

Newsletter
December 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?

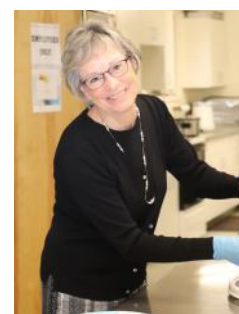
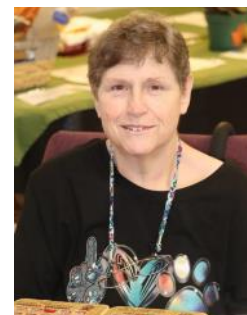
Call for more information!
Check out our website

www.sandpointareaseniors.org
a 501 (c) 3 non-profit corporation



We had another successful Thanksgiving Bingo!

Without the following Board members, Staff and Volunteers: Judy Fry-McComish, Weslie Kary, Adele Martin, Kellie Dryden, Matt Thompson, Nancy Savage, Ralph Mavity, Jennifer VanEtten, Gordy Carpenter, Ginger Eastlund and JoJo Baker this event wouldn't have been possible.



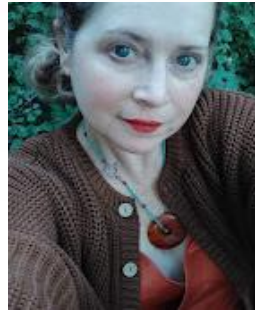
Special Thanks to the Following Donors, We appreciate you!

Sandpoint Elks, Tracks Restaurant, Cottage Market, Auburn Crest Hospice, Sharon's Hallmark Store, Gription Tires, Outdoor Experience, Tango Café, Miller's Country Store, Sandpoint Cinema, Sue Poppino, Jeanne Warwick, Beryl Ryan, Ginger Eastlund, Danette Carnegie, and Ketty Musson.



SASI SPOTLIGHT

Lillian Lassen



Lillian Lassen has always had a deep fascination with anatomy and physiology and the human experience. Wanting to expand her knowledge she decided to attend massage therapy school to become a Licensed Massage Therapist, although she had considered at length returning to school to become a medical doctor. She feels like she has stepped into her grace deciding to become a Massage Therapist. Lillian holds a calm, rejuvenating space for each client. She is trained in the modalities of Swedish, LomiLomi, Hot Stone, Reflexology, Lymph, Reciprocal Inhibition, Percussion, Trigger Point, Reciprocal inhibition and Myofascial.

Lillian is a fifth generation Sandpoint resident. She moved away for many years for college and a career but ended up moving back for family and to live in the undeniable beauty that Sandpoint is. She loves being in the out of doors in any weather and can be spotted hiking year around in the gorgeous forested mountains.

Lillian has been so gracious this year and has been donating 15 minute free massages here at the Senior Center. Her schedule fills up quickly so be sure to call us when you see her on the calendar. Please check her out as she is dear to us. She will be here next on Wed Dec 13th by appointment.



WHAT'S COMING UP?



New art classes will be coming back to the senior center!

Hosted by CJ Kovalchuk who has over 30 years experience. The art classes will include various techniques in multiple mediums, anything from pastel painting to pen and ink. You will learn about drawing methods and how they are applied to many mediums.

Art Class will be held on Wednesdays. The first day will be pending participant interest. We have a sign up sheet, so either stop by in person at 820 Main Street to sign up or call 208-263-6860 to get on the list.



Bingo is also coming back to the Senior Center!!!

SASI will be hosting Bingo once a month beginning in January.

Exact dates will be announced soon. But we can tell you that it will be on a Saturday afternoon with a 1pm start time. We are very excited and can't wait to see everyone.

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

SANTA IS COMING to the Holiday Cottage Market on 12/2, 12/9 & 12/16. (Pictured below) Santa made an early appearance to announce his arrivals. The pinochle group had a wonderful time visiting and getting their picture taken!



Sasi Staff

Site Manager/ Meal Coordinator: **Matt Thompson**
Finance Manager: **Nancy Savage**
Administrative Assistant: **Arie Sykes**
Head Chef: **Brenda Curtis**
Kitchen Assistants: **Gilbert Orr & Sarah Bailey**
Nutritional Assistants: **Jean DeRemer , Nova Dodd, Danette Carnegie & 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 – (pending participant sign ups)
- 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
- Piano Music with Betty Overland Thurs 11:00
- Pinochle Wed 9:30 (Need more players!)
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- Piano Music & dance w/ Betty Overland Thurs 12/7 10:30
- Holiday Cottage Market Sat 10-2:00 12/2, 12/9, 12/16
- Santa at the Holiday Cottage Market Sat 10-2:00 12/2, 12/9 & 12/16
- Chair massage by appointment Wed 12/13
- Felt making class Thurs 12/7 12:30 Elf
- Board Meeting is on Fri 12/15 at 10:30 Open to the public
- Christmas Roast Beef Lunch Thurs 12/21 11:30
- Holiday music with Larry Mooney 12/21 12:00
- Birthday Thursday 12/28 11:30
- 50/50 Winner announced
- Closed Fri 12/22 & Mon 12/25 Merry Christmas
- Old Time Fiddler Jam Sat 12/30 3:00-5:00

Board of Directors

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

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

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 Thursday 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 5pm.

Have you moved or changed phone numbers?

PLEASE make sure we have your correct information!

Like us on Facebook!

<https://www.facebook.com/SASiSeniors/>



Terri Davis 12/3

Craig Royer 12/4

Ethel Henshall 12/4

Tonya Miner 12/4

Christina Davis 12/6

Lola Rainey 12/7

Peggy Barsotti 12/7

Jacqueline Holt 12/9

Margaret Agar 12/10

Peggy Knowles 12/11

Donnice Forman 12/11

Earl Straley 12/14

Sheila Welch 12/15

Betty Overland 12/16

Donna Johnson 12/17

Nancy Miller 12/18

Deni Gordon 12/21

Jim Gunter 12/21

Alicia Stiefel 12/21

Beryl Ryan 12/21

Michael Fox 12/26

Anita Schoonover 12/26

Tansy Rogers 12/27

Carol Shelly 12/28

Christina Hill 12/29



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.

SASi Wish List

Constant comment black tea packet s

Copy paper 8 1/2" x 11"

Soda Pop

Holiday cookies (store bought)

Bottled water

Cake & Brownie mixes

Honey bears for dining room tables

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

Need volunteer drivers

Copy Paper 11" x 17"

Heavy duty nitrile gloves size M

Sprinkles

Hot Chocolate packets

Frozen Pies

Ziplock bags (Gallon & Quart

Frosting

KUDOS

Thank you Monica Sheffield for the apple donations.

Thank you Laura Bazell for the book donation.

Thank you Virginia Rowley for the food donation.

Thank you Karen Walthall for donating her Oct 50/50 winnings back to SASI.

Thank you Gloria Smestad for sharing Halloween candy with everyone.

Thank you Elaine Farrar for the candy donation.

Thank you Vicky Meyer for the flower donation.

Thank you Jackie Bowman & for the cupcake donation.



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.

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

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"Some people call him Santa Claus, some call him Kris Kringle, some call him Saint Nicholas. Obviously, a victim of identity theft!"

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 \$24/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 :Hard



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



Kitchen Korner Holiday Challenge

Hi SASI guys and dolls!

'Tis the season of Winter! ... We had some beautiful bounty this harvest with some unusual love from our fruits and vegetables. Check out our very happy harvest. (Pictured below). No matter what faith or background you may have we all are celebrating another wonderful year. Wow... time is flying by!

I have a Holiday Challenge for all of you. This season lets all **PAY IT FORWARD!** Everyday this holiday season try to do something unexpected and randomly kind for someone else. For example; give someone a compliment, pay for someone's takeout order, or gas for their car. Also, you could donate to the Senior Center, Food Pantry or the Animal Shelter. Share some positivity! Smile at 5 strangers. It's Easy and fun. Are you in? ??

Happy Holidays from all of us to you! Thank you for another great year at the Senior Center.

Health and Happiness,

Chef Brenda



Photos submitted by Brenda Curtis

Photo submitted by Chris Hood



Ingredients

- 1 or 2 quarts rum
- 1 cup butter
- 1 Tsp sugar
- 2 large eggs
- 1 cup dried fruit
- baking powder
- 1 tsp baking soda
- lemon juice
- brown sugar
- nuts

Best Rum Cake Ever (Lewis Family Cookbook)

Before you start, sample the rum to check for quality. Good, isn't it? Now go ahead. Select a large mixing bowl, measuring cup, etc. Check the rum again. It must be just right. To be sure the rum is of highest quality, pour one level cup of rum into a glass and drink it as fast as you can. Repeat. With an electric mixer beat 1 cup butter in a large fluffy bowl. Add 1 seaspoon of thugar and beat again.

Meanwhile, make sure that the rum is of finest quality. Try another cup. Open second quart if necessary. Add 2 arge leggs, 2 cups fried druit and beat till high. If druit gets stuck in the beaters, just pry it loose with a drewscriver. Sample the rum again, checking it for tonscisticity.

Next sift 3 cups of pepper or salt (it doesn't really matter). Sample the rum again. Sift ½ pint of lemon juice. Fold in chopped butter and strained nuts. Add 1 bablespoon of brown thugar, or whatever color you an find. Wix mel.

Grease oven and turn cake pan to 350 gedees. Now pour the whole mess into the coven and ake. Check the rum again, and go to bed.

THANK YOU

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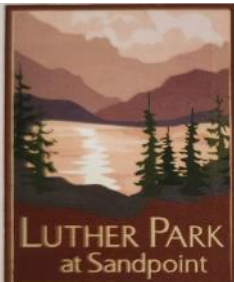
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www.eden-homehealth.com/sandpoint

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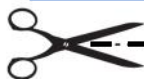
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Many thanks to all of our donors, we couldn't do it without you!!!

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