

**June
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.

Summer fun at SASi is here!

Hard to believe it's June, 2016. After a somewhat mild winter, we are having a nice early season with warm weather. The parking lot is nearly finished, and it seems to have made people happy to have it completed.

Summer sort of slows down for us at SASi, however we are planning a few events along with our usual activities. There is going to be a fundraiser for us hosted by the Sandpoint Injectors Car Club on Saturday, June 18th, from 11:00-2:00 pm. The BBQ will take place in the parking lot for the cooking, and weather permitting, there will be seating outside as well as in the center. The donation for the BBQ is \$5.00 which will include your choice of hot dogs or hamburgers, plenty of side dishes, salads, desserts and drinks. This will be a

family event so plan on inviting family and friends as it will also be Father's Day weekend.

SASi friend, Donna Peterson, is hosting at her place a "SASi Summer Picnic" for anybody who would like to go out to her place for a picnic and other summer activities. The date for this event is *Friday, June 24th, beginning at 3:00pm*. Donna's sons are doing the cooking! They are cooking hamburgers, hot dogs, pasta salad, watermelon and cookies. If you can't eat what's on the menu, please plan on providing the food you need. There will be pop and water provided as well. Also plan on swimming or kayaking/canoeing on the river. This too will be a family event so ask your friends and family to join in on the fun! Of course this includes our board members and staff. Donna tells us there is plenty of parking

and bathroom facilities. Please plan on bringing chairs and blankets you might want to have with you. The area is flat and easy to walk on. It is wheelchair friendly as well. The directions there are as follows:

1. Cross the long bridge (south) out of Sandpoint to Lakeshore Drive.
2. Turn right (west) on Lakeshore Drive— go 8.6 miles to railroad tracks.
3. Stay on pavement— cross tracks, turn right under archway to the beach.

Watch for the balloons! What a great way to have fun and meet new people! See you at both events!



Activities

Monday: Line Dancing 2:00pm

Tuesday: Bridge 12:15pm
Pinochle 12:30pm

Wednesday: Laughter Yoga 10:30am
Bingo 6:00pm
Plastic Bag Folding for the Food Bank 10:00 am

Thursday: Wii Virtual Games 9:30am
Blood Pressure 10:30am
Pinochle 12:30-3:00 pm

Dates to Remember

6/2 Alzheimer's Support Group 1pm
6/10 Red Hats Luncheon Noon
6/11 Saturday Dance 1-4pm
6/14 Massage with Mary Ellen 12-1pm
6/16 Alzheimer's Support Group 1pm
6/18 Injector's Car Club BBQ 11am-2pm Fundraiser for SASi \$5 donation
6/18 Staycation Raffle Drawing 1pm
6/24 SASi Board Meeting 10:30 am
6/24 Picnic at Donna Peterson's 3pm
Food is being provided
6/25 Saturday Dance 1-4pm
6/27 "Widows Helping Widows" 10am

Executive Director's Corner: Ellen Weissman

"Eat your peas, Uncle Clem!"

With Father's Day coming up, I'm reflecting on one of the few times I saw my dad cry. Not from sadness, fortunately, but from outrageous joy! Like many parents in the 50s and 60s, he was a loving tyrant at the dinner table. We were forced to eat our vegetables and couldn't leave the dinner table until they were gone. I say "gone" deliberately as I often would squish my peas into my paper napkins (heaven forbid we should be using cloth napkins that night!) or slip them under the table to the dog on the rare occasions he was allowed in the dining room!

In mentioning this "trauma" to others, I've discovered comfort knowing I wasn't the only one who



had a dad like this. Sometimes my mom would come to my defense if she had given me raw vegis before dinner which I would and still do eat by the bushel. But cleaning the plate was the law of the land back then and I think many suffered because of it.

My cousins, Bobby and Frankie from Brooklyn would spend a week or two with us in the "country" (the suburbs of Washington, DC) most summers and of course, they were not exempt from the "torture." I

did not realize how much of effect it had on them as well until my folks celebrated their 50th wedding anniversary. My cousins got a tray from the restaurant kitchen, added a bag of frozen peas with a votive candle in the middle and a vase with a rose on the side. As dessert was about to be served, the (adult!) boys shouted out at dad that he could not have dessert until he finished his peas first! At first, dad (and everyone else except mom!) was confused, but gradually we could see his face change in understanding from mild embarrassment to hysteria! Thanks for the memories, dad!

p.s. I still eat raw peas any time, any place, but keep the cooked ones away!

ellen

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DayBreak Center: Summer Here We Come



Anne Haynes
Activities
Team
Leader

Summer Here We Come!

We spent much of May getting ready for the joy of summer and it looks like we are ready. Inside the DayBreak Center a top to bottom cleaning has really whisked out the winter cobwebs and dust bunny corners. We have Lacie and Brooke from Cleaning Solution to thank for such a wonderful deep cleaning. The carpets then got a much needed shampoo thanks to Jimmy Hanson of Sun Country Cleaning. Everything looks and feels so much fresher!

Outdoors on the patio, with the help of volunteers and DayBreak participants, we now have flowers and plants growing and blooming in the bench containers and in pots around and about. To top that off Travis Tuttle and his dad, Tom came



by, pulled the weeds and raked all the pine needles and debris off the rocks and beds inside the garden patio area. What an unexpected gift that was! It looks great and we can't thank them enough. We love the times we can spend outdoors on the patio. The participants settle into chairs, lift their faces to the sky and you can just see them relaxing and breathing deeper. We play Horseshoes or Ladderball, Dominoes or Yahtzee, have lemonade and snacks. There was great excitement the day we flagged the ice cream truck down. Everyone got to pick their treat and it felt like a blast from the past sitting in the shade eating our ice cream bars. We find so often that the simple pleasures that bring up times from our youth are the best and help create what we are trying to create here at DayBreak Center. A lovely day for wonderful people who have earned the right to whatever joys the day can bring them.

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 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



We eat well at the Senior and DayBreak Centers and the Home Delivered Meals!



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ACA Open Enrollment is November 1st - January 31st

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



Senior Spotlight: John James likes Pinochle & Coins

If you come to SASi on a Tuesday right after lunch, you will see a man wearing yellow glasses with a big smile coming in to play Pinochle. That would be John James.

John grew up in Pueblo, Co. along with 10 brothers and sisters. In his earlier years, he did roofing for a living. In the 1970's he moved to Utah. While attending the support group Parents Without Partners, John met his wife, Rita. During their 17 years together, they had a housekeeping/taking business called, JR's Personal Touch. They split up in 2006, however they have remained close. John went back to Colorado before relocating to Sandpoint in 2012. It

was at this time John started coming to the center with Rita to play Pinochle. He met Cliff Grimes, a then SASi regular with the intentions of helping him as a caregiver. Cliff passed away last year.

John likes to use a metal detector. He has found many interesting items that he likes to collect. His most prized find was a 1820 belt buckle. He also is fond of collecting token coins and jewelry to sell to coin dealers.. He calls this way of finding them as "dump diving" — not dumpster diving. People will tell him of places where he can go to find items he might like. He is

also fond of trains and has a collection of them as well. John was diagnosed in April 2016, with colon cancer. Two weeks later he had surgery to remove the large tumor. We are so happy to report he is cancer free!! John looks healthier and is looking forward to playing Pinochle weekly!



“Happy Birthday to YOU!” June 2016

Doris Nuss 6/4
Verna Lutes 6/8
Rita James 6/8
Marilyn Dillon 6/8
Buzz Boeck 6/9
Wesley Roche 6/10
Debbie Knowles 6/14



Nancy Savage 6/19
Bruce Wendle 6/19

Mary's Munchies: Applesauce Cake

1/2 cup margarine or butter
1 cup brown sugar
1 cup white sugar
1 egg
2 cups applesauce
2 tps. baking soda
2 1/2 cups flour
2 tps. cinnamon
1 tsp. cloves
1/2 tsp. nutmeg
2 tablespoons unsweetened cocoa



1 tsp. salt
1 cup nuts
1 cup raisins (optional)

Cream together margarine, brown sugar, white sugar and egg. In a small bowl, combine applesauce and baking soda; then add to sugar mixture. Stir in nuts and raisins, cloves, nutmeg, cocoa and salt. Add to sugar mixture. Stir in nuts and raisins. Bake in a greased 9x13" pan or two 8" round pans for 25-30 min. at 350°F. Frost with chocolate frosting if desired. Serves 15.

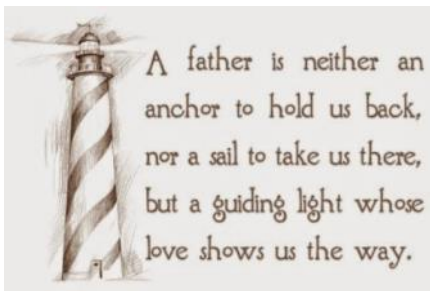
Father's Day Memories, CPR class, Widows group

With Father's Day this month, we thought it would be nice to ask some of you to share a memory of your dad.

"Even though my father has been passed away for a long time, I always remember how kind he was to us. He was a quiet man, but you knew where he stood and always said, "Ask your mother" when he didn't want to make the decision about something." Thanks Dad!

"I remember my dad helping me learn to ride my bicycle. He was very loving and let go but I didn't know it!"

"My dad taught me how to swim and I remember him swimming under the water to sneak up on me and scare me. Even though I was scared, it was lots of fun too!"



"My father was a doctor and was appreciated by many people. He served four years in the China/Burma/India theatre in WWII."

"My dad and mom and I used to watch the "Golden Girls" on TV together. They're on now with repeats and I still laugh up a storm!"

CPR Class

CPR Instructor Dave Ramsey helped SASi staff and friends learn how to use the new defibrillator and do chest compressions. Hopefully, we'll never have to use it!



New group starting!
"Widows Helping Widows!"
Monday, June 27th, 10am
in the Conference Room.

How To Maintain A Healthy Heart

By Desiree Aguirre,
Guest Columnist

Heart disease is the leading cause of death in the United States, and 1 out of 4 seniors die from heart failure every year. As we age, our bodies lose muscle, while blood pressure and cholesterol tend to rise. Fortunately, anyone can take simple steps to keep their heart healthy, which will enhance their quality of life and maintain a healthy heart.

As in any good beginning, taking a walk is a great way to start your day. I have a dog, Little Girl, who helps me maintain a healthy heart by making me take her on a walk twice a day. Walking doesn't cost anything, and



reduces the risk of cardiovascular disease, high blood pressure, and depression. Sandpoint is a great place to walk, with spectacular views of the lake, and numerous trails that have easy access.

No surprise, eating nutritious meals promotes a healthy heart. As we age, our bodies need fewer calories as our bodies slow down, so it's important to focus on foods that provide the vitamins and nutrients our bodies need to maintain a healthy heart. Whole grains, vegetables, fresh fruits, poultry, fish and nuts will improve health, while sodium, sugary foods and beverages will add calories and increase the risk of high blood pressure, bad cholesterol, and heart disease.

Smokers have an increased risk of succumbing to cancer and cardiovascular disease. My brother, Rex Mayo, was an avid smoker, and he died of a sudden heart attack at the age of 54. If you are a smoker, quitting is one of the best things you can do to maintain a healthy heart. As soon as you quit, your lungs will begin to heal, and the risk of heart disease and stroke will begin to drop.

It's a beautiful world, and maintaining a healthy heart will improve quality of life, and bring sunshine to a cloudy day. You don't have to change everything to improve your heart's health. In fact, you can begin by doing something as easy as taking walks every day.

Thanks to CAL! Classes and trips!

The Sandpoint Area Senior Center is pleased to announce that the Community Assistance League (CAL) has awarded us grant money to go towards the food programs. Through their thrift store, Bizarre Bazaar, they raised \$105,000 to help over 40 area organizations! SASi Executive Director, Ellen Weissman, accepted the grant money at monthly meeting held in May. Ellen stated, "We are so grateful to CAL for their support with this grant. Our food program recipients benefit from these grants and are so appreciative!" At their annual luncheon, the ladies organized a silent auction with the proceeds also going to SASi! What a blessing! Next time you shop at Bizarre Bazaar, please thank them for supporting SASi Congregate and Home Delivered Meal programs!



Bounty Select-a-Size Paper Towels, Toilet Paper, White Pump Hand Soaps, Paper Napkins and Volunteers for DayBreak, Hugs and Kisses!



Wednesdays, 6 pm

\$2.00 per card

Just show up and have fun!!

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!

On Wednesdays, at 10:30 am, we have been having a Laughter Yoga class. Gretchen Steen has been leading the group since it began. We have enjoyed listening to the ladies laugh while helping out their medical problems due to the release of endorphins while laughing. The class has been attended by a consistent small group and we would like to extend an invitation to others. So, if you have time on a Wednesday morning, please consider trying out this interesting and happy group. For more information, please call the office at 208.263.6860. ~~~~~

"Gentle NIA" is back! Formerly called "Somatic Seniors," and held here at SASi, Bliss is teaching the class across the street at her new studio, "embody." The movement class is on Tuesdays and Thursdays at 4pm with a nominal fee and is geared for beginners. Call Bliss at 290.7292 or SASi at 263.6860 for more information. ~~~~~

With summer here, we also want to ask if you have an idea in mind for something like a daytrip or outing that might be possible for us to put together. Usually we take into consideration the fees and transportation needs when thinking of this. Several years ago, we went to the Bird Aviation Museum and the Wolf People. We carpoled and had a good time. For the fall, we are considering taking the train that goes along the Pend Oreille River, through the 810-foot long Vail Tunnel, and across the trestle over Box Canyon to see the autumn colors. More to come about this!



**Saturday Dance, June 11th & 25th
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!

Help SASi with Yoke's e-script card and Amazon Smile!

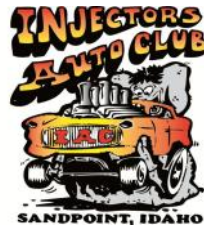


Do you shop at Yoke's? If you do, please consider signing up for their e-script card. By doing this you have the option of donating a portion of your grocery bill total to one of many non-profits including SASi. You simply fill out an application and indicate where you want the percentage to go. When you get to the check-out, present the e-script card and tell them which non-profit you choose to receive the benefits. By choosing SASi, you will be giving back to our food programs without spending a dime! We have the application forms at the office and would be happy to assist you with this if necessary. It's so easy and a great way to help SASi!

Another way of donating to SASi without spending any money is through the Amazon Smile program. To do this, sign in and shop at smile.amazon.com just like you would at *Amazon.com*. Look for products marked "Eligible for AmazonSmile donation" and select Sandpoint Area Seniors, Inc. before you start shopping. .5% comes to SASi and it all adds up! We can help you in the SASi tech lab get started! Thanks for your support!



Kudos to Betty Johnson, Dorothy Kohne and Volunteer Coordinator, Adele Martin for helping at the BGH/Chamber Health Fair.



Save the Date! June 18th
Injectors Auto Club BBQ
Sandpoint Senior Center
11am-2pm YUM!!

STAYCATION RAFFLE TICKETS ON SALE NOW!

We are selling raffle tickets for a seven night stay at the Pend Oreille Shores. Tickets are \$5 each or 5 for \$20. The other raffle is a one night stay at the Holiday Inn Express in Ponderay, Idaho. Tickets are \$1 or 6 for \$5. **Drawing will be at the Injectors Car Club BBQ on at 1pm.**

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Bruce Wendle

A message from our Board President:

Every month I get a chance to put something in the bulletin about how I enjoy being president of the Board of Directors. And each week I get an opportunity to really enjoy myself at the center.

Tuesday is Bridge day and I spend the afternoon playing with 12 to 16 other people. Wednesday is Bingo night and I get a chance to see that 9 or 10 members win \$15 or the big money from \$50 up is available for a complete black out game. Thursday is a chance to get together with some 60 friends for a formal sit down lunch. There we hear about what's going on. We also have a sing along which is great fun.

Thus the weeks go by and I enjoy myself at every one. Mixed in with each is the fund raising events run by the Board. Each is an experience in itself. The need is so great when we have to keep the Center in the black and donations are what keep the Center alive. What a wonderful opportunity this is and the chance of working with so many great people make it all possible. Come join us!

Donors

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

\$5 A MONTH CLUB

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"If you want your children to be intelligent, read them fairy tales.
If you want them to be very intelligent, read them more fairy tales." Albert Einstein.

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>

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 _____