



Newsletter  
March 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](http://www.sandpointareaseniors.org)  
a 501 (c) 3 non-profit corporation

## Family Fun(Draiser) Night

# SAINT PATRICK'S DAY

Doors open  
at 5:30

Dinner at  
6:00



Saturday, March 15th

**FOOD - FELLOWSHIP - FUN -  
LIVE AUCTION AND RAFFLE**

Traditional corned beef and cabbage

First Presbyterian Church  
417 N. 4th Ave

Reservations required call the Senior  
Center (208) 263-6860  
Donations at door



## SASI SPOTLIGHT

The Sandpoint Senior Center was full of love for the month of February. We were showered with gifts and donations from the community. We can't express how thankful we are to see Sandpoint come together to make those around us feel special.



Carol Smith and Susan Musson



Nova Dodd, Val Luce and Lisa Bond

Thank you Carol Smith, Sandpoint Seventh day Adventist Church and Sandpoint Junior Academy for all the Valentine donations. We were able to "spoil" our Home Delivered Recipients.



SASi dining room decorated for Valentine's.. Decorations donated from the community, Donna Price and Jackie Bowman.



# TAX SERVICE

## Sandpoint Senior Center (SASI)

CALL 208-665-7329 for APPT

OPEN Sat. 3/15, 4/12, 9am-3pm

820 N. Main, Sandpoint

**This phone number is not the Sandpoint Senior Center.** It's to a phone bank at Lake City Center (CDA Senior Center) where they are scheduling appointments.

They will be setting up 4 appointments per hour - at 9, 10, 11, 12:30, 1:30 and 2:30.

**Free Tax help is also 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

Kellogg H & W 208-659-1827

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

## DONATE TODAY!

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



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



### Meal Coordinator

\$17 hr DOE

30 Hours a week.

Call 208-263-6860 for more info

Apply in person at 820 Main St

### Board of Directors

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

**Sue Poppino**  
**Jane Evans**  
**Paige McMaster**  
**Lindsey Hughes**

### 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, **HIRING**  
**Nutritional Assistants:** Nova Dodd, Kristi Coldsnow  
**Volunteer Coordinator:** Sue Poppino

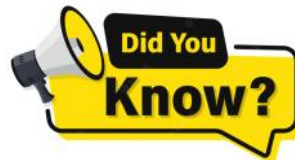
## SASI UPCOMING ACTIVITIES

- Art Classes Wed 12:30- 2:30 mobiles
- 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 3/6 & 3/20 10:30- 12:30**
- Music with Dan-o Mon 11:00
- Open pool Table Mon, Tue & Thurs 8:30-10:30
- Piano Music and with Betty Overland Tues & Thurs 11:00
- Pinochle Wed 9:30
- **Yoga inspired Chair Exercises**  
**Tue 3/18 & 3/25 2:00**

## SAVE THE DATES

- Old Time Fiddler Jam Sat 3/1 2:00
- Mardi Gras Lunch Tue 3/4 at 11:30  
With reservations. Shrimp & Sausage Gumbo
- Bee Keeper Class Sat 3/8 9-4:00
- Geezer Forum Tue 3/11 2:30 at Marigold Bistro Cafe
- Felt making class Thurs 3/13 12:30
- St. Patrick's Day Fundraiser Dinner Sat 3/15  
6:00 pm with reservations. See Flyer.
- St. Patrick's Lunch Mon 3/17 at 11:30  
with reservations. Corned Beef & Cabbage
- Musical Life Story 3/20 at 12:15 John Denver
- Board Meeting is on Fri 3/21 at 10:30  
Open to the public
- Birthday Thursday 3/27 11:30  
50/50 Winner announced
- Breakfast Fri 3/28 8:30 with reservations  
\$10 charge
- Bingo Sat 3/29 Doors open 12:30 play 1:00-3:00
- Taxes by appt 3/15, 4/12 must call 208-665-7329  
*This is not the senior center phone number*

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.



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](http://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 Mon- Wed*

*Next Breakfast is Fri Mar 28th*

**Sandpoint Area Seniors Inc.** 208-263-6860  
[www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)



### MONTHLY BREAKFAST FUNDRAISER

**LAST FRIDAY OF EACH MONTH**  
**8:30 AM**  
**\$10 PER PERSON ALL AGES WELCOME!**

- EGGS
- BREAKFAST POTATOES
- YOUR CHOICE OF BREAKFAST MEATS
- PANCAKES
- FRESH FRUITS
- FRUIT JUICE AND COFFEE

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.



## Luck

There once was a race horse  
 named Rosey,  
 Her Jockey and her were  
 quite cosy.  
 They ran in a race but to her  
 disgrace, she lost  
 by a hair on her  
 nosey.

*Vivian E. Bogardus  
 Copyright 2018*



- |                         |                             |
|-------------------------|-----------------------------|
| Randi Michaels 3/1      | Ginger Eastlund 3/16        |
| Gerald Ward 3/3         | Doug Fraser 3/16            |
| Janie Jacobson 3/3      | Norma Hogue 3/16            |
| William Wieden 3/3      | Richard Frick 3/17          |
| Tim Martin 3/5          | Patti Mullane 3/17          |
| Shakura Young 3/5       | Betty Record 3/17           |
| Andreia Flynn 3/6       | Diane Belwood 3/18          |
| Frances Griffin 3/6     | Stephen Pultorak 3/18       |
| Kathy Schell 3/6        | Colleen Ross 3/18           |
| Laverne Ream 3/7        | Kathy Spracklen 3/19        |
| Shirley Shaffer 3/9     | Elizabeth Leiber 3/21       |
| John Chellman 3/9       | John Pelz 3/21              |
| Kathy McCollum 3/9      | Brenda Curtis 3/22          |
| Mac Harrison 3/11       | James Skeen 3/22            |
| Tammy Heigesen 3/11     | Bruce Worthington 3/22      |
| Lorriane Ohmann 3/12    | Julie Nelson 3/24           |
| Erval Jr. Rainey 3/13   | Michelle Mitchell 3/25      |
| Christopher Watson 3/13 | Richard (Dick) Sandall 3/25 |
| Trixine Malone 3/14     | Jean Leckner 3/26           |
| Darren Beeby 3/14       | Shannon Schrader 3/28       |
| Richard Nueder 3/15     | Russell Newell 3/29         |
| Ron Roberson 3/15       | Ted Farmin 3/30             |

## SASi Wish List

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>11" or 12" white square napkins</li> <li>Shipping Labels #ST18066</li> <li>8.5 X 11 Copy paper</li> <li>Store bought cookies</li> <li>Cake mixes yellow, white &amp; chocolate</li> <li>Individually packaged chips</li> <li>Individually wrapped candy esp chocolate</li> <li>Individually wrapped Earl Grey Tea</li> <li>Ground Folgers Coffee</li> <li>Grocery bags</li> <li>Ink cartridge color coloworld 211XL and black 210XL</li> <li>17" Supersize Rubber Bands for large garbage cans</li> </ul> | <ul style="list-style-type: none"> <li>Bottled water</li> <li>Fruit cups</li> <li>Frosting</li> <li>Pizza wheel</li> <li>Chamois cleaning cloth</li> <li>Pudding Cups</li> <li>Post it notes</li> <li>8.5x 11 copy paper</li> <li>To Go Containers</li> </ul> |
|--|---|

# KUDOS



- Thank you Mick & Sue Poppino for the freezer gallon bags.
- Thank you Patti Stark for the tea.
- Thank you Tansy Rogers for the digital food scale.
- Thank you Ali Stiefel for the tea pod donations.
- Thank you Nikki Klein for the to go containers and post it notes.
- Thank you Durfee Construction , Tory Johnson & Brad Webb for the snow removal!!
- Thank you Lynda Townsend for the bag holders.
- Thank you Vicky Johnson for the wish list items.
- Thank you Sally Sacht for helping decorate for Valentines.
- Thank you Judy McComish for the office supplies.
- Thank you Mark Remmetter for fixing the electric outlet.
- Ladies enjoying one of the art classes hosted by CJ Kovalchuk here on Wednesdays. Pic below.



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

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](http://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/](http://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](http://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](http://Sudoku.org.uk). Level Hard



<b>8</b>	<b>6</b>							
	<b>5</b>			<b>4</b>				<b>9</b>
			<b>3</b>					<b>6</b>
			<b>2</b>		<b>8</b>			
	<b>8</b>	<b>5</b>			<b>3</b>	<b>9</b>		
		<b>9</b>	<b>7</b>					<b>5</b>
	<b>1</b>			<b>6</b>			<b>7</b>	
<b>7</b>			<b>2</b>					
							<b>4</b>	<b>2</b>





## Kitchen Korner

Hello SASi!! Happy Spring! We are looking forward to getting on the water in this beautiful place where we live.

Spring Fever! All our outdoor activities revolve around our city. We have a lot of fish dinners here at the senior center so we wanted to say "SALUTE" to all the fisherman in our town and at the Senior Center.

Here are some fun facts

Fish has more collagen than any beauty product on the market  
A fish and a guest smell after three days."

"A woman who has never seen her husband fishing doesn't know what a patient man she married!"

"The fish always sees the bait, never the hook."

"A big fish is caught with big bait."

There are about 32,000 species of living fish in the world.

There are more fish in the world than mammals, amphibians, birds and reptiles combined!

Sharks are the largest fish.

Hagfish are the only known animal to have a skull, but no spine!

Hope you enjoy our funny fish facts and HAPPY FISHING!!!!

Health and Happiness,

*Chef Brenda*



Tilapia

## The Library is coming to the Senior Center! March 6th & 20th from 10:30 - 11:30



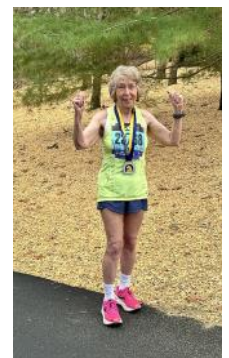
Meet Kim here at the Senior Center to check out movies, books on CD, large-print books and more! If you don't have a library card yet, be sure to bring your photo ID.

Kim joins us every other Thursday morning so you can return your items and check out more! If you have ideas for what types of books or music you'd like Kim to bring, you can reach her by phone or email.

208-994-3722

## Geezer Forum Tue Mar 11th 2:30 Marigold Bistro and Café

Exciting news! We are pleased to announce Carol Wright ,an 82 year old marathon runner as our featured speaker for the very first Geezer/ SASi Presentation.



# THANK YOU!

Thank you to our advertisers for supporting our outreach efforts! Your ad reaches hundreds of people each month in print and online.

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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](mailto: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.

**A PREMIER HEALTH CARE FACILITY**



1125 North Division Street  
 Sandpoint, ID 83864  
 (208) 265-9299  
 FAX (208) 265-9710

SKILLED NURSING FACILITY  
[WWW.LCCA.COM](http://WWW.LCCA.COM)

**Sandpoint Denture Clinic, Inc.**  
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Riverside Bldg, Suite 9  
 204 E. Superior Sandpoint, ID 83864

Jess Wolfrum  
 Licensed Denturist  
 (208) 255-5577



46026 N. Highway 95, Sandpoint, ID 83864

**THE BEST OF BONAVENTURE COUNTY 2024 DAILYBEE**

Home is where you want to be.  
 Providing Safe and Independent Living in the Comfort of Your Home.

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[advancedcarenw@protonmail.com](mailto:advancedcarenw@protonmail.com)  
[www.advancedcarenorthwest.com](http://www.advancedcarenorthwest.com)

**THE BRIDGE AT SANDPOINT**



**AN ASSISTED LIVING COMMUNITY**  
 1123 N. Division Street, Sandpoint, ID 83864



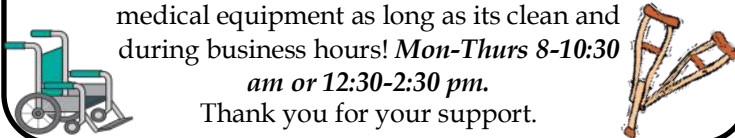
- Medicare Health Plans
- Prescription Drug Plans
- Dental & Vision Plans

*"Your Referral is the best compliment. Thank you for your trust."*

**Carey Spears**  
 100 Vermeer Dr, Ste B  
 Ponderay, ID 83852

Office (208) 265-2026  
[cspears4insurance@gmail.com](mailto:cspears4insurance@gmail.com)

**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.



**Advertise Your Business Here**

# Thank You Donors

## Corporate Donors

Aarons Self Storage LLC  
 Area Agency on Aging of N. Idaho  
 Alpine Motors  
 Advanced Physical Therapy  
 Angels over Sandpoint  
 Auburn Crest  
 Avista Foundation  
 Blue Cross of Idaho ECF  
 Bonner County Commissioners  
 Bonner County Sportmens Foundation  
 Bunco Babes  
 Coffelt Funeral Service  
 Community Assist. League  
 Co Op Gas & Supply  
 Dover Community Church  
 Durfee Construction  
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Idaho Comm. Food Bank  
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 Virginia Brooks Trust  
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 Washington Trust Bank  
 Wildflower Spa  
 William Wishnick Foundation  
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 Wood's Crushing & Hauling Inc

## In Memory of

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

*Thank you to all of our anonymous & Individual donors !!*

## Special Thanks To



Forever Idaho North  
 in the



**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**