Volume 3 Issue 3

April 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.

Annual Fundraiser April 23rd!!

Do you love music? Do you love to dance? Come to the Annual Fundraiser, dance the night away and support seniors!!

Tickets are being sold right now for our Annual Fundraiser which will be held on Saturday. April 23, 2016, at the Bonner County Fairgrounds from 3pm-10pm. A sumptuous pasta and salad dinner provided by several local restaurants will be available from 5:30-6:30 pm. There will be outstanding silent auction items, casino games, a raffle for a vacation at a beautiful condo in Hawaii, and SASi's first ever (and possibly, Sandpoint's first ever!) Dance Marathon going on all day during the event! Dancers will dance to the

tunes "spun" by DJ and local musician. Jake Robin. Competitors will have pledges with the proceeds going to support SASi's valuable programs. The cost of a ticket is \$20.00. Or, for a \$10.00 ticket, you may come for the afternoon or evening, dance on the dance floor, watch the marathon dancers. participate in the other activities (this price excludes dinner). Tickets for children under 12 years old are \$10.00 including dinner. Holding this fundraiser at the fairgrounds will give us ample room in which to accommodate more people than in previous years.

Silent auction items will consist of gift certificates, hotel stays, season passes, artworks, handmade items, all donated by local businesses. The raffle for the condo in Kona, Hawaii has been once again donated by Encoder, Inc. The winner will be drawn at 8pm on the evening of the fundraiser. Tickets for the raffle are on sale for \$5.00 each or \$20.00 for 5 tickets.

This is a community event!! The music will be from the 20s to the present and will go nonstop! Top of the hour breaks will have ballroom dance demos. Please spread the word!

So save the date!! Sign up and compete or just come and have a blast!

Saturday, April 23!



Activities

Line Dancing 2:00pm

Line Dancing 2.00pm

AARP Tax Prep 9:30-2:30

Tuesday: Intro to Computers 9:30am

Monday:

Bridge 12:15pm Pinochle 12:30pm

Board Games 12:15pm

Wednesday: Laughter Yoga 10:30am

Bingo 6:00pm

AARP Tax Prep 9:30-2:30 Plastic Bag Folding for

the Food Bank 10am

Thursday: Wii Virtual Games 9:30am

Blood Pressure 10:30am

Dates to Remember

4/1 Karaoke & Dance night 7-10 pm

4/7 Alzheimer's Support Group 1:00 pm

4/8 Red Hats Luncheon noon

4/9 Saturday Dance 1:00-4:00 pm

4/18 Casino Bus Trip 8:30am-4:00 pm

4/21 Alzheimer's Support Group 1:00 pm

4/23 Annual Fundraiser — Dance Marathon

3:00-10:00 pm Fairgrounds \$20.00

4/29 National Volunteer Month Tea

11am-12:30 pm

Executive Director's Corner: Ellen Weissman

Spring has sprung! And with it, we can truly enjoy the fruits of our labors out in the parking lot! It is safe and beautiful! I learned so much on that project and am grateful to so many who did so much! (Never in my wildest dreams would I have imagined being excited about a parking lot!)

Having the ribbon cutting celebration last fall shifted our annual fundraiser to the spring. And such a glorious spring has begun that I want to dance to celebrate! How convenient that we will have lots of dancing at the fundraiser!

Did you know that dancing has many positive benefits to health?! It has a wide range of physical and mental benefits



including: improved condition of your heart and lungs; increased muscular strength, endurance and motor fitness; increased aerobic fitness; improved muscle tone and strength; weight management; stronger bones and reduced risk of osteoporosis. Also dancing can improve balance and spatial awareness, coordination, agility and flexibility, physical confidence and

mental functioning! Dancing can be a way to stay fit for people of all ages, shapes and sizes! It is also a great way to build greater self-confidence and self-esteem, social skills and meet new friends!

There are many forms of dance and we'll see some demonstrations at the top of the hours at the fundraiser. Next to the competitor's dance area will be an open dance floor for all ages and types of wiggling! After all, if you can walk, you can dance! No excuses allowed!

Lots of fun awaits us on Saturday, April 23rd at the Fairgrounds! I hope to see you there!

Happy Spring!

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DayBreak Center: Spring Is Sprung With Changes



Anne Haynes
Activities
Team
Leader

We don't need to shovel the walk at the Day-Break Center any longer and the crocus are up in the yard! The swallows are back and I saw my first Osprey of the season, both welcome harbingers of spring.

We have two new activity assistants at DayBreak and we are lucky to have both these lovely ladies with us. Lynn Harpe, who is one of the cooks at the Senior Center which puts together the delicious meals for the seniors in house and Home Delivered Meals recipients, is now working with us on Tuesdays. She has lots of experience as a caregiver. We love her bubbly personality and gentle way with the clients. She had the clients laughing as they tried out a new game of 'I Spy' the other day and plays a mean card game.

Adrianne Bellucci brings a delightful, fiery Italian energy and keeps us all on our toes on Wednesdays and Thursdays.

Adrianne has worked with seniors for many years, has taught classes in Spanish, and substitutes in school. She trades Italian phrases with one of the participants, is a wizard at crossword and pulled together an amazing Bunny Cake for Easter out of a pumpkin bread mix that had been donated by Sally, one of our volunteers.

Speaking of volunteers, April is National Volunteer Month. We acknowledge and thank our dedicated volunteers who give us their time, energy, caring, creativity and heart! They join in with games and conversation creating a fun, social environment for our senior participants. The DayBreak experience is much richer because of their presence and efforts.

Due to an Alzheimer's Foundation grant we received, there is new Scholarship money available for seniors who might need some help attending DayBreak Center at the \$10/hour fee. Please call Ellen at 263-6860 or Anne at 265-8127 for more information

Anne

THANK YOU, CAL! DayBreak's new dining table is pictured (r) next to participant, Claire, trying out the new recliner! 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 Griffitts, 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





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



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Senior Spotlight: Suzi Yeager, Pinochle Player & Arts Lover

This month we are featuring Suzi Yeager who showed up last year wanting to play Pinochle with the group. Suzi has become one of the "gang" so we wanted to include her.

Suzi was raised in Olympia, Washington, second oldest of six children. After a year of college, she headed off to New York City to be a nanny for a family there. Her second year there, she met a friend from Argentina who taught her Spanish so that she could converse with some of the family members that didn't speak English.

In 1974, Suzi was invited by her sister to join her in Hawaii. She left NYC and went to Oahu intend-

ing to only stay for one semester of college. What was to be only 4 months in Hawaii turned out to be nearly 25 years later. She studied Art for a year before getting hired as a Flight Attendant for Pan American Airlines. Thanks to her being bi-lingual, she was able to travel the world and see many great destinations.

After leaving Pan Am, Suzi got married barefoot on a beach in Hawaii and had three sons. During this time, she managed to get her BA in Sculpture and did three life size sculptures. Suzi moved to Spokane in 1997, and to Sandpoint in 2004 and is now a proud grandmother of two



grandchildren with one on the way! Her youngest son and the kids are still in Hawaii, so Suzi looks forward to her trips back to see them.

Suzi enjoys the arts, gardening, teaching, family, Pinochle, and friends. She's been a great addition to our SASi family!

"Happy Birthday to YOU!" April 2016

Karl Fuchs 4/6
Ed Bittner 4/7
Joyce Boeck 4/16
Harold Overland 4/16
Kevin Savage 4/16
Bud Vanek 4/17
Marge Luther 4/20



Les Wood 4/20 Ove Gunnarson 4/21 Betty Johnson 4/23 Darrell Ewing 4/25

Mary's Munchies: Cookie Cheesecake Squares

1 roll (20 ounces) refrigerator sugar or peanut butter cookie dough.

1 cup strawberry (or any flavor) preserves 1 package (8 ounces) cream cheese, softened 1 cup dairy sour cream 1/4 cup sugar 1 egg 1/2 teaspoon vanilla extract

Chill roll for 1 hr. in freezer before slicing. Preheat oven to 375° F. Cut roll into 1/4-inch slices. Place

slices slightly overlapping in bottom of an ungreased 13 x 9-inch pan to form base.

- 1. Bake at 375° F for 12-15 min. or until puffy and golden brown. Carefully spread preserves on hot cookie layer with pressure.
- 2. Combine cream cheese, sour cream, sugar, egg and vanilla in a large mixer bowl at medium speed until smooth. Gently spread cheese mixture over preserves.
- 3. Bake at 375° for 25 to 30 min. or until surface is dry and edges are lightly browned. Cool on rack.

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Encoder Hawaiian Condo Raffle Drawing 4/23/16



SASi 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

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 208-263-6860. You do not need to be present to win.

> You may now use credit cards for your donations and purchases at SASi! Call the office for more information.



Silent Auction items include:

2 Festival at Sandpoint 2016 season passes

Golf packages

SWAC membership

Original artwork and photographs

7 nights at Pend Oreille Shores

Crocheted and quilted baby blankets

Two 1-day Silverwood tickets

La Quinta Hot tub suite

Panhandle pies for a year

Garden hook

Pet supplies And more!

Spring Recipe: Crustless Spinach Pie

By Desiree Aguirre, **Guest Columnist**

The days have begun to stretch out, and my taste buds are eager to try new recipes to hearken



the arrival of spring. While perusing the Internet, I discovered this fast, easy and tasty recipe for crustless spinach pie.

I remember when cooking a healthy and nutritional meal was a big deal—after all, I had growing children and wanted to ensure that they received all the vitamins and nutrients they needed for their growing bodies. Now that I am usually home alone, cooking has become different. For instance, my grocery bill is less, and I can stretch one meal into two or three

dinners by freezing leftovers.

At first, I found it difficult to prepare meals just for one or two, but by focusing on my own nutritional needs, and deciding to take the same care and energy as I did for my children's meals, I have found new joy, and several new recipes, that keep me healthy and keep my belly happy.

Crustless Spinach Pie, an uncomplicated recipe, doesn't take long to prepare, and results in a delicious and healthy meal that includes the four major food groups. Best of all, it tastes scrumptious.

Ingredients:

2 tablespoons butter

2 eggs (large)

1/2 cup flour

1/2 cup milk (1%)

2 garlic cloves (minced, or 1/2 teaspoon garlic powder)

1/2 teaspoon baking powder

4 ounces mozzarella

2 cups spinach (chopped, fresh)

Preparation:

- 1. Preheat oven to 350 degrees.
- 2. Melt butter or margarine in an 8" baking pan.
- 3. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach.
- 4. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown.

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Last Call for 2015 Tax Season, Casino trip

Time is running out if you haven't yet filed your 2015 Federal Income taxes. Our AARP tax volunteers are still taking appointments up to the final day of Monday, April 18, 2016. We have been so pleased with the turnout so far. With our ever expanding reach into the community, we have increased the amount of appointments with lots of new people who need assistance with their returns. Many thanks to Karen Squires, Doug Fraser, Randy Carpenter, Nancy Witte and Bruce Wendle for another year of their service. We will see them again next tax season!

We want to send a big thank you to Doris Nuss for donating a toaster oven to the DayBreak Center!!

THANK YOU, CAL! (the wonderful women of the Community Assistance League)! Our new defibrillator will be mounted in

Get ready to sign-up for our Spring Casino bus trip on Monday, April 18, 2016. It's been a cold, long winter and we know you want to go to the casino in Worley. You're welcome to bring friends along! The bus picks you up here at SASi, and brings you back by 4:00 pm. There's no charge—just go and have fun. Plan on having lunch and win some money! Just sign-up at front desk. The casino

requires at least 15 passengers to go. For more information, please call

Thank you, Pend d'Oreille Winery for your fabulous support of the DayBreak Center with the Sip and Shop on March 8th! Not only was it a fabulous evening, but we also raised \$152! And Jake Robin's voice is fantastic!



April is National Volunteer Appreciation Month. We rely on volunteers to deliver our meals to home bound families and help in the DayBreak Center. Volunteers have also helped in the office and kitchen. To thank the many volunteers who give so generously of their time, we are hosting a Tea on Friday. April 29, 2016, from 11-12:30 pm. Anybody who volunteers for the programs and activities we have at SASi are invited to attend. For more information. please contact the office at 208-263-6860. We look forward to seeing you!!



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

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

the hallway to the kitchen soon! Hopefully we will never have to use it!!!



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!



Saturday Dance, April 9th 1-4 pm. Potluck lunch! Music by "Country Plus!"

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!

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Karaoke & Dance Night Returns April Fool's Day

GOING BACK

Back in the day, my hair was so shiny, My torso was trim, and so was my hiney.

I was so hot!

But now I'm not.

And my boobies became oh, so tiny! Cheerleader supreme, I yelled for my team.

I had lots of dates as well.

Now my hair has turned gray,

My back has a sway,

And my body has just gone to hell!

I'm old and I'm fat, and on top of that

I just don't appeal to the men.

Yet I'll say with pride, life's been a great ride And I'd love to start over again!

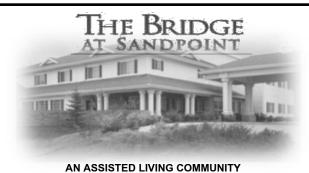
Gayle Williams



Karaoke is a hit! Over 20 people showed up for an evening of singing and dancing on April Fool's!

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! Again, "When will we do it again?" was the often heard comment! We'll keep you posted!





1123 North Division Street, Sandpoint, Idaho 83864 (208) 263-1524 www.thebridgeatsandpoint.com

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Would you like to support SASi by 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 (above). She will return on Tuesday, April 12, 2016 from 12 –2pm in the conference room.

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Donors

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

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We also wish to thank the Diamond Anita Pine, Sapphire

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2015-2016

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Adele Martin - Volunteer Coordinator

"Every Spring is the only Spring — a perpetual astonishment." Ellis Peters

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 We can now take Credit Cards!

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