



## "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!



## SEEDs is on the way! Art Opening, May 4th!

As the snow melts away, we are looking forward to a nice spring! With spring coming, we once again will be sending our annual SEEDs mailing.

Anyone who has supported us during the past year will receive a letter with a packet of seeds asking to continue supporting all of the programs at SASi. This includes the food programs, activities, and other expenses the center provides for the seniors in the community. Along with the letter, the packet of wildflower seeds are a way of thanking you and asking that you think of the seniors as you plant them in your gardens. For the past 2 years, people have generously donated which has been extremely helpful. Every cent goes to help us to keep the doors open. As this is a good size mailing, we could use a few volunteers to help put the mailing together. If you would like to help, please give the office a call at 208.263.6860. We plan on being ready in a few weeks.



Mark Kubiak taught a clay sculpture class last fall and the heads are now fired and ready for viewing! They will be on display at the Sandpoint library lobby case from Wednesday, April 24th to Tuesday, June 4th.

Learn more about the process at an artists' reception on Saturday, May 4th from 3-5pm!



### 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, 4/3, 4/17  
Marty Martinez, 4/10, 4/24

### Dates to Remember

4/4 Alzheimer's Support Group 1:00pm  
4/4 DBC Papa Murphy's Pizza All day  
4/12 Red Hats Luncheon Noon  
4/13 Saturday Dance 1-4:00pm  
4/18 Alzheimer's Support Group 1:00pm  
4/20 SASi Booth at Earth Day Celebration, Farmin Park 1-4pm  
4/25 Donna Aylward, PT, talk on Tripping Hazards for Seniors, 12:15 pm  
4/27 Saturday Dance 1-4:00 pm  
4/28 "Pay it Forward" Day  
4/29 Widows Helping Widows 10:00am

Looking ahead! Saturday, May 4th, 3-5pm  
"Clay Heads" Art Opening, Library

## Executive Director's Corner: Ellen Weissman

"The only constant is change."  
"When one door closes, another door opens." These quotes seem to be particularly applicable to people around here lately! As you'll see in this issue, we have several folks moving on to new adventures and others joining us!

We have some rhythms through the year. We're winding down our "season" of AARP tax preparation with lots of folks coming and going on Mondays and Wednesdays. This year, many people who came in stayed for lunch and found out how great our food is! I just heard about a guest who returned to Priest River and told folks about the great chicken fried steak lunch she had. They thought she had gone to a café in Priest River! Maybe she'll bring some friends with her next time!

We also have the cycle of folks who spend their winters in a warmer



climate. Many will be returning soon and it will be great to see them again!

We are on a search now to replace Anne and Dorothy. Many times I have thought of something I need here and before I knew it the right thing or person appeared! I hope that happens in this case — they are hard shoes to fill.

Btw, it's full on grant writing season right now, so I apologize for being a bit spacey! (More so than usual! Ha!) If you talk to anyone in town who is the Executive Director at an non-profit organiza-

tion right now, they're going to look the same way! Ha! Deadlines! I look forward to the day when we have a huge foundation built up so that our financial stresses will lessen. Thank you to all our supporters and funders! This is such an important boat to keep afloat!



THANK YOU, ANNE!!

*ellen*

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## DayBreak Center: Anne Haynes

Hours: M-Th ~8:30am – ~5:30pm



Anne Haynes

Program  
Coordinator

Mother Teresa wrote in her plan to her superiors that it was MANDATORY for her nuns to take an entire year off from their duties every 4-5 years to allow them to heal from the effects of their care-giving work, (stress.org). She was probably unaware of the term “Compassion Fatigue”, which was brought to my attention by our SASi bookkeeper, Nancy. It was coined in 1995 by Dr. Charles Figley, a psychologist and 1st Responder during the Vietnam War. He defined it as “a state experienced by those helping people or animals in distress: it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.” (compressionfatigue.org).

I have seen so many family caregivers, including my father, who have and are caring for a loved one with Alzheimer's or something similar. The term “secondary traumatic stress” at first seemed extreme to me but as I thought about it, I can see that is

appropriate in many cases. The list of symptoms of compassion fatigue are many; mental, physical, spiritual exhaustion, intense or bottled up emotions, poor self-care, apathy, etc. Denial is one of the most detrimental symptoms. It stops someone from putting a plan together to take care of themselves as they are caring for another. While taking a year off from the caregiving of a loved one is often not possible for a family caregiver, I believe it is possible to balance and heal in the midst of caregiving, but you need a plan! And you need to be able to ask for help — please ask for help! From family, friends, hired caregivers, organizations such as DayBreak Center. Put together a team, find a way to get some exercise (hugely important), feed yourself well first (like putting on your oxygen mask first). Even something as simple as having a friend who makes you laugh call you once a day can make a big difference. It's a hard road you are walking. Be kind to yourself.

Anne

Note: Anne is taking Mother Teresa's advise and taking her leave from her position here. We will miss you, 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.

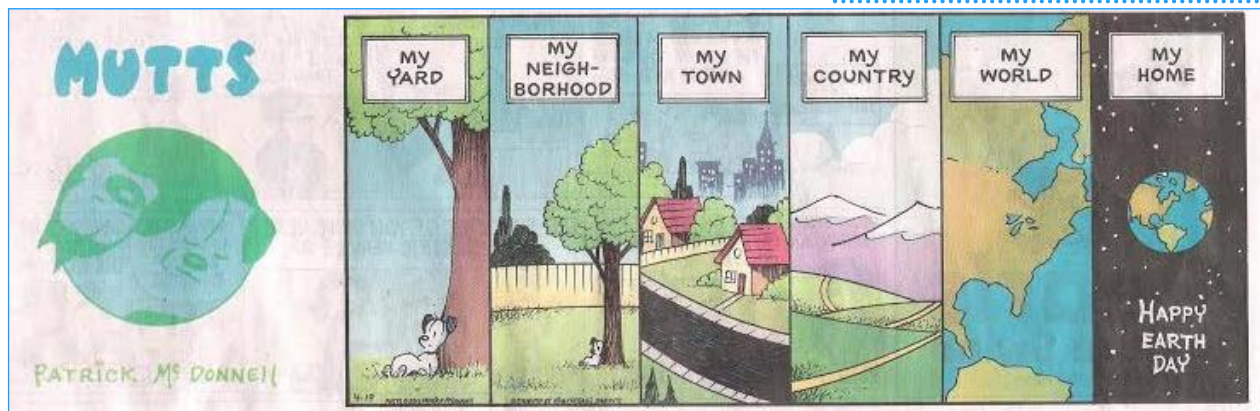
Try it out...Your loved one may stay at the DayBreak Center (with prior arrangements) while you are attending the Caregivers' Support Group meetings.

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



Another fundraiser at Papa Murphy's will be on Thursday, April 4th! Stop by the Senior or DayBreak Centers for a coupon or tell them you're there for DayBreak!



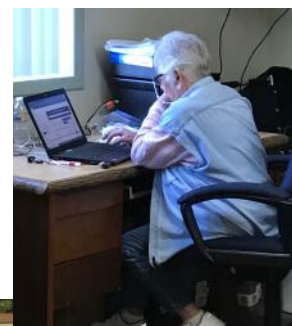
## Senior Spotlight – AARP Tax Volunteers

Once again, the hard working volunteers are finishing up another extremely busy tax season. On Mondays and Wednesdays, they see up to 30 people a day who come here to file their taxes. These volunteers go over their tax information and then file the forms electronically to the IRS.

For the past 20 years, the volunteer group led by Karen Squires, have been here to answer questions and file the returns for people who start calling in to make appointments beginning in February. Next year, Karen is stepping down from being the lead volunteer, and Randy Carpenter will then be doing what she was doing. Karen will still be coming in to process returns. This tax season they have been getting clients from Bonners Ferry which has increased the total amount of people being helped. We are so grateful to them for this and for all the generous

donations that folks have given!

Thank you so much, Karen, for all your hard work and coordinating this for so many years! See you all next year!



## “Happy Birthday to YOU!” April 2019

Karl Fuchs 4/6  
Loi Broderon 4/11  
Evie Leucht 4/12  
Kevin Savage 4/16  
Joyce Boeck 4/16  
Harold Overland 4/16  
Bud Vanek 4/17  
Marge Luther 4/20



Ove Gunnarson 4/21  
Robert Venn 4/23  
Betty “BJ” Johnson 4/23  
Darrell Ewing 4/25  
Bill Wise 4/30

## Mary’s Munchies: Easy Coconut Macaroons

### INGREDIENTS:

- 4 egg whites
- 1/2 cup granulated sugar
- a dash of salt, around 1/8-1/4 tsp
- 1/2 tsp almond extract
- 1 tsp vanilla extract
- 4 cups sweetened coconut, shredded

### INSTRUCTIONS:

1. Preheat oven 350 degrees. Line a baking sheet with parchment paper.
2. In a large bowl, add egg whites, sugar, salt, almond extract, and vanilla extract.
3. With a hand mixer, beat egg white mixture until

thick and frothy, about 2-3 minutes.

4. Add coconut to egg white mixture, and stir until combined.
5. With a small cookie scoop or two spoons, scoop the macaroons into 1 “ balls. Place on the baking sheet , about 1-2”” apart.
6. Bake for about 20-25 minutes, or until the macaroons are golden brown.
7. Enjoy!





## Bags of Change is back! Thank you to Winter Ridge!



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Thank you to Winter Ridge!*

Bring your bag(s) with you when you shop at Winter Ridge and they will give you a wooden coin to put in *our* jar! The more coins, the more Winter Ridge will give us in a generous donation!

Winter Ridge helps us at the holidays also with gift cards for our Home Delivered Meals drivers. Thank you so much!



After 3 1/2 years of excellent work as

## Changing faces...sad goodbyes, exciting hellos!



at the DayBreak Center, Anne is leaving us to spend more time with her family.

Board Member and Bingo coordinator, Dorothy Kohne has moved to Montana to also join family. Both of these women will be sorely missed!

We welcome Pam Allen (third from left) and Marshall Roberts (standing) to the Board of Directors. Joining another relatively new member, Frankie Roberson (not pictured), we have had quite a few changes lately! Thank you to outgoing Board member, Bruce Wendle, for his many years of service!

## 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 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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## IPA and PI Day are a hit!



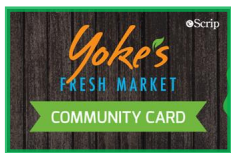
What a busy March! So fun! Thank you to everyone who gave auction items for the IPA event and all the "victims" at the Pi Day Celebration! And everyone who attended and gave financial support! Fabulous!

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

Looking for somewhere to hold a holiday or anniversary party, meeting or gathering?  
Intimate and large group settings!  
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/)



Shop at Yokes and Amazon online and support SASi!



3 Ring Binders, 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!

*And a three layer cart for the kitchen!*

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



***Saturday Dances, April 13th & 27th***

***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)!



## Collaboration with Goodwill gets Robert a home!



### December Spotlight: Robert

Submitted by Lori Welch  
Case Manager Lead  
LoriAW@giin.org

Robert had a home. He had been living in an apartment for years, that is, until he was forced out.

He found himself living on the street in Sandpoint, Idaho. He tried living in his storage unit, but he was caught and asked to leave.

In order to stay warm and out of the weather, Robert spent his days at the Sandpoint Senior Center. He would go inside just after the center opened, and he would stay until it closed.

Robert tried to get help. He felt passed off from organization to organization. No one seemed to do anything. Didn't they know how to help? Robert was frustrated.

When staff at the senior center learned that Robert was a veteran, they contacted the Supportive Services for Veteran Families (SSVF) program at Goodwill.

The screening revealed that he was eligible for the program. An SSVF team traveled to Sandpoint to meet him at the senior center. As soon as they completed intake, the housing search began, but Robert's experiences with people trying to help left him feeling hopeless and overlooked.

SSVF found a senior housing community and took Robert for a housing screening. After what seemed to be mountains of paperwork, Robert had his own apartment again.

Robert enjoys having the freedom to come and go in his own home. He budgets his money, he tends a gar-

den in the front of the complex, and only goes to the senior center when he feels like it. Life is no longer about surviving the cold and the hunger; it's about enjoying stability, meeting new people, and making friends.

Robert is so grateful to the partnership between the senior center and SSVF. Because the staff at the senior center contacted SSVF at Goodwill, Robert found a home. "I want to thank the staff at the senior center for allowing me to use their computer center and for letting me spend my days there getting warm. I would not be here where I am if it weren't for Goodwill SSVF staff — for finding my suitable housing where I will be able to continue affording and stay stable in my life. I want to share my experience so that other veterans understand that there are people out there who really care and do not just 'pass the buck' to others. They get the job done."



"Hawaiian Robert" was featured in the Goodwill spotlight!

Are you concerned about trips and falls in your home? Find out how to do a safety check and look at changes in hearing and vision that may cause falls. Meet Donna Aylward, PT on Thursday, April 25 at 12:15pm in the conference room.

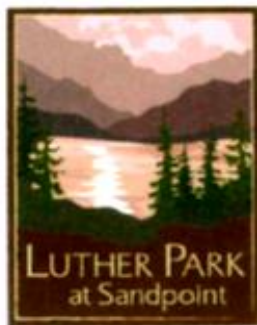
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### SHIBA Appointments Available

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.



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**"Count your life by smiles, not tears. Count your age by friends, not years."**

**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

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\$1 - \$499 Garnet      \$2500 - \$4999 Emerald

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

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