



Newsletter
March 2023
SASI
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

Senior Center:
208-263-6860

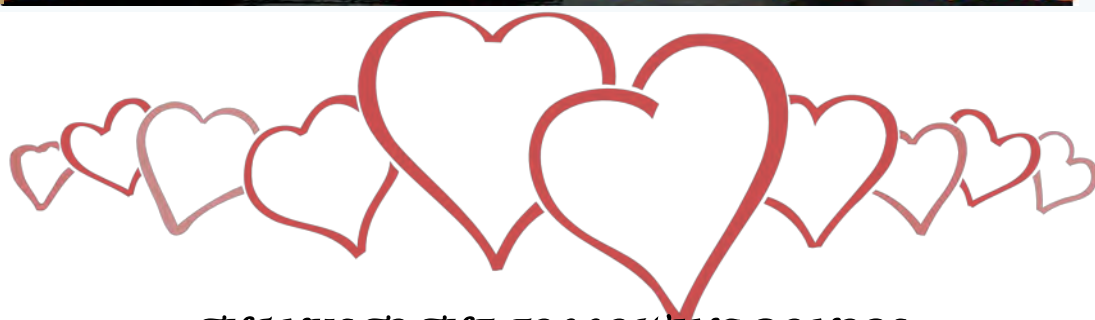
The Sandpoint Area Seniors, Inc. strives to address food insecurity and social isolation among the most vulnerable members of the senior community in the Bonner County area. We do this by providing nutritious meals both on-site and through home delivery as well as providing a gathering place and informational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

a 501 (c) 3 non-profit corporation



*THANKS TO THE FOLLOWING DONORS
FOR PROVIDING PRIZES AND RAFFLE ITEMS FOR OUR
VALENTINE'S BINGO FUNDRAISER!!*

ALL SEASONS GARDEN AND FLORAL - CAFÉ 95 – EVANS BROTHERS

EVE'S LEAVES - FIESTA BONITA – SHARON'S HALLMARK - PIE HUT

SECOND AVE PIZZA - SANDPOINT CINEMA

SANDPOINT MEDICAL MASSAGE

**SANDPOINT FURNITURE – TANGO CAFÉ - THE BANK BAR ROOM AND
EATERY**

TOASTY MOBILE SAUNA – TRINITY AT CITY BEACH - WAL MART

THE GENEROSITY OF OUR COMMUNITY CONTINUES TO AMAZE US

For example, Valerie Milliron, one of our drivers, reached out to her friends to help with our ever-increasing food costs. The food started rolling in. Shown in the picture below is Tom Carroll bringing the Senior Center USDA prepackaged food. We have also received donations of food from Karen Hefley and Robin Derbes.



If you want to join others in helping stock our cupboards with food or donations, you may drop them off. Donations are always welcome. *Please note:* The food must be USDA prepackaged food, store bought and not from China. Thanks to all for your help.

SASI SPOTLIGHT - TED FARMIN, JR.

This month, we would like to highlight **Ted Farmin, Jr.** Ted is a Sandpoint native, born in 1941 in a hospital called Graham Hospital – one block away from their home on First Avenue. As a young man, Ted remembers being in the first grade and thinking he “didn’t want to go to school anymore.” In high school, he remembers thinking about engines and working on them. In this article we want to highlight just some of **Ted’s adventures.**



Ted’s life was full of adventure. Ted worked on the train bridge job and even though he had no knowledge of scuba diving, he told them he was a diver and bought equipment and jumped off a work pier to see how he would do – apparently it didn’t go well and he nearly drown. They said he was “overly confident” and added that “you get a lot done that way.” As the pay for a diver was \$25 an hour as opposed to \$1 to \$1.50, he must have felt it was worth the effort.

In 1963 Ted joined the Army Reserves and later the Air National Guard in Spokane. He was there for 8 years. He enjoyed driving his hydroplane and also in 1963 Schweitzer Resort opened and he began skiing. He taught his two children, Terri and Tammy, to ski by holding them between his legs while going up a rope tow.

In 1964 he bought a plane, an Aeronca Chief, which he flew to get his pilot’s license in. At about the same time, he began building a home on Lakeshore Drive. He would come from work and work into the dark. In 1968 he started selling and racing snowmobiles, winning some races and having a lot of fun. Being a pilot came in handy when he was asked by a doctor to fly him to Spokane in the middle of the night to pick up medicine for a critically ill 12-yr old. She survived thanks to this effort.

Over the course of time, he got his commercial and instructor’s rating and qualified to instruct land, sea and glider. In 1975, he started flying helicopters with Dr Forrest Bird, who said he was a “natural.” In 1979, he was in a plane accident with his friend Charlie Brown. This resulted in the loss of his leg, but never took away from his love of flying. He began flying Radio Controlled Airplane and later got his private helicopter rating. Dr. Bird had him come out once a month to stay current. Ted wanted to set an example to help other handicapped people see what they could accomplish and not be defeated.



Ted enjoys coming to the senior center for three things: first, the great food; second, visiting with local people and friends; and third the price!



\$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.

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 60 yr 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 & during business hours. Thank you



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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 facility, 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
3/1, 3/15, 3/29
- Bridge Tues 12:30
- Bunco Mon 12:30 – 2:30
- Cribbage Thurs 9:00-11:00 (**Need more players!**)
- Fit n Fall Proof Mon & Thurs 3:00
- Pinochle Wed 9:30 (**Need more players!**)
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- Music –listening & dancing 3/2 10:30– 11:30
- Chair massage by appointment 3/8
- Historic “sing-a-long” Thurs 3/16 12:00.
Danny Kaye
- Board Meeting is on Fri 3/17 at 10:30am.

Open to the public
- First Presbyterian Church Fundraiser
Corned Beef Dinner 3/17 6:00 with reservations
- Haircut by appointment 3/23
- Old Time Fiddler Jam 3/25 3:00
- Soap making class 3/30 1:00



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 - 2:30 pm 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

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.

Our dining room is open!

Carry out meals are NO longer available.

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 3:00 pm

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/>



Do You Wish You Were Irish

I think many folks do-
With talents for music and dance-
(But for drinking and fighting, too.)

In US history they've played their part.
In NY City-became the cops.
They constructed railroads, created novels and art.

At least the best part?
I've found I'm at least one/eighth Irish.
Do you think that's my heart?

Do you wish you were Irish?
With DNA report: something new
Scotland and Norway : should I feel blue?

Written by Marilyn Robertson

HAPPY BIRTHDAY

Sandy Anderson 3/1	Connie Church 3/13
Gerald Ward 3/3	Erval Rainey 3/13
Tim Martin 3/5	Trixine Malone 3/14
Shakura Young 3/5	Darren Beeby 3/16
Jean DeRemer 3/5	Doug Fraser 3/16
Andreia Flynn 3/6	Betty Record 3/17
Laverne Ream 3/7	Diane Belwood 3/18
Shirley Shaffer 3/9	Stephen Pultorak 3/18
John Chellman 3/9	Brenda Curtis 3/22
Louisse Tucker 3/9	Martha Bridges 3/25
Kathy McCollum 3/9	Michelle Mitchell 3/25
Mac Harrison 3/11	
Lorriane Ohmann 3/12	

SASi Wish List

Volunteers for dining room help.

Need volunteer drivers Mon-Fri.

Universal sink stopper

Your ideas for activities you'd like to see here Regular Ground Coffee

Menu ideas for Lunch and Breakfast

Cake and cookie mixes

Canned frosting

Bottled Water

KUDOS

Thank you **Wildflower Spa** for your donation, we were able to buy new furniture for the center

Thank you Lillian for donating free chair massages and Juliet for donating free hair trims.

Thank you Tom and Bill for helping to hang our new mirror and bulletin board.

Thank you Donna Price for the valentine cards, our home bound seniors really enjoyed them.

Thank you Sue and Mick Poppino for helping organize our birthday list. It's a work in progress.

Thank you Shakura for donating your beautiful picture.



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 served. Sandpoint library is located at 1407 Cedar St, They can be reached at [\(208\) 263-6930](tel:2082636930) for any questions

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 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 :Hard



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



Kitchen Corner

"Laughter is the brightest where food is best." - Irish Proverb

Hey SASI! 2023 is flying by! From our kitchen to your kitchen we are so happy that you have given us your feedback and food suggestions. In our January Menu we tried some new recipes. Hope y'all enjoyed our Ranch Chicken and Shrimp Alfredo. As we try new things we sure want your feedback. Last month's newsletter had a Potato Corn Chowder recipe. Did anyone give that recipe a try? We want to encourage everyone to try our recipes and just know that they are very easy to make. We try to create meals that an average home cook can make and not feel overwhelmed. In the upcoming newsletters we will include a recipe of the month.

Do Grandma and Grandpa have a favorite dish that you would like SASI to prepare? If you have a story to share about the recipe we would love to share it in our next month's newsletter. This month's recipe is "Irish Stew" for all you Irish Lovers.



"Bless us with good food, the gift of gab and hearty laughter. May the love and joy we share, be with us ever after!" - Irish Kitchen Prayer



IRISH STEW

3 potatoes peeled and cut up

2 carrots peeled and cut up

1 small cabbage cut in chunks

1 small corned beef

Vegetable Broth and Water TO COVER

Salt and Pepper and Onion and Garlic seasoning

COMBINE ALL INGREDIENTS IN SLOW COOKER FOR

2 HOURS OR MORE TILL VEGGIES ARE TENDER ENJOY



"I'm Irish so I'm used to odd stews. I can take it. Just throw a lot of onions and carrots in there, and I'll call it dinner!" - Liam Neeson

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We can help you
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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

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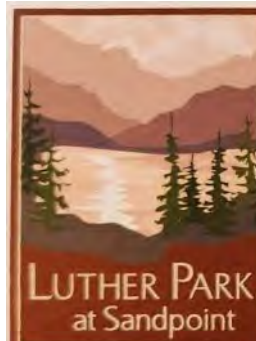
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Jess Wolfrum
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Molly Gentry
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mollygentry@ecumen.org

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

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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 _____

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