

SASi Elections & Garage Sale!



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.: 8am-3:00 pm
 Friday: 8am-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.

Need a meal at home?
 Call for more information!

Welcome to the end of 2016 summer. We've had two fun BBQs and a trip to the casino. Now we are getting ready for our SASi board elections. Just like last year, you may vote for the members who you want to be on the board. We invite you to run for a position on the board if you feel you might want to join them in making decisions for the Center. This year there are 3 who will need to run in order to stay on. The board meets once a month for their regular meeting; they form committees to help with matters such as fundraising, educational, and financial. You first need to submit a Letter of Intent which is a letter stating who you are and a little bit about yourself and how you can help to make a difference at the

Center. Letters are due on Tuesday, September 6. The Candidate's Forum, where each person running introduces themselves and says a few things about them and what they have as ideas for the Center going forward will be held on Thursday, September 15, right after lunch. Voting will be held September 15-21st, 2016. The results will be announced at the board meeting on Friday, September 23, at 10:30 am.

We have a list of SASi participants who are registered to vote. If you would like to vote, please check to see if you are registered. We can register you prior to the election — just see Emmy about this.

We are holding the Garage Sale on Friday, September 9, 2016, from 9-3:00 pm. in our parking lot. We will be selling items from our garage and other items being donated by the public. If you would like to donate items you no longer need, please bring them in no sooner than Thursday, September 8 from 9-2:00 pm. We also would ask you to donate things that work and are in decent shape. All proceeds will go towards the valuable programs at SASi. For further information, please call the office at 208.263.6860.

International
 Day of Peace
 and National
 Senior Center
 Month are
 happening in
 September!
 See page 7!



Activities		Dates to Remember
Monday:	Exercise w/Richard Simmons tape 8:00 am Line Dancing 1:00 pm (Beginning 9/12)	9/1 Alzheimer's Support Group 1:00 pm 9/6 SASi Board Letter of Intent due 9/9 SASi Yard Sale 9-3:00 pm 9/9 Red Hats Luncheon Noon
Tuesday:	Bridge 12:15pm Pinochle 12:15pm	9/10 Saturday Dance 1-4:00 pm 9/15 Candidates' Forum 12:30 pm 9/15-9/21 Voting for SASi Board
Wednesday:	Plastic bag folding for the Food Bank 10:00 am Laughter Yoga 10:30 am	9/15 Alzheimer's Support Group 1:00 pm 9/23 SASi Board Meeting 10:30 am (election results announced)
Thursday:	Wii Virtual Games 9:30am Blood Pressure 10:30am Pinochle 12:30-3:00 pm	9/24 Saturday Dance 1-4:00 pm 9/26 Casino bus trip 8:30-4:00 pm 9/26 Widows Helping Widows Group 10am
9/21 1pm Peace Pole/Senior Ctr Dedication		9/29 Fall/Postural Screenings 12:30 pm

Executive Director's Corner: Ellen Weissman

I recently spent a lovely week with 27 relatives in Sunriver, Oregon. It was wonderful to get away and especially to see my 10 great-nieces, 9 of which are all under 9 years old!

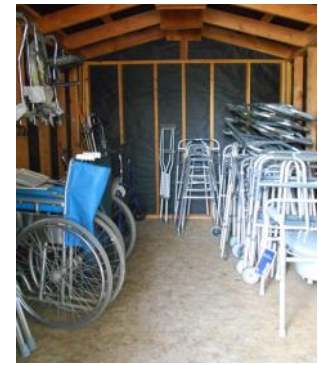


Unfortunately, midweek, my niece fell and broke her ankle! I called all around Bend to get a wheel chair and could not find a loaner program like we have at the Senior Center. The Bend Senior Center sent me to the VFW, but no



one answered the phone after three tries. Fortunately she's strong enough to manage with the walker the hospital released her with. It's exactly like the metal walkers we have with the wheels in front.

It made me really appreciate the equipment lending service we have here. We've lent out items for all ages. Last week a woman borrowed all sorts of items for her friend who fell off a roof doing construction. He broke both his legs!



Most of the time we can fill a request, but items come and go so fast that folks need to come here to see what we have.

I can't believe how fast time has flown! On September 15, I will celebrate my second anniversary at SASI! Thanks to our great staff, board and participants who bring joy to my life!

ellen

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DayBreak Center: Silver Linings and Fun



Anne Haynes
Activities Team
Leader

Often when I tell people that I work at DayBreak Center, an adult day care program for people with memory impairments, they will get a sad look on their face and say something like, "Oh that must be hard!" And the thing is, it's anything but. We have so much fun here and those of us who work here agree that this is one of the best jobs we have ever had. We laugh and play games, have conversations and tell jokes, eat cookies and grapes and generally just live in the moment. How can that be?

The ability many of the participants here have to live in the moment, not worrying about the past, not thinking or being concerned about the future is a very stress free place to be. And people with memory issues can help us remember to take time to just be *here*, in *this* moment. And that one moment can so often simply be fun.

On the Alzheimer's Association website, I saw an article about a small study which noted that people with early dementia or mild cognitive impairment

scored high on the "Silver Linings Questionnaire" on areas such as: appreciation and acceptance of life, less concern about failure, self-reflection, tolerance of others and courage to face problems in life, stronger relationships, and new opportunities to meet people. Don't we wish we all could score high in those areas! The study suggests that the positive changes in attitudes after diagnosis are as common as the negative ones. At DayBreak, we always try to look for the positive spin the Silver Lining in all our interactions.



Needed: a couple more volunteers or substitute volunteers to come in and play games with us for an hour or



two especially on Wednesday early afternoon and Thursday

from 11 to 1 pm. Please call me at 265-8127 to ask how it works.

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: Lea & Ley Soltis, new to SASi family

We'd like to introduce you to Lea & Ley Soltis. At the beginning of the summer, they walked into SASi and asked what we do here. They told us they were here visiting their son's family for the summer. They started coming to lunch and have been part of our family since then.

Lea was born in Massachusetts but raised on Long Beach Island, New Jersey. One of eight children, she was the first in the family to graduate from high school. Lea went to hairdressing school and graduated in 1969.

Ley was born and raised in Minnesota. He served our country on a Naval Air facility in Vietnam and a Marine Air base in Japan. After one year of college in the U.S., Ley went back to Japan as

an exchange student. After graduating college, he was hired by a Japanese bicycle parts company to work in their North-ern NJ branch office.

Lea and Ley met at a Buddhist meeting in October of 1974

and were married a year later in 1975. They lived in East Rutherford, NJ. After a few years, they moved to Minnesota where Ley worked as the International Division General Manager at Marvin Windows for 25 years.



They retired in 2011 and now live in Overton, Nevada. This is their fourth summer visiting Sandpoint. Their son, Ryan, and his family moved to Sagle last winter. He is a violin maker and has been written up about his accomplishments. They have a daughter, Valery, who lives in Maryville, Tennessee. She teaches children ESL in China by way of the internet, and also teaches Yoga.

Daily fitness has become an important part of Lea and Ley's routine and they brought a Richard Simmons video tape to SASi! They started the 8:15am Monday morning class!

We have enjoyed meeting them and hope they will come back next year!

“Happy Birthday to YOU!” September 2016

9/11 Marchelle Fritz
9/14 Carol Lewis
9/21 Tom McGhee
9/26 Gayle Williams
9/29 Helen Labowski



Come and join us at lunch on the last Thursday of the month for birthday wishes, cake and ice cream!!

Mary's Munchies: Zucchini Bread

3 eggs
1 cup of oil
2 cups sugar
2 cups grated zucchini (leave skin on)
1 tablespoon cinnamon
2 cups flour
1/4 teaspoon baking powder
2 teaspoons baking soda
1 tablespoon vanilla
Optional – 1 cup chopped nuts or raisins, or both.
Beat eggs till fluffy. Add oil, sugar and zucchini. Beat well. Sift dry ingredients together; add to egg mixture.

Mix well; add vanilla, nuts and raisins. Bake at 350° in a greased and floured pan for 1 hour. Serve with soft cream cheese spread. Makes 2 loaves.



Next casino bus trip set. Other SASi tidbits...

Emmy has a date for you to sign-up to go to the casino! The date is Monday, September 26, 2016. The bus will pick you up at 8:30 am at SASi and bring you back by 4:00 pm. We had a big group last time in July, and we are hoping for another full bus. Please sign-up at the front desk. For further information, please call us at 208.263.6860.



Super Kudos go to SASi participant, Ella Vizena! She is a miracle worker for getting our chairs to stop squeaking!! YAY! Way to go, Ella!! We *all* appreciate what you've done!

Many thanks to Petal Talk in Sandpoint for donating the pretty flowers for Sally Sach's "Fit and Fall Proof" class. Twice a week, Sally brings in a lovely bouquet of flowers in a vase to present to someone in the class. Shown here is Dee Dreisbach with one of the bouquets. This class has been going strong for the last two years.



~~~~~  
"Widows Helping Widows" is growing! Six gals (two newbies!) recently 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. Come find out more about their motto: "Women getting strong together!"

The next meeting will be on Monday, September 26, 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!

~~~~~

Green Team Volunteer

By Desiree Aguirre,
Guest Columnist



Everyday I crossed the Long Bridge toward station 4 garbage recycling site for the Festival at Sandpoint, I wondered why I continued to bust my butt for this venue. The drudgery, long hours, hard work, no pay, and having to shower and wash clothes every evening, didn't add up to my desire to put on my green bib and turn into a trashy girl. On the other hand, I told myself, looking over at the white Festival tent floating above the lake, the green team had become my extended family.

Cameron has grown to 6'1" and will graduate from high

school next year, calls me Mom, and this year he told everyone he met, "this is my mom." He missed my brother Rex Mayo, another outstanding green team member who died from a heart attack last March, and I told him I would bring him some ashes. He wanted a locket, like the one I wear around my neck, so we ordered one, and he proudly wore it every night.

And then, there are the laughs, the camaraderie, and the reunion of like-minded souls that want to do something positive for the community while listening to great music. We man our stations, educating and ensuring that the guests deliver their refuse to the correct bin (aluminum, plastic, glass, compost and landfill). At the end of the evening, we sweep the field, load the compost

into Mary Anne's truck, and deposit bags of landfill, aluminum, plastic, and glass into the correct trash bins. The payoff, I suppose, is at the end of the night, the field, swept by our endeavors, is an amazing sight.

For me, the main reason I continue to volunteer on the green team and bust my butt for two weeks is the reunion of my green team family, and the fabulous feeling I get from helping my community. There are plenty of excellent non-profits in our area that could use volunteer help, including the Food Bank, Angels Over Sandpoint, the Animal Shelter, and our very own SASi. Volunteering makes me feel part of something bigger than myself, which in turn, makes me feel good.

\$5 A Month Club, Facebook and more!

Just a friendly reminder! We truly appreciate those of you who have been donating to our \$5 A Month Club for the past few years. The donations go to help with expenses at the Center and we also print your name in our monthly newsletter. Please check with Emmy as to when you need to renew for the upcoming year. We accept either a \$5.00 a month payment or a once a year \$60.00 payment. We once again want to thank you for this support as every little bit helps!!



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



Every Wednesday at 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/



Saturday Dances, September 10 & 24th,
1-4 pm.
Potluck lunch! Music by "Country Plus!"

We are happy to announce our new Facebook page. Along with our website, we are now able to post our different events and activities on social media. If you like to follow Facebook, then simply go to our page, www.facebook.com/Sandpoint-Area-Seniors-164141863605775/ and you will be connected. Feel free to post any comments, pictures, and thoughts you might have for us to see. Right now, we have our information and flyer posted about our upcoming Garage Sale. We think this will be a positive way for people to see what we're doing as well as becoming part of our growing family.



Spokane's Second Harvest helped us again! After setting up a truck at the Lutheran church, Ervin Robison stopped by and brought us leftovers of many boxes of beans and potatoes. Thank you!

On Friday, August 26, we celebrated Erval Rainey's 96th birthday with cake, balloons and lots of best wishes to him! Erval and his wife, Lola are regulars for lunch and on this day it was at breakfast where his friends and family gathered to sing Happy Birthday to him. Congratulations, Erval!



Do you need crutches,
a walker or
a bath seat? 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! Let us know!

Peace Pole and National Senior Center dedication

September is both International Day of Peace and National Senior Center month. We are going to observe them on Wednesday, September 21, 2016. At 1:00 pm., we will have a ceremony in our parking lot where a Peace Pole will be dedicated to SASi along with a proclamation given by Sandpoint Mayor Shelby Rogstad. The Peace Pole was donated to us by Danielle Kyoko Sato and Keiko Lewis.

In 1981, the United Nations proclaimed the International Day of Peace so that all nations could recognize the need for peace and strengthening the ideals among the people. In 2001, they expanded the observance to include a day of global ceasefire and non-violence.

National Senior Center month which is in September is also included with a proclamation. It is to recognize the senior center as a place where older Americans can go to stay active, enjoy friendships, learn new ideas. The senior centers empower this group to contribute to their community. The senior center makes a great contribution to the community and well-being of the seniors in our community. Also commemorated on this day will be International Day of Older Persons (October 1) and National Adult Day Services Week (September 18-24). We will recognize and appreciate the contributions older persons make to their communities. Individuals are reaching an advanced age in greater numbers and in better health than ever before!

Please join us!

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Local artist, Keiko Lewis, is pictured here with the Peace Pole which will be dedicated at SASi on September 21st.

The pole has the message "May peace be in our homes and communities." in different languages.

On Thursday, September 29, 2016, after lunch at 12:30pm, we will be offering Free Fall and Postural Screenings given by Amanda Thome, PT, DPT, with Idaho Pain Clinic in Sandpoint. These screenings will help to assess whether you might be at risk for falling and other conditions with the spine. We know as we age, we become less balanced in our walking and over the age of 65, 1 in 3 seniors will fall at least once a year. It's vitally important to pay attention to posture and what is causing pain in the body. Amanda will be able to pinpoint where you might consider getting help with these conditions. Stay around after lunch and have a free assessment! We encourage you to take part in having a screening done for this important health issue.

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



How does this sound? A plate with a hot dog, with or without sauerkraut, a home baked cookie, and a pop or water for \$5.00. Well, that's what we served up for others at the annual POAC Art Fair at City Beach on July 13 and 14th. The logistics of putting this event together is always big and I want to commend everybody who helped with this endeavor. Special thanks go out to Donna Peterson and Ron May for their volunteer work. Donna along with other gals baked up some delicious cookies as well. I also want to thank the members of our board such as Leslie Marshall, Loris Michael, and our volunteer coordinator, Adele Martin for helping to assist with the food sales. Dorothy Kohne donated the grill we needed for the hot dogs and now to the center for our use. All in all we managed to raise \$1,200.00 for our programs! I also want to thank the PepsiCo Company for their donation of the soft drinks. Hope to see you next year!!

Donors

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

\$5 A MONTH CLUB

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It's not the years in your life that count. It's the life in your years that count! Abe Lincoln

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 2,100 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 or call 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

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Address _____ Amount \$ _____

For _____