

Newsletter
November 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

What are you thankful for?



Hank Adams

"For everything! That the good Lord wakes me up everyday and hot rods."



Chris Hood

"Good health and pickle ball."



Nova Dodd

"My home, my job here at SASI and all the blessings God has given me."



Diane & Bill Gow(not pic)

"God, family and birds."



"Thankful for cows!"



Cindy Clark

"My daughter and democracy."



Alicia Stiefel

"The people here who complete my liveliness, without them I wouldn't be complete. Thankful for fall everything!"



Karen Walthall

"Family that helped me grow up and still do. I'm happy for friends here, it makes getting older nicer."



Nancy Savage

"The beauty of mother nature and finding treasure while yard-saling."



Lance Hewitt

"Being able to work outside. Having a car that works and am able to loan to others. To have my friend Bobbie. Having the Senior Center to come to. For the Red Cedar Forest and its magic."



SASI SPOTLIGHT

Larry Mooney

Larry was born in Montebello, California in 1950. He lived with his parents and one sibling, his older brother Robert. He started playing the trumpet at age 6, went on to the trombone, and played that professionally for about 20 years. Along the way he picked up the guitar and started singing and accompanying himself...which he still does today.

After his first marriage ended his ex-wife moved to North Idaho (Hope), and Larry got to know the area from coming here to pick up their son for visits back in California. In 1980 he re-married and he and his current wife spent a summer in Spokane while she clerked for a law firm there as a part of her law school studies. In 1992 they vacationed in Bottle Bay and while exploring the area found property to their liking in Sunnyside, which they purchased. In 1994 a disastrous earthquake struck near their California home in Topanga Canyon and did extensive damage to their house. They decided to take the insurance money and move their newly adopted son and themselves to Sunnyside where, in 1995, they built a new home.

They have been here ever since. Larry has had numerous jobs in the area – from private school management to bus driving, while his wife was able to do legal work remotely for the state of California. He has always included music in his activities...playing in local wine bars, restaurants and Farmer's Markets over the years. In 2007 he secured a franchise in a national music program designed to teach guitar to children ages 5-12, which he still does today. He is also an avid fisherman.



After retiring from bus driving for SPOT, Larry focused on teaching and performing music, but felt that he needed to be of more service to the community. That is why he got involved with the senior center as a "Meals on Wheels" driver. He finds this very satisfying. He has formed warm relationships with his regular clients and is always ready to take on more when needed. Larry will be playing music here at the Senior Center 11/16 and 12/21 following lunch at 12:00.





Join Sasi for our Monthly 50/50 Raffle

Nancy Savage has started 50/50 again here in person at the Senior Center. Available before lunch on Thursdays around 11:00 – 11:30. On the last Thursday of the month the winner will be announced.



Must be present to win.

6 Tickets/\$5, 12/\$10,

1/\$1.

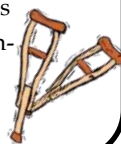
50/50 Prize Split.

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.



Thank you for your support.



For more information call 208-263-6860 or stop by in person at 820 Main St. during business hours Mon-Thurs 8– 3pm or Fri 8- 12pm.

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: Gilbert Orr

Nutritional Assistants: Jean DeRemer , Nova Dodd,

Danette Carnegie & Ally Stiefel



At One Site 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
- 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!)
- Tech Device Help Tues at 10:00 and Thurs at 1:00
- Blood Pressure checks Thurs at 11:00
If EMTs are available
- BINGO Sat 11/4
Doors open 12:30 play begins 1– 4:00
- Veterans Day Steak Lunch Thurs 11/9 11:30
- Guest speaker Dan Perry Thurs 11/9 12:15
From the Senior Companion Program
- Holiday Cottage Market Sat 10:00-2:00
11/11, 11/18, 11/25
- Thanksgiving Lunch Thurs 11/16 11:30
- Music with Larry Mooney 11/16 12:00
- Board Meeting is on Fri 11/17 at 10:30
Open to the public
- Closed 11/23 & 11/24 Happy Thanksgiving
- Old Time Fiddler Jam 11/25 3:00
- Birthday Thursday 11/30 11:30
50/50 Winner announced



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

Senior Companion Program

The Senior Companions Program is a volunteer program that provides companionship and respite care to the elderly and disabled. Sponsored by Panhandle Health District, it serves the five northern counties: Benewah, Bonner, Boundary, Kootenai, and Shoshone. It allows low income senior volunteers an opportunity to assist those who need minor help to continue living independently. Senior Companions visit clients in their homes, but it is not an in-home care program. We are always seeking volunteers to assist with companionship for this fun and rewarding program!

If interested in becoming a senior companion or are needing a companion please contact Dan Perry at 208-415-5177 or www.seniorcompanionsidaho.org

Sandpoint Senior Center will be having Dan Perry as a guest speaker on 11/9/23 at 12:15 to give out more information. Please join us to learn more!!

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/>

CORRIDORS

I was leisurely walking

along the beach, as lacy fog

danced fairy-like in ghostly swirls

to the symphony of black coots and waves

splashing busily along the shore of the

beautiful Pend Oreille.

I marveled at the early Autumn morning

And simply said, God Bless Sandpoint

Vivian E. Bogardus
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HAPPY BIRTHDAY

Dana Dean 11/2

Darold Girard 11/5

Cynthia Lawin 11/6

Fawn Robertson 11/7

Rick Wilfert 11/7

Shirley Walthall 11/10

Mina Barringer 11/11

John Broderson 11/13

Arie Sykes 11/18

Marian Roberts 11/19

Susan Musson 11/20

Clifford Hackney 11/21

Donna Peterson 11/21

Dawnya Clarine 11/22

Tom Robideaux 11/22

Gil Orr 11/24

Janet Vetter 11/24

Nova Dodd 11/26

Krystle Shapiro 11/27

Annie Blessings 11/29

Florence Barnes 11/30

Hiring 1 position

Copy paper 8 1/2" x 11"

Soda Pop cans

Ground Coffee

Packets of spiced apple cider

Toasted sunflower kernels

Honey bears for dining room tables

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

SASi Wish List

Need volunteer drivers Mon-Fr

Copy Paper 11" x 17"

Heavy duty nitrile gloves size M

Paper Towels

Steel wool pads

Frozen Pies

Ziplock bags (Gallon & Quart)

Bottled water

KUDOS

- Thank you Panida Theater for the free tickets to the Repertory Dance Theatre back in September.
- Thank you Sue & Mick for the coffee filters.
- Thank you to Judy Labrie and Christine Moon for all the help this past year from donating flowers, delivering home delivered meals & helping with our fundraising.
- Thank you Lance Hewitt again for helping wash dishes and rake pine needles!
- Thank you Nikki Klein for the candy and zip lock donations.
- Thank you Bob Gooby for sharpening our kitchen knives.
- Thank you Sandpoint Eagles #589 for supporting us with your Bingo proceeds.
- Thank you Barbara for the copy paper donation.
- Thank you Gleaners for the onion & potatoes donation.
- Thank you to the Repertory Dancers for coming and giving a free class here at the senior center.



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

Shop at Yokes 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.escrrip.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 :Moderate



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



Hello SASI....

Well Turkey Time is upon us....This year went so fast! Hope ya'll come join us this winter! Do you have any SAGE in your spice cabinet? Lets talk about this multi-purpose herb!

Sage can be used in soups, stews, to flavor tofu and stuffing, and to give a chicken style flavor when combined with tomato sauce. Sage is a member of the mint family and has more than 160 Polyphenus that acts as antioxidants in your body! Sage was used in ancient Rome as a healing remedy. Sage includes compounds that are linked to brain health and cancer prevention. Here in the United States and Canada sage is a popular ingredient in Traditional Thanksgiving Dinner.

Side Benefit: Some people even use sage to "smudge or Cleanse" a room or space of negative energy. Let me know in our comment jars, located on our dining room tables, any ideas about recipes that use sage other than Thanksgiving. As the holidays draw near we would like to wish a harvest blessing to all!

Health and Happiness,
Chef Brenda



What is your favorite Thanksgiving side dish?

Matt Thompson; Cream cheese and bacon stuffed mushrooms

Nancy Savage; Sweet potatoes with marshmallows

Arie Sykes; Homemade rolls

Brenda Curtis; Pecan pie

Melissa Headrick; Cranberry relish

Gilbert Orr; Green bean casserole

Susan Musson; Broccoli cheese casserole

Nova Dodd; Stuffing

Alicia Stiefel; Stuffing

Jean DeRemer; Cranberry sauce

Danette Carnegie; Pumpkin pie



Love, laughs, crafts,
food and fun
Get connected and
build community!
Come join us at the indoor

HOLIDAY

Cottage Market

Garden Goods | Crafts | Clothing
Bath & Body | Music/Drums | Jewelry
Home Decor | Crochet
Handcrafted Mixed Media Arts Crochet
Food/Baked Goods | Candy
Charity Raffle for Gingerbread Chalet
and Gift Basket | Holiday Crafts for Kids
We have it all!

Every Sat. Nov 11th - Dec 16th
10:00 am - 2:00 pm

Located at the Senior Center
820 Main St, Sandpoint, ID 83864

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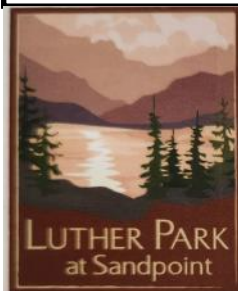
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www.eden-homehealth.com/sandpoint

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We can help you
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1-800-786-5536 ext 4071
Or email smp@nic.edu

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Jess Wolfrum
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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 501(c)3 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