

2015



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.

Parking Lot Opens and SASi Turns 40!

November not only marks the beginning of the holiday season, it is the grand opening of our newly renovated parking lot and 40th Anniversary for the incorporation of Sandpoint Area Seniors, Inc. As these are two very important events, we are inviting the public to come and celebrate with us. On Saturday, November 14, 2015, at 11:30 am, we will be having a ribbon cutting ceremony to officially open the parking lot, and an open house with refreshments. The Board of Directors and staff wish to invite the community to come and see the newly designed and safer to walk on parking lot. This project took a long time in coming to completion. Many people have been involved in getting to this point. Board member, Stephen Drinkard, wrote the block grant that provided the much needed funds to get the ball rolling. It has been interesting to

watch each day a new piece of the parking lot come alive. Ellen along with others have been taking pictures of each aspect. Special thanks to John Chellman for giving SASi a cd of his photos! There are many people we want to thank for their generous donations and volunteering of their services and time.

We first want to thank the seniors at the center for their cooperation and patience during the time they were asked to park outside of the lot. We know some of them had to walk a longer distance to get in. We also want to thank our neighbors who also were patient with the added noise and construction on the street.

The publicity given to us by the Bonner County Daily Bee and

the Sandpoint Reader has been phenomenal. We are so grateful for the coverage!

We have been printing in our newsletter the names of the people who have also donated to the Parking Lot and Save the Tree funds. Their names can be found on the donor page in the newsletter.

Board President, Bruce Wendle stated, "Seniors helping seniors! That's what it's all about. Hats off to those on our board who have worked tirelessly on getting this parking lot finished. Especially Stephen Drinkard and our Director, Ellen Weissman. The cement is poured, the lights are in, and the parking lines are about to be painted on. Please mark your calendars for Saturday, November 14, Parking Lot Ribbon Cutting and 40th Anniversary Celebration beginning here at 11:30 am. It will be quite

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

11/5 & 11/19 Alzheimer's Support Group 1:00
11/10 SASi presents at Geezer Forum 2:30pm
11/13 Red Hats Luncheon noon
11/14 Parking Lot Ribbon Cutting and SASi
40th Anniversary Celebration — Refreshments
& Open House 11:30 am
11/14 Dance 1:00 pm (open to the public)
11/19 Doug Williams (Earman) 9-1:00 pm
11/26 & 11/27 SASi Closed for Thanksgiving
11/28 Dance (1.00 donation)

Executive Director's Corner: Ellen Weissman

A recent Daily Bee parking lot photo and article was entitled "Homestretch." That's what it feels like! We've got two weeks to go! There's still more to be done, but we will be, for sure, cutting the ribbon on Saturday, November 14th beginning at 11:30am! It's going to be beautiful weather!

I now have a bit of an idea what it feels like to be in an arranged marriage! When you begin a project with someone who you know mainly by reputation more than interactions, you don't really know how it's going to work out in terms of cooperation and give and take. Steven Drinkard, SASi Board member, saw a need and had the skills as a grant writer to make this happen! He knew my background in grants and administra-



tion and had confidence in my skills and encouraged the Board to hire me. He wrote and has been administering the Block Grant which got us the initial \$113,000 in May and an additional \$8,300 from the Idaho Department of Commerce last month. And we raised an additional \$6,800 from our amazing community! Stephen, thank you SO much!! You have been awesome to work with! What's next?!

Interstate Concrete and Reader

Asphalt guys have also been amazing! Not only are they hard workers, they've been some of the most pleasant men (and one woman!) I've met in a long time! I especially want to thank Lanny Beck who coordinated the project. He has been so respectful and kept me in the loop the whole time. Lanny helped put down the original parking lot 30 years ago! Ron Mende from Ron's Electric has also worked on the Senior Center building many times in the past 30 years! He's excited to take down the electrical wire to the garage!

William Friedmann's expertise from forty years as an arborist was invaluable in our decision to

Cont. on page 3, below right

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DayBreak Center: Stephanie Little Brave, Activities Dir.



Stephanie

November is Alzheimer's awareness month. There are a high number of people caring for their loved ones in their homes. With the percentage of Alzheimer's being so high, I encourage you as a community member to read this article for awareness and understanding in the case that you, your loved one, a friend or neighbor appears to be showing signs of or is caring for someone with Alzheimer's. By informing yourself you will be better equipped to have some understanding and ability to offer support.

Having support is essential in continuing to care for the person with Alzheimer's and yourself while maintaining the highest quality of life possible. According to alz.org 59% of caregivers (any family member, friend or

professional) felt they were on duty 24 hours a day and found it very stressful. Roles that were once set and have been in place for years or decades change. This change in relationship is long term and places the caregiver at risk physically, emotionally, and spiritually. As you take on the role of a caregiver, Adult day care facilities and support groups have been very helpful to those in the care giving positions.

Here at DayBreak, we are able to be that lifeline of support and respite care for your loved one or friend. We thank those who have supported and contributed to our mission. You will see staff and volunteers from DayBreak in the community this month dressed in purple to increase awareness.



Continued on page 7.

Anne, Activities Asst.

Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's and related disorders

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, Facilitator, 208.290.1973 for more information.

Alzheimer's Association www.alz.org
and www.ALZWA.org



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keep the "SASi Elder Tree." Joshua Tripp's patience with our many adjustments in the design phase was fabulous. Lance Miller's True North Surveying work was completely donated! You rock, Lance!!

This was such an amazing experience for me and I'm grateful to be a part of it! Without the interest, patience and compassion of all of SASi's participants, this would never have happened!

On another note, I hope you can come to the Geezer Forum on Tuesday, November 10th at 2:30-4pm at the Columbia Bank Community Room! I will be talking about SASi, our ribbon cutting and anniversary party and our wonderful programs and activities. Gretchen Steen and Esther Gilchrist will join me and talk about Laughter Yoga! Esther will describe her reduced pain from neuropathy and Gretchen will get participants up on their feet and laughing! Hope to see you there!

ellen

Senior Spotlight: Mary McGinnis, 19 years and counting!



For our 40th Anniversary since opening the doors here, we want to honor in this month's spotlight, Mary McGinnis, SASi's Nutrition Manager.

Mary is coming up on her 19th year of employment at the center. Every day Mary comes to work with a fierce dedication to her many job responsibilities. She works tirelessly coordinating the kitchen staff, volunteer drivers, and keeping the very important Home Delivered

Meal Program in order. When a potential client calls to find out about the program, Mary talks to them about their eligibility and walks them through the process. Needless to say, Mary is a valuable employee who has seen the many different phases of growth at the center.

Mary grew up in California, and in 1995, she moved to Sandpoint in order to be near to her mother, Lorraine Chambers. Lorraine, before passing away in 2010, also worked at the center front office and at the front desk greeting the participants who came in for lunch.

Mary began in early 1996 as a volunteer in the office and

serving during the congregate lunch. Since then, Mary has seen several directors and employees come and go. Mary is meticulous in her process of training the kitchen staff and others, helping them continue the excellent service the seniors have come to enjoy and expect.

Mary oversees five staff members and more than 2000 meals a month in-house and home delivery! That's a lot of food!

Everyone who has come to the center knows Mary and we all want to thank her for her incredible wealth of knowledge about SASi, and we wish her many more years here!

“Happy Birthday to YOU!” November 2015

Collette Swensen 11/1
Don Johnson 11/4
Rich Speidell 11/4
Ina Jacobson 11/10
Ron Ragone 11/14
Smitty Smith 11/19
Norma Fotinatos 11/20



Donna Peterson 11/21
Rita Chellman 11/22
Arlen Ojala 11/23
Janet Vetter 11/24
Judy Fryberg 11/27

Mary's Munchies: Pumpkin Bread

3 1/2 cups flour
2 tsps. soda
2 tsps. cinnamon
2 tsps. nutmeg
1 1/2 tsps. salt
3 cups sugar
1 cup vegetable oil
4 eggs
2/3 cup water
2 cans pumpkin (canned or fresh-cooked)
Nuts (optional)

Blend together and set aside all dry ingredients.

Combine and beat well the sugar, oil, eggs, water and pumpkin. Add flour mixture and beat together. Add nuts if desired. Bake at 325* for 1 1/4 to 1 1/2 hours or until a toothpick comes out clean when inserted in the middle of the bread.

This recipe can be made in a smaller loaf pans or in muffin tins if desired. Be sure to adjust the baking time for smaller quantities.

This recipe freezes well and when baked in muffin tins makes a nice addition to a school lunch.

Makes two large loaves!

Great for the fall and winter season!

Ribbon Cutting for Parking Lot & 40th Anniversary

Continued from page 1...

the celebration!

Here are just a few of the folks to thank!

Lanny Beck, Interstate Concrete; William Friedmann, Arborist; Joshua Tripp, Stone Creek Landscape; Lance Miller, True North Surveying; Reader Construction; Lippert Construction; Exotic Landscapes; All Seasons Nursery; Ron's (Mende) Electric; Gail Lyster, Artist; Washington Trust Bank and Avista.

Mayor Logan and her staff from the Urban Forestry program and Public Works department, and in particular, Street Supervisor, Chet Jackman.

For the awesome press coverage, Ben Olson, Sandpoint Reader, and Jim McKiernan, Daily Bee.

And to countless "Friends of SASi" who gave from their hearts and wallets for the project!



Come Celebrate! Parking Lot Ribbon Cutting!



SASi's 40th Anniversary!

Saturday, November 14th, 2015

11:30am - 1pm

Stories! Thank yous! Champagne!

Lemonade! Munchies! Chair Massages!

Open House!

Tours of Senior Center and DayBreak Center!

Dancing with the "Country Plus" Band

1pm - 4pm with potluck supper

Calcium Rich Foods

By Desiree Aguirre,
Guest Columnist



As we get older, our bones become brittle and less dense, which leads to osteopenia and eventually, osteoporosis. To keep our bones healthy, it's important to include foods high in calcium in our diets. Calcium, the building block that bones need, is absorbed with the assistance of vitamin D. Taking calcium with vitamin D supplements is a step in the right direction, but the body is programmed to process food, and consuming healthy food high in calcium will make you, and your bones, feel better. Everyone is probably aware that milk products, such as cheese, butter, yogurt, and milk, are high in calcium. If you are lactose intolerant, don't worry.

Plenty of foods, including fish and vegetables, are rich in calcium.

Here's a list of calcium rich foods:

Leafy greens, such as collard, mustard and turnip greens, spinach, bok choy, and kale. Soybeans or edamame, broccoli, oranges, figs, fatty fish, such as tuna, mackerel, sardines and salmon; fortified cereals, bread and many snack foods made from whole grains; milk products, such as butter, sour cream, cheese and yogurt. Here's one of my favorite non-dairy calcium rich recipes:

Collard Greens Stew with Chorizo & Garlic: Serves 4

1/2 lb. fresh chorizo sausage
2 lbs. collard greens
2 yellow onions (peeled & diced)
6 cloves of garlic, minced

1 tsp. smoked paprika

1/4 tsp. red pepper flakes

1 tsp. salt

4 cups chicken broth

1/2 cup dry sherry

1/4 cup cider vinegar

Crumble and cook chorizo in a large pot over medium heat for 15 minutes. While the chorizo is cooking, cut the collards into ribbons. Fold each leaf on top of each other, roll them into logs, and cut them down the center (lengthwise). Cut into short pieces about half an inch wide. Add seasoning, garlic and onions to the chorizo. Cook for five more minutes, adding the cut collards slowly. Pour in chicken broth, sherry, and cider vinegar. Put a lid on the pot, turn heat to low, and simmer for 30 min. Serve with pasta, rice, or dumplings.

Adele Martin, Volunteer Coordinator



I'm so excited to announce a new program at the senior center that will provide a group of volunteers from the

community and the center dedicated to serving our Board of Directors, Executive Director, and our participants. This has been in my heart for over a year, but only recently became possible as my term as a board director came to an end. Most of us don't realize just how hard our board and executive director work or that they need our time and support. It is through the efforts of all of us that Sandpoint Area Seniors, Inc. (SASi) continues to be a viable organization.

As word of this new opportunity surfaced I was approached by indi-

viduals inside and outside the SASi organization. It was exciting for me not only to identify the need but also discover so many of you out there willing to make it happen.

As volunteers, our mission is to provide assistance for a variety of programs, projects, and fundraisers. There are no requirements to serve a specific number of hours monthly. Maybe you can only offer two hours a month, maybe it is twenty hours or on a project by project basis. Whatever time you can spare and in whatever capacity you are interested in serving, we welcome you.

It will be our goal to actively represent the center at all times by providing a positive environment for our fellow volunteers, staff, participants and board through assistance to SASi in day-to-day activities,

special events/needs, and fundraising opportunities. As volunteers, we provide a valuable asset to the organization and it is my goal to find just the right volunteer position that blends your interests with the center's needs.

Would you like to be a part of our team of volunteers? Please reach out to me or speak with a member of the staff about an application. I look forward to helping you find the perfect volunteering opportunity and answer your questions.

Together we can create a better senior center for us all to enjoy.

Adele Martin
Volunteer Coordinator



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We love Halloween at SASi!



A packed house celebrated!



Would you like to receive this newsletter in your mailbox *at home*? We can mail it to you for \$15/year to cover printing and mailing. Help us save paper and receive it through *email* for a donation (if you can afford it). Menus are on our website, too, at www.sandpointareaseniors.org! Let us know!

Alzheimer's Awareness Month Continued

Continued from page 3.

Here are some warning signs from the Alzheimer's Association:

1. Memory loss This is the most common symptom. Losing track of important dates, names, and events? Forgetting big things even happened? Asking for the same information over and over?

2. Trouble planning and problem solving Do you have trouble making plans and sticking to them? Following a recipe might be tricky, even one you've used many times. Is it hard to concentrate on detailed tasks, especially if they involve numbers?

3. Daily tasks are a challenge Familiar things can become hard. Can you complete an ordinary task at work? Do you forget the rules of your favorite game?

4. Times and places are confusing Are you disoriented? Do you forget where you are? Do you remember how you got there?

5. Changes in vision Is it harder to read the words on the page? Do you have trouble judging distance? Can you tell colors apart? This is important because it can affect your driving.

6. Words and conversations are frustrating Vocabulary becomes hard. Calling things by the wrong name? Conversations can be a struggle. Are you able to follow along? Do you suddenly stop in the middle of a discussion because you don't know what to say? Do you keep repeating yourself?

7. You lose things Everyone misplaces things from time to time, but can you retrace your steps to find them again? Do you put things

in unusual places, like your watch in the refrigerator?

8. Lapse in judgment Have you made poor decisions lately? Do you make mistakes with money, like giving it away when you normally wouldn't?

9. Social withdrawal Are you scaling back on projects at work? Are you less involved with your favorite hobbies? Do you find yourself watching television or sleeping more than usual?

10. Mood changes Do you get upset more easily? Do you feel depressed, scared, or anxious? Are you suspicious of people?

If you answer yes to many of these questions, stop by the DayBreak Center or call 208.265.8127. More information is available at ALZ.org.



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

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Richard & Donna Hutter
Mary Zindler

Huge kudos to the Bonner County Commissioners! Cary Kelly, Todd Sudick and Glen Bailey have blessed SASi with County funding for our Home Delivered Meals program. The funds will help pay for the trays that we send the meals home in. Our stickers on the trays now read:

"This tray is compliments of SASi, Area Agency on Aging and Bonner County Commissioners." THANK YOU!!

SASI Board of Directors 2015-2016

President: Bruce Wendle
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Stephen Drinkard
Dorothy Kohne
Angelika Langlois
Loris Michael
Lewis Rich

Volunteer Coordinator:
Adele Martin



Holiday lights, Volunteers for DayBreak, Bounty Select-a-Size Paper Towels, Toilet Paper, White Paper Napkins, Juices (not Grapefruit), Ice Cream, Dawn Soap, Pump Hand Soaps, Sticky Notes, Flat Screen TV, Interior/Exterior Paint, Hugs and Kisses!

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." Mark Twain

Who likes spiders?! The edible kind were yummy at Saturday's dance! The one in the middle



showed up for Halloween on the front door much to the dismay of some staff members! Are you a spider lover?

Board Game Tuesdays!

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

Stay till the Center closes at 3pm!



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