

# SANDPOINT AREA SENIORS, INC.

DON'T MISS THE 35<sup>TH</sup> ANNUAL

## Lost in the 50s

MAY 19th & 20th

Vintage/Classic Car Parade starts 6:00 pm Friday May 19

Street Dance Following the Parade - May 19

Dance at Fairgrounds featuring Jay Siegel's Tokens

Car Show and Dance Saturday May 20

Dance at Fairgrounds Featuring "Jay and the Americans"

And, of course, Rocky and the Rollers will appear both  
nights!!!



DON'T MISS THE FUN!!!!!!

Call 208-265-5678 or go to 2<sup>nd</sup> Ave. Pizza for Tickets

Newsletter

May 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](http://www.sandpointareaseniors.org)

a 501 (c) 3 non-profit corporation

# SASI SPOTLIGHT

If you didn't meet Gordy when she worked here , then you missed out. Gloria Carpenter aka Gordy was born and raised in Pittsburg California. "The days where everybody knew everybody, the good days." Gordy has two brothers and two sisters; Gordy, of course said "she's prettiest of the family."



Gordy came to Idaho because her mother told her a long time ago that it's important to live the country life. She followed her advice. Gordy and her husband have lived in Careywood since 2019 where they built their beautiful home.

Gordy worked at the Senior center for about a year as a nutritional assistant . When I asked her what brought her to the senior center she said "I had to get out of the house away from my husband. He is a beautiful man but a pain in my butt." Gordy enjoys paying attention to the "difficult" guest so that she can get on their good side and win their love. Plus, she was always working on her Christmas bonus!

Gordy says she has worked at a thousand places, but this was the best of the best. She treated everyone like they were her mother or father. "That's the key to life..... even if they are grouchy!"

Gordy's last day working full time was March 30th. She decided to officially retire and visit with her family, especially her first grandbaby Delilah. We are hoping she will work occasionally here and there. Thank you Gordy for everything, you will truly be missed





## \$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

|                                      |                          |
|--------------------------------------|--------------------------|
| <b>President:</b> Nikki Klein        | <b>Matthew Phillips</b>  |
| <b>Vice President:</b> Loris Michael | <b>Weslie Kary</b>       |
| <b>Secretary:</b> Adele Martin       | <b>Judy Fry McComish</b> |
| <b>Treasurer:</b> Kellie Dryden      | <b>Leslie Marshall</b>   |

### Sasi Staff

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



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  
5/10, 5/24
- 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 11:00 if EMTs are available
- Music –listening & dancing 5/4 10:30– 11:30
- Chair massage by appointment 5/10
- Hard of hearing presentation Thurs 5/11 12:30
- Free Health Screen Thurs 5/18 by appointment 9- 4:00
- Haircut by appointment Thurs 5/18
- Board Meeting is on Fri 5/19 10:30 am.  
Open to the public
- Kauai fall prevention workshop & free screening Mon 5/22 2:30
- Old Time Fiddler Jam 5/27 3:00
- Felt making class wed 5/31 12:30
- Historic “sing-a-long” wont be until June. Sara’s new house will be done being built. She is moving in and getting settled.

### 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.



**Volunteer drivers needed!**  
For more information call 208-263-6860

## 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. 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 3:00 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 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/>



## WATER LILIES

They sit atop a restless perch,  
tossed about by wind and storm..  
a respite in a fishes search,  
for shade, when the sun is warm.

While resting in their water bed,  
they lie among the sunbeams..  
a vision, with their blossoms spread,  
seeing mermaids in their dreams.

The ripples on the water, play  
as the gentle breezes blow..  
causing the plants to tip and sway,  
as the waters ebb and flow.

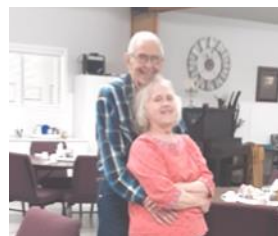
And although they haven't got a chance,  
they have but one endeavor..  
as anchored to the soil, they dance  
and pray for freedom, ever.

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## HAPPY BIRTHDAY

|                        |                         |
|------------------------|-------------------------|
| Earl Mills 5/1         | Sue Markham 5/17        |
| Joyce Cunningham 5/2   | Mary McGinnis 5/17      |
| Judy McComish 5/2      | Lisbeth Murray 5/17     |
| Thomas Musson 5/2      | Ted Farmin 5/18         |
| Sally Endres 5/4       | Lance Hewitt 5/18       |
| Judy Felland 5/6       | Susie Kane 5/18         |
| Jean Metz 5/6          | Jeanne Bond 5/20        |
| James Shirrell 5/8     | Bette Hoerth 5/22       |
| Weslie Kary 5/8        | Denny Rainey 5/26       |
| Leona Beuskens 5/14    | Marty Brow 5/29         |
| Denise Dombrowski 5/14 | Joanne Barbee 5/30      |
| Janet Pultorak 5/15    | Pat Russell 5/30        |
| Adele Martin 5/15      | Kim Barfuss 5/31        |
| Greg Miller 5/15       | JoAnn Brow 5/31         |
| Rosie Balison 5/17     | Maureen Hackworthy 5/31 |



Darrell Ewing & Sally Sacht enjoying their time together at the senior center. You will find both of them here frequently during the week at lunch. We wanted to take a moment to wish Darrell a 101 years young happy birthday. Thank you for celebrating with us on April 25th!!

## SASi Wish List

|   |   |
|---|---|
| HIRING temporary Nutritional Aid/ Kitchen Assistant | Raisins                                       |
| Volunteer drivers Mon-Fri.                          | Lime and orange assorted jello mixes          |
| Individual wrapped chocolate                        | 14" x 14" white terry bar towels              |
| Copy paper 8 1/2" x 11"                             | Light colored aprons (no dark)                |
| Copy paper 11" x 17"                                | Individual wrapped fruit flavored tea packets |
| Address labels # 5160                               | Shipping labels # 5163                        |

## 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 Sue & Mick Poppino for the juice donation.

Thank you Lance Hewitt for fixing our vacuum.

Thank you Marie Beebout for the laundry basket and cute apron.

Thank you Jesse Bennett for all your hard work around the building.

Thank you Ketty Musson for donating the beautiful scarf/textile fabric from Guatemala.

Thank you Susan Musson for donating items for us to use for our volunteer appreciation social.

Thank you Rae Lin Aller and Creations for hosting the soap making and the Felt making class



Life should not be a journey to the grave with the intention of arriving safely in a attractive well preserved way.

But rather to skid in sideways, chocolate in one hand, wine in the other, body thoroughly used up, totally worn out, and screaming

"WOOHOO what a ride!" —anonymous

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, Walmart, and support SASI!



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 free.

Menus are also on our website at

[www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)

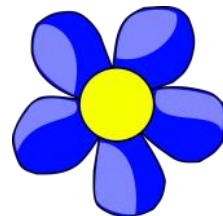
## SUDOKU

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](http://Sudoku.org.uk). Level :Easy



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





## Kitchen Corner

Hi everybody, Spring has Sprung! I know you all have been gearing up for your garden planting. The kitchen can't wait until we can get those fresh vegetables! Did you know that 1 in 10 people don't get the recommended amount of veggies every day. That's crazy right? That's why this month is going to be SASI veggie month!

**Your Challenge:** Eat at least ONE SERVING OF VEGETABLES at every meal, even breakfast. The official guidelines call for 2.5 cups per day for women and 3.5 cups per day for men. Vegetables are loaded with fiber, vitamins, minerals, and other micronutrients your body needs to function at its best. Are you in? Let me know with your kitchen comments on the dining room tables or email Sasi at [info@sandpointareaseniors.org](mailto:info@sandpointareaseniors.org).

By popular demand the recipe of the month is: POTATO ROMANOFF

Happy Spring Everyone.

Brenda



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### POTATO ROMANOFF

- One bag of frozen hash browns thawed
- Half cup bacon
- One cup cheese (cheddar is best)
- One cup sour cream or more
- One cup green onion chopped



Mix in casserole dish covered bake 350 for one hour

Top with more cheese and bake additional 10 min uncovered

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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.



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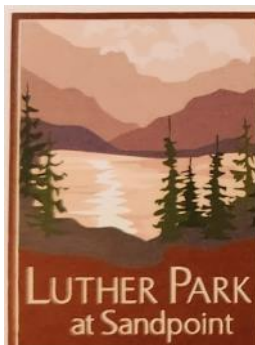
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**ting Kroger**





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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 \_\_\_\_\_

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**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**