

**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. Please call ahead for reservations, 208.263.6860.

SASi Board of Directors for 2015-2016

The ballots have been counted, and the results are in for the annual Board of Director's election. This ballot of candidates was full of qualified, interested people who want to join the existing board to continue moving SASi forward with the all important food programs, educational, and social activities for the growing group of senior participants. It was clear when the candidates forum was held, prior to the election, that perspective candidates are interested in putting together long term sustainable fundraising projects in order to shore up the much needed funds for these programs.

Many thanks to the people who voted in this election. We believe each vote cast was done with sincere thought along with the continued support so needed to let the board know they believe the center is so important to the well-being of this community and to the

seniors who are able to enjoy the programs.

We also wish to thank Adele Martin and Sally Sacht for their unwavering support and service on the board for the past few years.

These two women will be sorely missed on the board and each of them are continuing with ongoing efforts they have been doing for awhile and will stay connected with SASi.

At the monthly board meeting, the election results were announced. For the upcoming year, the following have been elected to serve on the Sandpoint Area Seniors, Inc. Board of Directors:
President: Bruce Wendle
Vice President: Ron May
Secretary: Leslie Marshall
Treasurer: Judy Baird

Directors:

Stephen Drinkard
Dorothy Kohne
Angelika Langlois
Loris Michael
Lewis Rich

We also want to thank Karl Fuchs for his interest in being on the board.



New and
returning
faces to
look for!...

Angie
Langlois



Judy
Baird



Leslie
Marshall

Continued on page 5...

Activities

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

Dates to Remember

10/1 & 10/15 Alzheimer's Support Group 1:00
10/9 Red Hats Luncheon Noon
10/10 Dance (\$1.00 donation) 1-4:00 pm
10/15 Doug Williams (Earman) 9-1:00 pm
10/15 Jeffrey Hill & Ryan Shepherd from Area Agency on Aging ("Elder Scams") 10:30
10/21 Chair Massage with Wilda 12-2:00 pm
10/23 SASi Board of Directors Meeting 10:30
10/31 Halloween Dance (\$1.00 donation) 1-4:00 (costumes optional)
10/26 Bus trip to Casino 8:30-4:00 pm
10/27 Pumpkin carving contest 9:30 am
10/29 Halloween costume contest and lunch

Executive Director's Corner: Ellen Weissman

"Change is the only constant."

This often quoted statement is certainly evident here at SASi! And as Dorothy in the "Wizard of Oz" said, "People come and go so quickly here!"

There is so much happening here that I have to decide whether a listener is ready to have the one minute or ten minute explanation!

Not only do we have many activities going on, but now we have a daily parking lot show to watch!

At the Nonprofit Conference that I attended in Boise last month, I learned a phrase that names a phenomenon that I've encountered here. "Competing Priorities" describes many things happening at the same



time and all needing to be tended to at once! "Triage" might be a better term! Another phrase I learned in High School Home Economics class is "Dovetailing," making sure that all of the items being prepared for a dinner are done cooking at the same time. Since I balked at Home Ec. — I wanted to take Shop Class, but Title IX wasn't in effect yet — I resented everything that I had to learn in that class except for sewing! Sewing was tangible and I had

watched my mom spend hours in the kitchen and we'd gobble her meals up so fast that I felt like her hard work went for naught. After years of making dinners for my family, I now have much more respect for the process and for our awesome kitchen staff! Here they are with newbie, Jenn VanVolkinburg on the left. Next



month we'll feature Mary and Liz and the Home Delivered Meals Program!

ellen

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DayBreak Center: New beginnings at DBC



We are sad to say goodbye to Liz Stoddard, director of the DayBreak Center. Liz has been overseeing the daily operations at DBC for the past two years. A few weeks ago, Liz was offered a great opportunity to further her career at the Cardiac Rehabilitation Center at Bonner General Hospital. Liz was wonderful with the clients and she will be missed. We wish her great success! She cares a great deal about families affected by Alzheimer's and hopes to continue with the Daybreak Council.

We are happy to announce that Stephanie Little Brave will step up to become the Activities Director and Anne Haynes has joined us as the new Activities

Assistant for DayBreak Center.



Stephanie has a Master's Degree in Social Work and has a private counseling practice, Fifth Wind Counseling.

Anne was born and raised in Sandpoint. After graduating from high school, she moved away for 30 years. Anne is delighted to be back in Sandpoint for the last 12 years. Her hobbies include hiking, music, reading and being with her family.



Stephanie and Anne are excited about the potential DayBreak offers the community and are eager to train more volunteers! For more information, call 208.265.8127.

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! Let us know!



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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 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: Janet Vetter

For the month of October, we asked a good friend of the center, Janet Vetter to be in our Senior Spotlight. Janet has been a regular for many years. She loves to have lunch, play pinochle, and enjoys the friendships she has made over the years at SASi. Janet is also a member of the Red Hats which meets here for lunch on the second Friday of each month.

Janet was born on November 24, 1924, in the small town of Hurley, South Dakota. The population of Hurley was 500. Janet's father worked for the state, and operated a road grader. He would grade the gravel roads from Hurley to the surrounding small towns. Once a month, her father would take her

with him. He would drop her off at a friend's farm where she would play with the other kids until he picked her up. Her mother taught her how to drive around the local cemetery. In 1940, the family moved to Wauertown where she graduated from high school in 1942. This is where Janet met Bud. According to Janet, he was the "one". They were married in 1944 and had two children, Leslie and Bob. Bud worked for Sears until his health caused an early retirement. Janet went back to work in banking. The kids were then living in Montana, so Janet and Bud moved to Sandpoint to be near them. This is where they

have stayed ever since. Bud passed away a few years ago, and thanks to her many friends she has been able to enjoy her life and enjoys coming to the Sandpoint Senior Center on a daily basis.



"Happy Birthday to YOU!" October 2015

Lolo Thompson 10/7
Joanna Fuchs 10/8
Steve Nuss 10/10
Trudy Mendenhall 10/11
Vicky Johnson 10/16
Judy Farmin 10/17
Doris Dingman 10/18



Linda Starr 10/22
Paula Hendrickson 10/29

Mary's Munchies: Quick and Easy Swedish Teacakes

1 cup butter, softened
1/2 cup Confectioners' sugar
2 teaspoons vanilla extract
2 cups all-purpose flour
1/4 teaspoon salt
1 cup finely chopped pecans
Confectioners' sugar

1. Preheat oven to 325° F. Cream butter, sugar and vanilla in a large mixer bowl at medium speed. Beat in flour and salt at low speed until dough holds together. Stir in pecans.

2. Shape level tablespoons of dough into 1-inch balls. Place 1 inch apart onto ungreased cookie sheets.
3. Bake at 325°F for 15 to 20 minutes or until set but not browned. Remove cookies; cool slightly on racks. Roll balls in Confectioners' sugar; cool completely, then roll again in Confectioners' sugar.
4. Store in a loosely covered container. Makes about 3 dozen.

Enjoy and let us know how you like this recipe!!

SASi Board News, Elder Scams Presentation

Continued from page 1...

The following board members have volunteered to be on the following committees:

Chairs:

Financial: Judy Baird

Fundraising/Promotions:

Loris Michael

Education: Angie Langlois

Sustainability: Stephen Drinkard

Contact them if you'd like to join a committee!



Loris Michael



Dorothy Kohne



Ron May



Stephen Drinkard

Elder Scams!

Area Agency on Aging's Jeff and Ryan are coming back! Jeffrey Hill, AAA Director and Ryan Shepherd, Community Outreach Coordinator are coming to talk about scams that are hitting the area! Scams are happening through the mail, email and phone lines. If you have had any questionable calls or mail lately, this is the talk for you! Bring that mail with you and Jeffrey and Ryan will help you!

Join us in the Conference Room on Thursday, Oct. 15th at 10:30am!

Mammogram News...

By guest columnist, Desiree Aguirre

I admit it. I postponed my mammo-gram for four years. Why I would avoid this quick, relatively painless, and life saving procedure is beyond me. Perhaps it was a bit of rebelliousness. More likely, it was a form of denial. Whatever the cause, I finally scheduled an appointment at the Women's Imaging Center at the new Bonner General Hospital building, and was surprised when I received a call asking me to come back for an additional test.

Breast cancer is one of the most common cancers among women between the ages of 45-85, and is the second most common cause of cancer related deaths.

My mom, Rhoda Sanford, is



one of the more than three million breast cancer survivors in the United States. Bonner General Hospital has added digital mammo-gram equipment because they believe in delivering the highest quality care to their patients, and the Lorad Selenia digital mammo-gram provides state-of-the-art technology that can detect breast abnormalities quickly and efficiently.

When I received my callback, I was dismayed and worried. They explained that I had some calcification in my right breast, which is usually benign. They wanted to take a closer look to see if they needed to take additional steps, such as a biopsy. I googled breast calcification, and was relieved to discover that 92% of the time, they can ascertain that breast calcification is non-cancerous

with a digital mammogram, and even when a biopsy is required, the odds of it being cancerous are two percent.

Lulu, one of the outstanding technicians at the imaging center, was kind, efficient, and professional. She took two additional images, stretching me and my right breast in ridiculous configurations, and was able to deliver the additional images to the radiologist immediately. Within five minutes, she gave me the good news—100 percent benign, and I'll see you in a year!

An annual mammogram is one of the best defenses against breast cancer. Bonner General Hospital's new Women's Health Service includes a digital mammo-gram that detects abnormalities in seconds, so that if cancer does rear its ugly head, steps can be taken to save lives immediately.

Parking lot progress “full steam ahead”

As you may have noticed, the parking lot project has been moving “full steam ahead” since September 18th. With the continued nice weather, workers from the city have been diligently working each day to piece together the many aspects needed in order to finally have a safe, clearly marked parking lot that has been needed for so long.

After many months and meetings, board member Stephen Drinkard and executive director, Ellen Weissman, along with the city and other contractors and companies have all come together to complete this monumental but much needed project. There has been much excitement during this time, and it’s safe to say, all of SASi is awaiting the day the parking lot reopens!!

Thanks to John Owens; Laney and the guys at Interstate Concrete;



Lippert Excavation, Reader Construction; William Friedman, Ponderay Garden Center and Lance Miller from True North Land Surveying who has donated all of his time!

Stay tuned for more updates!



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Halloween fun, casino trip, chair massage

Halloween's Coming!

On Tuesday, October 27, 2015, at 9:30am, we will again be carving pumpkins. Like last year, you may either do one alone, or be part of a team. We will begin carving on that morning, and will have them displayed through, Thursday, October 29, 2015, for the Halloween costume contest. Just let us know if you would like to participate in the carving contest. We will provide the pumpkins and the tools. You bring the creativity!



Casino Trip!

On Monday, October 26, we have scheduled a bus trip to the casino in Worley. The bus will pick you up at SASi by 8:30 am and bring you back by 4:00 pm.

It has been many months since we have gone, so please sign-up at front desk.

Chair Massages!

Beginning Wednesday, October 21, from 12-2:00 pm, Wilda Andrews, a licensed massage therapist, will be offering a mini chair massage on the third Wednesday of the month. She will massage the head, neck, shoulders, arms and hands. There is no charge for this, however, she will accept donations. If you've ever had this type of massage, you will be pleasantly surprised at how relaxed you will feel. The whole massage will take up to 10 minutes and signups will be on Emmy's desk. Give this a try, particularly if you are experiencing pain and stress as massage helps with these type of symptoms!



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

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SASI Board of Directors 2015-2016

President: Bruce Wendle
Vice Pres.: Ron May
Secretary: Leslie Marshall
Treasurer: Judy Baird

Directors:
Stephen Drinkard
Dorothy Kohne
Angelika Langlois
Loris Michael
Lewis Rich



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The only thing worse than being blind is having sight and no vision.
Helen Keller



To make room for the new sidewalk in front of the Senior Center, volunteers Kristofer Yamada, Jesse Hoag and Jenn VanVolkinberg helped out on a Sunday afternoon to move the beautiful burning bush to the side of the DayBreak Center. Thanks, friends!!

Board Game Tuesdays!

Come join us on Tuesday afternoons from 12:15pm for Board Games! Scrabble, Backgammon, Mexican Train Dominoes, and more!

Stick around till the Center closes at 3pm!

Surprises happen every day here!
Marianne Foster from Christ Our Redeemer Lutheran Church teamed up with Bonner County Thrivent Members



and Ervin Robison from the Mobile Food Bank from 2nd Harvest in Spokane and brought us food! Thank you!! Yum!!