



## **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, 208.263.6860.

## **SASi Board of Directors Elections 2015**

*The month of September says goodbye to summer vacation time after Labor Day, which by the way, we are closed that day, Monday, September 7, 2015. After that we begin to think about the next season, Fall.*

At the center this means we are once again having the annual Board of Directors elections. We register anybody who wishes to participate in this process. The board is comprised of 9 people in the community, some of them you know, who meet several times a month in order to make decisions that helps to keep the center running smoothly. They form committees that work on the issues concerning financial, fundraising, and educational needs.

We have been blessed with very good board members in the last few years. They work together well in order to make things happen here.

In this upcoming election,

there is a need for 2 more board members to join. We encourage anyone who has a desire to join this board to please submit a letter of intent. By that we mean to give us some information about yourself. Somewhat like a resume, please include name, address, time in the community, and anything else you think might give them an idea of who you are. Please submit this to us by September 8, 2015.

On Thursday, September 17, at 1:00 pm, there will be a Candidate Forum to be held in the dining room after lunch. The perspective candidates will have a chance to introduce themselves and say something about their wanting to join the board. We have found in the past this to be informational and helpful to the other participants at SASi

who want to vote. After the forum, the elections will officially be open. You may vote on that day, or vote on Friday, September 18, Monday, September 21, Tuesday, September 22, with the elections closing at 3:00 pm. on Wednesday, September 23.

For those of you who have registered in the past, we will have an up-to-date list of your names and addresses. Please check with us about this list. For those of you who would like to register, please see the registration sheets to be provided at the front desk. The votes will be tabulated by Sally Sacht and Adele Martin on Thursday, September 24, with the election results announced on Friday, September 25, 2015.

Board President, Bruce Wendle, is encouraging interested people to

Continued on page 5...

#### **Activities**

Monday: Line Dancing 2:00 pm  
Beginning September 14, 2015  
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**

9/3 & 9/17 Alzheimer's Support Group  
9/7 SASi Closed for Labor Day Holiday  
9/8 Board Letters of Intent due  
9/11 Red Hats Luncheon Noon  
9/12 Dance 1-4:00 pm (\$1.00 donation)  
9/17 Board Candidates' Forum 1 pm  
9/17 Doug Williams (Earman) 10-2:00 pm  
9/26 Dance 1-4:00 pm (\$1.00 donation)

## Director's Corner: Ellen Weissman

*"Best never forget that the goddess Fortuna, without warning, may take your life in an amazing new direction, always on a day when you're thinking nothing will ever change."*

*"Coincidence is the Cosmos' way of getting our attention. We need to step carefully."*

Just over a year ago, Fortuna was working her magic on me. Former SASi board member, Pam Crawford told me about the position as SASi's director. We had collaborated together with the Sandpoint TEEN Council and she thought I'd be perfect. But unfortunately, she said that the posting had closed the day before! A month later, Pam found me again to tell me the gal who was hired had left suddenly! It felt like a perfect fit from that precise moment



and I'm so grateful the Board agreed! I am so impressed with SASi's programs and potential that it's so easy to promote our Senior and DayBreak Centers!

On my start date anniversary, September 15th, I will be in Boise at a conference sponsored by the Idaho Nonprofit Center. They will be giving out six Excellence Awards that evening to awesome nonprofit organizations statewide. I feel like we are already winners.

A great board, wonderful staff, fabulous guests every day, an amazing food program with over 2000 meals a month feeding our county's seniors and our unique DayBreak Center all make it a joy to come to work and plan fun activities! When the parking lot is completed with additional lighting, evening activities can be expanded and the possibilities are endless! Are you up for an around the world dinner series? Bring in your special recipes and photos from your travels!

Meanwhile, hurray for the rain!

*"Our deeds still travel with us from afar, and what we have been makes us what we are."* George Eliot

ellen

### We support Sandpoint Area Seniors!

*The most loving act...*

## Pre-planned Funeral Arrangements

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## DayBreak Center: Liz Stoddart, Director



Here at the DayBreak Center, we have many participants who enjoy reading the newspaper, or being read to by our caring volunteers. We are looking for a donation to cover the cost of the Daily Bee delivered to us at the center. The cost is around \$12.00 a month. We would also welcome any old New Yorker Magazines after you are finished with them as we have an avid fan who can no longer buy this subscription. We are so grateful for our volunteers here at DayBreak; some of them

come to play music, while others, like Mark come to visit with our men and bring projects involving tools, which many of our men enjoy so much. Thank you, Mark, for sharing your time and sweet caring spirit. We are always looking for more volunteers, men and women. If you have any special talents or just love to sit and visit, we can put you to work. We are also looking for storytellers and historians to come and share your special stories with our participants.

Hint for helping someone with dementia: When they say, "I want to go home," they may simply be trying to tell you they want to get back to a safe, small, quiet, space.

*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 DayBreak, 208.265.8127 or Jan Griffiths, Alzheimer's Association, 208.290.1973 for more info.

Do you need crutches or a walker? We have numerous items available for check-out! Give a holler!

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](http://www.sandpointareaseniors.org)! Let us know!



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GHA03BEE1

### New Health Classes! Try them out!

"Somatic Seniors" began in May and continues 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!

## Senior Spotlight: Vegas Hinrich

Our September Senior Spotlight is the ever colorful Vegas Hinrich.

At 88 years old, Vegas has had an exciting life and is blessed with a green thumb.



When Vegas was 17 years old, he volunteered to go to Merchant Marine School on Catalina Island, California. While taking training, he and his mates learned to row boats, first aid and jumping off of towers with life jackets on and not breaking their necks!

Vegas relates, "The first tower was 40 feet and the instructor had to push me off of it. Two days

later, he said, 'I have good news for you. We are only jumping off a 20 foot tower.' He neglected to tell us they poured gas on it and lit it. The instructor had to push me again. But I managed to graduate and get my Seaman's papers. This was 1945 when I stepped on my first ship.

I have been in typhoons — rough weather. The ship I was on lost our propeller in the middle of a storm. But in all of my 23 years at sea, I think the most scared I've ever been was on Haiti. I was onshore, drinking rum with some Norwegian sailors. We decided to go visit the Zombie village. The Zombies were jumping around and

screaming doing weird things. The cab driver said, 'Let's get out the heck out of here!' The Zombies must have been using something stronger than the rum we were drinking! On the ride back to Port au Prince, we sobered up and didn't realize how darn scared we



were. But with that behind me, I continued to go to sea for the rest of the 23 years." Vegas began coming to SASi over seven years ago. He enjoys lunch, Pinochle, Bingo, and going to the casino.

## "Happy Birthday to YOU!" SEPTEMBER 2015

Phyliss Book 9/8  
Ervin Rasmussen 9/9  
Marchelle Fritz 9/11  
Jeannine Mills 9/13  
Carol Lewis 9/14  
Gayle Williams 9/26  
Helen Labowski 9/26



Congrats to Georgia Rasmussen for winning the August Bingo Jackpot of \$85!

## Mary's Munchies: Cowboy Cookies

1 cup vegetable shortening  
1 cup packed brown sugar  
1 cup sugar  
2 eggs  
1 teaspoon vanilla extract  
2 cups all-purpose flour  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 cups quick oats, uncooked  
1 1/4 cups semi-sweet chocolate pieces

1. Preheat oven to 350° F. Cream shortening and sugars in large mixer bowl at medium speed until light and fluffy. Beat in eggs and vanilla. Sift together flour; baking soda and salt; gradually beat into creamed mixture at low speed. Stir in oats and chocolate pieces.
2. Drop by level tablespoons 2 inches apart onto ungreased cookie sheets.
3. Bake at 350° F for 13 to 15 minutes or until lightly browned. Remove cookies; cool on racks.
4. Store in a loosely covered container.

## SASi Board Elections 2015

Continued from page 1...

become involved in the process. Bruce said, “I hope we can add 2 more board members so that we can continue the very important work we are doing here at the center.”

The Board of Directors are as follows:

Board President – Bruce Wendle

Board VP – Sally Sacht

Secretary – Adele Martin

Treasurer – Dorothy Kohne

Directors:

Stephen Drinkard

Leslie Marshall

Ron May

Loris Michael

Lewis Rich

For this election, all but Sally Sacht and Adele Martin are running for a position on the board. Board President, Bruce Wendle, replied, “I want to thank Sally and Adele for their tireless commitment to this

board and to the center. They both have given a great deal of their time and energy in order to continue the success of SASi. Sally will continue with her Line Dancing group and the Fit & Fall Proof class, and Adele will be busy implementing a program of volunteers for the center. We are extremely pleased they will continue with their endeavors here. I want to personally thank them for their service on the board.” For more information, please inquire at the office or see a board member.

## Osteoporosis Blues

By guest columnist,  
Desiree Aguirre

Osteoporosis Blues



In an attempt to maintain my health, I had my five year check-up, complete with blood work, EKG, mammogram, bone density scan, and as soon as I get around to scheduling it, a colonoscopy. The blood work was great; the EKG showed an abnormality, which for me is normal, the mammogram had a blip so I get to do it again, and the bone density scan came back with numbers that indicate I have osteoporosis. No big surprise, as older women are at a high risk for this thinning of the bone disease. For me, the big question is, what can I do to stem the flow of my deteriorating bone tissue?

Fortunately, there are several treatments for osteoporosis. Bisphosphonates, compounds that slow down bone thinning process, are the most common prescription medication for osteoporosis. Best of all, these types of medication only have to be taken weekly or monthly. Unfortunately, the major side effect of bisphosphonates is an upset stomach, so it's important to follow directions and take the pill on an empty stomach with a full glass of water.

The treatment of osteoporosis may include life style changes. Regular exercise, including weight-bearing actions, improves balance, and strengthens muscles and bones, which reduces the risk of breaking delicate bones. Eating a healthy diet with plenty of calcium and vitamin D improves bone health, and maintaining an average weight for your height

reduces stress on bones. Believe it or not, being underweight is as bad for your bones as being overweight, as seriously thin people are at a higher risk of bone fracture.

Smoking cigarettes and drinking too much alcohol speeds up bone loss. Quitting tobacco not only reduces the risk of lung cancer, it will slow down the bone loss process. If you drink alcohol, it is best to limit your consumption to one drink a day.

Osteoporosis is not a death sentence. In fact, it could be the incentive to incorporate new healthy habits into your daily life.

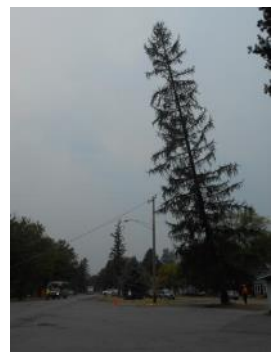
Today, it is easy to treat osteoporosis and prevent the breakage of bones. I plan on embracing life style changes so I can continue to engage in a productive and fulfilling life and daily activities.

# Parking Lot Project moves forward

Now that the two trees that needed to come down have been cut and are in the process of being removed from the parking lot, plans are going forward to begin the much anticipated process of redoing the parking lot at SASi. Board member, Stephen Drinkard along with Executive Director, Ellen Weissman, have been working for many months on getting the many details put together that go into this large project. Bids have been sent out to various people who will become involved in these different aspects.

We'll be keeping you up to date on the schedule for removing the asphalt and repaving. Thanks to the Sandpoint United Methodist Church for helping to provide extra parking space.

Thanks to Simon Baker and Top to Bottom Tree Service for doing an excellent job removing the trees!





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Happy 95th  
Birthday,  
Ervall!

# Line Dancing returns to SASi

We are happy to announce that the Line Dancing Group will be resuming on Monday, September 14, 2015, at 2:00 pm. Group leader, Sally Sacht, will once again lead the participants in Line Dancing after taking a short summer break. Everybody is invited to join no matter what level you are. Sally provides great country line dancing music and the group will once again come in and kick up their heels. There is no charge for this, however, we would appreciate a \$1.00 donation that goes to help SASi with expenses. For more information, please call the office at 208-263-6860.

*Let's eat Grandma!*

*Let's eat, Grandma!*

*Commas save lives!*



**"Stay and Play for a Buck a Day"**

As you may have read in last month's newsletter, the Board of Directors passed a new "\$1.00 per day" building usage "fee." This "new" policy was to formalize what has already been in place for many groups/individuals who use the center. The Board is hoping that everyone will share the responsibility and help out whenever using the building for an activity besides the meal program. Revenue collected will be used to help with general expenses such as bathroom supplies, lights and heat/cooling, cleaning supplies, etc. Our reimbursements from Area Agency and donations still leave a monthly gap of several thousand dollars. "A buck a day" can add up quickly to help those expenses! Thank you for your participation!



AN ASSISTED LIVING COMMUNITY

1123 North Division Street, Sandpoint, Idaho 83864  
(208) 263-1524 [www.thebridgeatsandpoint.com](http://www.thebridgeatsandpoint.com)

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## Family Hearing Center

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Sandpoint Senior Center  
3rd Thursday 9 am – 2pm  
and  
Bonners Ferry  
Senior Center  
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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Dillon, Marilyn  
Ewing, Darrell  
Fredstrom, Rose  
Griffitts, Jan  
Grimes, Clifford  
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Hinrichs, "Vegas"  
Kliver, Al  
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**Parking Lot Donations:**  
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**Business Club**  
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**We also wish to thank the following folks for being generous donors to SASi:**

**Ambrosiani Family Trust**  
**First Presbyterian Church**  
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**Knechtges Family**  
**Northern Lights**  
**In Memory of Wally Miller**  
**Petal Talk**

## SASI Board of Directors 2014-2015

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

Directors:  
Stephen Drinkard  
Leslie Marshall  
Ron May  
Loris Michael  
Lewis Rich



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Dawn Soap, Pump Hand  
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Hugs and Kisses!

*"Magic is believing in yourself. If you can do that, you can make anything happen." Goethe*

**VOTE**  
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A ONE WOMAN SHOW  
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302 N. 1st Ave - Sandpoint, ID  
5:15 P.M. Doors 6:00 P.M. Curtain  
\$12 - Advance \$15 - Door  
Tickets Available online at:  
panida.org or itmmatheson@live.com



We've been friends for so long  
I can't remember which one is  
the bad influence

DJ Hinton