



## **“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!

# **Thanks for the many donations in 2018!**

*It's a new year! Again!!*

Have you made your New Year's Resolutions? Added to your bucket list for 2019? Made an intention collage yet? Wait, a what?! An intention collage is a collage made from magazine pictures and/or words that shows goals for upcoming events or time periods. We'll be making them this year on Monday, January 21st starting at 2pm in the conference room. Last year, folks had a great time making them! Hope you will join us!

Are there places you'd like to go this year? We're looking into group trips to regional spots like the Skagit Valley Tulip Festival, Nelson, BC and/or Leavenworth. Please let us know if you are interested or have a location to suggest. (Paris, perhaps?!)

We're also planning some Casino trips and virtual trips through dinners and slide shows.

So check your balance on Thursday, January 10th at noon (see page 7) and get your passport up to date and let's talk about traveling!

Happy New Year!

*What do you know about Alzheimer's?*

Alzheimer's disease is the sixth leading cause of death in the United States and the fifth leading cause among those aged 65 and older. It's an irreversible, progressive brain disorder that slowly robs people of memory and, eventually, a person's ability to perform even the simplest tasks. There currently is no cure.

In 2014, there were 5 million people in the U.S. with Alzheimer's disease and related dementias – about 1.6 percent of the U.S. population. That number is projected to grow to 13.9 million, nearly 3.3 percent of the population, in 2060.

"Studies show that as the U.S. population increases, the number of people affected by Alzheimer's disease and related dementias will rise, especially among minority populations," said CDC Director Robert R. Redfield, M.D. "Early diagnosis is key to helping people and their families cope with loss of memory, navigate the health care system, and plan for their care in the future."

Stop by the DayBreak Center for more information or call 208.265.8127.

### **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, 1/2, 1/16, 1/30  
Marchelle Fritz, 1/9, 1/23

### **Dates to Remember**

1/1 New Year's Day ~ Closed  
1/3 Alzheimer's Support Group 1:00 pm  
1/11 Red Hats Luncheon Noon  
1/10 Fall/Balance Screening Noon  
1/12 Saturday Dance 1-4:00 pm  
1/17 Alzheimer's Support Group 1:00 pm  
1/25 Board Meeting 10:30 am  
1/26 Saturday Dance 1-4:00 pm  
1/28 Widows Helping Widows 10:00 am



## Executive Director's Corner: Ellen Weissman

Happy New Year! 2019! In a year it will be 2020! Goodness! Remember when we were all concerned about Y2K and how the computers were all going to crash?! Time has flown! They figured out the computers and we've managed to live another 19 years!

Before "the turn of the century," I did my first polar bear plunge. It was my daughter's birthday and I suggested to the slumber party girls the next morning that we go watch. They wanted to go in and I agreed to go in with them. "Pins and needles" all over the body was the only way to describe it! Now, perhaps because I know what's coming, I seem to shift into an altered state and hardly even feel the cold! It does go by very fast (~6 seconds!)

People call me adventurous and/or brave and some call me crazy! I feel like it's exhilarating — *after*



*it's over!* And it's totally worth the anxiety beforehand.

Do I recommend it for everyone? Sure! Or at least trying something out of the ordinary for this next year! What have you always

thought about doing but never got around to it? What is something you want to do or some place you

want to go? Do you want to improve your health? What's on your bucket list? No matter what you want to do, start it now!

Time is flying!



Happy New Year!

*ellen*

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## DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program  
Coordinator

The British  
government  
appointed its first

Minister of Loneliness this year. Really! A Minister of Loneliness! Our government is looking at expanding faith-based partnerships to combat isolation among seniors. For governments the reality is that increased health costs will be looming due to the impact of loneliness and isolation among seniors. It is estimated in our country that the lack of social contacts among seniors costs Medicare \$6.7 billion a year. Do you realize that loneliness is worse for longevity than being obese or physically inactive or smoking 15 cigarettes a day? Among other health ramifications, social isolation can contribute to depression, cognitive decline and dementia, as well as problems with blood pressure and immune function.

Baby boomers are turning 65 at a rate of 10,000 a day and are aging alone more than any other generation in U.S history. They were more independent, had fewer children, and divorced more. The loneliness this engenders will be a financial problem for gov-

ernments and a sadness in communities. So many elderly have lost their spouses and either don't have children who live close or never had any. So many caregivers' lives have shrunk to the minutia of daily care for a loved one. Imagine not having a single conversation with a friend or relative in a month as research has shown is happening to around 200,000 people in Great Britain. Wow.

In our community we are blessed to have the Sandpoint Area Seniors with the Home Delivered Meals Program and the DayBreak Center Program. I am proud of the work we are all doing to combat social isolation in Bonner County. I watch the fun that the card players, the dancers, the bingo and pool players have as part of the Senior Activities. I see the drivers head out with meals to so very many isolated members of our community to give them a bit of human contact along with the food they bring. I hear the relief of the caregivers who get some time to go play with friends as we care for their elderly at DayBreak and the fun those elderly have with us. In this New Year let's all be aware of those who are lonely in our midst, let them know what we can offer, help give them more choices. It all makes a difference. We make a difference.

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 sec-  
onds,  
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 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 – Janet & Steve Pultorak

For the new year, we are featuring a couple who are new to our SASi family. They came to have lunch one day and did some volunteer driving for our Home Delivered Meals program.

Janet and Steve Pultorak are both from California. When in high school, Steve excelled in football and received a full scholarship to USC. After graduating college, he went on to teach math for 37 years. He retired in 2011.

Janet went to college at California State University Northridge and went on to teach 3rd grade for 22 years until she retired in 2011. She and Steve moved to Sandpoint in 2013.

They had 2 children Ryan and Meghan. Ryan had Cystic Fibrosis and in 2009 he passed away after having a double lung transplant in 2007. He developed pneumonia which he was unable to recover from.

Their daughter, Meghan resides in Appledale, British Columbia, with her two children. They visit them often as it is not that far away.

They love living here and meeting new people. Janet recently was appointed to the Board of

Directors of the Bonner County Homeless Transitions, another very worthy and helpful non-profit.

Janet said, “We have owned property in Sandpoint since 2000 and have good friends, Terry and Janet Eggers, who we came to visit many times before we moved here. We love it here! Besides the obvious beauty, the people here are warm and welcoming and very generous!” Welcome to you both!



## “Happy Birthday to YOU!” January 2019

**Frances Reed 1/3**  
**Irene Hutchison 1/14**  
**Paul Masilotti 1/15**  
**Bud Green 1/16**  
**Hilde Sieler 1/18**  
**Betty Cady 1/24**  
**Elizabeth Hubbard 1/26**



**Join us for Birthday lunch on  
Thursday, January 31th!**

## Mary's Munchies: Easy Mini Quiche

Ingredients:                      Prep 10 mins. Cook 20 mins.

12 Slices of bread	4 eggs
1 onion, grated	1 cup milk
1 teaspoon dry mustard	1 pinch black pepper
1/2 cup shredded Swiss cheese	

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease 12 muffin tins.
2. Trim or cut bread into circles. Place circles in bottom of muffin tins. Distribute the onion and shredded cheese evenly between the muffin tins.

3. In a medium bowl, combine milk, eggs, mustard and pepper. Divide between the muffin tins.

4. Bake in pre-heated oven for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

Makes 12 mini quiches.



# Thank you to our wonderful supporters!

*Thank you for being our holiday fundraiser elves!*

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at 208.263.6860! Thank you!



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## Board hosted holiday party for staff! Thanks from the staff!



What a great time!



Thank you, Lee, for opening your home for all of us!



### ***FACILITY RENTALS!***

Looking for somewhere to hold a holiday or anniversary party, meeting or gathering?  
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Reasonable rates!

[www.sandpointareaseniors.org/hall-rentals/](http://www.sandpointareaseniors.org/hall-rentals/)

Thank you generous supporters!! Find names and logos from donor organizations at  
[www.sandpointareaseniors.org/community-support/](http://www.sandpointareaseniors.org/community-support/)



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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, January 12th & 26th**  
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)!

## Red Hat Rascals help out Farmin kids! Coming events!



Our monthly Red Hat Rascals group recently took up a collection of school supplies for Farmin Elementary School's After School Program. Marcia Hahn and Betty "BJ" Johnson brought the supplies over to the school as a holiday present. Pictured (l to r) are Marcia and principal, Erik Olson, "BJ," and Betsy Dalessio, vice-principal and coordinator for the After School Program. They were all very excited to give and to receive the supplies! They will last quite a while!



and  
Daybreak Family Assistance Fund  
Invite you to a

### PIZZA FUNDRAISER NIGHT

Thursday, January 31, 2019

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%.

*Turn this flyer in at the time of purchase to benefit the above fundraiser.*

Valid only at: 1010 Fontaine Drive, Ponderay, ID (208) 255-1557

CORNERSTONE  
PHYSICAL THERAPY  
THURSDAY JANUARY 10TH, 12:00PM  
820 MAIN ST. SANDPOINT 208.263.6860



Are you concerned about your balance and the possibility of falling? Come to the Senior Center Conference Room for a balance screening at noon, Thursday, January 10<sup>th</sup>, 2019.

Amanda Thome, PT, DPT and Rynne Lemon PTA, ACE will check to see if you are at risk for falling and give you suggestions for improving your balance. Sign up with Emmy!

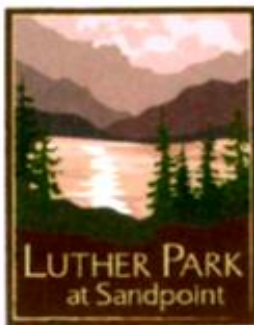
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### SHIBA Appointments Available

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.



This could be your spot to tell everyone about your awesome service! Rates are \$35/month for this size or \$50/month for double this size.

Let us know! 208.263.6860.



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**“Confidence comes from stepping outside your comfort zone.” from “The Midnight Kiss” Hallmark movie.**

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      *We now take Credit Cards!*

**I/We want to help Sandpoint Area Seniors, Inc. keep the doors open! Drop off or mail to: SASi, 820 Main Street, Sandpoint, Idaho 83864**

Name \_\_\_\_\_ Email \_\_\_\_\_

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

For \_\_\_\_\_