Volume 5 Issue 2

### May



#### 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!

### SASi has great success with "Seeds"

The Spring fundraiser, "Sowing Seeds for Seniors" has been a great success for SASi. Since the mailing went out in March, we have received \$8,986.11!

Donations from the community and businesses have been coming in daily to keep the total growing. People are generously donating what they can to help the center to keep providing the much needed services for the seniors in this community. We believe people are joining in to help as the word gets out through the newspaper and the various activities we have here about just how vital the Senior and DayBreak Centers are.

The Papa Murphy's Take N Bake Pizza night on March 12 was also a success. The proceeds from that night came to \$322.68 which will go to

the DayBreak Center Scholarship Fund. The staff at the store said it was the best fundraiser they have had! We had so much fun that we're doing it again on Monday, May 22, 2017!

Another local business, Winter Ridge Natural Foods store also had a fundraiser for SASi! The "Bags of Change" raised \$407.30!

On Thursday, May 4, 2017, is "Idaho Gives" day. Last year, over 1 million dollars was raised statewide for non-profits. You will be able to donate to SASi by going online at www.idahogives.org/ We have computers in our lab where you may come in and make a donation.

With summer around the corner, we want to announce a few

of the upcoming events so you can mark your calendars. We will once again be holding a BBQ put on by the Sandpoint Car Injectors Club. The date for this is Saturday, June 17, 2017, 11:00-3:00 pm. We held this last year, and it was great fun. The club provided the food and all of the fixings for this BBQ. They also bring along some of the cars. Last year we had nice weather and the parking lot was filled with hungry people so we are hoping for another beautiful day. For those not wanting to eat outside, the dining room will be open for seating.

On Saturday, July 15, 2017, we will be holding another Garage Sale. This year Julia Kern who has a Estate Sale business be adding items from her estate sales. Julia will ...

Continued on page 5.

#### Activities

Monday: Line Dancing

Tuesday: Bridge 12:15pm

Pinochle 12:15pm

Wednesday: Laughter Yoga 10:30 am

Bingo 6:00 pm

Thursday: Pool Players 9am

Wii Virtual Games 10:00am

Blood Pressure 10:30am

May is Older American's Month!

How old is an Older American?!

#### **Dates to Remember**

5/4 Alzheimer's Support Group 1pm

5/4 Idaho Gives (all day)

5/12 Red Hats Luncheon Noon

5/13 Saturday Dance 1-4pm

5/17 Earth Boxes Demo/Setup 2pm

5/18 Alzheimer's Support Group 1pm

5/22 Papa Murphy's Pizza Night for

DBC Scholarship Fund

5/23 Carol Cory, "Getting More Bang for Your Bite," Meal planning tips

5/25 Julia Kern talk, "Downsizing and Estate Sales", 12:15pm

5/27 Saturday Dance 1-4pm

5/29 Memorial Day- SASi Closed!

#### Executive Director's Corner: Ellen Weissman

I've often wondered why asking for help can be so challenging. Why we think that we have to do everything on our own. Sometimes I think it's because I have been on my own for quite some time. But I think it goes further than that because I know folks who are single and folks in relationships that also have a hard time asking for help, both at work and in their personal lives. Somehow we've gotten this message that we're supposed to know everything and how to do everything because we're an "adult."

I think back to teachers who said to me, "There are no wrong questions." And I try to believe that still as an adult, but sometimes feel silly because I think I should already know the answers! So Google is a big help because now we can research the answers



and no one has to know we're asking them! Ha!

What I've realized though, is that life is full of questions! It's a lifetime of questions! And learning answers! And growing because of those answers! And I'd rather learn from a human than reading information on a computer. That's just one of the reasons I love working here! Every conversation with an elder is a life-long lesson worth exploring!

So if you're reading this and

you want to learn about living on a submarine or WWII or running the town dump or playing football with a former NFL champion or living without electricity, come on in and have lunch and strike up a conversation!

By the way, Bruce, Shakura and I are going to walk in Bloomsday on Sunday, May 7th in Spokane! There's room for one more in the car! Any takers?

We had a room full of volunteers here to celebrate their generosity of time and energy on April 21st. Thanks so much!

I'm off to my daughter and future son-in-law's wedding! I'll bring back lots of pictures!

Happy Spring! (With the hail outside as I write!...)

#### These advertisers support Sandpoint Area Seniors! Please support them!

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Community Branch Manager

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#### **DayBreak Center: Anne Haynes**



Anne Haynes
Activities Team
Leader

It's May!! A time for mothers and flowers and sunshine. We have our courtyard all cleaned up and ready to receive all of those things. I especially want to thank Mark, Emily and Mary for taking time out of their Sunday last month to help rake and get the dregs of winter pine needles and tree debris hauled away. Also the young man who picked up any remaining needle by hand. It looked like someone vacuumed the grounds. The 12 or so flower pots stand ready and if anyone would like to donate petunias, pansies or other cheerful flowers to help fill them we would be very appreciative.

We have new sturdy patio chairs, much safer for our participants than the old plastic ones, and again thank Sandy and Darlene for the proceeds from the High Tea that allowed us to acquire them. We are very excited to welcome the sunshine, get those flowers blooming and spend some time in our lovely courtyard this spring after being cooped up indoors all winter.

We also want to extend a heartfelt thank you to Kim

Bledsoe at Neiman's Floral who has let us have her extra end of week flowers this winter to brighten our space. Kim has lovely flowers, fun home décor and unique gift items, so stop in and browse when you can.

The Papa Murphy's fundraiser to help fill the DayBreak Scholarship coffers was a great success! We received \$332.68 and their staff reported that we had more traffic coming in for DayBreak than they usually get. I want to thank everyone who participated and say again how grateful we are to have people around us who care enough to help our families.

Our next Papa Murphy's pizza fundraising event will be on Monday, May 22 so mark it on your calendar and we will have new flyers ready to hand out for that date. Thank you so much everyone!!

Anne



Edith Gunderson is a happy customer at Papa Murphy's! 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 Griffitts, 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



We eat well at SASi!

### 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



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### Senior Spotlight: Phenie's World and the Internet!

Imagine Ellen's surprise when she got an email from a stranger in Georgia?! She forwarded the information to SASi participant, Shakura and the connection began!

Aren't Google and the Internet amazing? You can use it to find out information quickly that would have taken years in the past!
Recently, when someone from Georgia tried to reach SASi regular, Shakura Young, he discovered he was using a defunct email address. He had no luck and then googled Shakura and SASi came up because she had been in the "Senior Spotlight" in the December newsletter which is posted on the SASi website! Turns out he's a distant relative by marriage!

He had read Shakura's 2005 biographical novel, Phenie's World and realized that her Aunt Lula, who died before Shakura was born, was married to a distant relative of his! His relative had done time in Leavenworth Prison for a train robbery in 1916! Although they haven't met, this Georgia fellow and Shakura are now exchanging old family history stories. Phenie's World is available at the Sandpoint Library. If you want a personal copy, you can come to the tech lab at the Senior Center and use the internet to order a copy on Amazon! (We can help you do that if you're a tech newbie!) Shakura will autograph it if you like! Small world, eh?!



Shakura Young holding a copy of her book, Phenie's World.

### "Happy Birthday to YOU!" May 2017

Barbara Blood 5/7 Bob Camp 5/13 Jackie Peters 5/13 Ellen Weissman 5/15 Adele Martin 5/15 Bill Otis 5/15 Nettie Allen 5/17 Mary McGinnis 5/17



Nettie Allen 5/17 Tom Peters 5/19 Dorothy Johns 5/20 Lew Emerson 5/25 Paul Graves 5/26 Regina Hammack 5/26 Denny Rainey 5/26

#### Mary's Munchies: Mom and Pop Spice Bars

2 sticks of butter, softened

2 cups firmly packed brown sugar

2 eggs

1/2 cup cold water

1 tsp. baking soda

1 tsp. ground nutmeg

1-1/4 tsp. ground cinnamon

3 1/2 cups all-purpose flour

1 cup raisins

1 cup white chocolate chips

1 cup powdered sugar

2 tablespoons milk

Preheat oven to 350° degrees F. Coat a 10 x 15 inch rimmed baking sheet with cooking spray. In a large bowl with an electric mixer, cream together butter and brown sugar. Blend in eggs. On low speed, beat in water, baking soda, nutmeg, and cinnamon. Gradually mix in flour, about 1/3 at a time. Stir in raisins and chips. Spread batter on prepared baking sheet. Bake 15 to 20 minutes, or until firm. Remove pan to a wire rack to cool completely, then cut into 2-inch bar. In a small bowl, whisk powdered sugar and milk until smooth. Spoon glaze on each bar and allow to sit until glaze firms up.

These taste great frozen as well!

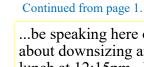
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#### Tidbits...

The Red Hat Rascals are at it again! Join in the fun at lunch on the 2nd Friday of the month at the Senior Center!







...be speaking here on Thursday, May 25, about downsizing and estate sales after lunch at 12:15pm. Plan on having lunch and listen to her talk. She spoke recently at the Geezer Forum to a packed house and was a hoot! Very informative and entertaining!

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/

Thanks to HDM Driver, Peggy Barsotti and her Book Club for donating the coins for the "Pot of Copper and Silver" this year!



### **Bucket List**

By Desiree Aguirre, **Guest Columnist** 



**Bucket List** 

Bucket Lists have become popular and I know people who have actually made a bucket list and begun to knock items off their bucket itinerary. The idea is appealing. I mean, really, setting down goals and going for them is always a good idea. I have never composed a bucket list, but rather, have attempted to leave myself open to new ideas, with a can do attitude and willingness to embark upon new adventures in

spite of my fear of travel, fear of making a fool of myself, fear of airplanes, and fear of getting stuck outside my comfort zone.

This new attitude, hard won through the death of family members and the realization that life is fleeting, has served me well. In fact, I have embarked upon four life-changing adventures that I would never have included on a bucket list, and in the process, have become a musician and a world traveler. The first journey, one that took place at home, was the beginning of a musical journey that started with a mandolin lesson. The last journey, a two-week trip to Cuba, something I never imagined, was wonderful, emotional, eye opening, and inspiring. I came home with a thirst to learn Spanish, an appreciation of the Cuban people, and a slight tan from lounging on Cuban beaches soaking up some needed sunshine.

I suppose my bucket list would simply read always say yes to adventure, in spite of fears and the inner voice that sits on my shoulder begging me to stay in my comfort zone. For me, saying yes to adventure has broadened my horizons, turned me into a musician, and given me the opportunity to make new friends wherever I go.

Seize the day!

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### Let's grow our own food! And eat healthy!

Gardening time is upon us! Join in the fun with SASi's new Earth Planter Boxes! The Demo/Setup will be on Wednesday, May 17th at 2pm in the Courtyard. Time to get your hands in the dirt! Thanks to Nanci Jenkins and a grant from Panhandle Health District!

Carol Cory, RD, from Area Agency on Aging will be here at lunch on Tuesday, May 23rd to bring us a short information talk on "Getting More Bang for Your Bite." She'll present meal planning tips and suggestions for quick, easy meals when you're eating alone.







We have mystery donors! Thanks to whoever brought these paper towels to us!!

#### ADVERTISERS WANTED!

Would you like to support SASi by advertising in our newsletter? Or on our website? Call for rate information, 208.263.6860.

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, May 13th & 27th 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!

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### Miracles happen at SASi!



Pictured from left, Ellen, Debbie Love, executive director of the Bonner Community Food Bank, Emily and Pat O'Sullivan, director at Experience Works.

About two months ago, a gal walked in to the Senior Center and asked about services that we offer. She had moved back here to Sandpoint from Oregon and was "starting over." We got talking and she said maybe she'd like to volunteer. After a few days, she came back in and started helping at the DayBreak Center and loved it! Then she helped with the meals program and loved that too! It was wonderful to watch the transformation our dear Emily has gone through and how she's blossomed.

Now a miracle has happened courtesy of the Experience Works program! Emily has been able to get a job at the Food Bank! She just completed her second week, but can't work on Tuesdays because that's when she volunteers at the DayBreak Center! No worries with that...they totally understand!

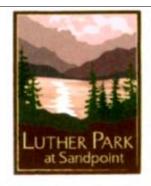


Another great tax season has come to an end. Thanks to our great AARP volunteers!

From left, back row, Bruce Wendle, Karen Squires, Sandi Wilcox and Arlynn Haile. Front row, from left, Doug Frasier and Randy Carpenter. We'd like to thank the downtown store "I Saw Something Shiny" for donating 20% of their proceeds from sales on Saturday, April 22, for the "Spring for Sandpoint" event. Many thanks to owner, Lizbeth Fausnight!



AN ASSISTED LIVING COMMUNITY 1123 North Division Street, Sandpoint, Idaho

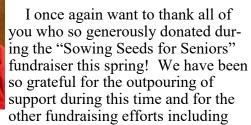


Nora Horn Sales & Marketing Manager NoraHorn@ecumen.org

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



the Papa Murphy's Take N' Bake Pizza fundraiser which benefitted the DayBreak Center Scholarship Fund, and the Winter Ridge "Bags of Change" fundraiser. We will also be having some other events coming up during the summer which I invite you to attend as well.

We just had the Volunteer Appreciation lunch that honored all of our amazing and dedicated people who help us! When I saw all of them in the room, I felt so grateful to the time they put in and know they believe in our Center and want to help in anyway. We could never be able to do all of what we do without them! See you this summer!

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### Donors

Many than	ks to ALL our do	pnors! We simply	could not do it w	rithout you!			
\$5 A MONTH CLUB  Anderson, Lynne Bates, Anna & Loren Blood, Barbara Dillon, Marilyn Durfee, James Hern, Kelli Kluver, Al Lucas, Richard & Jeannette Luther, Marge Marshall, Leslie Martin, Adele Mendenhall, Trudy McNulty, Jane Michael, Loris & Dick Payne, Myrna Peterson, Donna Pine, Anita Pierce, Norma Roberts, Marshall & Joyce Reed, Frances Reynolds, Elara & Don Ross, Virginia Sadewic, Almira Schoonover, Anita Thompson, Lolo Vetter, Janet Vizena, Ella Wendle, Bruce  Thank you also to these generous donors to SASi: Adam Weissman Foundation Sapphire	Barbara & Lawrence Headden Betty Ann Diehl Betty & Harold Overland Betty & Kenneth Colin Betty & Stephen Whipple Bill D'Olier & Susan Dalby Billy Snyder Bob & Trish Thurston Bud Britain Catholic Charities of Idaho Carey Spears Charlene Godec Clarence Van Dellen Cindy Elliot Garnet Colleen Culwell Sapphire Community Assistance League (CAL) Diamond Craig Royer Curtis Smith Dan Donegan Sapphire Dave & Lynn Pietz David Mudra Debra Moy & Steven Hein Diane Davis Donna & Robert Cope Donna Mae & Robert Venn Dover Baptist Church Sapphire Eichardt's Pub Sapphire Elizabeth Fulling Esther Inselman Family Health Center	George & Barbara Gauzza Sapphire Georgia York Geraldine Stockman Heather Hellier & Alan Barber Henriette Martens Holy Spirit Episcopal Church Injectors Car Club Ida & William Baird Idaho Community Found. Isabel Hollreigel Jack & Janice DeBaun Jake & Kate Raynor Jackie & Tim Hanna Jackie Miller James & Janice Roberts Jeanne Marsden Joann Chronic Joanne & Jonathan Cottrell John & Mary Campbell Sapphire John & Shirley Howard Joyce & Larry Anderson Judith and Arthur Bourassa Sapphire Judith Clarke Judy Riffe Karen Seashore & Tom Tillisch Kay Saunders Kelli Hern Ken & Betty Colin Kristi Sabo Larry Blakey & Eileen	Lou Scharpf Sapphire Lewis Wetzel Malcolm & Pam Kinney Sapphire Marilyn Chambers Marilyn Sabella Mark & Janice Johnson Mary Zindler Matthew Nykiel Garnet Mike Ashby Ruby Mike Weissman & Amanda Mardon Sapphire Mountain Sky Nancy Heeney Natalie Ednie Newman Community Bible Church, Inc. Northern Lights Pamela & Richard Forcier Papa Murphy's Pizza Paul Grunzweig Peak Sand & Gravel, Inc. Pend d'Oreille Winery Emerald Paul & Sue Graves Perry, Zale, Charlotte Palmer Rae Charlton Richard Wilfert Rich Speidell & Gayle Williams Robert Moore Sapphire Robert & Barb Wynhausen Rose Fredstrom Sapphire Sdpt Ranger District, U.S. Forest Service Employees Sdpt United Methodist	Shakura Young Shirley Parker Steve Lockwood & Molly O'Reilly Sue Vogelsinger Susan Sorentino Sysco Foods Teri Mathis & Bryan Stuart Thunder's Catch Trudy Mendenhall Vickie Fletcher Virginia Curtis Vivian Kirkwood Walmart Diamond Washington Trust Wells Fargo William Wishnick Foundation Ruby William & Jeraldine Stevens Winter Ridge Wood's Crushing & Hauling, Inc. & B.F RediMix Zale, Perry & Charlotte Palmer  SASI Board of Directors President: Bruce Wendle Vice Pres.: Ron May Secretary: Leslie Marshall Treasurer: Judy Baird Directors: James Arthurs, Stephen Drinkard Dorothy Kohne			
"Not everything that can be counted counts, and not everything that counts can be counted."  William Bruce Cameron							
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 e	vents	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 SASi's Staff and Board of Directors us keep our doors open!!

Will you become an annual "SASi Jewel Donor"?

\$1 - \$499 Garnet \$2500 - \$4900 Emerald \$500 - \$1499 Sapphire \$5000 + Diamond

\$1500 - \$2499 Ruby We now take Credit Cards!

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	<u>Email</u>	
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