



SANDPOINT AREA SENIORS, INC.

Newsletter
April 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

Sandpoint Area Senior Center is pleased to announce that Matt Thompson has accepted the Board's offer to become our Site Manager/M meal Coordinator.



Matt was born, raised and lived in Sandpoint for 38 years and has one son, Carter, who attends 8th grade. Matt comes to us with a background in Hospitality and Service industries, most recently holding a position as Kitchen Manager in an Assisted Living Facility. Matt has worked as an employee and as a Board Member for multiple local non-profits. His passion has always been working with underserved communities. Whether that was being a local youth sports coach for twenty years, working with kids remotely during the pandemic and now serving our senior community. Matt is happy and excited to have found the Senior Center and we welcome him!

Fit n Fall proof

Come join us for Fit n Fall Proof class on Mondays and Thursdays at 3:00 pm. Kauai Therapy & Wellness will be here Monday April 3rd at 3:00 to host a demonstration offering balance and fall prevention screenings.



SASI SPOTLIGHT

JEAN DEREMER

“How I dealt with being homeless.”

When I asked Jean if I might interview her for our Spotlight segment, she agreed to let me tell her story.



Jean was born in Czechoslovakia on March 5, 1947, in the City of Pilzer, where the brewery was located. Jean said she was raised by her single mother and grandparents in that communist country and claims that she was weaned on beer. She now calls herself a “cancelled check.”

In 1972 she left the country and went through Yugoslavia to Italy, where she was placed in a refugee camp for three months awaiting papers to allow her to enter as a legal immigrant. Upon first arriving in the United States, she lived in southern California for two years before moving to Las Vegas, where she was employed in casinos for over 29 years.

Jean retired in 2013 and moved to North Idaho at her friend’s suggestion. She purchased a mobile home and set it up on her friend’s property. To her dismay, upon returning from a short trip to handle affairs in Las Vegas, she found that her mobile home had been taken over by her friend and rented without her permission.

Jean then became homeless, living in her truck for a few weeks. Thankfully, she said it was during the summer. When she told a friend about her homeless situation, her friend offered to contact her sister to see if she might live with her as she was recovering from a stroke and the family wanted someone to be with her. Jean lived with the sister until her death and the property was sold.

Once again, Jean was in a situation with no place to live. Then thanks to the generosity of a member of Jean’s church, the New Song Bible Church in Sagle, she was offered a camping trailer where she now resides.

It was during this period of being homeless that Jean discovered the Senior Center. Often the Senior Center provided her only meal of the day. It was here that she was welcomed by everyone and began volunteering her services, delivering meals and helping out in other ways.

The Senior Center has become a huge part of her life. She plays pinochle and cribbage and is organizing a cribbage group which meets at 9 am on Thursdays. She is hoping that more players will join her, especially as the weather clears.

Jean enjoys meeting people, volunteering and having a delicious meal at the Senior Center. Jean feels that the Senior Center has helped her beyond words.

And we, at the senior center, feel that she is paying it forward with all her volunteering.

Loris Michael, Board Member



\$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.

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 and during business hours! Mon-Thurs 8-10:30 or 12:30-2:30 pm. Fri 9-11:30 am. Thank you for your support.



Board of Directors

President: Nikki Klein	Matthew Phillips
Vice President: Loris Michael	Weslie Kary
Secretary: Adele Martin	Judy Fry McComish
Treasurer: Kellie Dryden	Leslie Marshall

Sasi Staff

Site Manager/ Meal Coordinator: Matt Thompson
Finance Manager: Nancy Savage
Administrative Assistant: Arie Sykes
Head Chef: Brenda Curtis **Sous Chef:** Linda Reasor
Kitchen Assistants: Bud Green & Nova Dodd
Nutritional Assistants: Susan Musson, Gordy Carpenter, Melissa Headrick & Ally Stiefel



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
4/12, 4/26
- 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
- Haircut by appointment 4/6
- Music—listening & dancing 4/6 10:30– 11:30
- Chair massage by appointment 4/12
- Felt making class 4/21 10:00
- Board Meeting is on Fri 4/21 at 10:30
Open to the public
- Historic “sing-a-long” Tue 4/25 10:00.
Doris Day
- Old Time Fiddler Jam 4/29 3:00

IMPORTANT NEWS

ASSISTIVE CARE POLICY

As a community center, the Sandpoint Area Senior center’s mission includes providing nutritious meals, education and a variety of social activities. The Center’s personnel is unable to provide medical assistance, transfer services, personal care or healthcare to its participants. Those activities are outside our qualifications, training and skill set. We cannot place our staff in situations where they may be injured or cause injury to our participants.

Senior Companion Program

Do you need help or just a visit?

The senior companions can assist with light chores, errands, appointments or even playing games. We do this free of charge. We can come as often as 2-3 hours per day, 2-3 times per week. If you need help call Dan Perry at 208-415-5177.

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

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

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 5 pm.

Have you moved or changed phone numbers?

PLEASE make sure we have your correct information!

Like us on Facebook!

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



MY TABBY CAT

"There was a little girl, with a little curl, right in the middle of her foreh'd,

When she was good, she was very, very good,

And when she was bad, she was horrid."

I have a Tabby cat, with stripes of black.

I talk to her, and she "talks" back.

When she is sweet, she is very, very sweet,

And when she is naughty, she is also very naughty.

Marilyn Robertson 2022



Happy Birthday!

Thomas Langwell 4/1

Don Lunde 4/16

Vickie Labelle 4/6

Kevin Savage 4/16

Ed Bittner 4/7

Frances McGhee 4/18

Richard Eastman 4/7

Ruth Webber 4/18

Bev Wiley 4/7

Jo Brewer 4/21

Glen Hopper 4/11

Fred Olsen 4/21

Donald Blackmore 4/12

Penny Shofner 4/22

Kathy Lutz 4/12

Ketty Musson 4/23

Judy Ahrend 4/13

Robert Venn 4/23

Anne Bagby 4/14

Albert Gunter 4/25

Herbert Klein 4/14

Jim Hopkins 4/25

Terry Oneal 4/15

Darrell Ewing 4/25



SASi Wish List

HIRING temporary Nutritional Aid/ Kitchen Assistant

Need volunteer drivers Mon-Fri.

Holiday napkins

Copy paper 8 1/2" x 11"

14" x 14" white terry bar towels

Copy paper 11" x 17"

Light colored aprons (no dark)

1 standard laundry basket

Individual wrapped chocolate

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>

KUDOS

Thank you Mrs. Lorden's 4th grade class for donating blankets to the Senior Center.

Thank you Matthew Phillips and Marchelle Fritz from Life care for donating food and your time.

Thank you Peggy and Steve Farrell for all of your recent food and supply donations.

Thank you The Cove for your donation to our home delivered food program.

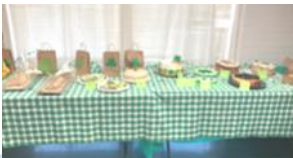
Thank you Greg Miller for the weekly tea donations.

Thank you Virginia Rowley for the coffee and pasta donation.



St. Patrick's Day fundraiser

We wish to thank the First Presbyterian Church for generously donating 50% of the profits from their St. Patrick's Day dinner fundraiser.



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,
visitSudoku.org.uk. Level :Easy



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



Hello SASI!

Kitchen Corner

Another month has flown by! Thanks so much for all of your feedback. I am trying to get all your menu requests on the menu and if you don't see it then they will be in a following month. I sure appreciate the guests in the dining room and all the great compliments. I must add that our great team and all our volunteers and kitchen assistants are the true heroes that make all the magic happen. We are adding some more fruits and vegetables to our trays and salad bar. This is the dawn of spring and we are hoping to add the freshie fresh to our cuisine. More fresh salads and fruit salads. Any salad recipe suggestions will be appreciated. Hope ya'll have a great spring!



Salmon Dine In Lunch.



Scrambled Eggs, Sausage, Potatoes Breakfast



Salad Bar



Salad HDM Cold Tray



Salmon HDM Hot Tray



Here are a few pictures from our kitchen. Come join us! Whether you want to come in for lunch or breakfast! Lunch is Monday – Thursday served at 11:30. Breakfast is Friday at 8:30. Our suggested donation for persons 60 and over is \$5 or whatever you can afford. Guests under 60 is \$8.

Please call us at 208-263-6860 to make reservations. Make Lunch reservations the day before or by 9:30 am the morning of. Breakfast reservations need to be made by Thursday no later than 3:00 pm.



WE NEED VOLUNTEER DRIVERS

We are in need of volunteer drivers to help deliver meals to our local seniors. We are serving 400 plus meals a week to the community and could use your help! We have a Sandpoint route Mon- Fri from approximately 10 am- Noon. If interested please stop by in person to fill out a volunteer application.

THANK YOU

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.



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

Carey Spears

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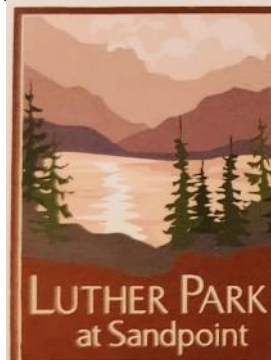
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Cell (208) 610-8096
cspears4insurance@gmail.com
www.careyspears.com



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



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

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of North Idaho

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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!



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