



Newsletter
February 2023
SASI
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

Senior Center:
208-263-6860

The Sandpoint Area Seniors, Inc. strives to address food insecurity and social isolation among the most vulnerable members of the senior community in the Bonner County area. We do this by providing nutritious meals both on-site and through home delivery as well as providing a gathering place and informational site for social, recreational, and wellness programs.

Need daytime elder care
or a meal delivered to
your home?

Call for more information!
Check out our website

www.sandpointareaseniors.org

Introducing The Corner Kitchen

Hello SASI!!! I am Chef Brenda from deep in the heart of Texas. I have been a Chef since 2012 and I am trained in dietary restricted diets. My passion comes from taking fresh, raw ingredients and turning them into delicious dishes. Allow me to also introduce everyone to Sous Chef Linda from right here in majestic North Idaho. Her greatest strength is her creativity which allows her to make some fantastic meals and baked goods. So when you sit at one of our tables and that plate gets placed in front of you, just know that it's the best of what happens when the North meets the South!

We love to create delicious meals for you. But we also want you to know that everything that comes out of our kitchen is made with an eye on healthy living. We love to use the freshest tender proteins and things like salt and oil term effects if consumed we have added to our changes already, such as desserts, and some ingredients possible like tasty bright crisp greens. Limiting which can have negative long-term effects in larger amounts. Now that staff you have seen some making our own breads and changes you have yet to see... Just wait until you see what we have planned for you when breakfast returns this month.



Do you have a favorite dish, recipe or dessert? Would you like to see us try our hands at recreating it to share with everyone? Either stop and have a conversation with one of us or fill out one of those handy dandy comment cards that are on the tables and we will work your suggestions into our monthly menu. Also, check out our monthly SASI Newsletter where you'll find a recipe or two that we have to share with all of you.

Alright friends, we've reached the end. It's time to ring that dinner bell and welcome you to The Corner Kitchen.



Recipe for Love

1 cup of Romance
1 spoon of Humor
2 mugs of Joy
1 big cup of Respect
3 little spoons of Trust
1/2 mug of Sharing
2 cups XL of Tenderness
and 3/4 cup of Patience...



Sandpoint Library Outreach Program



Andrea Evans is the Outreach Coordinator at EBCL and the library is making great effort to get the word out in the community about what she has to offer.

Below is a summary of what she has been up to for the last 6 months since beginning this effort:

She began a bi-weekly visit to the Senior Center on Wednesdays.

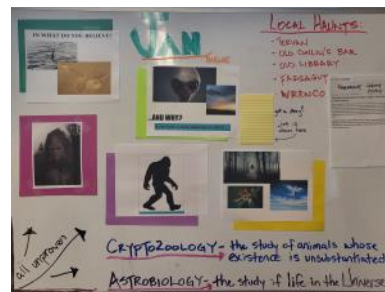
She visits the Woodland Crossing and 6th Street Senior residential apartments every other Friday.

She just launched the every other Friday at The Bridge Assisted living with other assisted living facilities on the radar.

She began looking for Homebound residents in the community via the home delivered meals program at the Senior Center by distributing flyers in the meal deliveries. This effort hasn't produced the outcome we were hoping for so she is hoping that an article in the Reader and in the Senior center's monthly newsletter offering Outreach services to the Homebound would be beneficial.

Homebound could be anyone suffering from a medical condition, loss of mobility and unable to make it to the library. Including new moms, patients recovering from surgery or anyone with permanent physical disability or chronic illness. Andrea is eager to meet them and bring materials to their home - anywhere within the library district.

Outreach will come to you!! We offer books, tech help, movies, cd players and even have mobile hot spot available. Feel free to contact Andrea at andrea2ebonnerlibrary.org or (208) 263-6930 ext 1281





\$2 billion to make our region better.

People in Eastern Washington and North Idaho are expected to leave \$42 billion by 2029 to beneficiaries upon their deaths, according to a study by Locus Impact Investing commissioned by Innovia Foundation. If just 5% of that “wealth transfer” were transformed into local philanthropy, we would invest \$2 billion back into our communities.

Our potential to benefit our region through end-of-life gifts can be found in our homes and real estate, personal belongings, investments, business holdings and elsewhere

That’s the power to make dramatic improvements in areas vital to our region’s future.

ANNOUNCEMENT

Come join the senior center on Thursdays at 9:00am for board and table games. We have Cribbage, Scrabble, Rummy, Rummikub, Monopoly, Dominoes, Yahtzee, puzzles, and many more. Bring your friends and your own games too!

Are you looking for assistance with shoveling your sidewalk or driveway? Here are some things to know before signing up to be paired with a volunteer through “HELP A NEIGHBOR BE A NEIGHBOR.”

- You must have no resources (financial, friends, or family nearby) to assist you with snow shoveling.
- It is required that you live within Sandpoint City limits to be paired with a volunteer.
- You may not be paired with a volunteer immediately. Assistance requires a volunteer to sign up in your area.
- You must be at least 60yrs old or have a disability to qualify for assistance.



Contact Community Resource Envision Center
(208) 920-1840 for more information



Do you need crutches, a walker or a bath seat? We have numerous items available for check-out! Bring us your gently used medical equipment as long as its clean! Thank you for your support.



Board of Directors

President: Nikki Klein

Loris Michael

Vice President: Adele Martin

Weslie Kary

Secretary: Leslie Marshall

Judy Fry McComish

Treasurer: Kellie Dryden



At Onsite for Seniors, you can be certain that your loved one is well cared for in a fun, stimulating, and safe environment. For more information or to schedule a visit to our fa-

cility, please call Marie at (208) 651-9060. Your first visit is free! Open Mon-Fri.

UPCOMING ACTIVITIES

- Art Classes– Wed 3:00
- Board Games Thurs 9:00
- Library every other Wed 11:00 – 1:00
- Bridge Tues 12:00
- Bunco Mon 12:30 – 1:30
- Cribbage Thurs 9:00-11:00
- Fit ‘n Fall Proof Mon & Thurs 3:00
- Board Meeting is on Friday 2/17 at 10:30am.
Open to the public
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- Free chair massage by appt Wed 2/8
- **Bingo Fundraiser 2/11 lunch at 12:00.**
Play begins 1:00
- Historic “sing-a-long” Thurs 2/16 12:00.
Roy Rogers & Dale Evans
- Old Time Fiddler Jam 2/25 3:00
- LHG Herbal Night– Sun 2/26 3:00



Volunteer drivers needed!

For more information call 208-263-6860

Alzheimer's Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's, and memory challenges will now be meeting on the 1st and 3rd Thursdays, 1 - 2:30pm at the Tango Café Meeting Room (We are in the back part of the meeting room with the divider) of the Columbia Bank Building located at 414 Church St.

Call Facilitator, Jan Griffiths 208.290.1973



We are excited to announce the arrival of Delilah!

Delilah is Gordy's first grandbaby.

Born January 1st 2023

Our dining room is open!

Carry out meals are NO longer available. Sorry

As always, please call the day before or no later than 9:30 the day of Mon- Thurs to reserve your meal.

Friday Breakfast reservations need to be made no later than Thursdays at 3:00pm

Thank you for your consideration.

Bonner Partners in Care
2101 Pine St. Sandpoint, ID 83864



Did you know that the Bonner Partners in Care offer free health screenings on the first Tuesday of every month?

Care is provided on a first-come, first-serve basis and the doors open at 5:30 so patients are encouraged to arrive by 5pm.

Have you moved or changed phone numbers?

PLEASE make sure we have your correct information!

Like us on Facebook!

<https://www.facebook.com/SASiSeniors/>

Hindsight

**I said to you, "Oh, please be mine;
Be mine forever, Valentine."
I must have seemed like quite a fool,
Although I thought I was being cool.**

**I swore that we would never part,
As I put my hand upon my heart.
Had I been thinking with my head,
I probably would have fled instead.**

HAPPY BIRTHDAY

Kathy Osborne 2/6

Gary Pietch 2/16

Norma White 2/6

Bruce Shelly 2/19

Rick Bivins 2/9

James Mendenhall 2/19

Jan Stolz 2/11

Olivia Papa 2/19

Vivian Borgardus 2/11

Jan Griffiths 2/25

Kevin Henshall 2/12

Katie Moore 2/26

Suzi Yeagar 2/13

Betty Whipple 2/15

SASi Wish List

Volunteers for dining room help.

Need volunteer drivers Mon-Fri.

Your ideas for activities you'd like to see here.

Menu ideas for Lunch and Breakfast

Thank you for your generosity and support!

Get Free at-home Covid-19 tests

Residential households in the U.S. can order two sets of #4 free at-home tests from USPS.com.

<https://special.usps.com/testkits>

Thank you everyone for all the generous donations that we have received in response to our holiday letter fundraiser.

Thank you Juliet for once again offering free haircuts in January .

Thank you Nick Johnson for clearing ice and snow to help create more parking spaces.

Thank you Christopher Lunde for having your second grade class from Waldorf School visit the senior center for a musical presentation!



Are you a solo ager and would like some assistance at home or maybe someone to visit with? If so, then please call the PHD's Senior Companions Program. A senior will be assigned to assist with light chores, errands, appointments, and/or playing games 2-3 hours per day, 2-3 days per week.

Please call Dan Perry at 208-415-5177.

This program is completely free of charge.



Tax Return help this year will not be hosted at the Sandpoint Senior Center. They will be at Sandpoint Library starting Feb 6th – April 12th Mondays and Wednesdays on a first come first serve. Sandpoint library is located at 1407 Cedar St.

They can be reached at [\(208\) 263-6930](tel:2082636930) for any questions

Thank you generous supporters!! Find names and logos from donor organizations at www.sandpointareaseniors.org/community-support/

Shop at Yokes, Walmart,
and support SASI!



Would you like to receive this newsletter in your mailbox at home? We can mail it to you for \$12/year to cover printing and mailing. Help us save paper and receive it through email for free. Menus are also on our website at www.sandpointareaseniors.org

SUDOKU

Complete the grid so each row, Column and 3-by-3 box (in bold borders)

Contains every digit from 1-9.

For strategies on solving Sudoku, visit Sudoku.org.uk. Level :moderate



			7					
7	8						9	4
4	9		3			7		
		1	8	3				
5				4				2
					7	9		
		2			6		4	3
8	1						7	6
				8				

SASI SPOTLIGHT



Once again, we are going to begin spotlighting our seniors. We are starting this month with spotlighting **LOLA RAINEY**. Lola recently celebrated her 90th birthday. We interviewed Lola and would like to share that interview.

Lola was born in Spokane and resided there until she was five years old, when the family moved to Priest Lake. Lola attended school in a one-room school house until she graduated from the 8th grade. During the last two years in grade school, she rode her horse to school and she was the only student in her 8th grade class.



In order to attend high school, Lola had to board with a family in Priest River, as her family lived forty miles from there. Lola graduated in 1950 and then returned to Priest Lake where she worked in her family's gas station and grocery store. She met her first husband who was in construction and they married in 1953. Lola remained at home while raising three children, Mark, Dell and Susan Hatch. When they became teenagers, Lola decided to obtain her real estate license in Priest Lake. Her husband joined her in the company.

In 1969, she married Erval Rainey. He worked at Northern Lights and they moved to Sandpoint that year. Lola stayed in the real estate field and in a few years, started her own real estate company, Kaniksu Realty. After five years, she sold the company and retired in order to travel with Erval when his work took him to such places as New Orleans, Washington DC and Philadelphia.

Lola and Erval began attending the Senior Center more than 15 years ago. In retirement, Lola took up bridge and golfed. She has a passion for arrowhead hunting and antiquing. Erval was helped during his journey with Alzheimer's by attending the Senior Center and Lola benefited from the support group and the wonderful friendships she started there.

Lola has been blessed to have family close – her daughter in Hope, her son in Coeur d'alene and another son in Canada. She is also blessed with two grandchildren and one great grandchild.

Lola says that one of the best parts of coming to the Senior Center is the socialization. Add to that the amazing people and food and Lola said she doesn't know what she would do without the Senior Center.

Loris Michael, Board Member



Thank you to our advertisers for supporting our outreach efforts! Your ad reaches hundreds of people each month in print and online.

Call us to advertise your business.



Ken Wood
Financial Advisor

477100 Highway 95, Suite B
Ponderay, ID 83852-9501
Bus. 208-255-2613 TF. 844-361-3669
Fax 855-379-1812
ken.wood@edwardjones.com
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING



1125 N. Division
Avenue
Sandpoint, Idaho
83864
208.265.9299

THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY
1123 N. Division Street, Sandpoint, ID 83864
208.263.1524 www.thebridgeatsandpoint.com

eden
HEALTH
HOME HEALTH

Chelsie Ulrich
Community Liaison

P: 208.264.8198 • F: 208.263.9210
chelsie.ulrich@eden-health.com
www.eden-homehealth.com/sandpoint

Physical Therapy
Occupational Therapy
Speech Therapy
Social Services
Registered Nurses

We can help you
prevent, detect, and report



Medicare Fraud



Call your North Idaho Senior Medicare Patrol
1-800-786-5536 ext 4071
Or email smp@nic.edu

This project was supported, in part by grant number 90MPPG0034-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



- Medicare Health Plans
- Prescription Drug Plans
- Dental & Vision Plans

*"Your Referral is the
best compliment.
Thank you for
your trust."*

Carey Spears

300 Bonner Mall Way #48
Ponderay, ID 83852

Office (208) 265-2026
Cell (208) 610-8096
cspears4insurance@gmail.com
www.careyspears.com

Sandpoint Denture Clinic, Inc.

Direct to the Public
Over 30 Years Experience
Quality and Satisfaction Guaranteed

Riverside Bldg, Suite 9
204 E. Superior • Sandpoint, ID 83864

(208) 255-5577

Jess Wolfrum
Licensed Denturist



Molly Gentry
Community Relations Manager
mollygentry@ecumen.org

Phone (208) 265-8834
Fax (208) 265-8880

510 South Olive Avenue
Sandpoint, Idaho 83864
www.lutherparksandpoint.org

Special Thanks To



Thank You Donors

\$5 Month Club

Crawford, Pamela Rose
Hull, Daniel & Yvonne
Marshall, Leslie
Martin, Adele
Peterson, Donna
Pine, Anita
Raynor, Linda & Roy

Thank You Donors

7Baggers Cornhole
Abromeit, Shannon
Adkisson, Ruth
Anderson, Joyce & Larry
Anderson, Steven
Atkisson, Eileen & Blakey, Lawrence
Beaudoin, Monica
Beebout, Marie & Brian
Beery, Keisch
Bensen, Robert & Carol
Betts, Martha
Bond, Richard & Sandra
Botsch, Barbara
Bowman, Bradford & Jackie
Britain, Bud & Paulette
Brown, Edwin
Cady, Betty
Camp, Carol & Robert
Campbell, John & Mary
Chambers, Chris & Kathy
Cameron, Barda
Childers, Bob & Marybeth
Clark, Jane
Clark, Linda
Clark, Jane
Cobb, Donna
Cope, Donna
Cottrell, Joanne & Jonathan
Creed, Dick & Elise
Daubersmith, Mary
Debaun, Jack & Janice
Deshon, Donna & Dan
Dreier, David & Peggy
Ehrmantrout, Alyse
Ennis, Sherry
First Presbyterian Church
Fredericks, Mary & Gary
Fry-McComish, Judy
Gladish, Chuck & Sonia
Graves, Paul & Susan
Gooby, Robert
Goodnight, Beth
Haag, Mary & Ken
Hagadone, Jon & Victoria Reich
Hall, Connie
Hahn, Marcia
Harmelin, Gail & Michael

Hayes, Cindy
Hellier, Heather
HenryAdams Trust
Holub, Richard & Barbara
Howes, James
Hubbard, Lorraine
Inselman Esther & Larry
Johnson, Debra
Jones, Linda & Jay
Joyce Ann Dillon Trust
Juneau, John
Kane, Edward & Peggy
Kary, Weslie
Kathryn George Charitable Fund
Keating, Marjorie
Kelly, Cary & Monica
King Ventures
Kinney, Malcom & Pamela
Klatt, Steve
Klein, Nikki & Herb
Kosse, Denise & Raymond
Kubiak, Susan & Mark
Larson, Linda
Lewis, Nancy
Linscott, Frank & Carol
Marley, Kim & Jim
Melia, Thomas & Linda
Mendenhall, Lisa
Mendenhall, Trudell
Meulenberg, Dan & Lori
Michael, Loris & Richard
Mountain Ledgers
Moody, John
Moore, Terri
Morgenstern, Janice & Michael
Myers, Marilda
Nadeja, Mary
Newton, Helen & Skip
O'Reilly, Molly
Overland, Betty
Moore, Charesse
Palmer, Zale
Parker, Jack
Parry, Harvey & Shawna
Pederson, Judy
Perchynski, Scott & Julie
Peterson, Brissa
Pfalzgraff, Ellen & Scott
Pierce, Del and Norma
Pizzini, Cathleen & Thauro
Poppino, Mickey & Sue
Porter, Susan
Rainey, Lola
Raynor, Jack & Catherine
Reeve, Sheryl
Richardson, Elizabeth
Rinker, Millie
Robb, Barbara & Norwood

Roberts, Andrew
Robideaux, Tom
Robinson, Kathy
Royer, Craig
Sadewic, Almira
Sanders, Brian & Andrea
Scharpf, Lou
Scott, Anna Lea
Seashore, Karen
Selkirk Ironhorse Riders
Sevenich, Richard & Eli
Shearer, Steven
Sherwood, Wayne
Smith-Barbieri Progressive Fund
Snyder, Betty
Sorentino, Susan
Spears, Carey
Spiller, Joyce
Stacker, Emily
Stockman G. J.
Sturgis, David & Mary
The Ferguson Family Charitable Fund
Thomas Family Foundation
Thurston, P.T.
Timblin, Zanthia & Brian
Tollbom, Ward
Van Dellen, Clarence & Linda
Wall, David & Laurie
Werry, Ellwood
Whitehall, Gordon & Virginia
Whitehead, Eva May
Williams, Charlotte Ann
Wilfert, Richard
Wimberly, Ruth
Wynhausen, Robert
York, Georgia
Young, Shakura
Valentine, Marie
Vetromile, Thomas & Bronwen
Vogelsinger, Bruce & Sue

First Presbyterian Church
Harry Morrison Foundation
HenryAdams Trust
Hymowitz Family Foundation
Idaho Comm. Food Bank
Idaho Community Foundation
Idaho Pain Clinic
Injectors Car Club
Inland Forest Management
Innovia Foundation
Insight Restoration
Kaniks Community Health
Kroger Foundation
Lana Kay Realty
Lewis & Hawn Denistry
M2 Construction
Mark Inc. Samuels Store
Miller's Country Store
Mountain West Bank
Newman Comm. Bible Church
Northern Lights, Inc.
Peak Sand & Gravel, Inc.
Sambucca Summit, LLC
Samuels Store
Sandpoint Denture Clinic
Sandpoint, Elks
Sandpoint Furniture & Mattress
Sandpoint Reader
Sandpoint United Methodist Women
Seattle Foundation
Selkirk Press Inc.
Selle Valley Construction
Sewell, James & Associates
Sharon's Hallmark
Specialty Auto Glass
St. Joseph Altar Soc.
Ting
Tork Electric Inc.
Total Physical Therapy
Washington Federal Foundation
Waterfront Property Management
White Cross Pharmacy
Winter Ridge Natural Foods
Washington Trust Bank,
Woodland Bookkeeping Plus
Wood's Crushing & Hauling, Inc.
Wood's V-X Ranch

Corporate Donors

219 LLC
Area Agency on Aging of N. Idaho
Auburn Crest
Avista Foundation
Blackband Giving Fund
Bonner County Commissioners
Community Assist. League
Coffelt Funeral Services
Dairy Depot
Dover Community Church
Dreyfus Foundation Max & Victoria
Eichardt's INC
Elks Lodge #1376
Equinox Foundation
First American Title Co.

Many thanks to all of our donors, we couldn't do it without you!!!

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 a partial reimbursement from the Area Agency on Aging of North Idaho. This funding covers approximately 1/3 of the costs of our nutrition programs. SASI currently is providing approximately 2,300 meals a month, both in-house and through home-delivered meals throughout Bonner County. The Senior Center is a center for social, health, educational classes and events. Stop by to learn more!

\$10.00 pays for a meal and unless specified, donations are split equally for the food program, operating expenses, and the Onsite Center. Please join us in thanking the above donors who give monthly, yearly and spontaneously to help us keep our doors open!!



Name _____ Email _____

Address _____ Donation Amount \$ _____

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