

Important News from the SASi Board

February 2015



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

"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. Call for reservations, 263-6860.

Regarding our finances: by Bruce Wendle, Board President

As your Board of Directors, our main job is to keep SASi in a strong financial position so that we may continue to supply hundreds of our participants with nutritious and hearty meals, which may be the only meal some of our seniors get for the day. As a board, we work very hard at this, while asking for donations and conducting fundraisers in order to keep the doors open at SASi. The card games, activities and educational programs the center provides are but "frosting on the cake" in addition to the other benefits afforded by the center to you.

In 2014, we were able to just break even on our finances but not without applying for and obtaining some \$18,000 in grants, \$26,000 in donations, and \$17,500 in

fundraising, in addition to the income from the meals program, without which we wouldn't have been able to make the employee payroll and other expenses.

On Friday, January 16th, we invited members of the Sandpoint business community to join us for breakfast, to brainstorm together ideas and suggestions to sustain the center for the present and future. Some ideas suggested include opening and operating a coffee shop,



storage center, or maybe expanding some of our activities such as Bingo. Another possibility would be to enlist the help of other local

towns in Bonner County to subsidize SASi.

In a nutshell, we need \$3-5 thousand dollars per month from a sustainable source in order to operate in the black, an amount that will ensure us to continue providing the much needed food programs for the community.

I once again want to thank all of you who have been helping us by giving to the \$5 Dollar A Month Club, buying raffle tickets, and attending our fundraisers. Every bit you

do for us is a huge help and we really do need you to continue your generosity. I am also asking if you do have any ideas or suggestions

regarding this matter, please feel free to contact me, Ellen, or any other board member. Remember this is your SASi Center!

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

Dates to Remember

2/5 & 2/19 Alzheimer's Support Group 1:00 pm

2/13 Red Hats Luncheon – Noon

2/14 & 2/28 Saturday Dances 1-4 pm

2/19 Doug Williams ("Earman") 10-2pm

2/13 & 2/27 Beginning Art Class 10am - 11:15am

2/23 Casino Bus Trip 8:30-4:00 pm

2/27 Public Board of Directors Mtg 10:30 am (Open to the public)

Director's Corner: Ellen Weissman

February has always been a special month for me. My mom's birthday was on Valentine's Day and my daughters were born on February 4th and 5th! It's the "catch-your-breath-time" before the activity starts building for spring and after the December holidays. And you know spring is coming because the hours of daylight are noticeably longer from week to week!

I always knew my mom was in a good mood when she was humming or singing to herself. Music was a big part of her life, as well as poetry, mostly haiku. Looking back, I've realized how much of an impact music has been on my life as well. In the past five years, I've had a bit of a



revival with music and have seen how valuable it is when working with children and adults with brain impairments. Even after her strokes, mom loved to sing and/or be sung to. She wrote a song called "The Swinging Song" for my brothers and me when we were young and we've passed it on to the next generation. It's our favorite playground song!

Recently Gail, (who leads our Thursday sing-a-longs before lunch with Betty at the piano) and her partner, Rich have hooked me into singing karaoke! Well, it's a hoot! We recently sang for the folks at Alpine Vista and had a blast! And then they got me to the Saturday dance here at the Senior Center and that was fabulous! I had no idea what I was missing!

So look for more musical events at the Senior Center! It stimulates the brain, gets our bodies moving and endorphins flowing! Plus it's lots of fun! (And I'm all about having fun!) *ellen*

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Daybreak Center: Liz Stoddart, Director



Liz Stoddart, Director of the DayBreak Center, is pleased to announce Michele Girgenti as the new Activities Assistant.

Michele moved to Sandpoint last summer from Middletown, Connecticut. She came to North Idaho with a love of the outdoors, especially hiking and swimming. So what better place to live and getting the perfect job for her. We are so happy to have her as a part of our team. As Activities Assistant, she will help plan daily activities for our

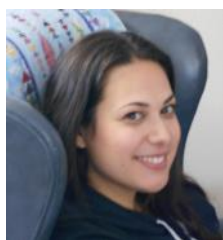
participants as well as guide volunteers who are assisting in the DayBreak Center.

Michele has experience working with and organizing activities for children who have special needs. I'm challenging her to swim this summer in the Long Bridge Swim. I just know she will be a tremendous asset to us and look forward to working with her!

We are in need of a few things if you can donate to us the following: beads for art projects; toilet paper and paper towels; golf putter and golf balls; jigsaw puzzles with 100-500 pieces; musicians and volunteers.

Thank You!

Liz



Caregivers' Support Group

1st and 3rd Thursdays at 1pm
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 Center at no charge while you are at the Caregivers' Support Group meeting.

*Life is short, so break the rules, forgive quickly, kiss slowly,
love truly and laugh uncontrollably...*
— Anonymous

Sears

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Teresa Nelson
Community Branch Manager



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teresa.nelson@awbank.net
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www.awbank.net

Senior Spotlight: New Senior, Emmy Keiser

This month, we are profiling a person who is entering her “60’s” as a true senior. Many of you know her from her daily job at SASi. Emmy is the first person you speak to when calling the center, and also greets you at the front when checking in for lunch or classes, as well as making the announcements at lunch time. As an Administrative Assistant, Emmy assists in the writing and publishing of the monthly newsletter and works closely with Ellen to facilitate the different programs we present for the seniors.

Emmy first came to SASi in May, 2011, as a participant of Experience Works, a train-to-hire program. Her initial duties were to answer the phones and greet the seniors. As time went by, the Directors saw her as a valuable asset for other areas within



the center. She began working with the Marketing manager, fundraising, and coordinating day trips. She welcomed being given more to do and became close with many of the seniors who come here. She has always prided herself in getting to know the people, and becoming part of their lives. “I found myself being fulfilled in my life by these humble, caring people who at times cared for me as much as my own family. I am so touched by how important SASi is to many of them and want to help in any way I can.”

Emmy was born and raised in Philadelphia, Pa., and lived with her parents Alan and Bea Keiser. She is the eldest of 4 children. Emmy spent most of her life in the East, and began visiting Sandpoint in the 1980s. Emmy and her son, Aaron, moved here 5 years ago after living in Boise, Idaho. “When I arrived here I needed a place to live and a paycheck. I found a flyer, called the number and was put to work. At first I wasn’t sure how I would fit in as I was in my early 50’s, but in time I knew I belonged here. As I turn 60, I realize it’s not about the age, rather what I can do to live my life better while giving to the people who give so freely to me. I feel blessed to be part of SASi, the staff, and this community we call home now. I am happy to be a senior at SASi!”
Happy Birthday, Emmy!!

“Happy Birthday to YOU!” February

Emmy Keiser 2/4
Norma White 2/6
Loren Vanek 2/9
Vivian Bogardus 2/11
Stoltz, Jan 2/11
Betty Whipple 2/15



Rita Beehler 2/15
Joan McNeil 2/15
Al Kluver 2/16
Jack Klein 2/23
Jan Griffitts 2/25

Mary’s Munchies: Sugar Cookie Tarts & Chocolate Mousse

Sugar Cookie Tarts

1/2 cup soft cream cheese with strawberries or pineapple

4 round sugar cookies (4 inches in diameter)

Desired toppings (sliced fresh fruit, miniature chocolate chips, chopped pecans, toasted sliced almonds or jam)

Spread about 2 teaspoons of cream cheese over each cookie. Arrange desired toppings above on cream cheese. Store in refrigerator. Prep time: 10 min.

Chocolate Mousse — Makes 8 servings.

2 cups whipping (heavy) cream

1/4 c. almond, chocolate, or coffee-flavored liqueur

1 can (5.5 ounces) chocolate flavored syrup (1/2 cup)

1. Beat whipping cream in large bowl with electric mixer on high speed until stiff. Fold in liqueur and chocolate syrup.
2. Pour whipped cream mixture into ungreased square pan, 9x9x2 inches.
3. Cover and freeze at least 4 hours but no longer than 48 hours. Cut into squares. Serve immediately. Cover and freeze any remaining dessert.

SAVE the Dates!

Spring Crafts Fair

The 1st Annual SASi Spring Crafts Fair is coming! On Friday, March 20, we will open at 5pm until 9 pm and Saturday, March 21, from 9am - 4pm. We are inviting many crafters from around the area who will bring a variety of hand made items. Do you want to have a booth space at this exciting premier event? Talk to Ellen or Emmy before February 27th to confirm space for your unique items.

Valentine's Day Balloons!

The balloons are coming back! Rumor has it, this was sooo fun two years ago! The red, pink and white mystery balloons will be on sale for \$10, \$15 and \$20. You can purchase a balloon and take your "prize" with you right away or you can leave it (we'll mark it sold!) and wonder what you got until the "big reveal" at our big Valentine's Day party at lunch on Thursday, February 12th. The value will be more than what you spent on it!



Come to the
Valentine's
Day Dance!

1 pm 2/14



Live
Music!
It's fun!



Use it - Don't Lose it

By guest columnist,
Desiree Aguirre



The saying, "if you don't use it, you'll lose it" is true. In fact, active seniors have an enhanced quality of life, function better overall, and are more likely to have a positive attitude. Because I desire a quality of life with a positive attitude, rather than a quantity of life with a negative attitude, I actively engage in activities, such as yoga, snow-shoeing, gardening, writing and music. I want to maintain a healthy life-style and keep connected to family and friends.

In Sandpoint, it is easy to find an activity that you are passionate about. There is a group of hikers that meet every Monday and the Prime Timers up on Schweitzer

Mountain (an over 50 ski group) and, of course, the Sandpoint Senior Center. In fact SASi has dancing, art classes, cards, Bingo and a pool table. In addition, Sandpoint has several groups that host open microphone nights, such as Five Minutes of Fame the third Wednesday of every month at the Bodega Café, and Monarch Coffee has events almost every Thursday evening. People can come to these events and read poetry and prose, or play music, or sit and listen.

Approximately four years ago, I stepped out of my comfort zone and took up a new hobby — the mandolin. Learning how to play the mandolin fired up my brain cells, and gave me a new perspective on life. Before I knew it, I had added guitar, banjo, bones, Bodhran and dulcimer to my repertoire. I practiced every day, because music has added a new

dimension to my life. Music fires my synapses, gives me purpose, and evokes laughter, tears, and the jubilation of dance. It also connects me to people.

It's important to stay active because active seniors are healthier and happier. Fortunately, we live in an area that has a variety of activities that bring companionship, joy, and pleasure to participants. Follow your heart, step out of your comfort zone, and try

SAVE THE DATES!

February 18, City Hall hearing
on the Parking Lot, 5:30pm

What's a "Zaghareet"?
Arrive early (by 11am!)
for lunch on Thursday,
February 26th to find out!

April 30, PIF Day! What's
PIF? Find out next month!

AARP Tax Appointments at SASi & other news

We are now making appointments on Mondays & Wednesdays from February through April 15, 2015, from 9am to 2pm to have your 2014 taxes filed by the trained volunteers from AARP.

Karen Squires and several other volunteers will be here to answer questions and help you to file so that you can get the best return for that year. There is no charge for

the service. Please call 263-6860 for appointments.

We have booked a Coeur d'Alene Casino bus trip for Monday, February 23, 2015, from 8:30-4:00 pm. We had a full bus in January and hope you will want to go back. The bus picks you up at SASi and returns you at the center. Enjoy the fun, a good meal and

friendship. Invite your friends – no charge!

Please sign-up at the front desk or call 263-6860 for further information.

On Saturday, March 7, at 8:30 am until 1pm there will be an AARP Defensive Driving class. For registration and further information, please call Dick Vail at 208-255-6624.

Remember, we have a great new website for the latest information about SASi. Just look on the internet at:
www.sandpointareaseniors.org
We'd love to hear what you think about the site. Thanks!



The woman pictured on the left is one of the original founders of Sandpoint Area Seniors, Inc. We have her photo on the wall, but we don't know who she is! Do you?! Call us at 263-6860!

Do you know anything about SASi's history? Please let us know!

Recently Overheard:

"I haven't eaten this many vegies until I started getting food from the Home Delivered Meals program. It's great!"

Record a Story!

Record your life's story or read from a Children's Book and create a memory for your grandchildren or another child. Talk to Ellen.

Would you like to receive this newsletter in your mailbox *at home*? We can mail it to you for \$10/year to cover printing and mailing expenses. Save paper and receive it through *email* for a donation. Menus are on our website too! Talk to Ellen or Emmy!

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Art Class, Equipment loans, pictures etc.

We are continuing the Art Classes given by Peggy Compton through February. Classes are held this month on Friday, February 13th and 27th from 10:00 am—11:15 am. There is a \$5.00 per class fee. This has been a popular class, so please call to sign-up.

Are you in need of a walker, crutches, wheelchair, or any other type of equipment after an operation? If so, remember we have pieces of equipment we can loan to you for the time you may need to use while recuperating. Give us a call and we will be happy to accommodate you. There's no charge, however, donations will be greatly appreciated.



Thanks to Petal Talk for donating a rose that Dorothy Kohne received while attending the Fit and Fall Proof class!

Around town...

"Medicare Minutes" - Tuesday, February 17th, 6:30 pm at The Bridge. The topic will be on the Medicare Summary Notice with lots of time for questions. There will be a optional dinner before at 5:30 pm for \$6.00.

"Geezer Forum" - February 10 and 24th at 2:30pm at the Tango Café at the Columbia Bank.



Did you know that we provide approximately 25,000 meals per year?!

Kudos to Mary, Liz, Lynn, Ezra, Tim and Stacey in the kitchen! Pictured above are Liz (l) and Mary (r) packing up meals for home delivery.



AN ASSISTED LIVING COMMUNITY

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Sandpoint Senior Center
3rd Thursday 9 am – 2pm
and
Bonners Ferry
Senior Center
1st Thursday 9 am – 1 pm

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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:

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And a big thank you shout-out goes to Bill Tedesco for donating the flat screen TV for our conference room! He's a mind-reader!



Art Class enthusiasts pose with their masterpieces! Openings are available if you want to explore your creative side!

In Memory of:
Margaret Glock

Thank you to everyone who bought raffle tickets! The winners will be announced in the March newsletter!

Growing old is mandatory, growing wise is optional.



Puzzles and Scrabble are new additions to the "SASi Scene!"

Frances is deep in concentration (above) while Ron, Ellen and Lee have a laugh break while stretching their word-smithing skills!



Lois and James take a turn at the Hummingbird puzzle!