Volume 5 Issue 8
August
2018



"SASi" SANDPOINT 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 \$8.00 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/T/W.

Please call ahead for reservations, 208.263.6860.

Need daytime elder care or a meal delivered to your home? Call for more information!

Come to the Fair, Lee's birthday party!

The summer is fleeting by but not before the fair and other fun activities go on. The Bonner County Fair is being held from Wednesday, August 8, through Saturday, August 11, 2018. This year we will be having a booth inside the hall with volunteers helping to provide information about SASi, and will also be having small groups doing demonstrations of Line Dancing and Bridge. We will be needing volunteers to come and sit for 2 hours. We are now putting together a schedule and would love to have help during these times. We'd like to have 2 volunteers during each time space. You are welcome to invite a friend to join you. The times begin in the morning when the Fair opens up and throughout the afternoon. Please call to find out what times are available. For more information, please call 208-263-6860.

At the end of August, on Wednesday, August 29, 2018, from 5:00 pm, we will be hosting an event called "Business After Hours" with the Sandpoint Chamber of Commerce. The different businesses will be invited to come over to SASi in order to see the kinds of things we do here. We will be serving goodies and the event will take place in our newly expanded courtyard. This is a monthly event and a chamber participant volunteers to hold one of these "5:01" events at their place of business.

There is going to be a very special event held on Friday, August 17, 2018 for our friend Lee Christensen. Lee will be celebrating her 80th birthday. Lee has decided to have a birthday party at our annual summer party held at Donna Peterson's place. Lee has booked the Taco Tacos food truck to be there and is supplying tacos for everyone! Festivities will begin at 5pm. Bring your own chair and beverages. This is a very nice gesture on Lee and Donna's part! If you would like to join in, please call SASi and RSVP and we will provide directions.

Salad Bar is coming to Tuesdays! See page 5 for more information!

Weekly Activities

Monday: Line Dance Group 12:30 pm

Tuesday: Rummikub 9:30am

Bridge 12:15pm Pinochle 12:15pm

Wednesday: Plastic Bag Folding for the

Food Bank 10am

Bingo 6pm

Laughter Yoga cancelled

until further notice.

Thursday: Pool Players 9am

Wii Virtual Games 10am

EMS Blood Pressure Checks

10am

More Dates to Remember

8/2 Alzheimer's Support Group 1pm

8/8-8/11 Bonner County Fair

8/10 Red Hats Luncheon Noon 8/11 Saturday Dance 1-4pm

8/16 Alzheimer's Support Group 1pm

8/17 Lee Christensen's Birthday Party

at Donna's catered by Taco Tacos, 5pm

8/18 Saturday Dance 1-4pm

8/24 Board Meeting 10:30am

8/27 Widows Helping Widows Group

10am

Bingo Callers are: Marty Martinez 8/1, 8/8, 8/22

Marchelle Fritz 8/15, 8/29



Executive Director's Corner: Ellen Weissman

We just never know who or what may come through the doors at SASi! Recently, we were blessed with bouquets of flowers from Shakura Young, Mike Ross and three young future seniors, Sage, Isadora and Madelina! Isadora grew the flowers from seed! What an achievement and delightful surprise!

Months ago, when Robert Hutchinson came in to use the tech lab, I had no idea what a wealth of information would be entering my brain or what challenges we all might encounter.

When someone encounters the word "homeless," all sorts of visions appear in the mind. That's one of those situations that you don't want to ever imagine yourself in, so I believe we don't want to think of it at all! If we acknowledge that someone else could be homeless, then it



could happen to us as well! And since many people live only a couple of paychecks away from hardship, then it hovers in the realm of possibility.

So Robert's situation brought new awareness of services in the area for Veterans and just how acute the housing shortage is in our community. We were able to see the generosity of folks like Pastor Andy Kennaly of the First Presbyterian Church and the Vets assistance program at Goodwill Industries.

Robert's mood fluctuated as to

how hungry and/or tired he was on any given day. That's something everyone can relate to. Some days we were all pressed to stretch our patience with him! He fully admits he got pretty testy at times! (See page 4.) But I think we are all richer for the experience and grateful he has a new home!



Thanks for the gorgeous flowers, future seniors!

ellen

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DayBreak Center: Anne Haynes

Anne Haynes

Program Coordinator

A daughter dropped her mother off at the DayBreak Center the other day. She told me later that her mom had been "off" and foggy that morning. She wasn't sure how the day would go but brought her anyway. She was pleased to find her mom alert and "totally recovered" from her morning fog when she picked her up a few hours later. She says having her mom at DayBreak is like getting a transfusion for "social interaction anemia". A fun choice of words for what we do here.

I can't tell you the number of times family members relate how much more clear and interactive their loved ones are after spending time at DBC. This is their loved ones who need care, but it is so difficult to keep up the stimulation and interaction when you are on duty every hour of the day and often many hours at night. At DayBreak, we can focus completely on our participants and keep the energy up while they are there, finding activities they can do and keeping them mentally and physically active at home as well.

This same daughter is caring for her mom for the summer to give the husband a break for a season. She had questioned me before her mother arrived about what we could offer should she need some help and has been bringing her mom a few times a week. They are both happier and better for it. Please help us let people know how much difference DayBreak Center can make.

On another note, our courtyard keeps getting better and better thanks to Mark and Lorrie Stockwell. There are fun identifying markers for the plants. Mark cleaned and stained three of the benches and they look wonderful. Lorrie tends and waters and has added new plants. Come visit and take a look. We sure enjoy it!!

Anne



Activities vary at the DayBreak Center! On right, Bingo is a brain teaser! Above, Anne and Randy enjoy the new courtyard walking path and bench area.

Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's and memory challenges

Hours: M-Th ~8:30am - ~5:30pm

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 Griffitts, 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



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Medicare Open Enrollment is October 15th - December 7th ACA Open Enrollment is November 1st - December 15th

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Senior Spotlight — Robert Hutchinson

Several months ago, we began to have a man coming in to use our computers and we found out that he had been living "homeless." He would come here early and stay until closing. He would go out into the community and find a place to sleep for the night.

His name is Robert, and soon after he began coming to SASi, he went back to his native Hawaii to reconnect with family members. Within a matter of weeks, Robert came back to Sandpoint and wanted to get a place to stay, feeling more at home here. This is his account about his journey through his homelessness: "Living here for almost 15 years, I never thought this could happen to me. When people first meet you and hear you are homeless, they get different towards you. Some don't know what to say. When looking into organizations that might be able to assist with finding places to live, I have come across many who do nothing or mostly "Pass the buck." As weeks went by, I was getting to know the staff at SASi. The director, Ellen, became very helpful in assisting me in finding somewhere to live. Connections were made with some veterans group, particularly through Goodwill. They were able to find an available apartment for seniors. On July 9, 2018, I was given the key to

my new place to live! The veteran's assistance program with Goodwill and a thrift store for vets in Post Falls was able to provide help with a few months of rent and furniture.

So many kind people played a part in my journey who I will forever be grateful to. First, many thanks to Ellen and her staff for putting up with my sometimes less than happy moods. I also want to thank my new friend, Lee, for letting me stay at her place when she was away. Also Ben and Lori from the Veterans program through Goodwill and the people at various places in town who allowed me to rest a bit and have a cup of coffee when needed. And the anonymous people who would offer me cooked food even when I

had nowhere to cook. As part of my gratitude, I want to thank all of you in Bonner County who stayed strong for me! People need a place to rest and be nourished no matter what their circumstances are!!



"Happy Birthday to YOU!" August 2018

Rosemary Eckel 8/1 Bill Cecil 8/9 Wilbur Shaffer 8/13 Willemina Siems 8/14 Myrna Payne 8/15 Lee Christensen 8/17 Sally Sacht 8/17 Ella Vizena 8/18



Ken Colin 8/21 Loris Michael 8/21 Heidi Smith 8/21 Vegas Hinrichs 8/22 Blaine Sisson 8/23 Sharon McCormick 8/27 Pam Crawford 8/28 Bob Morley 8/29

Mary's Munchies: One-Pot Caesar Chicken Pasta

1 carton (12 oz.) Progresso Chicken Broth

8 oz. angel hair pasta, broken in half

2 cups chopped cooked chicken

1 1/2 cups small fresh broccoli florets

1/4 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon pepper

1/2 cup refrigerated creamy Caesar dressing

1/4 cup shredded Parmesan cheese

- 1. In 4-5 quart Dutch oven, add chicken broth, pasta, chicken, broccoli, garlic powder, salt and pepper.
- 2. Heat to boiling over medium-high heat. Reduce to medium, cook 8 to 10 minutes, stirring occasionally, until most of liquid is absorbed.
- 3. Stir in Caesar dressing, cook 1 to 2 minutes longer or until heated through. Remove from heat, stir in Parmesan cheese. Serve with additional Parmesan cheese, if desired. Makes 6 servings.

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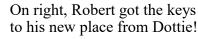
More about Robert...Adding Salad bar on Tuesdays!

Do you see the photo below? At the top of the picture is a plate with salad from the salad bar. The salad bar has been a tremendous hit since its beginning four years ago. There have often been requests to add it on Tuesdays and the Board passed a motion at their last meeting to give it the green light!

Please give Tim a shout-out for fixing the fixins!











Do you know a vet who needs assistance? There are several programs in Sandpoint that can help vets and spouses!

No one should be homeless or without food! Please ask for more information!

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We have been receiving and lending out/selling several hospital beds recently! Do you need one? Or have one to donate? We still have three metal electric beds with one air mattress available. Please call us at 208.263.6860! Thank you donors!



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Bastille Day fun!

On Saturday, July 14, 2018, SASi along with the Bonner County Food Bank put on a Bastille Day (French Independence Day) event in our newly expanded courtyard. People came and enjoyed an edible chocolate bowl filled with French vanilla ice cream and a variety of toppings. There were also art activities and Annie Welle entertained the group with music on the keyboard. This was a joint fundraiser for SASi and the Bonner Community Food Bank each bringing in \$150. Debbie Love, director of the food bank has been raising money to replace

their delivery van which had been in an accident. Thank you to the folks who came and especially to Nannette Heintzelman, James Harris, Emmy Keiser, John Larabee, Dean Miller, the Love family and Food Bank board members Berta Bagley (and her husband, Rick!) and Roz Holland and SASi Board Member Dorothy Kohne for helping out!









ADVERTISERS WANTED!

In this newsletter! On the SASi website! Call for rate information, 208.263.6860.

Thank you generous supporters!! Find names and logos from donor organizations at www.sandpointareaseniors.org/community-support/



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Napkins, Snow shovels, Ice-maker, Rakes, Brooms, A million dollars! For the serving area, new oven.

Thank you so much!



Saturday Dances, August 11th & 25th, 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!

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THANK YOU, THANK YOU, THANK YOU!!

Recent grants have been a great blessing for SASi!

Equinox Foundation: \$13,500 for food and \$1500 for Ipads and art supplies for the DayBreak Center.

Inland NW Community Foundation, now known as the Innovia Foundation: "Let's Eat, Grandma, not "Let's Eat Grandma!" \$15,000 for food.

Selkirk Association of Realtors: for repairs on the small dishwasher.

Alzheimer's Foundation of America: \$2500 for the Family Assistance Fund to provide financial assistance for families in need to attend the Day-Break Center.

We've just submitted an application for the Idaho Food Bank Association for \$5000. Cross your fingers!

These grants are wonderful and we are incredibly grateful for the support from these organizations! However, this does not mean that we are flush! Our small reimbursement amount from Area Agency on Aging recently got smaller for our Congregate and the Home Delivered Meals. We will have to raise about \$9000 more to make up

the difference! We also recently found out that we are required to collect sales tax on the meals we sell to folks who are under 60 years old and not part of the Senior Nutrition Program. So the board of directors recently voted to adjust the price of those meals to \$8.00 to cover the tax. (The price remains \$7.50 plus the tax.) Keep in mind that it's hard to get a full course meal with dessert and salad in town for \$8.00!

Please feel free to ask questions about any and all of this information!





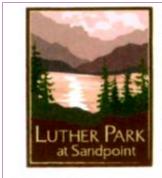
Gayle Williams came back for a short visit! So good to see her!

More and more bridge players are coming to SASi! Awesome!

And the garden boxes are quite plentiful! Anyone want to make pesto?!



1123 N. Division Street, Sandpoint, ID 83864 208.263.1524 www.thebridgeatsandpoint.com



Nora Horn
Sales & Marketing Manager
NoraHorn@ecumen.org
Phone (208) 265-3557
Fax (208) 265-8880
510 South Olive Avenue
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We have two board openings! Interested?
Let us know!

"The aim of argument should not be victory, but progress." Marquee at Boundary Tractor Company, Bonners Ferry

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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