



“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!

AARP Tax Season Again!

Two things we are definitely assured of and that is death and paying taxes!! With that in mind, it is the time of year once again to pay your income taxes. We are so grateful to again have the super volunteers from AARP to come in on Mondays and Wednesdays to prepare your 2017 taxes. Led by Karen Squires, Randy Carpenter, Doug Fraser, Bruce Wendle and Sandi Wilcox are set up in our conference room for your appointment on Mondays and Wednesdays. For most of you, this has become a yearly activity. Call the office and make an appointment. Please remember they can handle most all of your filings; however, bring along ID and any of your documents needed to prepare and file for you. This is a very busy time of year for us, so, please be patient with our staff while

we handle several hundreds of appointments. If you would like to join us for lunch at 11:30am, please let us know the day before your appointment. Also the volunteers also take a lunch break with us as well from about 11:30 am to about 12:15 pm.

We do not charge for this service, however, we do accept donations!

EXCITING NEWS!

On Thursday, January 25, we received a call from KXLY, the ABC affiliate in Spokane, about coming here to do a story on our “Nine Over Ninety and More!” calendar. So on Thursday, February 1, 2018, we had a news crew from the station at lunchtime to meet some of the seniors who are featured in our first ever calendar!! We are so excited to have them here as it's the first time maybe ever that a news crew has expressed interest in our SASi Center!

If you missed it on TV, then check out this link online. If you aren't able to get it online, come to the center and we'll play the video for you!

<https://www.kxly.com/news/local-news/sandpoint-seniors-star-in-calendar-to-raisemoney-for-senior-center-1/695165615>

Happy Valentine's Day!

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

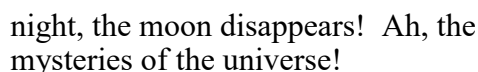
2/1 Alzheimer's Support Group 1pm
2/7 DayBreak Center Family Assistance Fund Fundraiser at Papa Murphy's
2/9 Red Hats Luncheon Noon
2/10 Saturday Dance 1-4pm
2/13 Fundraiser at Evans Coffee 4-6pm
2/15 Alzheimer's Support Group 1pm
2/23 Board Meeting 10:30am
2/24 Saturday Dance 1-4pm
2/26 Widows Helping Widows 10am

February's Bingo Callers are:

2/7 Bruce Wendle
2/14 Tina Mosher
2/21 Marty Martinez
2/28 Marchelle Fritz

Executive Director's Corner: Ellen Weissman

I was instantly transported through time to a feeling of awe and mystery as I imagined what it must have felt like in the early days of civilization. I had the same feeling this past summer when I saw the solar eclipse. When it was full-on, the crickets started chirping! Imagine not knowing what was happening! In the middle of the day, the world goes dark. Or in the middle of the



Well, you had to be looking up to see the moon and if you look up from our parking lot to the front of the Senior Center building, you'll see another beautiful sight! Beth Pederson, local singer/songwriter is also a gifted sign painter. Years ago, she made the Sandpoint Area Seniors, Inc. sign on the south side of the building and she recently made a new one for the west side above the main entrance. I was

hoping to hear a lot of comments on its arrival and have realized the past three weeks, that looking up is not happening this time of year in the parking lot! But that's a good thing! Please be safe out there and watch for ice and gravel and snow piles. And thank our local City plow crews for helping to take away our huge berms of snow! When the winter is over, then you can look up and see our gorgeous new sign! Thank you, Beth!



These advertisers support Sandpoint Area Seniors! Please support them!

DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program
Coordinator

We have made it through the greater part of winter and the days are getting longer again. My Dad would have said we are coming out of the abyss! Although much about winter can be so fun, it is just nice to have the light coming back. Already I find myself looking forward to getting everyone outside to enjoy sky, flowers, and birds. A bit premature, I know, but a wonderful grant we received from the Native Plant Society for \$300 to update our courtyard area has gotten me excited about spring. We sincerely thank the Society for their generosity and support, and we are looking forward to working on some fun changes. Mark Stockwell, a Native Plant Society member and a DayBreak volunteer, will be leading the charge on this project and we are grateful to him for his help, ideas and enthusiasm.

February brings not only more light but the first of five Papa Murphy's Fundraisers scheduled this year for our DayBreak Center Family Assistance Fund. This happens on Wednesday, Feb. 7th.

Some generous donations and a wonderful grant from the Alzheimer's Foundation of America to help DayBreak families with the cost of our program have helped to build our fund lately. Yet there is constant need to keep money coming in to the Family Assistance Fund because we are constantly taking money out of the fund every month to help those families. Many cannot afford the full cost to get the respite time the families really need. For example, if a participant in our program comes 3 days a week for 5 hours a day, a family can receive a monthly bill of around \$600! You can help these caregiving families by buying a pizza at Papa Murphy's in Ponderay on February 7th!

Have a fun February and a Happy Valentine's day!

Anne



Daybreak Family Assistance Fund PIZZA FUNDRAISER

Wednesday, February 7

Stop by for a coupon!

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 – Vi and Arlen Ojala

This month we are featuring Vi and Arlen Ojala. They have been coming to lunch and playing Pinochle for several years.

Vi was born in Surrey, North Dakota as the youngest of six. After graduating school, Vi was married in 1965. They had 3 sons, Toby, Shane, and Jeremy. After 13 years of marriage, her husband passed away. Vi and her 3 sons settled in Missoula, Montana, where she met Arlen, and were married in 1979. Arlen was born and raised in Big Sandy, Montana. He worked at a pulp mill while Vi became a hairdresser and they lived in French Town, MT. where they built a house.

In 2000, they both retired and moved to Sandpoint. They went to Arizona for the next 3 winters. They bought timeshares and traveled extensively. When here they loved to ski until they had injuries. They love to play golf and Arlen enjoys gardening. Arlen is also on the Board of Directors for Luther Park at Sandpoint.

The couple shares between them 18 grandchildren, 14 great-grandchildren with 3 more on the way

including a set of twins. Vi's three sons are all working for the states of Washington and Montana, and the DEA.

They have become regulars on Thursday for lunch, and have come to enjoy SASi and its people!



p.s. Happy Birthday, Vi! February 22

“Happy Birthday to YOU!” February 2018

Emmy Keiser 2/4
Maria Kinney 2/4
Norma White 2/6
Loren Vanek 2/9
Jan Stolz 2/11
Suzi Yeager 2/13
Betty Whipple 2/15
Rita Beehler 2/15



Al Kluer 2/16
Lily Roche 2/18
Vi Ojala 2/22
Jan Griffiths 2/25
Katie Moore 2/26
Lori Stengel 2/29

*Birthday Lunch is Thursday,
February 22, 2018*

Mary's Munchies: Strawberry Cream Cookies!

strawberry cream cookies

This cream cheese cookie with a yummy strawberry jam center looks lovely on a platter of holiday goodies. Even though they seem special, they're not tricky to make.



strawberry cream cookies

YIELD: 5 DOZEN.

1 cup butter, softened
1 package (3 ounces) cream cheese, softened
1 cup sugar
1 egg yolk
3 teaspoons vanilla extract
2-1/2 cups all-purpose flour
Seedless strawberry jam

1 In a large bowl, cream the butter, cream cheese and sugar until light and fluffy. Beat in egg yolk and vanilla. Add flour and mix well. Cover and refrigerate for 1 hour or until easy to handle.

2 Shape dough into 1-in. balls. Place 2 in. apart on ungreased baking sheets. Using the end of a wooden spoon handle, make a 1/2-in.-deep indentation in the center of each ball; fill with about 1/4 teaspoon jam. Bake at 350° for 10-12 minutes or until set. Remove to wire racks to cool.



To separate eggs easily, get an egg separator. Place the egg separator over a custard cup; crack the egg into the separator. As each egg is separated, place the yolk in another bowl. It's easier to separate eggs when they are cold.

TASTE OF HOME TEST KITCHEN

Board of Directors & Bingo Snacks & New Sign!



We have an opening on the board! Interested?
Call for more information, 208.263.6860.
Pictured above (from left around the table): Chenoa Crettol, Judy Baird, Loris Michael, Ron May, Leslie Marshall, Bruce Wendle, Dorothy Kohne, Kellie Dryden.



Have you been to Bingo lately? We now have food available before the games. We're rotating pizza, hot dogs, chili dogs, corn dogs and nachos! Any suggestions? Let us know!



It's more fun than wolfing down a fast food item! See you on a Wednesday!



As you walk across the parking lot to enter the Senior Center, have you looked up recently? Beth Pederson, singer/songwriter and sign maker extraordinaire, made our new sign on the west entrance to the Senior Center. It matches the small sign on the south side of our building that Beth made many years ago. Thank you, Beth! It's beautiful!

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 one metal electric bed with an air mattress available. Please call us at 208.263.6860! Thank you donors!



1125 N. Division Avenue
Sandpoint, Idaho 83864
208.265.9299



530 Pine Street
Sandpoint, Idaho 83864
208.255.1640

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Home Health or Private Duty Home Care
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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! 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?!

Thank you KXLY for doing a story on our calendar!!



Kirsten Longmeier, and Sandpoint Medical Massage and Bodyworks are offering 10 minute massage at Evans Brothers Coffee, Sandpoint, from 4 - 6pm on Tuesday, February 13, 2018.

This is a fundraiser for SASi, and there will also be a silent auction. If you have an item you would like to donate for this

event, please bring it in to the office prior to the event. Please bring items that would be appropriate. Nothing that needs to be picked up or too large. Donations to the Center can be made there as well. Hope to see you and get a massage!

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!



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.
Thank you so much!



Saturday Dances, February 10th & 24th
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!

Welcome Newbies!! & Game Day Tuesdays!



Millie Rinker (on left) and Beau and Edna Schilling (below) joined us last week for the first time. They enjoyed the salmon burgers a lot and plan to come back.

Millie, we love your hair and spunk!



It's cold outside! Come on in for "Game Day Tuesdays!" Mahjong (shown on left), Mexican Train, Scrabble, Bridge and Pinochle (shown below)! We can have other games, too! Please sign up or just show up on a Tuesday at 12:15pm! Come earlier and have join us for lunch first!



THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY

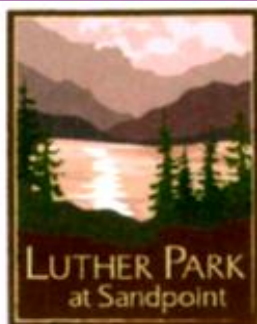
1123 N. Division Street, Sandpoint, ID 83864

208.263.1524 www.thebridgeatsandpoint.com



Have you joined in on the Casino Trips?

Call to find out when the next one is and get on the notification list. Lots of fun!



Nora Horn
Sales & Marketing Manager
NoraHorn@ecumen.org

Phone (208) 265-3557
Fax (208) 265-8830
510 South Olive Avenue
Sandpoint, Idaho 83864

www.lutherparksandpoint.org



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Email: angieshairdesign2@gmail.com

Donors

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

\$5 A MONTH CLUB	Barbara & Lawrence Headden	First Presbyterian Church	Laurelie & David Wall	Forest Service Employees
Allen, Nettie	Beth Pederson	Frances Jo & Richard Power	Leata Judd	Sdpt United Methodist Church
Bates, Anna & Loren	Betty Ann Diehl	Frances Reed	Leslie Marshall	Second Harvest
Clark, Linda	Betty & Harold Overland	Gardenia Center	Lewis Family	Selkirk Asso of Realtors
Dillon, Marilyn	<i>Ruby</i>	Gary Finney	Linda & Paul Otey	Selkirk Press <i>Garnet</i>
Durfee, James	Betty & Kenneth Colin	George & Barbara Gauzza	Linda Larson	Sharon Saunders <i>Sapphire</i>
Ewing, Darrell	Betty & Stephen Whipple	<i>Sapphire</i>	Litehouse, Inc.	Shakura Young
Hern, Kelli	Bill D'Olier & Susan Dalby	Georgia York	Lois Scott	STCU
Hinrichs, Vegas	Billy Snyder	Geraldine Stockman	Lori & Dan Meulenberg	St. Joseph's Alter Society
Kinney, Marie	Bonner County Commissioners	H & R Block	Lou Scharpf <i>Sapphire</i>	Steve & Molly Lockwood
Kluver, Al	Bob & Trish Thurston	Heather Hellier & Alan Barber	Louise & Steven Wood	Sue Vogelsinger
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Luther, Marge & Bob	Bud Britain	Highlands Day Spa	<i>Sapphire</i>	Swift Stainless
Marshall, Leslie	Cadeau Foundation	Holy Spirit Episcopal Church	Marilyn Chambers	Fabrication <i>Emerald</i>
Martin, Adele	Catholic Charities of Idaho	Idaho Community Found.	Marilyn Sabella	Sysco Foods
Michael, Loris & Dick	Carey Spears	Idaho Food Bank	Marjorie Keating	Teena & Paul Kusche
Payne, Myrna	Carol & Bob Camp	Inland NW Comm. Found.	Mark & Janice Johnson	Teri Mathis & Bryan Stuart
Peterson, Donna	Carol Thomas & friends	Injectors Car Club	Mary Jacobson	TidyTop Adult Bibs
Pine, Anita	Caroline Lobsinger	Invisible Window Washers	Mary & Gary Daubersmith	Tim & Yuan Brady
Pierce, Norma	Cindy Elliot <i>Garnet</i>	Isabel Hollreigel	Matthew Nykiel <i>Garnet</i>	Vickie Fletcher
Roberts, Marshall & Joyce	City of Sandpoint	I Saw Something Shiny!	Mike Ashby <i>Ruby</i>	Vivian Kirkwood
Reed, Frances	Colleen Culwell <i>Sapphire</i>	Jack & Janice DeBaun	Mike Weissman & Amanda	Walmart <i>Diamond</i>
Reynolds, Elara & Don	Community Assistance League (CAL) <i>Diamond</i>	Jackie & Tim Hanna	Mardon <i>Sapphire</i>	Washington Trust
Sacht, Sally	Cool-it Heating & Cooling	Jackie Miller	Mountain Sky	William Wishnick
Sadewic, Almira	Craig Royer	Jackie & Tom Peters	Nancy Heeney	Foundation <i>Ruby</i>
Schoonover, Anita	Curtis Smith	James & Janice Roberts	Newman Community Bible Church, Inc.	William & Jeraldine Stevens
Stevens, Bill & Jerri	Dairy Depot <i>Garnet</i>	Jeanne Marsden	Pamela & Richard Forcier	Winter Ridge
Stolz, Jan	Dan Donegan <i>Sapphire</i>	Jenai Senteio	Papa Murphy's Pizza	Wood's Crushing & Hauling, Inc. & B.F. RediMix
Taylor, Ed	Dave & Lynn Pietz	Joanne & Jonathan Cottrell	Peak Sand & Gravel, Inc.	
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Vetter, Janet	Debra Moy & Steven Hein	<i>Sapphire</i>	Pend Oreille Shores Resort	
Wendle, Bruce	Diane Davis	John & Shirley Howard	Paul & Sue Graves	
	Donna Mae & Robert Venn	Joyce & Larry Anderson	Pour Authority	SASI Board of Directors
	Dover Baptist Church	Judith and Arthur Bourassa	Richard Wilfert	President: Ron May
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		<i>Emerald</i>	Sdpt Duplicate Bridge Club	Loris Michael
		Kite Electric	Sdpt Marathon Bridge Group	Bruce Wendle
			Sdpt Ranger District, U.S.	Vol. Coord.: Adele Martin

"Every morning you have a choice, to continue sleeping with your dreams or wake up and live them."

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 - \$4999 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 _____	