

Happy New Year! 2017!



SASi

SANDPOINT AREA
SENIORS, INC.

WHAT'S GOING ON DOWN AT SASI?

820 Main Street
Sandpoint, ID 83864

Senior Center: 208-263-6860

DayBreak Ctr: 208-265-8127

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
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Call for more information!

WOW, 2017!! Another new year! And what a cold one it is! And what a hearty group of folks we have braving the cold to come in to the Senior and DayBreak Centers! Thank you for know that living in North Idaho means not letting the cold stop us!

As we go to press, we've received unfortunate news of the passing of several of our dear participants. Our beloved, Erval Rainey passed the morning of January 5 at his home surrounded by loved ones.



Lois Hall passed in Coeur d'Alene on the 3rd. Don Johnson joined his wife Nancy on December 21st. It's hard to talk about death and dying, but it's even harder not to talk about it. So if you'd like to be connected with the BGH Hospice folks for grief counseling, please let us know and we'll help you set that up.

On a happier note, Emmy's on the mend and

hoping to be back in a couple of weeks. We sure miss her! She has a big part in putting together this newsletter and sends her greetings! She and Ellen apologize for the delay in January's issue not coming out on time!

Thank yous go to the Washington Elementary music students and teacher, Noelle Argue for the wonderful holiday lunch music!



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
Bingo 6:00 pm
Thursday: Wii Virtual Games 9:30am
Blood Pressure 10:30am
Pinochle 12:30-3:00 pm

Dates to Remember

1/5 Alzheimer's Support Group 1:00
1/12 Denise Stewart – Elder Law appts. 12-3pm (in conference room) Call 509.447.3242 to schedule
1/13 Red Hats Luncheon Noon
1/14 Saturday Dance 1-4pm
1/19 Alzheimer's Support Group 1:00
1/26 Denise Stewart – Elder Law appts. 12-3pm (in conference room) Call 509.447.3242 to schedule
1/27 Saturday Dance 1-4pm
1/30 Widows Helping Widows 10am

Executive Director's Corner: Ellen Weissman

Happy New Year! 2017! Wasn't it just 2000?! Goodness! Time flies around here!

I am so grateful to be living in Sandpoint and working here at SASi! After traveling in southern California for the holidays, I'm even more grateful! On the train, I passed so many houses next to houses next to more houses! Some of those neighborhoods probably have more people than we have in the whole county! It's so nice to be able to come home to the snow! That's what winter is all about! I love having four seasons!

Last night I spoke with a 92 year old (young!) friend and had a rousing combination of laughter and tears. The night before, I learned of the death of a good friend on Christmas Eve. He was in his 60s



with cancer and while it was somewhat expected, but I thought he had more time. I hadn't cried yet and talking to my friend, Elaine helped break the holding back of tears. Needless to say, it was very therapeutic and made it easier for more tears to come this morning when I learned about Erval's passing.

Elaine has "seen it all in her life" as she says and is very forthright about death and dying. But she surprised me when she said that she loved hearing my laughter and that it gave her a reason to wake up tomorrow!

She said that it's all about love and friendship. That not all that much else is important. That's what I love about SASi. It's an opportunity to share time and comradery with others in addition to the meals and activities. It's a chance to share energy with others that you can't do at home by yourself. It's an "isolation buster"!

So thank YOU, the participants, who give SASi meaning! And thank you to the hard working staff and board for keeping it going!

As I said last month (and it bears repeating!), Happy New Year and Happy Laughter and Life!

ellen

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DayBreak Center: Anne Haynes



Anne Haynes

Activities Team
Leader

If you missed the December 11th High Tea fundraiser for the DayBreak Center put on by Sandra Jamieson and Darlene Coon with their host of volunteer helpers, you missed the high point of the winter season so far. A classic English High Tea, it was served in courses of delectable tea sandwiches and pastries prepared by Sandra and Darlene – and oh how those ladies can bake!! Each table had their own volunteer “hostess” welcoming us



DB Activities
Assistant, Adrienne
came to the High
Tea dressed in
high fashion!

with a “Bucks Fizz” (mimosa), keeping the tea poured and the platters of sandwiches and desserts coming. Mary Faux showed many of the hats she has collected and worn over the years and tried them on various heads in the crowd. It was a really lovely, really fun afternoon. Overall

\$1500 was raised for the DayBreak Center and we are so grateful to Sandra and Darlene and all the volunteers. Thank you ladies very, very much.

DayBreak Center had two wonderful donations from monies raised from Christmas party auction proceeds, one from the Community Assistance League (“CAL”) and one from Wood’s Crushing and Hauling of Sandpoint together with B.F. RediMix, Inc. of Bonners Ferry. We also received a lovely grant from The Richard and Donna Hutter Fund in the Idaho Community Foundation. We are so grateful to these generous groups for their thoughtfulness and support. There



DB Volunteer, pianist
Alice Vrooman dons a
hat from Mary Faux.

were many blessings from the Christmas season and we look forward to this new year of 2017 with hope and determination that we can meet the needs of the family caregivers in our communities who are caring for loved ones with some type of cognitive decline and who often so desperately need some time for themselves. This is what we are here for and what your donations support. Happy New Year to all of 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 Center (with prior arrangements) while you are attending the Caregivers’ Support Group meetings.

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



Anne and
Mary Faux
chat before
the Hat
Presentation.

Thank you,
Mary for the
great show!

Thank you,
Sandra and
Darlene!



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: “the Young-ins” in the Kitchen

This month’s Senior Spotlight is focused on our fabulous kitchen staff! Lynn Harpe, Ezra Woods and Tim Crouse are the backbone of our food program and unsung heroes! When you think about making your next meal, think about cooking for a couple hundred instead! SASi’s kitchen staff prepare an average of 2000 meals a month! About half are served in house and half go out with the Home Delivered Meals (HDM) program. That’s a busy kitchen!

Lynn was born in Long Beach, CA and raised in Grants Pass, Oregon. She’s been in Sandpoint for 21 years. At 51 years “young,” she’s the elder “young-in” in the kitchen and does the shopping for food that isn’t ordered from Sysco.



Lynn has been with us seven years with a memorable start date of 9/9/09! She loves helping with the HDM program, filling in as a driver occasionally. Her loves are being a mom to her 15 year old son and gardening and tending her chickens.

Ezra was born in Escondido, CA and arrived in Sandpoint in May of 2004. His loves include

snowboarding (which is on hold since he broke his arm) and video games. He joined the SASi team in June, 2008. He likes everything about SASi, especially cooking for the elders. He also likes that he was born the year SASi started, 1975.

Tim was born in Frederick, MD and moved to Sagle in 1999 after 10 years in Priest River. He loves preparing the salad bar and the social experience of SASi. He started working here in 2012 after volunteering for 2 years while his mom was on staff. He’s an avid outdoorsman, enjoying camping, fishing and hunting. He’s also in the National Guard since 2012.

Thank you so much for cooking great meals for us!

“Happy Birthday to YOU!” December 2016

Frances Reed 1/3
Irene Hutchison 1/14
Ley Soltis 1/18



James Wood 1/22
Jane McNulty 1/23
John Strite 1/30

Mary’s Munchies: Quick Apple Cranberry Pear Muffins

1 pkg. Pillsbury Apple Cinnamon Quick Bread Mix
3/4 c. buttermilk*
3 tbs oil
1 egg
1 c. fresh or frozen cranberries, thawed
3/4 c. coarsely chopped walnuts
1 large firm pear, peeled, cut into 1/2 inch pieces

*To substitute for buttermilk, use 2 teaspoons vinegar or lemon juice plus milk to make 3/4 cup.

Heat oven to 400° F. Line with paper baking cups or grease cups in 18 muffin tin. In large bowl, combine

quick bread mix, buttermilk, oil and egg. Stir 50 to 75 strokes with spoon until mix is moistened. Stir in cranberries, walnuts and pear. Spoon batter into paper-lined muffin cups. (Cups will be full.)

Bake at 400° F. for 18 to 25 minutes or until golden brown. Serve warm or cool.

Makes 18 muffins.



Tidbits...



Denise Stewart, a local attorney specializing in Elder Law, spoke to a group of interested SASi participants in November and December. Denise will return on Thursday, December 12 and 26th from noon to 3pm. Call 509.447.3242 to schedule appointments. Bring your questions about estate planning, donating to SASi and more!

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“Widows Helping Widows” is growing! The gals share information about their common experiences and transitions in their lives. They share 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, January 30, 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!

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Wii Bowlers are coming back on Thursday mornings at 9:30am!

Bingo was cancelled on January 4th because of the cold! Brrr! Sorry for any inconvenience! We hope everyone got the word!

“New Dreams”

By Desiree Aguirre,
Guest Columnist
“New Dreams”



The car flipped over ejecting my husband (and 15 years later, my son) through the windshield; they died; the world didn't collapse but our dream did; I did. A smoldering rage darkened my heart; it felt like I had donned a lead suit; it hurt to breath and tears stained my cheek, creating crevices and lines that sunk deep, a veritable grand canyon in the making. My hands felt like they were encircled in chains. And one day, I got up for work, but realized the only thing I had put on were my shoes,

so I took them off and went back to bed.

Beginning a new dream takes time, and love, and plenty of laughter. Moving to Idaho, the beginning of a new adventure, was a positive, yet difficult change, a letting go of the old dream, and the hope of creating a new one. It had its costs as well, and re-establishing any strain of sanity after falling so low was like learning how to dance an intricate tango. At first, I crawled, and my tentative first steps, usually ending in another fall, as I struggled with anger at god, at my husband for drinking and dying, at being a single mother, clawed chunks out of my very center.

Time does heal, and today a gray line of snow falls in gentle hallelujahs. My spirit sings that we are etched from our past—that we learn from our mistakes and as long as we pick ourselves up we can begin again. Today, the librarian calls me the happy hatter, and today, today, I seek to rise above and meet that gentle spirit with the loud laugh. She loves to play the banjo and is learning the fiddle. When I let her take charge, my laugh, too, resounds, in glorious hallelujahs. She says today is just another dream.

Wishing you all happy new dreams for the New Year.

High Tea a success!

What a great High Tea!! Thank you to Sandra Jamieson and Darlene Coon and their wonderful volunteer team for organizing the December afternoon event! The food was delicious! And thanks to everyone who came! You raised over \$1500 to help provide care for our elders in the DayBreak Center!



Board member, Leslie Marshall loved showing off this wonderful feather hat!



Volunteer Linda Melia serves Victoria Sponge Cake to guests.



Thank you generous supporters!! Find names and logos from donor organizations at

www.sandpointareaseniors.org/community-support/



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Volunteers for DayBreak needed!! also... Leaf Blower
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Saturday Dances, December 10th & 24th
1-4 pm.

Potluck lunch! Music by "Country Plus!"



Every Wednesday 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!

Mary Faux's hats were marvelous!



Mary Faux has an uncanny sense of matching the hats to the recipients. What a fun show!

Did you notice Ellen taking your picture at the High Tea? Would you like a copy of it? Please let us know and we'd be happy to print one for you (and gratefully accept donations for the time and paper).



Volunteers Nancy Katona (l) and Joan Butcher (r) serving up delicious pastries!



Volunteers and sisters Loris Michael and Linda Melia show off Mary Faux's hats.

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



On behalf of the Board of Directors and staff, I want to wish all of you a very Happy New Year! It's amazing how much we fit into a year with the activities, fundraisers, and projects that come up. We have such a vibrant group of people who come here to help support the Center. We are so grateful to you and to the volunteers who are always so willing to help pull off the many things we do here. It's been nice having new people coming into the Center wanting to see what we do. We have such a great bunch of folks who like to enjoy life and extend a hand of friendship to them. I look forward to seeing all of you all year long in 2017! So here's to you! Best wishes!

p.s. I saw that a few men went to the High Tea! I thought it was just for women! Let me know if you do it again!

Donors

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

\$5 A MONTH CLUB	Wynhausen, Barbara & Robert	Dover Baptist Church <i>Sapphire</i>	Tillisch	Rose Fredstrom <i>Sapphire</i>
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How have you lived to the young age of 92? "I don't drink or smoke or go out with men who do!"

Janet Vetter, SASi participant

SASi is a non-profit organization. Your donations are tax deductible! We appreciate all of your contributions, any size!

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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