

**July  
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](http://www.sandpointareaseniors.org)  
[sandpointareaseniors@gmail.com](mailto: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.

# Injector's Car & Donna's BBQ's

We want to wish all of you a very Happy Fourth of July holiday, and to remind you SASi will be closed on Monday, July 4th, 2016, for the holiday.

Summer is definitely here and is going by fast. In June, our two BBQs turned out to be great fun! There were at least 150 guests for a sumptuous feast put on by The Sandpoint Injector's Car Club members along with a cool group of vehicles that everyone enjoyed walking around and taking pictures with. SASi board members Leslie Marshall and Ron May were the lucky winners for the raffles. As this was a fundraiser for us, we are happy to report the proceeds went

to help with our food programs. The event went so well, the club plans on another next year! Many thanks go out to the volunteers who helped with the tickets and set-up. Everybody pitched in afterwards for clean-up, and we left the place in perfect shape.

The week later, we were invited out to Donna Peterson's place for another BBQ. After a stormy morning, the rain stopped long enough for us to congregate and enjoy food cooked by her son, Donny. We all huddled by a fire pit and socialized while eating.

We counted 45 seniors who joined in the fun!

Prior to the event, Donny had asked his mom why she always wants to go to the Senior Center. After meeting all of us, he told Donna that she sure has wonderful friends! Thanks again to Donna and Donny for hosting a fun afternoon!

We want to also thank all of the volunteers who continue to assist us when we need extra help during our events. Please let us know if you would like to become a volunteer and we will get you in touch with our Volunteer Coordinator, Adele Martin. We regard them as ambassadors" for SASi, and know they are a big part of our growing SASi family.



#### Activities

Monday: No Line Dancing July/August

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

7/4 Fourth of July Holiday--SASi closed  
7/6 Humana - Chris Murphy 10:30am  
"Battle of the Bulge" presentation  
7/7 Alzheimer's Support Group 1:00 pm  
7/8 Red Hats Luncheon Noon  
7/9 Saturday Dance 1.00 donation  
1-4:00 pm ~ potluck lunch  
7/12 "Walk With Ease" starts new group  
7/15 Karaoke Night 7pm \$10 donation  
7/18 Casino Bus Trip 8:30-4:00 pm  
7/21 Alzheimer's Support Group 1:00  
7/23 Saturday Dance 1:00-4:00 pm  
7/25 "Widows Helping Widows" 10am

## Executive Director's Corner: Ellen Weissman

Happy 4th of July!

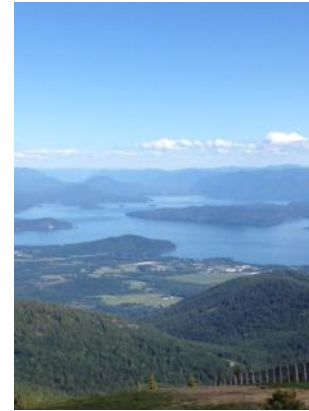
This seems to have been a month for getting out of my comfort zone and taking risks! Kitchen staff member, Tim, has nominated me for "Bosslift"! He's a Specialist in the Army National Guard and they



have a program for supervisors of the enlisted men and women to give a tour and taste of what they experience. Included is a helicopter ride! I will find out in early August if I'm in! I have time to get brave!



As some of the lunch crowd knows, I also went up the Schweitzer chair lift recently! I really had to stretch for this one! I summed up all my courage and drove up there by myself and got myself in line. I almost turned around and gave it up and I heard my name! In front of me was a dear friend who I haven't seen in ages! I explained that my daughter is in a wedding in August at the top and the only way to get there is by the chair lift and I had to practice! She said I could go



up with her and her daughter and grandson who was having his first ride.

She said she'd even hold my hand, if needed! Thank you, Debbie Staggs,



for helping me conquer a fear!

Let me know if you want to go and I'll try it again!

*ellen*

**These advertisers support Sandpoint Area Seniors! Please support them!**

**Sears**  
Appliance & Hardware  
Ponderay, ID • 208 263-6090

**Teresa Nelson**  
Community Branch Manager

**Sandpoint Branch**  
605 Fifth Avenue  
Sandpoint, ID 83864

(208) 255-3620 direct  
(208) 290-6801 cell  
(208) 255-1770 fax  
teresa.nelson@bannerbank.com  
NMLS #569271  
www.bannerbank.com



**Medicare Doesn't  
Cover Everything!**

Call Carey today to learn the basics of Medicare.  
Discover the right Medicare Advantage or  
Medigap health plan for you!

- Medicare Supplement
- Medicare Advantage (MA / MAPD)
- Part D Drug Plans

102 S. EUCLID AVE., SUITE 103 • SANDPOINT

**208-610-8096**

Serving  
North  
Idaho





## DayBreak Center: Our seniors are so patriotic!



Anne Haynes  
Activities  
Team  
Leader

We were having a discussion around the lunch table at the DayBreak Center the other day about what countries our ancestors came from. Are you Irish ancestry? German? Italian? We have quite the collection here. Then I got to one man who is somewhat hard of hearing. When I spoke in his ear and got him to understand the question, he put his head back, looked me in the eye sternly and said, "I am an American!" He gets tears in his eyes when we sing patriotic songs. He loves his county. Another of the men can still recite much of Henry Wadsworth Longfellow's poem, "Paul Revere's Ride". This month we celebrate Independence Day and the feeling of patriotism for many of us flows through the entire month. The men who come to DayBreak these days and many of the women's husbands are all veterans of WWII. These men and women are Patriots in the best sense. We don't

forget that they are the ones who helped keep that Independence which we celebrate this month for all of us. Because of them we get to continue pursuing Life, Liberty, and the Pursuit of Happiness. This generation won't be with us much longer. We need to cherish them while we still have them. And at DayBreak we do. We will be playing patriotic music, and flying flags throughout the month and we wish you all a Happy 4<sup>th</sup> of July.



We are currently looking for sturdy metal outdoor patio chairs with arms and cushions for our courtyard. We also love donations of flowers or small bits of fruit from your yards and gardens. Pads of paper for sketching or acrylic painting would also be appreciated.

DayBreak has openings now for more participants. Currently open Tuesdays, Wednesdays and Thursdays, we are hoping to add Mondays soon and need to hear from you! Scholarships are available if the \$10/hour fee is a challenge. Call 208.265.8127.

Thank you!

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!**

**Join us Mondays - Thursdays  
at 11:30am at the Senior Center!  
Breakfast 8:30am on Fridays!  
Call 208.263.6860 to reserve a spot!**



**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: Arlene Vogel & John Warren



For the month of July, we want to feature two friends of SASi who frequent here in the summer months, Arlene Volpe and John Warren.

John Warren was born and raised in Sandpoint, Idaho. He graduated from Sandpoint High School in 1947. He served in the Army for several years before marrying Nancy DeHerr. They

had 4 children and lived in Montana, Seattle, Vancouver, WA. before coming to the home on Bottle Bay Road.

Arlene was born and raised in Jersey City, NJ. She graduated high school in 1963. She married Larry Foley who she had two children with. After divorcing, she married Tom Mamer. They had one child. They lived in Arizona, New Mexico, and California before he passed away. Arlene ended up marrying Bruce Cooney where they lived in Arizona and spent summers in Idaho. In 2009, he passed away and Arlene started coming back to Idaho. Arlene began coming to SASi, and

while having lunch here in 2011, she met John Warren. John was a widower at the time, and enjoyed playing Pinochle. He encouraged Arlene to learn and they have become regulars here. They went on the Alaska cruise we hosted in 2012.

John and Arlene when in Sandpoint, come and eat lunch and play Pinochle several times a week. They like to go to the casino with our group, and are donors to the center. At the end of the summer they go back to Spokane where they belong to other senior centers. We are always happy when they return to Sandpoint in the summers!

## “Happy Birthday to YOU!” July 2016

**Del Wood 7/3**  
**Elara Reynolds 7/10**  
**Jean Dornbusch 7/10**  
**Ernie Belwood 7/20**  
**Norma Pierce 7/22**  
**Karen Roeder 7/29**



Come celebrate our SASi birthdays on the last Thursday of the month at 11:30am!

## Mary's Munchies: Apple Pie Cake

1/2 cup butter  
1 tsp. soda  
3 tsp. cinnamon  
2 1/2 cup diced apples  
1 egg  
2 Tablespoon boiling water  
1 tsp. salt  
1/4 cup finely chopped walnuts  
3/4 cup sugar  
1 cup flour

Mix all ingredients adding apples & nuts last. Pour into a 9" greased pie pan. Bake at 350° for 40 min. Cut as pie. Serve with whip cream or ice cream.



*This is a recipe submitted by Mary from her mother, Lorraine Chambers.*

## Casino trip back on! Humana and more!

Hold the date for Monday, July 18th, 2016 for the next bus trip to the Coeur d'Alene Casino in Worley. The bus will pick you up at 8:30 am and take you and the others to the casino. Have lunch and play on the machines until you return to SASi by 4:00 pm.

There is no charge for this, so feel free to invite a friend. There's a sign up sheet on the front desk. We really need to have 12-15 people signed up to go. For more information, please call Emmy, at 208.263.6860.



Thanks to Jackie Miller and Joseph Wyeth for donating the new TV and VCR/DVD combo!

Chris Murphy from Humana Health will be here on Wednesday, July 6, 2016, at 10:30 am. to discuss the new "Battle of the Bulge". We'll cut through the fat and talk about some basics on well-being that you should know. Plan on coming in before lunch for this talk.

Starting on Friday, July 8, stop by the lobby of the Sandpoint Library to view the SASi display case. Find out new things about the Senior Center and DayBreak Center that you never knew! The display will be up until August 16. If you would like to help put it together, let us know!

~~~~~  
"Widows Helping Widows" got off to a great start last month! Three gals shared information about their common experience. They talked about referrals to services and resources in the area for repairs that their husbands had done in the past. They came up with a motto: "Women getting strong together!"

The next meeting will be on Monday, July 25th at 10am. For more information, call the Center at 208.263.6860 and we will pass on your number to Vivian Kirkwood to call you!

~~~~~

## Complement Your Health!

By Desiree Aguirre,  
Guest Columnist

If you are worried about your health, and mainstream medicine isn't delivering all the answers you require, you can complement your care with alternative approaches. Complementary health approaches include techniques such as acupuncture, massage, and the use of natural herbs and probiotics, to enhance your health and help your body to heal. The goal, of course, is to feel better and enjoy quality of life.

Acupuncture, developed in China, has been used for centuries. During acupuncture treatment, fine, sterile needles are inserted at specific body points



to alleviate pain and treat a variety of physical, emotional, and mental disorders. A licensed Acupuncture practitioner has years of training and done properly, acupuncture is painless.

Body massage, applied mainly with finger and hands, is a great way to alleviate muscle pain. Having a good body massage feels like floating on a cloud, and most massage therapists create a relaxing and meditative ambiance, complete with soft music, warm blankets, and a clean space that helps patients relax and embrace the experience. When you go for a massage, the therapist will ask you if there are any specific spots that you are having problems with. I used to have extremely tight shoulders, and after a few sessions with a

licensed massage therapist, my shoulder pain was diminished so I could garden and play music without wincing in pain.

Herbal remedies have been used for centuries to treat illness and facilitate healing. Today, you can go to a health food store, list your symptoms, and a computer will deliver a list a supplements and herbs that are used to address your specific concerns. For instance, dandelion tea, which is easy to brew and tastes delicious, promotes liver health.

When modern medicine doesn't deliver all the answers, or eliminate all the pain, complementary medicine could provide additional relief, and help you to maintain your health and the quality of your life.



# Karaoke Night returns! Exercise Bike here!

Karaoke Night Returns to SASi! Save the date and get your best karaoke voices ready for another fun night on Friday, July 15th, 2016 at 7:00 pm. Gayle Williams and Rich Speidell will have their extensive song catalog for you to choose from. There will be snacks and cold beverages also. There is a \$10.00 donation at the door. The last two times were a lot of fun for the participants. Please invite friends!



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!!**

We're excited and pleased to announce that our SASi website has a new **Community Supporters page!** You'll find names of supporters and logos from donor organizations. When you click on the logo, it will open a new page with the organization's website page! Thank you generous supporters!!

[www.sandpointareaseniors.org/community-support/](http://www.sandpointareaseniors.org/community-support/)



**Saturday Dance, July 9th & 23rd,  
1-4 pm.**

**Potluck lunch! Music by "Country Plus!"**

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

**Have you moved or changed phone numbers lately? Please make sure we have your correct information on file!**

**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!

## New Exercise Bike in the Conference Room

Several weeks ago, we were donated a stationary exercise bicycle from Steve Verby. We have placed it in the conference room where you may come in and use it for exercise. We encourage you to make use of it if you want to get some exercise; however, we have a few conditions. First we would appreciate it if you would let us know when you might like to use it. This is because we use that room for lots of other functions. The second would be to make sure one of us is available to assist you in getting on and off the bike just in case you haven't used one in awhile. As with any exercise routine, please make sure you are able to do this kind of workout. Also, please bring a towel along to wipe down the equipment. We realize how important exercise is for seniors, and are very happy to have this available for you!

~~~~~  
"Walk With Ease" In collaboration with the Kaniksu Land Trust, Sandpoint Parks and Recreation, Kaniksu Health and the Arthritis Association, a new walking program is in town! Sue Lopez, coordinator for "Walking with Ease" is leading walkers on Tuesday, Thursday and Friday mornings at 8:30am at Travers Park. An evening group walks the park at 6:15pm on Tuesday, Wednesday and Thursday nights. Several of our SASi Seniors are participating and love getting out with others and walking! The new session starts Tuesday, July 12. Call Parks & Rec at 208.263.3613 for more information and to sign up. \$15 gets you a t-shirt, water bottle, health information and lots of fun!

# Thanks for making new seniors feel welcome!

As we are beginning to have new participants join us for the meals and other activities, we just want to mention that there is no reserved seating at the tables. We know that people who have been coming here for many years have enjoyed sitting at the same tables with their friends and we certainly want this to continue. Sometimes when new people come here for the first time, it can be difficult for them depending on the circumstances they might be going through in their lives. Thank you for helping to make them feel welcome so that they too can enjoy their experience with us. If there are any questions, ask Emmy if there is space available.

We just ask to please give them your best "Welcome to SASi" so that they will feel like they've been coming here for awhile. Many thanks to all of you for making the Center your "Home Away From Home."

Getting old doesn't make you forgetful. Having too much to remember makes you forgetful.



## THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY

1123 North Division Street, Sandpoint, Idaho 83864  
(208) 263-1524 [www.thebridgeatsandpoint.com](http://www.thebridgeatsandpoint.com)

### ADVERTISERS WANTED!

Would you like to support SASi by  
advertising in our newsletter?

Or on our website?

Call for rate information, 208.263.6860.



A message from the SASi  
Board of Directors, Bruce Wendle:

Hope you are having a wonderful summer so far, and I just wanted to say a few words about how things are going at SASi. In June we had a successful fundraiser, thanks to the Sandpoint Injector's Car Club.

It was a fun time along with great food and cars to look at from their club. It went so well, they are wanting to have another for us again next year! The other event was also a BBQ hosted by Donna Peterson and her family. After a stormy morning, over 40 of our friends from the center, drove out to her beautiful spot by the river. We ate delicious food and everybody was happy to be there. Thanks again, Donna! We had a little glitch with the Bingo machine; however, it was fixed and Bingo will go on. We are still having wonderful lunches on Thursday. We sing before lunch. Please come and join us!

# Donors

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

## \$5 A MONTH CLUB

Allen, Nettie  
Anderson, Lynne L.  
Bates, Anna & Loren  
Blood, Barbara  
Bourassa, Judith & Arthur  
Casey, Bart, Anne Marie  
Colin, Betty & Kenneth  
Deering, Yvonne  
Dillon, Marilyn  
Ewing, Darrell  
Fritz, Marchelle & Ernest  
Haag, Mary Jo  
Hern, Kelli  
Hinrichs, "Vegas"  
Kluver, Al  
Labowski, Helen  
Lucas, Richard & Jeannette  
Luther, Marge  
Marshall, Leslie  
Martin, Adele  
May, Ron  
McNulty, Jane  
McNeil, Joan & John  
Melia, Linda & Tom  
Michael, Loris & Dick  
Overland, Betty & Harold  
Payne, Myrna  
Peters, Jackie & Tom  
Peterson, Donna  
Pine, Anita

Pierce, Norma  
Roberts, Marshall & Joyce  
Raynor, Linda & Roy  
Reed, Frances  
Reynolds, Elara & Don  
Ross, Virginia & Timothy  
Sacht, Sally  
Sadewic, Almira  
Schoonover, Anita  
Stoltz, Jan  
Thompson, Lolo  
Vetter, Janet  
Volpe, Arlene  
Warren, John  
Wendle, Bruce  
Wynhausen, Barbara & Robert  
Zeiss, Robert & Judith

**Thank you also to the following folks for being generous donors to SASi:**

Adam Weissman  
Foundation *Sapphire*  
Alzheimer's Foundation  
Ambrosiani Family Trust  
*Diamond*  
Anadel Weisz  
Angels Over Sandpoint  
Anita Pine *Sapphire*  
Betty Ann Diehl  
Betty & Kenneth Colin  
Bill D'Olier & Susan Dalby  
Billy Snyder

Bud Britain  
Catholic Charities of Idaho  
Carey Spears  
Charlene Godec  
Clarence Van Dellen  
Community Assistance League (CAL) *Diamond*  
Convoy of Hope *Diamond*  
Craig Royer  
Dan Donegan *Sapphire*  
Dave & Lynn Pietz  
David Mudra  
Debra Moy & Steven Hein  
Diane Davis  
Donna & Robert Cope  
Donna Mae & Robert Venn  
Dover Baptist Church  
Eichardt's Pub *Sapphire*  
Elizabeth Fulling  
Esther Inselman  
Family Health Center  
First Presbyterian Church  
Frances Jo & Richard Power  
Gardenia Center  
Gary Finney  
Georgia York  
Injectors Car Club  
Ida & William Baird  
Idaho Community Found.  
Jack & Janice DeBaun  
Jackie Miller  
James & Janice Roberts  
Joann Chronic

Joanne & Jonathan Cottrell  
John & Mary Campbell  
*Sapphire*  
John & Shirley Howard  
Joyce & Larry Anderson  
Judith Bourassa *Sapphire*  
Judith Clarke  
Judy Riffe  
Karen Seashore & Tom Tillisch  
Kay Saunders  
Kelli Hern  
Leslie Marshall  
Lewis Family  
Litehouse, Inc.  
Lou Scharf *Sapphire*  
Lewis Wetzal  
Malcolm & Pam Kinney  
*Sapphire*  
Marilyn Chambers  
Marilyn Sabella  
Mary Ammar  
Mary Zindler  
Mike Weissman & Amanda Mardon *Sapphire*  
Mountain Sky  
Nancy Heeney  
Natalie Ednie  
Newman Community Bible Church, Inc.  
Northern Lights  
Pamela & Richard Forcier  
Peak Sand & Gravel, Inc.  
Pend d'Oreille Winery  
*Emerald*

Bob & Trish Thurston  
Ray Charlton  
Rich Speidell & Gayle Williams  
Robert Wynhausen  
Rose Fredstrom *Sapphire*  
Second Avenue Pizza  
Second Harvest  
St. Joseph's Alter Society  
Sharon Saunders *Sapphire*  
Shakura Young  
Sysco Foods  
Thunder's Catch  
Vickie Fletcher  
Walmart *Diamond*  
Washington Trust  
Wells Fargo  
William & Jeraldine Stevens  
Winter Ridge  
Zale, Perry & Charlotte Palmer

## SASi Board of Directors 2015-2016

President: Bruce Wendle  
Vice Pres.: Ron May  
Secretary: Leslie Marshall  
Treasurer: Judy Baird  
Directors:  
Stephen Drinkard  
Dorothy Kohne  
Loris Michael  
Lewis Rich  
Gayle Williams

**"Gratitude is a soil on which joy thrives." Berthold Auerbach**

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 \_\_\_\_\_