

Goodbye to 2014 and Hello to 2015!

December 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.

Hard to believe that we are at the end of another year. The Board of Directors and staff at SASi want to wish all of you a very happy holiday season and happy new year. We want to thank all of you who have graciously donated of your time and money in helping the center continue to provide premier services to the seniors in this community. Without the help of volunteers and others in the community, there would be many more people who struggle to make ends meet. We are so grateful to the volunteers who pick up and deliver the Home Delivered Meals to our seniors who aren't able to get out in order to have good tasting and nutritious meals.

We encourage you to come in and visit the center to see the different activities we have to offer.

The card groups are always looking for new players to join. Bingo folks on Wednesday nights have a lot of fun. The Saturday dances bring in a large group. We hope to continue the casino bus trips throughout the year.

We have enjoyed welcoming new people to the center at the congregate lunch time. We appreciate the exposure SASi has been getting and continue to ask you to put the word out about how friendly and caring we are here.

Board of Directors President, Bruce Wendle, is asking for interested people to inquire about joining the board. Give a few hours a month and help us feed over 24,000 meals a year to our area seniors. Over the next year, the board will be

involved in smoothing out the parking lot making more space to park cars. We are also trying to get some source of revenue coming into the center on a regular basis. Let us know if you are interested!

We can't say goodbye to 2014 without mentioning some of our friends who have departed from their SASi family way too soon; Meg Frost, devoted volunteer, Queen of the Red Hats, avid card and bingo player. Joe Dornbusch, along with his wife, Jean, ate lunch daily and kept his tablemates laughing at his stories.

Please remember SASi will be closed for Christmas on December 25th and 26th and New Year's Day.

Happy Holidays!

Activities

Monday: Line Dancing 2:00pm
(Will resume in January)
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

12/4 & 12/18 Alzheimer's Support Group
1pm
12/4 Free Notary Service
12/12 Red Hats Luncheon- Noon
12/13 & 12/27 Saturday Dances 1-4 pm
12/18 Doug Williams ("Earman") 10-2pm
12/19 Public Board of Directors Mtg 10:30
(Open to the public)
12/25 & 12/26 CLOSED FOR HOLIDAY

Director's Corner: Ellen Weissman

Happy Holidays!!!

Did you ever see the 1997 "Seinfeld" episode when "Festivus" was introduced as the alternative to participating in the pressures and commercialism of the holiday season? Well, long before 1997, when I was young, I was confused about the difference between Christmas and Hanukkah. My mom explained it to me and then asked if we should blend the words and celebrate a new holiday that we called Chrishannukah. I liked that idea a lot and when I was older and learned about Solstice, I talked to my mom about adding to the word and we came up with Chrisolhan. We kept Chrisolhan for many years, but



then I learned about Kwanzaa, and our holiday word became Chrisolhanzaa! As I gained an understanding about other world religions, I learned about Ramadan and thought about all of these holidays happening in the winter (in the northern hemisphere anyway) and the word became Chrisolhanzaadanter! About 15 years ago, my friend Jenn told me

about St. Lucia Day celebrated in Scandinavia and we added to the word again! It became Chrisolhanzaadanterlucia! Last year, Hanukkah and Thanksgiving coincided for the first time in a zillion years and it won't happen again for another zillion! So I had to add to the word! It feels complete now, so I don't think I will have to add to it again for a while, but you never know! So, no matter what you call it, I hope you have a wonderful, magical holiday season and a Merry Christmas! Happy Chrisolhanzaadanterluciagiving! And Happy New Year!!

ellen

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Daybreak Center: Liz Stoddart

All of us at DayBreak are so grateful for the wonderful volunteers we depend on so much. Thank you Julie, Jan, Sandra, Sally, Katie, Mona and our special young volunteers from The Church of Jesus Christ of Latter Day Saints.

We couldn't do what we do without you sharing your gifts, talents and compassion for our guests at DayBreak. Not only do volunteers help with our day to day activities, but we also need help with the delivering of brochures, hanging flyers, and help with clerical work. Thanks to Julie for helping with clerical work and making the new valances for our "inside facelift of the center."



Each of you bring such a blessing! I also appreciate so much the three wonderful



women of our DayBreak Advisory Council, Jan Griffiths, Carey Spears and K.C. Rokstad. Special thanks to K.C. and Jeff Rokstad for donating two Gonzaga Tickets for the Holly Eve auction in honor of DayBreak and SASi!

Liz

Overheard...

"I can't be happier with DayBreak!

It's a tremendous asset for our family."

Ken Wood
Branch Manager

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Senior Spotlight: Ron May

This month, we are featuring a newcomer to SASi, Ron May. Ron was born on December 25, 1934 outside of Ellensburg, WA. Ron's father was a pastor, so the family moved every few years. They lived in Big Sandy, Montana for a few years, but always came back to Sandpoint. In early 1954, his parents and several siblings moved to Oregon. Ron stayed in Sandpoint, and on June 14, he married Loretta Woodfill.

During those first few years, he worked for a gas station and clothing store. After that, Ron worked for 14 years at Sandpoint Motors.

During that time their two sons were born. After working 3 years for the Bonner County Daily Bee, Ron started a landfill in Colburn and became Chairman of Colburn Water

Association in 1973.

In 1986 the county bought the remaining 36 acres of the landfill. He started a gravel pit which they operated until selling in 2002 in the hopes of retiring. Ron and Loretta bought a used 36' motor home when they headed out for the "warm South".

After 4 years of being snowbirds, and with the advancing of Loretta's dementia, they sold their RV and moved into an apartment in Sandpoint.

Ron decided after being an Elder at First Christian Church for 17 years, he resigned in order to take full time care of Loretta. On June 3, 2014, Ron made the decision to put Loretta into Valley Vista Care Center.



Ron started coming to SASi last September for lunch. He's usually here Monday-Friday enjoying the meals and seeing old friends.

"Dahling, I don't remember anyone's name. How do you think the 'dahling' thing got started?"

Zsa Zsa Gabor

"Happy Birthday to YOU!" December

Geraldine Hugo-12/2
Karen Squires-12/5
Lola Rainey-12/7
Faye McGray-12/7
Peggy Knowles-12/11
Sheila Welch-12/16



Betty Overland-12/16
James Gunter-12/21
Gordon Spradlin-12/25
Ron May-12/25

Mary's Munchie: Sugar-Crusted Almond Pastries

2 (8-oz) cans Pillsbury Refrigerated Crescent Dinner Rolls

1/2 cup butter

2 cups slivered almonds

1 1/3 cups sugar

1. Heat oven to 375°F. Unroll dough into 2 large rectangles. Place in ungreased 15x10x1-inch baking pan; press over bottom to form crust. Seal perforations.
2. Melt butter in medium saucepan over low heat. Cook and stir 4 to 5 minutes or until light brown. Add almonds and sugar; stir to coat. Spoon and

spread mixture evenly over dough.

3. Bake at 375°F. for 11 to 16 minutes or until crust is deep golden brown. Cool for 30 minutes. Cut into squares. Serve warm or cool.

24 servings. Enjoy!

Please let us know how you enjoyed baking and eating them.

Educational Classes and Hawaiian Condo Raffle Info.

Please note there will not be new classes in December, however, "Fit and Fall Proof" will resume in January. To register please call Sally Sacht at 263-5277 as class size is limited. Line Dancing will resume on Monday, January 12, 2015, at 2:00 pm. Donations to SASi for use of the facility are gladly accepted.

On December 12, 2014, we will be at Super 1 food store selling the raffle tickets for the condo in Hawaii trip donated by Encoder earlier this year.

Pamela Crawford and anyone who would like to volunteer to help will be in front of the store from 10:00-3:00 pm. They will also be out selling tickets on January 2 and January 23. Yoke's has agreed to have us also sell tickets at their store on Tuesday, January 6th from 10:00-3:00 pm. We will also like to have volunteers help during these times. These tickets go for \$20.00 and are also available at the center. A winner will be drawn on February 5, 2015 at lunch time. The dates for use of the condo is September 13-23, 2015. All proceeds benefit SASi. If you can't go to Hawaii,

then purchase a raffle ticket for a "Staycation" at home. La Quinta is offering a hot tub room for use. The tickets go for \$5 and the drawing is also on February 5, 2015.

We would like to thank those of you who have once again donated to the \$5 A Month Club. Please check to see if you will need to renew in 2015. We accept either the \$5 a month or \$60 for the year. The donations you make go to expenses for the center. Please remember there is no Membership program.

Winter Safety Tips for Seniors

By guest columnist,
Desiree Aguirre



Winter has arrived, bringing an assortment of hazardous conditions that can have negative impacts on your health. For instance, approximately 1.6 million seniors end up in the ER every year due to spills taken in slippery and icy conditions. Fortunately, you can decrease the chances of winter mishaps by taking a few simple precautions.

1. Stretch to improve circulation and loosen up muscles before you go outside.
2. Wear shoes with low heels, good support, and soles with plenty of traction.
3. Use handrails, walking sticks, canes or other supportive devices to help maintain balance and stability.
4. Exercise indoors. Take a dancing class at the senior center or try a yoga class in the community.
5. Stay warm inside by keeping your house at 68 degrees or above.
6. Keep your core temperature up by wearing loose-fitting clothing in layers.
7. Wear gloves, mittens, and a hat when you go outside.
8. Eat healthy and nutritionally. Calories provide heat. The senior center has lunches for seniors.
9. Drink plenty of liquids and eat foods high in water content, such as soups and vegetables.

11. Create a buddy system to ensure a communications system is in place in case of emergencies, such as power outages.
12. Winter storms often result in power outages. Be prepared by having batteries, flashlights, candles, Sterno fuel, extra blankets, and a battery-operated radio close at hand.

Winter does not mean an end to activities. However, taking precautions ensures that you can continue with regular scheduled activities throughout the winter months without mishaps that could result in a visit to the emergency room.

We welcome new Chef Liz Deen!

Liz Manthei Deen received her Associates of Culinary Arts in 2005 from Le Cordon Bleu College of Culinary Arts, Atlanta Georgia. Liz owned and operated Peppercorns catering, LLC, in Augusta Georgia since 2006, specializing in corporate catering, managing up to 20 locations a day along with a staff of 50 people. Liz has taken many classes in nutrition and in primitive cooking. Her passion is to teach people to cook

healthy food for themselves and their families. Liz and her husband Matt moved to North Idaho in 2011, and are focused on sustainable living and farming. She grows grass fed chickens (and eggs), ducks, honey bees, gardens and raspberries, and plans on getting goats and sheep next spring.

Liz is the new chef at the Clark Fork Senior Center and will guest chef in Sandpoint also!



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"Adopt a Grandchild!"

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*Freezer Mitts

*White table napkins and tablecloths

*Volunteers

*Cookies (for DayBreak Center)

*Timer switch for outside lights



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SASi says "Thank You"

In honor of SASi and the Day-Break Center being one of eight area non-profits that will benefit from the annual Holly Eve Gala held on Saturday, November 22, 2014, Rokstad Ford has donated tickets to a Gonzaga vs San Francisco men's basketball game. The game will be held on Thursday, January 8, 2015, at the McCarthy Athletic Center in Spokane. The package includes hospitality passes for complimentary beverages and snacks. Rokstad Ford has been extremely generous to the center by advertising and joining the Business Club the past year.

We also want to acknowledge donations recently received by the Injectors Car Club, The Sandpoint

Friends Meeting (Quakers), and a continuing donation from the Ambrosiani Family Trust.

We are so grateful to the business and private sector for the donations given to the center. Every cent goes to continue providing the food programs and expenses incurred on a daily basis. Keep in mind donations are tax deductible.

A big thank you to ResCare Home Care for donating turkey day fixings for Wednesday night Bingo at 6:00 pm. Lucky winners received a bag filled with all that is needed to compliment your dinner for Thanksgiving. The two women who represent ResCare in Sandpoint office are

Colleen Talkington, Client Supervisor, and Laney Parent, Quality Assurance Manager. We thank them for their support assisting to serve our daily meals, and the good work they do in the community helping families take care of their loved ones while living at home.



Treasurer Elizabeth Willey recently presented SASi Director, Ellen Weissman with a check from the Sandpoint Quakers.

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

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We also wish to thank the following folks for being generous donors to SASi:

**Injectors Car Club
Sandpoint Friends Meeting (Quakers)
Ambrosiani Family Trust
ResCare Home Health**

Litehouse for continuing donations of dressings for the congregate lunch.

SASI Board of Directors 2014-2015

President: Bruce Wendle
Vice Pres.: Sally Sacht
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