

# Happy Holidays! And New Year!

**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](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. Please call ahead for reservations, 208.263.6860.

The Board of Directors and staff of SASi, want to wish you and your family a very happy holiday season and new year. 2015 has surely been a very busy year at the center. Among the many projects and events that



Ribbon Cutting and 40th year anniversary of SASi's opening.

Board President Bruce Wendle proudly stated, "Wow! We finally did it after forty years opening the doors of this fantastic center! Plus we were able



Champagne toasts, lots of great tasting foods and desserts! Many thanks to all of you who donated to make this a very special day for SASi. Everybody seemed to be really enjoying themselves."

"I also want to thank



have gone on, the opening of the new parking lot tops the list. Getting the block grant for the funding, plus all the other details that went into finishing this important project, has given the lot better parking spaces, lighting, and safer walking. We want to thank all of you who supported this by donating money, items and volunteer time during the

to put in a new first class parking lot as well. Just look around you when in the parking lot and you know this turned out to be so wonderful for our seniors. People seem to be very happy with the new parking spaces and the lighting is beautiful as you drive by. I also want to say the day of the open house was great fun with all of the celebrating!

Steven Drinkard who wrote the block grant that made this possible, and our Director, Ellen, who spent many hours watching over the project and taking pictures documenting the progress. We also want to thank, John Chellman and Lisa Cirac Krause for taking many pictures and then kindly sharing them with us! Thanks, everyone!"

### Activities

Monday: Line Dancing (to be announced in January, 2016)  
Tuesday: 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

12/3 Alzheimer's Support Group 1-2:00 pm  
12/11 Red Hats Luncheon Noon  
12/12 Saturday Dance 1-4:00 pm (1.00 at door)  
12/15 Massage with Mary Ellen Largent  
12- 2pm (sign up at Emmy's desk)  
12/17 Doug Williams (Earman) 9-1:00 pm  
12/17 Alzheimer's Support Group 1-2:00 pm  
12/18 SASi Board of Directors Mtg. 10:30 am  
12/24 & 12/25 CLOSED for Christmas  
12/26 Saturday Dance 1-4:00 pm (1.00 at door)

## Executive Director's Corner: Ellen Weissman

Sometimes I think that the world is moving at such a quick pace that we're going to spin right off our axis! It's already been two weeks since the parking lot ribbon cutting! The holidays are upon us and soon it will be 2016!! Goodness!

Last year in our December newsletter, I talked about "Chrishanukah" which is a word that my mom and I invented when I was a teenager. It became



"Chrisolhanzaadanterluciagiving" evolving over the years from blending Christmas and Hanukah with



many other seasonal terms\*. This year, my daughter, Saramaya (who many of you just met) reminded me that she doesn't use either term. She uses "Chrismukah". She found a Christmas tree topper on line which is a Star of David with six points and she and her boyfriend, Zach, celebrate both

holidays. I'm proud of how she and my step-daughter are both such open, giving people. They treat everyone equally and have friends from many different racial and cultural backgrounds. They've created new traditions that work for them while keeping the best of the old. Thanks to Saramaya for helping with the



Cont. on page 3, below right

### We support Sandpoint Area Seniors!

*The most loving act...*

## Pre-planned Funeral Arrangements

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# DayBreak Center: Stephanie Little Brave, Activities Dir.



Stephanie

Happy holidays!!! We are coming to the end of the year and I want to say thank you. It seems to me that DayBreak's foundation is built on love, faith, hope, and charity, which seem to go with this holiday season. DayBreak recently went through a bit of a transition with Liz's resigning, so I want to thank the participants, volunteers and Anne who moved DayBreak through the transition with love, faith, hope and charity! I know there are many hands and hearts that contribute to DayBreak, too many to mention, but I do want to acknowledge a few. Anne is our hands-on caregiver who has been actively involved in caring for our elders in our community for several years. She has brought in a bright and light feeling to our DayBreak home

and I promise if you come and visit DayBreak, you will feel at home with Anne Haynes in your presence, which is so important for our participants.

Along with Anne are our wonderful and very cheerful volunteers who come in and interact with staff and participants. They bring fresh air in and great ideas and support. I specifically want to thank Sandra Jamieson, for her positively cheerful attitude and loving to get up and dance and get us moving! Sally Linton, who has brought her joy and desire to sing with us every week; Alice Vrooman, the talented piano player who arrives with a beautiful smile and voice to accompany the singing; Jake, whose guitar and voice



Anne, Activities Asst.

bring in a calming and at the same time energizing feel to all who are listening; Mark Remmetter,

Continued on p 7.

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

1st and 3rd Thursdays, 1 - 2pm  
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 meetings with prior reservations.

Call Jan Griffiths, Support Group Facilitator, 208.290.1973 or DayBreak, 208.265.8127 for more information.

Alzheimer's Association  
www.alz.org  
and www.alzwa.org  
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ribbon cutting celebration! She put together the great photo collage and got us on Facebook while she spent the week here. She really enjoyed meeting everyone and sends her hellos!

I hope you had a wonderful Thanksgiving and wish you all a peaceful, calm December! And a happy and healthy new year!

*ellen*

\*Chrisolhanzaadanterlucigiving = Christmas, Solstice, Hanukah, Kwanzaa, Ramadan, Winter, St. Lucia Day and Thanksgiving.



## Senior Spotlight: Marilyn Dillon



For the month of December, we asked Marilyn Dillon to share her story with us. Marilyn joins us on Thurs-

days at lunch. She is a member of the Red Hats at their monthly lunch meeting here at SASi.

Marilyn was born on June 8, 1934 in Lake City, Iowa. She grew up on a farm with her parents, sister and brother. Marilyn has a son, a daughter, 5 grandkids and 2 great grandchildren. She moved to California in 1958 where she worked in two manufacturing

companies where she drove a forklift for 27 years! During this time she was a teamster steward for 10 years. Her first husband, the children's father, passed away at 47. She was married to Dan for 30 years of marriage until he passed in 2005.

Marilyn's son's family lives in Sagle, so she moved to Sandpoint in March 2006. Marilyn has traveled extensively over the years to Holland, Germany, Switzerland, France and Germany. She also visited Scandinavian countries and has seen the beautiful Hawaiian islands.

Marilyn claims to be done with traveling and is very happy

being home in Sandpoint. She loves coming to the center for lunch and the activities.

Marilyn wants you to know, "Kudos to the SASi staff, board, and the kitchen staff who put out great tasting food everyday. Thanks for the Home Delivered Meals Program that helps so many people in the community."

Marilyn truly enjoys coming to SASi, and likes the friends she's made here since she began coming here. Thanks to Marilyn Dillon for being one of our participants!

~~~~~  
Next Month, Karen Walthall!  
Will you be February's Senior?!

## "Happy Birthday to YOU!" December 2015

Geraldine Hugo 12/2  
Craig Royer 12/4  
Karen Squires 12/5  
Lola Rainey 12/7  
Faye McGray 12/7  
Peggy Knowles 12/11  
Nikki Maibaum 12/13



Sheila Welch 12/15  
Betty Overland 12/16  
James Gunter 12/21  
Gordon Spradlin 12/25  
Marcia Hahn 12/25  
Ron May 12/25  
Anita Schoonover 12/26

## Mary's Munchies: Snowballs

2 cups sifted all-purpose flour  
3/4 teaspoon salt  
1 cup (2 sticks) unsalted butter or margarine  
1/2 cup granulated sugar  
1 tablespoon vanilla extract  
1 cup finely chopped pecans  
3/4 cup sifted confectioners sugar

1. Preheat the oven to 325° F; butter 2 baking sheets. Onto a piece of wax paper, sift the flour and salt. In a medium-size bowl, with an electric mixer on high, cream the butter and granulated sugar until

light and fluffy; blend in the vanilla.

2. Using a wooden spoon, stir in the flour mixture, then the pecans. Dust your hands with a little of the confectioners sugar and roll the dough into 1-inch balls. Place 2 inches apart on the baking sheets and bake for 25 minutes or just until light brown. Transfer to racks to cool for 15 minutes, then roll in the confectioners sugar. These cookies keep well in an airtight container for up to 2 weeks; do not freeze them. Makes about 4 dozen cookies. For more, just double the recipe. Enjoy these especially for the holidays!!

## SASi 40th Anniversary and Ribbon Cutting Celebration!



## The Healing Power of Music

By Desiree Aguirre,  
Guest Columnist

We are driven by rhythms — the beat of a heart, the patterns of speech, the cadence of footsteps. From the moment we are born, sound, and rhythm, influence our very existence, which is probably why music has such a huge impact on our lives. As a musician, music has given me a voice, given me purpose in life, and forced my brain to work in new and exciting ways. But you don't have to be a musician to enjoy the healing power of music. In fact, you can just kick back, relax, and listen.

Musical therapists utilize music to improve cognitive



functioning in seniors with Alzheimer's by playing music the patient is familiar with. Music helps stroke victims to relearn how to speak, and sets the pace for people with Parkinson's. Classical compositions help calm patients with cardiovascular disorders, and soothing music helps an individual relax or enter a meditative state.

Best of all, music is accessible, and can be utilized at home. If you have never played an instrument, but have always wanted to learn, buy an instrument and take some lessons. If you enjoy listening to music, turn on the stereo and listen to some of your favorite CDs. Better yet, treat yourself to a night on the town, and check-out some of the local musicians that play around Sandpoint.

For me, music has had a positive impact on my life. Music helped me trudge the precarious and rickety steps of grief after my son died. I listened to songs my son enjoyed and to songs specifically about grief, I learned how to play the banjo, and I started giving my grief a voice by writing songs. In the process, my mental, spiritual, and cognitive processes have improved, because when I learn new songs, I have to memorize new words, practice on a regular basis, and experiment with different instruments. Today, music continues to inspire and amaze me, and I use music to spark laughter, to evoke thought, and to release tears.



# New computers in our computer lab!

Remember this?!



We are so excited to announce the installation of new desktop computers donated by the Bonner County Commissioners! On Tuesday, November 24, 2015, three tech workers from the county showed up with the promised computers. Eldon Renner, Robin Bruhjell and Jake Fite (pictured above right) quickly and professionally installed the six new desktop computers with wonderful large screens! They replaced the

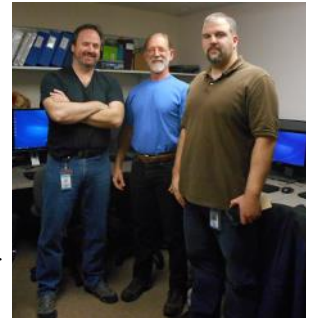
Now we have this!!



laptops which were donated to us from Avista approximately 4 years ago. After a few years, we knew we would like to bring newer more up to date computers. So when the opportunity arose, Ellen was able to get the commissioners to help. Now we can plan some classes again using the new computers. Mike Bauer, Coordinator

from the Life Long Learning

Center from the Library has offered to teach for us. Stay tuned for more information.



In the meantime, they are available for use during our office hours. Once again, we are so grateful to the commissioners, especially Cary Kelly, for extending a helping hand to us!



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**Skyping! Remember the Jetsons?! Whoohoo!**  
Now that we have our new computers, we can Skype!  
That's video chatting...It'll be ready soon. Ask your grandchildren if they have skyping capacity on their



computers! Ask what their Skype name is and the best times to "call"!

Let's get started! Talk to Ellen for more info!

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

## Continued from p 3.

for having a man's perspective of interesting tasks for the guys -- electronics and nuts and bolts and an array of interesting things. Mona Cole was our longest running volunteer, dedicated and dependable for several years and recently made a decision to invest her time with her nieces and nephews — we are sad to see her go. Jan Griffiths, for your passion for DayBreak and all the donations of items you have manifested, and Jan Gordon for tending to the plants in the courtyard and completely engaging each client with games, facts and stories; Katie Moore who brings with her a warm, gentle spirit and kindness; Julie Monroe, my right hand volunteer, for the countless hours that she has put into brainstorming with me, working long hours on policies

and procedures and being a sounding board for ideas. I also want to thank my husband, Quentin and my kids, Jacob, Eleni and Sunk for taking time to come in and help out as needed during our latest transitions.

Most of all, I want to thank our dear participants that staff and volunteers adore. There is such a tremendous amount of knowledge at DayBreak. I, being born in the mid-sixties have had an opportunity to hear history first hand! I am not ashamed to say I flunked US history in high school. It was so boring! In the past year, George Taylor, the patriarch of DayBreak and the longest participant, has made U.S. history interesting. George was a merchant marine and has sailed my imagination to many parts of the world. It was from him that I learned that the government collected bacon grease

from civilians for bomb making during the war. George has developed a love of poetry in me that I before I found to be dreary. And he has also given me a desire to increase my vocabulary. He is a beautiful soul. All our participants have so much to offer. I hope you can stop by and learn a thing or two.

If you know any of the people I have mentioned here, I ask you to reach out your hand and personally thank them for their dedication to DayBreak and our mission.

Happy Holidays, love, light and joy to you all,

Stephanie Little Brave LMSW



AN ASSISTED LIVING COMMUNITY

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**Many thanks to ALL our donors! We simply could not do it without you!**

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

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SASi is a non-profit organization. Your donations are tax deductible!  
We appreciate all of your contributions, large and small!!

**Huge kudos** to the Bonner County Commissioners! Cary Kelly, Todd Sudick and Glen Bailey have blessed SASi with computers! See page 6!



And more thanks to Anita Pew and the Wells Fargo

Community Fund for their generosity for our food program!

## SASI Board of Directors 2015-2016

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Thank you to Mountain Sky Signs and Printing for donating our new DayBreak sign! It's beautiful!



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

**"Serve the needs of others, and all your own needs will be fulfilled. Through selfless action, fulfillment is attained." From the Tao Te Ching, 7th verse.**



Big thanks to CAL (Community Assistance League) for a grant for the new chairs in Day-Break! And as we go to press, they brought a boom box for DayBreak also!

What an amazing group of women!



A big shout-out of thanks goes to our in-house massage therapists, Wilda Andrews and Mary Ellen Largent! Mary Ellen is working the kinks out of Jim Gunter's neck in the photo on the left. THANKS!!



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