



“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!

Spring is on the way– Seeds are too!!

As Spring once again arrives on the Equinox, Tuesday, March 20th, we will be mailing out the packets of wildflower seeds as a way of saying thank you to our current donors and to ask for your continuing support in our annual “Sowing Seeds for Seniors” Fundraiser.

In its first year, SASi raised over \$10,000, with the proceeds going to the Food programs, DayBreak Center, vital activities, and other expenses. We hope we can double that amount this year!

Our Meals Program prepares and serves approximately 2000 meals a month “in-house” and “out.” Each day, volunteer drivers come to the Center, pick up the hot food, and deliver it to a participant who cannot get out to go food shopping. We also have our Congregate meal served Monday through Thursday, at 11:30 am. On Fridays, we serve breakfast at 8:30 am.

SASi applies for and receives grant money and of course many generous donations from the community. We are so grateful to

all of you who give monthly, yearly, and of course during our fundraisers. Our need is greater than our resources. This fundraiser allows you to remain in the comfort of your easy chair or watch a game or have a day on the slopes. All that is asked is to take a few minutes to donate.

Each of us knows someone who is a senior. Some of us know or have a loved one that uses the Center or possibly receives a meal delivered to them. You may even want to come and make use of the Center someday.

With the new season of Spring, plant this packet of seeds as a reminder of your donation and what your gift to SASi will reap!

Thank you for supporting our community's seniors and SASi! Think of us when your flowers bloom!

If you would like to help assemble the mailing, please give us a call at the office, 208.263.6860!

~~~~~  
PI Day Celebration is coming on  
March 14th!

See page 5 for details!

## Activities

Monday: Laughter Yoga - winter break  
Line Dance Group 12:30pm  
Tuesday: Bridge 12:15pm  
Pinochle 12:15pm  
Mahjong 12:15pm  
Wednesday: Bag Folding 10am  
Bingo 6pm  
Thursday: Pool Players 9am  
Wii Virtual Games 10am  
Blood Pressure Checks 10am



## Dates to Remember

3/1 Alzheimer's Support Group 1pm  
3/8 Chair Yoga 12:30 pm, \$2 Donation  
3/9 Red Hats Luncheon Noon  
3/10 Saturday Dance 1-4pm  
3/14 “PI Day” Celebration 11am  
3/15 Denise Stewart, Elder Law 12:30pm  
3/15 Alzheimer's Support Group 1pm  
3/21 DayBreak Family Assistance Fund  
Fundraiser at Pour Authority 5-8pm  
3/22 Chair Yoga 12:30pm \$2 Donation  
3/23 SASi Board Mtg. 10:30 am  
3/24 Saturday Dance 1-4pm  
3/29 Wellness Clinic, Luther Park, 1-4pm

March's Bingo Callers are: 3/7 Bruce Wendle  
3/14 Tina Mosher, 3/21 Marty Martinez, 3/28 Marchelle Fritz

## Executive Director's Corner: Ellen Weissman

This morning, even with a foot of snow on my front lawn, I heard the sound of birds chirping. It wasn't the usual sounds that I hear during the winter. It was definitely a higher pitched bird call signifying spring! I took a deep breath and took comfort in knowing that the seasons are changing and spring will come soon. As much as I love winter, I'm becoming more and more aware of the challenges that come with it when combined with getting older. Thank goodness for Yak Trax!

I sing with a local group which is called the Sandpoint Threshold Choir, part of the International Threshold Choirs started by Kate Munger in San Francisco in 1990. "Singing gently at the thresholds of life in over 150 communities around the world," we sing for births, illness, deaths and weddings — those big events in life. The songs we sing



are soothing, and have beautiful harmonies. They nourish the listener and nourish the singers as well.

I learned at our recent practice that when geese are flying in a V formation, they are also flying at different altitudes as they take turns being the leader. That makes for easy transitions as the leader slides into being a follower when they are tired. They share the load of being leaders.

I think this is what happens in a marriage and in friendships. Folks take turns so that no one gets so exhausted that they collapse.

Unfortunately, when one of the partners dies, the network of support is shattered and takes a while to rebuild. That's why the "Widows Helping Widows" group has become so valuable. The loss will never leave, but moving on is made easier. If there are men wanting to participate in a widowers group, please let us know and we'll get that going too.

I think it's what makes SASI so valuable too. We have a network of old and new friends helping each other maneuvering this wild journey called life! Sharing a meal, playing a game together — these are all "isolation busters" and make everything more fun!

Come join us!

*ellen*

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# DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program  
Coordinator

We have a really fun fundraiser coming up this month and are hoping lots of you turn out for it. The Idaho Pour Authority and Icicle Brewing are hosting an evening to raise money for our DayBreak Center Family Assistance Fund. We continue to look for ways to keep funds coming into our very important program as we use them every month to help families with the cost of our program.

So join us for a beer or a glass of wine. Munch on appetizers and check out the fun “garden to kitchen” silent auction baskets and other raffle items. The party will be on Wednesday, March 21, 2018, from 5-8pm at the Pour Authority, 203 Cedar Street, Sandpoint, Idaho.

The DayBreak Center provides quality daytime care for individuals with memory impairments, giving the caregiver much needed respite time. In addition to providing a safe, responsive and homelike environment for your loved ones, the professionals at the DayBreak Center work diligently to provide activities that stimulate memory and health as well as socialization. We

currently have openings and invite you to visit the center to see if DayBreak is a good fit for your family!



*We are teaming up for the families who need the DayBreak Center!*



See you at the  
Daybreak Family  
Assistance Fund

**FUNDRAISER!**

Idaho Pour Authority  
203 Cedar, Sandpoint  
Wednesday, March 21  
5-8pm

Anne

p.s. Thanks again to Papa Murphy's!

We eat well at SASi! Come join us for 11:30am lunch, M-Th and breakfast Fridays, 8:30am. Ashley Thacker (l) and Mary McGinnis (r) pack up a lot of meals for home delivery!

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 Facilitator, 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)



## 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 – Betty “B.J.” Johnson

For the month of March, we are featuring a very good friend of ours, Betty “BJ” Johnson. Betty is a born and bred Sandpoint, Idaho, resident. Born in 1937, by Fry Creek, in an old tar paper shack, she lived with her parents and 2 brothers and 4 sisters. Her father worked in the saw mills, cooked at Chris and Mays Café, and ran the furnace at Colburn Culver Mill. Betty attended the local schools, and after high school, she met her husband of 63 years, Keith. They lived in the Samuels area along with their 3 sons, and 1 daughter. During these years working for Dr. Bird, Betty did important work building 750 respirators, 1500 breathing circuits that were used in the Desert Storm war in the early 1990s. Betty also cooked at the hospital and for 7 years made disposable medical electrodes. Betty also made jewelry for Coldwater Creek. Betty says, “I was always working and liked doing the different things I have done over the years.”

Betty is a longtime member of the Red Hats, and enjoys the monthly lunch meeting held at SASi. She plays Pinochle at the center on Wednesdays, and enjoys traveling. A few months ago, Betty won tickets for a Seattle Seahawks game while at Sweet

Lou’s. She and Ellen went together to Seattle. Unfortunately, the Seahawks didn’t win the game, but they had a great time!

After a long illness, Betty’s husband, Keith passed away in October, 2017. Betty’s close loving family and friends have all been there for her. She plans on staying involved with the Red Hats, Pinochle, and would love to do more traveling.

Betty and the other card players are enjoying the Irish antics of friend, Jan. Betty’s a fun loving gal and we love to see her at SASi!



## “Happy Birthday to YOU!” March 2018

**John Chellman 3/3**  
**Anne Haynes 3/4**  
**Shakura Young 3/5**  
**Shirley Shaffer 3/9**  
**Doug Fraser 3/16**  
**Diane Belwood 3/18**  
**Ian Stevens 3/22**  
**Evelyn Brabender 3/24**



**Michelle Mitchell 3/25**  
**Martha Bridges 3/25**

*Come and join us on Thursday, March 29th for “Birthday Thursday.” We sing and serve cake and ice cream!*

## Mary’s Munchies: Best Banana Cream Pie Recipe

Prep Time: 10 minutes  
Cook Time: 30 minutes  
Total Time: 40 minutes

3/4 c. white sugar  
1/3 c. flour or 3 TBS cornstarch  
1/4 tsp. salt  
2 cups whole milk  
3 egg yolks - beat  
2 tsp. vanilla  
1 pre-baked pie crust or graham cracker crust  
4 sliced bananas      2 TBS butter

In a saucepan combine flour, sugar and salt. Add milk and cook over med. heat, stirring constantly until bubbly. Cook 2 more minutes, then remove from the heat. In another bowl, beat the 3 egg yolks, then stir a bit of the hot milk mix into the egg, stir well. Pour the eggs into the saucepan and mix in. Cook 2 more min. stirring! Remove from the heat, add butter and vanilla. Slice the bananas and put them into the cooked crust. Bake at 350°F for 12 min. Remove and chill for 1 hr. Serve with whip cream and enjoy!

To make it green for St. Patrick’s Day, add some green food coloring.





## Pi Day with Pie in your face! Chair Yoga is here!

We are celebrating Pi Day on Wednesday, March 14, 2018, with a "pie in your face" fundraiser. Volunteers will literally have a "pie" of whipped cream on a paper plate gently thrown in their face! For either a \$10 (small) or \$20 (large) donation the proceeds will go to benefit the food programs, DayBreak Center, and the various activities at SASi.

Along with Executive Director, Ellen Weissman, she enlisted help from Bonner County Commissioners, Dan McDonald and Glen Bailey, Jennifer Van Etten from Auburn Crest Hospice, Helen Milne from Alpine Vista, Nora Horn from Luther Park, Gabby Hendrix from AFS Home Health, and Dr. Scott Burgstahler, Rehab Director, Wayne Kerns and Exec. Director, Rick Myers, all from Life Care, to be in the line of fire! Marchell Fritz, from Life Care, will be the MC for the event.



The mathematical term Pi means the constant that is the ratio of a circle's circumference to its diameter, 3.1418. It falls on March 14, i.e., 3/14.

The event will begin at 11am. If you would like to be a part of the pie throwing and/or stay for lunch, please call in to reserve a spot! We'll have pie for dessert! Remember this is a fundraiser, so every bit counts for the Senior and DayBreak Centers!

Are you looking for something to help you get through the final weeks of winter? If so, we are offering "Chair Yoga."

Beginning Thursday, March 8, 2018, from 12:30-1:30 pm, Lora Costa will take you through Yoga movements while sitting on a chair. The emphasis being on breath and meditation. This is a beginner level focused on range of movement and strengthening.

This class is open to everybody, and there will be a \$2.00 donation for each class (\$1 for Lora and \$1 for SASi). The class will proceed on each 2nd and 4th Thursday. You only need to wear something comfortable and be ready to enjoy Chair Yoga. If interested, please call SASi at 208.263.6860.



## Thank you, Advertisers!!

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!



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## Thanks to Kirsten & Sandpoint Medical Massage and Bodyworks!



Thanks so much to Kirsten Longmeier and her friends and Sandpoint Medical Massage and Bodyworks! The fundraiser which was held at Evans Brothers Coffee, on February 13, 2018 brought lots of new faces for this event!! There was food donated from Winter Ridge Natural Food Store and music also provided. It was a fun time for all and Kirsten has already said she wants to have another one next year! What a great way to celebrate Valentine's Day!



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Thank you so much!



**Saturday Dances, March 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](http://www.sandpointareaseniors.org)! Let us know!



## More thanks! And Denise Stewart – Elder law attorney

Thanks to Joanne and Jonathan Cottrell for helping represent SASi in the Winter Carnival parade! What fun! They're already excited about next year!



Denise is coming back! On Thursday, March 15, 2018, elder law attorney, Denise Stewart, will be having a talk on issues facing most people. At 12:30 pm, plan on hearing about topics such as wills, trusts, medical and asset planning. Denise has been a resource for us when you might need a little bit more help regarding these topics! Plan on coming in for lunch that day at 11:30 am and then sticking around. For more information, please call us at 208.263.6860.



A mystery SASi participant donated paper towels after reading our "Wish List."

Thank you so much!!



Jack and Jackie McNeel from the *Idaho Senior Independent* interviewed five of our *Nine over Ninety* "Calendar Celebrities" for the upcoming spring issue.

We can't wait to see the article!

### THE BRIDGE AT SANDPOINT



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SASi Board of Directors gather for a board meeting.

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**“Sometimes being kind is more important than being right.” Carey Scott**

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"?*

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