



Hello May

Newsletter
May 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

Join us in kicking off our Live Give 7B Fundraiser at our Open House and Senior Resource Fair



820 Main St. Sandpoint, ID 83864

Donate to our Live Give 7B Fundraiser

See how your donations support our programs
Check eligibility and sign up
for our meal programs

Learn about our hosted games and activities
Speak with local providers
Tour the center

Tuesday May 5
3:00 pm to 6:00 pm

Please join the following
community partners during
this open house.

BGH Hospice
CREC Envision Center
Alpine Vista
Senior Advocates
Family Stewardship Services
Luther Park
SHIBA
Idaho Community Care Program

Community Partners

Bonner County Food Bank
Serengeti Home Care
Friendship Station
Eden Health
Washington Trust Bank
Gina Imburgia Senior Home Services
Medicare/Medicaid Insurance

Light refreshments and drinks provided

Local Generosity - Local Impact

Statewide Momentum
May 4-7



During Idaho Gives / Live Give 7B Week, your gift stays local—supporting the programs and places that matter most to your everyday life.



SASi SPOTLIGHT

We wanted to take a moment to thank one of our volunteers, Brittany Brown. She works at Auburn Crest Hospice, located in Bonner's Ferry. She makes a special trip once a month to donate cupcakes here at SASi on Auburn Crest's behalf. They have been donating cupcakes for ten plus years!! They donate enough cupcakes for each of our dining room guest that day.

Here at SASi if you join us for the last Thursday of the month for lunch you will get to enjoy a cupcake and help us celebrate those who had a birthday that month. We also have a raffle right before called our 50/ 50 drawing . Call us at 208-263-6860 to find out more.



Brittany Brown delivering cupcakes for our once a month Birthday celebration.



At Auburn Crest they are dedicated to supporting and strengthening coordinated care for terminally ill patients and their families through the advancement of hospice care. They provide care in patients' homes as well as in long-term care facilities. Working closely with patients, families, medical professionals and caregivers, their expert and caring staff focuses on helping people who are terminally ill live in comfort and with dignity.

Hospice is a promise of comfort for terminally ill patients and those who love them. An innovative concept in care by skilled professionals and volunteers working in partnership with a patient's doctor, Hospice provides physical, emotional and spiritual services and support for the whole family.



SASi Finance Manager Nancy Savage

50/50 Raffle

SASi's Finance Manager Nancy Savage or Volunteer Patti Stark will greet you and encourage you to win some money! Each Thursday before lunch, tickets are sold for a chance to win some cash. On the last Thursday of the month we draw a winner.



SASi Volunteer Patti Stark selling tickets to Howard Bobbitt.

Upcoming Presentation



Jonathan Peel, CPA

Please join Johnathan Peel from Family Stewardship Services on a presentation about money and estate management.

Thurs May 14th 1:00 at SASi

You can check out his website at www.FamilyStewardshipServices.com

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 session will be **Tue May 19th at 12:30-2:30.**

We're hiring!

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

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

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**

SASI UPCOMING ACTIVITIES

- Art Classes- Wed 12:30- 2:30 (limited seating)
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- Bridge Tues 12:30
- Bunco Mon 12:30 – 2:30
- **Discussion Group** Tues 10:30-11:30 **(NEW)**
- 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 -11:30 & 12:00-3:00
- 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

- **7B Live Give & Idaho Give spring campaign Mon 5/4-Thurs 5/7**
- **Open House Tue 5/5 3:00-6:00. See flyer**
- Old Time Fiddler Jam Sat 5/2 2:00
- Mother's Day Lunch Thurs 5/7 11:30
- Felt making class Thurs 5/7 12:30. Bear
- Geezer Forum Tue 5/12 2:30 Marigold Bistro & Cafe
- Presentation featuring Family Stewardship Services. Money & estate management. Thurs 5/14 1:00
- Tech Help Tue 5/19 12:30-2:30
- Memorial Day Lunch Thurs 5/21 11:30
- Board Meeting is on Fri 5/22 at 10:30
Open to the public
- **Closed Mon 5/25 Memorial Day**
- Birthday Thursday 5/28 11:30
50/50 Winner announced
- Breakfast Fri 5/29 8:30 with reservations
\$10 charge
- Bingo Sat 5/30 Doors open 12:30 play 1:00-3:00
- Injector Car Club Father's Day BBQ Sat 6/20 10:00-2:00

Felt Class



Join Rae Lin Aller from Creations making these adorable bears. Thurs May 7th at 12:30. Cost is \$10. Limited seating. Call 208-263-6860 to reserve your spot.

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)

Salad bar Mon- Wed

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

Next breakfast is Fri May 29th 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.



New Discussion Group

Host: Jim Payne

Tuesdays 10:30-11:30

Location : SASi 820 main st

Topic: Helping others/ making the world a better place

The group will explore and try out members ideas for ways to, in some small way, help others or ourselves.

Participants would propose ideas for helping others/ oneself. The group would discuss and explore them, modify them. Then some group members would actually apply them in the following days.

In the next meeting, members would share their experiences, and explore what to do next with the idea. Perhaps expand or modify the theme, or set it aside and explore a different suggestion



Bill Temple 5/1
Judy McComish 5/2
Monica Nodell 5/3
Sharon Ringe 5/3
Sandy Roberts 5/3
Elizabeth Woodward 5/3
Mike Kempf 5/4
Gary Vanhorn 5/4
Melissa Tierneg 5/5
Debra Davault 5/7
Pam Pomeroy 5/7
Dale Vanhorn 5/7
Donald Davis 5/8
Weslie Kary 5/8
Lynn McLaren-Dewey 5/10
Jean Smith 5/10
Wendy East 5/12
Arlene Hueske 5/13
Denise Dombrowski 5/14

Janet Pultorak 5/15
Adele Martin 5/15
Bill Otis 5/15
Willa Key 5/17
Sue Markham 5/17
Mary McGinnis 5/17
Lispeth Murray 5/17
Terriann English 5/18
Ted Farmin 5/18
Lance Hewitt 5/18
CJ Kovalchuk 5/18
Ginger Case 5/18
Bernice Webb 5/20
Marleigh Kopas 5/21
Ray Kosse 5/21
Jim Kubiak 5/21
Ray Anderson 5/22
Mary Pelot 5/25
Jon Cottrell 5/26
Lindsey Hughes 5/26

SASi Wish List

Labels 1.75"x .5" PLS339

Shipping Labels #ST18066

Address labels # 5160

Ground Folgers Coffee

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

Fruit Cups

Store bought cookies

Business cards ST12522 3.5X 2in

Chair leg protectors

KUDOS



- Patti Stark, Mike Sleep & Virginia Rowley for the cookies.
- Farm Bureau for donating over 300lbs of potatoes!
- Lindsey Hughes for planting spring flowers.
- Murry Butler & Patti Stark for selling raffle tickets.
- Craig Royer for fixing our kitchen item.
- Sally Sacht, Linda Krasselt, Patti Stark & Linda Diffey for helping with office tasks.
- Kristin Michiels for the items off our Amazon wish list.
- Murry Butler & Linda Diffey for decorating.
- Ginger Eastlund, Jo Brewer, Virginia Rowley, Linda Diffey & Patti Stark for the candy.
- Jackie Bowman for all the fresh bakery items for our Easter celebration.
- Patti Stark, Sally Sacht & Linda Diffey for helping fill the easter eggs
- Virginia Rowley for the fresh eggs.
- Monica Sheffield/ Gleeners for the onions.
- Virginia Rowley & Murry Butler for covering the front desk.
- Dan Osborne, Dick Sandall, Betty Overland & Nick Jones for playing music for us.
- Patti Stark for the desserts and office supplies.
- Congrats to our 50/50 winner Evelyn Brabender who happened to win on her birthday.



“MY MOM IS SUCH A GOOD COOK, SHE COULD WORK AT A FAST-FOOD PLACE.”

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.



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.

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

Fill the 9x9 grid so every row, column, and 3x3 box contains digits 1-9 without repetition.

For strategies on solving Sudoku, Visit Sudoku.org.uk. Level Moderate

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

THANK YOU



Photo credit to Gordy Carpenter, Thank you Gordy!

Thank you to all our volunteers! We were able to thank some of our volunteers with our annual Ice Cream Social last month. Not everyone was able to attend but we wanted to share our group photo, as our volunteers are very special to SASi.

Geezer Forum

Tue May 12th 2:30 at Marigold Bistro & Café. Topic is Fraud Prevention in Daily Life .

Join us for a Senior Fraud Awareness Seminar covering today's most common scams, how to spot red flags, and how to stay safe online and by phone. Learn what to do if you suspect fraud and take home helpful resources and handouts.

FRAUD PREVENTION



Kitchen Korner

Happy Spring SASi

We are so grateful for all the people who make the Senior Center a "go to" destination. The Staff and the Kitchen want to thank the Angels Over Sandpoint for their generous donation of an instant pot , coffee maker and coffee!!! We drink a lot of coffee and we pressure cook like mad. Thanks for also coming to our nutrition class, we had a great turnout. Our subject was nutritionally dense soup. It is chock-full of vitamins and nutrients. I would like to share the delicious recipe

Health and Happiness,
Chef Brenda



Very Healthy Soup

In a soup pot combine all ingredients and simmer till tender.

- 2 cans drained dark red kidney beans
- 1 lg can crushed tomatoes
- 1 can diced or stewed tomato
- 2 small zucchini
- 4 potato chunked, any kind
- 1 can peas with juice

- 2 small carrot sliced
- 2 small celery chopped
- 1 onion chopped
- Add broth or water for soup or less water for a chowder.
- Add sea salt and cayenne pepper for seasoning.



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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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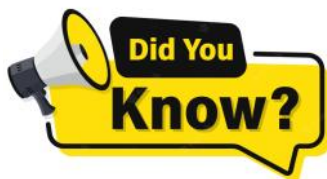
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Jess Wolfrum
Licensed Denturist



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

Like us on Facebook!

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



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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