

Volume 5 Issue 2  
February  
2019



**“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 meals daily 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!



## Valentine's Day Dinner & Dance!!

♥Thursday, February 14, 2019 5pm-9pm♥  
at the Sandpoint Senior Center

Save the date for Thursday, February 14, 2019, for a Valentine's Day dinner and dance at SASi! From 5-9pm, come and join others for a delicious dinner and music while celebrating the day with your friends and loved ones!

Come solo or bring your valentine, friends or anybody who would like to spend the evening enjoying dinner prepared by SASi's new chef Greg Bolen! The menu consists of Chicken wrapped fresh Asparagus, Bacon Caesar Salad, Vichy Carrots, Rice Pilaf, and a delicious dessert.



Music will be provided by SASi's house band, “Country Plus” featuring Betty and Harold Overland, and Joanne and Bob Brown.

The night is for all ages and no dates are needed! Call to reserve your ticket now!



*\$20/Adult \$10/Children under 12*  
♥Limited Seating ♥For Reservations:  
208.263.6860♥ Tickets available at  
820 Main Street, Sandpoint♥  
[www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)  
♥Not just for seniors!♥

### 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:  
Marchelle Fritz, 2/6, 2/20  
Marty Martinez, 2/13, 2/27

### Dates to Remember

Mondays & Wednesdays - AARP Tax Prep until April 15th! Call for your appointment.  
2/14 Valentine's Day Dinner & Dance  
2/21 Presentation on Veterans' Benefits, Reverse Mortgages, Paul Krames, 12:15pm  
2/25 CdA Casino Trip, 8:30am - 4pm  
2/25 - 4/15, Bonner Community Hospice “Coping with Grief” class. Apply by 2/18.  
2/25 Widows Helping Widows, 10am  
Looking ahead to March!  
3/6 Idaho Pour Authority Fundraiser for the DayBreak Family Assistance Fund  
3/14 Pi Day!!

## Executive Director's Corner: Ellen Weissman

Recently, Dorothy, one of our board members fell and broke her left shoulder and arm. She's left handed, so this has been particularly trying for her, but she has a good attitude about it, so I think she weather the storm pretty well.

Watching her go through this has reminded me of just how much we use our arms! I'm grateful I've never experienced broken bones! I've watched folks come to our lending shed for crutches for broken ankles or legs, but when someone breaks an arm, they are not typically borrowing any equipment.

I visited Dorothy recently as she's recuperating and asked her if she wanted some magazines or books to read since she's mostly sleeping or watching tv. She said it's too hard to hold a book in her right hand and turn the pages. She had dinner in front of her which was a chicken



breast, but she couldn't cut it. Her pillows kept shifting and she had a hard time straightening them out.

Things that I take for granted were incredibly challenging for her. It was a big wakeup call as to the saying of "walking a mile in someone else's shoes."

So be careful out there with the icy and snowy paths! And the dirt paths too! Dorothy's walker actually got caught in a rut in the ground! It wasn't the ice that she fell on.

On a lighter note, I hope lots of folks celebrate Valentine's Day with

us here at the Center! We're having a "no date needed" dinner and dance for all ages! Our new chef, Greg Bolen, has planned a wonderful menu and "Country Plus," our "house band" for our Saturday dances, will be playing for the dance.

It's from 5pm - 9pm. Tickets are \$20 per person and \$10 for children under 12. Please let us know you are planning to come even if you cannot pay until the 14th. We have limited space and don't want anyone to miss out!

So, happy Valentine's Day! It's always been my favorite holiday because it's my mom's birthday! So fun!

And it looks like spring is on its way! Yay!

*ellen*

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## DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program  
Coordinator

On Wednesday, March 6, from 5:00 to 8:00 pm, we will have our second Pour Authority fundraiser for the DayBreak Center Family Assistance Fund. This fundraiser, along with our Papa Murphy's fundraisers and grants and donations are the main ways that we keep the Assistance Fund solvent. Nearly every month we are drawing out of this fund to help family caregivers with the cost of the DayBreak fees and allowing them to have time to do things for themselves and bring some balance into their lives. At times we can be financially helping multiple families and we never know when we may get new participants whose families will need some assistance. So we work hard to keep our fund healthy.

The IPA/DBFF fundraiser last year was a lot of fun and quite successful. Jon and Vicki Hagadone, owners of IPA, which focuses on craft beer, always team up with a specific brewery to help host their fundraisers. This year for the DayBreak fundraiser, it will be Founders Brewing Co. with their rep,

Mark Everett. A percentage of any Founders Brewing Co. beer sold that night will be donated to our cause. If you enjoy beer, please try out their selection. Wine and other non-alcoholic beverages are available also.

The music this year will again be provided by our own DayBreak Center volunteer Mark Remmetter and his musical partner, Rick Price, aka "Crooked Fingers". We really enjoyed them last year! They are putting together a special playlist for us so be sure to take some time amid all the chatter to listen to some tunes.

This year we have added the fun of a live auction with Rich Crettol as our auctioneer. There will also be silent auction items and we will be selling raffle tickets during the event for Founders Brewery swag and fun raffle items. If anyone has any great items to donate for the raffles or the auction, please let me know by February 20.

Come celebrate DayBreak Center, support our DayBreak families, and support the Idaho Pour Authority for all they do through their generous fundraisers, not only for us, but for so many causes in our community.

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 www.alzwa.org



Come check out our computer lab!



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

Call Quinnette Tarbert, 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 – Jackie and Tom Peters



Happy 65th  
Anniversary!

We love you!!



## “Happy Birthday to YOU!” February 2019

Maria Kinney 2/4  
Emmy Keiser 2/4  
Kathe Murphy 2/4  
Norma White 2/6  
David Duncan 2/8  
Loren Vanek 2/9  
Ken Dunker 2/11  
Jan Stolz 2/11



Vi Ojala 2/11  
Carrie Thompson 2/12  
Suzi Yeager 2/13  
Betty Whipple 2/15  
Rita Beehler 2/15  
Lily Roche 2/18  
Jack Klein 2/23

## Mary's Munchies: Chocolate Covered Strawberry Mini Cheesecakes

### Ingredients: *For the Crust*

1 c. graham cracker crumbs      4 TB unsalted butter, melted  
1/4 c. granulated sugar      Pinch of salt

### *For the filling:*

16 oz. cream cheese, room temperature  
2 eggs, whites and yolks separated at room temperature  
3/4 c. granulated sugar      1/2 tsp salt  
1 tsp vanilla extract      dash of granulated sugar

### *Assembly and topping:*

cupcake/muffin liners      melting chocolate  
strawberries

### *Instructions: Preheat the oven to 375 degrees*

In a small bowl, combine the graham cracker crumbs, sugar, salt and melted butter. Place cupcake liners in a muffin tin and begin dropping rounded Tablespoons of the graham cracker mixture into each liner. Press the crumbs into the bottom of the liner lightly, creating a crust. There may be some crumbs left over.

Pre-bake for 8 minutes, then remove from the oven and reduce temperature to 350°F.

In a large bowl, beat together the cream cheese, granulated sugar, salt and vanilla extract until fully combined and creamy. Beat in the egg yolks one at a time.

In a small bowl using a hand mixer, beat the two egg whites on high speed until soft peaks form. Add a dash of sugar and

continue beating for another 30 seconds – 1 minute.

Gently fold the eggs whites into the cream cheese, mixing to a smooth yet thin consistency, then divide among the 12 muffin liners until the cups are almost full. You may have a little bit of leftover mixture, which you can use to make a baker's dozen or discard.

Bake for 20 minutes. Let rest at room temperature for about 10 minutes until the filling returns to its normal shape. Don't worry about cracks in the surface, as you'll be covering them with chocolate.

Chill for a minimum of 2 hours before topping.

Using a double boiler, gently melt your chocolate, stirring occasionally to combine. (Alternatively, microwave in a safe bowl for 30 second intervals, stirring each time.)

At this point, you can keep the cheesecakes in their liners or choose to remove them to get results like the picture above.

With a regular kitchen spoon, pour chocolate on top of the cheesecakes making sure to coat the entire surface. (Gently press melted chocolate over the edges to get the dripping effect above) Wait until the chocolate on the cheesecakes harden before dipping the strawberries in the bowl of melted chocolate and resting on top of each cheesecake.

Enjoy!

<https://www.awayfromthebox.com/chocolate-covered-strawberry-cheesecakes/>

## Thank you to our wonderful holiday fundraiser elves!

Adele Martin  
Amanda Mardon &  
Michael Weissman  
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know and accept our apologies!!

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Several hospital beds have come *and not gone* recently! Do you need one?  
(Or have one to donate?)  
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at 208.263.6860! Thank you!



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## Pi Day is coming back! Grief class at BGH starting Feb. 25th

Remember Pi Day last year?! It's coming again on Thursday, March 14th! We'll be having it after lunch this year starting at 12:30pm. Marchell Fritz from Life Care will be our M.C. again and she is a hoot!! If you would like to be one of our "pie recipients," please call Ellen or Emmy soon as the chairs are filling up!



Another trip to the CdA Casino is scheduled for Monday, January 28th! Check in with Emmy at the Senior Center by 8:15! The bus leaves at 8:30 sharp! You'll get back about 4pm.



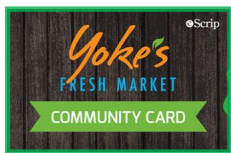
A "Coping with Grief" class with BGH Community Hospice will be held on Mondays from 5 - 8pm starting February 25th until April 15 at the BGH Hospice Conference Room. There is no cost for participants, but you must apply by February 18 to be in the class. Contact Lissa DeFreitas at 208.265.1185 for more information.

### **FACILITY RENTALS!**

Looking for somewhere to hold a holiday or anniversary party, meeting or gathering?  
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[www.sandpointareaseniors.org/hall-rentals/](http://www.sandpointareaseniors.org/hall-rentals/)

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Bounty Select-a-Size Paper Towels, Toilet Paper, Hand Pump Scent Free Soaps, 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, February 9th & 23rd**

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)!

## Taxes, taxes, taxes! Vets benefits info and Reverse Mortgages!

We are now making appointments on Mondays & Wednesdays from February through April 15, 2019, from 9am to 2pm to have your 2018 taxes filed by the trained volunteers from AARP.

Karen Squires and several other volunteers will be here to answer questions and help you to file so that you can get the best return for the year. There is no charge for the service. Please call 263-6860 for appointments.



Paul Krames will be back at the Senior Center for an information session on Veterans' Benefits for Vets and widows of Vets on Thursday, February 21st. Paul will be joining us for lunch and then answer questions in the conference room starting about noon. Paul will also share his knowledge about Reverse Mortgages. Bring your questions!

Paul also recently organized a fabulous volunteer group who cut and collected firewood for vets and elders who needed it. If you think you might need firewood next year and will be tight on finances for it, stop by and meet Paul!

If you prefer to go to H & R Block, be sure to mention Sandpoint Area Seniors! They will give us \$20 for each person who mentions SASi! They are also willing to review your return after you or someone else has done it.

Ask for Donalyn Brown at the Ponderay office, 208.597.0213.



2nd grade Waldorf School students sang to us on Martin Luther King Day as part of their community service outreach. They also did a dance for us. So cute! Thank you, kids!



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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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**"Optimism is a muscle that gets stronger with use." Robin Roberts**

**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> |

**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 \_\_\_\_\_