



Newsletter
February 2024

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

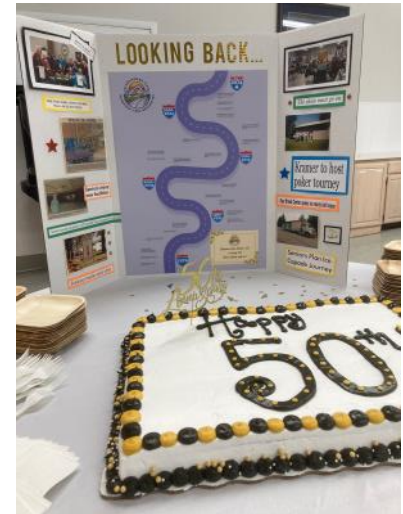
a 501 (c) 3 non-profit corporation



Our 50th Anniversary Started Off With A Bang



Look for more events.



Nancy Lewis Mayor of Kootenai and
George Eskridge Mayor of Dover

And.....We Have A New Car! *Through combined donations of The Thomas Family Foundation and the generosity of Alpine Motors.*

Pictured :
left to right
Nikki Klein
Loris Michael
Adele Martin
Matt Thompson



Tom Robideaux
Chris Tomlinson
Noah Gruber





Dealing With Loneliness or Grief This Valentine's Day



If you are feeling lonely or dealing with grief, Valentine's Day on 14 February can be a difficult day. Here's how to navigate the day with more ease.

Valentine's Day is traditionally all about love, romance, couples and togetherness. If feelings of loss or sadness arise because you don't have that 'special someone' due to a recent loss or you are alone, the day can seem like a rather cruel and in-your-face display of what others – seemingly – have, and you don't.

Here, we share some ways to help make the day a little easier to manage.

Remember: You're not alone in feeling lonely

Many of us feel lonely, and not just on one day of the year. A study from Relationships Australia found one in six of us experience periods of loneliness.

Loneliness isn't just a feeling – it's a health issue as it can affect us physically, emotionally and mentally.

Dealing with loneliness on Valentine's Day

There are many ways to deal with loneliness, but it's important to determine what best suits you as an individual. Firstly, it's okay to acknowledge that you're feeling lonely, both to yourself and others.

Perhaps you have fewer friends than you would like, you're shy or introverted, you've just moved to a new city, or you've struggled with a variety of challenges recently. It sounds cliché but remember that your best Valentine is yourself. It's possible to enjoy your own company and be alone but not lonely.

You could try to organize to catch up with a friend or family member on the day, whether that's for a meal, coffee, walk or even just a phone chat. If you don't have anyone you can reach out to, research online forums or groups based on common interests.

Dealing with grief on Valentine's Day

If you are grieving the loss of a significant other, acknowledge that it'll be difficult to deal with, though it may be helpful to come up with strategies that could work for you. We all experience grief differently, so think about what you would find comforting. Don't feel pressured to feel a certain way – cope in whatever way you believe is appropriate. You may feel resilient, you may not.

Perhaps you will decide to avoid watching the news, listening to the radio or spending time on social media where Valentine's Day is likely to be discussed and 'on show' throughout the day, and instead focus on offline activities that keep your mind occupied.

You may like to put your thoughts and feelings down on paper and journal your day, or perhaps you can honor the person you are missing on Valentine's Day in some way.

What to do if you're spending Valentine's Day alone

The day could serve as a stock take on how well you've been looking after yourself recently. Are you eating a balanced diet, exercising regularly, and sleeping adequately? If these are lacking, be kind to yourself and practice some self-care on Valentine's Day – and every day.

You may choose to plan an activity you enjoy on the day – watch your favorite movie, spend time on a hobby, or do something creative.

Whichever scenario you choose, it helps to express your vulnerabilities if you feel comfortable. It's okay to tell a friend, family member or a counsellor that you're feeling unsettled, sad or upset about Valentine's Day.



It's never easy to lose the ones we love. Our beloved Jean DeRemer passed away right before Christmas. We are beyond thankful for her hard work and dedication not only to the Senior Center but to our community. You could find Jean at the Senior Center Monday through Friday, if she wasn't working than she was playing games and keeping guests company. We love and miss you!



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 Sue Poppino

Sasi Staff

Site Manager/ Meal Coordinator: Matt Thompson
Finance Manager: Nancy Savage
Administrative Assistant: Arie Sykes
Head Chef: Brenda Curtis
Kitchen Assistants: Amy Patuto, Shawn Rowan
Lead Nutritional Assistant: Susan Musson
Nutritional Assistants: Nova Dodd

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.

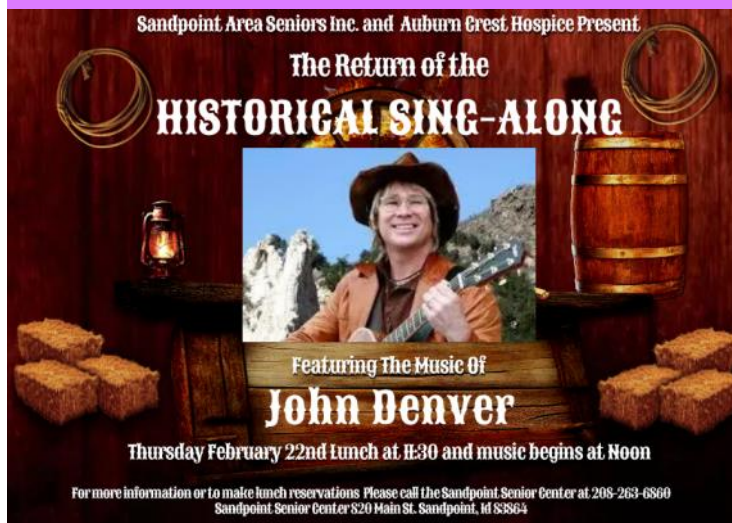
SASI UPCOMING ACTIVITIES

- Art Classes- Wed 3:00
- Bridge Tues 12:30
- Bunco Mon 12:30 – 2:30
- Fit n Fall Proof Mon & Thurs 3:00
- Pinochle Wed 9:30 (**Need more players!**)
- Piano Music with Betty Overland Thurs 11:00
- Piano music and dancing 1st Thurs 10:30
With Betty Overland
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- Old Time Fiddler Jam Sat 2/3 2:00– 4:00
- Felt making class Thurs 2/8 12:30. Making hearts
- Chair massage by appointment Wed 2/14
- Valentine Lunch Wed 2/14 11:30 Shrimp Scampi
- Board Meeting is on Fri 2/16 at 10:30
Open to the public
- Closed Mon 2/19 for Presidents' Day
- Historic Sing-Along Thurs 2/22 12:00
John Denver
- Breakfast Fri 2/23 8:30 with reservations
\$10 charge
- Ladies Homestead Gathering Sun 2/25 3:00
- Birthday Thursday 2/29 11:30
50/50 Winner announced
- Matchwood Fundraiser 3/9 Time and details TBD
- CDA Casino Trip Mon 4/1 at 8:30. Must RSVP
- Do you have a game you like to play but need a bigger space to host? We have the space. If interested please call 208-263-6860.

At The Eagles: Cribbage Tournament

3/16 at noon. Prizes for 1st & 2nd place.
 Sign up early \$10. Walk in on the day \$15





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 Lunch

Lunch is served Mon-Thurs at 11:30

As always, call the day before or no later than 9:30 am the day of Mon- Thurs to reserve your meal.

Lunch Price: Seniors 60yrs and older: \$7 suggested donation. Guests under age 60: \$10 charge (mandatory)

Now serving a weekly soup with our salad bar!

Breakfast

We are no longer offering weekly Breakfast.

Please join us for our once a month

Friday Buffet.

The next Breakfast will be Friday Feb 23 at 8:30 am

Reservations need to be made no later than Thursdays at 3:00 pm .

Breakfast Price: \$10 charge for all ages.

Thank you for your consideration.

Have you moved or changed phone numbers?

PLEASE make sure we have your correct information!

Like us on Facebook!

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



Bingo was a success!

Please Join us for our next one on Sat 2/24.

Doors open at 12:30 Play 1-3:00



The more people that attend the bigger the payout. So be sure to grab a friend and come have some fun.



Gloria Smestad 2/2

Kathy Rainey 2/3

Kathy Osborne 2/6

Norma White 2/6

Nancy Fitzgerald 2/9

Jan Stolz 2/11

Vivian Borgardus 2/11

Kevin Henshall 2/12

Richard Schultz 2/13

Suzi Yeagar 2/13

Mick Poppino 2/15

Betty Whipple 2/15

Gary Pietsch 2/16

Makaia Foster 2/18

Evelyn Stallings 2/19

James Mendenhall 2/19

Olivia Papa 2/19

Deanna Selle 2/22

Jan Griffiths 2/25

Katie Moore 2/26

Willaim Shock 2/26

Devan Ruel 2/29



SASi Wish List



Need volunteer drivers Mon-Fri.

Pecans & Walnuts

Copy paper 8 1/2 x 11in

individually wrapped candy

Copy paper 11" x 17"

Miracle whip

Individual Snack chip bags

Quart & Gallon ziplock bags

Individually wrapped earl grey tea packet

Brown paper bags (from yokes)

Mini marshmallows

KUDOS

- Thank you Virginia Rowley for the egg donations.
- Thank you Karen Walthall for the s.o.s. scrub pads
- Thank you Virginia Rowley for the eggs and tea donation.
- Thank you Tory Johnson and Lance Hewitt for shoveling our snow.
- Congrats to Gloria Smestad for winning the 50/50 back in December!



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

TAX HELP

AARP Tax Prep will be at Sandpoint Library. Mondays and Wednesdays from 9:00 am – 3:00 pm. Starting February 5th until April 10th. Call 208-263-6930 for any questions.

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

- 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

Advice from a POLAR BEAR



Live Large
Be thick skinned
Sniff out opportunities
Learn some good icebreakers
Be fearless
Keep it cool!



- Your True Nature

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 Moderate



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



Hi SASI! Its February! Happy Valentines Day!

Ever notice how almost every time we meet up with family or friends, it involves something food-related? What if instead ... you **TOOK A WALK** with them?

This months challenge: Go for a walk with a family member, friend, or coworker **INSTEAD** of meeting them for food.

This is a really great and enjoyable way to get in some quality time with people you care about. You'll love it, and so will they! Invite them to Fit and Fall Proof class here at the Senior Center, held on Mondays and Thursdays at 3:00.

Who knows, you just may inspire them to be more active in their day-to-day life!
(BONUS: If you walk after a meal, it can help your body balance its blood sugar and insulin levels.)

Who will **YOU** go for a walk with this month?

Here's to your health and happiness,
Chef Brenda



Fit and Fall Proof Class



Join us for our once a month Breakfast . We had a wonderful time visiting and enjoying each other's company. We can't wait to see you for the next one, on Friday February 23 at 8:30. Call 208-263-6860 to make your reservations. Everyone is welcome. Cost is \$10 per person.



THANK YOU

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Call us to advertise your business.



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Senior Living Consultant
dawnkeene@ecumen.org

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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

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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 \$
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