

**March
2016**



SASi

SANDPOINT AREA
SENIORS, INC.

**WHAT'S GOING
ON DOWN AT
SASI?**

820 Main Street
Sandpoint, ID 83864
208-263-6860

www.sandpointareaseniors.org
sandpointareaseniors@gmail.com

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. Salad Bar, M/W. Please call ahead for reservations, 208.263.6860.

2nd Annual Spring Crafts Fair

On Friday, March 18th and Saturday, March 19th, 2016, we are hosting our 2nd Annual Spring Crafts Fair.

Crafters from all over the area, have been invited to display and sell their crafts. Vendors will set-up beginning on Friday, March 18th, from 2:30-4:30 pm. The fair will open to the public from 5pm-9pm Friday. The hours on Saturday, will be from 9am-3pm. Once again, there will be spaces available for a fee.

Last year, there were 22 booths filled with handmade crafts and food products. Represented at the fair were soaps, art, jewelry, greeting cards, stuffed animals, jams, aprons and potholders. Tidy Tops adult bibs in tote

bags will be back and are donating 50% of their sales back to SASi! Thanks, Carla! There will be something for everyone!

During the fair there will also be delicious food donated by SASi participants. It's a good time to pick up something for an upcoming occasion or the holidays! Please call or come in for an application.

Everybody is invited to attend, so plan on coming by that weekend and join the fun!

SAVE THE DATE!!!

Plans are now being made for the Annual SASi Fundraiser being held on Saturday, April 23, 2016 at the Bonner County Fairgrounds. The event will consist of a dance

marathon, dinner and dance, silent auction, prizes, casino games, and a raffle drawing for a beautiful stay at a condo in Hawaii.

Festivities will begin at 3pm and continue through the day until 10pm. Competition dancers will have sponsor pledges of a minimum of \$25.00 and will rally for more donations through the evening.

Dinner will be served between 5:30 – 6:30 pm. Tickets for the dinner are \$20.00. Everybody is invited to come and join in. Costumes are optional -- "Roaring Twenties" to present!

For dance marathon rules and applications, please call 208-263-6860 or stop by at the office.



Activities		Dates to Remember
Monday:	Line Dancing 2:00pm AARP Tax Prep 9:30-2:30	3/3 & 3/17 Alzheimer's Support Group 1pm 3/3 DayBreak talk at Library, 6pm
Tuesday:	Intro to Computers 9:30am Bridge 12:15pm Pinochle 12:30pm Board Games 12:15pm	3/8 Chair Massage w/ Mary Ellen 12 - 2 3/8 Benefit for DayBreak, Pend d'Oreille Winery, 4 - 7pm
Wednesday:	Laughter Yoga 10:30am Bingo 6:00pm AARP Tax Prep 9:30-2:30 Plastic Bag Folding for the Food Bank 10am	3/11 Red Hats Luncheon 12pm 3/12 & 3/26 Saturday Dances 1 - 4pm 3/18 2nd Annual Spring Crafts Fair 5pm - 9pm
Thursday:	Wii Virtual Games 9:30am Blood Pressure 10:30am Pinochle 12:30-3:00pm	3/19 2nd Annual Spring Crafts Fair 9pm - 3pm 4/1 April Fools Karaoke 7pm - 10pm

Executive Director's Corner: Ellen Weissman

Each month, when I ponder what to write in this section, I hope that it will be informative and meaningful. With the coming of spring, and our big dance marathon fundraiser, I thought about writing about the benefits of exercise and how important it is to get outdoors.

Then I thought about discuss-



ing technology and how much has changed in our world in the past 25 years. When I look around the room at lunch time or while activities are going on, I want to do a "Vulcan brain meld" with our participants who have seen so much in their lifetime! I want to interview all of you and have your life stories passed on to future generations!

As I pondered further, I

looked at Facebook and found the two pictures inserted here. I look at the woman with all her joy and compassion beaming from her and say, yes! I want to be like her! I want to be like our participants who look at life and say, "I'm here and I'm living life to the fullest!" Thank you for being so inspiring! And for laughing with me!!

ellen

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DayBreak Center: Getting the word out about DBC



Anne Haynes
Activities
Team
Leader

The DayBreak Adult Care Center is a wonderful, yet underused opportunity for families who care for a loved one with memory issues twenty-four hours a day, seven days a week. Here is a safe and loving place they can leave someone for a few hours a day, get a much needed break, and also allow for some fun social interaction for their family member. Scholarships are available for those in financial need. Come find out more at a couple of awareness raising events coming up!

At the Sandpoint Library, 1407 Cedar Street, DayBreak Center has a display until March 15. Go by and check out the information and images of fun things we do at DayBreak. Building on that, the library is hosting a presentation about the DayBreak Center on Thursday, March 3, from 6-7:00 pm. We hope those who are interested in finding out about this

resource in our community will come and get their questions answered. There will be speakers talking about how the center operates and what it might be like for their family member to be there, and also information on Alzheimer's and Dementia.

On March 8, the Pend d'Oreille Winery, 301 Cedar Street in downtown Sandpoint, will host a Sip and Shop Fundraiser from 4pm -7:00pm for DayBreak. Please come have a glass of wine, a bite to eat, buy a gift or a case of wine, and 10% of your purchase will be donated by Pend d'Oreille Winery back to the center. Bring your friends to support DayBreak and help spread the word.

If you can't make it to these events, stop in and visit Tuesdays, Wednesdays or Thursdays from 9:30am - 4pm!

Anne

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
800-272-3900



Check out the DayBreak display at the Library until mid March! Presentation on DayBreak at the Library, Thursday, March 3, 6pm

DayBreak Fundraiser at Pend d'Oreille Winery! Tuesday, March 8th, 4-7pm with local guitarist, Jake Robin



It's Time to Take a Look at Your Coverage!

Call Shahna Smith Reed, our health and life specialist, for a complete evaluation of your health insurance needs. We provide lots of affordable coverage options — ACA, Medicare, Medicare Supplemental, AFLAC, group and individual policies.

Medicare Open Enrollment is October 15th - November 7th
ACA Open Enrollment is November 1st - January 31st

208 265-1888 476653 Hwy. 95, Suite 3 in Ponderay



Senior Spotlight: Doug Fraser, AARP Tax Volunteer



During tax season from February-April, Doug Fraser is one of the AARP tax volunteers who help many people who need assistance with their taxes.

Getting to Sandpoint began 13 years ago when he and his wife, Sandra, moved in 1978 from Sierra Madre, Ca., to Umpqua, Oregon. They lived there for 6 years before relocating to the Puget Sound area. They had glorious views of sunsets, Gig Harbor, and the Tacoma

Narrows Bridge. During this time they enjoyed building and remodeling homes.

After dear friends decided to retire to Sandpoint, Doug and his wife also thought Sandpoint to be a good home for them. They had the good fortune to acquire the home on Lake Street that was built in 1903 by Grandma Moon. It became a major refurbishing project that has proven to be worth the time and effort. So much so, the house has helped Hospice during their Christmas and summer garden tours. Their extended family of 6 children, grandchildren, great grandchildren, have all enjoyed many

visits to this house.

Doug states, "The friendly and warm nature of the Sandpoint community is a constant reminder of how happy we are to be here. The opportunity to help folks with their taxes at SASi is a real privilege and mostly lots of fun."

We also want to thank you, Doug, for your dedication for the past 6 years in assisting the many people who use the AARP tax program!

"Happy Birthday to YOU!" March 2016

Anne Haynes 3/4
Shakura Young 3/5
Laverne Reams 3/7
Shirley Shaffer 3/9
John Chellman 3/9
Doug Fraser 3/16
Diane Belwood 3/18



Kathy Spracklen 3/19
Ian Stevens 3/22
Barbara Spade 3/22
Martha Bridges 3/25
June Mosher 3/28
Dan Blood 3/28

Mary's Munchies: Green Velvet Cake for St. Patrick's Day

- 1 1/2 cups oil
- 2 eggs
- 1/2 teaspoon green food coloring
- 1 tablespoon vinegar
- 1 cup buttermilk
- 1 1/2 cups sugar
- 1 teaspoon vanilla extract
- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt

1. Combine eggs, sugar, oil & vinegar in bowl.
2. Mix well.
3. Sift flour, baking soda & salt together.
4. Add to egg mixture alternately with buttermilk, mixing well after each addition.
5. Blend in vanilla and food coloring.
6. Pour into 3 greased & floured 8" cake pans.
7. Bake at 350° for 25 minutes.
8. Cool.
9. Frost between layers, top & side of cake.

Encoder Hawaiian Condo Raffle Begins! Kudos!



The Sandpoint Area Senior Center is once again selling tickets to raffle for the condo in Hawaii that is being generously donated by Encoder Products, in Sagle, Idaho. This beautiful Kanaloa Condo is located in Kona, Hawaii. The 2 bedroom ground level oceanfront unit sleeps 4.

The property offers many amenities such as swimming pools, tennis, shopping, and close by restaurants. Rent a car and explore volcanoes and other

attractions. The condo is available are from May 29– June 8, 2017. These are the only dates available and airfare is not included.

Ticket prices are \$5.00 or 5 for \$20.00. The winning ticket will be drawn on Saturday, April 23, 2016, at 8pm at the SASi Fundraiser. For more information, please call the office at 208-263-6860.



We Love Our New Parking Lot!

For some time I have noticed how much we appreciate things that we have acquired through our own efforts, as compared to things that are given us, or always had.

As I drove into our beautiful new parking lot today, I noticed how nice it is. I thought about all the efforts put forth that made this happen. As I got out of my car, walked up to enter the building, I noticed how safe it felt under my feet, and I realized I may never have seen all this if it had always been there.

Kudos! to all the people who helped make this great improvement.

Lee McLeod, *SASi Participant*

Prostate Problems

By Desiree Aguirre,
Guest Columnist



For men, prostate problems are especially frightening, as the prostate is the gland that makes sex possible. And men don't like to have that gland messed with. Speaking from the female side of the equation, I would much rather have my partner healthy, and urinating properly, even if that means removing the prostate. For me, a loving and healthy relationship is more important than sex.

As men age, their prostate, an organ located beneath the bladder

that produces semen, can become problematic. The risk of prostate cancer among men in the United States, increases with age. In addition, the prostate can swell, which can strangle the urethra, making it difficult, or impossible, to urinate properly. If you are a male and experiencing painful urination, or issues urinating, you might have prostate problems.

Fortunately, prostate difficulties can be dealt with successfully. A prostate biopsy, a cancer screening that takes about 45 minutes, will help determine if you have prostate cancer. In many cases, prostate cancer is a slow cancer, and can be treated with hormone therapy, surgery, radiation, and/or chemotherapy. Numerous medications can be prescribed that help shrink an

enlarged prostate, and if herbal supplements are not sufficient, laser surgery, usually an outpatient procedure, will reduce the size of the prostate so that the flow of urine can return to normal.

Every man's system is unique, but in general, eating nutritiously, avoiding junk food and tobacco, not drinking too much alcohol, and exercising daily are the best medicine. If prostate issues rear their ugly head, remember that the woman in your life will continue to love you, even if you have to have your prostate removed.

AARP Tax Season, Rita and Loren turn 90!

Tax Season is once again upon us. The volunteers from AARP are here to assist you with your tax returns on Mondays and Wednesdays from 9:30-2:30 pm.

Appointments are now being made by calling the office at 208-263-6860, or by coming into the office. There is no charge for this service, however, we greatly appreciate all donations. Tax season has been extended to April 18th, 2016.

Make sure to bring in your 2015 tax papers including any information you might have pertaining to the "Obamacare" insurance. That form is 1095 A and is needed to process your return if you are signed up for it.

To celebrate Rita Beehler's 90th birthday, her son, Frank Cafferty, provided a big, yummy birthday cake which was shared by all who had lunch here on Thursday, February 11th. It was also our Valentine's Day dinner. Rita looked lovely in her pink top along with a beautiful scarf. Friends gave her cards and lots of birthday wishes.



After a wonderful lunch, we all sang Happy Birthday to her. Thanks to Frank for the delicious dessert!



Loren Vanek also celebrated his 90th birthday at the Saturday dance!

Congratulations to you both! You are very inspiring!



Bounty Select-a-Size Paper
Towels, Toilet Paper, White Pump Hand

Soaps, Paper Napkins, Dawn Soap, Interior/Exterior Paint, Food Processor, Toaster Oven, Dishwasher and Volunteers for DayBreak, Hugs and Kisses!



Wednesdays, 6 pm

\$2.00 per card

Just show up and have fun!!



Saturday Dances, March 12th & 28th

1-4 pm Dress in **Green!**



Potluck lunch! Music by "Country Plus!"

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

Wii, Anyone? Virtual Games!

Thursdays, 9:30am For more info and to sign up, see Emmy at the front desk!

Board Game Tuesdays! 12:15pm

Come join us on Tuesday afternoons from for Board Games! Scrabble, Mexican Train Dominoes, Backgammon and more!
Stay till the Center closes at 3pm!

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! Let us know!

Raffle Winners, Karaoke and more



Janet Vetter (l) and Martha Bridges (above) won the Afghans raffle! Thanks to all of the ticket holders! We raised \$73 for SASi!



Red Hats meet on second Friday for lunch! Lots of fun!

Karaoke is a hit! Nearly 20 people showed up for an evening of singing and dancing last month! "When will we do it again?" was the often heard comment!



Come back on April Fool's Day (in costume if you want!) and we'll be back at it! Thanks to Rich Speidell and Gayle Williams for setting up the equipment and leading the night! The room was transformed by awesome volunteers and the vocals were fabulous! See you on April 1 at 7pm!



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(208) 263-1524 www.thebridgeatsandpoint.com



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advertising in our newsletter?

Or on our website?

Call for rate information, 208.263.6860.



A big shout-out of thanks goes to our in-house massage therapist, Mary Ellen Largent! Mary Ellen is working the kinks out of Jim Gunter's neck in the photo on the left. She will return on Tuesday, March 8, 2016 from 12 - 2pm in the conference room.

Dance Marathon
SASi Annual Fundraiser!

Saturday, April 23, 2016
Bonner County Fairgrounds
3pm - 10pm

Dinner from 5:30 - 6:30pm
\$20 (includes dinner) \$10 (dancing only)

Dancing • Entertainment • Casino
• Silent Auction • Prizes!

Hawaii Condo Raffle Drawing! 8pm

All Ages Welcome

Help Seniors!
Have Lots of FUN!

SANDPOINT AREA SENIORS
Pick up applications and rules at:
820 Main Street, Sandpoint, Idaho
208.263.6860 • sandpointareaseniors@gmail.com
www.sandpointareaseniors.org

Costumes - Optional -
Winning 20% to the present!

Competition: 3pm - 9pm
Check-in: 2pm

Donors

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

\$5 DOLLAR A MONTH CLUB

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We also wish to thank the following folks for being generous donors to SASi:
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"Grow old along with me! The best is yet to be." Robert Browning

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

Sandpoint Area Seniors, Inc. (SASi) is funded primarily through grants and *your donations!* We receive reimbursement monies from the Area Agency on Aging in Coeur d'Alene which receives funding from the Idaho Commission on Aging which is funded from the U.S. Government Older Americans Act. This funding covers approximately 1/3 of the costs of our meals programs and limited scholarships for DayBreak participants. It does not provide funding for operating funds. SASi currently is providing approximately 2,000 meals a month, both in-house and through home-delivered meals to the entire Bonner County; respite services for four families in the DayBreak Center and is a center for social, health and educational classes and events monthly. Stop by to learn more! 820 Main Street, Sandpoint. Info: 208.263.6860.

\$7.50 pays for a meal and \$10.00 pays for an hour of care at DayBreak. Unless specified, donations are split equally for operating expenses, the food program and the DayBreak Center. Please join us in thanking the above donors who give monthly, yearly and spontaneously to help us keep our doors open!! SASi's Staff and Board of Directors

Will you become a "SASi Jewel Donor"?

\$1 - \$499 Garnet	\$2500 - \$4900 Emerald
\$500 - \$1499 Sapphire	\$5000 + Diamond
\$1500 - \$2499 Ruby	

I/We want to help Sandpoint Area Seniors, Inc. keep the doors open! Drop off or mail to: SASi, 820 Main Street, Sandpoint, Idaho 83864

Name _____ Email _____

Address _____ Amount \$ _____

For _____