



# SANDPOINT AREA SENIORS, INC.

Newsletter  
June 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](http://www.sandpointareaseniors.org)

## Volunteer Appreciation Party

To say we appreciate our volunteers is an understatement! We literally could not stay in business without each and every one of them. They are such lifesavers and we love them. Some of our current volunteers joined us for an ice cream party at the end of April. You can see it was a success. Thank you!!!!



**YUM!**

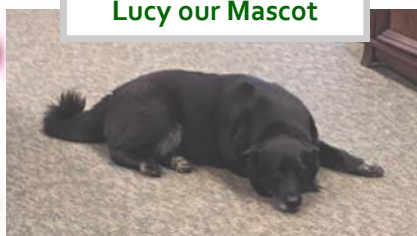


**Ice  
Cream  
Party**



**Are  
We  
Ready?**

**Lucy our Mascot**



## SASI SPOTLIGHT

Nancy Savage is celebrating her 11-year work anniversary this month! If you see her, please thank her for all that she does for us. Nancy is our Finance Officer, and we would be lost without her.



Nancy was born in Rhode Island. She lived in Hawaii and San Diego because her dad served in the Navy. In 1990 Nancy moved to Salt Lake City to get away from the hot weather and overpopulated San Diego. She worked for a CPA firm as a staff accountant and corporation tax bookkeeper. After four years Nancy met Kevin. They dated for a “tumultuous” 2.5 years before getting married in 1997. They have three kids and six grandchildren. This past year Nancy went to visit some of her grandchildren. She was so excited that she dyed her hair pink in order to get more smiles from them. How adorable is that?!

Nancy’s mother Rose and stepfather Fred Fredstorm were very active in the Sandpoint Senior Center. In 2012 Kevin and Nancy made the move to Sandpoint in order to help her two sisters care for their mother in her last three years. They anticipated returning back to Salt Lake City. She and Kevin rented a place for a while in Sandpoint when they moved here. In 2018 they bought a home and currently reside in Sagle.

Immediately after Nancy moved to Sandpoint she discovered the Senior Center and enjoyed eating lunch here. At the time Emmy Keiser was the receptionist and talked Nancy into helping by becoming our bookkeeper. Nancy agreed to help “for now”. Fast forward 11 years later and you will still find Nancy “helping for now.” :) She still enjoys the lunches here. One perk for being a Sasi employee is that you get a free meal. Nancy says, “that’s the reason she stays here”. Her husband Kevin will come in to have lunch with Nancy sometimes during the week.

Nancy adores being able to interact with our visitors and being active in our events. In the 11 years Nancy has had 9 bosses and multiple board members come and go. She said she has her favorites and is grateful for all of them. Nancy is the one consistent member of this Senior Center.

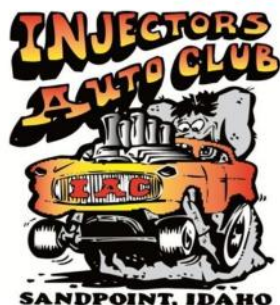
Outside of work You will find Nancy thrifting. Good things come to those who thrift. She also enjoys bingo, yard sales, word, and jigsaw puzzles. For those of us who know Nancy, all know what a blessing she is. If you haven't met Nancy, there’s no time like the present. Most of Nancy’s co-workers call her “mama bear” because she is always trying to take care of us. Thank you Nancy, we love you.





Do you love great food, classic cars and supporting seniors in our area? Then come and join us for our

# FATHER'S DAY WEEKEND FAMILY BBQ



Special Thanks To:  
**Super One Foods**  
**Wal-Mart**



**Saturday June 17th**  
**10am - 2pm**  
**Sandpoint Senior Center**  
**820 Main St.**  
**Adults \$10 per plate**  
**Kids 12 and Under \$5**

**With Live Music!!!**



**Presented by the Injectors Auto Club**  
**Supporting the Sandpoint Area Seniors Nutrition Program**



## 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

- Art Classes- Wed 3:00
- Board Games Thurs 9:00
- Library every other Wed 11:00 – 1:00  
6/7 w/ Guest Eileen Klatt & 6/21 w/ local writer



- 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 6/1 10:30– 11:30
- Senior Health Symposium Fri 6/2 1:00– 4:00
- Chair massage by appointment 6/14
- Father's Day lunch Thurs 6/15 at 11:30  
Boneless Ribs
- Historic "sing-a-long" Thurs 6/15 at 12:00  
Johnny Cash
- Soap making class 6/16 at 9:00 am.
- Board Meeting is on Fri 6/16 at 10:30 am.  
Open to the public
- Father's Day BBQ Sat 6/17 10:00 – 2:00 pm
- Old Time Fiddler Jam 6/24 at 3:00
- Independence Day Lunch 6/29 at 11:30  
"All American Hot Dog"



**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

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/>



## SPRING COMES IN

Spring comes in like a lonesome bird.  
A quick glimpse and then it's gone again.  
A strange, plaintive song barely heard-  
I've heard it before, but don't know when.

Spring comes in with some favorite birds.  
Late in March a Swallow flits and dips.  
Goldfinch become too golden for words.  
Black birds now call, back from their long trips.

We enjoy some sunshine, with its warm glow.  
The next day we have dark clouds, sleet, and snow.  
Spring comes in, but will it stay?

Marilyn Robertson 2009



# HAPPY BIRTHDAY

Susan Olson 6/4  
Tony Papa 6/4  
Aloon Boochin 6/5  
Laura Crain 6/5  
Merrile Hanson 6/5  
Evane Hoener 6/6  
Marilyn Dillon 6/8  
Jamie Flayharty 6/8  
Michael Shannon 6/8  
Ernest Martin 6/12  
Debbie Knowles 6/14  
Bill Muck 6/14  
Diane Gow 6/15  
Lori Young 6/15  
Jeff Fiman 6/17  
Marge Keating 6/18

Scott Simpson 6/18  
Marianne Stratton 6/18  
Nancy Savage 6/19  
Darlene Lyon 6/19  
Melissa Headrick 6/21  
Wanda Hanson 6/22  
Dean Oneil 6/22  
Joseph Coleman 6/23  
Chris Hood 6/23  
Sue Poppino 6/23  
Virginia Retford 6/23  
Ellwood Werry 6/26  
Verna Gable 6/27  
Barbara Branson 6/30  
Barbara Overholt 6/30

## SASi Wish List

Volunteer drivers Mon-Fri. Lime and orange assorted jello mixes  
Individual wrapped chocolate Assorted cake mixes & frosting  
Copy paper 8 1/2" x 11" Post it notes  
Address labels # 5160 Individual wrapped fruit flavored tea packets  
Copy paper 11" x 17"  
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 Denise Dombrowski for donating plastic utensils for our volunteer appreciation party.

Thank you Marie Beebout for the tea donation and weed trimming.

Thank you Patti Stark for donating raisins to the kitchen.

Thank you Lance Hewitt for mowing our lawn.

Thank you Corky Campbell for all the tomato plants.



Cody gets a good hand

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



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

## Fit 'n Fall Proof Class

Have you noticed our advertising for the Fit & Fall Proof exercise classes offered at the Sandpoint Senior Center? Have you been wondering what they are all about?

Fit & Fall Proof was developed right here in Idaho back in 2004, and is an exercise-based fall prevention program for older adults. We focus on improving balance, strength and mobility, and our aim is reduce the risk of falling in seniors. The program is funded by the Idaho Department of Health, and here in the Panhandle it is administered by Panhandle Health District.



Instructors are certified and retrained annually to reflect the improvements identified by the Idaho Department of Health, and to ensure the program is being followed correctly. All instructors are volunteers, giving their time and enthusiasm free to all senior Idahoans. And of course, the classes are offered free too!

We try to accommodate all ability levels, and exercises are modified to fit those who (for example) cannot stand for long. Each class is usually 50 to 55 minutes long, and we use music from the 30s, 40s, 50s and 60s to add to the fun.

Classes are held at the Sandpoint Senior Center on Mondays and Thursdays, at 3 pm. Wear loose clothing and non-slip shoes, bring a bottle of water and come give it a try! We look forward to seeing you here.



## Kitchen Corner

Hello SASI!...We are all so excited about our new kitchen dishwasher that we are all doing a happy dance!! Thank you SASI for your patience and cooperation for eating on paper plates and bearing with us! This month we are doing STRAWBERRIES: Strawberries belong to the rose family and they are the only fruit that has seeds on the outside.

Strawberries are super delicious and super good for you, too! They are packed with vitamins and minerals, including vitamin C, folate, & potassium. That said strawberries boosts immune system and can lower blood pressure. Strawberries are known to protect your heart, and lower your cholesterol and blood sugar levels. Some say that they can fight some forms of cancer. Strawberry Tip: When possible, visit your local Farmers Market for fresh, local produce. Let us know how you would like strawberries prepared by slipping a note in the comment jars located on the dining room tables.

Happy June

Brenda



### Strawberry Lasagna

#### Ingredients

- 2- package graham crackers
- 1- large box vanilla pudding
- 1 -large package cool whip
- 1- large package strawberries
- 1 –12 oz strawberry glaze

#### Instructions

- Layer crackers
- Pudding
- Strawberries
- Layer crackers
- Pudding
- Glazed strawberries
- Let rest in fridge for 2 hrs
- Cut, top with cool whip.
- Serve







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

**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](mailto: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.



**Carey Spears**  
300 Bonner Mall Way #48  
Ponderay, ID 83852

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

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

Office (208) 265-2026  
Cell (208) 610-8096  
[cspears4insurance@gmail.com](mailto:cspears4insurance@gmail.com)  
[www.careyspears.com](http://www.careyspears.com)



1125 N. Division Avenue  
Sandpoint, Idaho 83864  
208.265.9299

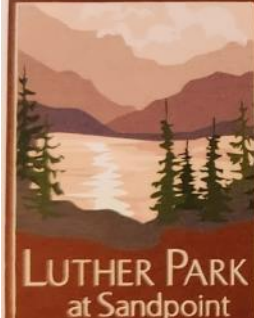
**Sandpoint Denture Clinic, Inc.**

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](mailto:mollygentry@ecumen.org)

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

510 South Olive Avenue  
Sandpoint, Idaho 83864  
[www.lutherparksandpoint.org](http://www.lutherparksandpoint.org)

**Special Thanks To**



**THE BRIDGE  
AT SANDPOINT**



AN ASSISTED LIVING COMMUNITY  
1123 N. Division Street, Sandpoint, ID 83864  
208.263.1524 [www.thebridgeatsandpoint.com](http://www.thebridgeatsandpoint.com)

**eden**  
HEALTH  
HOME HEALTH

**Chelsie Ulrich**  
Community Liaison

P: 208.264.8198 • F: 208.263.9210  
[chelsie.ulrich@eden-health.com](mailto:chelsie.ulrich@eden-health.com)  
[www.eden-homehealth.com/sandpoint](http://www.eden-homehealth.com/sandpoint)

Physical Therapy  
Occupational Therapy  
Speech Therapy  
Social Services  
Registered Nurses

# 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  
Charlton, Rae  
Cameron, Barda  
Childers, Bob & Marybeth  
Clark, Jane  
Clark, Linda  
Cobb, Donna  
Cope, Donna  
Cottrell, Joanne & Jonathan  
Creed, Dick & Elise  
Daubersmith, Mary  
Debaun, Jack & Janice  
Deshon, Donna & Dan  
Dreier, David & Peggy  
Ehmantrout, Alyse  
Ennis, Sherry  
First Presbyterian Church  
Fredericks, Mary & Gary  
Fruehling, Erich & Anna  
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  
Hough, Joann  
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  
Mangina, Jeanne  
Marley, Kim & Jim  
Mehra, Dawn D.V.M  
Melia, Thomas & Linda  
Mendenhall, Lisa  
Mendenhall, Trudell  
Meulenberg, Dan & Lori  
Michael, Loris & Richard  
Mountain Ledgers  
Moody, John  
Moore, Charesse  
Moore, Terri  
Morgenstern, Janice & Michael  
Myers, Marilda  
Nadeja, Mary  
Newton, Helen & Skip  
O'Reilly, Molly  
Overland, Betty  
Palmer, Zale  
Parker, Jack  
Parry, Harvey & Shawna  
Pederson, Judy  
Perchynski, Scott & Julie  
Peterson, Brissa  
Pfalzgraff, Ellen & Scott  
Pierce, Del and Norma  
Pizzini, Cathleen & Thauero  
Poppino, Mickey & Sue  
Porter, Susan  
Quevedo, Suzanne

Rainey, Lola  
Raynor, Jack & Catherine  
Reeve, Sheryl  
Richardson, Elizabeth  
Rinker, Millie  
Robb, Barbara & Norwood  
Roberts, Andrew  
Robideaux, Tom  
Robinson, Kathy  
Rowley, Virginia  
Royer, Craig  
Sadewic, Almira  
Sanders, Brian & Andrea  
Scharpf, Lou  
Scott, Anna Lea  
Seashore, Karen  
Selkirk Ironhorse Riders  
Sevenich, Richard & Eli  
Shearer, Steven  
Sherwood, Wayne  
Skibitsky, Dr. Megan  
Smith-Barbieri Progressive Fund  
Snyder, Betty  
Sorrentino, Susan  
Spears, Carey  
Spiller, Joyce  
Stacker, Emily  
Stockman G. J.  
Sturgis, David & Mary  
Swanson, Dennis & Donna  
The Ferguson Family Charitable Fund  
The William Wishnick Foundation  
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

Bonner County Commissioners  
Community Assist. League  
Coffelt Funeral Services  
Co Op Gas & Supply  
Dairy Depot  
Dover Community Church  
Dreyfus Foundation Max & Victoria  
Eichardt's INC  
Elks Lodge #1376  
Equinox Foundation  
First American Title Co.  
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  
Kanku Community Health  
Kroger Foundation  
Lana Kay Realty  
Lewis & Hawn Denistry  
M2 Construction  
MacNeill Family Dental  
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  
Spears Insurance Inc.  
Specialty Auto Glass  
St. Joseph Altar Soc.  
The Cove  
Ting  
Tork Electric Inc.  
Total Physical Therapy  
Washington Federal Foundation  
Waterfront Property Management  
White Cross Pharmacy  
Wildflower Spa

## Corporate Donors

219 LLC  
Area Agency on Aging of N. Idaho  
Auburn Crest  
Avista Foundation  
Blackband Giving Fund

**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**