



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!

Fun at the BBQ! Come to Estate Sale!

Here we are almost in the middle of summer! We had a great BBQ put on by the Sandpoint Injectors Car Club on June 17, 2017. We had a wonderful turnout with 167 meals sold. The club provided the food, the cooker, plates and utensils. There were some classic cars to see as well. Thank you, Injectors!

We also want to thank the volunteers who helped with the tickets for the meal and the drinks. Many thanks to Bruce Wendle, Adele Martin and her granddaughter, Avery, Leslie Marshall, Dorothy Kohne, Ron May and Anne Haynes. We also held a 50/50 drawing which came to \$120.00. The winner, Koreen Robertson, chose to donate the winnings back to SASi, so thanks to her for that!

All of the proceeds

which came to \$1,175.05 help with the food programs and activities we put on. Many thanks to all of the people who took time to help support SASi! We hope to make this a yearly event.

~~~~~  
Our next event will be in July. We will be having an estate sale from Thursday, July 13, to Saturday, July 15, 2017. If you have any items you would like to donate for this sale, please bring them in on Saturday, July 8 or Tuesday, July 11 and Wednesday, July 12, from 1-4pm each day. We will accept items that work and clothes that are gently used. We also could use some volunteer help during the prep and sale days. If you would like to volunteer, please let us know by calling the

office at 208.263.6860 or stop by. This year, Julia Kern, from Gypsy Girl Estate Sales, will be donating items from her five recent sales in addition to other donated items. The sale will be open from 9:00-3:00 pm. all three days. All proceeds go to the vital programs at SASi.

~~~~~  
We have placed the "Suggestion Box" out on the front table for you to place any anonymous suggestions for the staff. We welcome any comments and or suggestions you have. We also encourage you to come and see how a board meeting gets run. The meetings are held on the fourth Friday of the month at 10:30 am. Have breakfast and go to the meeting.

Activities

Monday: No Line Dance group
Until further notice

Tuesday: Bridge 12:15pm
Pinochle 12:15pm

Wednesday: Bingo 6:00 pm

Thursday: Pool Players 9am
Wii Virtual Games 10:00am
Blood Pressure 10:30am

Summer Potluck Picnic at
Donna's at the Lake!
Friday, July 21st, 2-6pm!

Dates to Remember

7/4 SASi Closed for Fourth of July

7/6 Alzheimer's Support Group 1:00 pm

7/6 Walking group debut! 9am at SASi

7/8 Saturday Dance 1-4:00 pm

7/8 Estate Sale Donation Drop-off 1-4:00 pm also 7/11 & 7/12

7/13 - 7/15 Estate Sale at SASi 9:00-3:00 pm Thurs., Fri., Saturday

7/14 Red Hat Luncheon Noon

7/20 Alzheimer's Support Group 1:00 pm

7/22 Saturday Dance 1-4:00 pm

7/28 SASi Board Meeting 10:30 am

(Open to the public)

7/31 Widows Helping Widows 10:00 am

Executive Director's Corner: Ellen Weissman

Living in the same place for nearly 25 years has some perks! It's been really amazing the past few weeks reconnecting with students that I taught years ago and seeing them graduate high school and prepare for college and other adventures!

The biggest surprise came this past week from the owner of Swhift Stainless Fabrication, Rhu Burton who recognized me in the kitchen when he came to measure for our new countertop. "Did you teach 2nd grade at Selkirk School?" he said. "Yes," I said with hesitation. "You were my teacher! I'm Rhu!" Wow! Did the memories come flooding in!

I also substitute taught for Kim Van Horn and lo and behold, she and her husband, Dale, and brother-in-law, Gary, are all very active in the Injectors Car Club! I had



met Dale and Gary when I first started here — they were one of the first donors to come in and the picture is still on my bulletin board — but I hadn't seen Kim for quite a while and was surprised all over again when I saw her walk up at the BBQ.

It's like a spider web. I heard once that there are "six degrees of separation" for everyone on the planet. That means that if everyone compared who they know, everyone would know everyone after six people on the whole

planet! It certainly seems the case here in Sandpoint!

We get surprises here too from community members that I don't know! Terry Burnham popped in and brought us big tomato plants in pots that were swooped up by participants



really fast! Ken Colin brought in Swiss chard from his garden. Susan Schaller and friends Dave, Paul and Rod helped move boxes for five hours for the upcoming estate sale this past weekend!

We are so grateful to this community web of supportive, helpful people! Yay!

Happy 4th of July! *ellen*

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DayBreak Center: Anne Haynes



Anne Haynes

Activities Team
Leader

It is the first day of summer as I am writing this — and the sun is out! I look forward to this time of year and try to soak up as much of the warmth and joy of summer as I can. At DayBreak Center, we have already had a few lovely days in our courtyard playing games, enjoying the flowers and the breezes.

As the season rolls through, the participants at DayBreak shift and change, some people leaving us, new ones joining us. Each change brings adjustments to our routines and needs. Our intent every day is to create fun, interesting, creative days for our participants and to meet the needs of the group and also the often changing individual needs. With that in mind I am reaching out to our community with my current wish list for those of you who might be wondering how else you could support our program besides direct donations.

Thank you for all the support so many of you have already given. Have a creatively fun summer and a Happy 4th of July!

DayBreak Wish List:

*Subscription to Creative Forecasting- \$60/year- see Ann for the subscription form. This magazine is great for helping us with activity planning ideas and information.

*Subscription to the Daily Bee— Tuesday-Sunday at the senior rate. We use this to keep current with what is going on around town, do the crossword puzzle, and as a “coffee and paper” time for certain individuals.

6 week- \$19.75 12 week- \$43.25
6 month- \$77.80 1 year- \$155

*Ipad- new or used. We have someone who is sight impaired, but can use an Ipad fairly well and enjoys watching travel logs.

*Ipod and headphones. We could set up individual music playlists which has been shown to help cognitively impaired persons. (See ‘Alive Inside’ documentary). We would use this for people who need quiet, calming time.

*Volunteer gardener

*Leaf rake & Roof rake for winter

*Handheld garden clippers

THANK YOU! Anne



Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's and memory challenges

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, INJECTORS CAR CLUB!
We raised \$1175.05!



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

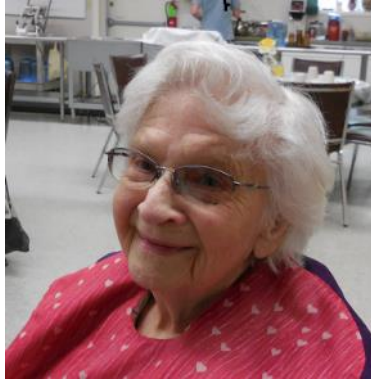


Senior Spotlight: Barbara Blood, 97 and still going!

We always know it's Thursday at the Center because the Spot Bus drops off our Thursday regular, Barbara Blood. Barbara just celebrated her 97th birthday and doesn't miss lunch here. She is also a member of the Red Hats group. Several years ago, she was making the chicken noodle soup every Thursday at the Methodist Church for the soup kitchen meal. Needless to say, Barbara has been a busy lady in the community.

Barbara was born and raised in Nebraska. She said it was a hard place to live due to the weather and lots of rattlesnakes. She was married on Thanksgiving Day and stayed at the Davenport Hotel in Spokane on her wedding night.

Barbara and her husband raised their 3 sons in Sandpoint. She and



her husband ran a woodcraft and souvenir store until he became ill. Due to his illness, she went to work to support the family. For the next 28 years, Barbara worked at Bonner General Hospital in the cafeteria as the Food Supervisor. She has been active in the community all of her life. Barbara still likes to

attend church when she can get rides. She has many friends and we always look forward to seeing her at lunch.

On the left, Barbara is wearing her Tidy Top that she has each lunch time! Below, Barbara plants a kiss on Bruce Wendle's forehead as she does each Thursday upon arrival at the Senior Center. We love you, Barbara!



“Happy Birthday to YOU!” July 2017

Del Wood 7/3
Mary Jacobson 7/6
Elara Reynolds 7/10
Lea Soltis 7/11
Ernie Belwood 7/20
Norma Pierce 7/22
Ginger Kohal 7/26
Karen Roeder 7/29



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

Mary's Munchies: Walnut Crescent Cookies

2 sticks of butter
1-1/4 cups powdered sugar, divided
1 teaspoon water
2 cups all-purpose flour
1-1/2 cups chopped walnuts

Preheat oven to 350 degrees F.

In a large bowl with an electric mixer, cream butter and 1/4 cup sugar. Add vanilla and water; mix well. Gradually add flour and continue to mix until well combined. (The dough will be a little stiff.) Add walnuts and mix well. Using about 1 tablespoon of dough per cookie, form each cookie into a log and bend to form a

crescent shape; place on ungreased baking sheets. Bake 18 to 20 minutes, or until set. Place remaining sugar in a shallow dish. Remove cookies from oven and, when cool enough to handle, roll in powdered sugar. Be gentle as they will be fragile.



SASi Says Thanks to the “SEEDS” Donors!

To date, after expenses, we've cleared \$9,585.35! 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
Gayla Babcock	Bruce & Debbie Johnson	Don & Elara Reynolds	Hammack
Ken & Monica Beaudoin	E. Marilla Kemmis	Glenna Roberts	Bonner Animal
Marie Beebout	Carla Kirby	Marshall & Joyce Roberts	Hospital/John Moody
Chris Bessler	Debbie Knowles	Marilyn Sabella	Bonner General Health
Ann Birkhimer	Jennifer & John Kubiak	Bob Small	Diedrich Roasters, LLC
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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
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			Hauling Inc.

?Habras Espanol?

Desire Aguirre
Guest Columnist



I used to be afraid of traveling, but now that I have a few foreign countries under my belt, I relish the thought of heading toward distant shores to soak up new ideas, new cultures, and best of all, meeting new people. And in order to make my yearly sojourn more meaningful, I decided to learn a new language — Spanish.

When I was in high school, I took German, and can still say, “*Ich sprecka ein bischen Deutch. Ich habe es gelearnt in de schule*” (I speak a little German. I learned it in school). But as I kind of like snorkeling and sandy beaches, I reckon that my next trip will be to Spanish waters.

Bobby Jesus Aguirre, my husband, was forced to learn Spanish as a child. His father refused to speak English, and when Bobby followed suit and refused to speak Spanish, he was sent to Mexico to live with his uncles. He came back to California bilingual. Although he tried to teach me Spanish, I was busy raising kids, and quite frankly, thought I was too old to learn a new language.

Turns out I was wrong. After I returned from Cuba, I had a desire to learn Spanish, so I turned to one of my Spanish speaking Idaho friends, and they told me about the Spanish course that got them started. I ordered the book, which came with written exercises and three CDs. *Estudio Espanial cada manana* (I study Spanish every morning). I’ve already learned more than 100 words

(they have a different word for our every word), a handful of phrases, and can ask and answer simple questions. I bet my husband, Bobby, is in heaven applauding my endeavors.

According to psychologists, learning a new language is like sending your brain to the gym. A second language creates new neural pathways, making new connections, which increases brain flexibility. In other words, it is good for people to learn a second language, even those of us in our senior years. On my next journey, I will be able to communicate, albeit slowly, with my new friends in their language. In the mean time, I’ll continue to exercise my brain, my mouth, and my tongue, studying the Spanish language.

Needed upgrades begin! THANKS 101 Women, CAL!

We are so grateful to 101 Women, CAL and SARS for the recent grants for the major upgrades to the kitchen and garage floor! So far we have a new swamp cooler for the kitchen, (Thank you, Cool-it!) and Interstate Concrete paved the garage bay and Swhift is almost done installing the kitchen counter. Our new fire suppression system and backup generator are on the way!

The installation of two stainless steel countertop is being done by brothers Rhu and Haven Burton, owners of Swhift Stainless Fabrication, pictured top right. As it turns out, Rhu recognized Ellen from being his second grade teacher! A few days ago, we received a call from them to say they wanted to waive the fee for the entire project and donate their time and materials for the project!! We are so grateful to them for this generous donation to SASi! Thank you so much!

The Interstate Concrete guys cut into the



portion of the garage floor that was damaged by the elder tree roots, work that we couldn't do two years ago with the parking

lot project. Thanks to the grant funders above, we have enough money now to finish the work!

We are sooo grateful!!



Above, head cook, Ezra is showing glee from the new cool air flow!

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Call for rate information, 208.263.6860.

FACILITY RENTALS!

Looking for somewhere to hold an anniversary party, meeting or gathering?
www.sandpointareaseniors.org/hall-rentals/

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...
2 Screen Doors, Bounty



Select-a-Size Paper Towels, Toilet Paper, White Pump Hand Soaps, Paper Napkins, Snow Rake, Garden Rake, PA/Stereo System, electric stove w/oven, ice-maker.



*Saturday Dances, July 8 & 22, 2017
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!

Do you want to call Bingo? SASi Board Information

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 the games. Bruce has been doing this for the past 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!

Coming up in September, we will be holding our annual Board of Directors election — this year, there will be 3 positions up for election. We would like to invite anybody who might be interested in running for this volunteer position to put together a “letter of intent” which is a letter letting us know about yourself and how you might be instrumental in helping SASi and all of its functions.

This is typically a good fit for somebody who has been on a board before and understands the inner workings of a board. Also, for someone who is interested in being a part of the fund-raising for the Center as we move forward into a new year.

If you would like to consider this, please come by and talk to Ellen or another board member to see what is required. There is a monthly board meeting held at the Center. You might want to come and see what a monthly meeting is like. They are held each month usually on the fourth Friday at 10:30 am.

The “letter of intent” won't be due until August; however, let us know if there's anything we can do to help with this process. We very much appreciate anybody taking the time to consider this request!! Hope to hear from you in the next 2 months.

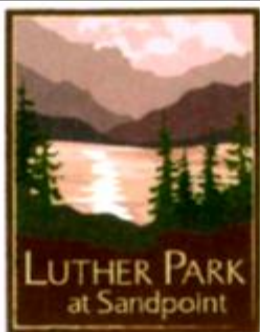
Be a Pineapple! Stand tall -- wear a crown and be sweet on the inside!



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Sandpoint, Idaho 83864
www.lutherparksandpoint.org



A message from Bruce Wendle,
SASi Board President:

Greetings to you and I hope you are having a great summer so far! I want to thank those of you who attended and made the Injectors Car Club BBQ such a success!! It was a lot of fun and we fed a lot of folks as well. We are so grateful to them for providing delicious food and bringing some of the classic cars too.

I also want to thank the volunteers who once again helped during the event. Our volunteers are always willing to help support us during these fundraisers.

The next event will be our Estate Sale held here on Thursday, July 13– Saturday, July 15, 2017. We will be here from 9-3:00 pm each day. Please donate items you might not need any longer to this sale. All proceeds go to our food and activity programs for the seniors in our community! Thank you and hope to see you there!

Donors

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

\$5 A MONTH CLUB

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Jeannette
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Thompson, LoLo
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Wendle, Bruce

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Foundation *Sapphire*
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**"We're not born with a fixed amount of resilience. It's a muscle.
It needs to be flexed and made stronger." Cheryl Sandberg, COO of Facebook**

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 _____