



## **“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](http://www.sandpointareaseniors.org)  
[sandpointareaseniors@gmail.com](mailto: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 day time elder care  
or a meal delivered  
to your home?

Call for more information!

# Summer is here! Enjoy the Fourth!

Happy to say Summer has arrived! With the Fourth of July here, please remember SASi will be closed on Wednesday, July 4, 2018, so please have a safe and happy holiday! Also, no Bingo on the 4th!

Even though it's summer, we are open for our usual activities. Come and have lunch with us Mon-Thurs. at 11:30am, and on Friday we have a breakfast at 8:30am. We have card groups, line dancing, Bingo, Saturday dances, and sometimes a casino bus trip. We are also planning a trip on the Shownodese which will take us out on the lake to enjoy the breathtaking views! More to come on this outing!

Come and join us on Bastille Day (“French Independence Day”) Saturday, July 14th from 3-5pm for a fun filled time. Partnering with the Bonner County Food Bank, we will be hosting an “Empty Bowl” ice cream social. For \$10.00, you can get an Edible Bowl with French Vanilla Ice Cream and Ghirardelli Chocolate Brownies. For \$20.00 you can join in the “Make It Like

Monet” art activity and the French “Escargot Hopscotch” for the adventurous.

The fundraiser will be held in the DayBreak courtyard and everybody is invited! The proceeds from this event is going to SASi programs, and also to the Bonner Community Food Bank to help replace their delivery/pick-up van.

Save the date for the next casino bus trip! On Monday, July 16, 2018, from 8:30-4:00 pm, the bus will pick you up at the Senior Center and bring you back. You will enjoy several hours of time playing on their machines, have lunch, or if you would like to, have one of their spa treatments. If you wear one of their t-shirts that day, they will add points to your play time.

Feel free to invite friends and make it a full, fun day! There is no charge for this. For more information, please call Emmy at 208-263-6860. The sign up sheet is on the front desk. If you are going for the first time, please fill out the attached Coyote Rewards application. Thank you!

### **Weekly Activities**

Monday: Line Dance Group 12:30 pm

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

Wednesday: Bag Folding 10am  
Bingo 6pm  
Laughter Yoga cancelled until  
further notice.

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

### **More Dates to Remember**

7/4 Fourth of July – SASi Closed  
7/5 Alzheimer's Support Group 1pm  
7/13 Red Hats Luncheon Noon  
7/14 Saturday Dance 1-4pm  
7/14 Bastille Day Ice Cream Social  
3-5pm SASi Courtyard  
7/19 Alzheimer's Support Group 1pm  
7/28 Saturday Dance 1-4pm  
7/30 Widows Helping Widows 10am



July's Bingo Callers are:

Marchelle Fritz 7/11, 7/18, 7/25 (No Bingo on the 4th!)

## Executive Director's Corner: Ellen Weissman

We all know what a great town we have here! And I love how the folks who move here are always looking for a way to improve things! Two of those people who came to Sandpoint are Ron and Nanci Jenkins. They worked together (and later married) in Colorado when Nanci's daughter, four year old Jacey, had a life threatening disease. Their friends rallied around the family and founded Jacey's Race, a non-profit organization that helps kids with cancer or other life threatening illnesses. Jacey is now a senior at college and cancer free. After moving here 13 ½ years ago, she and her family decided to organize the race here after seeing a need and wanted to "pay it forward" to help other area kids. This year's Jacey's Race is on Sunday morning, July 8<sup>th</sup>! Go to <https://www.jaceys-race.com/> for more information.

Nanci also works for Panhandle



Health and started the Bonner County Coalition for Health which meets monthly at BGH. Through this group, we were able to get the garden boxes which are on the Senior Center south wall. Community gardens at the local elementary schools and the food bank have also "sprouted up" with funding from the BCCFH.

Now the group is taking on another community task. A community wide effort has started with the Bonner County EMTs to map all of the defibrillators in the area. We have one here at the Senior

Center. In addition, Dr. Jenkins and Bob Abbott from the Bonner County EMS office have started a project to increase CPR training so that more people will know what to do in case of emergency. Seattle has one of the highest survival rate from heart attacks because there are so many people there who know CPR. We want to reach that per capita rate here as well! If you'd like to be trained in CPR, let us



know or call the county EMS office!

Hope you are enjoying your summer!!

*ellen*

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## DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program  
Coordinator

Need a summer reading list? Are you worried about memory loss or Alzheimer's? Are you willing to look outside the box for ideas? I personally believe there are triggers that begin a disease process. I am always on the lookout for what those might be and what might undo that first domino that falls, spiraling us into disease. And I personally believe that the body is made to be self-healing given the correct care. The hard part is figuring out what that is.

One way we can continue to help people who are dealing with dementia in some form is by constantly sharing ideas and information. In the last half of 2017, three books were published which give some hope to the idea that perhaps Alzheimer's disease can be prevented and even in some cases reversed. Wow, if true!! They are:

"The End of Alzheimer's" by Dale E. Bredesen, M.D., published 2017.

"The Alzheimer's Solution" by Dean and Ayesha Sherzai,

M.D., published 2017.

"Memory Rescue" by Daniel G. Amen M.D., published 2017.

An earlier book, "Stop Alzheimer's Now" by Bruce Fife, N.D. was published in 2011, and updated in 2016. And if you really want to go out on a limb, check out Anthony William's "Medical Medium", published 2015. These authors do not accept the belief currently held by the medical community that there is nothing you can do when faced with dementia.

I have not read all of these yet and I don't have any opinions or evidence one way or another. "Lifestyle Medicine" seem to be the operative phrase. How we handle our bodies and our minds may be important and many normal things we do or don't do day to day may take more of a toll than we realize. So check then out yourself if you are interested and let me know if you hear of any successes along these lines.

Anne

On right, Denise and Gary are showing off their tandem recumbent bike! Exercise and outdoor fun are great for Alzheimer's! They are working on obtaining funding to get more bikes!

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 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 — Sue Veto

This month we are featuring a new participant, Sue Veto. Sue, along with her caregiver, Kim Broyles, have been coming for lunch for the last few months. She has been enjoying doing some coloring in our coloring books. (See photo on the next page.)

Sue was born in Livingston, Montana, where her family owned the Livingston Hardware Store. She graduated from Park County HS in 1955 and then attended Montana State College where she met her husband Vince. They eloped in 1956, and were married for 45 years. They raised 3 children in Livingston. Vince was a school teacher, and liked building things while Sue enjoyed sewing. She described them as “homebodies”.

In August, 2017, Sue sold her home in Livingston, and moved to Sandpoint. She lives with her daughter Jackie, and son-in-law, Rod, along with three dogs and a cat. Sue loves working outside in the yard and is still sewing. She makes her “baby dolls” which she sews by hand with every facial feature such as hair, eyes, eyebrows and mouth. They take about 2 weeks to complete.

Sue is always accompanied by Kim. Kim spends 3 hours a day during the week with Sue. After lunch

they have been taking walks on the beach and other activities. You can see how fond Sue is of Kim! They are always lots of fun at the table. We always look forward to seeing them at lunch.

Sue says, “Thank you for allowing me to be a part of your community. I hope that we can build strong bonds of friendship together. Please, call me Susie.”



## “Happy Birthday to YOU!” July 2018

7/3 Del Wood  
7/6 Mary Jacobson  
7/10 Elara Reynolds  
7/11 Lea Soltis  
7/17 Sheila Vetter  
7/20 Ernie Belwood  
7/22 Judy Herling  
7/22 Norma Pierce



7/27 Ron McCormick

*Come and have cake and ice cream on Thursday, July 26, 2018.*

## Mary's Munchies: Fresh Strawberry Upside Down Cake

### Ingredients:

- 2 cups crushed fresh strawberries
- 1 (6 oz.) pkg. strawberry flavored Jell-o mix
- 3 cups mini marshmallows
- 1 (18 oz.) pkg. yellow cake mix, batter prepared as directed

Add all ingredients in list.

### Directions:

1. Preheat oven to 350° degrees.
2. Spread crushed strawberries on bottom of a 9 x 13

inch baking pan. Evenly sprinkle strawberries with the gelatin powder, and top with mini marshmallows.

3. Prepare cake mix as directed, and pour on top of the marshmallows. Bake in the pre-heated oven until a toothpick stuck in center of cake comes out clean. Bake for 40-50 min. Cool cake in pan for 15 min. Run a knife around the edges to loosen the cake. Turn the cake out onto a serving tray. Store cake in the refrigerator. Serve with whipped topping!



## New activities!

Our conference room/library has become an art studio and game room, too! Kim Broyles and Sue Veto (our Senior Spotlight on page 4) are seen here coloring masterpieces! Below, at 92 years young, Libby Weber is enjoying Rummikub and looking for more players! Anyone interested?!







### Bastille Day

"Empty Bowl"  
Saturday, July 14, 2018  
3pm – 5pm  
**Sandpoint Senior &  
Daybreak Center  
Courtyard**  
820 Main Street




French Vanilla Ice Cream & Ghirardelli  
Chocolate Brownies

In Edible Bowls

"Make It Like Monet" Art Activity

French "Escargot Hopscotch" for the  
Adventurist!

\$10 - \$20



Benefit for the Sandpoint Area Seniors, Inc.  
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## 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!



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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## Injectors Car Club BBQ was another success!

On Saturday, June 16, 2018, the third Injectors Car Club BBQ was held for another successful fundraiser. About 150 tickets were sold for the delicious BBQ which included hamburgers, hot dogs, and plenty of side dishes and desserts. Along with the food, they brought along a display of cars, and this year we were serenaded by the music of the Mr. E. band. The weather was good and everyone's spirits were happy. A very happy guest, Joy Mott won \$69.50 in the 50/50 drawing! She's a member of the Injectors, so that was a great thank you to all of them!

By the end of the 3 hour event, there wasn't much food left over. People packed up and left full and happy!! All proceeds from the BBQ go to benefit the important food programs and other activities that go on at SASi everyday. We've already planned for next year on Saturday, June 16! See you then!



Thank you, Linda Dallmann (l) for helping to organize the great BBQ! And Bronwen Vetromile (r) and all the other Injectors for dishing out a feast! And thanks to Michael Boge at the Burger Express for the pre-BBQ party!

Thanks also to the "Mr. E" band who joined us this year for the first time! They are awesome! A perfect blend of soft rock and bluesy jazz! Great dancing music!

Over \$1100 was raised! Thanks sooo much!

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[www.sandpointareaseniors.org/community-support/](http://www.sandpointareaseniors.org/community-support/)



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For the serving area, new oven.



Thank you so much!



*Saturday Dances, July 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 \$20/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 also on our website at [www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)!



**THANK YOU, THANK YOU, THANK YOU!!**



Indoors, the dining hall kept folks out of the wind at the BBQ and provided a great place to socialize!...  
...And then everyone was gone!



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Thank you to Walmart for donating our stepping stones that make a path from behind the garage to the parking lot! A "young buck" volunteer is coming to help put them better into the ground so they won't wobble!



# Donors

**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!**

**"America... it is the only place where miracles not only happen, but where they happen all the time." Thomas Wolfe**

**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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