



SANDPOINT AREA SENIORS, INC.

Newsletter
October 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.
Proudly Presents

Thanksgiving Turkey (...or ham) Bingo



Sandpoint Senior Center
820 Main St.
Saturday November 4th
Doors open at 12:30
Games from 1 to 4



\$20 for 4 Cards (\$5 each after)
Raffle Tickets \$1
Silent Auction Items!

SASI SPOTLIGHT

Our Board of Directors



Back Row: Matthew Phillips, Loris Michael, Weslie Kary

Front Row : Nikki Klein, Judy Fry– McComish, Kellie Dryden, Adele Martin

**I never dreamed I'd be
A SUPER COOL BOARD MEMBER
But here I am killin' it!**

Sasi staff wants to express their sincere gratitude for your service here at the Senior Center. Board service is the toughest volunteer role, and you take on your Board duties with dedication, grace, and seriousness.

More than your amazing ability to connect with friends and the community to the Senior Center through our monthly conference meetings, yearly events or your willingness to support every fundraising effort we have.... we are most grateful for your active leadership in our organization. Thank you for everything you do for us.

Sincerely,
Sasi Staff





We thought we would share an updated picture of Gordy's grandbaby, Delilah. Isn't she so precious!! 😍

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.



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

One Site FOR SENIORS

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

- Art Classes 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
- Back to regular schedule starting Thurs 10/5
- Pinochle Wed 9:30 (**Need more players!**)
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- Flu Vaccine Clinic Wed 10/11 9:00– 1:00
- Call Panhandle Health for more info 208-263-5159
- Felt making class Thurs 10/5 12:30 pumpkins
- Board Meeting is on Fri 10/20 at 10:30
- Open to the public
- Historic “sing-a-long” Thurs 10/26 12:00
- Buddy Holly
- Birthday Thursday 10/26 11:30
- Old Time Fiddler Jam 10/28 3:00
- Halloween Lunch 10/31 11:30
- NOVEMBER BINGO Sat 11/4

Doors open 12:30 play begins 1-4:00



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.

(They NEED more VOLUNTEERS)

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/>



James Gardner 10/2

Dan Hull 10/2

Gordy Carpenter 10/6

Judie Bluemer 10/7

Donna Johnson 10/10

Vicky Johnson 10/16

Pat McDonnell 10/16

Leroy Overholt 10/16

Anne Olsen 10/18

Marilyn Roberstson 10/19

Rhonda VanRossum 10/22

Dick Creed 10/24

Marcia Hahn 10/25

Brad Bluemer 10/29

Ken Moore 10/29

Jim Durfee 10/29

Cathy Phillips 10/30

Hiring 1 position

Copy paper 8 1/2" x 11"

Soda Pop cans

Ground Coffee

Bottled water

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

Miracle Whip

Steel wool pads

Frozen Pies

ziplock bags (Gallon & Quart)

Paper Towels

KUDOS

- Thank you Nikki Klein for the lighted power drill and address labels.
- Thank you Kathy Rainey for donating items off our wish list.
- Thank you Elaine Farrar for donating her 50/50 winnings back to Sasi. \$72
- Thank you Jackie Bowman & Maxine Huan for all the fresh garden produce donations.



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 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 :Moderate



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



Kitchen Korner

Hi Everyone,

Well our summer is coming to an end. Hope everyone was happy and healthy for the summer season. So now that fall and winter are around the corner, we are thinking of ways to fight the cold. One thing that is beneficial would be to EXERCISE- even while sitting in your chair you can lift cans of soup or just move your arms and legs. It's super fun and will help keep your circulation going. If you're wanting a fun workout, come join our Fit n' Fall Proof class on Mondays and Thursdays at 3:00 pm.

More great tips to fight winter chilliness are eating lentils, chicken soup and other hearty soups because they are full of protein. Try adding a smoothie to daily meals for a quick shot of fiber and antioxidants. mixing bananas, frozen berries and avocado. YUMMY!

Our recipe this month is Grandma's Beef Chili. We will be serving this in our dining room Thursday October 5th. Be sure to get reservations for this hearty meal.

Health and Happiness,

Chef Brenda



Grandma's Beef Chili

- 1 pound ground beef
- 1 onion, chopped
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can kidney beans
- 1 (14.5 ounce) can stewed tomatoes
- 1 ½ cups water
- 1 pinch chili powder
- 1 pinch garlic powder
- salt and pepper to taste



Place ground beef and onion in a large saucepan over medium heat; cook and stir until meat is browned and onion is tender. About 5 to 7 minutes.

Stir in tomato sauce, kidney beans, stewed tomatoes with juice, and water. Season with chili powder, garlic powder, salt and black pepper. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes or longer for richer flavor. ENJOY!

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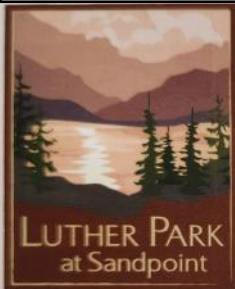
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Chelsie Ulrich
Community Liaison

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.

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



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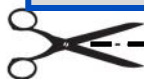
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Many thanks to all of our donors, we couldn't do it without you!!!

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