

Spring has Sprung? Plant the seeds!



“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 Spring to you! Finally, after months of cold snow and rain, it is beginning to look like Spring! With that in mind, we are planning for some upcoming events. Hopefully you have already filed your 2017 income taxes with our AARP volunteers. They will be here only until Wednesday, April 11, 2017. If you still need to get assistance with taxes, please call the office and see if there's an opening. We are always pressed for time these last few weeks, so call to see if there's availability.

Many thanks to Karen, Bruce, Doug, Randy, Sandi, and Rob for their time and expertise!! They do such a great job doing hundreds of returns. We also wish to thank the people who so kindly left donations for the service!! See you next year!

The date for the next bus trip to the Worley casino is Monday, April 16, 2018, from 8:30-4:00 pm. The bus will pick you up at SASi and bring you back by 4:00. If you have one of their t-shirts that says “I took the tour,” wear it anytime you go

this year and receive \$5 added to your play. For more information, please call 208.263.6860.

Mark your calendars for Saturday, April 28, 2018, 10:00 - 1:00 pm to bring any of your unused or expired medications you no longer want to keep to the Senior Center. The Sandpoint Police and the DEA are going to partner together with SASi to give the public a safe and legal way to do this. It has been found that when folks don't dispose of their medications properly, they can end up being flushed which sends the meds into the water system which is no good for the water and they have found levels of medications in the fish. Also, they can get into the wrong hands and particularly now with the opioid epidemic, it's a good idea to get rid of them properly. This includes all over the counter and prescription medications. They will have it set up so that you can empty them into a disposal box or throw the container into a garbage bag. There is no charge for this. They are handling all aspects of this. For more information, please call our office at 208.263.6860.

Activities

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

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

Wednesday: Bag Folding 10am
 Bingo 6pm

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



Dates to Remember

4/5 Alzheimer's Support Group 1pm
 4/12 Chair Yoga 12:30pm
 4/13 Red Hats Luncheon Noon
 4/14 Saturday Dance 1-4pm
 4/16 Casino Bus Trip 8:30-4pm
 4/18 Papa Murphy's Pizza Fundraiser
 for DBC Family Assistance Fund
 4/19 Alzheimer's Support Group 1pm
 4/26 Chair Yoga 12:30pm
 4/28 Saturday Dance 1-4pm
 4/28 Take Back Medications/Drugs
 at the Senior Center 10-1pm

April's Bingo Callers are: 4/4 Bruce Wendle, 4/11 Tina Mosher,
 4/18 Marty Martinez, 4/25 Marchelle Fritz

Executive Director's Corner: Ellen Weissman

Happy Spring! Happy Easter, Happy Passover and what a coincidence, Happy April Fool's Day! And it was a beautiful full moon as well! *After* the clouds parted! *After* the snow stopped! Quite the wild weather we're having lately! I remember it snowing on May Day years ago, so we might not be done with it yet!

Since this is spring break week with the public schools, it reminds me of a friend who taught at the Grand Canyon. One year, she kept saying how much she was looking forward to spring break week. "Oh, I really need a break!" she said, "I can't wait for the break!" She kept saying it over and over and as the days got closer to the first weekend, she was anxiously awaiting her hike in the Canyon to celebrate the first day of the break. "I so need a



break!" Well, she got one!! On her hike that first Saturday morning, she tripped on a rock and broke her leg!

Ever since that happened (20+ years ago!), I have been very conscious of how I word things! I also have noticed how others phrase things. It's why I use the words "seniors" or "elders" instead of "elderly." Elderly, to me, implies "infirm." Perhaps it's just a stereotype, but words take on meanings based on collective thought and become stereotypes. When we're young, we learn that when we reach our elder

years, we'll lose our health. That is not necessarily the case! I hear folks who are approaching in their 60s and 70s say things like "I'm firing on two cylinders today." or "My brain's on the fritz." or "I'm losing my mind." "I'm getting OLD." Are we setting ourselves up for illness? Does getting older absolutely mean getting ill? Come to the Senior Center and you'll see that the opposite is true! We have vibrant elders in their 80s and 90s living very active lives! Come meet them! And stay young as you get older too!

ellen

p.s. Thank you to all of you, younger *and* older, who are sending SEEDS donations to SASI! What a wonderful gift!

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DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program
Coordinator

The Idaho Pour Authority rocked on Wednesday, March 21 with DayBreak Center supporters coming together to help families who need financial assistance to have a loved one attend our program. At last count we raised \$1109.00 for the DayBreak Family Assistance Fund. Our gratitude and thanks go out to Jon Hagadone and Vickie Reich for creating a wonderful evening with a great venue, a tried and true setup plan, yummy munchies, and cheerful, fun and efficient bartending for the fundraiser. Jon and Vicki host these fundraising evenings for so many non-profit groups in town and are an invaluable asset to our community. Let's all remember to support them throughout the year when we can.

And there was the band!! Mark Remmetter (our DayBreak Volunteer), Rick Price and Stan Pardee! You guys made the party a party! Rockin' wonderful music!

Thank you to so many of you who donated such great items that really brought out the bidders and filled our coffers. My gratitude

and thanks to Mark and Lorrie Stockwell for creating the bid sheets, helping to organize, selling raffle tickets along with Jennifer, and to our staff, Jennifer, Denise, Sandy, Ellen and to Jan (DB advisor and our tireless greeter) for donations and ready and willing to help in so many ways both before and during the event. And thank you to all who attended, bought beer, raffle tickets and placed bids—it wouldn't have happened without you!

The Family Assistance Fund is currently in good shape! **So now will you help us with the next step?** Let's get the word out to all of those families you may know who are doing the hero work of caring for a loved one with memory problems and who may look at an advertisement or flyer for DayBreak Center and think, "There is no way I could afford that." Tell them they can! Tell them we are in a position to help thanks to all of you! Please let them know!



Winner of the pillows, Diane Rinck had a great time at IPA!

Anne



Thank you, musicians!

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 www.alzwa.org

Save the date! Yum!

Papa Murphy's

TAKE 'N' BAKE PIZZA

PIZZA FUNDRAISER for
the DayBreak Family Assistance
Fund

Wednesday, April 18th

11am-8pm, 1010 Fontaine Dr., Ponderay



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

BRADLEY
INSURANCE

Senior Spotlight – “Ove” Swede Gunnarson

This month we are featuring our friend, Ove “Swede” Gunnarson. He is our resident genuine Swedish participant. He said that when he came to the USA, so many years ago, they couldn’t understand his Swedish accent, so, he’s been called “Swede” for many years.

Ove and his family lived in rural Sweden where he attended school. At 13, he began an apprenticeship in furniture upholstery which in those days he earned 13 cents an hour. Doing this began his life-long career in upholstery. In 1970, he and his wife Lil moved from Sweden to Illinois. He told me that in those days when you came here on a visa, you had to have a job secured and ready for you upon coming to the US. So they came to America and one time saw a TV show featuring the Northwest and its beauty. So they packed up and moved to Oregon. Over the next many years the family moved from Oregon to northern California, Colorado, Montana, Alaska, and Hawaii. They along with their 3 children, finally moved to Washington. Their daughter was living in Bonners Ferry where they landed and stayed. Swede said that “Bonners Ferry was the best place to

live and Hawaii for them was the worst.” It was about 2 years ago, Swede came into SASi for the first time. This very tall, thin man strode in and began to have lunch here. He comes in most days to eat and can be the first one out of here. He jokes about how he doesn’t get enough to eat so we load him up. Several years ago, Swede’s wife Lil became ill and passed away. That’s when we started seeing him come in daily. He once remarked, “If I didn’t have this place to come to, I don’t know what I would do.” Swede loves to garden and in season he brings in boxes of delicious fruits and vegetables and shares with all of his friends!!

Swede, we like having you here! And we love your vegies!



“Happy Birthday to YOU!” April 2018

Helen Dixon 4/1
Karl Fuchs 4/6
Ed Bittner 4/7
Loi Brodersen 4/11
Kevin Savage 4/16
Joyce Boeck 4/16
Harold Overland 4/16
Marge Luther 4/20



Ove Gunnarson 4/21
Leonard Boice 4/21
Bob Venn 4/23
Betty Johnson 4/23
Don Reynolds 4/25
Darrell Ewing 4/25
Barbara Gooby 4/30
Birthday Thursday, April 26!

Mary’s Munchies: Quick and Easy Swedish Teacakes

1 cup butter, softened
1/2 cup confectioners’ sugar
2 teaspoons vanilla extract
2 cups all-purpose flour
1/4 teaspoon salt
1 cup finely chopped pecans
Confectioners’ sugar

1. Preheat oven to 325° F. Cream butter, sugar and vanilla in a large mixer bowl at medium speed. Beat in flour and salt at low speed until dough together. Stir in pecans.

2. Shape level tablespoons of dough into 1-inch balls. Place 1 inch apart onto ungreased cookie sheets.
3. Bake at 325°F for 15 to 20 minutes or until set but not browned. Remove cookies; cool slightly on racks. Roll balls in confectioners’ sugar. Cool completely, then roll again in confectioners’ sugar.
4. Store in a loosely covered container. Makes 3 dozen.



Lots of fun at “Pie In Your Face” for Pi Day!

On Wednesday, March 14, 2018, the first “Pie In Your Face” fundraiser was held. Participants volunteered to have a whip cream plate gently thrown into their face for a donation of either \$10 (small size) or \$20 (large). Family members, employees, and people just wanting to observe and stay for lunch filled the dining room while Marchell Fritz from Life Care, as the event MC, called the names of the folks who wanted to be the thrower of the pie. Pretty soon we had a row of people with whipped cream slathered all over their faces! The participants included in the frivolity were: Sandpoint Police Chief, Corey Coon, and Captain Rick Bailey; Bonner County Commissioners, Dan McDonald and Jeff Connelly; Luther Park Community Relations Manager, Nora Horn; Jennifer Van Etten from Auburn Crest Hospice; SASi Director, Ellen Weissman; Dr. Scott Burgstahler; Rehab Director, Wayne Kerns, and Exec. Dir. Rick Myers all from Life Care and candidate for State Rep. District 1, Seat B, Stephen F. Howlett.

We want to thank all of the “pie” recipients for being such good sports for this fundraiser which ended up raising \$940 which will go towards our SASi’s vital programs and activities! The energy in the dining room was incredible and we plan on doing this again next year!!

If you’d like to “receive” pies next year, please let us

know! Thanks to all the participants this year! What a great way to celebrate a circle and math!



Thank you, Advertisers!!

Thanks to our newsletter advertisers!

~~~~~  
Thank you for supporting our outreach efforts! Your ad reaches hundreds of people each month in print and online. Let us know if you want to join us!



## Need a hospital bed?!

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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## Please read this– a cautionary tale about fraud online!

Once in a while we hear about a scam that's going on. This time it happened to one of our SASi Board members, Dorothy Kohne. She wanted to let you know what transpired while on a Facebook posting. For those of us who like to use FB as a way to reconnect to people we knew and for other reasons, we don't like to think this goes on. However, it's important to remember this goes world wide and we don't always know who is also watching what we do. So with that in mind, let's listen to what occurred with Dorothy.

In January, 2018, Dorothy was on FB and mistakenly "friended" a person who began posting immediately using the name Mark Melvin. He said he was in the Navy on duty somewhere dangerous. He went on to say he was lonely and looking for somebody to chat with. As time went on he disclosed he had a daughter going to school in Ghana and that his wife had been killed in a car accident. Pretty soon Mark started becoming very "friendly" with Dorothy. She mentioned how other men online had also been asking for money due to tragic circumstances in their lives.

Dorothy didn't agree to help them. However, with Mark, he was persistent but patient. He told her he had a check for \$900,000 and it had to be sent to her through a Mr. Burns. She was asked to send \$1,200.00 via Western Union. Actually Dorothy was certain he would be asking for money as this is becoming a common type of scam. When she didn't do what he wanted, she began to get emails from Mr. Burns stating how they had to have this money. He sent at least 4 emails. Not taking no for an answer, he stated that Mark Melvin was seriously wounded and needed this money desperately! Shortly after that she went onto Mark's website only to find out he was already scamming other women. Dorothy emailed him asking why was he scamming other women so quickly? He began to chastise her and wondered why she wouldn't help him. Dorothy blocked him. Dorothy called the Veterans Association and told them about Mark. They told her that the VA doesn't send money. The moral of the story is Never send any of YOUR MONEY to strangers! If it's too good to be true, it probably is!!

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For serving area, new stove/oven.  
Thank you so much!



*Saturday Dances, April 14th & 28th*  
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!



## Thanks for donating to the dining room chair legs!!



Thanks, Barbara Gooby and Dave Longacre for your help with the squealing chairs!



How many of you remember not too long ago the incredibly loud, screeching sound of our dining room chairs as people got up from them? If so, you know we've been trying several ways to correct this annoyance. Last year, we had volunteers putting felt caps on each chair leg tips. They only lasted a short period of time. So the next idea was to put tennis balls on them. That at least seemed to take away the noise, and we all were happy to have some peace at last, but some didn't like the look of it.

Several weeks ago, our friend, Barbara Gooby, brought in different chair caps which she said they were using at the Clark Fork Senior Center. Apparently they are having great success with them. Barbara found the place in Coeur d'Alene where she was able to get some for us. Barbara has taken up the cause of asking for donations to put towards the chairs. So far, she has collected donations from various people who use the chairs often and who wanted to help with the costs. The following people have so far donated towards the chair caps:

Bill Cecil, Bruce Wendle, Shakura Young, Nancy Savage, Adele Martin, Ashley Thacker, Leslie Marshall, Loris Michael, Donna Peterson, Lola Rainey, Anita Schoonover, Bob Morley, Norma Pierce, Dave Longacre, Mary McGinnis, and Arnie's Gas. Several times a week you can find Barbara here with the caps. Each bag contains enough caps for 2 chairs. You may donate either \$5 per chair or a larger amount. We are so grateful to Barb for finding another solution to this! If you've been here, you know how nice it is now for the silence with these chairs! Thanks Barb!!

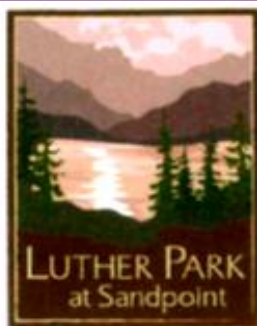
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Congratulations to our very own Adele Martin on her President's Award for her work as an RSVP volunteer and SASi's Volunteer Coordinator! Bob Small (below right) took Adele and former SASi Board President, volunteer Bruce Wendle out to lunch recently to honor Adele. Unfortunately, Bob's valuable Retired Senior Volunteer

Program (RSVP) has been cut by NIC, but many



volunteers will continue in their important help to others. We will miss you, Bob!

# Donors

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

|                                                         |                                                  |                                   |                                       |                                                |
|---------------------------------------------------------|--------------------------------------------------|-----------------------------------|---------------------------------------|------------------------------------------------|
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| Wendle, Bruce                                           | <i>Sapphire</i>                                  | Kelli Hern <i>Sapphire</i>        | Sally Sacht <i>Garnet</i>             | President: Ron May                             |
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"Far and away the best prize that life has to offer is the chance to work hard at work worth doing." Theodore Roosevelt

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> |

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Name \_\_\_\_\_ Email \_\_\_\_\_

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