



“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. There is an \$8.00 charge for guests under the age of 60.

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!

Injectors Car Club here for Father's Day BBQ

Save the date for *Saturday, June 15, 2019* for another Injectors Car Club BBQ. From 11am – 2pm, the car club will once again set up in the parking lot to cook a delicious meal consisting of hamburgers, hot dogs, side dishes and desserts. The club will also display some of the cars belonging to the members.

For the past 4 years, the club has graciously donated their time to come and feed the guests who come by to eat and support SASi. For \$5.00, you can get a hotdog or hamburger, a bag of chips, and dessert. For \$1.00, a water or a soda. This is a family friendly event to celebrate Father's Day, so feel free to invite your family, friends and the kids! You do not need reservations, and all proceeds go to SASi. While you eat, you'll be joyously entertained by SASi's own jazz keyboardist, Annie Welle!

AND! Stop by Burger Express on Wednesday, June 12 from 5-7 for the fun-raiser for the BBQ!

Owner, Michael Boge is donating all of the proceeds to buy the food for the Injectors BBQ! For more information, please call the center at 208.263.6860.

Even though we are at the beginning of the summer season, before you know it the fair will be here. This year the theme will be “Bounty of the County” from August 21 - 24, 2019. We would like to participate, but we need volunteers to help with this project. If you want to help, please let us know.

Also we're thinking about going again on the Shownodese for a lake cruise sometime. Is there somewhere else you can think of that would be fun for our group? Please let us know.

Emmy is also contacting the casino in Worley to see when they can book us for a trip as well.

For those of you who attended the “Fraud” talk given by Valerie Shamblin from Wells Fargo, we hope you enjoyed the presentation. She had such a good time with the group that she'll be coming back for another workshop on “Budgets and tips on how to make them work for you” on Thursday, June 27, 2019, at 12:15pm. See you then!

Weekly Activities

Monday: Pool Players 9am
Line Dance Group 12:30pm

Tuesday: Bridge 12:15pm
Pinochle 12:15pm

Wednesday: Bingo 6:00pm

Thursday: Pool Players 9am
Wii Virtual Games 10am
EMS Blood Pressure Checks 10am
Line Dance Group 12:30pm

Bingo Callers:
Marchelle Fritz, 6/12, 6/26
Marty Martinez, 6/5, 6/19

Dates to Remember

6/6 Alzheimer's Support Group 1:00pm
6/8 Saturday Dance 1-4:00pm
6/14 Red Hats Luncheon Noon
6/15 Injectors Car Club BBQ – 11:00-2pm
6/20 Alzheimer's Support Group 1:00pm
6/22 Saturday Dance 1-4:00pm
6/24 Widows Helping Widows 10:00am
6/27 Budgets for Seniors: Wells Fargo, 12:15pm, Conference Room.
6/27 Papa Murphy's Pizza fundraiser for Family Assistance Fund 11-8:00pm
6/28 SASi Board Meeting 10:30am



Executive Director's Corner: Ellen Weissman

A few years ago, some of you met my daughter when she spent the week here. You saw pictures of the wedding and now she and my son-in-law are expecting a baby! She (they



know it's a girl!) will be my first grandchild and I'm very excited!

I just visited them for the baby shower and realized that times have really changed

since I was pregnant with her! Their baby shower was quite different



from mine and included a contest for the husbands to drink from a baby bottle that the wives held for them. Quite fun, actually. More than I thought it would be when they first told me about it!

I feel like I have been apologizing a lot lately for my spaceyness and now you can hopefully understand where my head has been! The due date is July 31st, so I might still not be fully grounded until after then! Thanks for your patience! ❤️

SASi has been blessed with grants from the Community Assistance League (CAL), the Idaho Community Foundation, the Innovia Foundation, and the Selkirk Association of Realtors!

So far, we have received \$17,000! We're still waiting to hear from a few more organizations and hope to receive more grants. As you can see in this newsletter, we have also had a huge response to the SEEDs campaign and the Jerry Kramer event was amazing! We thank you all in our wonderful Sandpoint community for your support to keep our seniors fed and taken care of!! Enjoy reading! *ellen*

A big shout out of thanks to Ron Jenkins and the Waldorf School's Yvette McGowen's 3rd grade class who have adopted our garden boxes and helped get them back outside! They'll be back in the fall!



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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



DayBreak Center: Kelly Crowder

Hours: M-Th ~8:30am – ~5:30pm



Kelly Crowder

Program
Coordinator:

It is with great pleasure to introduce you to Kelly Crowder, as DayBreak Center's new Activities Coordinator.

Kelly, was born on March 19th, and lived with her parents in Willamette Valley, Oregon. After graduating high school, she went to college where she received her Associates Degree in business. In 1990, Kelly married her husband, Jim, and they have three daughters. Two of the three girls are graduated from school and living in Seattle and San Diego. The third daughter will be going to college in the fall.

Eight years ago, Kelly and her husband moved to Bonner's Ferry to be closer to her parents. Kelly's father was diagnosed with Alzheimer's and Kelly became his caregiver which gave her the day-to-day experience with caregiving. Kelly said her father passed away in her arms. Four years later, Kelly's mother married her high school sweetheart. They are involved with organizations such as Sandpoint VFW for

Vietnam Veterans of America, VFIN and Marine League.

Kelly is an experienced caregiver with hospice training and has CNA certification.

Kelly has a passion for this work and looks forward to continuing her education and helping families get through their difficult journey with loved ones who are with Alzheimer's. She also is looking forward to working with the others on the DBC team and volunteers.

Please stop by and meet Kelly!



Kudos to our DayBreak Garden wizards, Lorrie and Mark Stockwell! Last year, they transformed the courtyard and this year, it's the exterior that is their passion!



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



Thank you so much to Papa Murphy's for the next fundraiser **on Thursday, June 27, 2019!**

Last time, we raised \$240.64! That's 24 hours of care for our families at DayBreak!



How many scooters can you fit on a backseat of a car?! ☺

We have wheelchairs, walkers, crutches, canes, toilet seats and toilet risers and more!

Let us know if you need anything!



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

Senior Spotlight: Betty Cady

Betty was born and lived in Salt Lake City until she was 2 years old with her parents and brother. The family then moved to California where she still resides in the winter. Betty went to college at the University of Santa Barbara and graduated on the Dean's List with a BA in Education. Instead of going to Yale on a scholarship, she went to work. Wanting to teach overseas, she was required to have 2 years of experience in the US. She then taught 2nd and 6th grade in France. She and two friends traveled extensively in Europe and she studied over five languages. She was once awarded a scholarship to Korea and also traveled in that part of the world. Betty loves learning new things and has gone to school earning 3 degrees and 6 credentials. She has taught every subject and every grade from K through college and has a Masters Degree in counseling. She taught in the LA School System

most of her career.

Betty married Donald Earl Cady and they had two children. A son, named Sean, and a daughter Christina. Sean lives in Sun Valley and Christina lives in Sagle with her husband and son.

Betty belongs to the Red Hats here and belongs to an educational organization in La Crescenta which give out scholarships to women. Her hobbies include skiing, bingo, and volunteering. She has been a member of Al-anon over 50 years and has been involved in the recovery community in California. Betty says, "I feel very blessed and love to spend my summers in Sandpoint where the people are so kind and friendly." Betty enjoys the line dance group and having lunch at SASi as well. We enjoy you, Betty!



"Happy Birthday to YOU!" June 2019

Doris Nuss 6/4
Marilyn Dillon 6/8
Wes Roche 6/10
Debbie Knowles 6/14
Bruce Wendle 6/19
Darlene Lyon 6/19
Nancy Savage 6/19
Millie Rinker 6/25



Maxine Kock 6/29
Barbara Overholt 6/30
Vickie LaBelle 6/30

Mary's Munchies: Easy Baked Ribs for Father's Day

Slab of baby back ribs: 2 - 2 1/2 lbs. total

1/4 - 1/3 cup BBQ sauce

For the spice rub:

2 tsp. salt

1 tsp. black pepper

1 tsp. garlic powder

1/2 tsp. cumin

1/2 tsp. smoked paprika

1/4 tsp. cayenne pepper

1/2 tsp. onion powder



Directions:

1. Mix spices together in a small bowl then rub into both sides of the ribs. Wrap in saran wrap, and then refrigerate for at least 2 hours or up to overnight.
2. Preheat oven to 250 degrees then line a baking sheet with foil and spray with nonstick spray. Place ribs on top then cover tightly with more foil and bake for 3 - 1 1/2 hours (add more time if your ribs are larger than 2 - 1 1/2 lbs.) Remove foil, drain any excess liquid from the pan, then brush BBQ sauce on top and bake for 30 more minutes, or until top is slightly caramelized. Slice then serve.

Thanks to the "Seeds" Donors!!! Over \$11,000 so far!!

YOU HELP US KEEP GOING!!
THANK YOU SO MUCH!!

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Thank you, Advertisers!!

Need a hospital bed?!

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!



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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208.265.9299



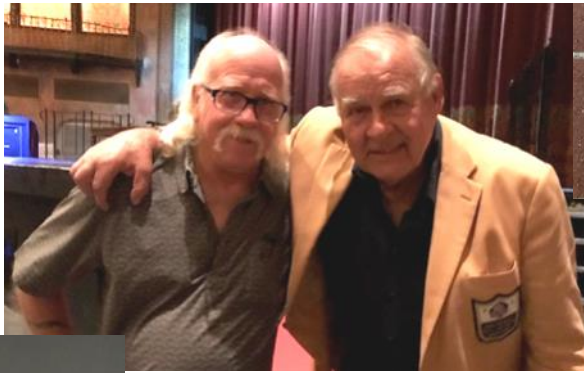
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[www.afshomehealth.com](http://www.afshomehealth.com)

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Stay in your home where you are in charge!

## Jerry Kramer at the Panida! What a fabulous event!



Thank you, Jerry Kramer and John Elsa for a wonderful evening!



### ***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, June 8th & 22nd***

***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)!

## More thank yous!! We couldn't have done it without you!

Mr. Jerry Kramer!  
 Steve & Julie Meyer  
 Doug & Ann Staker  
 Pat & Tami Feenstra  
 Doug Jones  
 Sam Adams - KHQ Channel 6  
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...and all the Anonymous Donors!

~~~~~  
 More fun on Saturday, June 15th!

HUNGRY?!
 Eat for a good cause! Help SASi feed area seniors!



BBQ!
 Saturday
June 15th
 at the
 Sandpoint
 Senior
 Center
 parking lot!
11am-2pm
 \$5 per plate
 \$1 sodas/water

Burgers/Hot Dogs, Salads, Desserts
 and all the fixins!
 Happy Father's Day!
 Classic Cars on display!
 Live Jazz Music with Annie Welle!

**SANDPOINT AREA
 SENIORS, INC.**

PLUS! Burger Express is hosting a fun-raiser for the fundraiser!
 Stop by on Wednesday, June 12th from 5 – 7pm for a burger!
 All proceeds will purchase food for the BBQ! Injectors members will help serve!

Info: 208.263.6860 www.sandpointareaseniors.org
 820 Main Street, Sandpoint, Idaho

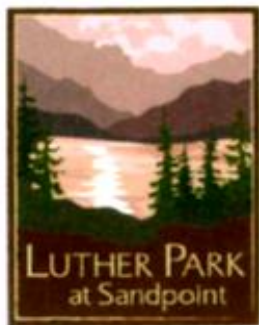
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www.lutherparksandpoint.org

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.



- Medicare Health Plans
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Treat people how you want to be treated and always respect your elders.

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

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 _____