



# HELLO FEBRUARY

*We have exciting news!*  
Our Seasonal Fundraiser Breakfast is back.  
We will be featuring guest chef  
Wendy Franck from The Hoot Owl

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

## SANDPOINT AREA SENIORS INC.



### 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.



[www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)

# Thank you to all of our sponsors and donors from our fall campaign. Our goal was \$93,000 and we raised a grand total of \$123,000!

We wanted to make sure that everyone who donated to support our Non Profit has been recognized.

The Campaign ran from Nov 1, 2025 to Dec 31, 2025.

From the bottom of our hearts, **SASi THANKS YOU!**

Anonymous Donors  
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 Cline, Foster  
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 Creed, Richard  
 Daubersmith, Mary  
 Davis, Karen  
 DeBaun, Janice  
 Denteler, Dorothy  
 Deshon, Donna  
 Dille, Jamey  
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 Faletto, Richard & Elizabeth  
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 Halbert, Kathleen  
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Hall, Kathy  
 Harris, Susan  
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 Kiene-Wheeler, Dion  
 Kim-Brown, Mona  
 Kinney, Malcolm  
 Kirschner, Lindea  
 Klatt, Steven  
 Klein, Nikki  
 Kovalchuck, Rebecca  
 Krasselt, Linda  
 Kritzeck, Ann  
 Kubiak, James  
 Larson, Linda  
 Lassen, Denise  
 Legget, Rufayne  
 Lever, Ruth  
 Linscott, Frank & Carol  
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 Mamajek, Ronald  
 Marshall, Taylor  
 Martin, Adele  
 McMains, Barbara  
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 Navarre, Steven & Linda  
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 Nelson, Susan  
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 Nygren, Jill  
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 Otey, Linda  
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 Perchynski, Julie  
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 Pisani, Molly  
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 Ponsness, Christina  
 Poppino, Sue & Mick  
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 Quevedo, Suzanne  
 Rainey, Lola  
 Renk, Nancy  
 Reynolds, Rebecca  
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 Roberts, Lynda  
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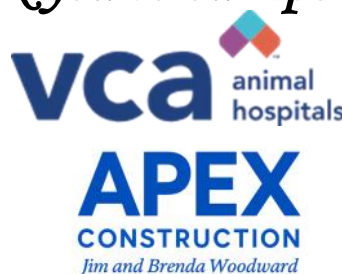
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Amount  
 Raised \$123,000



Goal  
 \$93,000

Thank you to our sponsors



## 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](mailto:info@sandpointareaseniors.org) or in person at 820 Main St.

Thank you North Idaho Steam Cleaning for cleaning our carpets! They look brand new



Dennis & Austin Heavey with SASi Operations Manager Jessie Vachon.

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

**Jane Evans**  
**Robbie Gleason**  
**Joann Munch**  
**Elizabeth Nelson**  
**Sue Poppino**

### 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: **Alandra Doran**  
Custodian: **Brad Webb**  
Nutritional Assistants: **Nova Dodd, Kristi Coldsnow**  
Volunteer Coordinator: **Sue Poppino**

## SASI UPCOMING ACTIVITIES

- Art Classes- Wed 12:30- 2:30
- Bridge Tues 12:30
- Bunco Mon 12:30- 2:30
- Fit n Fall Proof Mon & Thurs 3:00
- Knitting/ Needle work Wed 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
- 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

- Felting Class Thurs 2/5 12:30 \$10  
Valentine Monster
- Old Time Fiddler Jam Sat 2/7 2:00
- Valentine Lunch Thurs 2/12 11:30
- Closed Mon 2/16 Presidents day
- Mardi Gras Lunch Tues 2/17 11:30
- Board Meeting is on Fri 2/20 at 10:30  
Open to the public
- Birthday Thursday 2/26 11:30
- 50/50 Winner announced
- Bingo Sat 1/25 doors open 12:30 play begins 1:00
- Next Breakfast Fri 2/27 8:30 \$10 w/ reservations  
Featuring guest Chef Wendy Franck



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>

Like us on Facebook!

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



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!

## 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 Griffitts 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 60yrs 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 is Fri Feb 27 at 8:30*



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[www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)

Love Can...  
Turn a black cloud white,  
Turn what's wrong into  
Completely right,  
Smash you to shreds  
Till you wish you were dead,  
Ah, but when love is good  
It's worth the risk  
So hold it tightly  
In your fist.

Vivian E. Bogardus  
Copyright 2024



- |                       |                       |
|-----------------------|-----------------------|
| Joe Boyle 2/1         | Cindy Welker 2/16     |
| Barbara McMains 2/1   | Lara Bradford 2/18    |
| Gloria Smestad 2/2    | Adrienne LeCoure 2/18 |
| Ruth Hengst 2/4       | Angie Langlois 2/19   |
| Norma White 2/6       | Nancy Taylor 2/21     |
| Jan Stolz 2/11        | Feather Andersen 2/25 |
| Vivian Borgardus 2/11 | Penny King 2/25       |
| Mark Remmetter 2/12   | Jan Griffitts 2/25    |
| Suzi Yeagar 2/13      | William Shock 2/26    |
| Ken Carter 2/15       | Gale Boyle 2/27       |
| James Daniels 2/15    | Hermie Cline 2/27     |
| Mick Poppino 2/15     | Marilyn McDivitt 2/27 |
| Betty Whipple 2/15    | Lin Corpus 2/28       |
| Richard Miller 2/16   | Devan Ruel 2/29       |
| Gary Pietsch 2/16     |                       |

## SASi Wish List

- Fruit Cups
- Shipping Labels #ST18066
- Address labels # 5160
- Store bought cookies
- Ground Folgers Coffee
- Individually packaged chips
- Copy Paper 8.5 x 11
- Copy paper 11 x 17
- Single size international delight hazelnut coffee creamers
- Duncan Hines frosting & cake mixes yellow, white & chocolate
- Individually wrapped tea packets(green,lemon,golden glow & earl grey)
- electric pepper grinder
- 8qt stainless steel instapot
- Sandwich ziplocks
- Gallon ziplocks

## KUDOS



- Paula Campbell for the folding table and tissues.
- Carol Smith/ 7th Adventist Day Church & Patti Stark for the food donation.
- Patti Stark, Frankie Roberson, Linda Diffey, Anita Pine, Paula Campbell, Murry Butler, Mick & Sue Poppino for the candy.
- Virginia Rowley for the eggs.
- Nikki Klein for the Bath & Body Works products.
- Anne Klein for the turkeys.
- Anna & Ed Schramm for the office supplies.
- Sue & Mick Poppino for the ice melt.
- Karen Warnok for all the items from Amazon.
- Mark Remmetter for helping with our electrical issues.
- Patti Stark, Linda Diffey, Sally Sacht & Murry Butler for the office help.
- Anita Pine for the tea.
- John Rocco for removing broken tree limbs.
- Nikki Klein & Murry Butler for the Valentine Décor.
- Donna Price and Sandpoint Community for all the Valentine's cards.
- Murry Butler & Virginia Rowley for covering the front desk.
- Bob Gooby for sharpening our knives.
- Dan Johnson for the commercial grade warmer.( pic included)



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**

Crabby Road

2-15-12

Every year in the middle of February, something wonderful and heartwarming happens. Tons of candy goes on clearance!



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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.



## SUDOKU

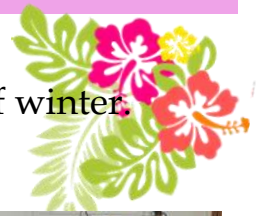
Complete the grid so each row, Column and 3-by-3 box (in bold borders) Contains every digit from 1-9.  
For strategies on solving Sudoku, visit [Sudoku.org.uk](http://Sudoku.org.uk). Level Moderate



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



# Hawaiian Day



We had a fun time celebrating our Hawaiian Day in the middle of winter.  
Thank you for joining us.



## Felting Class

Last month we made some cute Kitty Cozies  
Thank you Rae Lin Aller from Creations.

**Next Class**  
Thurs Feb 5th 12:30 \$10  
Valentine Monster  
Must RSVP



## Kitchen Korner

Hi SASI... Its February!!...Sometimes we get the wintertime blues but a warm hearty soup can do the trick!

Here's something most people don't realize:

Your gut plays a major role in how well you sleep. 😊

Your digestive system doesn't just process food — it's where up to 90% of your serotonin is produced. That's the "feel-good" neurotransmitter that helps regulate sleep, mood, and melatonin (your sleep hormone).

So when your gut's happy, your sleep improves... And the right dinner can set the stage for a better night.

This gut-friendly meal is warm, grounding and perfect for winding down.

It's delicious and can help you doze off.

Health and Happiness

*Chef Brenda*



### Soothing Turmeric Lentil Stew 🍲

- ½ cup red lentils
- 1 small zucchini, chopped
- ½ tsp turmeric + pinch of black pepper
- 1 garlic clove
- 1½ cups water or veggie broth
- Handful of spinach
- Optional: squeeze of lemon
- Simmer until creamy and smooth.



# Thank You

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

Call us to advertise your business.  
208-263-6860

**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.

**Life Care Center of Sandpoint**  
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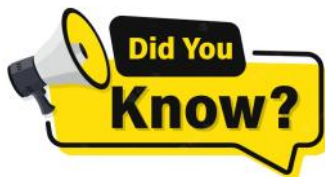
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204 E. Superior Sandpoint, ID 83864

Jess Wolfrum  
Licensed Denturist

(208) 255-5577



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

**ADVANCED CARE NORTH WEST**  
450425 N Highway 25, Sandpoint, ID 83864

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[www.advancedcarenorthwest.com](http://www.advancedcarenorthwest.com)

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# Thank You Donors

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 Kreig, Randy  
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 Norsby, Debra  
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 Washington Trust Bank  
**In Memory Of**  
 Cox, Alamae & Lloyd  
 Kinder, Deannie  
 Robertson, Marilyn  
 Stockman, Geraldine

**DONATE  
 TODAY!**



*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**