Volume 5 Issue 5 May 2019



"SASi" SANDPOINT AREA SENIORS, INC.

WHAT'S GOING 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.

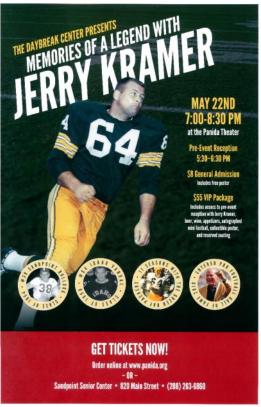
Need daytime elder care or a meal delivered



Jerry Kramer Fundraiser, Wednesday, May 22!

Tickets are now on sale for the "Memories of a Legend" with NFL Hall of Famer and former Sandpoint High School Bulldog Jerry Kramer, who will speak at the Panida on Wednesday, May 22. "This will be the fourth fundraiser Jerry has done for us," said volunteer event coordinator John Elsa, adding that the benefit will help support operating costs for DayBreak Center, which provides quality daytime care for individuals with memory impairment, such as Alzheimer's disease. Kramer will talk about his time at Sandpoint High School, his career in the NFL, and his induction into the Hall of Fame last year. Sports commentators Sam Adams and Emily Staker will emcee the event.





Tickets are available at the Senior Center for \$8.00. This will be an exciting event!

Hope you can join us!

Weekly Activities

Monday: Pool Players 9am

Line Dance Group 12:30 pm

Bridge 12:15pm Tuesday:

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, 5/1, 5/15, 5/29 Marty Martinez, 5/8, 5/22

Dates to Remember

5/2 Alzheimer's Support Group 1:00pm

5/4 Meet the artists -- Clay heads on

display at library 3:00-5:00pm

5/7 Rep. from Blue Cross to discuss

Medicare 10-2:00 in conference room

5/10 Red Hats Luncheon Noon

5/11 Saturday Dance 1-4:00 pm

5/15 Waldorf School bringing out the

garden boxes

5/15 Alzheimer's Support Group 1:00 pm

5/22 Jerry Kramer Fundraiser at Panida

5/23 Wells Fargo Bank: Fraud Talk 12:15pm (in conference room)

5/25 Saturday Dance 1-4:00 pm

5/27 SASi Closed – Memorial Day

Executive Director's Corner: Ellen Weissman

A picture tells a thousand words! I love photos and this issue has quite a few. This has been a very busy month with the grant writing in full swing interspersed with many community activities! Huge thanks go to

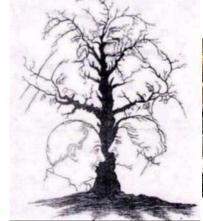
Kirsten Longmeier (right) for hosting an evening of "free" massages at Evans Brothers as a fundraiser for SASi!

Thanks to Lee and Shakura for helping at the SASi information table at the event and at Earth Day festivities in Farmin Park.



Shout outs of thanks also go to the SEEDs mailing volunteer team and the upcoming volunteers from the Waldorf School and new SASi "Garden Club." And to Winter Ridge





for their "Bags of Change." So many community connections! Spring has sprung!





Try the visual brain teaser in the middle. How many faces do you see? Enjoy! ellen

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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



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DayBreak Center: Anne Haynes



Anne Haynes
Program
Coordinator

As I ease out the door of Day-Break Center and move on to new life explorations, I want to stop to appreciate and give gratitude for all this job has brought to me. The SASi staff are so dedicated and wonderful. They gave me cheerful smiles as I winged in and out of the Senior Center, guidance and encouragement when I needed it, and friendship for which I am so glad and grateful! Ellen, who mentored me and always showed confidence and support as I learned my way; Nancy, who tried hard to train me up right in office!; Emmy and Ashley, who were always so willing to help with anything they could; the cooks in the kitchen, who fed us day after day with dedication: the SASi board members, who care enough to keep trucking through what comes up.

Falling in love with the many participants who came through was not sad as so many think, but joyous! Being able to recognize

When someone is going through a rough timejust sit with them. No preaching, no advice. Just be there



the heart behind the disease. All so unique, all with an inherent kindness. I will carry them and so many inspiring snap shots and stories of them in my heart.

Their caregiving families — I don't even know how to express the depth of my feeling for them. They have so much to deal with and carry it with such courage and determination through the grief. They are heroes and I am honored to now call many of them friends.

The volunteers! I really learned my job from them! Katie, Mark, Alice, Sandy, Sally, Jan, and later Mary, Mark and Lorrie, a few others who came and went, Jan Griffitts our advisor... and Lucy! I could write an article on each one of you and what you have brought to this program. My life is richer for knowing you and counting you as friends.

Lastly, yet foremost— to the amazing, wonderful staff I worked with: Adrianne, Denise, Meryl, and substitute staff Jennifer and Sandy. You made each day a joy and make DayBreak what it is— a joyful, loving, and supportive place of friendship for all of us. I value your loyalty and friendship more than I can express.

Anne

Sometimes you just need a hug 💍





Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's and memory challenges

Hours: M-Th ~8:30am - ~5:30pm

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 Griffitts, 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

Papa Murphy's.

TAKE 'N' BAKE PIZZA

Thank you so much to Papa Murphy's for the fundraiser on April 4th!

We raised \$240.64! That's 24 hours of care for our families at DayBreak!

Glass Artist, Dale Chihuly is at the MAC in Spokane until June 23rd!

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Senior Spotlight: Jean Deremer

For the month of May, we are featuring Jean Deremer. Jean was born on March 5, 1947, in Czechoslovakia. She was an only child living with her mother and grandmother. Jean lived there until she was 21 when she left in 1968 after the Russian invasion. During that time she went to Yugoslavia through Italy and spent some time in a refugee camp. She emigrated to the US through New York, where she met a friend who was also a scuba diver. They left NY and went to Long Beach, CA. and then to Palm Springs, California where she worked washing cars, dog grooming, cocktail waitress, and bartended for 2 years. She felt it was very important to learn English, so she went to work for a family where she needed to speak only English. In 1972, Jean met her then husband who was getting out of the Navy during the Vietnam War.



They headed to Colorado where their car broke down and were stuck in Las Vegas, where she ended up living and working for the next 29 years. Jean ended up working for different casinos until she was laid off. She retired and ended up coming to Sandpoint in 2013. Jean worked at Schweitzer bartending and working in a little store there. Jean is presently unemployed and has been volunteering at SASi recently.

Welcome to SASi, Jean! And thanks for helping clear the tables at lunch!

"Happy Birthday to YOU!" May 2019

Sandy Roberts 5/3 Ann Leen 5/11 Jackie Peters 5/13 Denise Dombrowski 5/14 Adele Martin 5/15 Ellen Weissman 5/15 Bill Otis 5/15 Mary McGinnis 5/17



Tom Peters 5/19 Lew Emerson 5/25 Jon Cottrell 5/26 Paul Graves 5/26 Denny Rainey 5/26 Dave Longacre 5/30

Mary's Munchies: Crêpes with Strawberries

Ingredients:

1/2 cup all-purpose flour, 1/2 t salt, 3/4 cup skim milk, 1 large egg, Vegetable oil, 1 cup, 1 cup plain low-fat yogurt, 2 T honey, 1 T Muscat dessert wine, 1/4 t grated orange zest, 24 strawberries, sliced, Confectioner's sugar, for dusting.

Step 1: In a small bowl, whisk the flour with the salt. Add the milk, egg and 1 tablespoon of oil and whisk until smooth. Cover and let rest for 20 minutes. In another small bowl, whisk the yogurt, honey, Muscat and zest.

Step 2: Preheat the oven to 350°. Heat an 8-inch nonstick skillet. Rub the pan with an oiled paper towel. Add about 3 tablespoons of the crêpe batter, swirling the pan to coat evenly; pour off

any excess. Cook the crêpe over moderate heat until the bottom is brown in spots and the sides are crisp, about 2 minutes. Flip the crêpe and cook for 1 minute longer. Transfer to a baking sheet; repeat to make 7 more crêpes.

Step 3: Fold the crêpes into quarters and bake until hot, 4 minutes. Place 2 crêpes on each plate. Top with the yogurt sauce and garnish with the

strawberries. Dust with confectioners' sugar and serve immediately.



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Has your green thumb returned for the season?

The students at the Waldorf School will be stopping by on Wednesday, May 15th to help us get the garden boxes back out! They are bringing fresh dirt, organic seeds and lots of energy! If you would like to join us, come out with garden gloves (and tools if you have them) after lunch to join in the fun!

With the weather being sketchy lately, deciding on a date has been challenging. Hopefully, there won't be another frost

after the 15th! (It has snowed here on May 1st!) See you at noon out on the south side of the building! Please keep the parking area clear for the wheelbarrows! Thanks!





Bags of Change at Winter Ridge, Community Networking Booths, Clay Heads and SEEDs Volunteers! Lots of fun!









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Can you adopt a month? Please call us at 208.263.6860! Thank you!



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Community Assistance League ("CAL") helps SASi again!

SASi supporter and active CAL member, Julia Kern, is also a very funny woman! She and her entertainment committee recently hosted a wild and wonderful "Kentucky Derby" event for the CAL Spring Luncheon! It was held at the Trinity (Thanks, Justin!) and the hats were fabulous! CAL is donating half of the proceeds from the event to the DayBreak Center!

CAL just also awarded SASi a grant for purchasing food for the Food Program and to replace very old cookware. This year, CAL is giving back

to the community \$105,000 in grants and \$35,000 in scholar-ships, plus an additional \$3,500 in special donations. Please shop at Bizarre Bazaar!! THANK YOU, CAL!!







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

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, May 11th & 25th
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!

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Don't be fooled! Fraud is going around!



2120 N. Lakewood Dr. Ste B. Coeur d'Alene, ID 83814 + Tel: 208-867-3179 Fax: 208-867-5938 www.aaani.org

ALERT

GENETIC TESTING SCAM

Various companies are showing up at senior centers, health fairs, and similar places offering genetic testing or cancer screening, falsely claiming that Medicare will pay for it.

Follow these procedures:

- Do NOT give out your Medicare number or Social Security number at these kinds of events
- Do NOT consent to any lab tests at senior centers, health fairs, or in your home
- Genetic tests and cancer screenings must be medically necessary and ordered by YOUR doctor
- Monitor your Medicare Summary Notices for any services that you did not agree to
- If you think you may be the victim of Medicare fraud, call the Senior Medicare Patrol at 800-786-5536 ext 232.
- · Help protect yourself and others. Spread the word!

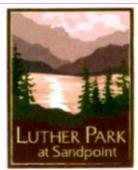




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Attention! The following is from Joe Lykins, Senior Medicare Patrol at the Area Agency on Aging in CdA. If you have any questions, call Joe at 208.667.3179, ext.222.

Scammers throughout the country are offering genetic testing and cancer screenings and falsely claiming that Medicare will pay for them. Senior centers seem to have been especially targeted. If you or anyone you know is approached by these persons, you should not allow them access.

Valerie Shamblin, Personal Banker from Wells Fargo, will be here on Thursday, May 23rd at 12:15pm to present more information on fraud attempts in the area and how to protect yourself. Meet in the Conference Room after lunch!

If you have been the victim of fraud, please come and share your stories!

Changes in Medicaid will affect some Blue Cross members and it's pretty confusing! Jacob Curtis from Blue Cross will be here on Tuesday, May 7th from 10am - 2pm in the Conference Room to answer questions!

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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"Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering." Yoda.

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!

\$8.00 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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