



Newsletter
March 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



Join Sandpoint Area Seniors Inc. for **Sips with SASi**



Hosted By Matchwood Brewing Co. Saturday March 9th ★ 3pm 513 Oak St. Sandpoint, Idaho



MATCHWOODBREWING



MATCHWOODBREWING

**DOOR
PRIZES**



SASiSENIORS

Scan the QR Code
to donate to SASi today



SASI SPOTLIGHT

Shakura Young

Shakura Young was born Mary Jane Cobb in San Francisco, California in 1940. After Pearl Harbor her father moved his family, which now included her brother Chuck across the bay to Mill Valley. Most of Shakura's growing up years were in California's central valley in and around Modesto. She graduated Sacramento State University with a bachelor's in education which became a life long career, especially primary grades.

She is the mother of three beautiful daughters, two of whom live within easy driving distance.

After retiring from teaching at Naples School in 1999, she lived on twenty acres that she farmed in Elmira. She moved back to Sandpoint in 2015. She loves meeting friends for lunch at SASI, and it's just five blocks from her house.

Shakura has written and published a on her paternal grandmother's life. It is called Phenie's World and it is available at the Sandpoint Library. In addition to writing, she enjoys painting in acrylics (when the mood strikes her). The peacock painting by SASI'S front entry is a print of one of her paintings.

Shakura loves to dance, especially The Dances of Universal Peace, which takes place with her Sufi friends in Spokane, but she doesn't got there often anymore!

Shakura says her most important gifts to this world are her daughters who have given her six grandchildren and two great grandchildren.

Shakura chose her name because it means " the grateful one" in Arabic. She is very grateful to have discovered SASI, and wishes more elderly people in the Sandpoint area would discover SASI and the great meals and fun activities that SASI provides.



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.



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.

THE FIRST PRESBYTERIAN CHURCH PRESENTS
FAMILY FUN(DRAISER) NIGHT

BENEFITTING THE SANDPOINT AREA SENIOR CENTER
 AND CHURCH MISSIONS

FRIDAY MARCH 15TH
 FIRST PRESBYTERIAN CHURCH
 417 N. 4TH AVE.

DOORS OPEN AT
 5:30
 DINNER SERVED
 AT 6:00

WEAR SOMETHING GREEN
 AND JOIN US!!

TRADITIONAL
 CORNED BEEF
 AND CABBAGE
 DINNER
 BY DONATION
 AT THE DOOR

TO RESERVE YOUR SPOT PLEASE CALL 208-263-6860
 RESERVATIONS ARE REQUIRED

FOOD FELLOWSHIP FUN
 LIVE AUCTION AND 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**
 Sous Chef: **Josh Thompson**
 Kitchen Assistants: **Shawn Rowan**
 Lead Nutritional Assistant: **Susan Musson**
 Nutritional Assistants: **Nova Dodd, Shannon Schrader**
 Development Director: **Lisa Bond**

SASI UPCOMING ACTIVITIES

- Art Classes- Wed 3:00
- Board Games Thurs 9:00
- Bridge Tues 12:30
- Bunco Mon 12:30 – 2:30
- Fit n Fall Proof Mon & Thurs 3:00
- Piano Music and dancing with Betty Overland 1st Thurs 10:30
- 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
- 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.

SAVE THE DATES

- Old Time Fiddler Jam Sat 3/2 2:00
- “Sips with Sasi” at Matchwood Sat 3/9 3:00
- Chair massage by appointment Wed 3/13
- Sasi St. Patricks Day Lunch Thurs 3/14 11:30
- Corned beef and cabbage
- Historic “sing-a-long” Thurs 3/14 12:00
Elvis Presley
- Board Meeting Fri 3/15 at 10:30
Open to the public
- St. Patrick’s Day Fundraiser Dinner Fri 3/15
6:00 p.m with reservations. See Flyer.
- Felt making class 3/21 12:30 Easter eggs
- Easter Lunch Ham Thurs 3/28 at 11:30
- Birthday Thursday 3/28 11:30
- 50/50 Winner announced
- Breakfast Fri 3/29 8:30 with reservations
\$10 charge.
- Bingo Sat 3/30 doors open at 12:30 play 1-3:00
- CDA Casino Mon 4/1 8:30 if we have enough participants



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

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)

Salad bar has a weekly soup!

Breakfast

We are no longer offering weekly Breakfast.

Please join us for our once a month

Friday Buffet.

The next Breakfast will be Friday Mar 29 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.



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/>



Randi Michaels 3/1

Gerald Ward 3/3

Janie Jacobson 3/3

Tim Martin 3/5

Shakura Young 3/5

Andreia Flynn 3/6

Frances Griffin 3/6

Laverne Ream 3/7

Shirley Shaffer 3/9

John Chellman 3/9

Kathy McCollum 3/9

Mac Harrison 3/11

Ervall Jr. Rainey 3/13

Trixine Malone 3/14

Darren Beeby 3/14

Richard Nueder 3/15

Ginger Eastlund 3/16

Doug Fraser 3/16

Norma Hogue 3/16

Betty Record 3/17

Diane Belwood 3/18

Stephen Pultorak 3/18

John Pelz 3/21

Brenda Curtis 3/22

Bruce Worthington 3/22

Michelle Mitchell 3/25

Dick Sandall 3/25

Jean Leckner 3/26

Shannon Schrader 3/28

Russell Newell 3/29



SASi Wish List



Need volunteer drivers Mon-Fri.

Copy paper 11" x 17"

Address labels #5160

Shipping labels #5163

Individually wrapped candy

Individual snack chip bags

Holiday themed napkins

Individually wrapped constant comment spiced tea

Bottled water

Sparkling water

Soda pop

KUDOS

- Thank you Virginia Rowley for the brownie mix and eggs.
- Thank you Patti Stark for the honey bears.
- Thank you Rebecca for the knee scooter donation.
- Thank you Char Campbell for all the wish list item donations.
- Thank you Karen Walthall for the cornbread mix .
- Congrats to Joann Simms for winning the 50/50 in January.
- Thank you Sally Sacht for the tea donation.
- Thank you Lance Hewitt for shoveling our sidewalks and helping in the kitchen.
- Thank you Donna Price for gathering all of the Valentine cards and gifts for our seniors.
- Thank you Jon LaFore for helping assemble our new steam table.
- Thank you Tim Koch for installing our steam table.
- Thank you 7th Day Adventist Church for the Valentine donation packages! (Pictured below)



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

Shop at Yokes and support SASI!

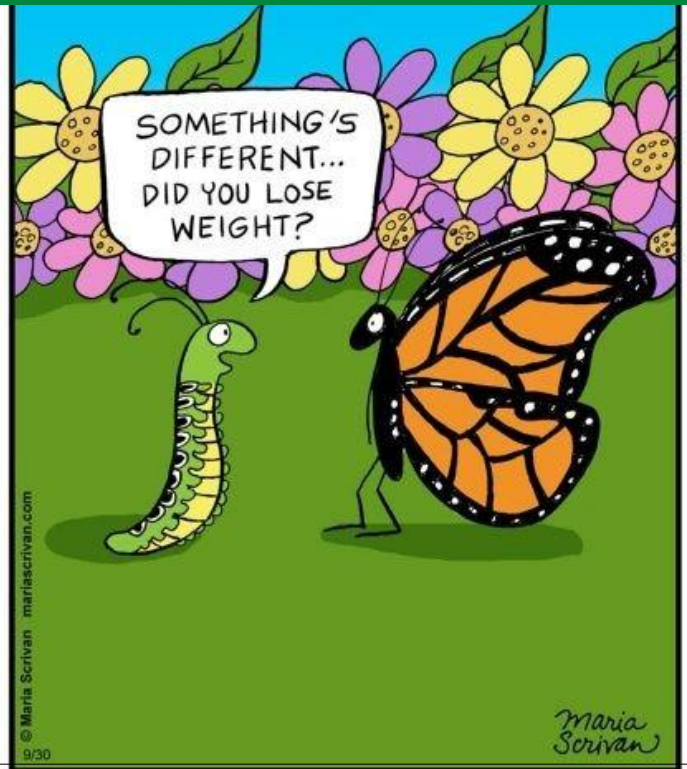


Support Sandpoint Area Seniors
with a Yoke's eScrip community card.

- 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 Hard



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



Hi SASI! Well we are now coming into Spring!

As Spring approaches we all are thinking of our next garden. Many people in the wellness world are thinking of ways to add protein with plants in our diets. One study showed that if we eat one cup of leafy greens a day that it could slow the rate of memory decline in older adults. That's the kind of food that would make you run up a mountain instead of taking a nap.

I encourage everyone to try and grow something even if it's a tiny pot in the window sill. Go ahead and start a pot of potatoes or tomatoes.

We are so blessed to have a new Steamtable for our food service for our dine in congre-
gants. Thank you for making this a super year. Happy gardening to you!

Health and Happiness

Chef Brenda



Nova Dodd, Susan Musson & Brenda Curtis.



Call 208-263-6860 to make reservations . Breakfast reservations must be made no later than the Thursday before by 3:00 pm. We have had wonderful turn outs for this fundraiser. All ages are welcome, the cost is \$10 per person.

THANK YOU

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We can help you prevent, detect, and report Medicare Fraud

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.

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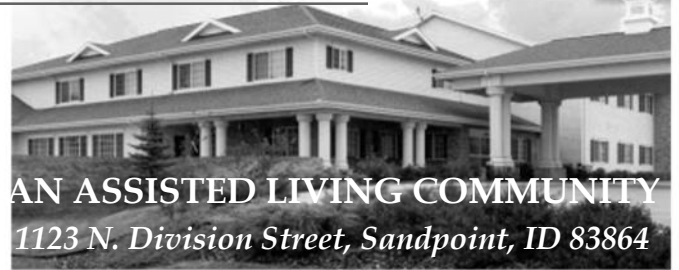
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- Disease Process Education for Patients & Family

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Lela Taylor

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