



happy 4th  of july
INDEPENDENCE DAY

Our Annual Father's Day BBQ was so fun!

Newsletter
July 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

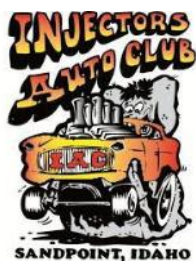
Mon-Thurs 8:00- 10:30 &
12:30- 2:30

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



Huge thank you to our amazing volunteers and the following Sponsors for making this BBQ successful.



THANK YOU!

THANK YOU 101 WOMEN !!

AND THANKS TO DURFEE CONSTRUCTION!!

For years, SASi volunteer drivers hoped for a little cover from the weather. Their hopes were answered in the spring of 2025 when 101 Women awarded SASi a \$10,000 grant to fund the construction of a portico over the delivery-walkway and the installation of electronic garage door openers. The garage doors changed volunteer and staff working lives instantly. The portico was completed this spring, and volunteer drivers will now have much-needed protection from adverse weather when preparing for their deliveries.

SASi thanks 101 Women for their benevolent community support, understanding the need, and easing the work of the volunteers who help make SASi's nutrition program a success. Durfee Construction also deserves big thanks for supporting SASi in this and many projects. They solved the challenges presented, built a beautiful structure and generously donated their labor to help keep SASi on budget with the grant. Finally, Sandpoint Painters donated their services to help put the finishing touches on. SASi is proud of the new portico and facility improvement, SASi and the seniors we serve are so very grateful.



Volunteer Skip Young exiting the building to deliver home delivered meals to home bound seniors before construction.



101 Women
SANDPOINT



COOLING CENTER

The Sandpoint Senior Center operates as a cooling center whenever the National Weather Service issues an extreme heat advisory covering Bonner County. While such an advisory is in effect, the Center will maintain extended hours including but not limited to: 3 pm to 6 pm on weekdays (M-F) and 12 pm to 6 pm on Saturdays and Sundays.

SASi reserves the right to decline cooling center services as deemed necessary under the circumstances presented

During regular business hours
Mon-Thurs 8-3:00 pm, Fri 8-12:00 pm

During Heat advisory
Mon-Fri 3-6:00 pm Sat & Sun 12:00-6:00 pm



Wine Event

We are excited to host our next Wine Event here at SASi. Please save the date.
Sat August 15, 3-5 pm.
 Cost is \$60 for pre-registration, \$75 at door. Call 208-263-6860 to make reservations.

More information to come.

Felt Class

Last months flock of eagles were so fun to make!!



Next Felting class hosted by Rae Lin Aller and Creations will be Thurs July 2 at 12:30. Cost is \$10. Making 4th of July gnomes!. Limited seating. Call 208-263-6860 to reserve your spot.

Free Tech Help

Lindy Flynn is 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 July 14th at 12:30-2:30.

Sasi Staff

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

SASi UPCOMING ACTIVITIES

- Art Wed 12:30-2:30
- Bridge Tues 12:30
- Bunco Mon 12:30 – 2:30
- Fit n Fall Proof Mon & Thurs 3:00 –4:00
- Food for thought segment w/Donna Peterson Tues 11:25-11:30
- Music with Dan-o Mon 11:00-11:30
- Open pool Table Mon, Tue & Thurs 8:30 am
- Pinochle Wed 9:30 –11:30 & 12:00-3:00
- Piano music w/Richard Sandall Tues 11:00-11:30
- Blood Pressure checks Thurs at 11:00-11:30 if EMT 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

- Double Down Sisters (Music) Thurs 7/2 11– 11:30
- Independence Day lunch Thurs 7/2 11:30 BBQ chicken
- Felt making class Thurs 7/2 12:30 gnomes
- **Closed Fri 7/3**
- Flash writing Thurs 7/9 1:00-3:00 (new)
- Tech Help Tue 7/14 12:30-2:30
- A.I Presentation with popsicles Thurs 7/16 1:00
- Board Meeting is on Fri 7/17 at 10:30
 Open to the public
- Bingo Sat 7/25 Doors open 12:30 play 1:00-3:00
- Birthday Thursday 7/30 11:30
 50/50 Winner announced
- Breakfast Fri 7/31 8:30 with reservations
 \$10 charge
- **No Geezer Forum this month**
- **No Old Time Fiddler Jam this month**
- Wine Event Sat 8/15 3:00-5:00



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>

Board of Directors

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

Jane Evans
Robbie Gleason
Joann Munch
Sue Poppino
Linda Zinn

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 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 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 is Fri July 31st 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.

"I Am An American"

*I am an American.
That's the way most of us put it, just matter of factly.
They are plain words, those four.
You could write them on your thumbnail,
or you could sweep them clear across this bright autumn sky.
But remember too that they are more than words.
They are a way of life.
So whenever you speak them, speak them firmly;
speak them proudly; speak them gratefully.
I am an American.*



- | | |
|-----------------------|------------------------|
| Edward Schramm 7/1 | David George 7/15 |
| Todd Newhart 7/4 | Shelby Vetter 7/17 |
| Debra Brady 7/6 | Gayle Young 7/19 |
| Gary Finney 7/6 | Pat Conners 7/22 |
| Mary Jacobson 7/6 | Sharon Johnson 7/22 |
| Caley Larkey 7/7 | Joshua Larkey 7/22 |
| Russell Tomlin 7/7 | Donna Harper 7/23 |
| Alice Wallace 7/7 | Chris Haworth 7/23 |
| Marshall Roberts 7/11 | Joann Sims 7/23 |
| Lea Soltis 7/11 | John Rapsomanikis 7/26 |
| Anna Schramm 7/11 | Karen Roeder 7/29 |
| Suzi Halliday 7/12 | Lisa Tucker 7/29 |
| LuAnn Sousa 7/13 | Theo Laswell 7/30 |
| Virginia Rowley 7/14 | |



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.



KUDOS



- Shakura Young for the fresh garden flowers.
- Anita Pine for the food items.
- Shelley Munson and Annette Braun for helping sell raffle tickets.
- Wendy Franck, Monica Lorenz, Sue Poppino Virginia Rowley, Cathy Phillips, LuAnn Sousa, Ray Kosse, Judy McComish & Tom Phillips for helping with our breakfast fundraiser.
- Sally Sacht, Patti Stark & Linda Diffey for helping with office tasks.
- Sue and Mick Poppino for the tea & BBQ supplies.
- Lance Hewitt, Lindsey Hughes, Erich Schramm and Carol Anaya for helping with yard work.
- Linda Diffey for the candy.
- Flint Vachon & Linda Diffey for decorating.
- Sally Sacht for assembling flower bouquets.
- Nikki Klein for pens, cake mixes, paper and placemats.
- Mike Driscoll for the walking canes.
- Joann Munch for covering the front desk.
- Ginger Eastlund for the father's day napkins.
- Cedar Hills Church for doing major cleaning for us.
- Priest River Senior Center for hosting a rummage sale and giving proceeds to support SASi
- The 4 Saxes for playing music. (pic included)
- Congrats to our 50/50 winner Bob Welker



Do you know why no one in America ever knocks?

Because freedom rings.

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.



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.escrrip.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 easy

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

Flash Writing

Join Lindy Flynn on Thurs 7/9 1:00 here at SASi for flash writing

Flash writing, commonly known as flash fiction, is a genre of prose that tells a complete, self-contained story in an extremely concise format. While there is no single universally agreed-upon length, it is generally defined as stories ranging from a few words to a maximum of 1,500 words.



A.I. (Artificial Intelligence) Presentation

Join Lindy Flynn on Thurs 7/16 1:00 here at SASi for an introduction to A.I.

Have you been wondering about AI, wanting an overview of the topic? Me too - so I took this opportunity to put together a slideshow of AI highlights. What is AI, how are we already using it, where is it going? We will go over the best tools for which job and suggestions for How To use AI to make life better and dos and don'ts. I'm not a coder just a fascinated user.



Kitchen Korner

Hello SASi!

Summer is finally here! Summer fun for seniors is all about mixing gentle movement, social connection, and creativity. To avoid extreme temperatures, schedule outdoor activities in the early mornings (before 10 a.m.) or late evenings (after 4 p.m.) and rely on air-conditioned spaces during the hottest parts of the day. We have a fantastic recipe for the best summer salad ever!

Health and Happiness

Chef Brenda



Chickpea Salad Yummy!

- 2 (10.5 ounce) cans chickpeas, drained
- 2 tablespoons red onion, chopped
- 2 cloves garlic, minced
- 1 tomato, chopped
- ½ cup freshly chopped parsley
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- salt and pepper to taste



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Or email 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.

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DID YOU KNOW?

Do you have a family reunion, game night, baby shower that you are planning and don't have the space? Check availability at The Senior Center for your upcoming activity! Call us at 208-263-6860 or stop by in person at 820 Main St in Sandpoint.



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Information & Assistance




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Fax (208) 667-5938
infoassist@nic.edu
www.aaani.org

North Idaho College

402 W. Canfield Ave., Ste. 1
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<https://www.facebook.com/SASiSeniors/>



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Labels 1.75"x .5" PLS339
 Shipping Labels #ST18066
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 Ground Folgers Coffee
 Individually packaged chips
Copy Paper 8.5 x 11
 Copy paper 11 x 17
Individually wrapped chocolate candy
Single size international delight hazelnut and chocolate coffee creamers
Individually wrapped hot chocolate packets
Scotch thermal laminating pouches 3mil letter size
 Holiday themed disposable place mats

Fruit Cups

Store bought cookies

Business cards ST12522 3.5X 2in

**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