

**April
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

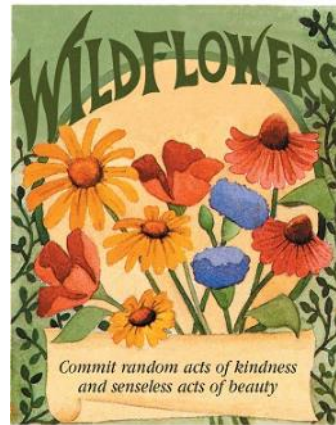
"It shall be the mission of the Sandpoint Area Seniors, Inc. to benefit senior citizens over the age of 50 in Bonner County by promoting nutritional, social, recreational and wellness opportunities."

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
to your home?
Call for more information!

Thanks for "Sowing Seeds for SASi"!

The Sandpoint Area Seniors, Inc. Board of Directors would like to thank everybody who is generously donating during the "Sowing for Seniors" fundraiser. Since the mailing, we have received so many donations from our participants and others in and out of our great community. We want everybody to plant their packet of seeds and let us know how they are growing this spring. To date we have raised nearly \$5,000.00. We want each of you to know every dollar you send to us is being put to good use for the programs and the many activities we have here at the Senior and DayBreak Centers. Please let others know this is an ongoing fundraiser and we will be accepting donations throughout the spring.



April also is the time we acknowledge our volunteers during National Volunteer Appreciation month. Each year we invite the volunteers who help us in so many ways. We have volunteers who drive the Home Delivered Meals to the people who are home bound, volunteers who help at the DayBreak Center, volunteers who help serve lunch or help in the office. We also enlist the help of volunteers when we have an event.

This year we are holding our annual Volunteer Appreciation Tea on Friday, April 21, 2017, from 12:00 - 1:30pm in the dining hall. We will be providing a light lunch along with the certificate presentation.

We invite anyone who has volunteered for us either at the Senior Center or at the DayBreak Center to join us. The Volunteer Coordinator, Adele Martin, will be compiling a list of people who have helped us this past year.

As we always say, we simply cannot do all of the important things we do here without the help of the volunteers who so selflessly give of their time! Please plan on attending and celebrate National Volunteer Appreciation Month with us!

Idaho Gives returns
Thursday, May 4th!

Activities		Dates to Remember
Monday:	Line Dancing-(not in March or April)	4/6 Alzheimer's Support Group 1:00
Tuesday:	Bridge 12:15pm Pinochle 12:15pm	4/14 Red Hats Luncheon Noon
		4/8 Saturday Dance 1-4:00
Wednesday:	Laughter Yoga 10:30 am (resumes on April 19th) Bingo 6:00 pm	4/20 Alzheimer's Support Group 1:00
		4/21 Volunteer Appreciation Day 11am - 12:30pm
Thursday:	Pool Players 9am Wii Virtual Games 10:00am Blood Pressure 10:30am	4/22 Saturday Dance 1-4:00
		4/24 Widows Helping Widows 10:00
		4/25 Food Class at Winter Ridge 9:30am - 10:30 - 10 sign-ups available
		4/28 SASi Board Meeting 10:30 (open to the public)

Executive Director's Corner: Ellen Weissman

It's here! April is here! Oh, my goodness! For those of you who come in on a regular basis, you know what that means! My daughter, Saramaya, is getting married at the end of the month! Whoohoo! I'm so excited I'm about to burst!

Actually, I must admit it's taken me some time to get to this point. Since she and Zach have been together for eight years, a big part of me felt like they were already married! They celebrated Zach's birthday last July by sky diving and after they landed, he proposed!

It still took some getting used to the idea of them actually going through the process that I went through and didn't manage to complete like I'd hoped. I had to remind myself that it wasn't about me! But it still brought up some hard memories and those stories of folks living together for years and

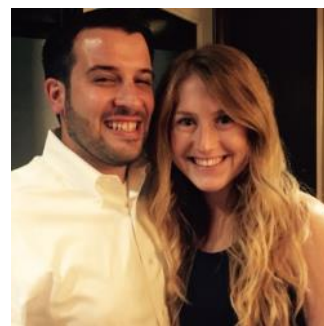


then getting married and then splitting up filled my head. I absolutely know that these two are meant for each other and will have a wonderful long life together, but I let fear and worry take over.

I now understand why there's an engagement time period to plan the wedding! (I was way too spontaneous!) There's a Quaker phrase of letting things "season" to fully understand something and this concept has been helpful. I've been fortunate to be able to fly down to San Diego for the engagement party

and bridal shower and these events have also helped me acclimate to the idea of my daughter moving on in life! I suppose these are not new ideas, but they were new to me!

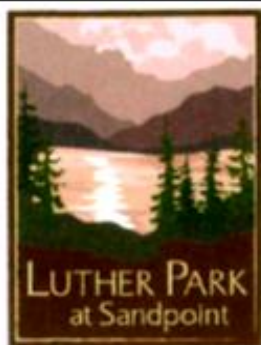
So, now I'm ecstatic! My future son-in-law is a wonderful human being and they are so great together! I can't wait! I'll have lots of pictures to share afterwards!



Mazel Tov,
Saramaya and Zach!

ellen

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Idaho



DayBreak Center: Anne Haynes



Anne Haynes

Activities Team
Leader

Eat Pizza, Please! At Papa Murphy's! Wednesday, April 12!

Let's talk again about raising dollars for our DayBreak Center Scholarship Fund, plus how much fun eating pizza is, and how we could do it more often. We have families who draw out of our scholarship fund regularly so we need ways to replenish the pot. I can't tell you how much this helps families who desperately need the break from 24/7 care of someone with memory impairment and yet can't quite afford the number of hours they need for self-care. You know this part but what does eating pizza have to do with it, you might be thinking? Papa Murphy's Pizza is generously hosting two fundraising days for the DayBreak Center Scholarship Fund. The first one will be Wednesday, April 12, and again on Monday, May 22, 2017.

We will be giving out flyers, texting them to your phone or sending them to your email so you can show them at Papa Murphy's when you order and pick up your pizza. The Scholar-

ship Fund will then get 9% of the total. Please walk in or call in your order. Online orders do not count! They will keep track of the number of people bringing in flyers or are able to show the flyer attachment on phones, etc., when they pick up their pizza. If we get enough traffic from our fundraiser, we may be able to do this once a month. What a fun way to keep our fund going! Not to mention Papa Murphy's pizza is darn good! Try the Angus Steak & Roasted Garlic or the Chicken Bacon Artichoke. I get the gluten free crust and my husband couldn't tell the difference and loves it.

Please help our families by picking up a Papa Murphy's Take 'N' Bake pizza on Wednesday, April 12 at 1010 Fontaine Dr. just south of Bonner Mall in Ponderay. The phone number is 208.255.1557.

Anne



Fun was all around at a recent cartoon class at the DayBreak Center! What skills do you have that you can share?!

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, PAPA MURPHY'S!



Papa Murphy's has also helped us with the food program by donating pizzas for lunch!
You rock, Papa Murphy's!!



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: Thanks to “Seeds Fundraiser” Donors!!

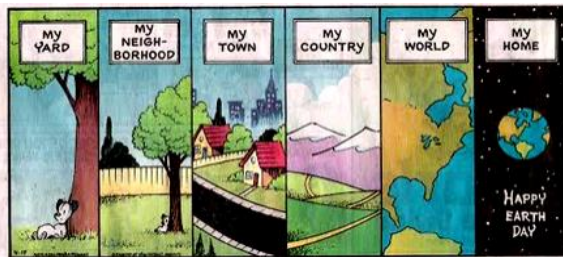
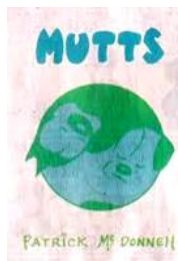
Our community is amazing!
Thank you so much to the following
folks for responding to our Seeds
fundraising campaign! Keep ‘em
coming!

Adele Martin
Tom & Jackie Peters
Gary & Velma Westcott
Robert & Dona Mae Venn
Tom Tillisch & Karen Seashore
Janice & Jack DeBaun
Myrna Payne
Shakura Young
Frances Reed
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“Happy Birthday to YOU!” April 2017

Karl Fuchs 4/6
Ed Bittner 4/7
Jacquelyn Knechtges 4/12
Kevin Savage 4/16
Joyce Boeck 4/16
Harold Overland 4/16



Bud Vanek 4/17
Marge Luther 4/20
Ove Gunnarson 4/21
Betty Johnson 4/23
Bernice Martello 4/24
Darrell Ewing 4/25

Mary’s Munchies: Brownies

1/2 cup (1 stick) butter
2 (1-ounce) squares unsweetened chocolate
1 cup sugar
2 eggs
1/2 teaspoon vanilla extract
1/4 cup all-purpose flour
1/4 teaspoon salt
1 cup chopped walnuts (optional)

1. Preheat oven to 325° F. Butter and flour an 8-inch square pan.
2. Place butter and chocolate in a saucepan. Heat over low heat until chocolate melts. Remove from heat. Stir

in sugar, eggs and vanilla. Beat well. Stir in flour and salt. Stir in walnuts, if using.
3. Scrape into prepared pan and bake about 40 minutes. Let cool and cut into 2-inch squares.
Serves 16.



Pot of Coins & Turkey/Ham Raffle & Cooking Class

On Thursday, March 30, 2017, we announced the winner of the Pot of Copper and Silver who made the closest guess of the amount in the jar. A \$1.00 a guess (or 6 guesses for \$5.00) gave you the chance to win half of what was in the pot with the other half going to SASi. This year Doris Nuss guessed the closest to the total amount of \$132.62 and won \$66.31.



We also raffled off a \$15 coupon for either a Turkey or a Ham. The tickets also went for \$1.00 or 6 for \$5.00. The coupon was donated by MountainWest Bank. The drawing for the winner was also announced at lunch on Thursday, March 30, 2017. The winner of the coupon was also Doris Nuss! Plus Doris also won the Thursday drawing for the 50/50 jackpot. In essence, she won the trifecta that day! Congratulations, Doris! And thanks to the people who bought tickets and guesses for the drawings!!



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!

Come and learn healthy cooking and eating at Winter Ridge Natural Food Market

Winter Ridge Market is inviting ten seniors to come to their educational center for a food preparation and healthy cooking tips class. The date is Tuesday, April 25, 2017 at 9:30 am. There is a nominal fee for the food of \$5-\$10 which pays for the food which you get to take home! The group will be preparing "savory bowls." As this will be a small group going, we will have a sign-up sheet with Emmy. Please let her know if this will be something you would like to attend.

Spring Dreaming

By Desiree Aguirre,
Guest Columnist



Winter holds, gripping the ground in white, dripping sorrow from gray skies. I long for spring. I look out my kitchen window; when the snow crashes off the roof, the inside critters cower in corners, whimpering, "the sky is falling." A calico cat sits outside on the roof berm, looking into the house, begging me to open the window to let her in.

I let my grief in, remembering my blue-eyed boy, the young man

who would shovel my roof and rescue neighbors that slid off the road in front of our house on long winter days. I look into his eyes, mine brimming with tears, and say, "Nik, I miss you." In my mind, we hug, and he catches my tears, and say, "Nik, I miss you." In my mind, we hug, and he catches my tears, reminding me that the snow, and my tears, are all part of the circle we call life, that the spring will come, the flowers in his garden will bloom, the lavender will send their scent to butterflies and bees, and we will sing and laugh. My life will go on, and he, I hope, will wait for me on the other side.

I set aside my grief and suit up, donning my green airman's suit, my wool socks, heavy winter boots armed with snow cleats, furry warm coat, felt hat, and gloves, and slowly make my way through the ice, the seasonal creek, the patches of melting snow to the barn, to feed the horses. Spring will arrive in a flourish of green. The chickadees will sing, "Hey, Sweetie," and we will dance in Nik's garden.



Papa Murphy's and DayBreak Center team up!

Papa Murphy's Take 'N' Bake Pizza in Ponderay and DayBreak Center Scholarship Fund invite you to a Pizza Fundraiser Night on Wednesday, April 12, 2017.

Just bring in the flyer that we have printed with the date mentioned above to the sponsoring Papa Murphy's in Ponderay, and they will donate 9% of all food sales for the date on April 12, 2017 to the DayBreak Center Scholarship Fund. Online ordering sales will not be included toward the 9%. If you don't have the flyer with you, make sure to mention it at the time of purchase to benefit the above fundraiser.

The DayBreak Center is a day program for loved ones who have dementia and Alzheimer's. The program is to give the caregivers a respite break while their loved one can spend the day, have lunch, and participate in the activities the staff has planned for that day.

The DayBreak Center Scholarship Fund helps the participants family pay the \$10.00 an hour fee for those eligible people who cannot afford to pay otherwise.

For more information, please call the DayBreak Center at 208.265.8127. Plan on getting a pizza at Papa Murphy's Take 'N' Bake Pizza and help to support the DBC Scholarship Fund!



Rick Dalessio (l) and Sarah Nixon (r) prepare to take meals out to Home Delivered Meals recipients. Rick has been driving for a few years and Sarah was filling in for the day. Sarah is an EMT and often joins other EMTs on Thursdays providing free blood pressure checks at the Senior Center. She graciously steps in when we're in need of a backup driver. This day, she was backup for the backup driver who was ill and couldn't fill in for the regular driver who was out of town! We really appreciate you, Sarah! And Rick!

If you are interested in driving once a week or being a backup driver, please let us know! The drivers are vital to the HDM program!

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, April 8th & 22nd
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 almost over! CPR Training & Health Fair



Once again, the competent and friendly volunteers from AARP have successfully completed assisting the many people during this tax season! From February until April 17, 2017, they have been here on Mondays and Wednesdays all day to handle a full schedule of clients. On a typical day, they help up to 30 people who schedule appointments.

They do a lot of the same people who come here year after year, however, we have seen many new clients starting to come in as the word has gotten around about the service.

Many thanks to Karen Squires along with her assistants, Doug Fraser, Randy Carpenter, Bruce Wendle and the two new gals, Arlynn Haile and Sandi Wilcox. They all volunteer their time and skillfully figure out each tax return.

Are you in need of CPR or First Aid training?

If so, there is a class held here on the fourth Thursday of each month from 6-9:00 pm.

For more information, please call Brandy at 208.640.6329.

Health Fair at Luther Park

Thursday, April 27

1pm - 4pm

Would you like to help at the SASi table?

Kudos for the Home Delivered Meals Program! Here's a quote from a new participant's daughter:

"We got dad signed up for your Home Delivered Meals and he loves it! One day, he called me at work moaning and breathing heavy and stuttered out something I couldn't quite grasp. I didn't panic, but I did urgently ask if he was ok....He finally wheezed out that he was so full, he couldn't eat another bite and that it was great!! Pretty funny!"

THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY
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208.263.1524

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Call for rate information, 208.263.6860.

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



Now that we are starting to have longer days, consider coming by on Wednesday for Bingo! We start at 6:00 pm and usually play until 8:00 pm. Doors open at 5:30 and players come in and set up their playing cards which go for \$2.00 a card. We have people here who will play up to 12 cards and like to sit in a specific seat, but we have plenty of room for others. I am the chief number caller. We play 10 games including a black out game that is usually worth at least \$50.00. If nobody wins, the jackpot goes up another \$5.00 each week until someone wins. The other games are worth \$15.00 each. We have a great bingo machine that selects the numbers randomly. We average about 22 players and we sell snacks such as popcorn and soft drinks. It's a good time and we'd be happy to have you join us!

Donors

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

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Jeannette
Luther, Marge
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Martin, Adele
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Payne, Myrna
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We earn a living by what we do, we make a life by what we give!

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 _____