



April is Volunteer Appreciation

Area Agency values our HDM and Dining room Volunteers at \$30.12 an hour

In 2025 we tracked the following data

Dining room at 933.25 hours

HDM Driver 1034.50 hours

Total hours = 1967.75

Which equals \$59,268.63

This *does not* include all of our amazing volunteers that help keep SASi running smoothly. Such as yard maintenance, game hosting, office tasks, special events etc. Thank you for supporting our mission and making SASi a welcoming place.

We here at SASi consider you invaluable!



TO OUR VOLUNTEERS!

Newsletter
April 2026

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

Medical Equipment

Mon-Thurs 8:00- 10:30 &
12:30 - 2:30

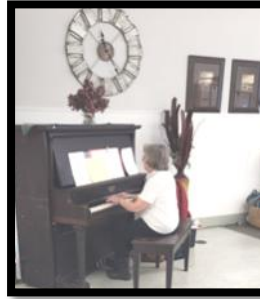
The Sandpoint Area Seniors, Inc. strives to address food insecurity and social isolation among the most vulnerable members of the senior community in the Bonner County area. We do this by providing nutritious meals both on-site and through home delivery as well as providing a gathering place and informational 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

SASi SPOTLIGHT Betty Overland



We wanted to take a moment to thank Betty Overland for volunteering at SASi for 26 years!!! There are not enough words to express how thankful we are for her. Betty started volunteering at SASi with her husband in a band called Country Plus. Aside from Betty not only volunteering her time and talents she has been a consistent, avid financial supporter of SASi. Until recently Betty has continued to volunteer her time twice a week playing piano before our lunch service. Thank you Betty for everything you have done for us.



Thank you to everyone that is helping make our Monthly Breakfast Fundraiser a success. Operations Manager Jessie Vachon had a vision to make our fundraiser bigger and better so without her making everything line up perfectly, this would not have happened. Special thank you to the following volunteers Wendy Franck, Monica Lorenz, Virginia Rowley, Cathy Phillips, Ray Kosse, Sue Poppino and Tom Phillips. Our first breakfast of the season was better than anticipated and we had a waitlist. Don't forget to make your reservations for the next one which will be Friday April 24th!



Wendy Franck & Monica Lorenz



Ray Kossee

Free Tech Help

Lindy Flynn will be hosting once a month free tech help here at SASi. Bring in your devices at a first come first serve basis. Lindy specializes in troubleshooting. Next class will be Tue April 14th at 12:30-2:30.

Felt Class



Next Felting class will be Thurs April 2nd at 12:30. Cost is \$10. Making wet felted flower baskets. Call 208-263-6860 to reserve your spot.

Geezer Forum

Next forum is Tue April 14th 2:30 at Marigold Bistro & Café.

The topic will be Celebrating the Bounty: Real Food for Real People



Volunteer drivers needed!

For more information call 208-263-6860



We wanted to officially give a warm welcome to Linda Zinn who just recently joined our board. She is excited to help our non profit and we look forward to working with her.

SASI UPCOMING ACTIVITIES

- Art Classes- Wed 4/8,15,22,29th 12:30- 2:30
Book binding must have reservations.
- 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
- Music with Dan-o Mon 11:00
- Open pool Table Thurs 8:30 am
- Pinochle Wed 9:30
- 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

- Easter Lunch Thurs 4/2 11:30
- Felt making class Thurs 4/2 12:30 wet felted flower basket. \$10
- Old Time Fiddler Jam Sat 4/4 2:00
- Geezer Forum Tue 4/14 2:30 at Marigold Bistro & Café.
- Tech Help Tue 4/14 12:30-2:30
First come first serve
- Board Meeting is on Fri 4/17 at 10:30
Open to the public
- Breakfast Fri 4/24 8:30 with reservations
\$10 charge
- Bingo Sat 4/25 Doors open 12:30 play 1:00-3:00
- Birthday Thursday 4/30 11:30
50/50 Winner announced
- 7B Live Give & Idaho Give spring campaign
Mon 5/4-Thurs 5/7
- SASi Open House Tue 5/5
More information to come.

Sasi Staff

Operations Manager & Meal Coordinator: **Jessie Vachon**
Development Director: **HIRING**
Finance Manager: **Nancy Savage**
Administrative Assistant: **Arie Sykes**
Head Chef: **Brenda Curtis**
Sous Chef: **HIRING**
Custodian: **Brad Webb**
Nutritional Assistants: **Nova Dodd, Kristi Coldsnow**
Volunteer Coordinator: **Sue Poppino**

Board of Directors

President: **Lindsey Hughes**
Vice President: **Weslie Kary**
Secretary: **Judy McComish**
Treasurer: **Kellie Dryden**

Jane Evans
Robbie Gleason
Joann Munch
Elizabeth Nelson
Sue Poppino
Linda Zinn

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 Marigold Bistro 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: Registered Seniors 60 yrs and older: \$7 suggested donation. NON-registered and guests under age 60: \$10 charge (mandatory)

We have salad bar Mon- Wed at 11:00.

*Next breakfast buffet is **Fri April 24th** at 8:30*

MONTHLY BREAKFAST FUNDRAISER

Guest Chef

Wendy Franck

from the Hoot Owl



Last Friday of
Each Month



\$10 Per Person

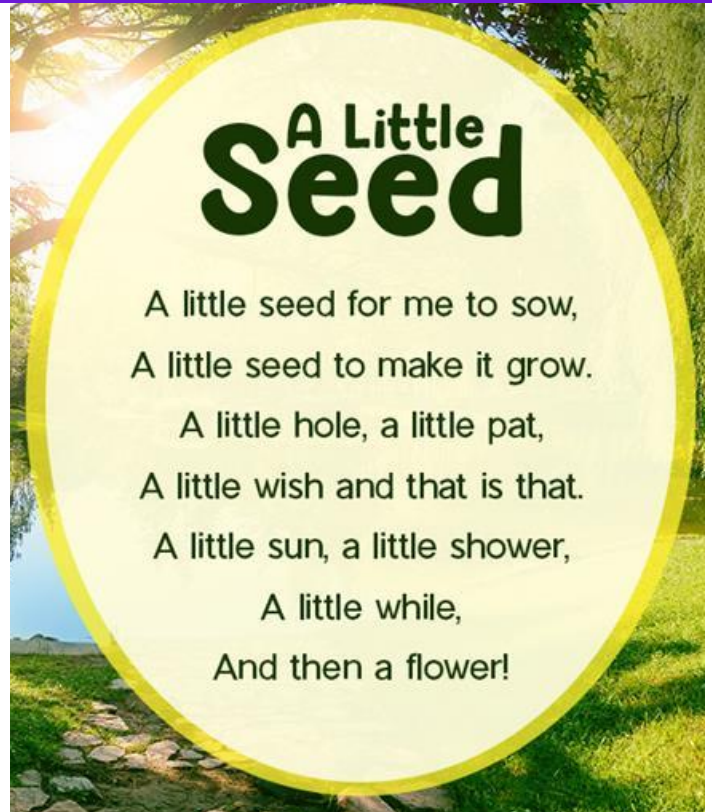


8:30 AM



All Ages Welcome!

Reservations are required and will not be accepted after 3 pm on the Thursday before breakfast. Please call (208) 263-6860 to make your reservation today. Limited Seating.

Anna Dunham 4/5
Paula Royer 4/5
Ed Bittner 4/7
Patti Stark 4/9
Vicci Anderson 4/10
Lisa Heinsen 4/12
Joyce Shaffer 4/12
Jim Hughes 4/13
Anne Bagby 4/14
Herbert Klein 4/14
Diane Gow 4/15
Terry Oneal 4/15
Almira Sadewic 4/15

Deryl Oldag 4/16
Kevin Savage 4/16
Murry Butler 4/17
Suzi Marshall 4/17
Ellen Sachtjen 4/17
Brad Webb 4/18
Sher Pereda 4/20
Jo Brewer 4/21
Hart Gleason 4/21
Fred Olsen 4/21
Linda Marks 4/22
Ketty Musson 4/23
Marie Reynolds 4/23

SASi Wish List

Fruit Cups	Black extreme sharpie permanent markers
Shipping Labels #ST18066	8qt stainless steel instapot
Address labels # 5160	Store bought cookies
Ground Folgers Coffee	Ninja master chopper
Individually packaged chips	
Copy Paper 8.5 x 11	
Copy paper 11 x 17	
Single size international delight hazelnut and chocolate coffee creamers	
Duncan Hines brand frosting & cake mixes carrot, lemon, yellow & chocolate flavors	
Individually wrapped hot chocolate packets	

KUDOS



- Serengeti Care for the food, swag & goodie bags.
- Patti Stark, Murry Butler, Sally Sacht & Linda Diffey for helping with office tasks.
- Murry Butler, Linda Diffey & Sally Sacht for decorating.
- John Rocco for hanging our banner.
- Virginia Rowley for coffee.
- Virginia Rowley & Jo Brewer for the ziplocks.
- Jackie Bowman for the raspberry jam.
- Joey Cottrell for the chips.
- Linda Diffey, Judy McComish & Frankie Roberson for the candy.
- Weslie Kary for the coffee cups.
- Avi Vachon & Courtney Sarris for cleaning paint off our windows.
- Vicky Johnson for office supplies, decor & tea.
- Bizarre bazaar for the assorted holiday napkins.
- Congrats to 50/50 winner Bob Welker.
- Randy Kreig for fixing some of our furniture & helping clear our sidewalk from the wind storm mess. (pic below)
- Thank you Double Down Sisters (Charlie and Emerson Johnson) for playing music for us. (Pic below) They can be reached at 208-290-3251 for events, parties and weddings. We highly recommend them.



Me doing my taxes:



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

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

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

Sous Chef

Mon- Fri
\$15-17 DOE

If interested call 208-263-6860 or
send your resume to
info@sandpointareaseniors.org
or in person at 820 Main St.



Development Director

Do you want to help enrich the lives of Sandpoint Area Seniors? SASi is recruiting for a Development Director, a rewarding role that is vital to funding our nutrition and social services. Interested persons may review a job description on SASi's Facebook page and may apply by sending resume to info@sandpointareaseniors.org or in person at 820 Main St.



Thank you to everyone that helped with the St. Patrick's Day Dinner Fundraiser at the Presbyterian Church. The turn out was great. We look forward to this event every year. Lots of great conversations, food and fun was had by all and over \$2,500 was raised!



Kitchen Korner

Hi SASi,
Need an energy boost?

You might think of reaching for coffee or chocolate but there's a tropical fruit that's been used for centuries to wake people up naturally. ☺ It's mango!

Rich in natural sugars, fiber and a compound called Mangifera. It may help improve brain function, memory and alertness. Here's a sweet creamy recipe to start the day without caffeine.

Health and Happiness
Chef Brenda



Mango Coconut "Cheesecake" Bites (No Bake!)

- 1 cup frozen mango chunks
- ½ cup cooked white beans or chickpeas (trust the process!)
- 2 tbsp shredded coconut
- 1 tbsp maple syrup
- Dash of vanilla
- Pinch of turmeric (for extra golden glow) Blend until silky smooth.
- Spoon into silicone molds or mini jars and freeze for 1–2 hours.



Its energy that doesn't come in a cup

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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.



SASi has an Amazon Wish List. You can find this on our website, search for "SASi Wish List" on amazon.com or type in <https://a.co/9HQYq5z>

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Qualls, Bob
Rainey, Lola
Raynor, Kinsie
Raynor, Laurie
Raynor, Roy & Linda
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Record, Betty
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Marshall, Leslie
Michael, Loris
Robertson, Marilyn
Stockman, Geraldine



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Life Care Center of Sandpoint
Litehouse Foods
Newman Comm Bible Church
Northern Lights Comm Trust
Sandpoint Elks Lodge
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Thank you to all of our anonymous & individual donors! If you are not listed, please notify us.

Special Thanks To



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