



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.

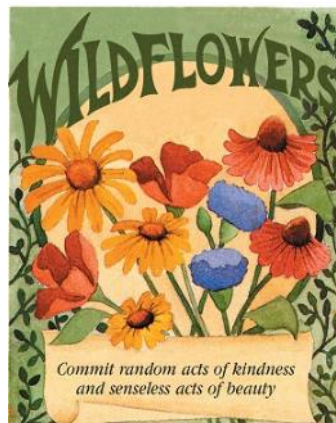
Need a meal delivered
to your home?
Call for more information!

March is "Sowing Seeds for Seniors"

This year, SASi is holding a new fundraiser, "Sowing Seeds for Seniors." We will be sending out packets of seeds as a reminder that when we support our senior center we are growing support and raising awareness of the needs of our area seniors.

Many of you know we provide important food programs such as the daily congregate lunch and the Home Delivered Meals. Each day the kitchen prepares and serves a meal while the volunteer drivers deliver meals to the participants on their route who need a meal they might not have that day. In a month, the center serves 2,100 meals.

SASi applies for and has received many grants. The community has been very generous.



Our need is greater than our resources. This fundraiser allows you to remain in the comfort of your easy chair or watch a game or have a day on the slopes. All that is asked is to take a few minutes to donate.

Everyone of us knows someone who is a senior. Some of us know or have a loved one that uses the center or possibly receives a meal delivered to them. If you plan on becoming a senior one day, and may want to or

need to use the facility.

Each one of us has an important role in continuing the growth and support of SASi. Our seniors have earned a place of respect within our town, our county, and our country. This is the time to pay it forward and support them.

Will you join us and support our Sandpoint Area Seniors this spring by sending in your donation? You can also go online to: sandpointareaseniors.org or call 208.263.6860.

Please sow your seeds as a reminder of your donation and what your gift will reap!

Thank you for supporting our community's seniors and SASi! Think of us when your flowers bloom!

Activities

Monday: Line Dancing-(not in March or April)
Tuesday: Bridge 12:15pm
Pinochle 12:15pm
Wednesday: Laughter Yoga 10:30 am
Bingo 6:00 pm
Thursday: Pool Players 9am
Wii Virtual Games 9:30am
Blood Pressure 10:30am

Dates to Remember

3/2 Alzheimer's Support Group 1:00
3/10 Red Hats Luncheon Noon
3/11 Saturday Dance 1-4:00
3/13 Intro. To Sign Language Class (new) 4:30-6:00 pm
3/23 CapTel Phone presentation 12:15
3/16 Alzheimer's Support Group 1:00
3/25 Saturday Dance 1-4:00
3/27 Casino Bus Trip 8:30-4:00
3/27 Widows Helping Widows 10:00
3/30 Drawing for Pot of Copper and Silver and Coupon for Turkey or Ham

Executive Director's Corner: Ellen Weissman

Whew! What a winter we're having! Snow, snow and more snow! Recently, on a sunny day, the snow inched its way down the roof and we cleared it a few times during the day. I was the last to leave that night and heard a loud rumble that lasted at least 2-3 seconds! When I got out to my car, I was relieved to see that it had been spared by only a couple of inches! I think the angels were working overtime that night!

Speaking of angels, we have two new ones hanging around SASi lately! Rich Holub, pictured on the next page, volunteered his time and expertise to trim the counter in the DayBreak Center. Way to go, Rich! What a sweet gift! There is now much more room to get by the dining room table. Thanks so much!

Julia Kern is our other angel.



She and I came up with the "Sowing Seeds for Seniors" idea and she's a planning and editing powerhouse! We're so excited about this fundraiser! The wild-flower seed packets just arrived and they are sooo cute! Thank you American Meadows Seed Company in Vermont for the discounted price on the bill!

So spring really will come back, right?! I love the snow, but not the ice! Thanks to everyone for your patience with the parking lot snow mounds and flooding!

We're so grateful to the folks who have helped the elders in our community clearing roofs and shoveling here at SASi!



I leave you with a quote from Tom Hanks, "May you sleep in peace and wake in joy!" *ellen*

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North
Idaho**



DayBreak Center: Anne Haynes



Anne Haynes

Activities Team
Leader

Adrienne and the gang held down the fort for three weeks in February while I was in rainy California and by all accounts things were lively. Many thanks go to Denise for filling in for me and all the great volunteers who helped. Games, laughs, a birthday party for our wonderful work-study student, Keely, and a new spin on dominoes ensued. New people came in or called to inquire about our services which we think is a sign the word is getting out more about the DayBreak Program. A lovely new volunteer, Emily Kuzmich, came and is now helping us on Wednesdays.

There is a great article in the February/March "Neurology Now" magazine that details ways to protect your brain health at different stages of your life from childhood to over 65. Ok, so we all wish we had started thinking about this at the earlier stages, but for ages 65 and above there are still things we can do. Two of my favorites are to call at least one friend a day. Being isolated and depressed are risk factors for dementia. And second, to do

something different once a week which may stimulate motivation, alertness and speed and retention of learning. Participating in social centers like DayBreak or the Senior Center helps not only participants but also staff and volunteers to make the most of protecting their brain health.

On a sad note, our good friend and participant for the past few years, Bob Moore, passed away. We have missed his pithy comments emanating from his often horizontal position on our couch and his enjoyment at having all these friends enjoying "his house". A rare intellect with a heart of gold, Bob lived an interesting and varied life. With love and blessings, we wish him Godspeed on his next journey!

Anne



Big thanks go to Rich Holub, our new SASi angel! He took seven inches off our counter in the DayBreak Center and now we can fit around the dining table and not bunk hips or heads! Thanks, Rich!

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



What a winter! Icicles off the roof!



It's Time to Take a Look at Your Coverage!

Call Shanna 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: Paula Campbell

For the month of March, we asked Paula Campbell to participate. Paula has been coming regularly to SASi for lunch and enjoys working on the puzzles.

Paula was born on August 7, 1946 in Buffalo, NY. She spent her early years in Uniontown, PA. until moving to Flushing, NY. Her father was a flight engineer for TWA and American Airlines. Her mother was a homemaker for her and her younger brother, Skip.

In 1951, the family moved back to rural western Pennsylvania. She loved living there and it's where she came to love collecting treasures nature had to offer. Paula graduated in 1968 with a degree in Elementary Education and Natural Sciences. She always



appreciated her exposure to the hard working families of farmers, coal miners, and tradesmen she knew growing up in the Pittsburgh area. Of course, she was an avid Pittsburgh Steelers fan.

Paula moved west in 1973 where she enjoys all of the beauty we have on a grander

scale. She lived "up seven miles of mud" up the Pack River Road for a few years, seeing bears twice a day in the spring!

She loves her work at the Sandpoint Library where she has been for 27 years. Paula is married to Gordon Campbell, and has a son and granddaughter in Philadelphia, PA., and a son and daughter-in-law nearby in Spirit Lake, Idaho.

Now semi-retired, Paula is drawn by the relaxing atmosphere, the great meals, the friendly faces, everyone who makes her laugh, and of course the puzzles!

"Happy Birthday to YOU!" March 2017

Anne Haynes 3/4
Shakura Young 3/5
Shirley Shaffer 3/9
John Chellman 3/9
Doug Fraser 3/16



Diane Belwood 3/18
Ian Stevens 3/22
Barbara Spade 3/22
June Mosher 3/28
Dan Blood 3/28

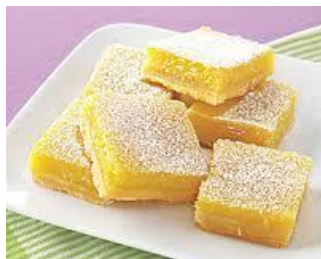
Mary's Munchies: Luscious Lemon Bars

Filling:

4 eggs, beaten
1/4 cup plus 2 tablespoons lemon juice
2 cups sugar
1/4 cup all-purpose flour
Confectioners' sugar

1. Preheat oven to 350° F. For base, combine flour, margarine and sugar. Press mixture into bottom of a greased 13 x 9-inch pan.

2. Bake at 350° F for 20-25 minutes or until lightly browned. Cool slightly for about 5 minutes.



3. For filling combine eggs, lemon juice, sugar and flour; pour over crust.

4. Bake at 350° F for 30-35 minutes or until edges are lightly browned. Sprinkle with confectioners' sugar. Cool on rack. Cut into bars.

5. Store tightly covered in pan. Makes 2 doz. bars.

Pot of Copper & Silver and Turkey/Ham Raffle

Remember the "Pot of Copper" two years ago? Thanks to Peggy Barsotti and her Book Club, we have a pot of coins for guessing again! How much do you think is in the Pot of Copper and Silver container on the front desk? Guess as many times



as you like for either \$1.00 or 6 for \$5.00. We will announce the winner closest to the correct amount on Thursday, March 30, 2017 at lunch. You do not need to be present to win. The winner will receive half of the money and the SASi will get the other half.

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We are also raffling off a \$15 coupon for either a Turkey or a Ham.

The tickets go for \$1.00 or 6 for \$5.00. The coupon has been donated by MountainWest Bank. The drawing for the winner will also be at lunch on Thursday, March 30, 2017 and you do not need to be present to win.



Need a hospital bed? Help support SASi! We have a bed like the one pictured on the left for sale and would like to get \$750 for it. Willing to negotiate!  
Call 208.263.6860 for more information!

### LET'S GO TO THE CASINO!

After a long, wet and cold winter, come and join friends going to the casino. The date is Monday, March 27, 2017. The bus will pick you up at 8:30am and return to SASi at 4:00pm.

There is a sign up sheet on the front desk. Those signing up need to be a Coyote Rewards Member. You only need to fill out the application. We need to have at least 12 passengers signed up to go on the trip. For more information, please call the office at 263-6860.

## Boost Your Immune System with Soup

By Desiree Aguirre,  
Guest Columnist



Getting sick is never fun, and as I get older, it takes me longer to recover from any type of ailment. Rather than stay inside to avoid sick germs, or venture outside with a gas mask, I fortify my immune system with healthy soups. I always make a big pot of soup for myself, and then freeze the leftovers for quick, easy, and delicious meals on days I don't have the time, or the energy, to prepare myself a good meal.

According to the University of

Pittsburgh Medical Center, soup broths hydrate and help with respiratory ailments. In addition, the ingredients usually contain vital vitamins and minerals, which boosts the immune system and helps fight illness. Here's a simple recipe for one of my all time-favorites, Popcorn Soup.

Popcorn Soup:

Ingredients:

Whole Chicken

Small can of Enchilada Sauce

Large can of Hominy (white or yellow)

Garlic clove

Onion

Cilantro

Shredded Cheddar or Monterey Jack Cheese

Tomato

Avocado

Tortilla Chips

Boil whole chicken with diced garlic and sliced onion until the meat falls off the bone. Debone the chicken, returning meat to the broth. Add one can enchilada sauce, and one can of hominy. Cook for 30 minutes. You can add additional spices, such as pepper, oregano, and Chile flakes to add some kick to the soup. Serve soup topped with cilantro, cheese, tomato, avocado, and chips. Popcorn soup is a delicious, fast, and easy dinner that adds zest to your day.



# Sign Language class and CapTel presentation

On Monday, March 13, 2017, SASi will host a class titled, "Introduction to Visual Thinking and American Sign Language (ASL). Learn how to communicate better with Everyone".

Susan Schaller, author of "A Man Without Words", a former ASL interpreter, and a language teacher for decades, has taught around the country, including at UNC, Chapel Hill, San Diego, San Francisco, Nevada, and currently teaches an ASL class at the East Bonner County Library.

This class will be held in the conference room, from 4:30 pm to 6:00 pm. There is no charge for this class, however, there is a \$1.00 donation per person requested to cover the hall use. For further information, please call the office at 208.263.6860.

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On Thursday, March 23, 2017, Cheryl Barnes, Outreach Representative from CapTel Phones, will be here to explain how these phones help people with hearing impairment.

CapTel phones basically work like other phones with one important addition: they show closed captions of everything your caller says. You can listen to the caller, amplify the sound, and read the captions on the screen display.

CapTel is a free service with no monthly fees or service contracts. To find out if you or somebody you know might be eligible for one of these phones, please call 509.216.1466. Cheryl Barnes will be here to give a presentation on March 23, 2017, after lunch in the Conference Room. We have a CapTel phone on display and brochures on the front desk.



Remember Sixten?!

What a fabulous surprise! Sixten and his dad, Ulf, recently stopped by for a visit. They were staying a few days with Ulf's sister who lives in Sandpoint. Sixten found his passion working with elders from his time with us two years ago and landed a job within two weeks of his return to Sweden! He is doing home health and even takes a ferry boat to visit some folks!

They were so excited to see us and we were too!

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, 2 Screen Doors, 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, March 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 Haile. 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! We received a very generous donation from Mike Ashby via our online donation process! Thank you, Mike!

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208.263.1524

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



Hard to believe but the first day of Spring is Monday, March 20. It's been a long winter with lots of snow and ice. Even so the Center has been very busy with the many activities that go on. The tax season is still upon us, but will be ending April 17.

We are kicking off a new fundraiser!

We will be mailing out a donation request letter with a package of Wildflower seeds. The seeds represent how spring is coming and flowers will be blooming. With your donation, the Center will be able to continue to grow and do the important things we do for the senior population in our community. I hope you will consider donating during this time. Every little bit helps!! Big thanks to the volunteers who are helping Mary while we're short-handed since Caroline broke her foot. Especially board members, Loris Michael and Leslie Marshall!

Donors

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

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“Reading can seriously damage your ignorance.” Lolo Thompson, 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!

\$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 _____