

**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.

Message From Bruce Wendle: Board President

Once again, we are getting to the end of another beautiful, yet hot summer. I hope you have had a wonderful season filled with family and friends.

On Friday and Saturday, August 8th and 9th, we will be at City Beach, during the 43rd Annual POAC Arts & Crafts Fair. You may remember last year we had a booth where we sold hotdogs, pop, and a bag of chips. We are doing this again and I am inviting you and your family and friends to stop by our booth while enjoying the Arts & Crafts Fair. I am also asking for help with this by volunteering time during these two days. We need people to help cover some shifts during the hours we are selling the food. The price of the meal is \$5.00 with the proceeds going to our Center. As it is considered a fundraiser for us, we are hoping to raise at least \$1,000.00. I want to thank in advance the

following for donating the hot dogs and soda. The hot dogs were donated by Costco of Coeur d'Alene and the soda from Pepsi Cola of Spokane. Thanks to Board Member Sally Sacht and Super I for additional food items!

Please consider volunteering for either day. It is a lot of fun and helps us a lot! We will have sign-up sheets with Emmy.

The Sandpoint Area Seniors, Inc. Board of Directors would like to welcome Leslie Marshall to the board!

Leslie and her husband moved to Sandpoint in 2002 after living in Marin County, California. In Marin County, she was employed as a High School administrator for activities and athletics for 18 years. In 1994, Leslie began working for Bonner County

Road and Bridge Department. Leslie was promoted to the Public Works Director in 2004 and managed the Solid Waste, Weeds, Parks and Recreation, Waterways and Building and Grounds departments. In April of 2015, Leslie retired after 21 years with the County. Leslie also co-chairs the Scholarship Committee for the Sandpoint Elks. In 2008, her husband, Rich, passed away. Leslie enjoys golf, bridge, crosswords, gardening, and her two sweet dogs. She likes participating in charity 5K events.

We are so happy to have her join the SASi Board!

Beginning August 1, 2015, the Board of Directors are implementing a Building Usage Policy. The committee has been working on ways to add

Continued on page 5...

Activities

Monday: No Line Dancing in July & August – will resume in Sept.
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

Dates to Remember

8/6 & 8/20 Alzheimer's Support Group
8/8 & 8/9 POAC Arts & Crafts Fair at City Beach (fundraiser for SASi – food & drinks)
Sat: 10am-6pm, Sun: 10am-4pm, food court
8/14 Red Hats Luncheon – Noon
8/8 & 8/22 Saturday Dances 1-4:00 pm
8/20 Doug Williams (Earman) 10-2:00 pm
8/20 AAA Care Transition Plans presentation
10:45 am Jeffrey Hill and Ryan Sheppard

Director's Corner: Ellen Weissman

"Patience and Miracles!"

Well, as I've said several times, I'm learning so much here! I've been teased (by a Board member!) that I should be paying tuition since I am learning so much!

I've generally thought of myself as a patient person, but the parking lot project has tested me, for sure! It has seemed like every time I have a conversation with Stephen (Drinkard, another Board member and block grant writer/administrator), another two weeks are added to the schedule! (It's not Stephen's fault!) I had convinced myself that the ribbon cutting would be mid-September. Well, we are now looking at the end of October. But it will get finished before the snow flies!



In the meantime, many miracles have happened! People have walked in off the street to donate money for the project. The Daily Bee and the Sandpoint Reader have been incredibly generous with print space. Artists are creating paintings and photographs of the "elder tree" and will be donating them to sell at our fundraiser. Businesses in town are offering to help in the process. And neighbors, Greg Flint, Shirley Kolm and Kristofer Yamada,

appeared out of the blue and helped immensely with the shed moving process!

So I'm taking a deep breath and knowing that things take time and are worth waiting for! It will be safe and lovely when it's finished!

Thanks for your patience and be on the watch for miracles!

ellen




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DayBreak Center: Liz Stoddart, Director



As many of you know, the DayBreak Center provides daytime respite or a “break” for families who are caring for a dependent adult with memory loss, such as Alzheimer’s disease. Our hours are Tuesdays, Thursdays and Fridays from 8:30 to 5:30. Our goal is to expand these hours in the future.

If you know someone who is a care-giver and might benefit from getting some support, please encourage them to call and discuss how we might be able to help. There are resources we can access to help pay for our services at DayBreak if that is needed. Family caregivers need

support and encouragement and are often just barely hanging on. Either Ellen, The Senior Center director, or I can connect you with other community resources for families needing special assistance. We can be a great starting place, beyond providing daytime respite care. Please call for an appointment if you would like to stop by for information.

Some of the activities that are happening this summer include memory stimulating reminiscing opportunities, storytelling, dominoes or Jenga challenges, enjoying a bowl of ice cream outside while helping tend the flowers and plants on our shaded outside patio, or singing along with Alice on the piano or John on the guitar.

Come join the fun!

Liz

Caregivers’ Support Groups

1st and 3rd Thursdays at 1pm
at the SASi Conference Room

2nd and 4th Thursdays at 1pm
Luther Park 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 meetings.

Call 208.265.8127 for more info.

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New Health Classes! Try them out!

“Somatic Seniors” began in May and continues on Tuesdays at 10 - 11am. This class, taught by Bliss 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: Elara Reynolds & Frances Reed, Super Sisters!

This month we wanted to feature two ladies who we refer to as the “super sisters.” Frances (on left) and Elara (on right) play Pinochle on Wednesdays and stay for lunch. They are fun, like to help, and are liked by the other seniors. When they go shopping, people often think they are twins.

They grew up on a small farm in the Sagle area, attended the Sagle School for 8 years, and graduated from the Sandpoint H.S. They both married young men from Sagle, raised their families in Sagle, and their children also attended the Sagle School and Sandpoint H.S. No wonder with all the similarities the “twin” label emerged! Their mother taught the girls how to

quilt, knit, crochet, cooking and baking which gave them great skills for fundraising projects.

Frances married Jim Reed in 1956. The couple resided in Sagle where they worked side by side for over 25 years for State Farm Insurance. They retired and spent over 20 winters in Mesa, Arizona, where they enjoyed dancing and fellowship with people from all over the world.

Elara and her first husband, Bob, spent many years managing and harvesting 80 acres of natural timberland in Sagle. Elara



worked over the years in town until retirement. Elara and Don Reynolds married in 1999, while living in Sagle. They spent 17 winters in Yuma, Arizona, enjoying the warm, sunny weather and fellowship of many friends from all over Canada and the U.S.

Elara and Frances really enjoy coming to the center and having lunch, playing cards, the dances, and the many other activities. They like to associate with the friendly employees and participants at SASi. They encourage new people to come and join them at the center!

“Happy Birthday to YOU!” AUGUST 2015

Rosemary Eckel 8/1
Ezra Woods 8/13
Wilbur Shaffer 8/13
Liz Nuss 8/14
Myrna Payne 8/15
Lee McLeod 8/17
Sally Sacht 8/17



Ella Vizena 8/18
Heidi Smith 8/21
Vegas Hinrich 8/22
John James 8/26
Ervail Rainey 8/28
Pam Crawford 8/28
John Warren 8/29
John McNeil 8/29

Mary's Munchies: Nana's Snickerdoodles

1/2 cup unsalted butter or margarine, softened
3/4 cup sugar
1 egg
1 egg yolk
1 2/3 cups sifted all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon ground nutmeg
1/2 cup finely chopped walnuts
1/2 cup currants or raisins
Sugar
Ground nutmeg

1. Preheat oven to 375° degrees F. Cream butter and sugar in a large mixer bowl at medium speed. Beat in egg and yolk. Sift together flour, baking soda and nutmeg; gradually beat into creamed mixture at low speed. Stir in walnuts and currants.
2. Drop by rounded teaspoons 2 inches apart onto greased cookie sheets. Sprinkle with sugar and nutmeg.
3. Bake at 375° F for 10-12 minutes or until lightly browned. Remove cookies; cool on racks.
4. Store in a tightly covered container.

SASi tidbits of information, AARP Defensive Driving Class

Continued from page 1...

revenue to the center.

Going forward, if an interested group inquires about renting the facility, we are able to give them the information about our fees. Please keep us in mind for the future if you need a space to rent for a special occasion!

Due to the rising costs of paper products, utilities, and maintenance, another part to the Building Usage policy is to implement a daily activity/usage fee of \$1 per day in order to maintain the current level of services.

Already, we are blessed to have many participants who are part of different activities such as the Pinochle, Bridge, exercise and nutrition groups who donate the minimum and more!

If you have any questions about this, please see Ellen or Emmy.

The next AARP Defensive Driving Class will be on Saturday, September 19, 2015, from 8:30–1:00 pm. at the center. For registration, please call Dick Vail at 208-255-6642.

The Eat Smart Idaho Program is moving to the Library. Thanks to the UI Extension Program for their helpful nutrition classes!

Please remember the Line Dancing Group will resume in September. Sally Sacht will give us the new date in a few weeks.

Area Agency on Aging's Jeffrey Hill and Ryan Sheppard will be here talking about Care Transition Plans on Thursday, August 20th at 10:45am in the Conference Room. Hope you can join them!

How to Survive the Heat Wave

By guest columnist,
Desiree Aguirre



This year, summer arrived early, and quickly escalated to unseasonably warm weather that prompted an early garden. Unfortunately, the warm weather crested into a heat wave that threatened to fry any brain cells that may have been floating around in my cranium, turned the green grass brown, and made it difficult for me to step outside my cozy, air-conditioned house.

In fact, the heat wave has been much too hot for me to go outside and play in the sun because I am afraid I will become dehydrated, or just plain miserable. Dehydration is a big problem for seniors because it increases the risk of heart attack, stroke, and kidney

failure. Drinking a lot of liquid will keep the body hydrated, and beverages like Gatorade will ensure that your electrolytes stay in balance. Unfortunately, coffee, even if it's iced, works like a diuretic, and will deplete the body of the liquid it needs to stay cool and healthy, and it's best to avoid caffeinated beverages on hot summer days.

When the temperatures escalate into extremely hot conditions, it is better to stay inside where it is cool. I adjusted my work schedule so that I can spend the cooler mornings outside in the garden or hiking with the dogs, and work inside during the day where I can perch beside a fan or the air-conditioning unit. If you don't have an air conditioner in your home, take the opportunity to go to the Senior Center, the mall, or to a movie. When I feel over-

heated, I take a cool shower to wash the heat off. When I'm outside my home, I pack a squirt bottle filled with water and sunscreen with me wherever I go.

The dog days of summer won't last forever, and rather than slaving over a hot stove, I'm preparing easy meals, such as green salads with plenty of fruits and raw vegetables, or fresh fruit smoothies. Better yet, the Senior Center serves meals five days a week; eating out is a great way to avoid cooking and to spend time somewhere cool.



Thank you for donating to the Wishlist!

Each month, we include a Wishlist section where we ask people to donate various items that we use daily. Usually they consist of paper goods, juice, hygiene products. To the people who so kindly bring in these items, thank you so very much!

We are now “wishing” for a few more things that are needed here for different reasons. The first item is a vehicle we would like to use for transporting seniors to go to special events. Over the past few years, we have also received many requests to assist seniors in our community and to bring people to lunch at the center. Emmy gets many calls from seniors needing help that we aren’t able to accommodate. She refers them to other resources such as Spot Bus and other organizations that might have the ability to help.

Mainly, we want to obtain a

vehicle for our needs such as when we want to take our seniors on a day trip such as the recent outing to see the play Singin’ In The Rain in Coeur d’Alene. Several years ago, a group went to Leavenworth, WA., for a few days to enjoy the town before the holidays. In that instance, they needed to put together a few cars to take the seniors going. As you can imagine, it would be more efficient and economical to have one vehicle.

We are looking for a donated van to accommodate up to 8 passengers. If you know of one or know somebody who may be able to help, please let us know!

The other items needed are in the furniture realm. As you know, we have only two bookcases in our expanding library. While we love receiving books from you, we need more room. That is our next

request for our Wishlist. Probably two will fit the bill. Feel free to come in and see the available space and we can figure it out.

The last item we would like to have donated, is a cabinet to store the weekly Bingo supplies. Currently they are stored in the dining area on a few shelves and we would like to house them in a different way. Again if you have something we could use, please stop by or call the office. Thank you if you might be able to help with these items!

In the meantime, please continue donating what you can as every little bit helps and is appreciated!



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Jolene Brackey

Jolene Brackey presentation!

“Creating Moments of Joy
for the Person with
Alzheimer’s or Dementia”

Luther Park is pleased to invite everyone to a presentation by Jolene Brackey, author of *Creating Moments of Joy for the Person with Alzheimer’s or Dementia*. It will be on Friday, August 14th at 9am and again at 2pm at the First Lutheran Church, 526 Olive Avenue, Sandpoint. There is no cost, but registration is required by calling 265-8834 or online at www.lutherparksandpoint.org.

Jolene’s 2 hour presentation is intended for family, friends and caregivers of those with dementia. You’ll be sure to catch the vision

that looks beyond the challenges of Alzheimer’s disease and focuses more of our energy on creating moments of joy. Jolene’s passion is to change society’s attitude toward aging by inspiring minds, rejuvenating spirits and empowering people to make a difference in the way we care for our elders.

Hope to see you there!



County Commissioners, Todd Sudick (left) and Cary Kelly (middle) talk with SASi bookkeeper, Nancy Savage after a visit to the Senior Center for “biscuits and gravy.”



The shed has a new home, making room for a sitting area under the “SASi elder tree.”



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I live in that solitude which is painful in youth, but delicious in the years of maturity. Albert Einstein

Jennifer Ball

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Helen Williams, 101 years young!
Helen celebrated her birthday at lunch at
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