

SASi

SANDPOINT AREA
 SENIORS, INC.

WHAT'S GOING ON DOWN AT SASI?

820 Main Street
 Sandpoint, Idaho 83864

Senior Center: 208-263-6860

Mon.-Thurs.: 8am - 3pm
 Friday: 8am - 1pm

DayBreak Ctr: 208-265-8127

Mon.-Thurs.: ~8:30am - 5:30pm

www.sandpointareaseniors.org
 sandpointareaseniors@gmail.com

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!

Wow where did summer go this year? With the smoke from the fires, the very hot temperatures, it seems time just slipped away! At any rate, we must now get ready for the upcoming fall season.

For the month of September, we have put together some activities you might find to be just what you are looking for!

On Wednesday, September 13, 2017, plan to stop by at Papa Murphy's for a pizza! They are generously donating 9% of their sales to SASi's DayBreak Center's Scholarship Fund! Thank you, Papa Murphy's!! That morning, we will also be going on the Shawnodese boat for a cruise hosted by Lake Pend Oreille Cruises. If you haven't been on one of their charters, think about

joining us. The boat is docked at City Beach where we will meet. It will be a beautiful day, and a good time on the lake! Please let us know if you would like to go along as it's almost full.

The other day trip will be a train ride on Saturday, September 30, 2017, at 3pm. The plan is to meet at SASi at 1:15 and carpool to the train in Newport, WA. We will board the train at the station, set out on a 24 mile roundtrip ride from Newport to Dalkena, WA. Let us know if you can drive for the carpools. We would like to have the sign-ups and payments for both trips completed as soon as possible. For more information, please call us at 208.263.6860.

Also, there is a Casino bus trip for Monday,

September 25, 2017, from 8:30am – 4pm. Please sign-up with Emmy at the front desk.

On Wednesday, September 27, 2017, from 9am – 3pm, there will be a Health Care Educational Symposium, held at the Columbia Bank Events Center on the 2nd floor.

Booths will be open with information given by different groups and speakers concerning health needs, assisted living, home health care, memory care facilities. Stop by the SASi booth and say hi! Open to the public.

The next day, Thursday, September 28, come to the Avista Energy Fair at the Senior Center from 3pm – 6pm. Free gift bags and yummy food! See you at these events!

Activities		Dates to Remember
Monday:	Line Dancing with Donna Peterson 1pm	9/7 Alzheimer's Support Group 10am 9/8 Red Hats Luncheon Noon 9/9 Saturday Dance 1 - 4pm 9/13 Pend Oreille Cruise 11 - 12:30pm 9/13 Papa Murphy's Pizza for DBC 9/21 Alzheimer's Support Group 10am 9/23 Saturday Dance 1 - 4pm 9/25 Casino Trip 8:30 - 4pm 9/25 Widows Helping Widows 10am 9/27 Health Care Educational Symposium Columbia Bank, 2nd Floor 9/28 Avista Energy Fair 3 - 6pm. Raffle Drawing for winner at fair 9/30 Scenic Train Ride 3pm (Meet at 1:15)
Tuesday:	Bridge 12:15pm Pinochle 12:15pm	
Wednesday:	Bingo 6pm	
Thursday:	Pool Players 9am Wii Virtual Games 10am Blood Pressure Checks 10am	

Executive Director's Corner: Ellen Weissman

This past month, I've been pondering some deep questions and have come up with a not-as-deep theory. Many people are now in the "sandwich generation" where they are taking care of their children at the same time they're taking care of their parents. What a challenging position to be in! My theory is that it's easier to take care of kids than elders! We've all been kids already! We have a pretty good idea of what it's like to be one. And if we don't know, our kids are likely to tell us pretty quickly what they want and need.

With elders, there are a couple of factors at work. We haven't been the age they are – yet. And we'll never catch them! We really have



no idea of what they are *actually* experiencing. We have assumptions about what they need, but how often do we ask? When do we "take over" the decisions about their lives even if it's not what they want? Does fear of ourselves growing older affect the decisions? How much is discussed with our families when we're all younger and can communicate clearly about our desires? But do desires and views change 15 years down the road?

What if a stroke or Alzheimer's sets in affecting the communication center in the brain? Then they are possibly not *able* to tell us. What happens then? Or what about the "proud generation" who don't want to ask for help? And what's going to happen when the number of "Baby Boomers" far outweighs the number of caregivers available?

How much does language reflect our culture? Do we have a different view of aging if we are using the term elders vs. elderly? When we say "older," do we think 50 or 60, or 80 or 90?! I don't have the answers, but the sociological part of me is having a heyday! What are your thoughts on this?! *ellen*

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DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Activities Team
Leader

It's September and football coaches, pizza, and the DayBreak Center are on my mind. Frank Broyles passed away last month. Frank was coach and then Athletic Director for the University of Arkansas Razorbacks football team from 1958 to 2007. The Alzheimer's Association has a long article on his many accomplishments and amazing career in the field of football. To my mind his greatest legacy was the work he did at the end of his career and after he retired. Frank's wife, Barbara, was diagnosed with Alzheimer's Disease in 1999. Frank cared for her until her passing in 2004 and from that experience he became an inspirational beacon to others, working with the Alzheimer's Association, speaking, educating, and setting up the Broyles Foundation. Frank wrote a book called the "Coach Broyles' Playbook for Alzheimer's Caregivers" to help other families in the same situation. In the introduction to the book, he talks about how he was not going to let the disease destroy their love for life and that he and his family focused on what they did have rather than

what they didn't. He says he approached Alzheimer's like an opponent on the field, with a solid game plan and a dedicated team. What a great analogy and a great attitude!

Which brings me to pizza and DayBreak Center. There are so many families who need a game plan and a team and we, at DayBreak, can be part of that, giving the family caregiver a break and their loved one a fun, social outlet. To help with the cost of someone attending our program, we have a Scholarship Fund that needs regular donations.

Papa Murphy's has again generously agreed to give us 9% of the profits from pizza sales on **Wednesday, September 13**, to help fill our Scholarship Fund! We ask you to help us to help families who are caring for a loved one with memory issues by picking up a pizza from Papa Murphy's in Ponderay on September 13. Thank you so much!

Endnote: Frank Broyles passed away from complications of Alzheimer's Disease on August 14, 2017 at age 92.

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.

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 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 www.alzwa.org
800-272-3900



We eat well at SASi! Pineapple Chicken! Yum! Come join us!



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: Irene Hutchison, Board Liaison



For this month, we want to feature a participant, Irene Hutchison, who has been coming here for many years, and has been a volunteer liaison to the board. She is the person you may go to when there is a comment or complaint you

might want to bring to her attention. Irene will listen to the suggestions or grievances and bring it to the board. She says there haven't been any complaints for quite some time and she thinks the current board and staff are doing a great job!

Irene likes to play Pinochle here on Wednesdays along with her guy, Ed Taylor.

Irene was born on January 14, 1936 in Chicago, Illinois. She lived with her parents and one brother. When she was 6 years old, they moved to Wisconsin. Irene went back to Chicago to attend the University of Chicago, studying general studies. During that time, she worked at

St. Jude's Children's Hospital in Chicago where she worked in a lab.

Irene got married and they lived in San Antonio, Texas and raised six children. She continued to do lab work and retired from Providence Hospital. Around 20 years ago, two of her daughters moved to Sandpoint and she ended up relocating here as well. It was about that time that Irene found out about SASi from her good friend, Betty Sisler. Irene started coming here to have lunch and play Pinochle.

Irene loves coming here, and she says, "I enjoy the center and its staff!" She's very friendly, and would like to meet you!

"Happy Birthday to YOU!" September 2017

Marchelle Fritz 9/11
Jeannine Mills 9/13
Tom McGhee 9/21
Gayle Williams 9/26
Dorothy Kohne 9/27
Leanna Murray 9/30



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

Mary's Munchies: Light Potato Salad

3 lbs. red bliss potatoes, cut into 1 1/2" slices
2 1/4 tsp. salt, divided
1 tsp. freshly ground black pepper
2 tbsp. white wine vinegar
1 tbsp. freshly squeezed lemon juice
1 1/4 cups nonfat Greek yogurt
2 tbsp. yellow mustard
2 celery stalks, finely chopped
1/2 small white onion, finely chopped
6 hard boiled eggs, cut into small wedges
2 tbsp. freshly chopped parsley

1. Place the potatoes in a large stock pot and fill with

tap water, covering the potatoes by 3". Add 1 1/4 tsp. salt and stir, bring the water to a boil over medium—high heat and cook just until tender, about 15-20 min. Drain the potatoes, run under tap water to cool them, and set aside. In a large mixing bowl, place the remaining 1 tsp. salt, black pepper, white wine vinegar, lemon juice, yogurt, mustard, celery, onions, and stir until combined. Add the cooked potatoes, eggs, and parsley, gently stir until the potatoes are fully coated with yogurt mixture.
2. Place in the refrigerator and chill completely before serving, at least 5 hours. 8-10 servings.

Thanks for the donations this summer!

This summer we have been blessed with lots of donations given to us by people in the community. When we needed to do maintenance on a sink and counter in the kitchen, Rhu and Haven Burton from Swhift Stainless Fabrication donated their labor and material costs! Our windows in both SASi and DayBreak Center were washed by Jonah Lucht's crew from Invisible Windows.

People brought in their veggies and fruit from their gardens and Gen Becker and Victoria Tyler donated delicious jams for our participants. Nadine Westfall came by to donate bacon, sausage, pork chops packaged by Woods Meats.

Thanks, everyone!!



Kudos to Swhift Fabrication and 101 Women and CAL! The major repairs are almost done! The backup generator is next!



Thank you, Jonah Lucht, Bryan Dillon and Invisible Window Washers! Jan Griffitts asked them to come and wash the DayBreak windows and they had enough time to do the Senior Center too!

Way to go, guys!



Before
and
after!

YAY!



Thank you, Home Depot and a donation in remembrance of Rose Fredstrom for the front doors!



"Nice Cream" on a Hot Day!

Desiree Aguirre
Guest Columnist

"Nice Cream
on a Hot Day"



September approaches like a long lost friend; a touch of frost graces the brown grass, but by noon, summer has spread its wings, removed the frost, and ruled with a reminiscent smile touched with 80 degree temperatures that still scorch the skin. On these hot days, I spoil myself with Nice Cream, an easy to make recipe that tastes like fresh ice cream, served with less calories and more healthy ingredients. Nice cream, made from frozen bana-

nas, is quick and easy. Best of all, you can fashion it to your taste buds by adding additional ingredients, such as blueberries, raspberries, huckleberries, or even chocolate.

Ingredients:

2 Ripe Bananas, sliced and frozen

Directions:

1. Add bananas to the food processor and blend.
2. Occasionally scrape down the sides and continue to blend until smooth, approximately 3-5 minutes. Scoop into a bowl and enjoy immediately as a soft serve! For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour.

Best of all, you can spruce Nice Cream up in a number of ways. I add a little coconut milk to the mix, which makes the nice cream extra smooth. For variety, I add a variety of fruit, such as leftover watermelon, mango, or fresh blueberries from the garden.

Nice Cream is a low calorie summer treat that is quick and easy to make. It is a great replacement for ice cream, because it is full of healthy nutrients, such as potassium, calcium, and vitamin C. You can eat it right out of the blender, or put it in an airtight container and serve it at a later date. Nice Cream retains its flavor and will cool you off on those last days of summer.

Bits & Pieces of SASI News! Line Dancing again!

We are happy to announce that our Line Dance Group will be starting up again! Donna Peterson will now be the group leader. Beginning Monday, September 11, 2017, at 1:00 pm, the sound of country music will fill the dining room with line dancing. This group is for all levels and there is no charge. We invite you and friends to join this fun group!

On the last Thursday of every month, the SASi Wii Bowlers host a group from Alpine Vista to play Wii Bowling. The two teams enjoy competing with each other. After the games, they stay and have lunch. They have been coming over on their bus led by Activities Director, Julie Perchnynski. Julie recently left Alpine and Helen Milne has joined their staff. Helen moved here from Hawaii where she was a graphic artist. She has lived in Sandpoint for the past 4 years and worked with children who have challenges. Helen also has volunteered at DayBreak Center and with Angels Over Sandpoint. We enjoy seeing the group. They wear their red shirts and you can always hear them cheering! Welcome, Helen!!

On Thursday, August 31, we also had a group from Valley Vista for "Birthday Thursday" at lunch. Judy Totten, their activities director, brought them over to see what we do here as well. They enjoyed their outing and we welcome them back this month on the last Thursday!

Congratulations to Bob Morley and Caroline Leiber!! Bob is a driver with SASi's Home Delivered Meals program and Caroline worked in the Food Program. They met, fell in love and married on Saturday, September 2! Mazel tov!



Vegas celebrated his 90th birthday at the recent Saturday dance with friends, Rich Speidell and Gayle Williams who were saying a hopefully, temporary "Adieu" before heading back east.

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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...
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.
Thank you so much!



Saturday Dances, September 9 & 23, 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! 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 \$5 a ticket or \$20 for 5 tickets. The drawing for the winner will be held at the Avista Energy Fair to be held at the Senior Center on Thursday, September 28, 2017 at 5pm. The Energy Fair will be from 3-6pm. The offer for the condo is good from October through May, 2018 (excluding holidays). All proceeds from the raffle will 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 giveaways that you'll want to be there!

Board of Director Elections rescheduled

Are you over 18? Interested in the lives and concerns of elders? Can help with fundraising? We would like to invite anybody who might be interested in running for this volunteer position to put together a "letter of intent" to tell about yourself and how you might be instrumental in helping SASi and all of its functions.

Our elections schedule has been postponed a month with the letters of intent now due by 3pm on Wednesday, October 11th with the election later in October. Five positions are up for election.

This is typically a good fit for somebody who has been on a board before and understands the inner workings of a board, but newbies are welcome too! If you would like to consider this, please come by and talk to Ellen or a board member to see what is required. The next monthly board meeting will be on September 29th if you'd like to check it out. 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!



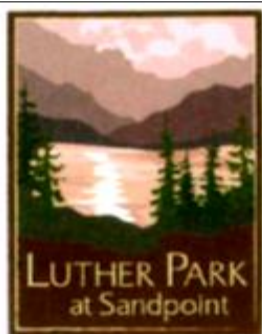
Want to be a "SASi TidyTop Stuffer" and help raise money for SASi's vital programs?! Carla Kirby from TidyTop will donate \$20 for every box of her stylish adult bib packages we "stuff" with the inserts. Sign up with Emmy at the Front Desk! Carla already donates half of the price of the TidyTops on sale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

Pictured on the left is Kelly Hern, Karen Wathall and SASi's Executive Director, Ellen Weissman, wearing their beloved TidyTops!

THE BRIDGE AT SANDPOINT



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A message from Bruce Wendle,
SASi Board President:



Greetings to all of you! Summer is leaving us and I hope you had a good one! Now as we move onto fall, we have several new activities for you to enjoy so keep on reading your newsletters! We also want you to know our annual Board of Directors elections will be held later in the fall. If you are interested in being on the board, the letters of intent are due on October 11 by 3pm.

I do want to mention that over the summer, we have been using grant money given to us for much needed repairs in the kitchen and Center. It's been wonderful to have been granted these funds that Ellen has worked hard to get in order to proceed with these projects. Two new doors have been installed in the front of the building. They look nice, fresh, and make the front look good. We will be putting in a new generator that will keep up going should the power go out.

Donors

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

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"Look back to learn. Look ahead to succeed." Daymond John

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 seven 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 _____