



SANDPOINT AREA SENIORS, INC.

Newsletter
July 2023

SASI
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

Mon-Thurs 8:00-3:00
Fri 8:00- 12:00
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?

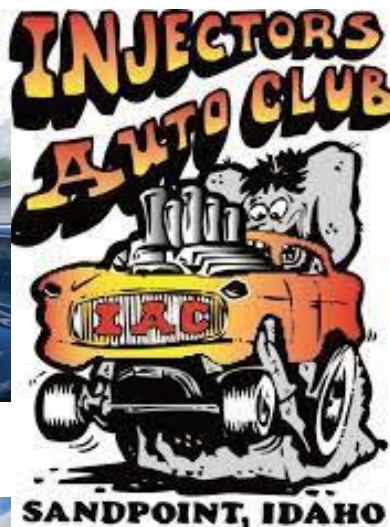
Call for more information!

Check out our website

www.sandpointareaseniors.org
a 501 (c) 3 non-profit corporation

THE INJECTORS AUTO CLUB BBQ WAS A HUGE SUCCESS!!

Thanks again to the Injectors Club for the
BBQ Fundraiser for the Senior Center!
(More than \$2300 was raised to support our programs)



Thanks also go to **Super One Foods** for their donation of product,
7B Baggers for the Cornhole equipment and to the
Old Time Fiddlers for the music!!

SASI SPOTLIGHT ELLWOOD WERRY

World War II Vet

He was born in Bellevue, Idaho which was one of the first “charted” cities in the territory of Idaho in the 1880s, i.e., Bellevue might have been the 1st. As a boy Ellwood was told by his parents that Bellevue in the early days of silver mining had 26 saloons, to accommodate the thousands of silver miners. The city of Bellevue in the late 1890s burned down and most of the population moved 5 miles north to Hailey, Idaho.

Ellwood’s family moved to Hailey in 1993 where he started to go to school. He also attended grade school in Ketchum, Idaho and was in the second grade when Sun Valley started constructing the Lodge and Ski resort. His family moved to Shoshone and graduated from Shoshone Idaho High School.

Ellwood was drafted into the US Army in the spring of 1945. As a bit of trivia, the county quota was 6 draftees for the month of June 1945, but they could only find two inductees that turned 18! Ellwood was inducted into the Army at Fort Douglas, Utah and was assigned to Camp Hood, Texas for 17 weeks of combat infantry training. Ellwood would have been involved in the invasion of Japan; however, President Harry Truman approved the atomic bombing of Hiroshima and Nagasaki Japan. Thus, ending WW2 in the Pacific Theater. Loss of life would have reached into the millions.



Ellwood was sent to Germany and served in the occupation Army for 1 year. He was assigned to the 3rd US Army Headquarters, Provost Marshal Section in the Sub Section called PW and Civilian Internee Sub Section. The goal of the Provost Marshall *sub section* was to find war criminals, primarily those that could be found in the German held POWs. Ellwood was an enlisted man who reached the rank of T/4 or SGT.

At the end of combat the allies, the US Army had about 7 million German POW. The British had about 6 million and the French had about 1 million. All the allies were looking for war criminals, primarily in POW connected to the Waffen SS, Hitler’s personal Army. When Ellwood left for home in December of 1946 his unit had identified 23,000 war criminals and had them imprisoned or in prison awaiting trials, such as the well-known Nuremberg Trials. Trivia: *One of Ellwood’s jobs was a monthly report that listed where all the POWs and war criminals were currently held. His December 1946 report indicated the 23,000 war criminals. The report was sent to the British, French and Us commanders.*

Ellwood remembers that when it was time to return home the temperatures in Europe were the coldest in 100 years. Thus, when his group of men arrived in Northeastern Germany at the harbor of Bremerhaven, they waited for 3 weeks because the harbor was frozen. He spent 13 days abroad a troop ship and landed in New York City. The troop train trip across the USA took 10 days to Ft. Lewis, WA where he was discharged.

After a summer of work on a construction crew in the summer of 1947, Ellwood attended U of Idaho and received his first degree in BS (BUS) with a minor in accounting. He worked 6 months as an accountant and decided to change professions. He went to work for Standard Oil Product pipelines.

In 1958 at the age of 31 Ellwood returned to U of I to study Engineering and graduated with his BS (ME) in 1962.

He worked another 4 years for Standard Oil. In 1966 he decided to quit the oil industry and went to work for Battelle Memorial Institute at their laboratory, Battelle Northwest Labs (BNW) in Richland, Wa. He worked at BNW labs for 25 years and retired in 1991.

In 1990, Ellwood and his wife Paula began building their home in rural Bonner County on Winterton Road. Winterton Road is 4 miles north of the Northside school on Colburn Culver Road. Ellwood’s wife Paula passed away in 2010, thus, he sold his property in 2011 and moved to the city of Sandpoint.

Ellwood and his family were skiers, and he has been skiing since the age of 4. His family had season passes at Schweitzer Mt. Resort and in his 1st year of retirement he skied 88 days in the Schweitzer season of 1991/ 1992. In the following year he skied 65 to 70 times in his 70 years of age.... dropping to 60 times a year in his 80s and finally these last years at age 95.... He got only 7 days on the mountain.

Ellwood heard about the Senior Center and began coming with friends for meals and company. He said he wished he would have come sooner. He enjoys the meals and the socialization. I would love to have Ellwood speak at the senior center so others could learn about his amazing history.



LESLIE MARSHALL

Please join us in celebrating the dedication, hard work, and long-lasting contributions of our board member Leslie Marshall. Leslie has made the decision to relocate all the way down to Alabama to enjoy more time with her family. She has spent the last 8 years serving on our Board of Directors as Secretary. In addition, she has spent time as the Bridge Club Coordinator, working on fundraising, redecorating the center and a list of other things too long to fit in this corner of the newsletter.

Thank you, Leslie, for everything you have done and we wish you all the best in your new adventure in Alabama and you will be missed.



Her contributions were immeasurable!!!

Medical Equipment

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 am or 12:30-2:30 pm.

Fri 9-11:30 am.

Thank you for your support.



Board of Directors

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

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



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

- Closed Mon 7/3 & Tue 7/4
- Art Classes- Wed 3:00
- Board Games Thurs 9:00
- Library every other Wed 11:00 – 1:00
7/5, & 7/19
- 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
- Chair massage by appointment 7/12
- Felt making class Thurs 7/13 12:30
- CDA Casino Mon 7/17 8:30– 3:00
With enough participants
- EFT Tapping Class Thurs 7/20 12:00– 1:30
- Board Meeting is on Fri 7/21 at 10:30 am
Open to the public
- Elder Financial & Scam Presentation 7/26 12:00
- Historic “sing-a-long” Thurs 7/27 12:00
Bob Hope
- Old Time Fiddler Jam 7/29 3:00



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 meet on the 1st and 3rd Thursdays, 1 - 2:30 pm at the Tango Café Meeting Room located at 414 Church St. Call Facilitator, Jan Griffiths 208.290.1973

SASI Dining Room

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

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

New Price Starting July 1, 2023

Due to the continuing rise of food cost over the past year we are forced to adjust our meal prices

Price: Seniors 60yrs and older: \$7 suggested donation
Guests under age 60: \$10 charge (mandatory)

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/>



SHE'S NOT A MORNING PERSON

If you catch her later in the day,
she's pretty nice, what can I say
but early on, better stay away...
she's not a morning person.

When I wake up I'm ready to go,
I have a smile, whether rain or snow
but early on she's not polite,
so keep your distance, if you know what's right.
She's not a morning person.

Vivian E. Bogardus

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HAPPY BIRTHDAY

Delmar Wood 7/3

Peggy Farrell 7/5

Alice Wallace 7/7

Clinton Tweedy 7/8

Nancee Meng 7/10

Anna Schramm 7/11

Elise Creed 7/12

Leslie Marshall 7/13

Roy Beuskens 7/14

Virginia Rowley 7/14

Squeak Karlae 7/18

Ernie Belwood 7/20

Marilyn McGill 7/20

Byron Miller 7/20

Ed Hoener 7/21

Chris Haworth 7/23

Penelope Stewart-Winton

Kendra Scarlett 7/27

Matt Thompson 7/31

SASi Wish List

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

Box tissue paper

Brown paper grocery bags

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 to the LDS church youth conference volunteers for helping seniors with their yard work on June 17th.
- We had a wonderful donation with this note attached; Hi! Just a simple donation. Lovingly, Julia
- Thank you Greg Miller for the monthly tea donations.
- Thank you Betty Overland for the chair feet protectors.
- Thank you Eric Plummer the owner of Sandpoint Cinemas for donating 100 movie tickets!
- Thank you George Johnson for the copy paper donation.
- Thank you Shakura Young and Betty Cady for the flower donations.
- Thank you Panida Theater for the free tickets.
- Thank you Gription Tire for helping us with our business vehicle



"Think this will get us into the Guinness Book of World Records, Mommy?"

Would you like to receive this newsletter *at home*?

Help us save paper and receive it free through *email*. Please provide your email address. Newsletters, menu, and activity calendar are also on our website at www.sandpointareaseniors.org We can mail it to you for \$20/year to cover printing and mailing.



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

Shop at Yokes, Walmart, and support SASI!



Support Sandpoint Area Seniors with a Yoke's eScrip community card.

- Visit Yoke's Market & request a Yoke's eScrip Community Card.
Activate your card by calling 1.800.931.6258 or visit www.escrip.com/yokes.jsp
- Present your card to the cashier every time you shop at Yoke's.
Simply swiping your card generates contributions from Yoke's to Sasi.
- The more you shop, the higher the contribution.
For every dollar you spend, Yoke's will contribute up to 5% of your purchase amount.

Sandpoint Senior Center Inc Group ID# 500043338

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 :impossible



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



Kitchen Korner

Hello SASI!...We are now in the BBQ season with our Father's Day BBQ kicking off Summertime, Thank you everybody we had a great turnout. SASI's Kitchen Korner would like to introduce the JULY SNACK-A-TIZER recipe for the month: DEVILED EGGS (with sweet pickle relish)

Happiness is eating yummy food but double happiness is when food gives you health benefits as well. Deviled Eggs are a good source of B vitamins, Protein, Nutrients, and Vitamin A& D. Eating eggs is also good for your eyesight. Eggs will keep you full longer so you won't eat as much and can assist in weight control. Eggs offer culinary variety like omelets, hard boiled, egg salad, and deviled eggs. When storing your deviled eggs, keep them in the refrigerator and eat within 2 days. EGG TIP: you can buy eggs already boiled in the grocery store and get creative! We would love to have your family heirloom recipes that we could try. Please give us your recipes located at the center of every table in the comment jar in the dining room.

HAPPY JULY,
CHEF Brenda



Sandpoint Senior Center would love to thank Litehouse for the generous donations of goodies to our food program!



Deviled Eggs

12 Eggs
3/4 Cup mayo
1/4 Cup favorite salad dressing or ranch
2 Tbs Mustard
1 Tbs sweet relish
Pinch of dill to taste
Salt & pepper to taste
1/4 Tsp paprika sprinkled on top

Directions

Fill pot with cold water
Add eggs
Bring water to boil
Turn off heat
Cover for 10- 12 minutes
Put eggs in an ice bath
Peel eggs
Cut eggs in half
Remove yolks & mix with all other ingredients except paprika
Stuff the egg cups
Top with paprika

Tip: Peel eggs under water to help with shell removal.



THANK YOU CAL!!



Thank you to the Community Assistance League for your help in the purchase of our new dishwasher. As you can see chef Brenda and assistant Bud are thrilled!!!!





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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Community Liaison

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chelsie.ulrich@eden-health.com
www.eden-homehealth.com/sandpoint

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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
- Dental & Vision Plans

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

Carey Spears

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www.careyspears.com

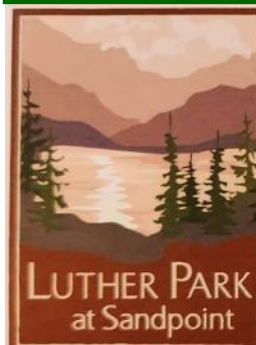
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(208) 255-5577

Jess Wolfrum
Licensed Denturist



Molly Gentry
Community Relations Manager
mollygentry@ecumen.org

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

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www.lutherparksandpoint.org

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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