

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](http://www.sandpointareaseniors.org)  
[info@sandpointareaseniors.org](mailto: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.

## SASi info. and who mystery woman is in photo

A big heartfelt "thanks" from SASi Board President, Bruce Wendle:

My hat goes off to all of the senior participants at SASi for the exceptional efforts you have done in the past year to raise money for your center. Assisted by the board, you have helped to keep SASi open by supplying funds in a variety of ways. The list of types of donations have grown including the \$5 A Month Club, the annual fundraiser held in the fall, Bingo, 50-50 ticket drawing on Thursday, dances, classes, the balloon prizes, raffles, AARP tax preparation, not to mention our daily meals. All in all we are in better shape than we were last year thanks to each of you caring about SASi.

The block grant application does not provide us with operating funds, however, once we do the entire overhaul of the parking lot and lighting, it will add a great deal to the safety and appearance of

SASi and make it an even better place to visit and park!

Have you ever wondered who the woman in the photograph hanging on our wall is? Well, we too have wondered about her. We've even put her picture in the last newsletter asking for any information about her. Several people have given us bits and pieces about her, including Adele Martin and Loren Vanek.

Her name was Alamae Cox. She was born on January 1, 1916, in Russelville, Arkansas. Her family moved west to El Cajon, CA. She married her husband of 60 years, Lloyd Cox, on June 1, 1931, in Sweetwater, Texas.

They both worked at Rohr Aircraft at Chula Vista, California. where she was a parts inventory secretary. They moved to Sandpoint in 1977 from San Diego, CA.

Alamae had a 40 year history of work with Federated Women's Clubs and joined the Sandpoint Civic Club. Alamae was Board Chairman of the Sandpoint Area Senior Center, and was named Volunteer of the Year at one time. She was on many different boards in Sandpoint over the years including, Bonner General Hospital Auxiliary, Sandpoint Food Bank, and a member of the Advisory Council to the Area Agency on Aging.

Alamae Cox, passed away at the age of 75 on June 23, 1991.

We hope this has been an interesting look into the life of Alamae Cox, one of the pioneers of SASi! Do you know of any other SASi founders?

#### 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

3/5 & 3/19 Alzheimer's Support Group  
1:00

3/13 Red Hats Luncheon - Noon

3/14 & 3/28 Saturday Dances 1-4 pm

3/19 Doug Williams ("Earman") 10-2pm

3/20 & 3/21 1st Annual Spring Crafts Fair

3/16 Casino Bus Trip 8:30-4:00 pm

3/27 Board of Directors Mtg 10:30 am  
(Open to the public)

## Director's Corner: Ellen Weissman

On March 15, I will celebrate six months as the Executive Director of SASi! Goodness, I am learning sooo much! And loving every minute of it!

Little did I know that I would be learning about asphalt and concrete and Comandra's Blister Rust fungus and, and...



Little did I realize that I would be speaking in front of the Sandpoint City Council, something that I have



not done in years! Little did I expect to feel so protective of our programs and participants and so excited to tell the world about it all at the same time! Little did I realize how much all of you would mean to me in such a short period of time.

Actually, I can barely think about all of this because as I write this, we have five days left to wrap up the Block Grant application to improve

the parking lot with a new surface, lighting and ADA requirements. I am amazed at how this is all coming together and grateful to the SASi Board, and to Board Member and Block Grant Administrator, Stephen Drinkard for guiding the process! Huge thanks also go out to Jim McKiernan, the new Daily Bee publisher, and reporter, Lee Hughes, who have helped us jump from 10% in-kind/matching funds to 29% in just four days. (We needed 20%.) Immense gratitude goes out to the folks who walked in from "out of the blue" and brought us checks, particularly

Continued on the back page...

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## Daybreak Center: Liz Stoddart, Director



Ever wonder what the DayBreak Center is all about?

That's what

volunteer Julie Monroe thought one February day in 2014. She knocked on the door and the rest is history!

Speaking of history, March is Women's History Month and since Julie is a retired librarian and historian, she has been compiling research and profiles focusing on key Bonner County women which she will be sharing with the DayBreak participants. Born here in Sandpoint, Julie (pictured on left) has returned from Moscow, Idaho to live with her sister, Mara Lei and their pup, Riley. As a

volunteer, Julie works one-on-one as well as doing valuable behind the scenes tasks that help keep DayBreak running smoothly. An excellent seamstress, Julie made the curtains and helped create a sched-



uling calendar for volunteers, staff and families. Thank you, Julie for your amazing help and commitment!

If you are interested in volunteering, please stop by! We especially need help on Fridays as we continue to grow! *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.



Kudos to the hardworking SASi Board of Directors and DayBreak Advisory Council member Jan Griffiths, seen here with SASi bookkeeper, Nancy Savage. A spirited, productive Board Meeting followed the photo opportunity! Come to next month's meeting on Friday, March 27th at 10:30am!

# Sears

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## Senior Spotlight: Berta and Bill Folmer

For the month of March, we are featuring a couple who drive in for lunch once a week from Spokane. For the past six months, Berta and Bill Folmer have enjoyed visiting and eating lunch while making new friends at SASi. We originally met them through Ron May who is Berta's brother-in-law.

Berta was born in Sandpoint and attended school here from 1-12th grade. Her mother, Florence Woodfill McDermott owned and operated the Sandpoint Beauty School and Shop for over 40 years. Berta and some of her friends took the course, and she became an operator and instructor before leaving and moving to live in Alaska for 17 years. She had a daughter



Bill retired from the Navy as a Master Chief Electrician where he served on nuclear submarines. He was stationed for 3 years in Hawaii. Later he started another career in construction. He has three grown children and 7 grandchildren. Berta and Bill have been married for 3 years. Before returning to Spokane

who passed away, and has a son and granddaughter living in California.

after having lunch at SASi, Berta visits her sister, Loretta May, who resides in town.

Berta and Bill are active in their church. Laughter is the word of the day at their house and they have a sign that says it all, "If I had my life to do over, I'd find you sooner so I could love you longer."

We are so grateful to have the Folmer's here once a week, and invite you to get to know them better.

If you would like to be featured in our "Senior Spotlight" column in the newsletter, please let us know. We think it's been a good way to get to know others at SASi!

## "Happy Birthday to YOU!" March

**Cliff Grimes 3/7**  
**Laverne Reams 3/7**  
**Shirley Shaffer 3/9**  
**John Chellman 3/9**  
**Don Becker 3/14**  
**Doug Fraser 3/16**



**Harve Andres 3/17**  
**Diane Belwood 3/18**  
**Volpe, Arlene 3/18**  
**Barbara Spade 3/22**  
**Martha Bridges 3/25**  
**June Mosher 3/28**

## Mary's Munchies: Mandarin & Marmalade Cookies

2 1/4 cups all-purpose flour  
1 teaspoon baking powder  
2 sticks (1 cup) salted butter, softened  
1 cup granulated sugar  
1 large egg  
1/2 cup orange marmalade  
One 10-ounce can mandarin oranges, drained, and chopped

Preheat oven to 300 F.

In a medium bowl, combine flour and baking powder. Mix well with a wire whisk and set aside.

In a large bowl, blend butter and sugar with an electric mixer to form a grainy paste. Add egg and orange marmalade, and beat at medium speed until smooth.

Add the flour mixture and the oranges, and blend at low speed just until combined. Do not overmix.

Drop by rounded tablespoons onto ungreased baking sheets, 1 1/2 inches apart. Bake 18 to 22 minutes or until the bottoms of cookies begin to brown. Transfer the cookies with a spatula to a cool, flat surface. Bakes about 3 1/2 dozen.

Enjoy!!

## Around town...Geezer Forum & Around SASi!

Upcoming Geezer Forums will be Tuesday, March 10th, "Mental Illness and Older Adults," and Tuesday, March 24th, "Assistive Technologies for Older Adults." These meetings are held at Columbia Bank Community Room, from 2:30-4:00pm. Everybody is welcome! For more information, contact "Geezer in Training," Paul Graves at 208-610-4971.

Kudos to Encoder and La Quinta for their raffle donations! The drawing was held

February 5th after much anticipation!

"I've never won anything!" Both Kayla Ireland and Jean Cecil said the same thing when told they were the raffle winners! Kayla was ecstatic about her Hawaii condo win! "We never had much of a honeymoon, so we're leaving the kids with Grandma!"

Jean Cecil was equally excited and looking forward to a spa night at La Quinta!

Congrats to both winners, who both bought tickets early on!!



*Have you seen the new furniture?!*

Again, from "out of the blue," a call came from Judy Baird from Mountain West Bank in Ponderay and she asked if we needed some new furniture. Wondering what it would be like, Ellen drove out to the bank and immediately said, "Yes!" Her office and DayBreak are now sporting beautiful, new desks and new chairs arrived for Nancy and Emmy! A new bookshelf and table in the main hall are being used for the Bingo supplies. Kudos to Judy and Dennis Durfee, Mountain West's CFO, who proposed the idea!

## The Benefits of Volunteering

By guest columnist,  
Desiree Aguirre



Volunteering:

The benefits of volunteering are like eating a fresh watermelon on a hot summer day — the hotter it is, the sweeter that watermelon tastes. In fact, the more I volunteer, the sweeter I feel. Volunteering gives me purpose, and makes me feel good about myself. More importantly, volunteering has numerous health benefits for seniors, because it helps build a healthy lifestyle with more physical, mental, and social activity.

Volunteering helps seniors with chronic health conditions, such as diabetes, depression, arthritis, high blood pressure, and dementia, because it helps seniors stay active. Volunteering is a great way to make a positive

difference in your community, to stay connected, and to improve sense of purpose. Giving back builds a strong mental outlook, erodes depression, and sharpens cognitive thinking.

Sandpoint has numerous non-profit organizations that depend on volunteers to continue their mission. Indeed, in Sandpoint, in addition to SASi, it is easy to volunteer for an organization that fuels your passion for life! The Panida Theater needs volunteers to run the concession stand, the food bank needs volunteers to help distribute food, CASA needs volunteers to advocate for children, hospice needs volunteers for their grief programs, and the animal shelter needs volunteers to walk dogs and pet cats. Of course, there's the Angels Over Sandpoint, area thrift stores, the Elks, Lions Club and/or the Rotary Clubs. If you enjoy

music, the Festival at Sandpoint needs volunteers for security, clean-up, chair set-up, and ushering every August. The volunteer opportunities are endless.

I got plenty of joy from my volunteer activities, and never suffer volunteer burnout because I set time limitations and personal boundaries. Because I am a volunteer, I receive numerous benefits, including a boost to my self-worth, the opportunity to connect with like-minded individuals, and the knowledge that I have helped others in need. If you would like to volunteer, simply google online for volunteering websites.

PIF = Pay It Forward Day!

Thursday, April 30, 2015

A great day to Volunteer!

# New Volunteer from Sweden, Sixten Nystrom

Several weeks ago a tall, young man walked through the door looking to volunteer. Upon speaking with him, I discovered he was not from around here. He told me he was from Sweden and was here on a tourist visa while visiting his Aunt Ana.

After chatting for a few minutes, I learned his name is Sixten Nystrom and he is 21 years old. I instantly saw he was personable and thought he would be a good fit for helping to serve at lunch. He went and met Mary who gave him instructions about what to do. He began to follow what we were doing, and sat down at a table to join us for lunch. His English is good and he was able to join in conversation with the others at the table. He was very interesting telling us about himself and his native country, Sweden. He told us he

liked talking with older people which was evident to us.

Sixten is from Varholm, a province of Stockholm. He lives with his parents and has a sister. His father is a pilot for Scandinavian Airlines, his mother is an elementary school teacher. His sister is a senior in high school and won 3rd place in a Japanese speaking contest. Back home he finished high school with above average grades. He can volunteer and take recreational classes to see what he might like. He attended NIC for a short period finding it a lot of work for him. He likes Sandpoint, and rides a bike, hikes and jogs here.

He told us in Sweden they have the highest taxes which can afford mainly middle class citizens free healthcare and

education through 12th grade. They are friendly, peaceful people with no wars for many years. Sixten is a nice addition to our volunteers, and we're happy to have him here!



The mystery woman's name is Alamae Cox!

Turn back to page one for more about her!



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← Painting *on* an egg can be fun and makes painting on paper easier!

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# Crafts Fair, Casino bus trip & More!

SASi is hosting a 1st Annual Spring Crafts Fair, on Friday, March 20th & Saturday, March 21st! Local crafts people will be set up in the dining room to sell their crafts to the public. On Friday, March 20th, from 2:30-4:30 pm, they will set up their tables. The fair will open on Friday, from 5-9 pm and run through Saturday, 9am-4pm. The fair is open to the public at no charge. There will be refreshments available at a small cost. For more information or to reserve your booth space, please call 263-6860 or Board Member and Fair Coordinator, Pamelarose Crawford, 610-6928.

Save the date of Monday, March 16th, 2015, for the next casino bus trip to Worley. The

bus from the casino will pick you up at SASi at 8:30 am and bring you back by 4:00 pm. There is no charge; however, we need 15 people to go. Please tell your friends who like to go and sign-up at front desk!

On March 26th, Chris Murphy will be on hand from 12:30-2:30pm to answer questions regarding Humana, Medicare Advantage, prescription drug and supplemental coverages with Medicare. Chris is a Humana Associate and she has been bringing us our birthday cakes for some time. This is for anyone curious about Medicare, whether you are a Humana client or not, and is not a sales meeting.

Please remember to schedule a tax appointment before the season ends on April 15, 2015. The volunteers from AARP have once again helped dozens of seniors to get their taxes filed.

We want to thank Karen, Doug, Randy, and Bruce for the years of dedication they have brought to SASi, and look forward to having them here next tax season!



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

# Donors

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

## \$5 DOLLAR A MONTH CLUB

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### Business Club

\$125 A Year:  
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The Bridge at Sandpoint

### Physician's Challenge

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Mark Hawn MD

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

Ambrosiani Family Trust  
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Norm & Jo Robbins

## SASI Board of Directors 2014-2015

President: Bruce Wendle  
Vice Pres.: Sally Sacht  
Secretary: Adele Martin  
Treasurer: Dorothy Kohne

Directors:  
Pamelarose Crawford  
Stephen Drinkard  
Ron May  
Michele Mitchell  
Lewis Rich

Bookstore and Tea House. Shelby spoke out at the City Council meeting on our behalf and urged the Council to keep us in mind during the budget renewal process this summer! Shelby stated that SASi is one of the "most utilized, yet underfunded programs in town!"

Continued from page 2....

the Equinox Foundation! And another shout-out goes to our across the street neighbor and City Councilman, Shelby Rognstad, who owns Common Knowledge

From the "change vase" to the "bills jar" to checks and cash brought in... *THANK YOU to everyone!* A safe parking lot is in our future!

*ellen*

*We grow neither better or worse as we get old, but more like ourselves.*



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Thanks to Tribe Zagahareet for entertaining us at lunch!  
On left are Staci Dodge,  
Jo Baker and Fran Oliver.

