

Summer Fun! Happy 4th of July!



“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!

Happy Summer to all of you! Hope you are enjoying time with family and friends. We still have our usual daily activities such as lunch, cards, Bingo, and some other activities to keep you busy.

We will be closed on Thursday, July 4th, for the holiday, but open on Friday, the 5th, for breakfast at 8:30am. Please call ahead if you would like to join us for a meal!

Do you like poetry? A new class is starting on July 25th!

(See page 7 for more information.)

Looking ahead to August! The summer picnic this year will be at the City Beach Pavilion on Friday, August 16th starting at 4pm. This year will be a potluck. Sign up with which type dish you will bring at the front desk starting August 1st.

Thank you, Injectors Car Club!! What a great afternoon at the BBQ!! This was our 4th year and biggest yet! You put on a great show! Awesome food, awesome cars and great company! THANK YOU SO MUCH!

(Turn to page 5 for more pictures!)



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:
Marty Martinez, July 3, 17, 31
Marchelle Fritz, July 10, 24

Dates to Remember

7/12 Red Hats Luncheon, noon
7/13 Saturday Dance, 1pm - 4pm, with
“Country Plus” live band
7/18 Alzheimer’s Support Group
7/25 Poetry Appreciation Class with
Vivian Bogardus, 12:30
7/26 Board Meeting with Kristi Scott from
Idaho Community Foundation
7/27 Saturday Dance, 1pm - 4pm, with
“Country Plus” live band
7/29 “Widows Helping Widows” 10am



Executive Director's Corner: Ellen Weissman

This has been a month of miracles! The Injectors Car Club gave us the gift of their 4th annual BBQ which raised over \$1100! We had more folks having more fun than ever before! Thanks to Annie Welle, our "SASi jazzy keyboardist" and to all of the volunteers who made this event possible! This was the second year that Burger Express held a pre-fundraiser "fun-raiser" and that paid for the burgers for the BBQ. What a fun time!

Prior to the fundraiser, I was concerned about the need to spruce up the parking lot. Lo and behold, Board member, Frankie and her niece cleaned up the front bushes. Then two volunteers showed up! Don and Aubrey swept and pulled weeds and put down the new stepping stones (Thank you, Walmart!) and swept and pulled more weeds! What a difference!

Frank Cafferty stopped by one day and asked why our screen door was tagged "out of order" and took it upon himself to fix it! He donated the materials from Home Depot and it's now working great!

It's the angels that show up and give of themselves that help make this such a special place!

See the Senior Spotlight on page 4 for another angel who has been making a difference!



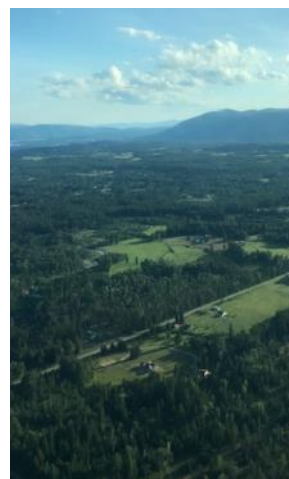
Another way miracles happen around here is the way things show up or how one conversation can lead to classes materializing!

The bouquets Shakura has been bringing in have been so beautiful! How thoughtful!

Vivian Bogardus and I were talking about her love for poetry and how she would love to start a class! We looked at the calendar and booked the three "last Thursdays" of July, August and September after lunch at 12:30pm in the Conference Room. Vivian has taught poetry before and calls this a "Class for Poetry Appreciation." I can't wait to see what she can elicit from the group!

Another way conversations can evolve into adventures is what happened when Brent Bidus brought in some giveaway items recently. He was wearing an aviation shirt and I mentioned that my dad designed airplanes for the Navy and I love flying. He offered to take me up in his Cessna 182 and

I said, "Yes! Any time!!" My adventure happened this past weekend and he let me hold the control arm for about 15 minutes flying over Lake Pend Oreille and another 5 minutes flying back over Lake Cocolalla! What a blast!



We just never know what might happen around here!

ellen

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(l-r) Kelly Crowder, Program Coordinator, Adrienne Belucci and Denise Dombrowski, Program Assistants

Mid-summer is upon us, and all of us at The Daybreak Center wish you all a wonderful and safe 4th of July with your family and friends.

A huge heartfelt thank you to John Elsa for his magnanimous success with the Jerry Kramer fundraiser at the Panida on behalf of the Daybreak Center.

Anne has officially passed the baton to me to continue our outreach to the community to let them know the Daybreak Center is a wonderful and nurturing home environment that provides respite care to families caring for an older parent or loved one whether it's a couple hours a week or everyday. We have a wonderful team to help you get through this time. We provide a caring, warm and welcoming home environment. This opportunity allows you to get things done whether it's running errands, having lunch with a friend, attending a doctor appointments, or to return home to rest.

Anne, you will be dearly missed by all and we wish you only the best on your future endeavors.

I would like to continue to celebrate our wonderful staff and volunteers because without each and every one of you, the Daybreak Center would not be such a huge success to our participants.

Let me take a moment to introduce you to our wonderful and caring staff and volunteers that make the Daybreak Center such a great place to offer respite care for families in our community. Each of you give 110 percent of yourselves while truly caring for each and every participant.

Meet our staff: Adrienne a star and she brings her natural talents of singing, dancing and her great knowledge to the various games we play in the afternoon like Jeopardy, Bingo, Name that Tune and more. Adrienne is very compassionate, caring and has a great sense of humor that brightens the day like sunshine even on a cloudy or snowy day. All our participants love her.

Denise has been with Daybreak since 2010. She enjoys the one on one time with the participants and participating with the games we play as a group. She enjoys playing Yahtzee and Dominoes and likes to talk with them about their day and engaging them in fun activities. To her they are like her extended family.

(continued below)

Meet our volunteers: Mary has volunteered for Daybreak many years. She is a wonderful and caring person and loves being involved with Daybreak and she brings a lot of joy and stability to our participants. When she comes in for the day, the smiles brighten up and it's evident that the participants are very happy to see her. Mary is an essential part of our team and dedicated to our program.

Katie has been a wonderful and committed volunteer for 11 years. She has brought a lot of happiness throughout the years to each and every participant.

Mark, our volunteer handyman, has been with DayBreak for many years. His favorite thing is to play his guitar and sing with the participants. They love his visits and it's very magical, as it is when Alice, also a long term volunteer, shares her musical talents on keyboard. One would never know that she plays by ear and doesn't use sheet music.

(continued on page 6)

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!

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

Senior Spotlight: Teri Koich

This month we are featuring a new friend, Teri Koich. Teri began volunteering at DayBreak Center in April and is now spending many volunteer hours at the Senior Center doing both administrative and food program assistance.

Teri was born in Western Washington on July 6, 1956. She lived with her grandparents and graduated from high school in 1974. Teri joined the Army from 1974-1977 and was stationed at Ft. Hood in Texas where she was a personnel records specialist. In 1978 to 1982, Teri attended Western Washington University and got a BA degree in Elementary Education and then taught K-3rd grade. During that time, she got married and had 2 sons and 1 daughter. The family relocated to North Idaho in 1992. In 1997, she joined the United States Postal Service as a window clerk and later became a Carrier Supervisor of 20 carriers. She then became Postmaster for

12 years in Laclede and Clark Fork. Teri retired in 2014 and began volunteering at the library, soup kitchens and the Panida. Teri came out of retirement and worked as an in-home caregiver for Aging Better and at Luther Park in the memory care wing. She also worked for three years at Winter Ridge.

Teri likes gardening, dancing, reading and yoga. She has a grandson and a female cat named Zoe.

Teri likes helping and having lunch with everyone. We really appreciate having her here!



“Happy Birthday to YOU!” July 2019

Annie Welle 7/3
Del Wood 7/3
Mary Jacobson 7/6
Teri Koich 7/6
Elara Reynolds 7/10
Lea Soltis 7/11



Sheila Vetter 7/17
Ernie Belwood 7/20
Judy Herling 7/22
Norma Pierce 7/22
Ron McCormick 7/27

Mary's Munchies: Strawberry Torte

Ingredients:

- 11 ounces cream cheese, softened
- 3/4 cup white sugar
- 2 teaspoons vanilla extract
- 1 pint heavy whipping cream
- 2 (12 ounce) packages ladyfinger cookies
- 1 (16 ounce) package frozen strawberries
- 1 tablespoon cornstarch

Directions:

1. Strain strawberries and set aside, reserving juices. In a saucepan bring cornstarch and strawberry juice to a gentle boil. Remove from heat and let cool.
2. Whip cream cheese, sugar, and vanilla together.
3. In a separate bowl beat whipping cream until stiff

peaks form. Fold whipped cream into cream cheese mixture.

4. Arrange ladyfingers around sides and bottom of the 8 or 9 inch spring form pan, standing ladyfingers lengthwise around sides of pan. Pour 1/2 of the filling into the pan, then place a layer of ladyfingers on top of filling. Pour remaining filling over ladyfingers.
5. Spread strawberry sauce over top of cake and place the whole strawberries on top. Refrigerate and remove from pan once thoroughly chilled.



Thank you, Injectors! And Winter Ridge' Bags for Change!

Thanks also to Burger Express for hosting the fun-raiser for the fundraiser!



What a fun time!



Winter Ridge has extended their "Bags for Change" collection jars for another three months!



Bring your own bags to put your groceries in when shop! You'll receive a wooden token and you can choose the SASi jar to put your token in! The more tokens there are, the more Winter Ridge will give us! Thank you, Greg and the staff! And thank you, shoppers!

Thanks to all the volunteers!



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

Stay in your home where you are in charge!

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CNAs

## DayBreak Center (Continued from page 3)

Mark and Lorrie have donated a lot of time transforming our courtyard to a beautiful native plant oasis. If you haven't been by to see our beautiful new courtyard, I encourage you to stop by to admire the beautiful transformation. It is a wonderful spot for outdoor meetings, getting your picture taken for a special occasion, a small wedding, and many other wonderful opportunities. We can't thank them enough for all their hard work and time they donated to transform our courtyard.

When the snow flies, volunteers can be found indoors at Daybreak. LDS Sisters are regular volunteers on Wednesday afternoons. They bring fun and laughter with them and help with our activities. The Sisters have given manicures to everyone there on that day, but for some reason the guys always decline getting their nails painted.

Our wonderful team's goal at Daybreak is to provide family support, and give the respite care. While your family member is at Daybreak, we have activities designed to stimulate memory, health and provide time for the seniors to socialize. Feel free to call Daybreak Center at (208) 265-8127 or come in and talk to us about how we can help.

We are open Monday through Thursday 8:30 am to 5:30 pm. There is financial assistance available to help offset the hourly cost of \$10.00.

The Daybreak Center is a program of the Sandpoint Area Seniors, Inc., a 501c3 organization. Donations are welcomed and are tax deductible.

As you can see we have awesome people working and volunteering at Daybreak. If you would like to be a volunteer and part of this great team of wonderful people, feel free to stop by and fill out an application. Hope you will join us for a fun filled and wonderful day.

\*Correction from Kelly's June article: Kelly's stepfather, Ron McInay is extremely involved with the

VFW in Sandpoint. He is also the Captain of the Patriot Guard in Bonners Ferry.

### ***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/)

Thank you generous supporters!! Find names and logos from donor organizations at

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



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Amazon online  
and support SASi!



8 1/2 x 11 paper, 11 x 17 paper, 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 and screen. 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 million dollars and new building?! Thank you so much!***



***Saturday Dances, July 13th & 27nd***

***1-4 pm.***

***Potluck lunch! Music by "Country Plus!"***

**Every Wednesday 6 pm**

**\$2.00 per card**

**Concessions at 5pm!**



**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 volunteers to the rescue!

Thank you so much to Don Wolfe and Aubrey for helping with the landscaping! And to Frank Cafferty for fixing the screen door!

Thanks to Glenn Nies for teaching the AARP driver safety class! You helped our seniors save a lot of money on their insurance! (See picture on right.)

Marchelle and Max are part of the dynamic concessions team at Bingo! Thank you, Life Care for donating for



months for our dinners! And to all of the Bingo volunteers that make it go so smoothly!

What would we do without you all?!!



Poetry anyone? Join Vivian Bogardus for a new class in "Poetry Appreciation" on July 25th at 12:30pm. The class is designed to make you smile! No experience necessary or bring your collection! The class will continue on the last Saturday of August and Sept.

Thank you so much, Schweitzer and the anonymous donors of the "Chairs for Charity" for SASi! Whooahoo!



Kristi Scott, from Idaho Community Foundation, will be coming to the board meeting on Friday, July 26th at 10:30am. Anyone interested is welcome to join us as we learn the benefits of setting up an endowment to ensure the future of SASi.

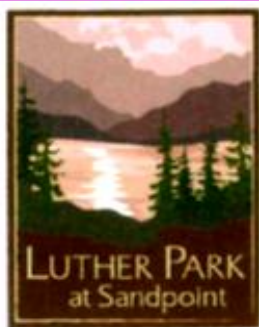
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### SHIBA Appointments Available

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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**Many thanks to ALL our donors! We simply could not do it without you!**

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**"The hum of bees is the voice of the garden." Elizabeth Lawrence**

**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      *We now take Credit Cards!*

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

For \_\_\_\_\_