



Newsletter  
March 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

# MARCH



## SAINT PATRICK'S

*Family Fundraiser Night*

SATURDAY, MARCH 14TH

FOOD - FELLOWSHIP - FUN -  
LIVE AUCTION AND RAFFLE

Traditional corned beef and cabbage

First Presbyterian Church  
417 N. 4th Ave

Doors Open  
at 5:30 pm

Dinner at  
6:00 pm

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

## SASi SPOTLIGHT

# PSNI Panhandle Special Needs Inc.

We wanted to spotlight PSNI this month as they are a huge help here at SASi. Twice a week they come to the center to pick up meals for some of our Home Delivered Recipients. They have been helping us out for over two years. They come in with smiles and dedication to deliver each meal. They always brighten our day when they walk through the door. Thank you so much for all that you do for us and our local seniors!



Sierra, Elijah & Katie picking up meals for some of our Home Delivered Recipients.



Cara ready to help deliver meals

Panhandle Special Needs opened its doors in 1975 with only a handful of clients and a few determined parents trying to create a safe and productive environment for their adult disabled family members. Almost 50 years later, their agency now features specialized employment training, individualized life skills training, an adult day health center, a retail greenhouse, a retail thrift store, and a cardboard recycling service.

Currently serving approximately 200 clients per year, their array of services can be accessed individually or combined to create a personalized support plan that meets the needs of the individual based on where that person lives, works, and plays.



When we reached out to PSNI to feature a senior from their organization they chose JoAnne Walker.

**Where were you born?** Montana

**What brought you to Sandpoint?** "I don't know!" (Family)

**How many people are in your family?** "A brother, a sister, and my mom."

**What is something that you are passionate about?** "Helping Others, I like to help my roommate." (roommate is blind)

**How long have you worked/been retired?** "I don't know, it's been a little while." (retired 12 years)

**What is something you enjoy doing in town?** "Shopping."

**What is something the Senior Center offers that is important to you?** " I like to meet people going at my own pace, yeah, that's nice."

If you would like to be involved or donate to PSNI, they can be contacted at  
Phone: 208.263.7022 Hours: Monday to Friday, 8am - 4pm  
Address: 1424 North Boyer Avenue, Sandpoint, ID

## Felting Class



Thank you Rae Lin Aller from Creations for hosting this fun class. Last month we made Valentine Monsters!



The next felting class is a Wet Felted Frog. Thurs March 5th 12:30. Cost is \$10. Call 208-263-6860 to reserve your spot



## SASI UPCOMING ACTIVITIES

- 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 Mon, Tue & Thurs 8:30
- Pinochle Wed 9:30

### SAVE THE DATES

- Felt making class Thurs 3/5 12:30 wet felted frog \$10
- Old Time Fiddler Jam Sat 3/7 2:00
- Geezer Forum Tue 3/10 2:30 at Marigold Bistro Cafe
- St. Patrick's Day Fundraiser Dinner Sat 3/14 6:00 pm with reservations. See Flyer
- St. Patrick's Lunch Tue 3/17 at 11:30 Corn Beef & Cabbage
- Presentation with Chef Brenda Thurs 3/19 12:30 kitchen tips & tricks
- Board Meeting is on Fri 3/20 at 10:30 Open to the public
- Birthday Thursday 3/26 11:30 50/50 Winner announced
- Breakfast Fri 3/27 8:30 with reservations \$10 charge
- Bingo Sat 3/28 Doors open 12:30 play 1:00-3:00



Volunteer drivers needed!

For more information call 208-263-6860

## 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.

### 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

Join SASi Chef Brenda Thurs March 19th at 12:30 for a fun presentation. She will be featuring kitchen tips & tricks for seniors.



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

*Salad bar Mon- Wed  
Next Breakfast is **Fri Mar 27th***

*Call 208-263-6860 to make your next reservation*

**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)

On St. Patrick's Day  
Treasures to be found, at the  
end of the rainbow so sound.

Several legends have been  
told, but the message for you  
to behold. Spot a leprechaun  
for luck, and there's not a  
thing you'd want to chuck..



- |                         |                             |
|-------------------------|-----------------------------|
| Judy Black 3/1          | Ron Roberson 3/15           |
| Judith Finney 3/2       | Ginger Eastlund 3/16        |
| Bud Bedry 3/4           | Doug Fraser 3/16            |
| Tim Martin 3/5          | Norma Griggs 3/16           |
| Shakura Young 3/5       | Richard Frick 3/17          |
| Andrea Flynn 3/6        | Stephen Pultorak 3/18       |
| Laverne Ream 3/7        | Denise Walker 3/18          |
| Richard Carrier 3/8     | Kathy Spracklen 3/19        |
| David Horner 3/8        | Flint Vachon 3/20           |
| Nancy Kehler 3/8        | Alice Coldsnow 3/22         |
| Shirley Shaffer 3/9     | Brenda Curtis 3/22          |
| John Chellman 3/9       | Lissa Defreitas 3/23        |
| Louise Tucker 3/9       | Evelyn Brabender 3/24       |
| Sara Samuel 3/10        | Michelle Mitchell 3/25      |
| Tammy Heigesen 3/11     | Richard (Dick) Sandall 3/25 |
| Anita Houdobre 3/12     | Jeanin Pilarski 3/27        |
| Lorriane Ohmann 3/12    | Carol Tupis 3/27            |
| Christopher Watson 3/13 | Jessie Vachon 3/28          |
| Darren Beeby 3/14       | Russell Newell 3/29         |
|                         | Ted Farmin 3/30             |

## 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
- Individual wrapped tea packets. Different flavors
- 8qt stainless steel instapot
- Sandwich ziplocks
- Gallon ziplocks

## KUDOS



- Carol Smith/ 7th Adventist Day Church for the Valentine filled bags.
- Jackie Bowman for the food and office supplies.
- Nikki Klein, Debbie Perry & CJ Kovalchuck for the office supplies.
- Virginia Rowley & Debbie Perry for the eggs.
- Dana Dean for the instapot.
- Denise Dombrowski for the push pins.
- Debbie Perry for the 100lbs of meat.
- Dana Dean, Sally Sacht, Linda Davis, Patti Stark & Linda Diffey for helping with office tasks.
- Dan Osborne & Brad Webb for helping move our new commercial freezer.
- Murry Butler, Sally Sacht, Ginny Brooks & Linda Diffey for decorating.
- Randy Kreig for helping with the screen door.
- Anna & Ed Schramm for the cookies.



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.



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

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



## Kitchen Korner

Hello SASi

Happy Spring! Its time to start your little kitchen garden. Taking baby steps might help ease into the season. The truth is, you don't have to wait to start preparing for your best garden season yet. There are so many things you can do now, even if it's still cold outside make your life easier and your plants thrive when spring finally arrives. The key is getting ahead of the work now so you're not scrambling when warm weather hits. Even potted gardens on the patio can be a thrill when things start blooming! Sketch out a simple garden layout on paper or size of pots that you will use.

Plan spacing— don't overcrowd plants just because they look small now.

Think about what plants you will want (e.g., tomatoes + basil, carrots + onions). Limitless!

Health and Happiness,  
*Chef Brenda*



## Geezer Forum

Tue Mar 10th 2:30  
Marigold Bistro and Café

Please join SASi at Geezer Forum.

We will be discussing “blue zones” and specifically how they have developed in Japan.

Blue Zones are specific, geographically defined regions of the world where inhabitants live significantly longer, healthier lives, with a high concentration of centenarians (people aged 100+) and low rates of chronic diseases.



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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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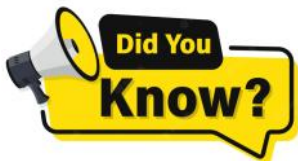
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Jess Wolfrum  
 Licensed Denturist  
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**Medical Equipment**

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.



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.

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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