smoothie for breakfast. I vary the ingredients to keep my taste buds tantalized, but always

add a banana, fresh spinach, and coconut milk.

Bananas have numerous health benefits. For instance, eating a banana a day wards off depression, diabetes, osteoporosis and blindness. Bananas decrease the likelihood of troublesome leg cramps, and counteract calcium loss. In addition, bananas strengthen the nervous system, and assist in the production of white blood cells.

Coconut milk is a creamy and delicious liquid made from ripe coconuts. Coconut milk contains a lot of nutrients, including vitamins A,E, B and C. In addition, coconut milk has plenty of potassium, phosphorous, iron, magnesium, which help keep bones robust.

Spinach is regarded as a super food because of its abundance of vitamins helps ward off inflammatory, stress, cardiovascular, and bone problems.

The smoothie takes a minute to make. Peel a banana and place it in a blender. Add a handful or two of fresh spinach, and whatever other fruit you have on hand (mangos and blueberries are especially delicious). Pour enough coconut milk into the blender to ensure a drinkable blend. I also add a dash of organic fruit juice, but you could use water to thin the smoothie out. Turn on the blender until the contents have been liquefied. Enjoy!



Tidbits:

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Y0040_GHHHKYAHH Accepted

We are pleased to announce that we have become a benefactor of this year's "Holly Eve," Sandpoint's signature holiday season kickoff event! How exciting!

Do you have a car or furniture for sale? Let us post it for you on the SASi website. Talk to Ellen to find out more.

Overheard in the dining room...

"In all the years I've been coming here, I've never had a meal I could complain about!"

Kudos to the kitchen staff!

Congratulations to Ervin Rasmussen! After 8 weeks without winners, he won the Bingo Jackpot of \$90!

We welcome our newest advertiser, Humana. We would be happy to advertise your business in our newsletter. For information on size and rates, call 208-263-6860.

Heard at SASi, "Those home-delivered meals have saved my life! My grandmother is so much happier now!" Interested in helping out? Back up drivers are needed for the HDM Program. Talk to Mary.



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SASI says "Thank You" to the Volunteers!

Please join us in thanking the many volunteers who so generously give of their time! These volunteers are comprised of the people who do the Home-Delivered Meals, Lunch, Bingo, the DayBreak Center and other volunteer activities.

Bob & Peg Barsotti
Ann Birkheimer
Vicky Cassidy
Mona Cole
Pamellarose Crawford
Jack & Janice DeBaun
Rick Dalessio
Gladys Engen
Jan Gordon
Jan Griffitts
Jim Gunter
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We also wish to thank for being generous donors to SASI:

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Litehouse for continuing donations of dressings for the congregate lunch.

Papa Murphy's and 2nd Avenue Pizza for pizza!

Wood's Meats for sudden freezer space!

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SASI Board of Directors 2014-2015

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