



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!

Summer fun at SASi! BBQ time again!

Happy Summer! After a long and cold winter, we are so happy to be back in the warmer weather — at least for the next few months. We have planned several fun events we hope you will want to attend.

On Saturday, June 17, 2017, the Sandpoint Injectors Car Club will once again hold a BBQ in our parking lot. They will provide the food which will be hamburgers and hotdogs, the side dishes, and dessert. Some of the members will also be bringing their classic cars. Last year, the parking lot was filled with friends and families who enjoyed the food and friendship. The fun begins from 11:00am until 2:00pm. There will be a \$5.00 donation for the BBQ and \$1.00 for a cold beverage with the proceeds going to the great programs at the

Sandpoint Senior and DayBreak Centers. Hope to see you there!

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On Monday, June 26, 2017, we have booked a trip to the casino. The bus will pick you up at 8:30am and return about 4:00 pm. There is no charge, so invite your friends. For more information, please call the office at 208.263.6860.

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In July, save the date for our annual Estate Sale! Like last year, there will be tables set up with items donated to sell. Julia Kern, from Gypsy Girl Estate Sales, has several estate sales coming up from which she will be donating items. The dates are Thursday, July 13

through Saturday, July 15, 2017. The time for this sale will be 9:00 am to 3:00 pm. Saturday will be half price day and all items will be priced ahead of time.

On Saturday, June 17 and July 8 from 1:00-4:00 pm, you may bring over items you would like to donate for the sale. For large items please call the office to arrange a time for drop-off at the Center.



We have tomatoes!! More on p.6.

Activities		Dates to Remember
Monday:	Line Dancing 1:00 pm	6/1 Alzheimer's Support Group 1:00
Tuesday:	Bridge 12:15pm Pinochle 12:15pm	6/9 Red Hats Luncheon Noon 6/10 Saturday Dance 1-4:00 pm 6/15 Alzheimer's Support Group 1:00
Wednesday:	Bingo 6:00 pm	6/17 Sandpoint Injectors Car Club BBQ 11:00-2:00 pm \$5.00 donation
Thursday:	Pool Players 9am Wii Virtual Games 10:00am Blood Pressure 10:30am	6/24 Saturday Dance 1-4:00 pm 6/26 Casino Bus Trip 8:30-4:00 pm
		The estate sale is coming in mid July! Start gathering your items! Bring them to the garage from 1-4pm after you've eaten at the BBQ!

Executive Director's Corner: Ellen Weissman

Ok, I promised pics! And since I still can't talk about it without crying (from joy!), this is all you get! It was a taste of heaven!

ellen



Also...Happy Father's Day!



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DayBreak Center: Anne Haynes

June is Alzheimer's Awareness Month.



Anne Haynes

Activities Team
Leader

The good news is that the Sandpoint Area Seniors, Inc. Board gave us the go ahead to open the DayBreak Center on Mondays! That will give us four days a week that we can offer our services to the community. This will be a two month trial for June and July and then we will assess how well it is working. So for now we will be open Monday through Thursday from 8:30 a.m. to 5:30 p.m. We will have room for more participants so please pass the word to families who would benefit from having a safe, fun and loving social center to leave their family member with during the week.

We will need more volunteers both to help us on Mondays and to help fill a few spots the rest of the week. We would love to find a couple of people who could come in one or two times a week to do some one on one time with one of our participants. We really need a few people to be on our substitute volunteer list to help us when our regular volunteers can't make it. We also could use a volunteer gardener to help keep the grounds around DayBreak

looking great and give some ideas on landscaping. If you know any young people who would like to come in for an hour from around 3:30 to 4:30 and help us finish up our day with a Yahtzee or Domino game we would welcome them.

We want to thank Mary Jacobson, Loris Michael, and Edith Gundersen for their wonderful donations of flowers to fill our flower pots!! We had a fun and lovely afternoon planting them with the enthusiastic help of our participants and volunteers, Jan and Mary.

Last but not least a big thank you again to Ed Elliot and all the wonderful staff at Papa Murphy's for the fundraiser May 22nd to help fill our DayBreak Scholarship fund. And to all our friends and supporters who jumped on that pizza wagon and made it a great success!! This second day pushed us over \$500! That's 50 hours of care! Whoohoo! Thank you!!



We had lots of fun planting herbs and flower pots for the courtyard garden!

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



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: Dave Longacre, new friend to SASi!



For the month of June, we are featuring a fairly new friend of

SASi, Dave Longacre. Dave has been coming here for the past few months. He has lived in Sandpoint for many years, but, had not heard of us until a friend at the library mentioned us to him. He decided to come in for our daily lunch and has enjoyed meeting new friends.

Dave just celebrated his 69th birthday on May 30, 2017. He grew up in the Long Island, NY area until he was nine years old. From there the family moved to Los Angeles, CA. where he finished his school and college years. At that time he was drafted into the Army for 2 years. After getting out of the Army, Dave went to work for Safeway Stores for the next ten years. He also began to work at Garrett Air Research for 1 1/2 years from which he built a business called Slide Tech. He developed Ektachrome Film and a whole line of photo finishing services for the public. After 7 years of doing that, he sold his home, his business and moved to Idaho.

While living here, Dave has worked at Cygnus and Lignetics where he was promoted to Mill Operator. For the past 20 years, Dave has worked at Walmart in Ponderay, stocking and managing the food department until being transferred to the bakery where he currently works.

Last week, Dave volunteered to help with the installation of our new garden boxes. As a Walmart employee, he can volunteer for us up to 25 hours. Walmart then makes a donation to us for \$250.00. We were very happy to know Dave can be part of this program! We have enjoyed having him become part of our growing family!

“Happy Birthday to YOU!” June 2017

Doris Nuss 6/4
Verna Lutes 6/8
Marilyn Dillon 6/8
Buzz Boeck 6/9
Wes Roche 6/10
Bill Roady 6/10
Debbie Knowles 6/14
Nancy Savage 6/19



Bruce Wendle 6/19
Geraldine Roady 6/25

Come and join us for cake and ice cream on the last Thursday of each month!

Mary's Munchies: Cinnamon Vanilla Pecans

1 cup granulated sugar
1/2 cup water
3/4 teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla
1 3/4 cups pecan halves

Combine sugar, water, salt and cinnamon in a heavy 8 cup pan. Cook over slow heat to 350°F (on candy thermometer) or until syrup spins a small thread. Remove from heat and add vanilla and pecans. Stir until the syrup forms crystals and pecan halves are well

coated. Separate pecans and place on a buttered plate. Makes for a nice snack or for entertaining.



SASi Says Thanks to the “SEEDS” Donors!

To date, we’ve raised \$10,381.11! Whoohoo!! Thank you to all listed below!
You are “Supporting, Educating, Entertaining and Delighting” our Seniors!

Marilyn Anders	Ronald & Nancy Jenkins	Frances Reed	Aqua Plumbing/PJ & Mike
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Chris Bessler	Debbie Knowles	Marilyn Sabella	Bonner General Health
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Marilyn Chambers	Richard & Mary Nadeja	Geraldine, D.L., L.M.	Northern Idaho Animal
Sylvia Chatburn	Steve & Linda Navarre	Stockman	Hospital
Lee Christensen	Marcella Nelson	Robert & Barbara Stout	Northwest Auto Body &
Glen & Joanne Chronic	Zale Palmer	Todd Suddick	Towing
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Marcia Hahn	Richard & Corrine Rago	Shakura Young	Wildflower Spa
Correll H (Kelli) Hern	Betty Record	Anonymous	Wood's Crushing &
			Hauling Inc.

Benefits of Weight Training

By Desiree Aguirre,
Guest Columnist



I admit it. It’s been over a year since I got the news that I had the beginnings of osteoporosis, and although I have been taking a calcium supplement to help me keep my bones from disintegrating, I haven’t followed through with an exercise regime aimed to keep the osteoporosis blues at bay. So I decided to take a more proactive stance in my health, joined a gym, and started lifting weights in an attempt to keep my bones from falling apart.

The initial walk through was a breeze. I didn’t wear gym clothes (not having any to speak of), and

after discussing my needs with the trainer, he showed me upstairs and demonstrated on how to use some of the weight machines. I admit I was a little dismayed when he recommended I come in three days a week (I was planning on two), and that an hour work out should be adequate (I was thinking 30 minutes would do the trick).

A couple days later I showed up in my favorite Hawaiian shorts with a baggy t-shirt and slightly used white tennis shoes. My first workout with the weight machines took 30 minutes, and rather than beating myself up because on a few of the machines I had to set the weight to basically zero, I told myself, just think of

all the progress you will make in a couple of weeks.

I must admit, I feel better after I work out. I have added some cardio, riding a stationary bike and using a stair master machine (both set at entry levels, of course), and the only machine still set to zero is the arm curl (and I am a girl). It has already become part of my weekly routine, and best of all, my body already feels stronger, and who knows, if I keep it up, I might even get back into a size of clothes I will be proud of, you know, to be seen in. Getting older doesn’t have to be all down hill, and taking a proactive stance in your health and working out will ward off osteoporosis blues.

Gardening time at SASi!



Gardening time is upon us! Time to get your hands in the dirt! We had so much fun with SASi's new Earth Planter Boxes! The Demo/Setup was Wednesday, May 17th. Thanks to Nanci Jenkins and a grant from Panhandle Health District! And to all the volunteers who helped! Many hands make light work!!



Congrats to Bruce Wendle, Shakura Young and Ellen for completing Bloomsday! Who wants to join them next year?!

Thank you CAL, 101 Women, Selkirk Association of Realtors for the recent grants for our kitchen repairs!

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/



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Volunteers for DayBreak needed!! Also...
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Every Wednesday 6 pm

\$2.00 per card

Just show up and have fun!!



*Saturday Dances, June 10th & 24th
1-4 pm.*

Potluck lunch! Music by "Country Plus!"

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!

Do you want to call Bingo? Let's all go to the Casino!

We are looking for a person or persons who might be interested in filling in from time to time for Bruce Wendle, our current Bingo caller.

Each Wednesday, from 6-8pm, Bruce has been here to call the numbers for each game. Bruce has been doing this for the several years. When he hasn't been able to, Nancy Savage has stepped in to help. However, it is helpful to have another back-up.

If you think this might be something you would be interested in doing, please call the office at 208.263.6860, and inquire about how to apply for this volunteer position.

Along with calling Bingo, Bruce is our board president, and is a consistent volunteer as well as a Bridge player. He sometimes would like to take a Wednesday Bingo night off. Thanks to anybody who can help with this!!

If you are interested in helping with the shopping and concessions also, let us know!

We have booked our next trip to the casino in Worley on Monday, June 26, 2017. The bus will pick you up at SASi at 8:30 am and return to the center about 4:00 pm.

For the last trip in March, we were able to fill up a bus and hope for the same response!

We always like to include any new people who you think might enjoy this outing so feel free to invite them. Just let us know and we can have them fill out an application — no charge for this.

The sign-up sheet will be on the front desk as usual. Mark your calendars for the last Monday in June!

For more information, please call, 208.263.6860.

Please call ahead to let us know you are coming for lunch/breakfast! We don't want to run out of food! Thanks!

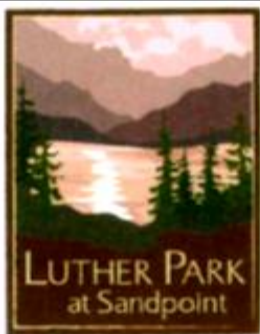
We will miss June Mosher who passed in late May. She was a faithful lunch participant who came over on the Spot Bus daily. Our hearts go out to her family.



THE BRIDGE AT SANDPOINT



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Sandpoint, Idaho 83864
www.lutherparksandpoint.org

Bruce Wendle, SASi Board President:



Hard to believe but we are finally in our summer season! The sunshine is back and everything is so green again. Sandpoint is busy with the tourists and events. What I want to mention is a popular event that's coming to our SASi Center in June. We are so happy to once again have the Sandpoint Injectors Car Club hosting a BBQ for us at the Center. On Saturday, June 17, 2017, from 11:00-2:00 pm. the wonderful members of the club will be cooking a delicious BBQ feast in our parking lot. We will have plenty of seating outside or inside should the weather be rainy. They are making all of the side dishes and desserts as well. There will also be a display of cars. As this is a fundraiser for us, there will be a donation of \$5.00 for the meal, and \$1.00 for a cold beverage. This is a great way to celebrate Father's Day, so please bring along the family and friends! It was a great time last year, so we just know it will be another successful event. See you there!

Donors

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

\$5 A MONTH CLUB	<i>Diamond</i>	Power	Leata Judd	Second Harvest
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Thank you also to these generous donors to SASi:

101 Women *Diamond*
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Foundation *Sapphire*
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Ambrosiani Family Trust

**"Ask not what your country can do for you, but what you can do for your country."
President John F. Kennedy, Profiles In Courage**

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 _____

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