Volume 4 Issue 11

### **November** 2017



#### "SASi" SANDPOINT AREA SENIORS, INC.

#### WHAT'S GOING 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 Board of Directors 2017-2018

November begins the holiday season with Thanksgiving. SASi will be closed on Thursday and Friday, November 23 and 24. We will be having our holiday dinner Thursday, November 16, at 11:30 am. Please call and make a reservation to join us!

The annual election for the friends at BGH for SASi Board of Directors was held and the following results for 2017-2018:

President: Ron May Vice President: Chenoa

Crettol

Secretary: Leslie Marshall Treasurer: Judy Baird

Directors:

Stephen Drinkard Kellie Dryden Dorothy Kohne Loris Michael Bruce Wendle

Thank you all for your hard work!

On Tuesday, November 7, we will be serving Wild Alaskan King Salmon burgers donated by Thunder's Catch. They are the same folks who donated delicious salmon to us a few years ago. If you are a salmon lover, plan on coming in!

And thanks to our



helping to serve us on Tuesday!

Please call the office at 208.263.6860 for reservations.



Help the Food Bank reach the goal of 900 turkeys!

Call 208.263.3663.

Do you know that the **Bonner Community Food** Bank helps SASi as well as many groups in town including Kinderhaven, the Teen Center, Schools and Soup Kitchens in addition to many families in need? Thank you for helping them reach the turkey goal!



Are there ghosts in our parking lot?...



#### **Activities**

Monday: Laughter Yoga 12:30pm

Line Dance Group 1pm

Tuesday: Bridge 12:15pm

Pinochle 12:15pm

Wednesday: Bingo 6pm

Pool Players 9am Thursday:

> Wii Virtual Games 10am Blood Pressure Checks 10am

**Remember Day Light Savings "ends"** on Sunday, November 5 at 2am!

#### **Dates to Remember**

11/2 Alzheimer's Support Group 1:00 pm

11/4 Book Sale & Bake Sale 9-2:00 pm

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

11/10 Red Hats Luncheon Noon

11/11 Saturday Dance 1-4:00 pm

11/16 Alzheimer's Support Group 1:00 pm

11/23 & 11/24 SASi Closed-Thanksgiving

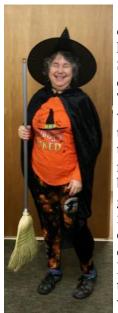
11/25 Saturday Dance 1-4:00 pm

11/27 Widows Helping Widows 10:00 am

12/8 SASi Board Meeting 10:30 am

Enjoy your Thanksgiving weekend! We will be closed on Thursday and Friday!

#### Executive Director's Corner: Ellen Weissman



Halloween is one of my favorite holidays and at SASi, when it doesn't fall on a Thursday or a weekend, we get to celebrate it twice! I had so much fun this year because we had great participation in the pumpkin carving and in the costume contests! Karen Walthall took first prize with her amazing snail costume and

Betty Johnson's pumpkin was an instant hit! We had quite a few witches and a couple of cowgirls and I noticed in looking over the



pictures, that there weren't any men who were in costume this year! So, the challenge is on for next year!

At Thursday's lunch party, I joined the many witches this year in my orange and black. But then on Halloween morning, I looked over my various costumes and thought of the large heart pillow someone had just donated the day before! I decided to be "Love and Peace" for my costume. It brought some chuckles and smiles and that made it worthwhile.

It's been my life's mantra, and I

think we need it now more than ever. With such unsettling in the world lately, I just want to provide a safe place for laughter and friendship for everyone and I think we do a pretty good job of that here at the



Senior and DayBreak Centers.

Thanks to all of you who share in the smiles! And who participated in the celebration!

ellen

#### These advertisers support Sandpoint Area Seniors! Please support them!

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#### Teresa Nelson

Community Branch Manager

#### **Sandpoint Branch**

605 Fifth Avenue Sandpoint, ID 83864

(208) 255-3620 direct (208) 290-6801 cell (208) 255-1770 fax teresa.nelson@bannerbank.com NMLS #569271 www.bannerbank.com



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Call Carey today to learn the basics of Medicare. Discover the right Medicare Advantage or Medigap health plan for you!

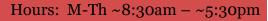
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### **DayBreak Center: Anne Haynes**





Anne Haynes
Activities Team

My mother developed what is now called early onset Alzheimer's Disease in her middle 50's. I watched my father care for her for many, many years. I was young, raising children, lived a couple hours away and, though we did visit often, I didn't really understand until much later in the game what he went through on a daily basis. Loneliness, depression, isolation, loss of enthusiasm and energy. 24/7 caregiving is not a walk in the park! The Alzheimer's Association has a brochure called "10 Ways to Help a Family Living With Alzheimer's." Number one on the list is "Stay in touch – show you care. A card, a call or a visit all mean a lot."

I remember my dad telling me that when people from some churches would knock on the door he would invite them in, not to find out about their religion, which he wasn't interested in, but to have someone to talk to. Sometimes just a short, normal conversation can give a bigger lift to a family caregiver's day than most people realize.

I wish now I had thought to call

my dad every day for a few minutes. And that I had encouraged my brothers, who lived farther away, to call weekly. I wish we had pushed him to get caregivers earlier than he did and more often. To spend the money for it because it was important. And I really wish there had been a DayBreak Center around when he needed it. I think he would have felt good about leaving my mom there and I know she would have loved it. She needed the socializing, and also the break from "that man" who was always telling her what to do!

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 Griffitts, 208.290.1973 or Liz Price, 208.263.7889 or DayBreak, 208.265.8127 for more info.

Alzheimer's Association 800-272-3900 www.alz.org www.alzwa.org



# Papa Murphys, TAKE 'N' BAKE PIZZA

Help the DayBreak Family Assistance Fund by buying a pizza (or two or three!) on Wed., Nov. 8th 11am - 8pm

# 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 - New SASi Board Members

Thank you to everyone who voted in the recent election! With over 194 votes cast by 67 people, we had a great turnout! A vote of confidence was given to Bruce Wendle and Leslie Marshall who will now serve their second three year terms. Chenoa Crettol was elected to her first three year term and was sworn in at Friday's board meeting on October 27th. The board then filled the two year term recently vacated by Jim Arthurs by appointing candidate, Kellie Dryden. Chenoa was also voted in to the position of Vice President of the Board.

Chenoa was instrumental in selling us our new copy machine last month. She gave a great presentation to the board, and at that time decided to put her hat into the ring for the board seat. She is a 40 year resident of Sandpoint, graduated from Sandpoint High School and along with her husband, has raised their two sons Nick and Cody here. She has an extensive man-

agement background specializing in Project Management and Human Resources Management as well as

sales and marketing. She hopes to bring along with her many skills, a fresh perspective in those areas she has had experience. In addition, she has experience in fund raising and is currently the Washington Elementary School PTA Secretary.

Kellie was born and raised in Sandpoint. She is active in the community and is currently a volunteer tutor at the library's Lifelong Learning Center and participates in Kinderhaven's annual Festival of Trees. She has worked around seniors in her banking occupation. She has a elder mother who has been to

the Center. Kellie is familiar with the struggles of seniors and feels she will be an asset to the board and Center. She has skills in han-

dling money, financial knowledge, musical abilities, and is detail oriented.

We are so pleased these two accomplished women have joined

the board!! Please introduce yourselves as you will be seeing them for the next few years!!



### "Happy Birthday to YOU!" November 2017

Colette Swenson 11/1 Vivian Kirkwood 11/3 Rich Speidell 11/4 **Rosemary Strite 11/16** Smitty Smith 11/19 **Donna Peterson 11/21** Rita Chellman 11/22 Arlen Ojala 11/23



Janet Vetter 11/24 Jim Arthurs 11/26 Kelli Hern 11/27 **Judy Fryberg 11/27** 

Come join us for cake on last Thursday each month!

# Mary's Munchies: Honey Pumpkin Dessert Squares

Crust: 1 C flour 1 C quick cooking oats 1/2 cup butter, softened 1/4 cup packed brown sugar

Filling: 2 cans (15oz each) pumpkin

4 eggs

1 cup half-and-half

1 cup honey

3/4 cup packed brown sugar

2 teaspoons pumpkin pie spice

1 teaspoon vanilla

1/2 teaspoon salt

Garnish: 1/2 cup whipping cream 1 tablespoon powdered sugar

15 candy pumpkins

1. Heat oven to 350° F. In medium bowl, mix all crust ingredients with fork until crumbly. Press in bottom of ungreased 13x9 - inch pan. Bake 10 mins. 2. Meanwhile, in large bowl, beat all filling ingredi-

ents with wire whisk or electric mixer on medium speed until blended. Pour over partially baked crust.

3. Bake 55 or 60 minutes or until set and knife inserted in center comes out clean. Cool completely, about 40 minutes.

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# **Upcoming Events:**

# 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!

Pumpkin carving was so fun! Lots of costumes at the Halloween party!



#### Books, Baskets and Bake Sale!

Save the date! Saturday, November 4th

9am-2pm

We have many books left over from the summer estate sale and are having a fundraiser book and bake sale!

Hope to see you there!!

Support the DayBreak Family Assistance Fund! Clip the coupon at the right and go get some pizzas!







Daybreak Scholarship Fund Fundraiser Invite you to a

#### PIZZA FUNDRAISER NIGHT

Wednesday, November 8, 2017

Just bring in this flyer on the date stated above to the sponsoring Papa Murphy's and we will donate 9% of all food sales for this date to the organization listed above. Online ordering sales will not be included toward 9%

This flyer must be turned in at the time of purchase to benefit the above fundraiser.

Valid only at: 1010 Fontaine Drive, Ponderay, ID (208) 255-1557

# "Fall arriving" Desiree's farewell poem...Thx, Desi!

Desiree Aguirre Guest Columnist

Fall arrives
with a hint of snow
to cover
the golden leaves
that have fallen, graceful,
to the ground.
Gray skies cover my horizon,
but the winter wood is cut,

but the winter wood is cut, split and stacked, the hay is in the barn, and the garden tools packed away until next spring.



We have been receiving and lending out/selling several hospital beds recently! Do you need one? Or have one to donate? Please call us at 208.263.6860! Thank you donors!

Welcome to our new newsletter advertiser!

AFS Home Health!

Thank you for supporting our outreach efforts!



530 Pine Street Sandpoint, Idaho 83864 208.255.1640 Physical Therapy Occupational Therapy Speech Therapy Registered Nurses Transportation CNAs

www.afshomehealth.com

Home Health or Private Duty Home Care Initial Consultation at no charge

# "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!"

If you are interested in advertising in the calendar or placing a message to a senior, please call for more

information. Call or stop by to place an advanced order on calendars. Here's a

sneak peak at some of the pics!

Calendars will be \$15 each. Save \$5 on a dozen at \$175!



Joseph Wyeth and Charlie Gluck recently celebrated their 97th and 98th birthdays, respectively. Congratulations!!

Millie Riggs & Lee Christensen join in a rousing game of Scrabble every Friday at Luther Park.

Rita Beehler and Advanced EMT Mark Earls enjoy the salad bar!



#### ADVERTISERS WANTED!

In this newsletter! On the SASi website! Call for rate information, 208.263.6860.

#### FACILITY RENTALS!

Looking for somewhere to hold a holiday or anniversary party, meeting or gathering?
Intimate and large group settings!

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, Snow shovels Garden Rake, PA/Stereo System, Ice-maker. For serving area, stove/oven.

Thank you so much!



Saturday Dances, November 11 & 25, 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!

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# Halloween Party and Donor Open House so fun!

Thank you to 101 Women and the Community Assistance League, the County Commissioners, and more for helping with the kitchen repairs! The backup generator was installed the day of the event! Whoohoo!

Thanks, Katherine Allen, for your great accordion music and congrats to our resident snail, Karen Walthall, and BJ, the pumpkin queen!





















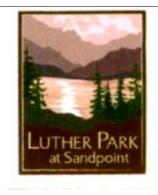








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www.lutherparksandpoint.org

It's getting cold outside! Come on in for "Game Day Tuesdays!" 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!



A message about Ron May New SASi Board President

On October 27, 2017, the new and continuing members of the SASi Board of Directors elected Ron May as the new Board President. Bruce Wendle, who has been serving as the

President, is staying on as a board member.

Ron has lived in Sandpoint since childhood, met his wife, Loretta, in high school and married and raised a family here. He cared for her at home and then moved Loretta to Valley Vista as she declined from dementia until her death in 2015. Ron began coming to the Senior Center in September, 2014, where he enjoyed having lunch and making and renewing friendships. He joined the board in 2015 and served as VP. Ron is always happy to be involved in the fundraisers and events. Congratulations, Ron!

# **Donors**

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

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Frances Reed

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Linda & Paul Otey

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"Emotion is the chief source of becoming conscious. There can be no transforming of lightness into dark, of				
apathy into movement, without emotion." Carl Jung. (as presented by Meryl Streep in a graduation speech at Barnard.)				
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SASi is a non-profit organization. Your donations are tax deductible! We appreciate all of your contributions, any size!				
Sandpoint Area Seniors, In	nc. (SASi) is funded primari	ly through grants and your	donations! We receive reim	abursement monies from the
Area Agency on Aging in	Coeur d'Alene which receiv	ves funding from the Idaho	Commission on Aging which	h 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,				
	home-delivered meals to th			
	health and educational classe			,
	\$10.00 pays for an hour of c	•	Will you become an annu	al "SASi Jewel Donor"?
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