

**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.

SASi Gets The Parking Lot Grant!!!

As you know, SASi has been awarded the block grant that will enable us to finally take apart the unsafe and out of date parking lot to become safe and help to update the look of the center. There will be many decisions to be made during this time, and we will keep you posted throughout this project. Construction is due to begin in mid to late June, 2015. There will most likely be times of inconvenience such as parking when the lot gets torn up, but, we will do everything we can to accommodate our participants. Entrance will be by the north and south side doors as the west entrances will be blocked off. Stan Norman, pastor at the United Methodist Church, has graciously agreed to let us park in their parking lot except for Sunday and Monday mornings and Thursday evenings when it's already being used. We hope to have a golf cart shuttle

system for those with mobility challenges. We plan to be open during the entire time and we ask for your patience so that the end result will be just what we want. Thanks so much!

SASi Board president, Bruce Wendle claims, "SASi is a wonderful place to be with other seniors who enjoy the same types of activities. The center offers a daily meal, card games, interesting classes, bingo, and lots of companionship. With the addition of the Salad Bar on Mondays and Wednesdays, we are attracting more people from the community. We are very excited about the new parking lot that will be happening quite soon. We believe it will enhance the appearance of the building. The events we have here are

supported by donations by the various groups. Please bring your friends here who you know would like to spend time at SASi."

We also want to express our gratitude to the organizations that have given to SASi in grant money. CAL, the Community Assistance League, awarded \$4,000 to be shared between Senior Center and the DayBreak Center. We also received a grant from Selkirk Realtors Association.

We just received notice that Idaho Community Foundation has also awarded us \$2000 from the Betty Ann Diehl Greatest Need Fund for Bonner County "to make improvements in the quality of care and activities."

If you know anyone who is involved with any of these organizations, please share our gratitude!

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

6/3 Eat Smart Idaho - What's on my plate?
1-2:00 pm
6/11 Paul Krames - Funeral Trusts - 10:30am
6/12 Red Hats Luncheon - Noon
6/13 & 6/27 Saturday Dances 1-4 pm
6/17 Eat Smart Idaho-The Decoder Ring for
Nutrition Labels 1-2:00 pm
6/18 Ryan Sheppard, Elder Abuse, 10:45am
6/18 Doug Williams ("Earman") 10-2pm
6/20 AARP Defensive Driving Class (call Dick
Vail for info. 263-4492)
6/26 SASi Board Meeting 10:30 am

Director's Corner: Ellen Weissman

To tree or not to tree, that is the question.

As many of you know by now, we have been awarded a significant federal block grant for repairing the parking lot. The safety of the patrons at the Senior and Daybreak Centers is of utmost concern and the reason we applied for the funds to begin with. We need a smooth surface, better lighting for dark winter afternoons and evening activities, ADA compliance with the entrance ramps and delineated striping and designated entrances to the lot.

So now, the tree. Stephen and I have been wrestling with this decision since the very beginning. The roots of the tree are the reason we are needing to repair the parking lot to begin with. They have uprooted the asphalt and caused an extremely dangerous situation. Many people (including younger, more agile adults) have fallen and tripped on the hills and valleys of the asphalt. In addition, the



dropped pine needles get slippery after rain and the sap damages the paint on the cars parked under the tree. The tree also takes the space of what could be several additional parking places.

It has a disease called Western Gall Rust, a fungal disease of pines, according to Stephen. While gall rust does not usually cause death of a tree, it does cause branches to break off and the spores infect other pines. Currently, there is no available cure for the fungus.

Initially, the designs included keeping the tree. It's a magnificent tree, probably 140 years old, and has a history with the

Senior Center. As we proceeded, weighing the above concerns, we also discovered how extensive and expensive the project would be to keep the tree. We have felt great sadness at the thought of losing the tree and have in recent weeks, looked again at the possibilities of saving it. As of this writing, the fate is still uncertain. We have many people involved in the decision and are doing the best we can to make a good decision. If the tree is removed, we will honor it with ceremony first and use the wood for art pieces and giveaway for firewood. If the tree is not removed, we will honor it at the ribbon-cutting for the parking lot as well.

Thank you for your patience and understanding in this situation. If you know anyone who can give expert, informed perspectives in this matter, please let me know.

Thank you.


ellen

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Daybreak Center: Liz Stoddart, Director



Choca is Back!

This little Chocolate poodle has

been assisting staff at the DayBreak Center since she was adopted in March by Director, Liz Stoddart. She was a favorite with many of our participants who were always happy to see her come through the door. Two weeks ago, Choca was visiting friends and family and became separated from Liz while they were on Bainbridge Island. After two days of searching, Liz had to return to Idaho to work. This was a very difficult drive home without her friend and companion. For two weeks, some wonderful friends continued searching and setting live traps for this little very

shy miniature poodle who was seen often in the area where she was lost, but would not come to anyone who called out to her. She was chased and cornered once, but escaped. Liz flew back over Memorial Day weekend to help in the search and the day after the flight was booked, fourteen days after she slipped away, Choca was lured in to a trap with some liver and was caught!! Liz was able to be reunited with her friend and Choca got to fly in an airplane for the first time and return home and come back to work! When she came through the door, our good friend Harold, expressing everyone's thoughts, cheered and stood up to greet her happily! Welcome home, Choca!



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.

Call 208.265.8127 for more info.

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New Health Classes! Try them out!

"Somatic Seniors" began in May and will continue on Tuesdays 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 leave class feeling relaxed, with tools to practice for overall increased wellbeing.

"Laughter Yoga" also began in May and is continuing at 10:30-11:15am on Wednesdays. Led by Gretchen Steen, participants have a unique, fun opportunity to release endorphins which are a natural body relaxer through laughter and yoga stretches.

Response has been great! Join in the fun! 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: Smitty Smith, Home Delivered Meals Driver

For the month of June, we wanted to feature one of our dedicated Home Delivered Meals volunteer drivers, Smitty Smith.

Smitty grew up in New York State. He went into the Air Force where he later retired. While living in Wyoming, he had a landscape business. Smitty has three grown children. After selling his business, Smitty moved to Sandpoint. It was here that he met and married Heidi. Heidi is a Kindergarten school teacher at Sagle Elementary School. When Heidi isn't teaching school during the summer, she helps Smitty deliver the meals. They began driving for SASi in 1999, which makes it 16 years of being a volunteer driver.

Smitty enjoys working with the SASi staff and clients he delivers the

food to. He likes meeting them and hearing their stories from the past. Smitty finds what he does as a rewarding experience. He believes the people are appreciative and are good to him. Smitty and Heidi feel they get back much more than they give. In past years, he's welcomed family or friends to ride along with him and help if they want to.

Smitty believes SASi's mission to feed people who are homebound as very worthwhile as this may be the only meal or any type of contact some of these people have in a day.

Smitty has said, "If anybody would like to

ride along with me on my Monday route or want to become involved as a volunteer driver, please contact the SASi office."

We are so grateful to Smitty and Heidi for all of their dedication to delivering these meals for as long as they have been doing it!



"Happy Birthday to YOU!" JUNE

Doris Nuss 6/4
Rita James 6/8
Marilyn Dillon 6/8
Lanie Johnson 6/9
Karen Newman 6/11
Joan Robbins 6/11
Debbie Knowles 6/14



Lois Hall 6/15
Susan Jones 6/17
Bruce Wendle 6/19
Nancy Savage 6/19

Mary's Munchies: Peach Melba Cake

2 cans (21 ounces each) peach pie filling

1 package (12 ounces) frozen raspberries, thawed and drained

1 package (about 15 ounces) yellow cake mix

1/2 cup (1 stick) butter, cut into thin slices

1. Preheat oven to 350 degrees F. Spray 13 x 9-inch baking pan with nonstick cooking spray.

2. Spread peach pie filling in prepared pan; sprinkle with raspberries. Top with cake mix, spreading evenly. Top with butter in single layer, covering cake mix as much as possible.

3. Bake 40 to 45 minutes or until toothpick inserted into center of cake comes out clean. Cool at least 15 minutes before serving.

Makes 12 16 servings ENJOY!!

Presentations: Starting the Conversations...

Creating a Final Expense Trust

On Thursday, June 11, Paul Krames will join us at 10:30am and present information on creating a Final Expense Trust, i.e., setting aside finances for a funeral or cremation. This is a tough topic and one which we often prefer to avoid. It becomes something that our offspring or friends end up dealing with if we have not made plans ahead of time. Join us in the conference room to begin the conversation.



Donna Peterson and Marvin Mochel enjoyed the Roaring '20's dance in May. It was a lot of fun!



Harold, Jeannie and George enjoy the beautiful weather while putting together a puzzle in the court yard. Harold has no difficulty showing his joy as he did when Choca returned! See the story on page 3.

Do you know an adult that is being hurt by another person? Ryan Sheppard, Community Services Manager for Area Agency on Aging will be here Thursday, June 18th at 10:45am to discuss Elder Abuse (financial, physical, verbal and emotional) and what you can do about it! Join us in the conference room!

Summer Sunshine

By guest columnist,
Desiree Aguirre



I recently had the opportunity to fly to Mexico with four women friends for two weeks of pre-summer fun. We snorkeled, swam with turtles, walked on the beach, and body surfed. Fortunately, we were prepared for the weather, and drank a lot of water, packed plenty of sunscreen, and donned summer hats and sarongs, because we did not want our short summer to be ruined by sunburn or dehydration.

And now, summer is finally coming to the shores of Sandpoint, and I am once again preparing for a safe sunny season. Seniors are more prone to dehydration because we lose our ability to conserve water as we get older. We don't necessarily feel thirsty, and we have a hard time

adjusting to changes in the temperature. I like to have water with a hint of lemon, mint leaves, or cucumbers ready and available at all times, and I carry a water jug with me wherever I go to ensure that I drink an adequate amount of water, especially during the hotter months.

It is important to dress appropriately for the weather. I like cotton, because it feels cooler than synthetic material. In addition, I have an assortment of summer hats to keep my head protected and my face shaded. Although I enjoy rosy cheeks and a nice tan, I prefer avoiding sunburn, freckles, and skin cancer. That's why I use sunscreen. In addition, it's important to wear sunglasses to protect your eyes from harmful UV rays, which will help preserve vision.

Hyperthermia, or sunstroke, can be life threatening. If you are

outside on a hot day, and feel confused, agitated, grouchy, or experience dry, flushed skin, nausea and vomiting, heavy breathing, rapid pulse, headache, or fainting, get out of the heat, lie down and use ice packs to cool your body off. In extreme cases of heatstroke, ask for medical assistance.

Summer sunshine is on our horizon. Be sure to drink plenty of water, and take steps, such as wearing hats and sunscreen, to protect your body from too much sun.

We love to have our beautiful sunshine for these next few months; however, follow these tips so that you can enjoy the warm, sunny days!

New Nutrition Classes for Summer

Eat Smart Idaho Program, an extension of UI Cooperative, is once again going to hold several classes beginning in June. Wren Myers, Nutrition Advisor will be leading these sessions which will start with:

Wednesday, June 3, 2015, from 1-2 pm, *What's on my plate?: Building a Healthy Plate with the USDA*. We will call out the changing focus of the USDA's Food Pyramid to a user friendly Choose My Plate diagram. It encourages a standard by which we can all make healthy food choices. It will name the five food groups and classify foods in each food group, including combination foods. It will offer suggestions in expanding one's variety of foods while identifying the key nutrients for each food group, what those nutrients do for

the body and how they benefit our health.

On Wednesday, June 17, from 1-2 pm, *The Decoder Ring for Nutrition Labels: What do they mean and how can we use them to benefit our health and our pocket book?* We will show, tell and teach that nutrition information is listed under Nutrition facts on food labels. These will be found on most food items and the information gleaned can assist in making healthy and frugal choices in shopping.

Wednesday, July 1, 2015, from 1-2 pm, the class will be *Shop and Save!: Smart Menu Planning*. We will share the benefits of planning menus. This will inform us by including a variety of foods in daily and weekly menus, while planning to cook extra food for lunches or meals on busy days.

We aim to incorporate the bonus of grocery store weekly/monthly specials and highlight the savvy shopper that saves at the check-out stand with their handy shopping list.

On Wednesday, July 15, 2015, from 1-2pm, the class will be *Making your food dollar Stretch!* Why would a shopping list help us save money? We are here to share the benefits of creating a shopping list while identifying two ways grocery stores influence consumers to purchase impulse-buy goods. We will compare prices and identify the best buys. We will share how non-food items and miscellaneous extras, such as condiments and household supplies can affect a food budget.

Sign-up sheets will be at the front desk or call 263-6860.

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Singin' In The Rain & AARP Defensive Driving

It's time to start putting together a group to go see a production of Singin' In The Rain, on Saturday, July 11th, at the Kroc Center. After talking with some of the seniors, we think we will be able to make the plans to book a group. The matinee will be at 2:00 pm. For seniors who are 62 and older the ticket price is \$42.00. However, if we get a good sized group, the price will come down. We aren't sure how transportation will work, however, it most likely will be either carpooling or caravaning from the center. Either way we think it will be a nice way for us to get together and see a play. If you are interested in going, please let us know so that we can get a list put together. You are welcome to invite your friends;

just ask them to sign-up.

We would like to know how many will be attending by the end of June. For more information, please call 263-6860 and ask for Emmy.



On Saturday, June 20th, there will be an AARP Defensive Driving class held here. This course starts at 8:00 am, and

runs around 5 hours. For more information and registration, please call Dick Vail at 263-4492.

On Friday, June 19th, from 11:00-1:00 pm, we will be hosting Circle of Life, a gathering of different organizations representing assisted living, hospice, and in home care, all here to discuss the services they provide for yourself or loved ones who may be in need of their help. Representatives from each group will have information and be here to assist you with any issues. We encourage you to attend if you would like to learn more. An informal lunch will be provide for free. Please call for information 263-6860.



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

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*Life isn't about waiting for the storm to pass...
...it's learning to dance in the rain*

Many thanks to Deirdre Hill for recently tuning our piano! We know it's been ten years since it's been tuned, and it sure sounds much better especially on Thursdays before lunch when Betty Overland plays and the seniors sing along. On left, Joan McNeil fills in for Betty with Gayle Williams in costume advertising the Saturday Roaring '20s dance held in May.

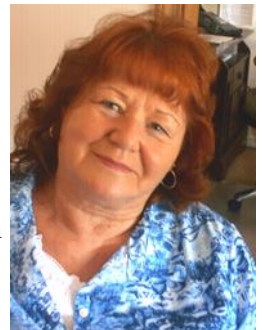


We also want to thank Phil and Sandy Deutchman for their generous donation of the expense for the tuning!

Loren Vanek (on right) is deep in concentration with the new beautiful puzzle donated by Jean Dornbusch.



We are pleased to announce that we are once again partnering with the Experience Works Program, a federally funded train-to-hire program. Please welcome Caroline Leiber who will be here with us Mondays - Thursdays to learn from others on the staff what we do here and to also give her work experience should she decide to become employed in the community.



Caroline has lived in the Northwest all her life. Before moving to Sandpoint three years ago, she spent many years in the Clatsop, Oregon area. She has worked in retail, community action programs, and owned and operated a beauty shop in an assisted living facility. Caroline moved here to be close to family, and plays Bingo here on Wednesdays. Please get to know her. We're happy to have her here!