



Newsletter  
September 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)

a 501 (c) 3 non-profit corporation

## Wine Tasting Fundraiser Was A Great Event!!

*Kudos to the following for their donations:*

*Precept Wine (Mark Gronenthal) for donating the Browne Family Vineyard Wines*

*Cathy Plank of 7B Wine Club & Julie Nolan and Evane Hoener for serving*

*Winter Ridge Natural Foods for the two beautiful gift baskets*

*Trinity for the gift certificate (Justin Dick)*

*113 Main for the gift certificate (Justin Dick)*

*Litehouse Foods for the beautiful basket*

*Schweitzer Mountain Resort for gift basket and two lift tickets*

*Beth Giacomo at Wine4U*

*Judy Labrie for the floral arrangements*



Cathy Plank, Julie Nolan, Evane Hoener



*Special thanks to Melissa Headrick, Alexis Fryman and Erin McAnulty for preparation of the delicious food, Matt Thompson for planning the event and the menu, and to the members of the Board who worked so hard to make this event so special!!!*





## SASI SPOTLIGHT

### Susan Musson

Susan has been a nutritional assistant here at SASI since November 2021. The work is rewarding and her heart is in the mission of providing wholesome food to the elderly through the home delivered meal program. Her favorite part is interacting with the folks who come in for lunch and building relationships with everyone.

As a native Texan, great food is in her blood. After high school in Baytown and college at the University of Houston, she raised two sons and owned a BBQ and a crawfish catering company in Texas and in Montana.

Eight years ago Susan moved to Idaho where she held positions at Panhandle Animal Shelter and even had some fun bartending jobs. She and her husband Erik have a second home in Baja Mexico, but plan to always keep their roots right here in Sandpoint, Idaho.

The Senior Center is extremely grateful to have Susan on our team, she is an absolute asset! Thank you Susan for always being there for us and our guests. We adore you.





## ANNUAL ELECTION FOR BOARD OF DIRECTORS



September is the time for the annual election for the SASi Board of Directors! Currently, there are three positions 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 29: 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! Thank you for your



#### UPDATED HOURS!!!

Mon-Thurs 8-10:30 am or 12:30-2:45 pm.

### 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

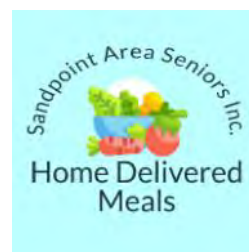
**Site Manager/ Meal Coordinator:** Matt Thompson  
**Finance Manager:** Nancy Savage  
**Administrative Assistant:** Arie Sykes  
**Head Chef:** Brenda Curtis  
**Sous Chef:** Melissa Headrick  
**Kitchen Assistants:** Alexis Fryman  
**Nutritional Assistants:** Jean DeRemer , Nova Dodd, Susan Musson & 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

- 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
  - 9/29 Winner announced
- Art Classes– next class Wed 9/6 3:00
  - Every Wed 3:00
- Board Games Thurs 9:00
- 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 if are available
- Chair massage by appointment 9/13
- EFT Tapping Class Thurs 9/14 12:30
- CDA Casino Mon 9/18 8:30
  - with enough participants
- Birthday Thursday 9/28 11:30
- Board Meeting is on Fri 9/29 at 10:30
  - Open to the public
- Old Time Fiddler Jam Sat 9/30 at 3:00
- Walk-In Flu Vaccine Clinic Wed 10/11 9:00– 1:00
  - For more info call Panhandle Health 208-263-5159



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/>

## Picking Berries

Huckleberries red, huckleberries blue.  
We liked picking berries, Megan, with you.  
We loaded our buckets all in the truck.  
We rode on the highway, and into the wood.  
Despite bumps, rocks, dust, Grandad said: "This road is good".

Berries were found on very steep banks.  
Some looking up there, would say "No thanks".  
We gave it a try; the berries were huge.  
Huckleberries purple, huckleberries black.  
Dry, dusty, and tired, we still said, "Let's come back".

Then, what was the finest treat?  
Jam, pie, muffins, or cake to eat?

Raspberries red, raspberries green; I want each one I've seen.  
Raspberries big, raspberries almost too small,  
On cereal or ice cream, what's the best treat of all?  
Or maybe shortcake with lots of whipped cream.  
But sometimes I just couldn't wait.  
So, right from the bushes I ate.  
Some love blueberries: "so good for you".  
I tried a few, and left the rest for you.

Strawberries—I nearly forgot. Homegrown, they were SO sweet.  
Large and red, some hidden near my feet.  
June started a great season—Was spring rain the reason?

Whatever berry is YOUR favorite sort,  
We can agree: berry season is just TOO short.

*-Marilyn Roberts*



Linda Davis 9/1

Winnie Bredy 9/1

Walter McGervey 9/4

Dan Haley 9/5

Kris Mendenhall 9/5

Christine Moon 9/6

Roger Moore 9/6

Josephine Maitland 9/7

Marchelle Fritz 9/11

Ron McCollum 9/13

Caroline Morley 9/15

Paul Walsh 9/15

Debbie LaFleur 9/17

Wayne Harper 9/19

Val Griggs 9/20

Judy Labrie 9/21

Tom McGhee 9/21

Skip Pucci 9/21

Lillian Bartsch 9/23

Carol Anaya 9/26

Shirley Howard 9/27

Valerie Smith 9/28

Kathy Halbert 9/29

## SASi Wish List

### Hiring 1 position

Need volunteers drivers Mon-Fr

Copy paper 8 1/2" x 11"

Copy Paper 11" x 17"

Heavy duty nitrile gloves size M

Ground Coffee

Bottled water

Orange Extract

Miracle Whip

Soda pop cans

Brown paper bags w/ handles ( can get from yokes)





## KUDOS

- Thank you Gabe Ealy for helping with our yard work and hauling items to the dump.
- Thank you Hank Adams for fixing our screen door handle and our wooden bench.
- Thank you Marchelle Fritz and Life Care for the Birthday Thursday cookies.
- Thank you Betty Ritzdorf's family for the kitchen equipment donations.
- Thank you Dick Creed for installing our battery maintainer on our work vehicle.
- Thank you Larry for the walking sticks.
- Thank you Triangle United Homemakers Club for the huge donation of items off our wish list!!
- Thank you Lance Hewitt for helping wash dishes!!!
- Thank you Judy Lyding for all the tomatoes.



## Nutritional Assistant

Days and hours vary

Pay DOE

If interested please contact us at 208-263-6860,

email [info@sandpointareaseniors.org](mailto:info@sandpointareaseniors.org)

Or stop by in person at 820 Main St Sandpoint ID

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

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

- 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



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.

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

The Senior Center would like to wish Andrea Evans, our Librarian, the best of luck on her new adventures! We cannot express enough how much she means to us. We will miss you dearly and we appreciate everything you've done for us! Unfortunately at this time with Andrea leaving, the Sandpoint Library has decided to discontinue service here at the center. If you have any questions about why or would like to see them come back please call the Library at 208-263-6930.



**BEST OF LUCK**



## Kitchen Korner

Hello SASI Guys and Dolls! Summer is coming to an end and boy was it HOT!!! Many of you have your own gardens and harvest is on the way. We are now at the point where our tomatoes are getting ripe and coming in abundance! Did you know there is an annual festival in Spain where people throw 150,000 TOMATOES at each other?! Kind of a waste but probably a lot of fun!

Tomatoes are a great source of lycopene, an antioxidant linked to a lower risk of heart disease and cancer. Interestingly, lycopene may also help protect you from the sun's ultraviolet rays! But that's not their only claim to nutrition fame—they're also rich in vitamin C, potassium, folate and vitamin K.

Eat them in a sauce, ketchup, salsa, and soup. Yummy raw or roasted. Amazingly delicious picked and sliced right out of the garden topped with a sprinkle of sea salt. YUM!!!

Health and Happiness.

*Chef Brenda*



### 5 ingredient Salsa.

Tomatoes  
Red Onion  
Cilantro  
Jalapeno  
Lime Juice

*Dice up and salt and pepper to taste.*

*Tip: Substitute Cilantro with Parsley, Green Onions or Green Peppers.*





# 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.



**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



**Dawn Keene**  
Senior Living Consultant  
dawnkeene@ecumen.org

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

510 South Olive Avenue  
Sandpoint, Idaho 83864  
www.lutherparksandpoint.org



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

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

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

Office (208) 265-2026  
Cell (208) 610-8096  
cspears4insurance@gmail.com  
www.careyspears.com

**eden**  
HEALTH  
HOME HEALTH

**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



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.

## 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



1125 N. Division  
Avenue

Sandpoint, Idaho  
83864

208.265.9299

## THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY  
1123 N. Division Street, Sandpoint, ID 83864

Special Thanks To



# Thank You Donors

## \$5 Month Club

Crawford, Pamela Rose  
Hull, Daniel & Yvonne  
Martin, Adele  
Peterson, Donna  
Pine, Anita  
Raynor, Linda & Roy

## Thank You Donors

Abromeit, Shannon  
Adams, Henry  
Adkisson, Ruth  
Anderson, Joyce & Larry  
Anderson, Steven  
Atkisson, Eileen & Blakey, Lawrence  
Baxley, Daniel & Rochelle  
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  
Cayton, Robin  
Chambers, Chris & Kathy  
Charlton, Rae  
Chrismer, Kitty  
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  
Ehrmantrout, Alyse  
Ennis, Sherry  
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  
Heraper, Judy  
Holub, Richard & Barbara  
Hough, Joann  
Howes, James  
Hubbard, Lorraine  
Inselman Esther & Larry  
Johnson, Debra  
Jones, Linda & Jay  
Joyce Ann Dillon Trust  
Juneau, John & Barbara  
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  
Miller, W. Mark & Elisabeth  
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  
Payne, Judy  
Pederson, Judy  
Peterson, Brissa  
Petteruto, F.M & M.H.  
Pfalzgraff, Ellen & Scott  
Pierce, Del and Norma  
Piper, Lynn  
Pizzini, Cathleen & Thaurio  
Poppino, Mickey & Sue  
Porter, Susan  
Quevedo, Suzanne  
Rainey, Lola  
Rainey, Kathy

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  
Sorentino, 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

Dennis & Phyllis Washington Found.  
Dover Community Church  
Dreyfus Foundation Max & Victoria  
Eichardt's INC  
Elks Lodge #1376  
Equinox Foundation  
First American Title Co.  
First Presbyterian Church  
Fraternal Order of Eagles 589  
Idaho Comm. Food Bank  
Idaho Community Foundation  
Idaho Pain Clinic  
Injectors Car Club  
Inland Forest Management  
Innovia Foundation  
Insight Restoration  
Kaniksu Community Health  
Kroger Foundation  
Lana Kay Realty  
Lewis & Hawn Denistry  
Litehouse Foods  
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.  
Priest Communities Care  
Sambucca Summit, LLC  
Samuels Store  
Sandpoint Denture Clinic  
Sandpoint Elks  
Sandpoint Furniture & Mattress  
Sandpoint Reader  
Sandpoint United Methodist Women  
Seattle Foundation  
Select Health  
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  
Triangle United Home Makers Club  
United Way of North Idaho  
Washington Federal Foundation  
Washington Trust Bank  
Waterfront Property Management  
White Cross Pharmacy  
Wildflower Spa  
Wood's Meat Processing

## Corporate Donors

219 LLC  
Area Agency on Aging of N. Idaho  
Auburn Crest  
Avista Foundation  
Bonner County Commissioners  
Community Assist. League  
Coffelt Funeral Services  
Co Op Gas & Supply  
Dairy Depot

**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**