



“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!

SASi hosts Thank you Open House!

On Thursday, October 26, 2017, Sandpoint Area Seniors, Inc., will be hosting an Open House to thank the many donors who over the past years have supported the Center by donating money, items to our equipment loan program, auction items, food, anything that can help the seniors here and in the community. In particular, we are inviting the 101 Women and Community Assistance League who gave us funds to pay for needed repairs for our meals program. These two wonderful groups, along with individuals, the Equinox Foundation and our Bingo fund, have made it possible to repair the kitchen heating and cooling system, upgrade the fire suppression system (which was close to being red-

tagged!), replacing a worn and tired countertop, pave the first bay in the garage and purchase a backup generator.

Along with the many donors, come meet the folks who did the work! Starting at 2pm until 6pm, SASi will be open to welcome anybody who has donated to the many different programs we have here including our wonderful \$5/month club members! There will be refreshments, and both the Senior and DayBreak Centers will be open to tour.

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On Thursday, September 29, the Avista Energy Fair was held at the Senior Center. From 3pm-6pm, a crowd of over 100 people from the

community came by to see what Avista was offering to help them save energy. They had product demonstrations and goodie bags filled with different products given to each person. The Tango Café provided a delicious array of sandwiches, pasta salad, cookies, and water. There were also drawings of prizes for blankets, a huge gift basket and gift certificates.

It was also the day of our drawing for the 7 night stay at the Pend Oreille Resort in Hope. Kevin Savage won the winning ticket! The raffle brought in \$385 to SASi. We want to thank everyone who attended the fair and participated in the raffle.

### Activities

Monday: Line Dancing with  
Donna Peterson 1pm

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

Wednesday: Bingo 6pm

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

### Board of Directors Election Schedule

Wed., 10/11 Letters of Intent due 3pm

Wed., 10/18 Meet the Candidates Forum  
12:15pm. Voting begins after forum.

Wed., 10/25 Voting closes 3pm

Thurs., 10/26 New board members announced

### Dates to Remember

10/5 Alzheimer's Support Group 1pm

10/10 "Hearing Loss Solutions"  
with Emily Banasiak 10:45am

10/11 Letters of Intent for SASi Board of  
Directors Election due by 3pm

10/13 Red Hats Luncheon

10/14 Saturday Dance 1-4pm

10/19 Alzheimer's Support Group 1pm

10/25 Pumpkin Carving 9:30am

10/26 Halloween & Birthday Lunch

10/26 Thank You Open House! For SASi  
Supporters: 2pm-6pm. Refreshments

10/28 Saturday Dance 1-4pm

11/6 & 11/7 & 11/8 Medicare Info Open  
Enrollment Talks (see page 7)

## Executive Director's Corner: Ellen Weissman

Sometimes it takes a long time for dreams to come true. This one took over 45 years!

When I was a senior in high school, I signed up to be on the Crew Team. I got down to the docks for the first day of practice and was told I couldn't participate in the shells because I was female! I could be a "Crew Girl" which was the equivalent of being a cheer-



leader on the docks. Needless to say, I was quite angry, but also felt pretty powerless. This was before Title IX was put into effect which happened a



couple of years later. Girls' sports teams were virtually non-existent at that time.

This past spring, I met Patricia Sudick. She told me about Priest River's "Pend Oreille Rowing and Paddling Association"! My memories came flooding back in. I told her my story and she urged me to get involved.

This past Saturday, I was able to help with the annual "Head of the

Pend Oreille Regatta." With over 40 entries, the teams were young *and* older, male *and* female! There were singles, two-person shells, fours and eights! Teams came from as far away as the Olympic Peninsula! It was thrilling for me and gave me a sense of closure on an old frustration and a sense of excitement for a potential activity in my future! Needless to say, I was in tears when I first arrived!



Never give up on your dreams. No matter how old (or young!) you are!

ellen

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Anne Haynes

Activities Team  
Leader

October already and I am looking forward to bright, crisp, golden days and beautiful colors to enjoy before the cold winter white surrounds us. Change is one of the few constants in life and challenges our flexibility and adaptability.

My work at DayBreak Center so often forces me to stay flexible and accepting of a new norm. New participants come bringing a different dynamic, regulars sometimes move on leaving a hole in our hearts, new and old volunteers add in or out depending on what is going on in their lives, staff vacations and illnesses necessitate scheduling changes. The last few weeks have brought new changes to DayBreak.

Adrienne has been gone for a few weeks visiting her father and we have hired 3 new substitute employees, partly to fill her shoes, (you wonder what size shoes she wears!), and partly to help cover the fourth day we added to the week and the longer hours as participants seem to be coming earlier and staying later!

We are so happy to welcome Jennifer Ball, Courtney Long and

Sandy Williams to the DayBreak Center. I have really enjoyed working with these wonderful ladies and watching and learning as they try out new ideas and bring new energy to our days. I am very grateful to them and also to our regular substitutes, Denise Dombrowski and Laura Pietz for stepping up and helping us out so much.

Our Papa Murphy Fundraiser brought in \$235.52! Thank you so much to all you pizza buyers, and to Ed Elliot and the Papa Murphy's staff for the opportunity to help fill our depleted DayBreak Center Scholarship Fund. We also very much want to thank the people who didn't choose to buy pizza but instead sent in donations to the Scholarship Fund totaling \$450 at last count. Thanks also to SASi bookkeeper, Nancy Savage, who bought pizzas to sell at Bingo and raised another \$45! Our fund is much happier!

I want to give a shout out to Jeff Hurst, my great personal trainer at Fit in 15, for stepping up and pressure washing the wheelchair ramp so we could give it a fresh coat of paint. Thank you, Jeff, for that and for keeping me strong so I can continue to do this job!

Enjoy fall, embrace change, stay flexible, and have some fun!

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

Thank you, Papa Murphy's!!



See you again on November 8th!



## 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 - December 7th

ACA Open Enrollment is November 1st - December 15th

208 265-1888 476653 Hwy. 95, Suite 3 in Ponderay



## Senior Spotlight: Adventurous travelers & volunteers!

This month we are featuring the adventurous seniors who joined in on our recent boat and train trips! The trips went very smoothly! Not everyone made it in front of the camera, but everyone had a great time!

And a big thank you to Health and Avista Fair volunteers, Lee, Donna and Dorothy!



## “Happy Birthday to YOU!” October 2017

Lois Thompson 10/7  
Joanna Fuchs 10/8  
Trudy Mendenhall 10/11  
Merrill Longpre 10/13  
Jack Staff 10/18  
Doris Dingman 10/18  
Sharon Alhourani 10/26  
James Durfee 10/29



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

## Mary's Munchies: Pumpkin Bread

For 2 large loaves:

|                      |                                         |
|----------------------|-----------------------------------------|
| 3 1/2 cups flour     | 1 cup vegetable oil                     |
| 2 teaspoons soda     | 4 eggs                                  |
| 2 teaspoons cinnamon | 2/3 cup water                           |
| 2 teaspoons nutmeg   | 2 cans pumpkin (canned or fresh-cooked) |
| 1 1/2 teaspoons salt | nuts (optional)                         |
| 3 cups sugar         |                                         |

Blend together and set aside all dry ingredients. Combine and beat well the sugar, oil, eggs, water and pumpkin. Add flour mixture and beat together. | Add nuts if desired.

Bake at 325° for 1 1/4 to 1 1/2 hours or until a toothpick comes out clean when inserted in the middle of the bread.

This recipe can be made in smaller loaf pans or in muffin tins if desired. Be sure to adjust the baking time for smaller quantities.

This recipe freezes well and when baked in muffin tins makes a nice addition to a school lunch or travel bag.



## Our Versatile Dining hall! And looking ahead...

Medicare Open Enrollment has begun!  
Save the week of November 6th!

SHIBA will be here from 9am-2:30pm on Monday, Nov. 6th.

“Medicare 101” talks on Tuesday, November 7 at 10:30am with Humana’s Paris Murphy.

Wednesday, November 8 at 9-11am and 1-3pm with Spears & Bradley Insurance Companies. Learn about changes with Medicare!

The Avista Fair was a big hit!



Congrats to Avista winners! Kelli Hern and Tracey Filippini! Thanks, Avista!

Save the date! Saturday, November 4th ~ 9am-2pm **SASi Book Sale!**

We have many books left over from the summer estate sale and will be having a fundraiser book and bake sale. Hope to see you there!!

Call us to rent the hall for your December holiday parties! 208.263.6860. You’ll find information about renting the center for your next meeting or special occasion!

[www.sandpointareaseniors.org/hall-rentals/](http://www.sandpointareaseniors.org/hall-rentals/)



Congrats to Board Member Ron May’s son, Ron, Jr. and his new bride, Caroline!

They had their wedding reception here at the Senior Center and everyone had a great time! Mazel tov!

## “The Winds of Fall”

Desiree Aguirre  
Guest Columnist

“The Winds of Fall”

I identify with the winds of fall. Perhaps it reminds me of my own mortality, as green leaves wither and fall from trees, as surely as the wisps of gray hair that mixes with my brown strands. I clip the gray hairs off, as if they were leaves, not because of the color, but because the grays seem to have a will of their own and refuse to be tamed.

I love riding my mares up the Autumn road. The fall breeze graces my cheeks, caressing me, warning me of the approaching bitter winds



of winter. I love watching the young turkeys trail behind their parents and observing the fawns lose their spots to woolly winter coats. Autumn reminds me that I too am approaching my winter years, that my body parts, especially my left knee, have become worn, that I am no longer a spring chicken.

Not that I mind. I take better care of myself now, eat a healthier diet, am more prone to elect to stop and smell the roses, because I understand that the roses will eventually fade to fall—that their smell will diminish as surely as their color will tarnish. In my fall years, I like to think that I have obtained a touch of sanity, that I have

developed more sense, that I have grown wise. Two years ago I gave up snowboarding because the old knees just couldn’t take the pain. I remember a time when snowboarding held the keys to my paradise, but I have found other keys that produce the desired elixir without harming this aging body.

As Autumn winds turns to winter chill, remember to treat yourself with loving kindness, to stay true to that inner voice that advises you when it’s time to let go of behaviors that no longer benefit your body.

# "Nine Over Ninety And More" Calendar!

Do you know anyone 90 years *young*?! We have several folks at SASi and area elder care centers who have hit that landmark and are still going strong!

We've teamed up with Bob Abbott, Public Information Officer for the Bonner County EMS and paired our elders with EMS folks and photographed them in different activities at the Senior and DayBreak Centers. We're producing a 2018 calendar called "Nine over Ninety and More!"

Ellen thought of this project when she first met Erval Rainey. He was her first encounter with a 90+ senior. Then she met Janet Vetter and started noticing how many others at SASi were either over 90 or very close! For fundraising purposes, we thought this is something that hasn't been done in all of the years SASi has been around. It will be on sale in time for the holiday season and will make a perfect gift!



If you are interested in advertising in the calendar or placing a message to a senior, please call for more information. We'll have ordering information and a sneak peak at some of the pics in next month's newsletter.



Are you interested in helping SASi continue into the next 45 years? Would you like to join the Board of Directors? Or the Advisory Committee to help with Sustainability? Call for more info! 208.263.6860.

## ADVERTISERS WANTED!

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.  
Thank you so much!



**Saturday Dances, October 14 & 28, 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!



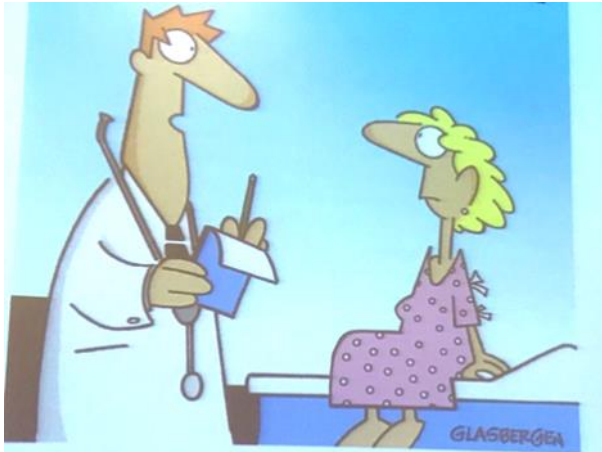
# Activities and games are back! & Talk about hearing!

With the colder months coming back, we are wondering whether you would like to start playing games again on Tuesdays? Are you interested in playing Mahjong, Mexican Train, Scrabble or other games? If so, please sign-up or just show up on Tuesday at 12:30pm in the conference room!

We have a lot of video tapes that have been donated. Check them out in the library and borrow them on the honor system. Lawn chair movie nights, anyone?!

Line Dancing Group is back with Donna Peterson!

On Mondays at 1pm, come and join Donna Peterson and the group for Line Dancing. Since the beginning of September, we have been happy to have the group enjoying the music and dancing! You can be at any level to join this group. There is no charge (donations welcome!) and we urge you to invite others you think will enjoy this activity!



"You need strong medicine to relieve your stress. I'm prescribing a puppy."

On October 10th at 10:45am, Emilie Banasiak will be speaking about "Hearing Loss Solutions," and Idaho Relay, a state funded organization that provides free services 24/7 to any Idaho resident who has difficulties hearing or speaking over the phone. She will also explain other services and programs like Heroes with Hearing Loss and Speech to Speech relay. If you are having any hearing issues, please join us!

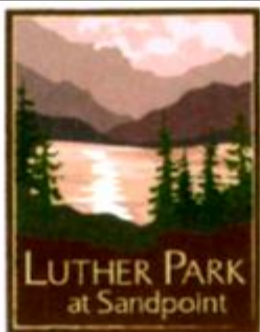


All of a sudden, we are receiving and lending out/selling hospital beds in a flurry! Do you need one? Or have one to donate? Please call us at 208.263.6860! Thank you donors!

## THE BRIDGE AT SANDPOINT



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A message from Bruce Wendle,  
SASi Board President:



As we are approaching another end of year, I want to thank the many people who have given so much of their time and energy to our Center! I first want to thank all of the volunteers who along with our staff help to make the different activities we do here go as smoothly as possible. Without them we would be hard pressed to have the success that comes along with it. We are having an Open House as a thank you to the donors who support us in so many ways as well! We have a strong community of help and we are forever grateful!

We will be having our annual Board of Directors election this month. You can find more information about the dates and times in this newsletter. Please vote for the ones you want to continue to serve. I have been President for the past few years and will not be serving as President going forward. I have enjoyed my time getting to know and serving you!

# Donors

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

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Sdpt Marathon Bridge Group

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If you take a chance in life, sometimes good things happen and sometimes bad things happen. But if you don't take a chance, nothing happens." Dorothy Spornak on the "Golden Girls"

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      *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**

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Address \_\_\_\_\_ Amount \$ \_\_\_\_\_

For \_\_\_\_\_