



“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.

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Goodbye to 2017! Happy Holidays!!

Hard to believe it but 2017 is over! Where does the time go?! Everybody wants to know! For us at SASi, it's been a very busy year. We've had successful fundraisers such as the Seeds mailing, the Papa Murphy's Pizza nights that benefit the DayBreak Center Family Assistance Fund. We had a BBQ put on by the Sandpoint Injector's Car Club, and a three day Estate Sale. There were grants given to us to help with repairs in the kitchen and other parts of the center. We went to Donna Peterson's for a BBQ and went on the Shawnodese and the Newport scenic train ride. We made new friends and said goodbye to other friends.

We now have our SASi
“Nine Over 90 and More”
2018 Calendars ready for

sale! There are 21 seniors featured along with Bonner County EMT's doing some of our activities. This is the first calendar ever produced at SASi and it is available for a \$15.00 donation. For an additional \$3.00, we can mail them. They make a great present or stocking stuffer!



We once again want to thank all of you who have so generously donated to us over the past year! For attending and supporting the fundraisers, donating food and other goodies, supporting the \$5 A Month Club either monthly or yearly, and buying the 50/50 or raffle tickets. Thanks for coming out to Bingo on Wednesdays, going on the casino bus trip, and of course helping to volunteer.

We receive donations large and small, and every penny helps and is greatly appreciated! Recently, an HDM driver's daughter gave us a generous donation for the DayBreak Family Assistance Fund! Way to help our community! Thank you so much!

Activities

Monday: Laughter Yoga 12:30pm
Line Dance Group 1pm

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

Wednesday: Bag Folding 10:00 am
Bingo 6:00 pm

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

Dates to Remember

12/7 Alzheimer's Support Group 1:00
12/8 Red Hats Luncheon Noon
12/9 Saturday Dance 1-4:00 pm
12/11 “Holidays with Family & Friends” 1:30pm Talk by Nora Horn, from Luther Park (open to all)
12/21 Alzheimer's Group 1:00 pm
12/21 SASi Christmas Dinner 11:30
12/23 Saturday Dance 1-4:00 pm
12/25 SASi Closed for Christmas!
12/26 Closed for Holiday
12/28 Birthday Thursday Lunch 11:30
1/1/18- SASi Closed for New Years!
*No Widows group until end of January
Due to Christmas holiday.



Executive Director's Corner: Ellen Weissman

Wow. Another year has flown by. How can this be? Can a 24 hour time period actually be shorter the older we get?!

I was enjoying lunch recently with a group of SASi elders talking about the pros and cons of the internet. We were remarking on the many words or new meanings that have come into being in just the last 20 or so years. "Google, Downloading, iPhone, iHome, Social Media, Keywords, Apps, Tracking, User Experience" are just a few of the new lingo. There is now the "digital divide" where there are people who use and understand computers and those who don't. Also an economic divide" of those who can afford computers and/or the internet. (These aren't necessarily dependent on age!) One of the elders was upset that the Spokesman Review will no



longer be publishing a print version that is mailed to folks' homes in our rural area. Even though she is capable of reading the newspaper on her laptop, she said she wants to "hold the paper in her hands and read it with her cup of coffee!" Is this becoming a lost art?

Are there other arts we've lost? Another senior said that he thought kindness was becoming a lost art. He related how he was treated in a store. At first he thought it was due to his age, but he noticed others were being treated poorly too. Tis

the season for kindness and compassion, so I hope this was a random event. It's easy to feel pressure this time of year, so I hope we can all take deep breaths and enjoy the next few weeks!

Happy Holidays and Happy New Year!

ellen

p.s. Speaking of technology, we've had some internet connection difficulties lately (all over town) that have indirectly affected the newsletter publication timeframe. The calendar production has also delayed this issue. Thanks for your patience! It's nice to know that folks are eager to read it! And I'm so glad you all are enjoying the calendars!

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DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Activities Team

December and the holidays can bring such lovely things – Christmas carols, lights, trees, cookies, spiced cider, the beauty of falling snow and the indigo night sky with stars blazing. Some of us will have quiet holidays, and some will have lively times with visiting family and friends. Either way this month can be such a blessing of connecting with those around us in a joyful way.

For someone with memory problems this can also be a confusing time. Forgotten faces with names that won't come to mind. Groups of people talking together while they sit on the sidelines wondering what is going on. And why no one is talking to them. We tend to talk to those who understand us and can join in the conversation. Many people with some type of memory impairment still want to feel included but no longer have the ability to interact in a normal conversation or activity. How can we include them?

One of the simplest ways is to make eye contact with them as you are talking to others. Think how you might feel if you were

standing with three people who are talking together but none of them makes eye contact with you as they converse. Now would it feel different if whoever is talking looked also at you now and then, though the conversation is not something to which you can add anything? Simple eye contact, sitting beside someone even as you talk to others, along with a gentle touch or holding their hand, asking a simple question, all help to make someone with memory impairment, or someone who is new or quiet or shy feel included. And nothing beats a bit of quiet one on one time.

Another way to help a memory impaired person when there is a gathering is to have name tags with large lettering. Make it a fun thing that little Johnny needs to learn his uncles' names or something. I have learned the value of this at DayBreak. When participants see our name tags and each other's, I notice that they perk up a bit, use the names, interact more, and you can tell it makes them feel good. Give it a try and see what happens.

From all of us at DayBreak Center we wish you a beautiful December and a joyful, loving holiday season!

Anne

p.s. Thank you to everyone who got Papa Murphy's pizzas this past year! Our next one will be February 7th! Check out the SASi Calendar for the five dates in 2018! Thanks so much!

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 info.

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



We eat well at SASi! Come join us! 11:30am lunch, M-Th.
Breakfast at 8:30am on Fridays!



It's Time to Take a Look at Your Coverage!

Call Shanna 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 – Sue Faggion

People show up at the Senior and DayBreak Centers from many walks of life and in many different ways.

We met December's Senior Spotlight, Sue Faggion, just about a month ago, when she came into the building asking about what we did at SASi. Sue was looking for the book store that used to be across the street.

After going over the various different things we do here, she told us she was getting ready to move into the new apartments by Super 1. Sue said she was living with her daughter and granddaughter until she moved into the apartment. Emmy suggested she might come in for lunch which is a good way to meet people here. Since then, Sue has been coming in regularly for lunch.

Sue was born in 1955 at the Great Lakes Naval Hospital in Chicago. She has lived all over this country, moving coast to coast with three kids a couple of times. She is a Vietnam era veteran. Sue was in the army and spent the majority of her tour in Fort Lewis, Washington, at HHB 9th Infantry Division Artillery. It was an interesting time for her.

She recently moved from Minnesota, and is very

happy to be in Sandpoint and near her "amazing granddaughter!"

Since then she has been enjoying the meals and the wonderful people and staff at SASi! "Thanks for all of the kindness shown to me!" says Sue.

Welcome to our wonderful and diverse community!



~~~~~  
"See ya later!" Former SASi cook, Dollie Howell and her husband, Cole are off to new adventures in Oregon!

## "Happy Birthday to YOU!" December 2017

Mary Wacker 12/3  
Craig Royer 12/4  
Karen Squires 12/5  
Lola Rainey 12/7  
Peggy Knowles 12/11  
Sheila Welch 12/15  
Betty Overland 12/16  
Nancy Miller 12/18  
Betty Rendelman 12/20



Jim Gunter 12/21  
Susan Mack 12/24  
Marcia Hahn 12/25  
Ron May 12/25  
Anita Schoonover 12/26  
Lois Scott 12/27  
Bonnie Glab 12/30  
*Birthday Thursday is the last Thursday of the month at lunch!*

## Mary's Munchies: "Night Before Christmas" Mice Cookies

3/4 cup butter or margarine, softened  
1/2 cup smooth peanut butter  
1 cup firmly packed brown sugar  
1 egg  
1 tsp. vanilla extract  
2 1/2 cups all-purpose flour  
1/3 cup peanuts  
Red shoestring licorice  
Black coarse decorating sugar

Preheat oven to 325 degrees. In a large bowl, cream butter, peanut butter, and brown sugar until fluffy. Add egg and vanilla; beat until smooth. Add flour to creamed mixture; stir until a soft dough forms.

Shape dough into 3-inch balls. Pinch each ball to form a nose. Decorate each cookie using peanut halves for ears, small pieces of licorice for eyes, and a sugar crystal for nose. Use a toothpick to poke a hole in back of cookie for tail. Transfer to an ungreased baking sheet. Bake 10 to 12 minutes or until bottoms are lightly browned.

Transfer cookies to a wire rack. While cookies are warm, insert 2-inch long pieces of licorice into holes for tails. Cool completely. Store in an air-tight container. Makes 4 dozen. ENJOY!!



## Upcoming Events: Holiday Music and More!

### *Holiday Stress Getting You Down?*

On Monday, December 11, 2017, at 1:30 pm, Nora Horn, Community Relations Manager from Luther Park, will be giving a presentation called, "The Holidays with Family and Friends" in the conference room. Nora will lead a conversation about easing the potentially stressful holiday time. She'll highlight tips for families who are caregiving for others with dementia or other issues.

There will be hot chocolate, cookies and ways to enjoy your holidays. There is no charge for this, and all are welcome to attend.

For more information, call Nora at 208.265.8834 or the Senior Center at 208.263.6860.

### *Holiday events:*

December 12 –20, Happy Chanukah!

On Tuesday, December 19, 2017, about 11:00 am, well known local singer/songwriter, Beth Pederson, will be here before lunch to sing for everyone. Beth is known for her contemporary original songs and rich voice. Beth has offered to do a fundraiser concert in the spring, so this will be a preview of her extensive talent!

On Thursday, December 21, 2017, about 11:15am, the seniors at SASi will be serenaded with Christmas songs by the 4th graders from Washington Elementary School. Terri Caldwell, music teacher at Washington and Sagle Elementary schools is excited to bring the students here to entertain and sing along with the seniors. We've had the students here before and it has proven to be a good time!! Come and join us that day as it is also our Christmas Dinner. Call the office for further information at 208.263.6860.

### *Coming soon in 2018!*

AARP Tax season will begin at SASi in the beginning of February. Please call in January, 2018, for the dates and to book appointments. Call 208.263.6860.

## Thank you, Advertisers!! Need a hospital bed?!

Welcome to our new newsletter advertisers

AFS Home Health and Life Care Center of Sandpoint! Thank you for supporting our outreach efforts!



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!



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# "Nine Over Ninety And More" Calendar Available!

The calendars are ready!! We have celebrities in our midst!!  
We have 21 folks at SASi and area elder centers who have hit the landmark of 90 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've produced a 2018 calendar called "Nine over Ninety and More!"

Call or stop by to pick up your calendar! Here's a sneak peak at some of the pics! In just the first week of selling the calendar, we have sold 45 copies!

Calendars are \$15 each. Save \$5 on a dozen at \$175! We can mail them for you for an extra \$3.00 fee. Do you know anyone 90 years *young*?!



Janet Vetter, "Miss November" had a birthday on November 24th and turned 93 years young!



Darrell Ewing is sharing Bonners Ferry stories with AEMT Lisa Hull and Merrill Longpre has a blast Wii Bowling with EMT Sarah Nixon!

## ADVERTISERS WANTED!

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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/](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 shovels, PA/Stereo System, Ice-maker. For serving area, stove/oven. Thank you so much!

Thank you, Doris Nuss & Co-op for rake!!



**Saturday Dances**, December 9th & 23rd,  
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!

# CAL Holiday Gift Giving for SASi HDM Clients

Once again the gals from CAL (Community Assistance League) have helped to make our Home Delivered Program clients have a brighter holiday season! They pick a star from the tree of giving which lists male or female and the "CAL gal" goes out and shops for them, wraps the presents beautifully, and the volunteer drivers deliver them. Each year they bring in bags of wrapped presents. We are so grateful to them for this yearly tradition!

Thanks to Sherry Fulton (past president of CAL) for coordinating this event and Mary Daubersmith and Esther Inselman for their assistance. The Senior Giving Tree is pictured below. At the end of Cal's November meeting, the tree was bare! (Pictured on left.)



## *Books, Baskets, and Bake Sale!*

Thanks to SASi board member Loris Michael and volunteers, Leslie Marshall, Mary Jacobson, Sharon Milner, Linda Melia, Lee Christensen, Stephanie Vermeer, Shakura Young, Bill Wise, and Ann Haynes for setting up and selling for the Books, Baskets, and Bake Sale fundraiser on Saturday, November 4, 2017. The delicious baked goods were supplied by the students in the Culinary Arts 2 Class from Sandpoint High School. Many thanks to all of the above for helping with this event!

Special kudos to Bill Wise, who was enjoying his first breakfast at the center and agreed to help move the books from the garage inside that very morning! What a tremendous help!



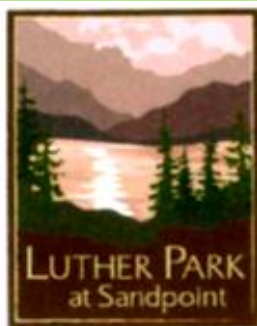
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It's getting cold outside! Come on in for "Game Day Tuesdays!" Mahjong, Mexican Train, Scrabble or other games! If so, please sign-up or just show up on Tuesday at 12:30pm in the conference room!



**A message from Ron May  
New SASi Board President:**

I first want to wish all of you very Happy Holidays and a Happy New Year! I also wish for you good health and prosperity. As the new board president of SASi, I hope you will continue to enjoy the delicious meals prepared and served at the Senior Center. We also invite you to join in on the different activities that go on here.

As board president, my goal is to keep SASi open and fiscally sound. We need donations from grants and the private sector. It takes a lot of money to put out the meals and keep the lights on. Thanks to those of you who donate for our many programs! Every little bit helps! Together, let's make 2018 a great and prosperous year for SASi!!



# Donors

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

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**“Life is too short to be looking for the matching socks”! Quote by SASi friend, Betty “BJ” Johnson**

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 \$ \_\_\_\_\_

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