



Newsletter
August 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

SANDPOINT AREA SENIORS, INC.

Come & Wine With Us at Sandpoint Area Seniors End of Summer Wine Tasting Fundraiser

**\$50 Per Person
with Pre-Paid
Reservation
\$75 Per Person
at the Door
Ages 21 & Over**

*Saturday
August 26th
3pm - 5pm
at the Sandpoint
Senior Center
820 Main St.
Sandpoint, Id*

*To make your reservations Please Call the
Sandpoint Senior Center at 208-263-6860*

The afternoon includes:

- A sampling of fine wines
- Gourmet Appetizers
- Coffee & Desserts
- Live & Silent Auctions

WINES PRESENTED BY



BROWNE
FAMILY VINEYARDS

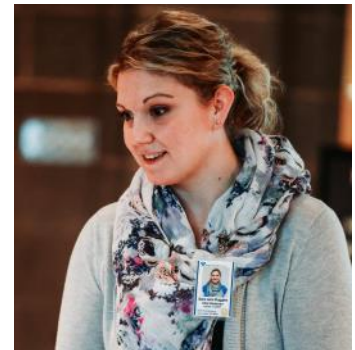
Save the date for this event. You will not want to miss it!

Limited seating so be sure to call us at 208-263-6860.

SASI SPOTLIGHT

Sara Jane Ruggles

Sara was born in Sacramento, CA in 1987 and moved to Coeur d'Alene at age 7. Attended Winton Elementary, Lakes Middle School and Lake City High School. Studied Ancient Roman history and minored in Caesarian Latin Literature at Boise State University. Studied abroad in Viterbo, Italy in 2008, focusing on the Greek influence on ancient Etruscan and Roman art and culture and translating Latin texts. Upon graduating from BSU in 2010 with my bachelor's degree, I realized I enjoyed collecting history and not just studying it, so I turned my gaze to public history. I got married in 2010 to my high school sweetheart, Justin, and we started a family. We have two beautiful girls, Emmeline, age 8, and Anna, age 5. I enrolled in graduate school at the University of Nebraska at Kearney in 2016 and graduated in 2019 with my master's degree in public history. I serve families as an independent contractor as a side business, but I am a full-time public historian for Auburn Crest Hospice.



Auburn Crest Hospice is an in-home hospice and palliative care company that serves the five northern counties of Idaho. It is also the first hospice in the United States to hire a public historian onto their staff. I have been building a public history program for Auburn Crest since March of 2020 when I began working with patients and their families to record the life stories of patients who requested the service. We give the interview recordings back to the families as a gift. This is a free service for our families and it enhances our holistic style of care by supporting the existential needs of the patients which are often overlooked in traditional health care environments in the United States. I have adapted traditional public history theory and practice to a health care setting. We have found that when patients receive a visit from a historian, they receive the dignity of truly being heard. As a historian, I am not there to diagnose, treat, or fix the patient. Instead, I am a dedicated listener who wants to learn from them. Our patients at Auburn Crest who have received the history service have experienced a renewed sense of identity and a restored sense of dignity as they travel through their hospice and palliative care journey. In addition, the interview recordings become lifelines for families as they process the grief of losing their loved one. It can be a balm to the soul to see mom's smile or hear Grandpa's laugh or watch a spouse's eyes light up one more time on video. We have experienced such a success in enhancing patient care with this service that I have started a research group of historians and physicians across the country who are following our work at Auburn Crest in order to explore the idea of training more public historians to serve in end-of-life care in the United States.

When I am not serving the patients directly, I am blessed to coordinate various outreach events for Auburn Crest in the communities we serve. My favorite monthly event is my History Sing-Along where I teach biographical classes about beloved entertainers in American history. For example, this spring, I chose to study the life and career of Doris Day, one of my favorite entertainers. I combine traditional historical research with analysis of her work and I draw on this information to teach community members about her incredible life as we sing her songs throughout the story. Singing in a group is a powerful way to release endorphins and brings back memories that are still so fresh in our minds and hearts. My other favorite Auburn Crest events include Preschool Storytime for homeschooled children at local senior homes, butterfly release event to honor the memories of loved ones, teaching history workshops, and leading memoir classes for senior living residents.

I absolutely love my job! I am incredibly blessed to serve my community and our Auburn Crest families!

We personally have had a great time getting to know Sara and absolutely enjoy her presentations when she comes to the Sandpoint Senior Center. If you have not had the opportunity to participate with her, then you are missing out. Keep an eye out on our monthly calendar and plan accordingly, you do not want to miss any more! Huge shout out to Sara for volunteering her time here. -Sasi



ANNUAL ELECTION FOR BOARD OF DIRECTORS



September is the time for the annual election for the SASi Board of Directors! Currently, there is one position open for election. If you are interested in applying or wish to nominate someone for consideration, please submit a Letter of Interest to Nikki Klein, Board President, by September 8. In order to be an eligible candidate you must be 21 years of age and a Bonner County resident

The election process is as follows:

- Friday, September 8: Deadline for interested persons to submit a Letter of Interest to Nikki Klein, Board President. (The letter can be given in person at the Senior Center).
- Thursday, September 14: A Candidate Forum will be held at 12 noon, immediately following lunch. Candidates will introduce themselves to SASi participants and respond to questions from the audience.
- Thursday, September 14 – Thursday, September 21: Voting open to any SASi participant. Complete and turn in ballot at front desk.
- Thursday, September 21: Ballots counted after lunch.
- Friday, September 22: Winner will be announced at Board meeting 10:30

Thank you for your support of SASi and your interest in becoming a member of the Board of Directors!

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

Sasi Staff

Site Manager/ Meal Coordinator: Matt Thompson
Finance Manager: Nancy Savage
Administrative Assistant: Arie Sykes
Head Chef: Brenda Curtis
Sous Chef: Melissa Headrick & Linda Reasor
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

- Board Games Thurs 9:00
- Library every other Wed 11:00 – 1:00
8/2, 8/16, 8/30
- 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 8/9
- Felt making class 8/17 12:30 3D mushroom
\$10 suggested donation
- Board Meeting is on Fri 8/18 at 10:30
Open to the public
- Wine Tasting Fundraiser w/RSVP 8/26 3:00-5:00
\$50 per person limited seating
- Animal Shelter Info/ Presentation Wed 8/30
Time TBD
- Birthday Thursday 8/31 11:30
- Historic “sing-a-long” Thurs 8/31 12:00
Rosemary Clooney
- Closed Mon 9/4 Labor Day
- **Board Elections**
9/8 Deadline for letter of interest
9/14 Candidate forum 12:00
9/14 – 9/ 21 Voting open
9/21 Ballots counted
9/22 Winner announced



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

Price: Seniors 60yrs and older: \$7 suggested donation

Guests under age 60: \$10 charge (mandatory)

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/>

A MEDITATION WALK

Sometimes we are silent, sometimes we talk.

Will there be a message? Wait and see.

I cannot say what it may mean to me.

I often say, "what does that mean?"

With each bird I see, "What is his name?"

Would it be better to just BE in the scene?

And that bird's head looks like a flame.

Maybe my way is not TOO bad.

To change my style might make me sad.

I think I like to have control.

I may ask "Is that my role?"

Written during a Creativity Retreat

October 30, 2022 Marilyn Roberts

HAPPY BIRTHDAY

Larry Mooney 8/1

Paula Campbell 8/7

Jean Organ 8/9

Andreia Flynn 8/10

John Murray 8/10

George Moss 8/11

Dalyn Marley 8/12

Wilbur Shaffer 8/13

Myrna Pain 8/15

Marilyn Elvestrom 8/16

Ted Buck 8/16

Sally Sacht 8/17

Richard Olson 8/19

Linda Reasor 8/20

Dorothy Rosser 8/20

Alice Lopez 8/21

Loris Michael 8/21

Heidi Smith 8/21

Carolann Hancock 8/22

Ed Taylor 8/24

Bob Welker 8/25

Char Campbell 8/26

Sharon McCormick 8/27

Pamela Rose Crawford 8/28

Jeannette Langlois 8/28

Frankie Roberson 8/28

Mike Morgenstern 8/31

SASi Wish List

Volunteer drivers Mon-Fri.

Individual wrapped chocolate

Copy paper 8 1/2" x 11"

Copy paper 11" x 17"

Address labels # 5160

Brown paper grocery bags

Cake mixes

Brownie mixes

Box tissue paper

Individual wrapped fruit flavored tea packets

Shipping labels # 5163

KUDOS

- Thank you Danielle Resso for the elder financial and scam presentation.
- Thank you Larry Smith for the walking sticks.
- Thank you Kathy Rainey for your cake mix, frosting and cookie donations.
- Thank you Phil & Susan Belknap for the brown paper bag donations.
- Thank you Ketty Musson for helping prepackage our HDM snacks & desserts for 4th of July.
- Thank you Bob Gooby for sharpening our kitchen knives.
- Thank you Nikki Klein for all the chocolate and supply donations.
- Thank you Jackie Bowman & Maxine Huan for the garden donations.

Pictured below is Lilian Hicel who is our volunteer art instructor. She teaches paint class here at the senior center every Wednesday at 3:00. Her art class was able to cut the opening ribbon at the annual art walk here in Sandpoint back in June.



Susan Musson with her beach theme picture

Lillian Hicel with her art students.

Linda Reasor with her rooster picture

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



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.

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 :Easy



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



Kitchen Korner

Hello SASI!

Did you know that being just 1% dehydrated can impact your energy level, performance, AND your ability to focus, ITS TRUE! That means that replacing water lost during your day or time outside is a challenge! It is recommended that you even drink water if its windy outside. The best way to keep up is drink at least 2 to 4 cups every hour. Water can be boring but nothing can take the place of it. We want all our seniors to enjoy this summer so KEEP HYDRATED! Please remember that we are a cooling station and our doors are open Monday to Thursday from 8:00 – 3:00 pm and 8:00– 12:00 pm on Friday!

Don't forget to try the granita for a cool summer treat!



CHEF Brenda



Granita Recipe

- 4 Cups of fruit
- 1/4 Cup of juice
- 1/4 Cup of sugar (optional)
- Pinch of salt

Blend or shake

Freeze and enjoy!

Makes 6 cups



REFRESHING GRANITAS!

Like sorbet, Granitas are often made from a puree of fruit, sugar, and water, but the difference is in their textures. Unlike sorbets, which are smooth-churned, granita purees are poured into a pan and placed in the freezer. The surface is scraped multiple times as it freezes, creating coarse, icy flakes. Let's call it an adult snow cone. Also if you have a blender you can just process on high for one minute. Try the Granitas at home and Enjoy!!



SANDPOINT SENIOR CENTER WOULD LIKE TO
GIVE A SPECIAL THANK YOU TO INNOVIA
FOR THE \$10,000 GRANT TO AID IN OUR OPERATIONS.
AS THE NEED IS EVER GREATER
AND FOOD COSTS CONTINUE TO RISE,
THIS IS SUCH A BLESSING.

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Thank you for your trust."*

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eden
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Chelsie Ulrich
Community Liaison

P: 208.264.8198 • F: 208.263.9210
chelsie.ulrich@eden-health.com
www.eden-homehealth.com/sandpoint

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We can help you
prevent, detect, and report

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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.

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Riverside Bldg, Suite 9
204 E. Superior Sandpoint, ID 83864

(208) 255-5577

Jess Wolfrum
Licensed
Denturist



1125 N. Division
Avenue

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83864

208.265.9299

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AT SANDPOINT**



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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