



**“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.

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Call for more information!

# Injectors Car Club BBQ Coming Up!

Summer is finally here! That means the annual Injectors Car Club BBQ will be held on *Saturday, June 16, from 11:00 – 2:00 pm*. The members will be here with some of their cars on display and, of course, a delicious BBQ!

This year, the Injectors Car Club will be holding a BBQ at Burger Express, prior to ours, on Wednesday, June 13, 2018, from 5-7:00 pm. They'll be donating the proceeds from that BBQ to our BBQ in order to supply the many items needed. During the summer, they often hold Classic Car Nights at Burger Express. Thanks to Burger Express owner, Michael Boge who volunteered to do this!

This will be the third year we have held this BBQ. The parking lot is set up with the

cooker, and several tables full of delicious side dishes and desserts. For a donation of \$5.00, you can fill your plate with a hamburger or a hotdog and cold, fresh salads and dessert. For \$1.00, you can also get a cold beverage. The proceeds will go to the food and other programs and activities at SASi! This is always a fun time, and as it's also Father's Day weekend, please bring your dads and invite your friends and family to join in! There will be outside and if necessary indoor seating provided.

New this year, live music with the band, “Mr. E”!

See you in the parking lot on the 16th!



## 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

## More Dates to Remember

6/7 Alzheimer's Support Group 1pm  
6/8 Red Hats Luncheon Noon  
6/9 Saturday Dance 1-4pm  
6/16 Injectors Car Club BBQ 11-2pm  
6/21 Alzheimer's Support Group 1pm  
6/20 Papa Murphy's Pizza Fundraiser for the DayBreak Center - 11am-8pm  
6/23 Saturday Dance 1-4pm



June's Bingo Callers are: Bruce Wendle 6/6 Marchelle Fritz 6/13  
Tina Mosher 6/20 Marty Martinez 6/27

## Executive Director's Corner: Ellen Weissman

Many years ago, when I was interviewing for teaching jobs, I was often asked if I was a good "team player." I always felt that I was, but at the time, never quite understood why they were asking the question so often because teaching is such a solitary profession.

This past two Saturdays and last Wednesday were a shining example of teamwork in action! An idea that was kicking around for quite a while became a beautiful reality! If you haven't looked into the courtyard yet, please do. Better yet, take a short walk on the patio and new pathway at the east end. Rest a while on the benches and enjoy the newly planted flowers and the smell of the cedar bark. It's a feast for all the senses!

We also have the garden boxes out along the main building south wall and the veggies are already growing



fast! (Look for the strawberry!) Both of these projects fell into place so fast and so smoothly that Anne and I are both blown away! On Saturday, May 19<sup>th</sup>, we had about fifteen "busy beavers" working in the courtyard moving rocks and getting the garden boxes set up. It was a long day, but fortunately the weather was perfect! On Wednesday, May 30<sup>th</sup>, more than 25 students from the Lake Pend Oreille High School came over and helped move more rocks and bookshelves into the Senior Center and helped clean the garage, too. Then on Sat-

urday, May 26<sup>th</sup>, more volunteers came and we finished the pathway and planted the vegetation. Kudos especially to Mark and Lorrie Stockwell for taking this project to full throttle! Near the end, we realized that we needed to switch places of a bench and a large planter box. Lo and behold, two friends of Mark and Lorrie's came by right then and helped us move them! Divine timing!! It really takes a village! None of us could have accomplished these tasks by ourselves!

We also have a great example of teamwork on Bingo Wednesdays! Concessions are in full swing now and it's bringing in more money for SASi! The Wednesday morning plastic bag folders are another example!

Thanks everyone!

Now, that's teamwork!! *ellen*

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## DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program  
Coordinator

We did it! We did it! Have you seen the new courtyard landscaping? It is a wonderful transformation. It was so amazing to see how it all came together with help and donations at just the right times, beginning with a simple wish. Early last fall, a couple of new volunteers joined our team at DayBreak Center, Mark and Lorrie Stockwell. Lorrie began helping with our participants and Mark was looking for a special way he could help. I mentioned one day as we were looking over the premises that I would like to find a way to redo the courtyard garden beds, that the rocks were dangerous to walk around on and that I would like to see more of a garden with a walking path. Mark did some research, found and wrote an application for the Lois Wythe Native Plant Grant which we received from the Kinnikinnick Native Plant Society at the end of 2017 and we started planning.

So many people and businesses stepped up with critical and timely assistance. We had the most amazing help from so many volunteers for the labor and with a big push at the end of May, the hard work is done. We love the new courtyard and are looking forward to many fun times out there! Ted kicked it off yesterday by bringing his bagpipes to fill the space with music, and Lorrie helping Ted and Gary plant pots of flowers. Over time, the gardens will be added to and will take a few seasons to really fill in. I am so grateful for each and every person, group and business who stepped in and helped us create this lovely space. Thank you all so very, very much. A dream come true!!

On another note we have another Papa Murphy's Pizza fundraiser for the DayBreak Center Family Assistance Fund on Wednesday, June 20, 2018. Our fund is in good shape right now, but is being used every month to help participants attend and we will always need to find ways to continually add to it. So enjoy a pizza on our pizza days and know you are helping.



See more pics on page 5! 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](http://www.alz.org) [www.alzwa.org](http://www.alzwa.org)

~~~~~  
*Save the date! Yum!*



Wednesday, June 20th  
11am - 8pm  
Pick up a coupon at SASi!



### 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 — “Cherokee” Jim Muskrat

This month, we are featuring “Cherokee” Jim Muskrat. Jim was born and raised in San Francisco, CA. He lived with his parents, 2 brothers and 4 sisters. He went to school until 17, and was encouraged to join the military by his father. So off he went into the Army, in the Military Police for 7 years and in the Reserves. Jim met and married Kay Maureen Fowler in 1962 in San Jose. Jim got his first truck driving job and continued to drive as his career for the next 42 years.

They came to Sandpoint on a vacation in 1978, saw how beautiful it was here and that was it. They sold their house in California and moved here with the family.

Jim worked in the early years at Lite House driving all over the country for 5 years. Then he drove for Consolidated Freightways for 18 as an over-the-road driver. He would drive for 5 days and go home for 2 days. He retired from that and ended up working for Wes Olsen Logging for 5 years. He “pulled the pin” and retired at 53.

Jim and Kay had 4 children and now have 9 grandchildren and 7 great-grandchildren.

When Jim was 10 years old, his mother told him

his biological father was a 3/4 blood Cherokee. Jim ended up meeting his father the next day which was a life changing event. He ended up getting to know him and became involved in his family and the Cherokee Nation.

He and his wife are fully retired and enjoy living in Sandpoint. Once a year, he and others do a military display at the library. He likes to garden and likes to collect WWII memorabilia.

Jim also rides his Harley and loves to get on the road.

We met Jim when he came in to get his taxes done

and sent faxes for him also. He and his wife, Kay, are now planning to come and spend some time at SASi!

Welcome, Jim and Kay!



## “Happy Birthday to YOU!” June 2018

Carol Johnson 6/4  
Doris Nuss 6/4  
JoJo Baker 6/7  
Marilyn Dillon 6/8  
Wes Roche 6/10  
Debbie Knowles 6/14  
Darlene Lyon 6/14  
Bruce Wendle 6/19



Nancy Savage 6/19  
Maxine Kock 6/29  
Barbara Overholt 6/30  
Vickie LaBelle 6/30

*Birthday Thursday is June 28th  
Welcome and join us for cake  
and ice cream!!*

## Mary’s Munchies: Quick Apple Cranberry Pear Muffins

1 pkg. Pillsbury Apple Cinnamon Quick Bread Mix  
3/4 cup buttermilk

3 tablespoons oil

1 egg

1 cup fresh or frozen cranberries, thawed

3/4 cup coarsely chopped walnuts

1 large firm pear, peeled, cut into 1/2 – inch pieces

1. Heat oven to 400° F. Line with paper baking cups or grease 18 muffin cups. In a large bowl, combine quick bread mix, buttermilk, oil and egg. Stir 50 to 75 strokes with spoon until mix is

moistened. Stir in cranberries, walnut and pear.

Spoon batter into paper-lined muffin cups. (Cups will be full).

2. Bake at 400° F. for 18 to 25 minutes or until golden brown. Serve warm or cool.

Will make 18 muffins.





## Garden/Work Days A Success!

On Saturday, May 19, 2018, volunteers gathered in the DayBreak Center's courtyard to begin the new landscaping project. With a grant from the Lois Wythe Fund of the Kinnickinnick Native Plant Society, plants were purchased. Volunteers moved the many rocks in order to make new pathways and to



plant flowers. Along the SASi Center south wall, we also placed the vegetable planters that will grow lots of good produce this summer. A group of students from LPO High School came over to help with shoveling dirt into the courtyard, and also helped with some moving



of bookcases in the offices. They along with other volunteers were able to get a lot of heavy physical work accomplished. DBC Program Coordinator, Anne Haynes, along with Mark Stockwell worked alongside the students.



We nearly doubled the usable space in the courtyard! Thank you all!



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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 still have two metal electric beds with one air mattress available. Please call us at 208.263.6860! Thank you donors!



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## Volunteers Tea continued...

## Grants awarded to SASi...

On Friday, May 18, 2018, we held our annual Volunteer Appreciation Day Tea. Approximately 45 guests filled the dining room to come and be recognized for all of the valuable time the volunteers have given over the past year. The lists included the drivers who go out each day to deliver the Home Delivered Meals, the people who help to serve lunch to our participants in our dining hall, those who help during our fund-raisers, our SASi board members, DayBreak Center volunteers, organizers for the Saturday Dances, Bingo nights, classes, "plastic bag folders," AARP Tax Preparers and those who help in other ways.

After Executive Director, Ellen, gave out their certificates and goody bags provided by Humana's Chris Murphy, we enjoyed a 6 foot long sub donated by Mr. Sub, and delicious home baked mini cupcakes which were frosted with the colors in our logo! They were donated by Linda from Joe's Philly Cheesesteak. We also had a fruit tray and vegetable tray to add to the delicious food. We want to thank both restaurants for donating to this event!! Once again, thanks to all of the volunteers who give so selflessly of themselves during the year. We truly would not be able to cover all of the areas when the occasion arises!

If you think you might like to become part of the volunteer group, please come in or call us at 208.263.6860. Our Volunteer Coordinator, Adele Martin, would also like to talk with you about potential volunteering opportunities.

Number of hours tracked by our volunteers: 24,565

Per hour rate of value (as delineated by the Area Agency on Aging): \$20.97

*Total Value of our SASi volunteers!!!!*

**\$ 515,113.79**  
**WOW!!**



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Thank you so much!



*Saturday Dances, June 9th & 23rd,*  
1-4 pm.  
Potluck lunch! Music by "Country Plus!"



**Every Wednesday 6 pm**  
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**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!



# THANK YOU, THANK YOU, THANK YOU!!

THANK YOU SO MUCH to our community and regional supporters!

SASi has recently been awarded grant money from the Community Assistant League ("CAL"). The grant money will go to repairs to the steamer used daily in the kitchen. Funds have also come in from the Angels over Sandpoint for new pots and pans, the Idaho Community Foundation and Betty Ann Diehl Greatest Need Fund for Bonner County and the Forever Idaho North Fund and the Equinox Foundation for food, the Selkirk Association of Realtors for repairs to the dishwasher. The William Wishnick Foundation also sent a large donation for the SEEDS campaign bringing the total to date at over \$13,000! Thank you to all of our supporters who help with their large and small donations!

Thank you so much! Every penny helps!!

THANK YOU SO MUCH to the following donors and folks who helped with the Garden projects!

Kinnikinnick Native Plant Society & KNPS Landscape Committee; Home Depot; Bob & Jill Wilson, Cedar Mountain Perennials; Frank Linscott, Linscott Sand & Gravel; Jeff, Linda & Jack at Jack Hester Excavation; William Friedmann & Adam, Ponderay Garden Center; Mike Mooney & Nancy Kee, Andrew and Bev Kee, Lou Goodness, Loris Michaels, Leslie Marshall, Mary Jacobson, Gary and Denise Williamson, Rick and Kim Snodgrass, Milena Lyons, Jim Haynes, Ty and Heather Ybaben, Esther and Larry Inselman, Chuck & Sue Haynes, Ken Ritchie & Detention Center crew, Students at LPOHS, Principal Geoff Penrose, Teachers, Luke Childers & Stacey Mitchell, Lorrie Stockwell, Jill Trick, Suzi Yeager, Sandy Williams, Jim Haynes, Chuck Haynes, Bob Aldrich, Jennifer Ball, Donald Kass, Judy & Daryl Baird, Randi & Charlie Lui, Jacey Lawson, Juliette Marler and especially to Mark Stockwell and Ron & Nancy Jenkins for heading up the projects!



Thank you to the poll workers! SASi's own, Sandy Roberts, Evelyn Brabender and Linda Andis! (Not pictured, Lee Christensen.) What a pleasant surprise to see them hard at work for our community!



Need a rock? Want to paint rocks for a fundraiser? Help yourself!

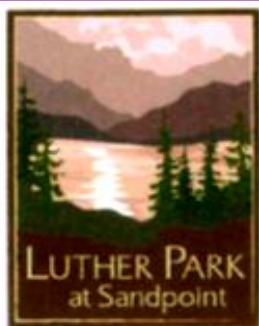
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Thank you to the Bonner County Coalition for Health for a grant for our garden boxes!

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

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**We have two board openings! Interested? Let us know!**

**"Each fairy breath of summer, as it blows with loveliness, inspires the blushing rose". Author Unknown**

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

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