

Estate Sale a Success!! Nearly \$3,500!!



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!

After many hours of sorting and setting up the abundant amount of items donated for our Estate Sale, we are so pleased to announce the three day sale brought in nearly \$3,500. Thanks to all of you who made this a success. We especially want to thank Julia Kern, from Gypsy Girl Estate Sales for her support during the sale. Julia does this as a business, and she donate many items from recent estate sales to ours. Along with her expertise, we were able to stage the sale in an orderly manner making it easy for the shoppers to find items they were looking for. (And the shoppers noticed!) Of course, it took many volunteers to help during the different stages of this event. We have listed their names on p.6. We simply could not have done this without the help of 40+ people who

came out to help before, during and after the sale.

It seemed folks were happy to do whatever was needed— especially those who were able to move heavier items and helped bring things here from the storage units with their trucks! We also thank the non-profit organizations that came by afterwards to pack up and take the leftovers they wanted for their future sales!

Thank you, Gypsy Girl, Julia and also Adele Martin, SASi's Volunteer Coordinator!

The kitchen repairs are continuing and so exciting! The fellows from General Fire were here last week and replaced the Fire Suppression System over the stove. Kevin Hoglin and Tim Pebles did an awesome job replacing the very old parts that

were in jeopardy of not working if we had needed them! It's nice to know we're safe now!



Activities

Monday: No Line Dance group
Need Line Dance Leader

Tuesday: Walking Group 9:00 am
Bridge 12:15 pm
Pinochle 12:15pm

Wednesday: Bingo 6:00 pm

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

Dates to Remember

8/3 Alzheimer's Support Group 1:00

8/11 Red Hats Luncheon Noon

8/12 Saturday Dance 1-4:00

8/12 & 8/13 POAC Art Event at City
Beach— SASi selling hotdogs \$5.00

8/17 Alzheimer's Support Group 1:00

8/18 Winter Ridge Foods Education Class
"Summer Salads" (at Winter Ridge) 10am

8/26 Saturday Dance 1-4:00

8/29 Smoking Cessation Class from
Panhandle Health, 10:30am

Executive Director's Corner: Ellen Weissman

Is it the heat? Is it because the Eclipse is coming? Is Mercury retrograde? I'm not sure what it is, but it seems like it's been a challenging month for several people I know.

A close friend had to put her dog down after 12 years of close companionship and love. Statistics say that those who have pets are happier and live longer. It's been really hard on my friend and she's working through the loss in her own way and considering the idea of getting another dog.

In talking with her, we've discovered that the adage of "the only constant is change" is definitely true. She used the term, "impermanence" and mentioned how it's hard to accept change, especially when it's not something you plan for, but something thrust upon you.



Life's transitions seem to sneak up on us. We're living our life and suddenly we've gotten married or had kids or just found ourselves 20 years older and it's blown past us at lightning speed! Then another 20 years fly by! My mom often said she didn't feel older from the inside, but who was that in the mirror?! I've heard elders here say the same thing. My, time flies!

So, do we sit by and let it slip through our fingers or do we hit the road, as some of you have

done, to go see the world, or do we finally write that book or volunteer and help others or do we go for that hike we always wanted to do?

I'm learning that there are as many answers to that "What's next?" question as there are elders! And a lot depends on our outlook on life, our attitude and our physical health. My parents used to toast at dinner, "To your health!" They used to say that's the most important thing; that you can be rich or poor, but if you don't have your health, then you don't have anything. So join us for the walking group on Tuesdays and Thursdays at 9am and come to the Smoking Cessation class on the 29th and let's get healthy! And Happy Festival of Sandpoint!

ellen

These advertisers support Sandpoint Area Seniors! Please support them!

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Idaho**



DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Activities Team
Leader

One of the best things about DayBreak Center for our participants is the mental stimulation they get from just being here and interacting with a variety of people and engaging in a variety of activities. At many senior day centers, activities are planned a month in advance, hour by hour. At the DayBreak Center, we loosely plan for the upcoming week, but more often we go with the flow of the day. It matters who shows up each day, how they are feeling, and what their individual interests and functionality levels are. We may schedule an activity we know a couple of women will enjoy only to have them not come for various reasons and have two men in attendance who have no interest in such things. So we stay flexible and see what the day brings. And we push the functionality level as hard as we can, trying new things and seeing if we can adapt them for success.

Lately we have been playing a lot of Uno, a fun card game using numbers and colors. At first I thought it might be too complicated for many of our par-

ticipants. But with just a little bit of help, and after a few days of practice, people seemed to get the hang of it. Sometimes as we start the game a participant might be quite confused about what to do and what is happening. Then something happens. It seems to me that old conditioning kicks in from their younger years of card playing and suddenly someone starts holding the cards correctly and making appropriate plays on their own with only a little coaching. It reminds me what an amazing and mysterious instrument the brain is, to not give up, and to keep pushing the mental boundaries both for our participants and for myself.

Anne

The DayBreak Center is looking for volunteers who can help on Monday and Wednesday afternoons. Also, if you would like to help with the landscaping in the courtyard, please call Anne at 208-265-8127.

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We've been blessed with "Elders in Training" lately. On the right, Sarge's grandson came in for breakfast and below, Wes and his grandson played a rousing game of pool!



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 Facilitators, Jan Griffiths, 208.290.1973 or Liz Price, 208.263.7889 or DayBreak, 208.265.8127 for more information.

Alzheimer's Association  
[www.alz.org](http://www.alz.org) [www.alzwa.org](http://www.alzwa.org)  
800-272-3900



### 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: New employee, Ashley Thacker

We are happy to announce a new employee at SASi. Ashley Thacker is now working alongside Mary McGinnis in the food programs. You will see her help to pack and seal the meals that go out daily to the Home Delivered participants. Ashley also assists Mary during the congregate meal time with serving lunch and the clean up time as well. She's a "senior-in-training" at age 23. She came here to volunteer, and her timing was perfect as we were just beginning the hunt to fill that position.

Ashley grew up in Cottage Grove, Oregon just south of Eugene with her mother, stepfather and sister, who is expecting her first baby next February! She moved to Idaho in October of



2015, living first in Post Falls, then Coeur d'Alene and now Sagle. She has one fluffy

cat and a couple of houseplants that she's trying not to let get too dried out in all of this heat! Her favorite animal is squirrels, and she's glad there aren't many outdoor cats too chase them away.

Ashley started volunteering here in June and is very glad to

say that she is now "an official member of the team!"

She lives with her boyfriend at the Johnson family farm. In their spare time, they like to go hiking around Sandpoint. She also enjoys reading, Sudoku Puzzles and watching movies. She drives a red Pontiac Grand Prix and is slowly learning how to work on it.

Ashley's background includes working on all aspects of the hotel industry and working for her mother's in-home elder care business in Oregon. She looks forward to her future here at SASi and wants to thank everyone for being so welcoming to her!

## "Happy Birthday to YOU!" August 2017

Rosemary Eckel 8/1  
Bill Cecil 8/12  
Ezra Woods 8/13  
Wilbur Shafer 8/13  
Myrna Payne 8/15  
Bob Wynhausen 8/16  
Lee Christensen 8/17  
Sally Sacht 8/17



Ella Vizena 8/18  
Dale Phillips 8/18  
Loris Michael 8/21  
Heidi Smith 8/21  
Vegas Hinrich 8/22  
Pam Crawford 8/28  
Linda Clark 8/29  
John Warren 8/29

## Mary's Munchies: Happy Camper Brownies

1 pkg. brownie mix  
6 graham crackers, broken into 1-inch pieces  
1 (5-7 ounce) milk chocolate candy bar, coarsely chopped  
1 cup miniature marshmallows

Preheat oven to 350 ° F. Coat a 9 x 13 - inch baking dish with cooking spray.

Prepare brownie batter according to package directions. Pour into prepared baking dish and bake only 15 min. (You don't want to bake these completely yet.)

Meanwhile, in a medium bowl, combine the graham crackers, chopped chocolate, marshmallows, and mix well.

Remove partially baked brownies from oven and sprinkle chocolate and marshmallow mixture evenly over top. Bake an additional 15 to 20 minutes, or until a toothpick inserted in center comes out clean. Cool completely, then cut and enjoy.

Makes 12 to 15 brownies.

# New Activities, Widows Helping Widows Group

## Group Day Trips

As the summer winds down, we want to let you know about some ideas for two possible day trips. If you haven't gone on a boat cruise on our beautiful lake, please consider going on one of the Lake Pend Oreille Cruises. Leaving from City Beach on the Shawnodese, we'll relax as we cruise on the lake. Sign up for this at the entrance desk so we can get a discount price with 20 signed up.

The next outing we are offering is the train ride that goes from Newport, WA, to Dalkena, WA and back. For this trip, we are looking at Saturday, September 30, on the 1pm train. We would carpool there from the Center, go

on the train, and return to SASi.

For this trip we can also get a discount with a minimum sign up of passengers.

There will be sign up sheets on front desk and you may invite friends or family to join us. For more information, please call the office at 208-263-6860.

## Line Dancing Group

We are looking for a person to lead the line dancing group that has met here on Mondays. The group made up of different levels of skill is a fun way to exercise and learn to line dance. Sally Sacht has led the group for several years and

would like to leave it to another volunteer. The time has been at 1pm. If this is something you might like to do, please let us know!

## Widows Helping Widows

Making the transition from being part of a loving pair to being alone can be a very difficult time. Women in these circumstances not only have to overcome their feelings of grief and loneliness, but they often have to deal with the practical aspects of maintaining a home and gardens. Unfamiliar decisions must be made, and physical help is needed. "Widows Helping Widows" is a group of women that meets at 10:00 am on the

last Monday of the month at SASi. They have a topic of information and discussion, sharing practical ideas for themselves and hired help, and they provide each other with congenial support. If you think you would like to try it out, please come to the next meeting. They'd love to see you there! For more information, please call the office at 208.263.6860.

## Smoking Cessation Class

Want to quit smoking? The American Cancer Society has a new (free) class and they have a high rate of success! Renee Tibbetts from Panhandle Health will be here with the class on Tuesday, August 29th at 10:30 in the Conference Room!

# This Body

Guest Columnist  
Desire Aguirre

## This Body



Time keeps on trucking, and whenever I look in the mirror, I expect to see a younger version of myself, with less wrinkles, no wobbly chin, and of course, brighter teeth. However, I would not trade the wisdom of the mature woman in the mirror with the wild and reckless ways of the young girl I still expect to see.

This body, these unstable knees now getting tuned up with Hyalgan shots (ouch), these wide feet, these thick thighs, this back now kept in alignment with yoga and frequent visits to the chiropractor, bless you for carry-

ing me down Schweitzer Mountain with a stick attached to my feet, for holding me on to the back of a horse, for always picking me up when I fall down, for bringing me one more step toward my next destination.

These moon filled lips, these teeth, once chipped but now super glued back into a grateful smile, bless you.

These stubby fingers, calloused from guitar strings and pulling weeds, bless you for struggling to stretch to the next chord and yanking out just one more weed.

This heart, broken on several occasions, that still manages to keep the beat through and beyond the pain, bless you.

This hair, once thick and curly, now, somewhat thick and less curly with streaks of gray, bless you.

These cheeks, once stained with freckles by the sun but now streaked with raspberry marks, bless you for receiving tears in times of grief.

These lungs, that still fill so I can break out in laughter and in song, bless you.

These breasts, perfect breasts, according to my pediatrician, for feeding babies, bless you, and especially thank you for not drooping down below my belly, and not requiring a bra harness to keep you in place.

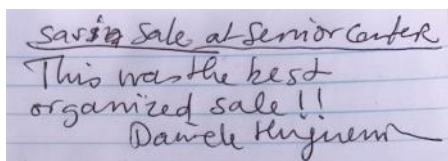
Bless you, bless you, bless you, especially in the morning when I look in the mirror and wonder who that old woman is looking back at me, bless you.



# Thanks to all our volunteers for Estate Sale in July!

Thank you so much to the many volunteers who helped us for the Estate Sale! We could not have done it without you!

Adele Martin  
Alan Smith  
Anita Pine  
Anne Haynes  
Bruce Wendle  
Bryan Quayle



Maddie Hall  
Maxine Koch  
Nancy Renk  
Paul Mohally Renk  
Rod Barklay  
Shakura Young  
Sharon Millnar  
Shirley Wendle  
Susan Schaller  
Suzy Yeager  
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Diane Ganzer  
Donna Peterson  
Dorothy Kohne  
Emily Schoener  
Emma Hall  
Emmy Keiser

Ethan Ganzer  
Forest Maxfield  
Gary Williamson  
Jacquie Albright  
Jesse Hoag  
Joanie McClure  
Julia Kern  
Kristofer Yamada  
Lee Christensen  
Leslie Marshall  
Loris Michael  
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Lynn Walters



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In this newsletter! On the SASi website!  
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/](http://www.sandpointareaseniors.org/hall-rentals/)

Thank you generous supporters!! Find names and logos from donor organizations at  
[www.sandpointareaseniors.org/community-support/](http://www.sandpointareaseniors.org/community-support/)



Shop at Yokes and Amazon online and support SASi!



Volunteers for DayBreak needed!! Also... Bounty Select-a-Size Paper Towels, Toilet Paper, Hand Pump Soaps, Paper Napkins, Snow Rake, Garden Rake, PA/Stereo System, Ice-maker. For serving area, stove w/oven.



Thanks!



**Saturday Dances, August 12 & 26, 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? 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/](http://www.sandpointareaseniors.org/)! Let us know!

# New Raffle and Energy Fair coming up, Election info.

## *Stay-cation Raffle*

We are now selling raffle tickets for a chance to win a seven night stay in a one bedroom condo at the Pend Oreille Shores Resort. The tickets are selling for either \$5 a ticket or \$20 for 5 tickets.

The drawing for the winner will be held at the Avista Energy Fair to be held here on Thursday, September 28, 2017. The Energy Fair will be from 3-6pm. The time of the drawing will be at 5pm.

There will be more about the fair in the upcoming weeks. In the meantime, pick up some of these tickets. The offer for the condo is good from October through May, 2018, excluding holidays and based upon availability. All proceeds from the raffle go to support our vital programs. You do not need to be present to win during the drawing, but the Energy Fair will be so fun and full of great food and give-a-ways that you'll want to be there!

Buy a hotdog, chips and a drink at the POAC Fair and support SASi! Aug. 12th/13th at City Beach! Yum! Fun!

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 fundraising 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 a 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 it's like. They are held each month on the fourth Friday at 10:30 am.

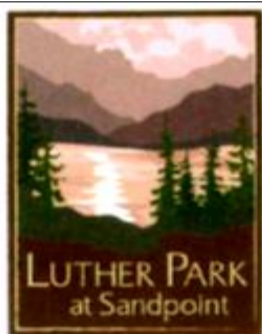
The “letter of intent” will be due September 7. Let us know if there's anything we can do to help with this process. We very much appreciate anybody taking the time to consider this request! Hope to hear from you!

Want to be a “*TidyTop SASi Stuffer*” and help raise money for SASi's vital programs?! Carla Kirby from TidyTop will donate \$20 for every box of her stylish adult bib packages we “stuff” with the inserts. Sign up with Emmy at the Front Desk! Carla already donates half of the price of the TidyTops for sale at the Senior Center to SASi! What a Supporter!!! Thanks, Carla!

## **THE BRIDGE AT SANDPOINT**



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A message from Bruce Wendle,  
SASi Board President:

Last month we had a successful Estate Sale at the Center. For three days, staff, board members, and plenty of volunteers all helped to sell the many items donated by the community. After all was said and done, we managed to sell close to \$3,500 worth of items. What we couldn't sell went to several non-profits in the area in the hopes they would sell them. It's a lot of work that goes into this, and we have listed the people who came out to help us get this sale off the ground! This month we will once again be at the POAC Art Fair at City Beach. On Saturday, August 12 and Sunday, August 13, 2017, we will have a booth set up where we will sell hot dogs, chips, and a pop for \$5.00. We have done this for the last 4 years and are happy to be there again! It's a good fundraiser for us, and we hope you'll stop by and see the art and have some lunch with us!

# Donors

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

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Sadewic, Almira  
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Vizena, Ella  
Wendle, Bruce

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Today, give to everyone one of your smiles. It might be the only sunshine they see all day.

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"?*

|                         |                                  |
|-------------------------|----------------------------------|
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| \$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 \_\_\_\_\_