



**“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!

# Holiday Season of blessings is upon us!

Welcome to the 2018 Holiday Season! In a few short weeks, we will be celebrating Thanksgiving! Our annual Thanksgiving meal will be on Thursday, November 15, 2018, at 11:30 am. We will be closed on Thanksgiving day, November 22nd and Friday, November 23rd. Please call the office to make your reservation for the meal at 208.263.6860.

Another popular Thanksgiving meal is being held at the Sandpoint Elks, on Wednesday, November 14, 2018, from 3-5:30 pm. This a free meal for Seniors and Veterans. For information or transportation, please call, 208.263.3811

On Tuesday, October 23, 2018, we had a surprise visit from STCU with a donation of \$1,000 for the Center! Sherry Wallis, Dawn Rice, and Maddie DeGeest presented the check to Executive Director, Ellen Weissman and Board members, Loris Michael, Bruce Wendle and Leslie Marshall.

The donation is for the many services provided for the seniors at the

Center. The bridge players gave a round of applause to show their gratitude for the donation! Thanks to STCU!



Thank you to the Idaho Food Bank for a grant of \$5000! More blessings!

There will be a Papa Murphy's Take 'N' Bake fundraiser on Wednesday, November 14, 2018. From 11: 00-8:00 pm, you can purchase any of their delicious pizzas, salads, or desserts and help the DayBreak Center Family Assistance Fund. They will donate 9% of their sales that day to the fund. We have had wonderful success with the others they have been nice to hold for us! Please bring the coupon with you! (See p. 7.)

## Weekly Activities

Monday: Line Dance Group 12:30 pm

Tuesday: Rummikub 12:30 pm  
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 11/7, 11/21  
Marty Martinez 11/14, 11/28

## Dates to Remember

11/1 Alzheimer's Support Group 1:00pm  
11/9 Red Hats Luncheon Noon  
11/10 Saturday Dance 1-4:00pm  
11/14 Papa Murphy's Fundraiser for Day-Break Center Family Assistance Fund  
11/15 Thanksgiving "Dinner" 11:30am  
11/15 Alzheimer's Support Group 1:00pm  
11/22 & 11/23 SASi Closed for Holiday  
11/24 Saturday Dance 1-4:00pm  
11/29 Birthday Thursday Lunch 11:30am  
11/29 Wii Bowling w/Alpine Vista 9:00am



## Executive Director's Corner: Ellen Weissman

"None of us will get out of here alive." We joke about it. We all know it will happen someday, but we don't like to think about it. Unless we work in a hospital, medical center, elder care or cancer center or with hospice, we are not surrounded by the potential on a daily basis. Of course, I'm talking about death.

Here at the SASi, we know it can happen and it does. But because the majority of our participants are in great health, we don't think about it very often. Our motto is "Living Life," not "Dwelling on Death."

Until it's smack dab in front of us. Usually we have been "weaned" by participants who move from living at their homes to a senior living center and come here for meals less frequently and then we spot an obit in the paper.



Not so with Ron. He was here on Thursday and died in the night that night. He was "late" for the board meeting Friday morning and I called his number, ready to tease him about being tardy. His son, Burt answered the phone and told us the news. Because my phone was on speaker, the board members heard it at the same time. We sat there in shock.

Ron was not just board president. He was a good friend. He was one of the kindest men I've ever known. For me personally, he was an advisor with a great sense of humor. He was always in a positive mood


and helped out whenever he could. He was a great listener and could see lots of sides to a situation.

I enjoyed watching Ron's friendship with Jackie blossom. He was fortunate to have two sweet loves in his life. If you are reading this and know Jackie, please give her a call or stop by to give her support.

As of this date, plans are in the works for a celebration of Ron's life on Saturday, December 1st. As the details get formalized, we will have information at the front desk.

Ron, thank you for blessing our center with your presence for the last four years. You will be sorely missed. We will keep "living life" with you in our hearts. *ellen*

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## DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program  
Coordinator

“We Get By With a Little Help From Our Friends.” And in this month of Thanksgiving I am grateful for the friends and helpers who surround me at DayBreak Center.

I am grateful for Adrienne, our fiery Italian from California with Argentinian flare who comes down from her mountain and shows up through wind, rain, snow, ice and hail, keeps the games going and us thinking and laughing.

I am grateful for Denise, with her Chicago roots and Polish ancestry who notices and thinks about what someone might enjoy, then will bring in interesting items for them to try out.

I am so grateful for our dedicated volunteers: Katie, who has been a rock for DayBreak for over 10 years, Mark, who brings his music, his sense of fun and his tool box to help with maintenance issues, Mary, who brings her enthusiasm and willingness to help where needed, Mark and Lorrie, without whom we would not have our new garden area and who step in to help wherever needed. And our younger generation volun-

teers, the lovely LDS sisters and our high schoolers, Alex and Rebecca, who all have a deep connection with our participants.

We miss some of our volunteers who have had to take time off: Sandy, Sally, Jan, Alice and John. We are very grateful for all they gave and hope to see them from time to time. And we would not have made it through last winter without our substitute staff, Meryl, Jennifer and Sandy.

All of these people believe in what we do at the DayBreak Center and give from their heart to make this program a success.

And I am grateful for Ron May and all he gave to the Sandpoint Senior Center. May his new path be blessed.

Anne

p.s. I am also very grateful for Papa Murphy's and all they do to help us fund our Family Assistance Fund. We currently have two families who are being helped through this fund, so I encourage you to donate to the fund or to buy pizza on Wednesday, November 14th and please give or show them our coupon (see page 7) so they realize we bring in business for them through this fundraiser.

Thank you!

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)



Come join us for a meal!



### 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 – Ron May, SASi Board President

For this Senior Spotlight, we would like to remember Ron May. Ron, passed away on October 26, 2018, at home. We received the phone call on that Friday morning and couldn't believe it! Ron was not only our Board President, he enjoyed coming in for lunch, breakfast, and played Wii Bowling.

Ron was a longtime resident and businessman in the area. He was originally from Ellensburg, WA. When in high school, Ron met his wife Loretta. In 1973, Ron became the Chairman of the Colburn Water Association. In 2002, Ron and Loretta retired and they became snowbirds going back and forth from Arizona to Sandpoint. Loretta began showing signs of dementia and passed away in 2015.

Ron started coming to SASi in 2014, joined the board in 2015, and became SASi board president in October 2017. He was always one of the first to come in the door for lunch and always took the time to listen to others.

Current plans are for a memorial service for him on December 1, 2018. When plans are finalized, the information will be on the front desk at the Senior Center. We miss him dearly!



Born on Christmas Day in 1934, Ron enjoyed watching our newly donated Christmas cactus budding and then blooming out just last week!



## “Happy Birthday to YOU!” November 2018

Vivian Kirkwood 11/3  
Rick Wilfert 11/7  
Willie Chapman 11/8  
Smitty Smith 11/19  
Donna Peterson 11/21  
Rita Chellman 11/22  
Arlen Ojala 11/23



Janet Vetter 11/24  
Kelli Hern 11/27  
Judy Fryberg 11/27  
Don Lyon 11/29

**Birthday lunch on 11/29!**

## Mary's Munchies: Easy Pumpkin Chocolate Chip Cookies

### Ingredients:

- 1 box yellow cake mix
- 2 teaspoons pumpkin pie spice
- 1 can pumpkin
- 1/2 cup butter, melted
- 3/4 cup mini chocolate chips

### Instructions:

1. Preheat oven to 350 degrees F. Line baking sheets with parchment paper.
2. Sift together yellow cake mix and pumpkin pie spice. With an electric mixer, beat in pumpkin and

vegetable oil.

3. Gently fold in chocolate chips.
4. Drop by rounded tablespoons (using a cookie scoop, preferably) onto prepared baking sheets.
5. Bake in the preheated oven for 12 - 14 minutes, or until tops spring back when lightly pressed.
6. Cool on the baking sheets for several minutes before transferring to wire racks to cool completely.
7. Store in a airtight container for up to one week, or 3 months in the freezer.

Prep: 5 - 10 minutes Yield: 45 cookies

[www.yellowblissroad.com/easy-pumpkin-chocolate-chip-cookies](http://www.yellowblissroad.com/easy-pumpkin-chocolate-chip-cookies)



## Partnerships with TEEN Center & Panhandle Health!



The Sandpoint TEEN Center recently lost its home and is using a small area at the Bowling Alley for some activities. They are also renting the SASi kitchen on Wednesday afternoons for cooking classes. The teens are learning how to make snacks and meals from scratch from European trained chef, Kristie Kersey. They even donated some of their cookies to the Bingo concessions and raised \$6.00 for SASi! Thank you, TEENS!

The Bingo trips are so much fun! We'll go again after the holidays!



What a great big help from staff at Panhandle Health putting our garden boxes to bed for the winter! Pictured from left to right are Donna Aylward, Kari-ann Yarnell, Mary Fieldler, Ryan Johnsen and Kally Kramer. Thank you for your huge gift of time!

## 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?!

Several hospital beds have come and gone recently! Do you need one? Or have one to donate? These two fellows picked up a bed for their friend who fell and broke his leg! The storage unit costs \$60/month. Can you adopt a month? Please call us at 208.263.6860! Thank you!



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# We love Halloween at SASi!

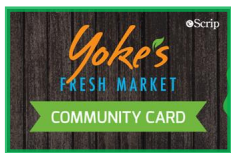


## ***FACILITY RENTALS!***

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Snow blower person to help us in the winter!

Thank you so much!



***Saturday Dances, November 10th & 24th, 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)!

## Clip the coupon for Papa Murphy's! Thanks for your support!

Mark Kubiak's "Portrait in Clay" Art Class is still going strong! Students are learning how to look at the world differently!

After learning about the skeletal parts and musculature of the head, students are now building the facial features. Fascinating! Thank you, Mark!



Charlie, Lou and Wes recently enjoyed a lively game of pool with Wes' daughter, Carletta.



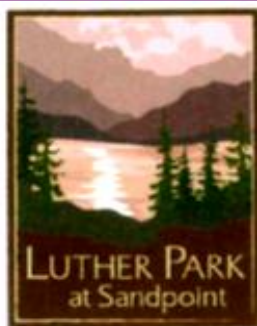
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and

**Daybreak Family Assistance Fund**

Invite you to a

**PIZZA FUNDRAISER NIGHT**

**Wednesday, November 14, 2018**

Just bring in this flyer on the date stated above to the sponsoring Papa Murphy's and We will donate 9% of all food sales for this date to the organization listed above. Online ordering sales will not be included toward 9%.

*This flyer must be turned in at the time of purchase to benefit the above fundraiser.*

Valid only at: 1010 Fontaine Drive, Ponderay, ID

(208) 255-1557

Beginning Tuesday, October 30, 2018, we will be having Medicare consultations through SHIBA (Seniors Health Insurance Benefits Advisors). Stephen Drinkard who is a volunteer, will meet with people to consult about the benefits they can receive. Appointments will be held in the Conference Room on Tuesday mornings. This is not to enroll you or sell services. Appointments can be made by calling 1.800.247.4422.

**REMEMBER TO VOTE!**

**TUESDAY, NOVEMBER 6TH**

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**"Never, ever postpone a chance for joy if you get it." Hallmark movie, *Christmas Getaway*.**

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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| \$1 - \$499 Garnet      | \$2500 - \$4999 Emerald          |
| \$500 - \$1499 Sapphire | \$5000 + Diamond                 |
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