



“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!

Thanks for the “Seeds” Donations!

April showers really do bring May flowers! With this in mind, we hope you have planted your packet of “seeds” we mailed to you in March. To date, we have collected \$9,086.00 this year! Thanks to the following:

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Weekly Activities

Monday: Line Dance Group 12:30 pm

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

Wednesday: Bag Folding 10am
Bingo 6pm
Laughter Yoga 12:30 pm

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



May’s Bingo Callers are: 5/2 Bruce Wendle 5/9 Bruce Wendle
5/16 Marty Martinez 5/23 Tina Mosher 5/30 Marchelle Fritz

More Dates to Remember

5/3 *Idaho Gives!*
5/3 Alzheimer’s Support Group 1pm
5/10 Chair Yoga 12:30 pm
5/11 Red Hats Luncheon Noon
5/12 Saturday Dance 1-4pm
5/17 Alzheimer’s Support Group 1pm
5/18 National/SASi Volunteer Appreciation
Day Tea 11:30-1:00 pm
5/19 SASi Garden Day 9am – 4pm
5/24 Medicare 101 10:30 am
5/24 Chair Yoga 12:30 pm
5/26 Saturday Dance 1-4pm
5/28 SASi Closed — Memorial Day!
5/29 Widows Helping Widows Mtg. 10am

Executive Director's Corner: Ellen Weissman

Overnight, goodbye snow and hello grass to mow! Goodness!

It's been a busy month and we have a lot of good news from our community supporters! Donations have been coming in from individuals with our SEEDS campaign and the Angels over Sandpoint and Community Assistance League gave us funding to fix kitchen equipment! Our list of kitchen repairs is nearly completed! It's very exciting! We're waiting to hear on some other grant applications and hope that will be positive news also! *Idaho Gives* is Thursday, May 3rd – another opportunity to support your favorite non-profit!

Funding is an ongoing issue and every donation, large and small, is greatly appreciated! With 10,000 baby boomers turning 65 daily for the next 15 years, our numbers are expected to climb and with food prices going up also, our annual budget is climbing too. Grants are generally for specific



projects, not overhead. We are frugal with our spending, but still our monthly cost of food is over \$5,000! Fortunately, with our support from the Area Agency on Aging and meal donations, we are squeaking by.

Another major support area comes in the form of volunteers! You all work so hard and do all those things that would drive up our costs if we had to hire more staff to do them! We're going to celebrate our SASi volunteers at our annual Volunteer Tea Party! It's on Friday, May 18th from 11:30am – 1pm. We're also teaming up with Paul Graves' Geezer Forum,

the Sandpoint Community Resource Center (SCRC) and Volunteer Idaho Panhandle (VIP) to have a look at the benefits of volunteering. It's on Tuesday, May 22 at 2:30pm in the Columbia Bank Community Room. Ginna Maus will present lots of insightful and inspiring information on volunteering and its positive impact on the brain and Bonner General Health is treating us all to an ice cream social. Join us and learn a new term, "volunteeresia." It's when you're volunteering and it's so fun that you end up forgetting that you're volunteering! Also defined as "the moment you forget you're volunteering to change lives, because it's changing yours!"

p.s. "Pay it Forward Day" was on April 28th! Hope you did a random act of kindness for someone!

ellen

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DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program
Coordinator

Once again we have made it through the snow, ice and mists and I think I can safely say that spring is here. We are looking forward to being out again in our patio breathing fresh air, soaking up some sun and watching things grow. And we will have some new things to watch this spring.

Our big project in May will be a landscaping facelift for our enclosed courtyard. When we received the Lois Wythe Grant through the North Idaho chapter of the Kinnikinnick Native Plant Society, we started planning. The round cobblestone type rocks that fill most of the garden areas are difficult and unsafe for all of us, let alone our participants to walk on. They make it hard to get around and tend to the plants and the raking that needs to be done. And completely unusable by our participants, who are confined to the immediate patio area.

With Mark Stockwell, our DayBreak volunteer, taking the lead in this project, we are planning to take out some of the rock, redo the garden beds adding a mix of native plants and others and add a walking path through

the garden area. This will allow our participants to not only move around more when we are outside but also enjoy the plants and paths outside the south fence.

We are planning a work party on Saturday, May 19, to move rock and prepare the grounds and then again on Saturday, May 26 to do the planting. We can use about 10 hardy volunteers each day. We are also taking donations for the materials and extra plants we will need. Please call the DayBreak Center at 208-265-8127 if you think you can help.

DBFAF Update: PLEASE Let People Know About DayBreak Center Family Assistance Fund:

After a couple years of not being sure we would have enough funds to help families for more than 4-5 months without running out, we finally have a nice cushion in our Assistance Fund. We just received a grant from the Alzheimer's Foundation of America! And thank you so much to everyone who has donated, bought pizzas, and supported our fundraising efforts in any way. Now we are asking that as you meet those in our community who could be helped by using our services at DayBreak Center, but think they would not be able to afford it, please let them know there is financial help available that would make it possible and tell them to call us for more information!

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 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



Peter stumped the group in a rousing game of Pictionary at the DayBreak Center!



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 – Julie Monroe, Local Historian

Julie was born December 12, 1954, in Bonner General Hospital to Juanita Belote Monroe and Stanley Monroe. Her mom was born in Sandpoint and dad in Montana. Both of her parents are deceased. The family moved to Sagle when she was about 10 years old, and after she graduated from Sandpoint High School in 1973, she went to college at the University of Idaho and earned a degree in History. In her early career, Julie worked as a secretary in Seattle. In the second half, she was self-employed as a historian and editor in Moscow, Idaho, where she also worked as a library paraprofessional, first at the public library and then at the University of Idaho libraries.

Julie retired from the University of Idaho main library in 2014 when she came back to Bonner County. She lives with her sister, Mara Lei (in the red jacket), and their dog Marco Polo here in Sandpoint, just a block north of the Senior Center. Since she lives close by to SASi, Julie began coming over and is very grateful for the Senior Center's computer center, which she uses a couple of times a week. She volunteered at the DayBreak Center and Bonner General Health for about two years after she returned.

Now she volunteers at her church, St. Joseph Catholic Church where she is involved with several ministries, religious education, altar society, and hospitality. This year, she is working with first graders and learning lots about her faith and hopes they are, too.

Julie's hobbies are reading, sewing, gardening, knitting, crocheting, walking, swimming. For past couple of years she has been studying the early history of the area around Lake Pend Oreille with a particular focus on the first interactions between the native people (Kalispel, in particular) and white culture. She is also studying federal Indian policy from colonial times to the present.

In 2008, Julie received one of the Idaho State Historical Society's *Esto Perpetua* awards for outstanding contributions to Idaho history.



“Happy Birthday to YOU!” May 2018

Sandy Roberts 5/3
Tim Crouse 5/5
Jackie Peters 5/13
Ellen Weissman 5/15
Adele Martin 5/15
Bill Otis 5/15
Nettie Allen 5/17
Mary McGinnis 5/17
Tom Peters 5/19



Lew Emerson 5/25
John Cottrell 5/26
Paul Graves 5/26
Denny Rainey 5/26
Angie Lawson 5/28
Dave Longacre 5/30

*Birthday Thursday is May 31.
Come and join us for cake and ice cream!!*

Mary's Munchies: Eggs Benedict for Mother's Day!

4 egg yolks
3 1/2 tablespoons lemon juice
1 pinch ground white pepper
1/8 teaspoon Worcestershire sauce
1 tablespoon water
1 cup butter, melted
8 eggs 1/4 teaspoon salt
1 teaspoon distilled white vinegar
8 strips Canadian-style bacon
4 English muffins, split
2 tablespoons butter, softened

To Make Hollandaise: 1) Fill the bottom of a double boiler part-way with water. Make sure that water does not touch the top pan. Bring water to a gentle simmer. In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water.

2) Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly. If hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated. Whisk in salt, then remove from heat. Place a lid on pan to keep sauce warm. 3) Preheat oven on broiler setting.

To Poach Eggs: Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar. Carefully break eggs into simmering water, and allow to cook for 2 1/2 to 3 minutes. Yolks should still be soft in center. Remove eggs from water with a slotted spoon and set on a warm plate. 4) While eggs are poaching, brown the bacon in a medium skillet over medium-high heat and toast the English muffins on a baking sheet under the broiler. 5) Spread toasted muffins with softened butter, and top each one with a slice of bacon, followed by one poached egg. Place 2 muffins on each plate and drizzle with hollandaise sauce. Sprinkle with chopped chives and serve immediately.

Please update info. We need emergency contacts!

We recently had a medical situation with one of our participants and we were able to contact somebody for him as he had an "emergency contact" on his SASi meal registration form. In talking about this, we realized we don't have that information from people who come here for other activities such as card and Bingo players and others who don't eat lunch here.

What we will need to do is to get that information so that in the event there is a problem, we can look up the emergency contact for the person needing medical help. If you are in a card group, please let us know who you want to list as the contact person. We now have a card box on the front desk and will provide index cards that you can fill out with the information you want as to an Emergency Contact. This information will be kept confidential and only used in the event of an emergency. Thank you for keeping this information up to date!



IDAHO GIVES! 5.3.18

Join us on Thursday, May 3rd at Evans Brothers at 8-10am and at Idaho Pour Authority from 4-8pm to learn more about SASi and other local non-profits!

Garden Day is coming back!
Saturday, May 19th! And a work party in the DayBreak Courtyard!
All starting at 9am! Fun!

Thank you, Advertisers!!

Thanks to our newsletter advertisers!

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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!



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 with one air mattress available. Please call us at 208.263.6860! Thank you donors!



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## Laughter Yoga! Chair Yoga! Curves will be here! Medicare 101

Come and have a good “belly” laugh with the Laughter Yoga group! Led by Esther Gilchrist, the group now meets on Wednesdays at 12:30 pm. Since 2015, we have had groups here that laugh up a storm while releasing the good feeling endorphins into your body thus helping with conditions such as neuropathy, shooting burning pains to feet and limbs and other conditions. Even if you aren’t experiencing this, it’s just good to let out emotions with laughter.

The group is for anybody, and you can come in and have lunch first at 11:30 am and then stay for the group. Please give it a try! For more information please call SASi at 208.263.6860.

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On the 2nd and 4th Thursday at 12:30 pm, come and join in at the Chair Yoga Group. You are going to be doing stretching and other movements while sitting in or holding onto a chair. Good for strengthening muscles and balance. Open to all!

We have invited the international fitness company, Curves, to come here to give a presentation of what they do on Wednesday, May 23, 2018, at 10:30 am. The twenty-five year old company was created for women who want to exercise but without going to the typical gym atmosphere. Their program is designed around circuit training; the strength training regimen is combined with cardiovascular training for a full body workout. Several of the ladies will come by to give a short presentation, answer questions, and see if anybody would like to sign up for a complimentary workout at their facility in Ponderay. Feel free to invite any friends and let us know if you plan on attending.

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If you have any questions pertaining to Medicare, come and ask Paris Murphy from Humana who will be here to answer the questions and update on Medicare on Thursday, May 24th at 10:30am. This isn’t a sign up, just informational.

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Thank you generous supporters!! Find names and logos from donor organizations at  
[www.sandpointareaseniors.org/community-support/](http://www.sandpointareaseniors.org/community-support/)



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Thank you so much!



**Saturday Dances, May 12 & 26th,**  
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!



## National Volunteer Appreciation Day at SASi

Mark your calendars for Friday, May 18, 2018, to join us in honoring the many volunteers we have here at SASi. Anybody who has been volunteering here is invited to come and be acknowledged. Our volunteers are a major part of our programs giving extra support for the various events and other activities we facilitate. If you have been a driver who delivers the Home Delivered Meals, helped in the office, events, fundraisers, serving meals at lunch, landscaping, Bingo, DayBreak Center activities or in any other capacity of volunteering, please come and join us on that day. We will gather at 11:30am at the Senior Center, have a bite to eat, and then hand out certificates of appreciation! Please let us know if you can join us so we'll know how much food to have!



Library angels brought over poems for "Poem in your pocket" day! Some were fanciful, some intriguing, some confusing! All fun!!

Geezer Forum  
"The Benefits of Volunteering"  
Tuesday, May 22, 2:30pm  
Columbia Bank  
Community Room



Welcome to Barbara Nunke, new Activities Coordinator at Alpine Vista pictured here with AV residents and Wii bowlers, Trixine Malone and Geneva Meserve and our dear Vegas!



### THE BRIDGE AT SANDPOINT



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Thanks to Captain Rick Bailey and the Sandpoint Police on collaborating for "Take Back Drugs Day" on Saturday, April 28th. If you missed the day, you can take items directly to the station, 1123 Lake Street.



Thanks to Paralee Gates, Anita Porter and Columbia Bank who donated to the SEEDS campaign!

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

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**"We can complain because rose bushes have thorns or rejoice because thorn bushes have roses." Abraham Lincoln**

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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Address \_\_\_\_\_ Amount \$ \_\_\_\_\_

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