

# Happy Holidays and New Year!



## “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 \$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!

Say goodbye to 2018 and hello to 2019! What a busy year it was at SASi! We continued to feed a lot of seniors in the community. We helped a homeless man find housing. On a sad note, our board president, Ron May, passed away. We also added new participants to our growing family, and DayBreak Center had successful fundraisers sponsored by Papa Murphy's Take N Bake Pizza. Bingo has steadily been growing bringing in new players. There were day trips to the Casino. Recently, we received a \$5,000 grant for food from the Idaho Food Bank, \$300 from the First Presbyterian Church and STCU surprised us with \$1,000! We just sent out a holiday mailer again this year that has been bringing in donations daily. We want to thank everybody who has donated to us this past year!!

The volunteers who have been coming in on Wednesday to fold bags for the food bank will now be doing this at Luther Park. Lois Scott has recently moved there and has arranged for the group to now meet there. We have enjoyed having them here for the past 3 years. We also want to thank the

volunteer drivers who do such a great job delivering the food to the participants for the Home Delivered Meal Program.

We also had a wonderful fundraiser for the DayBreak Center at the Idaho Pour Authority last March and will have another on Wednesday, March 6th. Anne and Mark and Lorrie Stockwell put the event together with lots of wonderful silent auction and raffle items with music and great conversation. Thanks to the Idaho Pour Authority!

Mark and Lorrie were extremely instrumental in the courtyard “re-do” this summer. We nearly doubled our space out there and it's so lovely to sit out there! And thanks to the Bonner County Coalition for Health and Panhandle Health's staff for their help with our garden boxes!

We've been eagerly awaiting the gifts from the awesome CAL women for the Home Delivered Meals recipients! How generous the gals are for people they've never met!

Thank you all so very much!

Merry Christmas and Happy Chanukah and Happy New Year!

### Weekly Activities

Monday: Pool Players 9am  
Line Dance Group 12:30 pm

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

Wednesday: Bingo 6:00 pm

Thursday: Pool Players 9am  
Wii Virtual Games 10am  
EMS Blood Pressure Checks 10am  
Line Dance Group 12:30 pm

Bingo Callers:  
Marty Martinez, December 5 & 19  
Marchelle Fritz, December 12 & 26

### Dates to Remember

12/6 Alzheimer's Support Group 1:00 pm  
12/8 Saturday Dance 1-4:00 pm  
12/14 Red Hats Luncheon Noon  
12/19 Ham/Turkey Holiday Bingo 5pm  
12/20 Alzheimer's Support Group 1:00pm  
12/20 SASi Holiday Lunch 11:30am  
12/22 Saturday Dance 1-4:00 pm  
12/25 Christmas Day: SASi Closed  
12/26 SASi Closed  
12/27 Dec. Birthday Lunch 11:30am  
12/28 Board Meetings  
(Next Women Helping Women, Jan. 28)



## Executive Director's Corner: Ellen Weissman

Season's Greetings! Wow, did this year go fast! Thank you for your patience as this newsletter is getting out a bit behind schedule! With the Thanksgiving holiday and a conference in Washington, DC, my timing was thrown off a bit.

The conference in Washington was on hunger and food insecurity. This is the time of year when we tend to think often about the needs of people less fortunate than ourselves and this was a theme that ran through my head daily during the meetings. The opening session featured a young woman who has gotten out of poverty and is now raising awareness about what she went through. She has a son who at age 2 would cry himself to sleep from hunger and would wake up with frozen eye boogers because their apartment had no heat. He was going blind and fortunately she was able to get help



before it became permanent. As I walked back to where I was staying one evening, I passed a homeless person sleeping on a bench covered with a tarp. Hearing about people doing this "in the big cities" and actually seeing it is quite different. And I know we have homeless folks here in Sandpoint because we were able to help one person get an apartment in the summer and we have had two lunch guests in the past couple months tell us similar stories.

So I am mentioning all this because your donations through out the year help not just the seniors

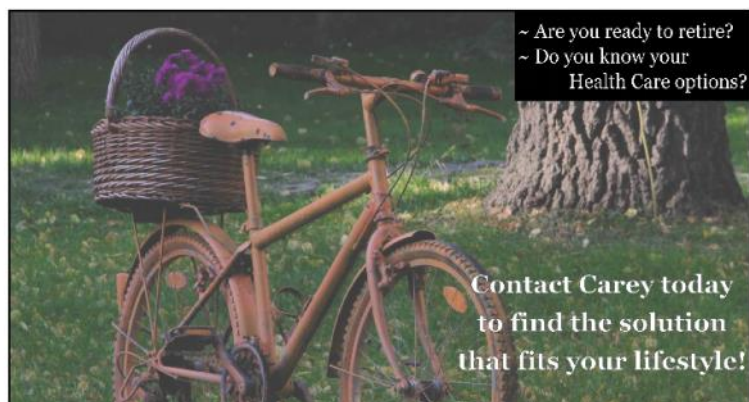
who are regular attendees coming here for comradery, but also those who are on the edge financially and our meal might just be the only one they have that day.

While in DC, I was fortunate to meet with Senator Risch and aides from Rep. Labrador and Senator Crapo's offices and discuss the need for better funding for senior centers and food banks. What an empowering experience to meet with our legislators!



Happy Holidays! May your new year be one of joy and full bellies! *ellen*

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## DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program  
Coordinator

It was so great of Dave Gunter from the Bonner County Daily Bee to interview us last month, write a wonderful article about our program and get it front and center in the Bee. We always want to spread the word about our service hoping it will reach the eyes and ears of those who may need us. Please help us this winter to watch out for those family caregivers who could use a “team partner in care” like us to ease their burden and encourage them to give us a try.

We are near the end of another year and all I can say is, “Wow that went by fast!” Every month, every year, we have a different mix of faces of staff, volunteers, participants and visitors coming and going through DayBreak Center, but the underlying rhythm feels the same — love, comfortable, fun. And it all feels like family.

With the holidays coming up there is always an extra sound track laid into the rhythm—sparkly, energetic, anticipatory. With persons who have memory issues I think it is important to make an extra effort to let them

feel that sparkle, to help them feel a part of it. Talking to them about the fun things that may be coming up, remembering to make eye contact and share smiles with them even if they can’t follow all the conversations, including them in as many activities as we can, encouraging them to share what they can remember about their early holiday memories — these are things we will be doing at DayBreak Center along with many traditional activities such as cookie decorating, tree trimming, perhaps making a simple wreath or holiday centerpiece. We have unearthed our batch of Christmas CDs and will be crooning some tunes through it all.

From our family to yours, we wish you a safe, warm, fun December and lovely holiday times!

Anne

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Are you interested in a group trip to Washington, DC? Let us know!



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)

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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 – Frankie Roberson

For the last month of the year, we are featuring a new SASi board member, Frankie Roberson.

Frankie has lived in Bonner County all of her 86 years. She was married for 57 years, and widowed for 10 years. They raised 5 children and had a foreign student for 1 year.

Frankie was employed in the medical field for 30 years. Since retirement, Frankie has belonged to many different organizations, and has held all different positions and is a follower of Roberts Rules of Order.

She has volunteered for the Blood Bank for 30 years, Bonner County Fair on and off for 60 years, and was a manager at the Sagle Senior Center Thrift Store for 25 years. For the past 3 years, she was at the Sanctuary Seconds Thrift Store.

When Frankie applied to be on the board, she wrote, "I'm the kind of person that needs to know the workings of the organization I'm involved in. So now that I believe I'm an accepted member of the Sandpoint Area Seniors, I could fill your request as a board member."

When the elections were held in September, Frankie was elected. She's enthusiastic about the

post and is eager to help where needed. Thanks, Frankie! Welcome aboard!



p.s. We still have a two openings on the board. If you are interested in joining, please let us know! The next board meeting is Friday, December 7th at 10am.

## "Happy Birthday to YOU!" December 2018

Craig Royer 12/4  
Karen Squires 12/5  
Lola Rainey 12/7  
Margaret Agar 12/10  
Peggy Knowles 12/11  
Richard Kelly 12/12  
Nikki Maibaum 12/13  
Ken Buck 12/15  
Sheila Welch 12/15



Betty Overland 12/16  
Ashley Thacker 12/17  
Nancy Miller 12/18  
Joanne Cottrell 12/21  
Jim Gunter 12/21  
Anita Schoonover 12/26  
Bonnie Glab 12/30

Birthday lunch on December 27!

## Mary's Munchies: Holiday Truffles

Ingredients: 3 cups semi-sweet chocolate chips, 1 can (14 oz.) sweetened condensed milk, 1 tbs. vanilla extract.

### Directions:

1. In a microwave, combine chips and milk. Microwave on high for 3 minutes, stirring after 1-1/2 minutes, stir until smooth. Stir in vanilla. Chill for 3 hours or until firm.

2. Shape into 1 inch balls, roll in nuts, coconut, cocoa or sprinkles. Chill 1 hour or until firm. Store covered at room temperature.

Makes 4 dozen.

Decorate each ball with finely chopped nuts, flaked coconut, baking cocoa, or red or green sprinkles.

Happy Holidays!



# Thank you to our wonderful supporters!

*Thank you for being our holiday fundraiser elves!*



Last month, we were surprised by STCU and this month, the Presbyterian Church brought us another surprise donation! Pictured is Millie Rinker from the church with Executive Director, Ellen Weissman and four of the Board members, Loris Michael, Leslie Marshall, Dorothy Kohne and Bruce Wendle. Thank you so much!

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& Larry Blakey  
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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!



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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# Knitting, crocheting and writing... & Thanksgiving gratitude...

As a new year approaches, we would like to try some new activities. We have a new volunteer, Sally Johns, who would like to "host" a knitting group on Thursday mornings from 9am - 10am in the Conference Room beginning January 10th, 2019.

This is an opportunity to hang out and knit, comparing instructions and great patterns. Please bring crocheting also!

At 10am, Sally would like to "host" a writing group for those who would like to put down memories for their children and children's children. If you have challenges writing, Sally will help type up your stories as you dictate them.

Sally was born in Georgia and has been in Sandpoint for the last 30 years. She taught English for 12 years and is excited about helping others tell their stories, describing those important moments in



their lives.

Sally also has experience with caregiving as a former CNA and is available to provide others with assistance in a pinch. She has already started volunteering in the DayBreak Center! Thanks for retiring and joining our SASi family, Sally!

Celebrating Thanksgiving means Pumpkin Pie! And gratitude for family and friends! Here are some participant comments when asked what they are thankful for:

"I'm grateful I'm still kickin'!"

"Thanks to all the SASi staff!"

"Everyone is friendly and welcoming. I feel happy here!"

"Comradery!" *And we're grateful for all of you!!*

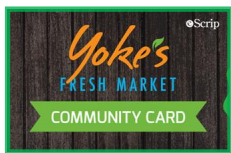


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[www.sandpointareaseniors.org/community-support/](http://www.sandpointareaseniors.org/community-support/)



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Paper Napkins, Snow Shovels, Ice-maker, Rakes, Brooms, Slide projector. Help with our storage unit rent, \$60/mo. New oven for the serving area.

Handyman/woman and Wheel Chair Fix-it Person needed!

Snow blower person to help us in the winter!

*And a three layer cart for the kitchen!*

*And a million dollars! Thank you so much!*



***Saturday Dances, December 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)!

## THANK YOU, Community Assistance League (CAL)!!

They're here!! The CAL Ladies have done it again! What a blessing! Bags full of gifts arrived for our Home Delivered Meals recipients. Thank you so much to Leilani Williams, this year's coordinator, pictured here with SASi's Food Program Coordinator, Mary McGinnis. Thank you so much, CAL!



We now have Medicare consultations through SHIBA (Seniors Health Insurance Benefits Advisors). Stephen Drinkard who is a volunteer, is meeting with people to consult about the benefits they can receive. Appointments are being held in the Conference Room on Tuesday mornings. This is not to enroll you or sell services. Call for an appointment: 1.800.247.4422.

**Papa Murphy's**  
TAKE 'N' BAKE PIZZA

and

**Daybreak Family Assistance Fund**

Invite you to a

**PIZZA FUNDRAISER NIGHT**

**Wednesday, January 31, 2019**

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



*Special Holiday  
Bingo Night*

With prizes donated from local businesses!  
Wednesday, December 19th! Doors open at 5pm with concessions. Bingo starts at 6pm.

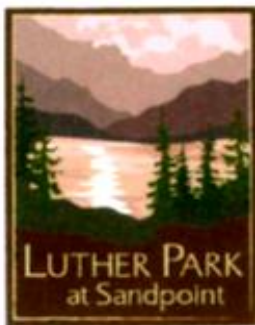
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**"Don't change so people will like you. Be yourself and the right people will love the real you." Anonymous.**

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"?*

|                         |                                  |
|-------------------------|----------------------------------|
| \$1 - \$499 Garnet      | \$2500 - \$4999 Emerald          |
| \$500 - \$1499 Sapphire | \$5000 + Diamond                 |
| \$1500 - \$2499 Ruby    | <i>We now take Credit Cards!</i> |

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Address \_\_\_\_\_ Amount \$ \_\_\_\_\_

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