

**October
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.: 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 those 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 delivered to your home?
Call for more information!

Thanks to Walmart and donors!

Sandpoint Area Seniors, Inc. is pleased to announce we have been awarded a grant from the Walmart Foundation! The grant was awarded to us at a time when we were really needing an infusion of money for the food programs and activities that go on here. We have been blessed with grant money from Walmart for the past 3 years. We want to thank Diane Ganzer, Personnel Manager from our local Walmart and member of the state grants committee for rallying for us!

We also want to thank every person who donated to us over the past year and most recently when we were in a bind. The people in this community keep showing up with support which keeps us going for the seniors. Due to the recent articles

printed in the Daily Bee, there was an outpouring of generous donations, large and small, that came to \$10,000.00!

On Friday, September 23, 2016, the Sandpoint Area Seniors Board of Directors announced the board members for the 2016-2017 year. Thanks to those of you who voted! We welcome James Arthurs to the board! The nine member board is made up of the following:

President: Bruce Wendle
Vice President: Ron May
Secretary: Leslie Marshall
Treasurer: Judy Baird

Directors:
James Arthurs, MD
Stephen Drinkard
Dorothy Kohne
Loris Michael
Louis Rich



Please save the dates for three upcoming events!

On Saturday, November 5, 2016, at 5:00 pm, we will be having a "Harvest Dinner" which will feature locally raised pork, salad, potatoes, beans and dessert. This is a fundraiser for SASi and tickets will be on sale for \$20.00 per person at the office.

The second date to save is Sunday, December 11, 2016. This will be a "High Tea" fundraiser for the DayBreak Center. Tickets will be sold for \$25.00. The tea will be held in the dining room at 2:30 pm.

See below for the 3rd one!

Activities

Monday: Line Dancing 1:00 pm

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

Wednesday: Plastic bag folding for the Food Bank 10:00 am
Laughter Yoga 10:30 am

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

Dates to Remember

10/1 Sharon's Hallmark Store gives to DayBreak

10/6 Alzheimer's Support Group 1:00 pm.

10/8 Saturday Dance 1-4:00 pm

10/14 Red Hats Luncheon Noon

10/20 Alzheimer's Support Group 1:00 pm.

10/22 Saturday Dance 1-4:00 pm

10/31 Widows helping Widows, 10am

Save the Date #3!

**Halloween "Kostume Karaoke"
and Dance
Saturday, October 29th 7pm -10pm
Wear costumes!
\$10 donation at the door.**

Executive Director's Corner: Ellen Weissman

What a wild and busy month September has been! And exciting! Our prep cook/dishwasher, Tim Crouse is in the National Guard and nominated me for a program called Bosslift! I spent most of Saturday, September 10th in Post Falls touring the National Guard Armory and learning about what the folks do there. This was a unique opportunity for me and I was eager to get to ride in the Black Hawk helicopter! (See page 6 for pictures!) Sadly, we were all strapped in and ready to go, when the pilot turned the key in the ignition and flames shot out the tailpipe with a large bang! Needless to say, we did not lift off the ground! Our group was given a priority raincheck for next year!

Aside from that, it was a very interesting day learning about the machinery and weaponry that is maintained there. The Post Falls



site is primarily a service and maintenance site. Tim works in the water quality research department. Thanks for nominating me, Tim!

September was National Senior Centers Month! We celebrated on September 21 which was also the International Day of Peace and during the National Adult Day Services Week (September 18-24). We also commemorated the International Day of Older Persons (on October 1). It was a wonderful celebration by our new peace pole and benches. (See page 7!) Thanks to everyone

who made that event so special! The next day was a whirlwind! Amazing volunteers from Mountain West Bank came and got our directional signs in and our front right side landscaping done. It looks so beautiful! Thanks to Board Member, Judy Baird and her staff for the outstanding help! (See page 5!)

That evening, Anne Haynes and I presented to "101 Women" and nearly won the grant! (See page 7!) Congratulations to another awesome local non-profit, the Bonner Community Partners in Care which provides medical care for low-income folks.

And thank you, Walmart Foundation!! As the fall is upon us, nature wants us to slow down. We'll see if that happens! Enjoy! *ellen*

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Idaho**



DayBreak Center:



Anne Haynes

Activities Team
Leader

WISHES, DREAMS AND GRATITUDE

I want to start with a huge thank you to Sharon's Hallmark and Deanna Harris for choosing to partner with DayBreak Center for the downtown merchants "Fall for Sandpoint" day on Saturday, October 1. They generously donated ten percent of that day's profits to the DayBreak Center. This will help so much, not only with overhead and operating expenses but also with our activity wish list.

At DayBreak, we are interactive all day long. What doesn't happen at DayBreak Center is dreaming through the day in an overstuffed chair in front of a TV screen. It is a fine line to find projects and

activities that are simple enough for our participants to be successful, but not childish or demeaning and we are working to strengthen things in this area.

A normal day at DayBreak Center with participants present runs for about 6 hours. Attention span for activities runs from 10 minutes to about 30 minutes. You can see we need a lot of ideas to pull off a successful day. Our activity materials have not had an overhaul in a long time. Paints are about used up or too old to flow well. We would like to add to our music materials. Our target wall game is worn in the center so the Velcro balls have trouble sticking when you actually hit the bullseye – and that tells you people are often successful in this activity!

We are so grateful to Sharon's Hallmark for helping with our wishes and dreams toward creating the kind of fun days we want to give our participants here at DayBreak.

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 www.alzwa.org

800-272-3900



Thanks to Alice Vrooman for coming to the DayBreak Center and sharing the gift of music with the participants! Alice fills in for Betty Overland at the Thursday lunches occasionally too! Thank you Alice!

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



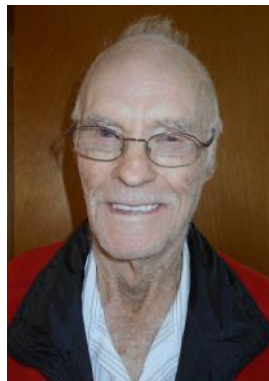
Senior Spotlight: Zane Lund

This month we are featuring Zane Lund. Zane is new to the SASi programs. He attended the April fundraiser which is where we met him. He was born in Columbus, Montana on February 6, 1933. At the age of 1 1/2, the family moved to Sandpoint in August 1934.

Zane has been an avid skier all of his life. When Schweitzer first opened, he was part of the first ski patrol and is the last living member of the crew. He helped cut brush with a hatchet and helped build the rope tow and pointed out that there were no groomers back then. On opening day, in December 1963, Zane was one of the first to ski down Schweitzer. For the

two weeks prior to opening, Zane helped with the training for the Canadian Olympic team. He has skied in Europe, Canada, Switzerland and Texas! He still loves to ski, and is always looking for ski buddies.

After spending two years in the Army, doing his basic training at Camp Roberts, California, Zane came back to live in Sandpoint and worked at the Colburn Saw Mill for 28 years. He and his wife raised 3 children. His wife passed away last spring after 60 years of marriage. He considers himself at 83, "old and well used."



Zane also rode competitive horse-back riding and long distance (40-60 miles!) rides! His athletic ability has slowed down a bit from arthritis and lung issues, and he is grateful to the V.A. that has provided special shoes for walking. He has a great attitude and keeps smiling!

Zane loves coming to the SASi Saturday dances on the second and fourth Saturdays of the month from 1-4pm. He is a great dancer and will dance with all the gals!

See you at the dance, Zane!

"Happy Birthday to YOU!" October 2016

Lolo Thompson 10/7
Joanna Fuchs 10/8
Trudy Mendenhall 10/11
Merrill Longpre 10/13
Vicky Johnson 10/16
Doris Dingman 10/18
James Durfee 10/29



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

Mary's Munchies: Hearty Vegetable Lasagna

Ingredients:

1 (16 ounce) package lasagna noodles
 1 pound fresh mushrooms, sliced
 3/4 cup chopped green bell peppers
 3/4 cup chopped onion
 3 cloves garlic, minced
 2 tablespoons vegetable oil
 2 (26 ounce) jars pasta sauce
 1 (15 ounce) container part-skim ricotta cheese
 1/2 cup grated Parmesan cheese
 4 cups shredded mozzarella cheese

Prep 25 m
 Cook 1 h
 Ready In 1 h 40 m

1 teaspoon dried basil
 2 eggs

2. In a large saucepan, cook and stir mushrooms, green peppers, onion, and garlic in oil. Stir in pasta sauce and basil; bring to a boil. Reduce heat, and simmer 15 minutes.
3. Mix together ricotta, 2 cups mozzarella cheese, and eggs.
4. Preheat oven to 350 degrees F (175 degrees C). Spread 1 cup tomato sauce into the bottom of a greased 9x13 inch baking dish. Layer 1/2 each, lasagna noodles, ricotta mix, sauce, and Parmesan cheese. Repeat layering, and top with remaining 2 cups mozzarella cheese.

Bake, uncovered, for 40 minutes.
 Let stand 15 minutes before serving.

From: <http://allrecipes.com/recipe/11786/hearty-vegetable-lasagna/>



1. Cook the lasagna noodles in a large pot of boiling water for 10 minutes, or until al dente. Rinse with cold water, and drain.

Garage sale a hit! Mtn. West Bank Day of Caring!

A busy September was kicked off with the SASi Garage Sale which raised nearly \$1600! Much gratitude goes to Adele Martin, Volunteer Coordinator and the fabulous cadre of volunteers: Collette Swenson, Lynn Walters, Lee Macleod, Dorothy Kohne, Loris Michael and Ian Collins who helped with setup and sales and Joanna and Karl Fuchs and the many others who donated items for the sale! Also to Taran White, Kara Berlin, Maxine Kock and Susie Yeager who sorted and removed the leftovers!



Gayle Williams proudly wore her new Wii bowling shirt at the Garage Sale!



Special thanks to Judy Baird and the Mountain West Bank staff for volunteering to help us on their "Day of Caring!" It's wonderful to have the signs up and wall back!



"Widows Helping Widows" is growing! The gals share information about their common experience. They talk 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, October 31, at 10am. Lissa DeFreitas, Hospice Coordinator will be the guest and all are welcome to attend. For more information, call the Center at 208.263.6860 and we will pass on your number to Vivian Kirkwood to call you!

The Seasons

By Desiree Aguirre,
Guest Columnist



The seasons, like life, shift from spring, to summer, to fall, to winter, marking the passage of time with tulips, green grass, dips in the lake, a blanket of leaves shaded in crimson, soon to be covered with the first snow, clean as angels wings. The cycle repeats, ad infinitum, but my body, bones crinkling and skin wrinkling, sits on the deck in my oak rocking chair, observing the passage of glory fading, too many friends succumbing to illness, and an

aunt diagnosed with terminal cancer.

Death, I think, is just another season. And we fear it because we don't understand it. We miss our loved ones that have crossed over, that have peered into death's eyes and begun their new season. I miss our conversations, hugs, and laughter. I think that if I could collect my tears in a bucket, they would water my garden, and the lettuce would taste like salt. My mom says that my tears honor the dead, that they drink them from a golden cup, and realize how well they were loved.

My tears cascade down cheeks splotted with red, I look in the mirror and wonder who is staring

at me. She smiles with my smile, and we laugh, reaching across the glass to embrace. She holds my memories, says she will cherish them and keep them safe. In this way, I rest assured that the goodbyes that push up my horizon, a veritable cliff of goodbyes, will not go unheeded. That my friends in their new season will live in my heart, that fall and winter, the seasons of goodbyes, will once again shift to spring and summer, and I will relish the scent of lavender and dip my toes into the cool waters of our glorious lake once again.

“Bosslift” at the National Guard Armory



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

Clockwise from top left:

*The Black Hawk helicopter.

*Sitting in the helicopter ready to go before we were grounded!

*MRE (“Meal Ready to Eat”) food was served for lunch.

*Loading a cargo container on the massive truck.

*Maneuvering the bucket of water from point A to point B with the crane.

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, October 8th & 22nd,
1-4 pm.
Potluck lunch! Music by “Country Plus!”*



**Every Wednesday at 6 pm
\$2.00 per card Just show up
and have fun!!**

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

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



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 is installed! Seniors honored! 101 Women!

On Wednesday, September 21, 2016, the Peace Pole was dedicated to SASi with a ceremony. Forty people attended the ceremony, including Sandpoint Mayor Shelby Rognstad, who read several proclamations commemorating the International Day of Peace, National Senior Center Month, International Day of Older Persons, and National Adult Day Services Week. Steve Holt from the Eureka Institute brought along several students who built and donated the three wonderful benches to be outside by the Peace Pole. Ellen Weissman and Camille McKitrick from the Sandpoint Threshold Choir led two songs with the guests. Special thanks goes to Don Helander and Zach Ukich who planted the pole for SASi!

After the ceremony, light refreshments were served.

The Peace Pole and the benches make for a nice place to sit and reflect. Please feel free to enjoy the space.



Thanks to Danielle Kyoko Sato and local artist, Keiko Lewis for bringing the Peace Pole to SASi! The pole has the message “May peace be on earth.”

in English, Spanish and Japanese and “May peace be in our homes and communities.” in English.

Thanks to the new organization in town, “101 Women”! Each woman donates \$100 in the spring and \$100 in the fall and then they give it away! From an initial group of nearly 30 applicants, SASi was honored to be in the top 9 and then the top 3! The vote was very close and Bonner Community Partners in Care was awarded the grant. They enjoyed learning about SASi and encouraged us to apply again in the spring!



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



I want to first give a big Thank You to each and every one of you who so generously donated to us this past month. I am overjoyed by the response to several letters written and printed in the Daily Bee talking about our recent financial woes. It was stunning to see the donations

come in on a daily basis from the good folks in Sandpoint and other places. This also coincided with the fantastic grant we received from Walmart at the same time. Between the grant and donations, we will be able to cover many expenses that were becoming hard to take care of. Because of this, I am happy to say we will be able to continue to provide the wonderful meals to our participants and the Home Delivered participants! We just had our board elections, and I am happy to say we have a good group of people on our board, and one new member, Dr. James Arthurs is also joining the board. Thanks to all of you for helping us to help the seniors!

THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY
1123 North Division Street, Sandpoint, Idaho

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

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Wonder fits into your soul like love fits into your heart, like music fits into your ear...very easily. Arlo Guthrie

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

Name _____ Email _____

Address _____ Amount \$ _____

For _____