



“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!

Bonner County Gives \$20,000!

Happy October!! Where did the last few months go? Seasons are changing and Halloween is upon us. We will be having our annual pumpkin carving contest on Monday, Oct. 29 and of course the annual Halloween lunch and costume contest being held on Wednesday, October 31, 2018. Please come dressed up on that day! We always like to see the creativity of our friends.

The Board of Directors election is over and the results are in. The two people who were on the ballot have successfully won a seat on the board. Dorothy Kohne, who has been on the board is on, and Frankie Roberson, will also be serving on the board. Congratulations to them both!

Another exciting announcement is the Bonner County Commissioners have once again awarded SASi a generous amount of \$20,000.00! This money will be used for the food programs and other expenses needed for the Center. This is a wonderful gift to us, and we want to thank the

Commissioners for their continued support to the seniors in our community!

We would like to thank all of you who eat here for your patience and support during the staff changes in our busy kitchen! They have been working hard to get into a good working routine in order to get out the daily meals both in house and the Home Delivered Meals. We are happy to announce that Greg Bolen is our new cook. Greg comes from a long background of working at Senior facilities as a cook and is very knowledgeable in nutrition. His career has spanned over the past 40 years. He has worked at Life Care and many other organizations doing consulting. Please say hello to Greg when you come in!

We have booked a trip to the casino for Monday, October 29, 2018. The bus will pick you up at SASi at 8:30am and return by 4:00pm. The sign-up sheet is on the front table — this most likely will be the last one for the year! Hope you will go! For info. call 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
Line Dance Group 12:30 pm

Bingo Callers are: Marchelle Fritz 10/3, 10/17,
Marty Martinez 10/10, 10/24, 10/31

Dates to Remember

10/4 Alzheimer's Support Group 1:00
10/12 Red Hats Luncheon Noon
10/13 Saturday Dance 1-4:00 pm
10/18 Alzheimer's Support Group 1:00
10/25 Birthday Lunch 11:30am
10/26 Board Mtg 10:30am
10/27 Saturday Dance 1-4:00pm
10/29 Casino Bus Trip 8:30-4:00 pm
10/29 Pumpkin Carving! 9:30am
10/31 Halloween Lunch (costumes encouraged!)



Executive Director's Corner: Ellen Weissman

Wow! Time flies! I've said it before many times and my mom warned me about this, but really, the older I get, it feels like time is speeding up! I hit my four year mark here at SASi on September 15 and I can't believe it. When I think of all that goes on here and the accomplishments we've made, I'm very proud! From the starting gate, we dove right into helping Clark Fork get out on their own, redid the parking lot and began the website and Facebook page. We've expanded activities and our food program has grown by leaps and bounds. In four years, we have produced nearly 100,000 meals! We started the garden boxes and expanded the DayBreak Courtyard. We've had outings on the lake and Newport train recently. We've upgraded some of the interior furniture and are working on more improvements. We've had major upgrades in the kitchen funded by local



and state grants and individuals who keep us afloat. We recently received \$20,000 from the County and this is an immense help.

Some questions have come up as to how our funding works and what we spend money on. Our biggest expenses are payroll and food. We keep a close eye on the expenses (Thanks, Nancy and the board!) and are pretty close to our target on our budget. It's an old building and it's holding steady, but there are still items on the list to improve like weather stripping for the front doors. Food costs keep rising and we have

a lot of mouths to feed. So when we announce that a grant has come in, it doesn't mean that we don't need other donations! Every dollar we receive is greatly appreciated!

Something else we greatly appreciate is your patience with the staff changes in the kitchen! Some of the dishes are being prepared slightly differently and most of you have liked the changes! We're getting the timing down and hopefully, lunch will be on time from now on! Thanks so much for broadening your taste buds. *ellen*

p.s. Thanks, also, for your understanding with the delay of publication for this newsletter!

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DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program
Coordinator

A fun thing we do at DayBreak Center to keep our minds functioning is to compose a group poem, usually on the seasons. With the days getting cooler and shorter, our Monday group had fun working one out. The prompt was to think of words and phrases that come to mind when you think of the Fall Season. Everyone throws out their visions and ideas, we write them all down and then we arrange and re-arrange them line by line into a free verse poem. Challenge your friends to do one of your own. They can be funny, goofy, serious, or nostalgic. It is a fun way to be together. Here is our composition:

BE SURE YOU'RE WARM!

I look out the window and see
falling leaves,
Beautiful colors of yellow,
brown, orange streaked with red
Costumed children and candle-lit
pumpkins
Bring the Halloween spirit
Parents prepare children for trick
or treating
Pick up your rake, clean up the

leaves
Others are putting their gardens to
bed
Guys go hunting,
Wives are making soup
Partially dark days and cooler
evenings
Make us want to get out our
sweaters & jackets
After fall, winter is coming!

~~~~~  
DayBreak Center doesn't run itself and I certainly don't run it alone. It runs on the care and efforts of a variety of people and I want to take a moment to make you aware of a couple of them who make it the warm, fun and caring place it is. There are two other regular staff members beside me, Adrienne Bellucci and Denise Dombrowski. We all work together to care for our participants, and to help each other out, both for what is needed for DayBreak and also for each other when one of us has other things going on in our lives and needs time off.

These ladies care for and care about our participants and are integral to the successful day to day functioning of DayBreak Center. I appreciate them more than I can say. I'll tell you more about them next month. In the meantime, please tell them thank you for what they do the next time you see them.

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)



The SPORT Train ride was great fun!  
Dinner after was yummy!!



### 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 – Heidi & Smitty Smith

This month we are featuring a couple who have been involved in volunteering at SASi for the last 18 years. They are Heidi and Smitty Smith.

Smitty was born in upstate New York, served in the Air Force for 20 years, and then developed a lawn care business in Wyoming. Smitty moved to Idaho in 1986 resuming his lawn care business.

They were married in 1997 and relocated to North Dakota where they began delivering meals for 2 years. It was a challenge to deliver the meals due to extremely cold winters. The temperatures could be as low as 30 below zero!

Smitty and Heidi moved back to Idaho in 1999 and began volunteering at SASi by delivering the Home Delivered Meals. It was a great way to meet people and learn about Sandpoint. Heidi began teaching Kindergarten at Sagle Elementary School and she just retired after 20 years.

Now that the couple are both retired, they are also retiring from the many years of valuable service to our Center so that they can begin new adventures!

They would like to say, “We treasure all the dear people we have met that receive the meals and the staff at SASi. We appreciate the hard work and care

the SASi staff does for our community. Thank you to everyone that makes such a commitment and positive outreach to our community.”

We want to thank the both of them for their incredible commitment to reach out to others in the community and wish them all the best in their next chapter of life! We will miss you!



## “Happy Birthday to YOU!” October 2018

10/1 Beau Schilling  
10/7 George Agar  
10/7 Lois Thompson  
10/8 Joanna Fuchs  
10/11 Trudy Mendenhall  
10/13 Merrill Longpre  
10/16 Leroy Overholt  
10/18 Doris Dingman



10/19 Lary Thomas  
10/29 Ken Moore  
10/29 James Durfee

*Join us on Thursday, October 25 for Birthday Thursday for lunch, cake and ice cream!*

## Mary's Munchies: Cheesy Pumpkin Tartlets

- 1 pkg. (1.9oz) frozen mini filo shells (15 shells)
- 2/3 cup canned pumpkin (not pumpkin pie mix)
- 2 oz cream cheese, softened
- 1/2 cup shredded mozzarella cheese (2oz)
- 1/2 tsp. finely chopped fresh sage leaves
- 1/4 tsp. freshly ground pepper
- 1/8 tsp. salt
- 1/8 tsp. ground red pepper (cayenne)
- 1/3 cup freshly grated Parmesan cheese

1. Heat oven to 350°. Place filo shells on ungreased cookie sheet.
2. In medium bowl, mix all remaining ingredients except Parmesan cheese and garnish. Fill each filo shell with about 1 heaping tablespoon mixture. Top each with 1 teaspoon Parmesan cheese. Makes 15 servings. Great for appetizers!





## New partnership with SHS culinary students!

Thanks to the Culinary Program III teacher, Milena Lyons, at Sandpoint High School, three local culinary students are able to come to SASi once or twice a week for an hour. They recently helped with taking an inventory of food in our freezers. They assisted our kitchen staff with this important task. It was a good way to see how important it is to know what you have on hand in a working kitchen. They are doing a practicum with SASi for the semester and will be able to share with us what they have learned in their classes and learn new skills, possibly even preparing a meal for us in the future! The students pictured here left to right: Madelynn, Anneli, and Ilijah.



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, November 14th!!  
11am-8pm**

*Thank you, Papa Murphy's!*



Students from the School of Architecture at the University of Utah interviewed our breakfast folks for a research project on "Listening to Bonner County."



## 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!



Need a hospital bed?!

We have been receiving and lending out/selling several hospital beds recently! Do you need one? Or have one to donate?

This family was almost in tears to be able to not have to buy a bed! The storage unit costs \$60/month. Can you adopt a month? Please call us at 208.263.6860! Thank you!



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In her own words...Karen Walthall

Executive Director, Ellen Weissman, recently asked longtime SASi participant, Karen Walthall, to write a short article putting into her own words, her feelings and opinions about her experiences at SASi.

"I go to SASi because everyone there gives me the feeling to be good to myself! Thanks to the volunteers and staff who keeps the building clean and running smoothly. The volunteers who so cheerfully donate their time and care to help others and us enjoy all the fun stuff. We have nice people to have lunch and conversation with during the meal. Just like home! I was thumping on a ripe watermelon someone donated one day, when a fellow senior approached me and asked, 'Did they come in?' Such things make me smile everyday.

"I think I've been coming here over 10 years. The first

time I stopped by was on an impulse. How welcome they made me feel from the front desk to the dining room. I decided I'd go at least once a week if I was in town, but would not if I had any misgivings about not being welcome. Into a couple of years of coming to SASi, they bribed me with a good lunch and an exercise class! I was soon hooked on so many neat things to do. I could laugh out loud and talk in my strange voice and was more at peace with myself than I'd ever been! Common courtesy and politeness are taught by good example and I have good role models. So, eat good, move what you can, and reward yourself for being here!"



Thanks, Karen! We sure enjoy having you here and love your laugh!

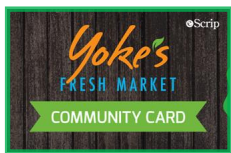
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For the serving area, new oven.

Wheel Chair Fix-it Person needed!



Snow blower person to help us in the winter!

Thank you so much!



Saturday Dances, October 13 & 27th,
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!

Other news at SASi...Clay Portrait Class, Defensive Driving Class

Mark Kubiak's "Portrait in Clay" Art Class is going strong! Students are learning how to look at the world differently! We took measurements of our heads and discovered that there are similar distances between parts of our heads to other parts! We have been learning a lot and seeing faces on others from a whole new perspective! Thank you, Mark, so much!!



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.



Pictured above are many of the nearly 40 folks who went on the SPORT Train Ride on Sunday, September 30 from Newport to Dalkena. What a great trip and beautiful fall foliage!

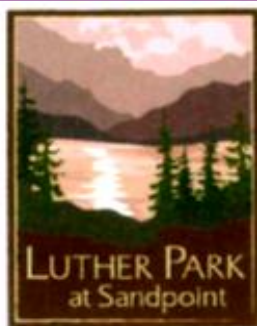
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Our huge supporter and friend, Marchelle Fritz, Admissions Director at Life Care, recently coordinated a pie bakeoff and invited SASi's executive director, Ellen Weissman, to be a judge. SASi participants, Betty Cady and Lola Thompson joined in the fun and had samples after the winners were announced. The pies were very yummy! "Can't wait for next year" was heard all around the room!



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Age is an issue of mind over matter. If you don't mind, it doesn't matter! Mark Twain

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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