



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 to your home?
Call for more information!

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th century, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with

real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.

You can show your love for SASi by shopping at Winter Ridge with your own shopping bags! For each bag you bring in, you will receive a token to put in the "Bags for Change" jar. Based on the number of tokens collected, Winter Ridge will give SASi a donation!

Another way to show SASi your love is to

Show your love for SASi at Winter Ridge!



follow the words of Donna, a SASi participant and volunteer: "Be positive. Anytime someone does something good, let them know. Get on the positive band wagon. Kick any negativity under the carpet. Use positive reinforcement at all times. What a great Senior Center we would have! We have efficient great leaders here and a positive environment would greatly compliment that!" Thanks, Donna!

Activities		Dates to Remember
Monday:	Line Dancing 1:00 pm	2/2 Alzheimer's Support Group 1:00
Tuesday:	Bridge 12:15pm Pinochle 12:15pm	2/9 Rick Cox, Neighborhood Watch Program 11am (conference room)
Wednesday:	Plastic bag folding for the Food Bank 10:00 am Laughter Yoga 10:30 am Bingo 6:00 pm	2/9 Denise Stewart – Elder Law appts. 12-3pm (in conference room) Call 509.447.3242 to schedule
Thursday:	Pool Players 9am Wii Virtual Games 9:30am Blood Pressure 10:30am Pinochle 12:30-3:00 pm	2/10 Red Hats Luncheon Noon
		2/11 Saturday Dance 1-4pm
		2/16 Alzheimer's Support Group 1:00
		2/23 Denise Stewart – Elder Law appts. 12-3pm (in conference room) Call 509.447.3242 to schedule
		2/25 Saturday Dance 1-4pm
		2/27 Widows Helping Widows 10am
*Note: We will be closed February 20th for President's Day!		

Executive Director's Corner: Ellen Weissman

It's the month of love! No better time for me to celebrate my daughter's and her boyfriend's wedding announcement! After eight years, they're getting married in April! May they have a long and happy marriage as our Senior Spotlight Joyce and Buzz' marriage has been!

Many of you met Saramaya when she was here helping for a week last year. After watching many of their friends get married and saving up for their own wedding, Zach suggested they go sky-diving for his birthday last July. He landed first and while the cameras were still rolling, she landed. After they caught their breaths and realized they had indeed landed, he got down on one knee! She said, "Yes!" (Of course!)



We received a "love letter" in the mail last week! Lisa Wishnick saw the SASi newsletter at the info table I set up at the "Women's March" on January 21st at the Panida. She fell in love with SASi on the spot and sent us a donation for \$2000 from the William Wishnick Foundation! She said it was for "old folks like me who don't know they're old"! Love it, Lisa! Thanks so, so, much!!

Yesterday, we received another

type of "love letter" in our donation box. It was a "To Whom it May Concern" letter suggesting 1) we turn down the heat at night, 2) get rid of Day-Break, and 3) serve smaller portions at lunch. I'd like to respond to these comments. 1) The heat is in our floor and takes a long time to change temps. We have it regulated for comfort for our seniors! 2) Closing DayBreak is not an option to me personally! It is an invaluable service, growing and helping many families! Who knows who may need that service some day! 3) We are under FDA and Area Agency on Aging guidelines for our food service. Please bring a recyclable container and take home your leftovers! Happy Valentine's Day! *ellen*

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DayBreak Center: Anne Haynes



Anne Haynes

Activities Team
Leader

Here is a drum we are going to beat this year: The DayBreak Center Devotee Scholarship Fund needs replenishing! This fund was created to help families with the \$10/hour cost of having a family member attend DayBreak Center. \$10 an hour doesn't sound like much. But when you factor in that the families who really need a break would often like their loved one to be with us for 5 hours a day for the three days a week we are open, it adds up. \$50 a day, \$150 a week, \$600 a month. Many of these families are retired folks living on fixed income and this simply would not be an option for them. Even one day is a stretch for many. The Area Agency on Aging helps with some of the fees if the families qualify for their program. Not everyone qualifies and even if they do, those funds often do not cover the total needs of the family.

How can you help? Donate! Spread the word! Have a neighborhood party and sell tickets to win a box of really good chocolates and donate the proceeds. Maybe your kids or grandkids

would like to have a lemonade stand when things warm up and raise money for the Scholarship fund! Then they can come and play a game of Yahtzee with us.

DayBreak Center gets one third of the donations that are given to the Sandpoint Area Seniors. This goes for overhead and not to the Scholarship Fund. Funds that are given specifically to the DayBreak Center also go for overhead and activities and 25% of those funds are put into the DayBreak Center Devotee Scholarship fund. A donation given specifically marked for the DayBreak Center Scholarship Fund goes completely into that fund. We have two new families needing help right now and our current funds are projected to run out in March. Help us help them. Thank you so much.

We are also in the process of expanding our arts and music activities. If you have unwanted iPods and headphones and art supplies, please remember DayBreak. If you would like to do a music, movement or art project with the participants, please give us a call! Thanks to Jennifer Ball and Neiman's for the recent collage and flower arranging classes! The participants loved it!



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



Thank you, Waldorf School students!!!!



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: Muriel “Joyce” Boeck



Muriel “Joyce” Boeck was born in Kootenai, Idaho!! The house she was born in is still there! Her parents were Edna and Ray Reynolds. When Muriel was a Freshman in high school, she and her sister, Martha changed their names to Joyce and Jean, using their middle names instead.

Joyce graduated from the 8th grade from Kootenai School and graduated from Sandpoint High School in 1946. She met her husband, “Buzz” (Dale Richard Boeck) in high school, but they didn’t date until he returned from the Navy. They married in 1948 and will be celebrating their 69th Anniversary on March 17, 2017!

Joyce worked at Bonner County



Sandpoint Furniture for eight years. Buzz was a Conoco agent for many years and worked for McFarland Cascade as a pole checker. They are both now retired and enjoying the freedom! Joyce especially likes to come to the Senior Center for Bridge on Tuesdays.

When asked what the secret to

Bank and then Idaho First National Bank and Northside Water as a bookkeeper. She also worked at Sears for six years and

their long marriage is, Joyce said, “Well, I guess we’re in love!” They have two children, Michael and Melanie and two grandchildren, Alyssa and Justin. Alyssa has three children, Sydney, Henry and Isabel so that makes three great grandchildren for Joyce and Buzz!

Joyce and Buzz used to come for meals here often and are hoping to arrange rides or the SPOT bus to come back more often. The meals are really good here and I miss them! And I think Buzz is getting tired of my cooking!

We miss you at lunch, too, Joyce and Buzz! Come back soon! See you on Tuesdays for cards!

“Happy Birthday to YOU!” February 2017

Ian Collins 2/3
Emmy Keiser 2/4
Kathe Murphy 2/4
Norma White 2/6
Alyssa Roche 2/6
Loren Vanek 2/9
Jan Stolz 2/11
Suzi Yeager 2/13



Betty Whipple 2/15
Rita Beehler 2/15
Joan McNeil 2/15
Al Kluver 2/16
Vi Ojala 2/22
Jan Griffiths 2/25
Katie Moore 2/26
Lori Stengel 2/29

Mary’s Munchies: Trisha Yearwood’s Raspberry Chicken

Prep: 10 mins, Cook: 30 mins Makes 4 servings.

4 boneless, skinless chicken breast cutlets

6 ounces cremini mushrooms, sliced

Salt and pepper

1/4 cup olive oil

4 cloves garlic, chopped

1 large shallot, chopped

1 cup chicken stock

1/2 cup white wine

1 cup fresh raspberries

1 T salted butter

1 T balsamic vinegar

1 teaspoon grated lemon zest



Season the chicken with salt and pepper. Heat a large skillet over medium heat and add the olive oil. Once the oil is hot but not burning, add the chicken and sear for 3 minutes on each side. Remove from the skillet and set aside. Using the same skillet, add the garlic and shallot and cook over medium heat for 1 minute. Add the chicken stock and wine and cook until slightly reduced (~10 mins). Add the sliced mushrooms and lower the heat to a simmer. Return the chicken to the skillet, cover and cook until the chicken is cooked through (~10 mins). Add the raspberries, butter, balsamic vinegar and lemon zest and continue cooking, uncovered (~1 min).

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 Thursdays, February 9th and 23rd from noon to 3pm. Call 509.447.3242 to schedule appointments. Bring your questions about estate planning, donating to SASi and more!



An overflow crowd showed up to honor Erval Rainey on January 14th! What a kind and funny man! We will miss him greatly! Thank you to those of you who donated in his memory.

Btw, would you like to hold a celebration here? Talk to Ellen about it!

~~~~~  
“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, February 27, at 10am. The gals are also meeting for lunch on Valentine’s Day at the Senior Center! For more information, call the Center at 208.263.6860 and we will pass on your number to Vivian Kirkwood to call you!

~~~~~  
Want to make travel plans? Costa Rica, perhaps?! Write down your top three places and give them to Ellen. Shall we leave next winter behind?! Hmmm!

“New Dreams”

By Desiree Aguirre,
Guest Columnist

Valentine’s Day



Love is in the air, underneath the layers of snow and ice, and Valentine’s Day, a tradition mired in chocolate and flowers, is actually based on an ancient Roman tradition that was later continued by Christians. Perhaps, like me, they were weary of winter, and needed a reason to celebrate in the middle of February. And what better thing to celebrate than love?

My daughter informs me that when she was little, I made

Valentine’s Day special because I always got her a unique Valentine’s gift. A gift of love, something that would have meaning to her, like a pair of colorful socks, a good book, and of course, her favorite dark chocolate.

Valentine’s is, in fact, a special day, because it celebrates love. And for me, the woman who decided she was terminally single, and in fact, afraid of falling in love because I had experienced the death of a spouse and never wanted to risk that again, love has opened my heart and given me new perspectives, new dreams, and new hope.

According to health professionals, love decreases doctor’s visits, lowers blood pressure, and results

in faster healing and fewer colds. Best of all, love comes in many forms. I am blessed to have a menagerie of pets, one of the little cats is meowing at me as I type, an amazing daughter, Mom, Step Dad, sisters of my heart and my true sister that lives across the street, and of course, a boyfriend that melted the cloak of fear I kept wrapped so tight it almost strangled me. My home and my heart are filled with love.

So, I hope that this Valentine’s Day brings you love that will keep you warm through the rest of the winter, that it will melt any snow that has gathered around your heart, because love is absolutely good for your soul.

CAL and others help SASi! Thank YOU!



Above, Tina Reynolds, (center) CAL's Social Committee Chair, presents a check for \$646 to SASi Board member Loris Michael (r) and Ellen Weissman, SASi Executive Director (l) from the CAL Christmas luncheon for the DayBreak Center.

Center, CAL ladies, Mary Daubersmith, Sherry Fulton and Esther Inselman are with SASi Food Program Coordinator, Mary McGinnis. The ladies brought gifts from CAL members for the Home Delivered Meals recipients for the holidays. What a blessing!



Above, Lt. Cindy Wright and Sgt. Anna Marie Moe present a check for \$1000 to SASi from the Bonner County Sheriff's Guild. Thank you so much!

Kudos also to the Car Injector's Club for their \$500 donation presented at their holiday party also! Also Wood's Crushing and Hauling and B.F. RediMix, Inc. gave us \$800! You are all awesome!



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!

Thank you generous supporters!! Find names and logos from donor organizations at www.sandpointareaseniors.org/community-support/



Shop at Yokes and Amazon online and support SASi!



Volunteers for DayBreak needed!! also... Leaf Blower
Bounty Select-a-Size
Paper Towels, Toilet Paper
White Pump Hand Soaps
Paper Napkins Back-up Generator Oven
Hood System, Snow Rake Hugs and Kisses!



Saturday Dances, February 11th & 25th
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!

Tax Season is back! And SPOT Bus pickups!



Tax Season is once again upon us. The volunteers from AARP will be here to assist you with your tax returns on Mondays and Wednesdays from 9:30-2:30 pm.

Appointments are being made now by calling the office at 208-263-6860, or by coming into the Senior Center. There is no charge for this service, however, we greatly appreciate all donations. Tax season

has been extended to April 18th, 2017.

Make sure to bring in your 2016 tax papers including any information you might have pertaining to the Affordable Care Act (ACA, aka "Obamacare") insurance. That form is 1095 A and is needed to process your return if you are signed up for it.

Welcome back, Karen Squires, and her assistants pictured above (from l to r) Doug Frasier, Bruce Wendle and Randy Carpenter! Not pictured are newbies this year, Sandra Wilcox and Arlynn Ichles. Welcome aboard!

If you prefer to use H & R Block, be sure to mention Sandpoint Area Seniors, Inc. when you go for your appointment! They will give us a \$20 donation for anyone who mentions SASi! Thanks!



Barbara Blood and June Mosher use the SPOT Bus to come have lunch with us! Do you live within a mile of a SPOT bus stop but you can't get to the stop? Do you want to come for lunch or get to the doctor's office and can't get a ride? Call the SPOT office at 263-3774 and ask about their elder assistance program. You can also download the application on their website, www.seespotroll.com.

News of our online Razoo Donation Button is getting out! What fun to get emails from Razoo telling us of donations! Thanks to Aimee Wynhausen for donating \$50 in honor of her parents, Robert and Barbara Wynhausen's 40th Anniversary! What a perfect Valentine's Day thing to do!! Thank you, Aimee!

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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 Valentine's Day! And Happy President's Day! (Remember we will be closed on the 20th!) I want to thank all of the volunteers who have been helping out while our "right hand" Emmy has been out. It's been a huge help! She is recovering from her foot surgery well and will be returning soon.

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 and Board members 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 and joining us for lunch. 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 more fun all year long in 2017! So here's to you!

Donors

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



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"All our dreams can come true, if we have the courage to pursue them." Walt Disney

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>

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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