



Newsletter
January 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



HAPPY NEW YEAR TO ALL!!

HELP US CELEBRATE !

THIS YEAR IS THE 50TH ANNIVERSARY OF THE SENIOR CENTER!

50 YEARS OF SERVING BONNER COUNTY SENIORS!

How did this start?

Alamae and Lloyd Cox moved to Sandpoint from El Cajon, California, where they participated in an active senior center. Alamae missed the senior center so much that she decided to start one here. Thanks to the efforts of the Cox's, SASi was officially incorporated in January 21, 1974 under the name of Bonner County Senior Citizens Council, Inc. The Bonner County Senior Citizens Council, Inc. officially became Sandpoint Area Seniors, Inc. on January 7, 1988 and are still here today!



When SASi began, meals for seniors were prepared by local restaurants and served on site. Like today, the Center was affiliated with the Area Agency on Aging, and the amount each participant paid was a donation, not a required amount. The Center provided a place to meet for meals, activities, dances, entertainment and games. Looking back at old pictures, the Center was often packed with people seated at long tables!



Sometime after 1985, the Senior Center opened it's own commercial kitchen. To this day, our staff prepares nutritious meals that are delivered to homebound seniors and served on site five days a week. In any given month, over 2000 meals are delivered to seniors throughout Bonner County by our volunteer drivers.

What are your New Year's Resolutions or hopes for 2024?



Jeanette Langlois

"Most important is being healthy and a peaceful New Year!"



Matt Thompson

"To wake up everyday as if its on purpose."



Sue Poppino

"Praying for peace and enough."



Adele Martin

"I don't make formal resolutions but for 2024 I do resolve to continue living life to the fullest and enjoying each day that is granted me both in service to others and with my family and friends."



Nikki Klein

"My hope for 2024 is that our Nation becomes kinder to each other and more tolerant of the differences that make us stronger together."



Donna Peterson

"Stay active so I can enjoy each day given to me. Make new memories and cherish those from the past. FINISH MY BOOK."



Tom Robideaux

" Thankful for each morning that I open my eyes and enjoy the rest of the day. Thankful for the Sandpoint Area Seniors that keep me going. ..food and socially."



Gordy Carpenter

"To get an even BIGGER Christmas bonus !! Even though I technically don't work at Sasi anymore."



Kim Anderson

"To enjoy more of the things I love which are my friends, family, and crafts!"

Sandpoint Area
Seniors Inc. Presents

BINGO

LAST SATURDAY OF
EACH MONTH

GAMES | FUN | CASH PRIZES

Doors open 12:30 Games from 1-3pm

Sandpoint Senior Center

820 Main St. Sandpoint, Id 83864

For Information call 208-263-6860

3
CARDS
JUST
\$10

50/50
RAFFLE

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: **Gilbert Orr, Amy Patuto**

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.

SASI UPCOMING ACTIVITIES

- Closed Mon 1/1 Happy New Year
- Art Classes- Wed 3:00
- Board Games Thurs 9:00(**Canceled UFN Need host**)
- Bridge Tues 12:30
- Bunco Mon 12:30 – 2:30
- Cribbage Thurs 9:00-11:00 (**Canceled UFN. Need host**)
- Fit n Fall Proof Mon & Thurs 3:00
- Pinochle Wed 9:30 (**Need more players!**)
- Piano Music w/ Betty Overland Thurs 11:00
- Piano & Dance 1st Thurs 10:30 w/ Betty Overland
- Blood Pressure checks Thurs at 11:00
if EMTs are available
- Old time Fiddler Jam will be moving to the first sat of the month starting in January. Next date is Sat 1/6 2:00– 4:00
- Chair massage by appointment Wed 1/10
- Board Meeting is on Fri 1/19 at 10:30
Open to the public
- Birthday Thursday 1/25 11:30
50/50 Winner announced
- Bingo Sat 1/27
Doors open at 12:30 Play begins 1:00– 3:00



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

TAX HELP

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

UPDATE 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 adding soup to our salad bar! Beginning in January come check out our weekly soup.

Breakfast

We are no longer offering weekly Breakfast.

Please join us for our once a month

Friday Buffet.

The first Breakfast will be Friday Jan 26th at 8:30 am

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

Breakfast Price: \$10 charge for all ages.

Have you moved or changed phone numbers?

PLEASE make sure we have your correct information!

Like us on Facebook!

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



“Tips” for the New Year

From our suggestion box in the Lobby

- “So I’m still making mistakes. Always have, always will.”
- Is an adventure getting through a scary situation and thinking “! whew! I’ll never do that again!” (Then finding yourself doing it a bunch of times before you quit doing it.)
- I think I’ve got “altitude sickness” when I move too fast or maybe it’s “attitude sickness?”
- Challenges. Falling 20 years ago - hiking and picking huckleberries in the woods by myself. Falling 10 years ago – falling in my yard gardening, landscaping by myself. Falling now, anywhere!
- If you said or done something wrong or bad, don’t keep beating yourself up over it. Either apologize or make amends if you can. It made me feel better! Thanks to other’s at the Senior Center from me.
- “I still have all my marbles. But sometimes I cant find them. “
- “We all have our own roe to hoe. Sometimes I think others have easier roes and sharper hoes. But maybe not!”
- “You can clean house till the cows come home; but sometimes want to do something else! Do It!!!”
- “We are so glad to have communication! (Which sometimes works and sometimes doesn’t) “
- “I use to think I could do anything.....Now I have to think before I can do anything.”
- “I made toast (on the grill) this morning without setting off the fire alarm!! WHOOPEE!! Now so many things make me happy.

- Karen Wathall



Monica Sheffield 1/1

George Eskridge 1/1

Dee Paraspolo 1/3

Aiden Maricich 1/6

Clarence Campbell 1/8

Randy Carpenter 1/11

John Campbell 1/11

Marley Bond-Brooks 1/13

Matthew Phillips 1/13

Gloria Ault 1/14

Bud Green 1/16

Ley Soltis 1/18

Diane Raley 1/20

Kay Stevenson 1/22

Tracy Nielson 1/23

Betty Cady 1/24



SASi Wish List



Need volunteer drivers Mon-Fr

Copy paper 8 1/2" x 11"

Soda Pop

Cornbread mix

Muffin mix

Honey bears for dining room tables

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

Copy Paper 11" x 17"

Assorted pudding mix

Assorted Jello mix

Steel wool pads

ziplock bags (Gallon & Quart)

Paper Towels

KUDOS

Thank you Farmin Stidwell Elementary for the blanket donations.

Thank you Bob Gooby for sharpening our kitchen knives again.

Thank you Denise Dombrowski for taking our vehicle in to get the tire fixed.

Thank you Holy Spirit Episcopal Church for the Christmas cards.

Thank you CAL for all the Christmas gifts.

Thank you Brad & Jackie Bowman for the Christmas treats!

Thank you Kathleen Lange for donating the Gingerbread Chalet. All proceeds were donated to 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.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 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 Easy



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



Kitchen Korner

Hello SASI

Baby its COLD outside! Hope ya'll are staying warm. HAPPY NEW YEAR!!!

Well another year is over and a new one just begun. I know all of you are watching out for your health and I think it is time for our "Healthy Holiday Recipe Exchange" Here is the challenge...

SUPER SIMPLE, We have comment jars on the tables in our dining room and please just share one of your favorite healthy recipes. You can share any type of food such as snacks, entrees, or moms best apple cobbler!! Lets get a whole menu of options!! I will get us started with one of my favorites. A healthier option for snacking instead of chips. Crunchy Holiday Popcorn Mix.

Health and Happiness,
Chef Brenda



CRUNCHY HOLIDAY POPCORN MIX

- 10 Cups of air popped popcorn
- Maple Syrup Drizzle
- 1 Tbsp Taco Seasoning
- 1 Cup of Nuts
- 1 Cup of Dried Fruit (cranberries, raisins, blueberry's, etc.)
- 1/2 Cup of Toasted Pumpkin or Sunflower Seeds

Place popcorn in very large bowl and very lightly drizzle with maple syrup. Sprinkle the taco season over the popcorn.

Stir to coat and add the remaining ingredients. Toss and Enjoy!!!



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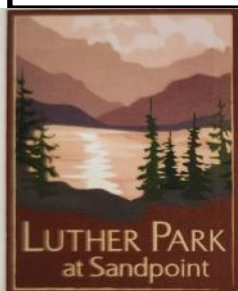
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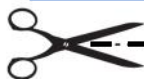
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Many thanks to all of our donors, we couldn't do it without you!!!

**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