



Newsletter
February 2025

**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 a meal delivered to your home or connecting elder services in the area? Call for more information!

Check out our website

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



Geezer Forum & Senior Center Join Forces

Our beloved long-standing community leader, Paul Graves has made the decision to leave the area to be closer to his family in Oregon. His early endeavors as Mayor, Minister and Elder Advocate are but a few of the contributions he has made to our small community. Paul's departure may have required the Geezer Forum, running for over a decade in this town, to fold and cease to exist.

However, through many conversations, brainstorming and dreaming it has been decided that the Geezer Forum will continue under the guidance of Sandpoint Area Seniors, Inc. With SASi's longstanding presence in the community and attunement to the needs of our aging community, it is a perfect match.

On Tuesday February 11th at 2:30 PM, Paul's Farewell and final Geezer Forum being at the helm, we will together celebrate Paul and he will pass the torch to SASi Director, Lisa Bond.

"We are excited to welcome the Geezer Forum and look forward to continuing to bring education, fun, and connection to the Sandpoint area community," says Lisa Bond, SASi Director.

Both the Geezer Forum and Sandpoint Area Seniors have been separately serving the aging community in meaningful ways for several years.



Lisa Bond & Paul Graves

Geezer Forum will continue to meet at Marigold Café (formerly Tango) on the second Tuesday of each month at 2:30 PM.



Free Tax help is available at the following locations by appointment

PF Com Presbyterian 208-255-0337

Lake City Center 208-665-7329

Rathdrum Sr Ctr 208-659-2464

Kellog H & W 208-659-1827

Walk-in Site: Dalton Garden Church of Christ Mon-Sat 9am-3pm, 208-255-0337 for info

SASI Spotlight

Loris Michael

As part of our newsletter, we want to highlight a senior in our community every month. While I do not desire to be in the limelight, I will tell my story to encourage others to volunteer and get involved. My life began in North Platte, Nebraska. I was born in 1940 and was the second child and first daughter, with four other siblings to follow. In order to make ends meet, both our mother and father worked long and hard hours, leaving the rearing of the children to the older siblings. It was a fun and interesting childhood – no tv or cell phones – so we visited, played and entertained ourselves.

I left home to go to a business college in Denver in summer of 1958. I then had to return to North Platte two years later as our mother at the age of 45 died of colon cancer. After taking care of younger siblings for two years, I headed for San Francisco for a new adventure.

I was married and had three children, divorced and later remarried. Then, my husband Dick and I discovered Idaho. In 1990 we bought an old farm house and acreage on the Lake and in 1999, we moved here, built our home and began life in this community.

How, I wondered when I moved here, was I **ever going to meet people**. Well, I figured that out quickly, I decided to **volunteer**. My first volunteering was with Hospice, then I independently went to Kootenai Elementary and read with kindergarten children for a number of years. I joined a golf league and was an officer for a number of years.

After I was diagnosed with cancer and after a long recovery, I began to volunteer for Community Assistance League (CAL) and CASA (Court Appointed Special Advocate). After discovering the senior center and joining others for bridge, I was asked to join the Board of Directors. I am now acting President and am proud to say that I am responsible for a successful fundraising campaign every year (our Holiday Letter). As the Senior Center is always in need of funding, I cannot stress how important your generous donations mean to the success of the Senior Center.

I know most of you know **Lucy**, our dog, who I consider to be a “volunteer” as well. She is there to brighten the day of those coming into the Center.

We welcome all to come see for yourself how vibrant and engaging the Senior Center is. We have so many activities and **where** can you get a better meal? Don't sit alone, join us and find out what makes you happy!!



Loris Michael & Lucy

The Thomas Family Foundation Donates \$10,000 to The Sandpoint Senior Center on behalf of Mary Faux

Jan McKeough, a past resident and good friend of Mary Faux, has donated \$10,000 in her honor to the Sandpoint Senior Center. As you can imagine, Mary Faux was so pleased to have the Senior Center receive this donation on her behalf. She is pictured below with the acting Board President, Loris Michael. Mary Faux plays bridge every Tuesday at the Senior Center and she asked that we acknowledge this donation publicly as she is aware that the Senior Center is always in need and this help is so appreciated. The Thomas Family Foundation has supported the Senior Center for some time, including a \$20,000 donation last year toward a new vehicle. The Senior Center cannot continue to serve without the generosity of our donors.



Mary Faux & Loris Michael

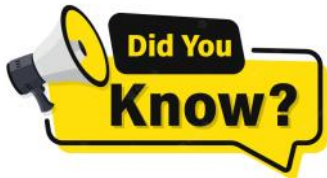


DONATE TODAY!

Did you know you can
make an
instant donation by
scanning this QR code?



SASi now has an Amazon Wish List. You can find this on our website or just search for "SASi Wish List" on amazon.com



The Senior Center is a place you can rent for your next upcoming activity! Do you have a family reunion, game night, baby shower that you are planning and don't have the space? Call us at 208-263-6860 or stop by in person at 820 Main St in Sandpoint.

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: Loris Michael
Vice President: Weslie Kary
Secretary: Judy Fry McComish
Treasurer: Kellie Dryden

Sue Poppino
Jane Evans
Paige McMaster
Lindsey Hughes
Luke Omodt
Carol (CJ) Kovalchuk

Sasi Staff

Director: Lisa Bond
Finance Manager: Nancy Savage
Administrative Assistant: Arie Sykes
Head Chef: Brenda Curtis
Sous Chef: Melissa Headrick
Custodian: Brad Webb
Meal Coordinator: Susan Musson
Nutritional Assistants: Nova Dodd, Kristi Coldsnow
Volunteer Coordinator: Sue Poppino

SASI UPCOMING ACTIVITIES

- Art Classes Wed 12:30- 2:30 oil & soft pastel
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- Bridge Tues 12:30
- Bunco Mon 12:30 – 2:30
- Fit n Fall Proof Mon & Thurs 3:00
- Library Thurs 2/6 & 2/20 10:30- 11:30
- Music with Dan-o Mon 11:00
- Open pool table Mon, Tue & Thurs 8:30- 10:30
- Piano Music with Betty Overland Tues & Thurs 11:00
- Pinochle Wed 9:30
- **Yoga inspired Chair Exercises Tue 2:00 First day will be Tue Feb 4th.**
- 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 2/1 2:00
- Felt making class Thurs 2/6 12:30 Love Birds
- Geezer Forum Tue 2/11 2:30
Paul Graves Goodbye at Marigold
- Chair Massage Wed 2/12 by appointment
- Valentine Lunch Thurs 2/13 at 11:30
- Closed Mon 2/17 Presidents Day
- Musical Life Story Thurs 2/20 12:15.
Bob Dylan
- Board Meeting is on Fri 2/21 at 10:30
Open to the public
- Bingo Sat 2/22 Doors Open 12:30 Play 1:00- 3:00
- Birthday Thursday 2/27 11:30
50/50 Winner announced
- Breakfast Buffet Fri 2/28 8:30 with reservations
Limited seating. \$10
- CDA Casino Mon 4/14 8:30 if we have enough participants

Like us on Facebook!

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



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 Tangoo 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 Mon- Wed

Next Breakfast is Fri Feb 28th

Call 208-263-6860 to make your next reservations

Sandpoint Area 208-263-6860
Seniors Inc. www.sandpointareaseniors.org

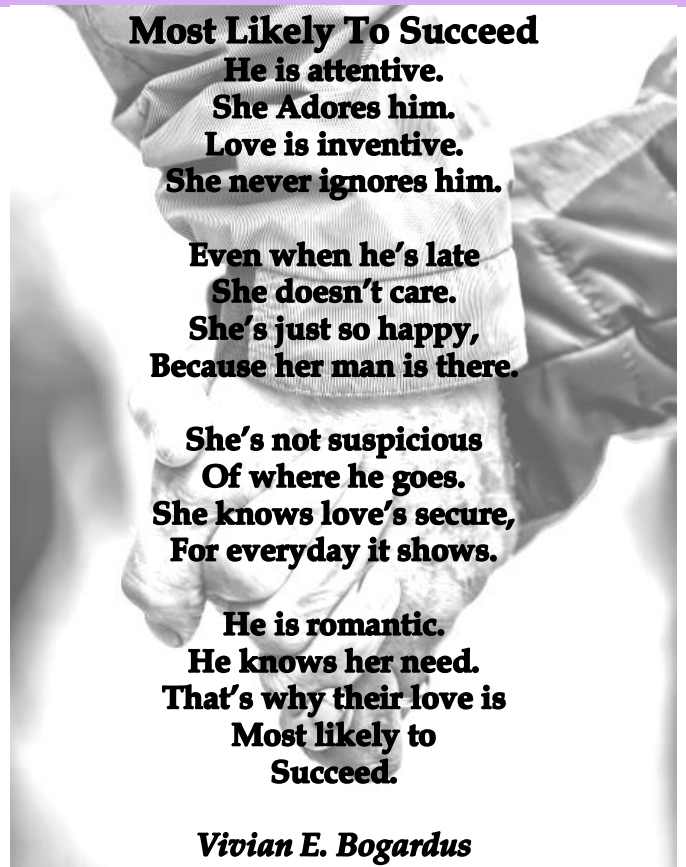


MONTHLY BREAKFAST FUNDRAISER

<ul style="list-style-type: none"> LAST FRIDAY OF EACH MONTH 8:30 AM \$10 PER PERSON ALL AGES WELCOME! 	<ul style="list-style-type: none"> • EGGS • BREAKFAST POTATOES • YOUR CHOICE OF BREAKFAST MEATS • PANCAKES • FRESH FRUITS • FRUIT JUICE AND COFFEE
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Reservations are required and will not be accepted after 3pm on the Thursday before breakfast. Please call 208-263-6860 to make your reservation today.





- | | |
|-----------------------|-----------------------|
| Gloria Smestad 2/2 | Lara Bradford 2/18 |
| Kathy Osborne 2/6 | Makaia Foster 2/18 |
| Norma White 2/6 | Adrienne LeCoure 2/18 |
| Jan Stolz 2/11 | Evelyn Stallings 2/19 |
| Vivian Borgardus 2/11 | James Mendenhall 2/19 |
| Kevin Henshall 2/12 | Olivia Papa 2/19 |
| Mark Remmetter 2/12 | Nancy Taylor 2/21 |
| Suzi Yeagar 2/13 | Deanna Selle 2/22 |
| James Daniels 2/15 | Feather Andersen 2/25 |
| Mick Poppino 2/15 | Jan Griffiths 2/25 |
| Betty Whipple 2/15 | Katie Moore 2/26 |
| Richard Miller 2/16 | William Shock 2/26 |
| Gary Pietsch 2/16 | Devan Ruel 2/29 |

SASi Wish List

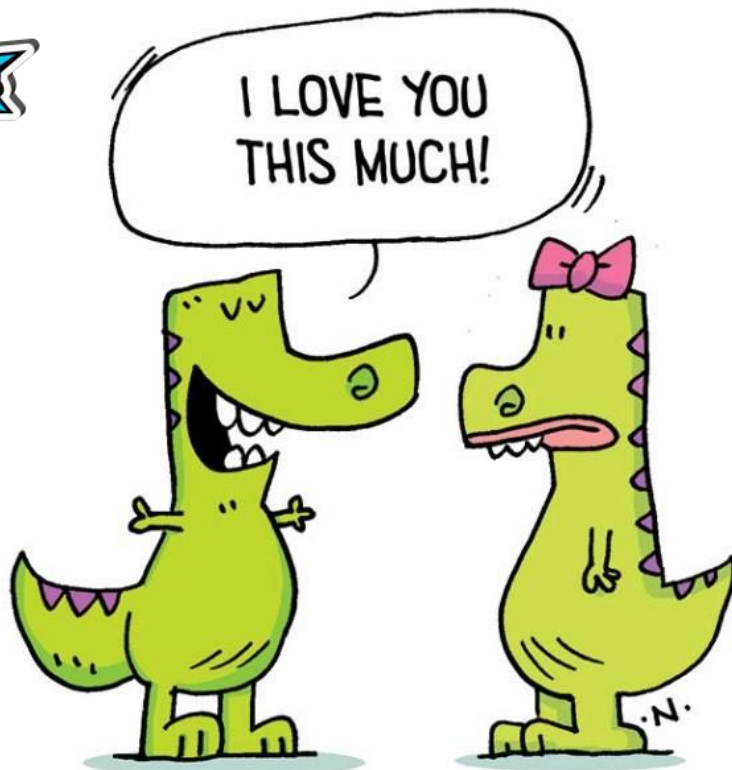
- | | |
|---|------------------------|
| 11" or 12" white square napkins | Bottled water |
| Shipping Labels #ST18066 | Fruit cups |
| Gallon Freezer bags | Frosting |
| Store bought cookies | Pizza wheel |
| Cake mixes yellow, white & chocolate | Chamois cleaning cloth |
| Individually packaged chips | Putting Cups |
| Individually wrapped candy esp chocolate | Post it notes |
| Individually wrapped Earl Grey Tea | 8.5x 11 copy paper |
| To go Containers | |
| Ink cartridge color coloworld 211XL and black 210XL | |
| 17" Supersize Rubber Bands for large garbage cans | |

KUDOS



- Thank you Jo Brewer for the food containers.
- Thank you Pam Haussler for the candy.
- Thank you Andy Cooper for the drinking pitcher.
- Thank you Nikki Klein for the front desk pens.
- Thank you Sue & Mick Poppino for the large envelopes.
- Thank you Loris Michael for the candy.
- Thank you AnnaLea Scott for the ground beef.
- Thank you Dawn for the Valentine hearts
- Thank you Barton for the art and food donation.
- Thank you Virginia Rowley for the to go containers.

- Thank you Farmin Stidwell for the blankets and filling the pantry outside our building (pic below)



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.

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



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



Kitchen Korner

Hi SASI!!! Happy Valentines Day!!.....We want to send out our love by making our meals so tasty and delicious for our wonderful guests here in the dining room, and all over north Idaho. Good times, bad times, fun times, tough times, no matter what, you are the sweetest guests at the Senior Center and we have a big HUG for you! Friend love is the best kind of love. We'll never break up because you refuse to pick up your socks! Happy Valentine's Month!! We Love Ya'll

Health and Happiness,
Chef Brenda

Thank you again to Bud and Paulette Britain for the donations we received from our amazon wish list. We can't thank you enough. The staff has been enjoying all the items.



Brad Webb opening cast iron gift



The Library is coming to you!
February 6th & February 20th
10:30 - 11:30



Meet Kim here at the Senior Center to check out movies, books on CD, large-print books and more! If you don't have a library card yet, be sure to bring your photo ID so she can help you sign up.

Kim will be joining us every other week on Thursdays so you can return your items and check out more.

Felting Class

How cute are these snowmen?!

Please join Rae Lin Aller in one of her felting classes that she host once a month here at SASi. Her next class will be Thursday February 6th at 12:30. She will be making "Love Birds" for Valentines. (Pic below) Must have reservations, call 208-263-6860.



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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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 Washington Trust Bank
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In Memory of

Alamae Cox
 Elizabeth Hubbard
 Dorothy Gooby
 Deannie Kinder
 Leslie Marshall
 Marga Clayton
 Rachael Olsen

Special Thanks To



Forever Idaho North
 in the



**Please see insert for our
 individual donors**

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 only partial reimbursement from the Area Agency on Aging of North Idaho. This funding covers approximately 1/3 the cost of our nutrition programs. SASi currently provides approximately 2,300 meals a month, both in-house and home-delivered throughout Bonner County.

The Senior Center is a Center for Social, Health, Educational Classes, and Events.



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