



**“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!

# Happy New Year 2018!

Happy New Year to all of you! Hope you had fun holidays with your family and friends. We enjoyed the long holiday weekends so our staff could have time with their people.

Going forward into 2018, we will be once again having the AARP volunteers during tax season beginning with appointments in February. Please hold off making appointments until the end of January.

We still serve lunch here Monday – Thursday, and breakfast on Fridays. Always call ahead of time to make a reservation. Bingo is on Wednesday at 6:00 pm. There are two dances a month on the second and fourth Saturday, 1-4:00 pm. And we have openings at the DayBreak Center! Let us know how we can be of service to you! See you soon!

## “SEENAGER”

I just discovered my age group! I am a “Seenager.” (Senior teenager.) I have everything that I wanted as a teenager, only 50-60 years later. I don’t have to go to school or work. I get an allowance every month. I have my own pad. I don’t have a curfew. I have a driver’s license and my own car. I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not afraid of getting pregnant, they aren’t afraid of anything, they have been blessed to live this long, why be afraid? And I don’t have acne. *Life is Good!* Also, you will feel much more intelligent after reading this, if you are a Seenager. Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information crammed into their brains. Scientists believe this also makes you hard of hearing, as it puts pressure on your inner ear. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is Nature’s way of making older people do more exercise.

SO THERE!

### Activities

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

- 1/1 New Year’s Day – SASi Closed  
1/4 Alzheimer’s Support Group 1pm  
1/12 Red Hats Lunch Noon  
1/13 Saturday Dance 1-4 pm  
1/18 Alzheimer’s Support Group 1pm  
1/21 2018 Intention Collages 1-4pm  
1/26 SASi Board Meeting 10:30am  
1/27 Saturday Dance 1-4 pm  
1/29 Widows Helping Widows 10:00

Thank you to our new Bingo Callers!

- 1/3 Marty      1/10 Marchelle  
1/17 Tina  
1/24 Marchelle      1/31 Marty

## Executive Director's Corner: Ellen Weissman

Happy New Year! 2018! Wow! Almost 2020!! As I've said before, I've never had time pass so quickly! I hope everyone had a great holiday season and stayed up as late as you wanted to on New Year's Eve!

I did my "almost annual" Polar Bear Plunge on New Year's Day at City Beach and it felt great! I missed the last two years and was starting to think I wouldn't do another, but got up the courage to do it again! It was fast! Only about 3 seconds from start to finish! But exhilarating! It was my 14<sup>th</sup> jump – we'll see how many more I do in the future!

As I drove back from the airport the day before, I was in awe at the beauty of the area we live in. I love the four seasons. I liked being in the warmer climate, wearing sneakers



again, but something always feels off...it's December! There's supposed to be snow on the ground! It's definitely more challenging to live in this northern climate, but I think it makes us stronger! We definitely have to keep our sense of humor going, though! It's easy to get overwhelmed! That's why I love all of you at SASI! We help each other out and keep each other entertained!

Happy New Year!

*ellen*



It doesn't count unless you go under!

Join me next year? I am on New Year's Day at City Beach!

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## DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Activities Team

A new year! Another start. Another chance to get it right, or at least do it better. How many times do I get to get back up on my horse? I am giving myself permission to climb back up as many times as it takes. I reviewed my resolutions from last New Year's. My brother and I had a lovely time doing them together one evening. They were good ones and fun ones. I managed to get to about 5 percent of them. So yes, I will be getting back on that personal horse and trying to do it better with laughter, joy and challenge.

My wish for all of you is that this year will bring enjoyment, health, love, and companionship in whatever ways you need. And for our crazy, chaotic world, maybe the tumblers will fall into place and we can get it right. Amy Grant sings a song on her "Home for Christmas" album titled "Grownup Christmas List". This portion of the lyrics echoes my global wish for this New Year:

"...but for a world in need  
No more lives torn apart.

Then wars would never start  
And time would heal the heart  
And everyone would have a friend  
And right would always win  
And love would never end..."

Let's not give up. Let's go for the  
Happy in the New Year. Let's go  
for JOY!



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 sec-  
onds,  
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](http://www.alz.org) [www.alzwa.org](http://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 – Jan Stolz

Every Wednesday, you can find this month's Senior Spotlight, Jan Stolz playing Pinochle with her pals. They begin at 9:00 am, break for lunch, and go back to the game until 3:00 pm.

Jan who is a February girl, was born in the Palouse area, more specifically Rockford, on a wheat and cattle ranch. She lived there with her parents and a brother and sister. She went to school in Washington. From 1962-1965, Jan worked for Washington Water and Power, now Avista, in accounting.

When square dancing in Mt. Spokane, she met her husband, Verne. He worked for Northern Lights where he met and became friends with Ercal Rainey. They were married for 40 years until he passed away in 2011. They have three sons from the marriage, Randy, Jeff, and John. From them have come 6 grandchildren and 2 great granddaughters.

Jan says it's been at least 8 ½ years since she began coming to the Senior Center to play Pinochle after she was invited by her friend, Janet Vetter. Jan enjoys playing Pinochle, quilting, her family, lunch at SASI,

and her many friendships. She has lived in Sandpoint since 1967 when they built their house where she still resides.



With a great sense of humor, Jan enjoys life to the fullest!

Pictured on right is the clan! Jan is the second from the right with the green hat!



## “Happy Birthday to YOU!” January 2018

Frances Reed 1/3  
Joe Minardi 1/8  
Randy Brasher 1/12  
Gloria Ault 1/14  
Larry VanDenBerg 1/11  
Irene Hutchison 1/14



Paul Masilotti 1/15  
Ley Soltis 1/18  
Betty Cady 1/24

*Birthday Thursday is the last Thursday of the month at lunch!  
See you there!*

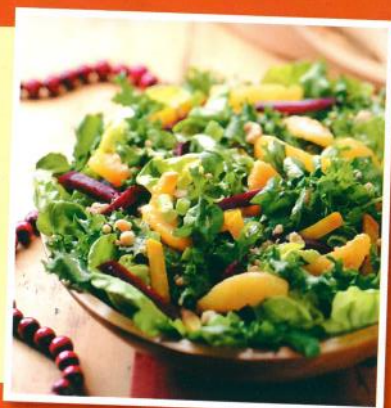
## Mary's Munchies: Beet Salad with Orange-Walnut Dressing

### beet salad with orange-walnut dressing

MARIAN PLATT  
SEQUIM, WASHINGTON

Light and refreshing, this salad goes nicely with the heavier dishes of the season. Your family and friends will also appreciate the tasty homemade dressing.

NOTES:



tasteofhome

### BEET SALAD WITH ORANGE WALNUT DRESSING

- 1 pound fresh beets
- 6 cups torn Bibb or Boston lettuce
- 3 medium navel oranges, peeled and sectioned
- 2 cups torn curly endive
- 2 cups watercress
- 2/3 cup chopped walnuts, toasted

#### DRESSING:

- 1/2 cup canola oil
- 1/3 cup orange juice
- 3 tablespoons white wine vinegar
- 1 green onion, finely chopped
- 1 tablespoon lemon juice
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper

- 1 Place beets in a 13-in. x 9-in. baking dish; add 1 in. of water. Cover and bake at 400° for 40-45 minutes or until tender. Cool; peel and julienne.

- 2 In a serving bowl, combine the lettuce, oranges, endive and watercress. Add beets and walnuts.

- 3 In a small bowl, whisk the oil, orange juice, vinegar, onion, lemon juice, mustard, salt and pepper. Drizzle over salad; toss gently to coat.

**YIELD:** 12 SERVINGS (ABOUT 1 CUP DRESSING).



## Milestones, birthdays and gratitude!

We are sad to announce the passing of Jane McNulty. She was excited to be in the SASi 2018 calendar and was always eager to play cards on Tuesdays. Her daughters said she passed quickly and without pain — just the way she wanted it. Services will be in Carmel, CA.

The “Bag Ladies and a Gent” are back at it in the new year! They have lots of fun folding bags for the Food Bank and enjoying conversation!



Frances Reed celebrated her 84th birthday with her pinochle group on January 3rd. “This has been such a fun day! I don’t usually have an activity on my birthday! It’s fun to share the day with friends!”



We had a surprise visit from one of Santa’s helpers with yummy cookies!



Singer/songwriter, Beth Pederson blessed us with her songs in December as well as the 4th graders from Washington School music classes. Thanks so much!



## 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? We currently have two metal electric beds without mattresses available. Please call us at 208.263.6860! Thank you donors!



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# "Nine Over Ninety And More" Calendar Available!

Did you know we have celebrities in our midst!! And the calendars are available and going home with folks!! 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 more of the pics! Calendars are \$15 donation. 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*?!



## ADVERTISERS WANTED!

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## FACILITY RENTALS!

Looking for somewhere to hold a holiday or anniversary party, meeting or gathering?  
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[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 Scent Free Soaps, Paper Napkins, Snow shovels, PA/Stereo System, Ice-maker. For serving area, new stove/oven.



**Saturday Dances, January 13th & 27th**  
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!



# Intention Collages for 2018! Resolutions for 2018!

It's a new year! Time to make new intentions, better known as resolutions! And what a better way to do it than by using collages as a way to express your ideas. Join us on *Sunday, January 21st at 1pm* to make a collage. Bring old magazines, glue and scissors and your enthusiasm for a great new year!

Speaking of New Year's resolutions, do you make any for the new year? I think of them as good intentions, without the guilt should you not accomplish them. A lot of people start out with the "lose weight" resolution. In going around the SASi dining room, we asked some of the people there for lunch if they were making resolutions. Here is a smattering of what some said about this:

See another new year's.

Won't date a girl under 19.

Stay happy.

I'll try to be more quiet so I don't wake you up.

Won't eat meat or drink dairy for 2 weeks.

Buy a ticket to Ireland.

Pre-plan before hand.

Get my driver's license.

We wish those of you who have expressed your "resolutions" for the new year good luck with your intentions! Best advice is to do the best you can with them, but if you struggle and falter, do not be in despair. Take it one day at a time! Get a buddy to help especially with the lose weight resolution.

~~~~~

*Coming soon in 2018!*

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

*Computer Classes available!*

Would you like to get help with computer skills? Currently, the Library's Adult Learning Center is offering tutoring sessions at Luther Park on Wednesdays from 2-3pm and they are open to SASi participants. If there is enough demand, we will start another class at the Senior Center. Would you benefit from an hour of tutoring for computer skills? If so, please let us know!

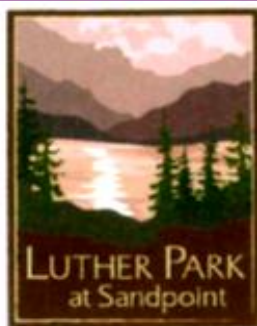
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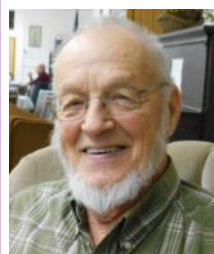
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510 South Olive Avenue  
Sandpoint, Idaho 83864

[www.lutherparksandpoint.org](http://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 from Ron May  
SASi Board President:

Happy New Year to you! Hope you had a fun holiday season with family and friends! We are looking forward to seeing you here in 2018!

We will be continuing to serve seniors in the community with our food programs, activities, and fundraisers! We are working on putting some new ideas together for some day excursions or some short trips that could be fun and interesting to do.

More will be revealed as time goes on, so keep reading your newsletters and let us know what ideas you might have.

# Donors

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

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**"The noblest art is that of making others happy." P.T. Barnum**

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!*

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