



## “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 \$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!

## New Season and Elections!

Hard to believe we are entering the last month of warm, summer days and nights. Despite the smoky skies, we enjoyed fun at Lee's birthday party, and just being happy for warmer weather.

As we move into the late summer, we are planning some new and interesting activities for those of you who want to join in.

Beginning Thursday, September 13, 2018, there will be an art class called, Portrait in Clay. Local sculptor, Mark Kubiak approached us recently and wants to teach this technique which will take 10 weeks beginning on Thursday, September 13, 2018, from 3:30-5:30pm at SASi. There are 10 spaces available for this class. There is no charge for the class. Your finished art piece will be fired and beautiful!

We are again going on the SPORT Train ride on Sunday, September 30, 2018, for the 3:00 pm ride. This will be the second time we have gone on this train ride. It leaves from Newport, WA, and goes to Dalkena, WA where it

turns around and goes back to the depot. It's a scenic ride and is usually packed with other riders. The group will meet for carpooling at SASi at 1:15pm where you can either drive or go along with another. With this daytrip, we need to have a pre-pay of \$15.00 which will ensure your ticket. Sign up before September 12th with Emmy or Ellen.

It's the fall and here we go again! Three positions are open on the Board of Directors and so far, we only have Dorothy Kohne running. Our by-laws specify between 5 and 9 members, and this year, we have been operating well with 7 board members.

So, if you are interested in joining a fun group who care dearly about our programs, let us know soon! Letters of intent are due Wednesday, September 12th and the public forum will be after lunch on Wednesday, September 19th followed by voting till the 26th.

For more information on any of these items, please call the office at 208.263.6860.

### 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

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

Bingo Callers are: Marchelle Fritz 9/5, 9/19  
Marty Martinez 9/12, 9/26

### Dates to Remember

9/3 Labor Day – SASi Closed  
9/6 Alzheimer's Support Group 1:00pm  
9/8 Saturday Dance 1-4:00 pm  
9/13 Portrait in Clay Class, with Mark Kubiak – 3:30-5:30pm  
9/14 Red Hats Luncheon Noon  
9/19 Papa Murphy's Fundraiser for DayBreak's Family Assistance Fund  
9/20 Alzheimer's Support Group 1:00  
9/22 Saturday Dance 1-4:00 pm  
9/24 Widows Helping Widows 10:00am  
9/30 SPORT Train Ride 3:00pm, leave SASi at 1:30pm  
10/6 AARP Driver Class, 9:00am



## Executive Director's Corner: Ellen Weissman

This has been a month of a steep learning curve! Losing two thirds of our kitchen staff within two weeks of each other meant we all had to pitch in and do what needed to be done in order to do what is one of our primary reasons for existing — to feed our elders!

I have gained a renewed sense of respect for chefs and restaurant staffs! Even though I've been here a while now and have experience in managing a Food Coop grocery store and worked in a very small and fast kitchen in a Greek café, helping in our kitchen has taught me a lot. Our situation is a lot like a catering business. We are putting out the "in-house" meal that most are familiar with, but before that happens, we are also preparing meals for our home-bound recipients. In addition to those meals, we are preparing meals that will go in the freezer to be sent out for the weekends. The HDM (Home



Delivered Meals) recipients usually receive seven meals a week, so we often are preparing something entirely different from the menu for the extra days. (2000+ meals/mo.!)

On top of the preparing the meals and salad bar and side salads, keeping track of what is in stock and what needs to be ordered is another big job. Knowing what is on hand at any given time is a job in itself! "A place for everything and every thing in its place" is a great maxim to follow when you have enough room for everything! We could easily push out the back wall and double the size of the walk-in freezer!

So thanks, everyone, for your patience! Although Annie has lots of cooking experience, it's hard to fill the shoes of someone who learned on the job over 10 years. Every day is getting easier!

And a big shout out of thanks to Shakura and Amanda for volunteering their help with the salad bar! And thanks to Bud, too, for weathering these changes!

*ellen*

p.s. I feel the need to add a gentle reminder...as we change seasons, we will be having folks leaving or returning and we are getting "newbies" every day. Please be welcoming and remember, we don't have reserved seats unless you are over 90! Please come early if you are meeting folks you want to sit with. Thanks!

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## DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program  
Coordinator

Have you heard the new phrase going around lately that “sitting is the new smoking”? Some studies are showing that sitting for many hours can contribute to a variety of health problems. I guess the question today is “which one is worse?” I have been struggling with wanting to be outside and moving more during these longer end of summer days, yet feeling like I need to stay in to protect my lungs from the smoke. I am often too sedentary when I stay in and being sedentary is a habit I am actively trying to avoid, one which I think creeps up on many of us as we age.

The smoke has been keeping us inside at DayBreak Center also. Somehow it seems harder to stay in when the sun is out and it is warm. We all get a bit restless and we are missing being out in our wonderful patio area. In winter we know going out is not usually an option, so we don't worry about it and do find things to do. This just feels different. But we do find things to do. We bring outdoor games like Ladder

Ball and rubber Horseshoes inside. We have people walk around indoors between activities. Last week we did a bit of Qi Gong to get our energy going and people enjoyed that. Aretha Franklin, the Queen of Soul, passed away last week so we pulled up a playlist of her songs and suddenly had a spontaneous dance session going.

Finding ways to stay moving and stay engaged is what we strive to do at DayBreak. It's big reason our participants often fare better mentally and physically when they attend our social center rather than stay home day after day where they may not be as active. This holds true for all of us. Keep moving everyone, indoors and out! Stay engaged! Viva la life!

Anne

Activities vary at the DayBreak Center! Below, Marge had fun planting herbs in the courtyard planters!



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)



Pineapple chicken was a recent hit! Join us for lunch, 11:30 Mondays - Thursdays & breakfast are Fridays at 8:30am!



### It's Time to Take a Look at Your Coverage!

Call Shahna 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 – Food Bank Bag Folders

On Wednesdays at 10:00 am, you can find a table full of ladies and sometimes a gent who are carefully folding the plastic bags you get at the food stores for the Bonner County Food Bank. Led by volunteer, Lois Scott, these volunteers have been committed to folding hundreds of bags in order for the Food Bank to put in the many food items they distribute daily to their clients.

Lois Scott, at the “youthful” age of 97, has been faithfully bringing in the bags for the volunteers. They have been setting up in the conference room from 10-11:00. When they are finished, Lois packs them up and delivers them to the food bank. She has been doing this for 6 years, first at the Bridge at Sandpoint and at SASi for the past 2 1/2 years.

The volunteers from SASi who have been helping her are (from left around the table) Paula Campbell, Shakura Young, Lolo Thompson, Wes Roche, Ella Vizona and Lois. Not pictured is Hilde Sieler.

We enjoy seeing them gather and fold the bags that we know are so needed for the food bank! If anyone would like to join them, just come by on a Wednesday morning!!

Debbie Love (on right) is Executive Director of the Bonner Community Food Bank. They go through hundreds of bags every day!



## “Happy Birthday to YOU!” September 2018

9/1 Winnie Bredy  
9/5 John Kroker  
9/7 Larry Smith  
9/11 Marchelle Fritz  
9/13 Michael Moll  
9/13 Jeannine Mills  
9/21 Tom McGhee  
9/26 Gayle Williams



9/26 Sue Veto  
9/27 Dorothy Kohne  
9/30 Leanna Murray

## Mary's Munchies: Bacon Butternut Squash Soup

2 medium butternut squash, halved, seeds taken out  
3 tsp. extra-virgin olive oil  
2 tsp. butter, cut into 4 slices  
Kosher salt  
Freshly ground black pepper  
10 slices bacon, diced  
1 small onion, diced  
2 cloves garlic, minced  
1 tbsp. fresh thyme leaves, plus more for garnish  
6 c. low-sodium chicken broth



Pre-heat oven to 400°. On a baking sheet, drizzle squash with olive oil and rub all over until coated. Place a slice of butter in each and season generously with salt and pepper.

Bake until squash is tender, 1 hour. About 10 min. before squash is finished baking, start soup: In a large pot over medium heat, cook bacon until crispy, stirring occasionally, 8 min. Drain half the fat and reserve some bacon for garnish.

Add onion until softened, then stir in garlic and thyme until fragrant.

Once cool enough to handle, scoop squash from skin and transfer to soup pot. Pour over chicken broth and season with more pepper.

Simmer 15 min. Place an immersion blender into soup and blend until squash is smooth and no chunks remain. Ladle soup into bowls and top with reserved bacon and thyme.



## “Take me out to the ball game!” Save the date!



Often, it's the participants at SASi that come up with the best ideas! We are grateful to Barbara Gooby for teaming up with Betty Overland on piano last Thursday for a baseball themed sing-a-long before lunch!

Barb brought in peanuts and Cracker Jacks for lunch-goers and everyone had a great time!

Join our sing-a-longs every Thursday!



Hungry for pizza?! Or salad or cookies?! Want to support a great program?! Papa Murphy's helps our DayBreak Family Assistance Fund by donating 9% of their sales for the day!

**Wednesday, September 19th!!  
11am-8pm**

*Thank you, Papa Murphy's!*



Folks from the Nazarene Church and Alpine Vista Apartments joined us for lunch and everyone had a ball!

## Thank you, Advertisers!! Need a hospital bed?!

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## Chamber Event a hit!

On Wednesday, August 29, SASi hosted its first "Business after Five" event. Members of the Sandpoint Chamber of Commerce were invited to come to our beautiful courtyard to enjoy refreshments and learn more about what we do here at the centers. It was a beautiful evening while members enjoyed meeting staff and two board members while being entertained by Annie Welle at the keyboard. There were also two raffles held with the prizes of a \$25 gift certificate from North 40, donated by DayBreak's Coordinator, Anne Haynes, and a nice huckleberry basket donated by Nora Horn and Luther Park. People put their business cards into a box and the winners were Michael and Nikki Hoernke from 7B Auctions and Gens Olsen from Sandpoint Computers.

In attendance were SASi Executive Director, Ellen Weissman, Anne Haynes and Board members

Ron May and Kellie Dryden. Other board members Leslie Marshall, Loris Michael, and Bruce Wendle provided fruit and meat and cheese trays. Thanks to the Chamber and all the business members who attended!



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For the serving area, new oven.

Wheel Chair Fix-it Person needed!



Snow blower person to help us in the winter!

Thank you so much!



***Saturday Dances, September 8th & 22nd, 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)!



## New Employee — Annie Welle, SASi Head Cook



We are happy to announce Annie Welle, as our new Head Cook. Annie was already working here as Salad Bar prep and dishwasher prior to being hired on for this position.

Annie is a talented jazz pianist who played for our Bastille Day Celebration in July. She'll entertain us again in the near future!

Welcome aboard, Annie!



### Defensive Driving Class is back!

Back after a long absence, there will be an AARP Defensive Driving Class held here on Saturday, October 6, 2018, at 9am. Glenn Nies will be holding the class. There will be a lunch break where you can have your lunch that you bring in. These classes can get you discounts on your insurance rates. For more information and to reserve a spot, please call 206.919.5423.

"Who won?" When asked who won the pool games Thursday morning, Lou, Charlie and Wes all pointed to each other at the same time saying, "He did!"



### THE BRIDGE AT SANDPOINT



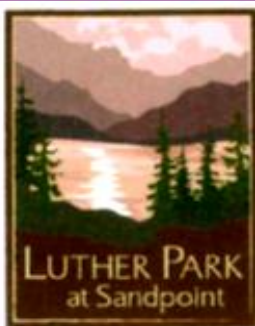
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Is there anything better than cherry tomatoes  
right off the vine?!

And the basil is quite plentiful!  
Anyone want to make pesto?!



**Nora Horn**

Sales & Marketing Manager

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

**"Age is whatever you think it is. You are as old as you think you are." Muhammad Ali**

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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