

# SASi is Thankful in 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!

As we approach the upcoming holiday season, we have a lot to be grateful for. The fundraisers and grants that have come through have been so helpful for our food programs and DayBreak Center! The incredible donations you have made to SASi have been a big help as well. Those of you who give to the \$5 A Month Club help to cover various expenses. All of you who volunteer, we thank you for the time you give to us. Mostly, we want to thank you for helping us to continue feeding the seniors nutritionally and emotionally, and providing them with activities and education programs.

Coming up on Saturday, November 5, 2016, we are having a Harvest Dinner at the Center. There will be a

delicious dinner of pork and the trimmings. Dinner will be served at 5:00 pm in the dining room. There will be a cash bar for wine and beer. As this is a fundraiser, all proceeds will go to our varied programs for area

seniors. The tickets are \$20.00 and everybody is welcome. By the way, this is just a dinner! Not an auction or dance, just great food and lots of fun! Seating is limited, so please call the office for further information or to reserve a ticket, 208.263.6860.

## SASi Harvest Dinner



Saturday, November 5<sup>th</sup> 5pm  
 at the Sandpoint Senior Center



THANK  
 YOU!

WALMART  
 Foundation

### 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

Free Thanksgiving Dinner for Seniors and Vets  
 at the Elks Lodge in Ponderay  
 Wednesday, November 16th, 3pm-6pm  
 Call 263-3811 for transportation.

### Dates to Remember

11/3 Alzheimer's Support Group 1pm  
 11/5 Harvest Dinner Fundraiser 5pm  
 Tickets \$20.00  
 11/11 Red Hats Luncheon Noon  
 11/12 Saturday Dance 1pm - 4pm  
 11/17 Thanksg/Birthday lunch 11:30am  
 11/17 Alzheimer's Support Group 1pm  
 11/21 Casino bus trip 8:30 - 4pm  
 11/24 & 11/25 Closed - Thanksgiving  
 11/26 Saturday Dance 1-4:00 pm  
 11/28 "Widows Helping Widows" 10am

## Executive Director's Corner: Ellen Weissman

What an exciting month this has been! Gratitude is oozing out of the walls of SASi! The Walmart Foundation has given us a grant to purchase food for our seniors! Staff at the Ponderay Branch of the Mountain West Bank had a bake sale and raised \$500! From a bake sale! Amazing!! The Bonner County Commissioners have given us funds also! Home Depot gave us gift cards to help us pay for venetian blinds in the DayBreak Center. And the Idaho Food Bank gave us a grant of \$5000! And thanks to Cool-it for donating their services! Thanks to my family who have sent donations also!

So many of you in the community have sent in checks — it's amazing! Your dollars are well spent on food and supplies for the seniors who



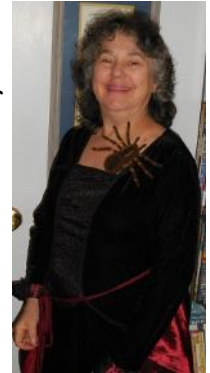
come through our doors and the ones who are homebound and can't get out. Your support also helps the families who are encountering the challenges of Alzheimer's and other memory issues.

We have also received donations in honor of Helen Labowski. What an amazing woman! So sorry to lose her!

And we're starting to receive donations through the button on our website home page! How fun is that!

At our Harvest Dinner, you'll be able to join in a lovely meal and sit back and share in the friendship and joy of helping others. No auction, no dancing, no pressure! Just lots of camaraderie!

Thank you to all the folks who give me words of encouragement! And to the Board and staff and participants at SASi who help me have so much fun! Where else could I wear a giant spider and folks love it?! So much to be thankful for!



Happy Thanksgiving! *ellen*

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# DayBreak Center: November is month of Gratitude



Anne Haynes  
Activities Team  
Leader

November already and Thanksgiving on its way and there is so much to be thankful for! Tops for me is this job I have at DayBreak Center where I am surrounded by so many intelligent, fun-loving, compassionate people: the participants who keep me smiling with their wit and swell my heart as I watch them watch out for each other; Adrienne, our activity assistant, who has my back and more energy on any given day than I can summon in a week; the SASi administration staff and board who give me guidance and support as I continue to learn the layers of this job. We have wonderful substitute activity assistants who cheerfully step in when needed and we have the most stellar, dedicated, loving volunteers any organiza-

tion could want. When I started working here, this was the group I learned the most from in so many large and small ways — and still do.

This job also makes my brain work, and as the daughter of a mother who had early onset Alzheimer's disease, working my brain is important to me. On the alz.org website I saw a new study out indicating that working in a complex job that requires you to engage with people, instead of just data and things, might help in building resilience to Alzheimer's disease. Resilience is a quality that may explain why many people who are believed to be at higher risk for the disease, or even have brain changes, never develop cognitive dysfunction. So it isn't just using your brain, it's the social interaction that may truly be important. That's part of what you all do for me — that and the friendship. I am so thankful for all of you. Have a warm, fun November and a lovely Thanksgiving.

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](http://www.alz.org) [www.alzwa.org](http://www.alzwa.org)

800-272-3900

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

**Even spiders on Halloween!**



**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: Rick Dalessio Volunteer Driver

This month, we are featuring a gentleman who is one of the dedicated volunteer drivers for our Home Delivered Food Program.

Rick Dalessio grew up in Springfield, Mass. He began his long career in education by going to school at University of Idaho in Moscow, ID. While in graduate school, Rick met his wife. Over the years, Rick has taught students in Boise, Priest River and Sandpoint. For the last seven years of his tenure, he was the Principal at the Lake Pend Oreille High School. When Rick retired from public education in 2013, after 30 years of service, he was looking for an organization where he could give back to the commu-

nity. At first he was looking for an organization along the lines of the Elks, Rotary or the Lions Club. After having a conversation with Paul Graves at the Geezer Forum, Rick came over to SASi to see food program manager, Mary McGinnis. At the time there was a need to find a driver for a certain route. Rick likes to joke, "After an exhaustive vetting process by the FBI, CIA, and Mary, I was hired. My pay would consist of a dog treat for my faithful companion."

Now going on four years, he still likes delivering meals to those who can't get out to get their food. Rick also enjoys seeing all the folks who do get

to come to lunch at SASi. They all seem happy to socialize and to eat a good meal. Rick looks forward to delivering meals into the foreseeable future.

Thanks Rick for all you do!!



Mary McGinnis, Food Program Coordinator and Rick Dalessio.

## "Happy Birthday to YOU!" November 2016

Vivian Kirkwood 11/3  
Don Johnson 11/4  
Rich Speidell 11/4  
Rosemary Strite 11/16  
Smitty Smith 11/19  
Norma Fontinatos 11/20  
Donna Peterson 11/21  
Rita Chellman 11/22



Janet Vetter 11/24  
Kelli Hern 11/27  
Judy Fryberg 11/27

Thanksgiving/Birthday  
lunch will be on Thursday,  
November 17th at  
11:30am!

## Mary's Munchies: Paradise Pumpkin Pie

8 oz. pkg. cream cheese  
1/4 cup sugar  
1/2 teaspoon vanilla  
1 egg  
9" unbaked pie crust  
1 1/4 cups canned pumpkin  
1/2 cup sugar  
1 teaspoon cinnamon  
1/4 teaspoon ginger  
1/4 teaspoon nutmeg  
Dash of salt  
1 cup evaporated milk  
2 eggs

Nuts (optional)  
Maple syrup & nuts for topping

Heat oven to 350°F. Combine cream cheese, sugar and vanilla. Mix well. Add egg; blend and spread over bottom of pastry shell. Combine remaining ingredients; mix well. Carefully pour over cream cheese mixture. Bake one hour and 5 minutes, or until done. Cool; brush with maple syrup, garnish with nuts. Serves 8.

# Thank you Winter Ridge and Mountain West Bank!



Winter Ridge shoppers are helping Winter Ridge help Sandpoint Area Seniors! When you bring your own grocery bags to take your food home in, you'll receive a wooden token at the check-out counter. Drop the token in the glass jar of your favorite organization ("SASi"!)) and they will donate to us in March! Thank you, Winter Ridge!!

~~~~~

The next meeting of "Widows Helping Widows" will be on Monday, November 28, at 10am. For more info, call the Center at 208.263.6860.



Mountain West Bank's Ponderay Branch staff held a Bake Sale and customers and staff rallied and raised \$500 for SASi! Thank you all!!



Kostume Karaoke was a huge hit!



Katherine Allen has brought wonderful accordion music to our lunch participants on Tuesdays. Thanks so much!

## Benefits of Gratitude

By Desiree Aguirre,  
Guest Columnist

I admit it. There have been times in my life when I was incapable of maintaining an attitude of gratitude. In fact, I remember wanting to slap the face of a wonderful woman that told me, "Honey, you need to make a gratitude list." Fortunately, that has changed, and in case I ever find myself in no condition to come up with a gratitude list, I have written a song called "Gratitude List," and came up with one thing I can put on my list in an emergency (toilet paper)!

Gratitude, it turns out, has numerous health benefits.



According to Robert Emmons of UC Davis, keeping a gratitude journal ( or writing a gratitude list) promotes overall health, decreases physical ailments, increases the desire to exercise, and makes goals more obtainable. When I remember to embrace gratitude, my fears dissipate, my anger subsides, and those problems that had grown from a pea pod to a gigantic stalk complete with trolls and giants, shrink back to seed size.

Best of all, writing a gratitude list doesn't cost anything. Especially when you can turn it into a song!

"Gratitude List" (key of A, waltz time, banjo, fiddle, mandolin and guitar):

[Here are two verses of Desiree's song.]

Thank you for song and poems,  
gathering of like-minded souls,  
Cool evening breeze, berries on  
the vine, water as sweet as wine.  
A little rosy dog that doesn't bark  
(much), cairns of elegant rocks,  
Food with a bite, colors ever  
bright, the whisper of the moon.

Thank you for my collection of  
hats, warm and fuzzy kitty-cats,  
Fiddles that can sing, banjos with  
a ring, a boyfriend to change my  
strings.

Lavender blossoms pungent and  
sweet, getting a good night's  
sleep,

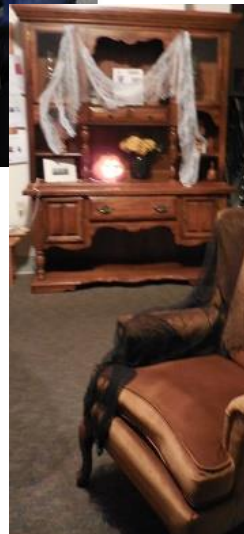
Kites that can fly, Mom's pecan  
pie, watching a gold sunrise.



# Halloween Fun!



Welcome Nora Horn from Luther Park!  
Thanks for the Birthday/Halloween cake!



## Looking for somewhere to hold an anniversary party?

We're excited and pleased to announce that our SASi website has a new **Facility Rentals Page!** You'll find information about renting the rooms for your next meeting or special occasion!

[www.sandpointareaseniors.org/hall-rentals/](http://www.sandpointareaseniors.org/hall-rentals/)



**Saturday Dances, November 12th & 26th**  
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](http://www.sandpointareaseniors.org)! Let us know!

# Casino bus trip before Thanksgiving



## Casino Trip 11/21/16

If you are looking for something to do before Thanksgiving, sign-up for the bus trip to the casino in Worley. The date is Monday, November 21, 2016, from 8:30 am to 4:00 pm. The bus will pick you up at the Center, and bring you back. We'd really like to fill the bus, as this is the last trip for the 2016 year. There is no charge for the trip, so bring a friend along and win some money before the holidays! For further information, call the office at 208.263.6860.



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

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Call for rate information, 208.263.6860.

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



I want to wish all of you and your loved ones a very happy Thanksgiving as we approach the holiday season. As this is November, I want to tell you on behalf of the board of directors and the staff, how grateful we are for all of the help each one of you has given this past year, for the generous donations and the volunteering many of you have done for the Senior and DayBreak Centers. Because of this, we are able to continue to provide the senior community the wonderful food program in-house and of course, the Home Delivered Meal Program. The selfless volunteers who deliver the meals each day help so much to make sure people who otherwise can't get out have a cooked meal so they don't go hungry. I want to commend Ellen and the hard working staff for all they do to make the participants feel welcome! Please come and join us during the season as we have lots of fun activities and events planned!



# Donors

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

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

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*"I can't remember the last time I forgot something." Earl Pickles (via Paul Graves)*

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> |

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Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Amount \$ \_\_\_\_\_

For \_\_\_\_\_