

**May  
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.

# SASi Fundraiser a Success!!!

The SASi Board of Directors and staff want to thank all of you who attended our Annual Fundraiser on Saturday, April 23, at the Bonner County Fairgrounds. It was a successful event and we have heard from many that they had a great time.

We had a dancing demonstration put on by Diane Peters and her group of dancers. Jake Robin was DJ for the night, and he played an extensive array of music which got many of the guests up and dancing. The games organized by Angie Aller, from The Bridge, had volunteers, including Vegas involved, looking quite dapper!

Thanks to local restaurants and our very own SASi Café, we served a delicious dinner which was catered by Ivano's, Trinity at the Beach, Winter Ridge, with dessert by Tango Café, beer from

Mickduff's and wine provided by the Pend d'Oreille Winery. Debbie Love from the Bonner Community Food Bank and Patricia Walker from the Panida helped to serve the wine and beer to the thirsty guests.

The many silent auction items were bid on and we are happy to say most everything went to happy bidders. The condo in Kona Hawaii donated by Encoder, Inc. was won by Travis Williams, son of board member Gayle Williams. At the Thursday lunch, he announced that he was giving it to his mom who had actually sold him his ticket! Not a dry eye was in the room!

A message from SASi Board President, Bruce Wendle: There just aren't enough thank-yous to go around for the recent fundraiser we had for the

center. The board itself gets its fair share. The ladies of the board outdid themselves in setting up the fair grounds and making it all come together. If you get time and enjoyed yourself, save a few thank yous for all of them. They deserve it.

Ellen deserves her share also. She did an awesome job and should be given a lot of the credit for its success!

A special "thank you" also goes out to Karen Squire and her AARP tax crew. They handled 500 tax clients and provided the Center with almost \$3000 in donations. Good job gang!

The amazing part of all this is that most are all volunteers all devoting their time because they enjoy doing the work.

We can all be thankful that we have such a group of wonderful people working for us.

Bruce Wendle  
President of Board Directors

Activities		Dates to Remember
Monday:	Line Dancing 2:00pm	5/5 Alzheimer's Support Group 1:00
		5/5 Idaho Gives All Day
Tuesday:	Bridge 12:15pm	5/7 Health Fair BGH Parking Lot
	Pinochle 12:30pm	10-2:00 pm
	Board Games 12:15pm	5/10 Carol Cory, Nutritionist, 11:20am
Wednesday:	Laughter Yoga 10:30am	5/10 Sip & Shop at Pend d'Oreille
	Bingo 6:00pm	Winery 4-7 pm, 10% goes to SASi
	Plastic Bag Folding for	5/13 Red Hats Luncheon Noon
	the Food Bank 10am	5/14 Saturday Dance 1-4:00 pm
Thursday:	Wii Virtual Games 9:30am	5/19 Alzheimer's Support Group
	Blood Pressure 10:30am	5/27 SASi Board Mtg. 10:30 am
	Pinochle 12:30-3:00 pm	5/28 Saturday Dance 1-4:00 pm

## Executive Director's Corner: Ellen Weissman

May is such a great month! The flowers are in bloom and the sun is (usually!) shining! And we celebrate mothers! Some of the hardest working people around!

I've been reflecting on how hard my mom worked. For the most part, she was a stay-at-home mom raising four children (whew!), and she also volunteered for the local schools and hospital, later working in the junior high school library. One day, we added up how many meals she probably prepared over her life and we came up with over 65,000! Double whew!

She would often say, "Live and Learn" when life had a way of teaching its lessons, usually after making a mistake of some kind. Recently, thinking about that phrase, I heard my mom's voice say



it again, only this time she was shouting it separately, as in "Live!" and "Learn!" She had never said it that way, but for some reason, I suddenly imagined her saying it that way this time. She was an advocate of living life to its fullest and being a lifelong learner, but I never equated the phrase with something positive. It was always "Live and Learn" with a lilt in her voice like "Here we go again!"

As I reflected on this new inter-

pretation, I realized that meeting and being around so many vibrant elders has renewed my belief that lifelong learning is crucial to living a long life! Staying active and learning something new every day (another of her favorite phrases!) is really important to longevity. She was also a huge proponent of laughter and daily hugs! She once gave me a 3x5 card that said "Sense of Humor" on it and told me never to lose it! She said 4 hugs a day were necessary for maintenance and 8 were even better!

So, in honor of all the mothers out there, may you have lots of hugs and learn something new! Happy Mother's Day!

*ellen*

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## DayBreak Center: Exercise Is Key, People!



Anne Haynes  
Activities  
Team  
Leader

Flowers have been blooming all over, the lilacs in my yard are about to pop and it is not even May yet as I write this. At DayBreak, we have three flower



pots already planted with our participants' help and a few others prepared to put flowers in the next couple weeks. This tells you we have been able to spend time out on our patio, which gets our participants moving around a bit more and enjoying the fresh air and sunshine. We have had the horseshoes out and George is again taking a daily walk around the block, weather permitting. I would like to start including as many participants in that endeavor as we can.

More and more evidence today tells us how important exercise is to health in so many ways. Of special interest to me recently is a 2013 study I came across done by Professor Peter Elwood and a team at Cardiff University. It followed over 2,235 men for 35 years and found that exercise was the main behavior of five healthy behaviors that influenced the incidence of dementia. The other four behaviors were non-smoking, a low body weight, a healthy diet and low alcohol intake. "The people who consistently followed four or five of these behaviors experienced a 60 percent decline in dementia and cognitive decline with exercise being the strongest mitigating factor – as well as 70 percent fewer instances of diabetes, heart disease, and stroke, compared with people who followed none." This study is also discussed in the second chapter of The Brain's Way of Healing by Norman Doidge, M.D. In the world of health 60 or 70 percent is huge. I'll take that challenge on! How about you? Whether with simple will power and discipline, or, for more fun, with a sense of adventure and play, it might be a good season to start moving.

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 C 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](http://www.alz.org)  
and [www.alzwa.org](http://www.alzwa.org)  
800-272-3900



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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: Dorothy Kohne



For the month of May, we asked Dorothy Kohne to be in the spotlight. Dorothy has been on the

SASi Board of Directors for the past several years. Dorothy was born in Whitefish, Montana, where she lived for 27 years.

Dorothy married Gene Pedersen on July 15, 1952. They lived in West Glacier and had four children, a girl and three boys. In 1964, her husband Gene and their

son Jeff went fishing at Hungry Horse Dam. Sadly, they did not return as both of them died on that trip. Their son was only 8 years old. After this tragedy, Dorothy moved to Post Falls to be near to her mother. She moved to Priest River and worked at Albeni Dam. She then married Calvin Kohne and bought a convenience store and gas station in Old Town named DJ's Super Stop. They owned it for 7 years and then sold it as well as the house. She then moved to Sagle in 2005. Her husband passed away also in that year. Dorothy went to work for the IRS and got involved in the

AARP Tax Program for 27 years. She enjoyed doing this and implemented programs for the northern counties in Idaho.

Dorothy began a garden program where they plowed people's gardens. She was chairman of the Lewiston and Coeur d'Alene Community Action Boards.

Dorothy's friend, Dolly and she started coming to SASi to play Bingo. Dorothy is active on the board, plays Bingo every week, and enjoys her time at SASi. Thanks, Dorothy, for your service!



## “Happy Birthday to YOU!” May 2016

Barbara Blood 5/7  
Helen Suits 5/8  
Jackie Peters 5/13  
Ellen Weissman 5/15  
Adele Martin 5/15  
Bill Otis 5/15  
George Hepburn 5/16



Nettie Allen 5/17  
Mary McGinnis 5/17  
Tom Peters 5/19  
Dorothy Johns 5/20  
Lew Emerson 5/25  
Paul Graves 5/26  
Regina Hammack 5/26

## Mary's Munchies: Quick & 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.

## Save the dates!

### Upcoming events:

#### *Thursday, May 5th Idaho Gives!*

Last year, over a million dollars was raised statewide in a 24 hour period!

Once again, this year, SASi's tech lab will be available for anyone wishing to go online and make a donation to our many local awesome non-profits, including SASi!

SASi can receive online donations at <http://idahogives.razoo.com/story/Sandpoint-Area-Seniors>. You can also go directly to SASi's website, [www.sandpointareaseniors.org](http://www.sandpointareaseniors.org) and click on the "Donate Now" Razoo button on the first page!

#### *CPR Training!*

On Monday, May 9th at 1pm, the EMTs will be here to teach the staff

and board of directors CPR and Defibrillator training! Preparation is key, but hopefully we will never have to use it! If you are interested in joining the class, let us know!

#### *Health Fair!*

On Saturday, May 7th, SASi will participate in the Chamber of Commerce /Bonner General Health Fair at the Hospital's new parking lot. The Health Fair will be held from 10am until 2pm. If the weather turns to rain, there will be an indoor space provided.

#### *Lunch and learn!*

On Tuesday, May 10th, Carol Cory, nutritionist from Area Agency on Aging, will be here with a short educational and informa-

tional appetizer before lunch at 11:20am.

#### *"Sip and Shop"*

On Tuesday, May 10th, there will be another "Sip and Shop" at the Pend d'Oreille Winery from 4-7pm. The winery will be giving SASi 10% of the proceeds from sales of wine, food and merchandise in their gift shop. SASi greatly appreciates the support of POWinery!!

#### *Senior Net meets the Geezer Forum!*

Tuesday, May 24th, the Senior Net will present at the Geezer Forum and talk about area services for seniors! 2:30pm at the Columbia Bank Tango Cafe.

## Spring Recipe: Sailing With Grief

By Desiree Aguirre,  
Guest Columnist

Three days before I set off to sail on the Liberty Clipper, a vintage tall sailing ship reminiscent of a pirate ship, Rex Mayo, my 54-year-old baby brother, dropped dead from a massive heart attack. We were in a state of shock, as Rex was in good health and had no signs of heart problems. My family insisted I embark upon my vacation, which I had planned and saved up for a year.

With mixed emotions, I left on my journey, worried about my sister and mom, and unsure as to whether or not I would be able to enjoy myself. While the ocean soaked up my tears, my family



made arrangements for the memorial.

I returned, rested and a bit sunburned, with a fresh perspective on life, and new insights into the grieving process. It felt like I had gone on a walk about (sail about), and that my brother had taken the journey with me. We talked about old times, we swam in the blue waves, and we walked on sandy pink beaches. Rex assured me that he was happy I had gone on my trip, because according to Rex, life is short, and right now is the time to step up to the plate and embrace it.

The family is gathering for the memorial, and our tears continue to fall, because we are left missing the brother, Uncle, friend, cousin, that always had our back.

His early departure leaves a gaping hole in our lives, and we are left trying to figure out how to get along without him. And then I see him on the aft of the Liberty Clipper, helping the crew pull up the main sail, and his is smiling, the sunshine a halo above him, the waves dancing in blue, and I know he is free.

My brother didn't care about material possessions. He cared about people, kids, family, and friends. He didn't hold grudges, he worked hard, and he was always willing to help. He never asked for anything in return. Today, I will honor my prince of a brother by acting with kindness and compassion, by reaching out to help others, by forgiving early and often, and by remembering to live in the moment, here and now.

# Wii Bowling & Fundraiser pics!!

On April 26th, our Thursday Wii bowling group had a friendly competition with the bowling team from Alpine Vista. They'll be coming back for a rematch on Thursday, May 26th!



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Wednesdays, 6 pm

\$2.00 per card

**Just show up and have fun!!**



Saturday Dance, May 14 & 28, 1-4 pm.

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!

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!



# Thank You, Thank You to All!!

*Thanks to everyone who made  
the Annual Fundraiser so much fun!!*

Thank you to everyone who attended the event and to those who purchased raffle and silent auction items. The success of any event is made possible by people like you who give of your time and money to be there and help make events such as this possible. Those who attended were treated to fabulous food provided by Ivano's, Tango Café, Trinity, Winter Ridge and SASi's own kitchen. Thank you, local restaurants!

Special thanks to Encoder who donated a week in Hawaii for our raffle, which was a great success! Thanks to our co-sponsors, Bonner Community Food Bank, The Bridge, Francine Reed, the Panida Theatre, Peak Sand and Gravel, and "Anonymous" for their help and to Sharon Bistodeau and Bonner General Health for the first aid tent. Evening entertainment was provided by Diane Peters and her ballroom dance team (Robin Maloney and Aza Dhaenens, Jan and Doug Vann, Jenny and Marty Jones, Geri Schaaf and Jerry Balavage, and Joanna Holub and Morgan Gariepy) who impressed everyone with their amazing dance skills and choreography. Thanks also to Rhonda Livingston and her staff at the Fairgrounds, Sandpoint Furniture for lending the rocking chairs, Dave Nygren on lights and the D.J., Jake Robin, who provided great dance tunes for the entire evening. Paralee and Tim Gates, and Dawn Rice were invaluable with the auction checkout! Thanks also to the

Daily Bee and the Reader for their awesome P.R. support! Deserving of special recognition are Adele Martin and her team of volunteers, especially Emmy Keiser and Lynn Harpe, and to Senior Center employees, staff and Board Members.

For their donations to the Silent Auction, we would like to especially thank: 5<sup>th</sup> Avenue/Mitzy's Lounge, All Seasons Garden & Floral, Alpine Motors, Avondale Golf Club, Barley Baked Goods, Bonner Animal Hospital, Bountiful Organics, Bristles & Combs Salon, Devon Chapman, Eco Green Designs, Edward Jones, Elks Lodge, Festival at Sandpoint, Gail Lyster, Gayle Williams, Holiday Inn Express, Huckleberry Lanes, Hydra, I Saw Something Shiny, Idaho Club, Jalapeno's Judy Pederson, Kay Berry, Ken Wood, La Quinta Inn, Litehouse, Inc., Little Orange House Photography, Lolo Thompson, Loris Michael, Lovely Nails, Mary McGinnis, Mary Stevens, Mickduff's, Monarch Massage, Mouse & Me, Mr. Sub, Nancy Savage, Old Tree Woodworking, Panhandler Pies, Pat Gooby, Pend d'Oreille Winery, Pend Oreille Shores, Rokstad Ford, Sandpoint West Athletic Club, Shirley Davis, Silverwood Theme Park, Six Star Automotive, South Fork Hardware, Stacey's Country Kitchen, Stoneridge Country Club, Susan Kean, Suzanne Jewell, Sweet Lou's, Taylor & Sons, The Idaho Club, The Ranch Club, Tidy Tops, Twin Lakes Village Golf Club and Wendy Wendle.



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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 (on left). She will return on in June after a hiatus to take care of her partner Dave, who had hip surgery. Check the front desk and June's newsletter to find out her return date! We can't wait, Mary Ellen!

# Donors

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

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***Keep your face to the sunshine and you cannot see a shadow. Helen Keller***

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 six 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 an annual "SASi Jewel Donor"?*

\$1 - \$499 Garnet	\$2500 - \$4900 Emerald
\$500 - \$1499 Sapphire	\$5000 + Diamond
\$1500 - \$2499 Ruby	<i>We now take Credit Cards!</i>

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