

**SASi**SANDPOINT AREA
SENIORS, INC.**WHAT'S
GOING ON
DOWN AT
SASI?**820 Main Street
Sandpoint, ID 83864
208-263-6860www.sandpointareaseniors.org
info@sandpointareaseniors.org**Hours of Operation:**Mon.-Thurs.:
8-3:00 pm
Friday:
8-1:00 pma 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.

Bruce's message and more! Idaho Gives Day

April was National Volunteer Recognition Month, so to honor the many volunteers we have here at SASi a tea was held on Wednesday, April 29th, at 3:00 pm. Included were the SASi board members, drivers who deliver the meals, DayBreak Center, Bingo, and other people who so graciously volunteer of their time. They enjoyed goodies from Pine Street Bakery. Certificates of Appreciation were also given to them. If we missed you, please accept our apologies and do not hesitate to tell us!

SASi Board President Bruce Wendle wanted to say, "My hat is off to the many seniors who support the center's everyday activities and fundraising events. With your help of volunteering and donations, we are able to cover the costs of the meals programs and administrative costs."

We also wish to include the people who come here to play cards and Bingo. Aside from having fun, each group donates to the center. Of course, the folks who join us for lunch and breakfast also support us with their donations. We have an active \$5 A Month Club and ongoing Parking Lot donation campaign. We are waiting to hear about receiving the grant that will help us to fix the parking lot problems.

The SASi Board of Directors thanks each of you and of course to Ellen, our great Executive Director, along with the hardworking staff as well.

In April we were awarded \$30,000 in grant money by the Walmart Foundation. The funds will primarily go towards the food programs. We feel so blessed to have once again been awarded this much needed grant money.

Please remember May 7th is Idaho Gives Day. SASi along with other non-profits can receive online donations at <http://idahogives.razoo.com/story/Sandpoint-Area-Seniors>.

We are happy to announce that we will be putting together a team for the Relay For Life on June 19th & 20th. The first meeting will be held on May 11th at 6:00 pm. The meeting will be held at Joe's Philly Cheesesteaks in Sandpoint. Prior to the meeting on the 11th, there will be a briefing at SASi on May 8th at 10:30 am in the conference room. There will be a sign-up sheet for those interested in participating. This is a good time to be involved in a community event that helps to raise awareness about cancer.

For more information, please call Pamela Crawford at 208-610-6928.

Activities

Monday: Line Dancing 2:00pm
Tuesday: Somatic Seniors 10:00am
Bridge 12:15pm
Pinochle 12:30-3:00pm
Wednesday: Laughter Yoga 10:30am
Bingo 6:00pm
Thursday: Blood Pressure 10:30am
Bridge 12:15pm
Pinochle 12:30-3:00pm

Dates to Remember

5/7 5/21 Alzheimer's Support Grp 1pm
5/7 Idaho Gives! - all day!
5/8 Red Hats Luncheon - Noon
5/9 & 5/23 Saturday Dances 1-4 pm
5/13 Introductory class Laughter Yoga
10:30 am
5/18 Casino Bus Trip 8:30-4:30 pm
5/21 Doug Williams ("Earman") 10-2pm
5/22 Board of Directors Mtg 10:30 am
(Open to the public)

Director's Corner: Ellen Weissman

"Did we get it?" Challenges and patience abound! As of this writing, we have not heard from the Block Grant folks yet and I have been asked daily! The latest message is that we scored very high and now the final committee is deciding.

In the meantime, we have been blessed with a grant from Walmart for \$30,000 for our food program!! Whooooooo! Some of you may have heard my screams of joy on Monday, April 20th when the check arrived!

We also have received word that the Selkirk Association of Realtors have approved our request for funding for an ice machine! We'll celebrate with iced tea in the summer!



And CAL! The *amazing* Community Assistance League has awarded us \$4000 for kitchen and DayBreak upgrades! Whooooooo *again!!!* Thank you so much to all of these folks!

Excitement and gratitude abound also! As I turn 62 this month, I'm realizing how amazing my life has been to bring me to this place and time. It seems like all of my past

jobs and experiences have led me to this position at SASi and it's such a great fit!

And Sandpoint is such an amazing place! One of my favorite things to do is the "Lost in the 50's" Street Dance! And every seven years or so, it falls on my birthday! So, please join me after the parade to celebrate life!

Last, but certainly not least, Happy Mother's Day! I'm excited to have one of my daughters visiting that weekend and will bring her by to meet everyone. And whether you are a mother or not, enjoy the day!

Thanks for everything! *ellen*

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Daybreak Center: Liz Stoddart, Director



Hello everyone! I'd like to introduce our newest DayBreak

volunteer, Alice Vroman. Alice has blessed us with wonderful music talents on the piano. She is leading singalongs at 1pm on Tuesdays. Music has power — especially for individuals with Alzheimer's disease and related dementias. And it can spark compelling outcomes even in the very late stages of the disease.

When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function, and coordinate motor movements.

This happens because rhythmic and other well-rehearsed responses require little to no cognitive or mental processing. They are influenced by the motor center of the brain that responds directly to auditory rhythmic cues. A person's ability to engage in music, particularly rhythm playing and singing, remains intact late into the disease process because, again, these activities do not mandate cognitive functioning for success.

Most people associate music with important events and a wide array of emotions. The connection can be so strong that hearing a tune long after the occurrence evokes a memory of it.

Come join us and share your love of music!

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.

Liz

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New Health Classes! Try them out!

"Somatic Seniors" will begin on Tuesday, May 12th at 10-11am. This class, taught by Blissa Nizzoli, is designed to guide students through the realms of body, mind, spirit and emotions, gaining tools for mindfulness, and personal energy management as well as a movement experience that focuses in joy and pleasure. Students will leave class feeling relaxed, with tools to practice for overall increased wellbeing.

"Laughter Yoga" will begin on Wednesday, May 13th at 10:30-11:15am. Led by Gretchen Steen, participants will have a unique, fun opportunity to release endorphins which are a natural body relaxer through laughter and yoga stretches.

Limited enrollment! Sign up with Emmy!

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. Save paper and receive it through *email* for a donation. Menus are on our website, too, at www.sandpointareaseniors.org! Let us know!

Senior Spotlight: Randy Quinn

This month we are featuring a senior who during the winter months can be found on Schweitzer Mountain skiing. If we have a winter without enough snow, Randy Quinn can be found here on Wednesdays playing Pinochle.

Randy Quinn was born in Deaconess Hospital, but the family lived south of Coeur d'Alene. His parents were born on the Coeur d'Alene Indian Reservation where they still reside after 67 years of marriage. When Randy was 2, they moved to Plummer, where he was active in sports and Boy Scouts. He became the first ever Eagle Scout in Plummer and attended the 1969 jamboree.

Before graduating St. Maries High School in 1972, Randy was in 2 bands that toured Europe, and Mexico. He played the Tuba for 10 years. On the way to Europe, the group had the opportunity to sing at the White House while then President Nixon signed the 26th Amendment to the Constitution. After graduating high school, he attended the University of Idaho for 2 years as a music major. Two years later, Randy worked for the railroad in Bellingham where he got married. The railroad folded



so they moved to Coeur d'Alene where he worked in a lumber mill and his wife taught at NIC.

Seven years later, they divorced and he moved to Wyoming to become a "ski bum" by working in restaurants at night and skiing daily. Randy loves the cold and enjoys all winter sports. In warmer weather, he loves roller skating.

Randy thanks everyone at SASi for making him feel welcome. He also enjoys the meals and playing Pinochle.

We too enjoy having Randy here !

"Happy Birthday to YOU!" MAY

Barbara Blood 5/7
Helen Suits 5/8
Jackie Peters 5/13
Nancy Johnson 5/15
Adele Martin 5/15
Ellen Weissman 5/15
Mary McGinnis 5/17



Dorothy Johns 5/20
Lew Emerson 5/25
Ellen Grosjean 5/25
Paul Graves 5/26
Regina Hammack 5/26
Denny Rainey 5/26
Ed Hendrickson 5/27

Mary's Munchies: No Fuss Bar Cookies

2 cups chocolate cookie crumbs
1 cup (6 oz.) semi-sweet chocolate chips
1 cup flaked coconut
3/4 cup coarsely chopped walnuts
1 can (14 oz.) sweetened condensed milk

1. Preheat oven to 350 degrees F. Spray 13 x 9 inch baking pan with nonstick cooking spray.
2. Combine cookie crumbs, chocolate chips, coconut and walnuts in bowl; mix well. Add condensed milk. Stir with spoon until well blended. Spread batter in pan.

3. Bake 15-18 min. or until edges are golden brown. Cool completely in pan on wire rack.

Makes 24 bars. Makes a nice Mother's Day Gift.

"Hot Chocolate can take the chill out of any rainy day sleuthing venture."

From *The Mystery of the Moss Covered Mansion*, in Clues for Real Life. The Classic Wit and Wisdom of Nancy Drew.

Potpourri



Donna Peterson made and donated this amazing quilt for a silent auction during the Crafts Fair! THANK YOU, Donna!



The Senior and DayBreak Centers are available for rentals for private parties, weddings and meetings. Contact Ellen for more information.



Students from Lake Pend Oreille H.S. came over on Earth Day and did an amazing cleanup job at SASi!



Sleep Well!

By guest columnist,
Desiree Aguirre

Sleep Well!

As I've gotten older, I've noticed that my sleeping patterns have changed. I remember staying up well past midnight, and going to work the next day without any problems. Today, come 9 p.m., I am ready for bed. And when I don't get a good night's sleep, I wake up feeling like I have a hangover.

Sleep is essential for physical, mental, and emotional health. As we age, our sleeping patterns change. We may go to bed earlier, get up earlier, and have less deep sleep. These changes are normal, and as long as you wake up feeling refreshed and ready to face the day, these issues are not a problem. However, if you wake up feeling like you have a hangover, you may be experiencing



sleep difficulties.

Basically, seniors need between seven and nine hours of sleep every night. If you are not getting enough sleep, here are some tips to improve your sleeping patterns.

BE ENGAGED: Social activities, such as having lunch at the senior center, keep your body and mind active, which helps promote a good night's sleep.

IMPROVE YOUR MOOD: A positive attitude will help reduce sleep problems. It's much easier to go to sleep when you aren't experiencing negative thoughts. Foster a positive attitude by communicating with others, volunteering, taking a class, or joining a group.

EXERCISE REGULARLY: Exercise helps release endorphins and makes you feel better. Endorphins reduce depression, anxiety,

and stress, which result in a positive attitude.

SUNLIGHT EXPOSURE: Sunlight helps regulate melatonin, which plays a critical role in sleep-wake cycles. Two hours of outside light a day improves mood and helps sleep-cycles. Open your curtains and let the light in, and on a sunny day, sit in your favorite chair outside to soak up some light.

LIMIT CAFFEINE, ALCOHOL, AND NICOTINE: All three are drugs that interfere with sleep. Limit the amount you partake in, especially the closer you get to bed.

I would much rather wake up feeling refreshed and ready for the day. Although my patterns have changed, I still require quality sleep in order to have a great day!

Casino Trip, Thanks to AARP Volunteers!

We are ready to take reservations for the next casino bus trip. The date reserved for us is Monday, May 18th, 2015, from 8:30-4:30 pm. The bus will pick you up and bring you back to SASi. The casino requires us to bring at least 15 people in order to get the bus. Let the friends you know who like to go, to plan on signing-up.

Once again, the fantastic volunteers from AARP helped dozens of people in the community who needed help with their 2014 taxes. From February through April, they were booked solid with appointments. Many of them have been coming here in the past

years for the service, while many more wanted to come for the first time.

We want to thank Karen Squires, Doug Fraser, Randy Carpenter, and Bruce Wendle for working tirelessly on Mondays and Wednesdays from morning until sometimes 5:00 pm putting together many tax returns.

We also want to thank the many people who generously donated during this time. We are happy to report that we received during this time period \$2,307.00 for donations.

Make sure to call us early next January to book your appointment as we are sure to be very busy again.



(on left) Mike Mann, from the Assistive Technology Project and lending library, mesmerized us with gadgets that can help us hear better and see better and write better! If you need help, call him at 1-800-432-8324.

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Salad Bar and Food Programs

Approximately 7 months ago, SASi brought in the new addition of the Salad Bar. At first, the idea and size of it was not easily accepted. Some of the kitchen staff were concerned about how it would fit in during the lunch service and what would be served with it. After many discussions about where it would go, and what days would be best to have it on, the decision to open it on Mondays and Wednesdays turned out to be a good one.

The kitchen staff came up with delicious and nutritious items to compliment the salad. Along with whatever green salad is provided, you can fill your plate with beets, tomatoes, cucumbers, cheese sticks, crackers and fruit. From what we can see, the seniors eat-

ing here on those days love to have a big salad before their lunch.

We have definitely noticed that the Salad Bar has brought in not only the regulars, but also people who might not usually eat here on those days. There has also been an increase of people who have heard about it and like that we are doing something new and different.

The kitchen staff has done an excellent job each Monday and Wednesday of presenting a tasty, nutritious Salad Bar!

We also want to remind people how important our food programs are. In 2014, Monday through Friday, the center served in-house provided 11,026 meals! For a suggested donation

of \$4.00 or whatever you can afford, the kitchen provides a hearty and nutritious meal. Many of the participants eat and stay afterwards to play Pinochle or Bridge. Some of the gentlemen enjoy playing pool before lunch on Tuesday and Thursday. (Women are welcome too!)

Our other equally important food program is the Home Delivered Meals. Dedicated volunteer drivers pick up the meals and deliver them daily to our seniors who are homebound with various issues that make them eligible for this service. In 2014, there were 12,934 meals delivered. For these people, it might be their only meal of the day. They also appreciate seeing a friendly, caring volunteer bring their meal. We thank all of them for their help!

Join us! 11:30am M-Th, 8:30am Fri!



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Shown above, City of Sandpoint Treasurer, Shannon Syth receives the \$10 check from SASi Executive Director, Ellen Weissman, for the "rent." The City provides our land for \$1.00 per year which is paid every 10 years. We are now paid till April, 2025!