

Volume 5 Issue 3
March
2019

Fun March events!



“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 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!



We are teaming up for the families who need the DayBreak Center!

Join in the fun on Wednesday, March 6th, from 5 - 8pm!

A fundraiser at Idaho Pour Authority, 203 Cedar Street, Sandpoint, Idaho for the DayBreak Center Family Assistance Fund!

Raffle Items and Silent and Live Auction!

Music provided by “Crooked Fingers” - Mark Remmetter and Rick Price

What the DayBreak Center Does

The DayBreak Center provides quality daytime care for individuals with memory impairments, providing the caregiver with a much needed respite. In addition to providing a safe, responsive, and homelike environment for your loved ones, the professionals at the DayBreak Center work diligently to provide activities that stimulate memory and health as well as socialization.

Activities for Participants:

- Friendship and laughter
- Music and entertainment
- Pet visits
- Personalized activities
- Daily exercises
- Nutritious snacks and lunches

*The DayBreak Center is a program of Sandpoint Area Seniors, Inc.
For more information, call 208.265.8127 or 208.263.6860.*



Is it spring yet?! Remember to change your clocks on Sunday, March 10! If you have time, energy and a pickup truck, please come take our snow away!



Pi Day is coming!

Thursday, March 14, 2019

12:30pm

Sandpoint Senior Center!

See page 6

for more information!



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, 3/6, 3/20
Marty Martinez, 3/13, 3/27

Dates to Remember

3/6 Idaho Pour Authority Fundraiser for the DayBreak Family Assistance Fund 5:00-8:00 pm

3/7 Alzheimer's Support Group 1:00pm

3/8 Red Hats Luncheon Noon

3/9 Saturday Dance 1-4:00 pm

3/14 Pi Day!! 12:30pm

3/21 Alzheimer's Support Group 1:00pm

3/23 Saturday Dance 1-4:00pm

3/25 Widows Helping Widows 10:00am

Executive Director's Corner: Ellen Weissman

After Ron May's death at the end of October, it was challenging to look across the dining hall and not see him come in the door. Soon after Ron passed, another friend died and then another died and then the two year old boy died in the fire. Whew!

I've had friends and family members pass and felt like I had adjusted, but this was a whopper. I recently learned the term "Cumulative Grief." This term refers to the stresses that build up from a series of losses that a person has over a period of time, building to the point of overload.

We tend to laugh it off, with expressions like "when it rains, it pours" or "bad things come in threes." Apparently, this is not unique to the American English language. In Britain, they say, "It never rains, but it pours." In Hebrew, folks say, "Bad things come in packages." In Swedish, German,



Spanish, French and many other languages, they say, "Misfortune seldom comes alone." In Latin, the expressions are "Troubles are followed by troubles" and "The abyss attracts the abyss." In Polish, "Misfortunes walk in pairs." In Japanese, "When crying, stung by a bee." In Chinese, "Good fortune never comes in two; bad luck never comes alone." And in Russian, "When troubles come, leave the gate open."

As wonderful as it would be to pretend that every time we suffer a loss, we have time to process it and integrate it into our lives

before suffering another, these idioms point to the fact that we do not. One death is followed by another. Pain is piled on pain, This experience of suffering a second loss before fully grieving the first (not necessarily in immediate succession) is now being called cumulative grief.

Grief requires time and if we don't have the time we need before another loss occurs, we end up overwhelmed by these multiple losses and unable to give them the attention they need. There's no right or wrong way to grieve. Go easy on yourself and others who have experienced loss.

ellen

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DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program
Coordinator

We had so many individuals and businesses step up with donated items for our Idaho Pour Authority fundraiser for the Day-Break Center Family Assistance Fund and I can't tell you how grateful we are to all to them. We truly could not make a success of endeavors like this without the kind of support these people have shown. We are a relatively small community in these parts, with limited businesses and limited consumers, and with so many good causes to support. Givers and businesses get stretched pretty thin. I would love it if we all made an extra effort to support these businesses and to reach out to these individuals and express our appreciation of their support for us and for the greater community. We would like to thank:

The Holiday Inn Express, Curves, Super 1 Foods, Dino Wahl and the Festival at Sandpoint, Jennifer Ball/Massage Therapist, Meryl Kastin of A Touch Of Tranquility, Laura Peitz of Jupiter Jane Traveling

Cafe, Howard Fennimore for the handmade garden basket, Amy Craven and Rob Kincaid for the Writers/Readers basket, Tim and Kris McPeck of Sandpoint Laver Farm, Chenoa Crettol and the Idaho Forest Group, artist Eli Sevenich for the framed woodcut, DeAnna Harris/Sharon's Hallmark, Kathy Osbourne/The Co-op Country Store, Carla Kirby/Tidy Top, Mike Nash for the 100 year old cuckoo clock, Jan Griffiths for garden items, Jim Haynes for handmade cutting boards, Mark Stockwell for handmade squirrel feeders, handmade plant holder, and Lorrie Stockwell for hand painted pots and garden items.

From the Cockles of our Hearts -
Thank You!!

See you on the 6th at the IPA!

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



Thanks to Papa Murphy's for the support for the DayBreak Family Assistance Fund! The recent event brought in \$265.06! That's 26 hours of care for our families!



*How did the
avocado
cross the road?
It guac'd!*



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 – Stephen Davison, super volunteer!

If you've been wondering who the young man with the long braid is, it is Stephen Davison. Stephen has been volunteering here for the past month in the kitchen.

Stephen was born on January 4, 1997, and has lived in Sandpoint all his life. Stephen lives with his mother and has an older brother. He graduated high school in 2016 and has worked at the Pine Street Bakery as a bread and bagel baker. He also worked a while at Winter Ridge Natural Food Store.

In January, 2019, Stephen came by to SASi to meet our director, Ellen. He was looking for volunteer or job opportunities. Of course we are always happy to have new volunteers, so he began helping out at lunches. Stephen also helped out doing the dishes and serving at the Valentine's Day Dinner/Dance in February.

Stephen has been a big help in serving lunch to the seniors. the kitchen along with Greg and here for lunch." Stephen is Stephen rides his bike in the enjoys playing video games and you see him! Welcome to the



all areas in the kitchen and Stephen states, "I've enjoyed being here helping in Bud. I've also enjoyed meeting the seniors who come going to continue as a back up for the meals program. winter with studded tires for the ice and snow and he listening to music. Please say hello to Stephen when SASi family, Stephen!

"Happy Birthday to YOU!" March 2019

Anne Haynes 3/4
Shakura Young 3/5
Laverne Reams 3/7
Martha Bridges 3/9 or 3/25?
Shirley Shaffer 3/9
John Chellman 3/9



Doug Fraser 3/16
Betty Record 3/17
Diane Belwood 3/18
Evelyn Brabender 3/24
Michelle Mitchell 3/25
Trixine Malone 3/14

Mary's Munchies:

- Ingredients:
 - 3 pounds corned beef brisket with spice packet
 - 10 small red potatoes
 - 5 carrots, peeled and cut into 3-inch piece
 - 1 large head cabbage, cut into small wedges
- Prep: 10 minutes
- Cook: 2 hours 25 minutes

1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

2. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook

for 15 more minutes. Remove meat and let rest 15 minutes.

3. Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.



The new steamer is here! And the adventures of the broccoli!

Thank you, CAL!! Our steamer is finally here! And thank you, new board member, Marshall Roberts! After several delays, Marshall found a new steamer company with a better rate and a more pleasant customer service rep! Mother Nature gave us another delay with the delivery time, but the new steamer is now installed and ready to go! Yay!



Hi! I'm a piece of broccoli that came in a box from a vegetable farm to a packaging plant and into another box on a truck to the Sysco plant in Post Falls and then on another truck to the kitchen at the Sandpoint Senior Center!

Ellen or Greg put me in the walk-in freezer next to the boxes of carrots and peas down from the meats and fish. After a few days, Bud took me out of the freezer and put me on the super clean stainless steel table in the kitchen. He scooped me out with other pieces of broccoli and put me into a 4inch pan and into the brand new steamer! After a few minutes, I changed from super cold and stiff to fluffy and bright green. Then I got taken to the main hall where Mary scooped me into a to-go tray and popped me into the seal-a-meal machine with Emmy. Then Ashley popped a label on the sealed tray and one of our amazing volunteers put me in a hot container bag to drive me to a home delivered meals recipient. Sometimes, the drive my other broccoli friends and I take are 10 minutes, but sometimes, they're nearly an hour, especially lately with the snow!

We're brought to the recipients by volunteers, some of who have driven their very grateful and sent a donation if they could afford it. They really enjoyed eating me and look forward to eating my friends too! Some of my friends stayed at the Senior Center for the meals that are served there. We sure had an exciting trip!

If you know someone who needs food sent to their home, please call 208.263.6860.



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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!



## Need a hospital bed?!

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

The storage unit costs \$60/month.  
Can you adopt a month? Please call us  
at 208.263.6860! Thank you!



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Stay in your home where you are in charge!



## Pi Day is coming back!

Remember Pi Day last year?! It's coming back 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!!

We have a great cast of pie recipients this year! As of press time, two of our county commissioners, Jeff Connolly and Dan McDonald, have confirmed, as well as Bryan Hult, Bonner County Veteran's Services officer. Debbie Love, executive director of the Bonner Community Food Bank is on board too! Not shy about coming back for a second year are Rick Myers, executive director and Wayne Kerns, Rehab Director, both from Life Care Center of Sandpoint. We'll see if they can top their number of pies they rounded up last year!

The paper plate cream pies are \$10 for small and \$20 for large ones. You can reserve them in advance by calling us at 208.263.6860. You can also have a surrogate throw the pie for you if you can't attend the event! Bring in your donation and will save a pie for you!

We raised \$900 last year in a laughter filled hour and a half! Let's do it again and more!

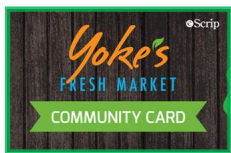


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[www.sandpointareaseniors.org/community-support/](http://www.sandpointareaseniors.org/community-support/)



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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, March 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)!

# Valentine's Day Dinner/Dance and still taxes, taxes, taxes!

## *Valentine's Day Dinner a Success!*

What a fabulous evening on Valentine's Day at the Senior Center! Chef Greg cooked up a wonderful meal and the "Country Plus" band played great tunes and the folks had a great time mingling, eating and dancing!

Thanks so much to the volunteers who transformed the room into a magical space! Thanks also to servers, Rob Manley, Stephen Davison and Board member, Leslie Marshall who were indispensable!



If you come in the Senior Center on a Monday or a Wednesday these days, be prepared for a full parking lot and a crowded "living room"!

Karen Squires and her team of AARP volunteers are 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. You need to schedule an appointment ahead. Call 208-263-6860.

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.



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[www.lutherparksandpoint.org](http://www.lutherparksandpoint.org)

## 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.



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If you can't be the pencil to write someone's happiness, then try to be the eraser to remove their sadness. Anon.

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!

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