



Newsletter
August 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 *Uncorked*

Sip, Savor, and Support Seniors



Ages 21 and Over

\$60 per person for pre-registration
\$75 per person at the door

To make reservations, please call
Sandpoint Area Seniors at
(208) 263-6860

Saturday, August 15th, 3 pm to 5 pm
Sandpoint Area Seniors 820 Main Street,
Sandpoint, Idaho





September is the time for the annual election for the SASi Board of Directors!

Currently, there are 5 positions open. If you are interested in applying or wish to nominate someone for consideration, please submit a Letter of Interest to Lindsey Hughes, Board President, by August 27th. Letters can also be dropped off in person at the Senior Center. In order to be an eligible candidate you must be 21 years of age and a Bonner County resident.

The election process is as follows:

- Thursday, August 27th : Deadline for interested persons to submit a Letter of Interest to Lindsey Hughes, Board President. (The letter can be given in person at the Senior Center).
- Thursday, September 10: A Candidate Forum will be held at 12 noon immediately following lunch. Candidates will introduce themselves to SASi participants and respond to questions from the audience.
- Thursday, September 10 – Thursday, September 17: Voting opens to any SASi participant. Complete and turn in ballot at front desk by 3:00 pm on 9/17.
- Friday, September 18: Winner will be announced at Board meeting 10:30.

Thank you for your support of SASi and your interest in becoming a member of the Board of Directors!



President
Lindsey Hughes



Vice President
Weslie Kary



Secretary
Judy McComish



Treasurer
Kellie Dryden



Jane Evans



Sue Poppino



Robbie Gleason



Joann Munch



Lindy Zinn

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

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.



Free Tech Help

Lindy Flynn is hosting free general 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 Aug 11th &
Thurs Aug 13th 12:30-2:30

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

Sasi Staff

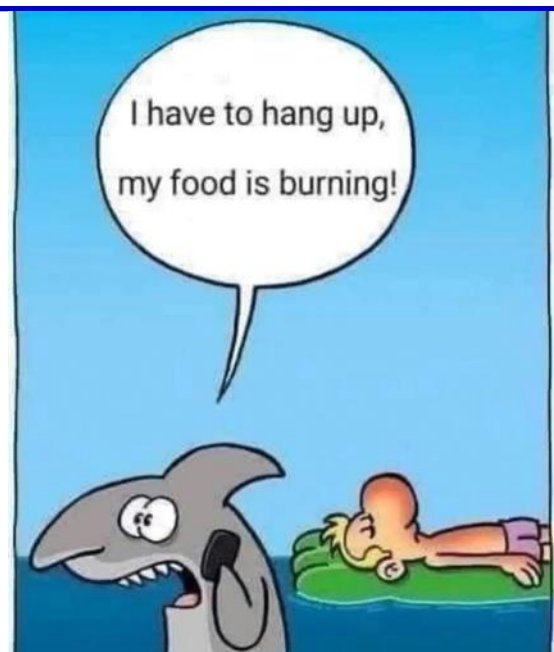
Operations Manager & Meal Coordinator: **Jessie Vachon**
Development Director: **William Brasch**
Finance Manager: **Nancy Savage**
Administrative Assistant: **Arie Sykes**
Head Chef: **Brenda Curtis**
Sous Chef: **Lisa Tucker**
Custodian: **Brad Webb**
Lead Nutrition Aide: **Avi Vachon**
Nutritional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

SASi UPCOMING ACTIVITIES

- Art Wed 12:30-2:30
- 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 3:00-4:00
- 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, Tues, Thurs 8:30-10:30
- Piano music w/Richard Sandall Tues 11:00-11:30
- 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

- Felt making class Thurs 8/6 12:30
Wet felted kitty cell phone holder
- Tech help Tue 8/11 & Thurs 8/13 12:30-2:30
- SASi Uncorked Sat 8/15 3:00- 5:00 pm. see flyer.
- Board Meeting is on Fri 8/21 at 10:30
Open to the public
- Birthday Thursday 8/27 11:30
50/50 Winner announced
- Board Election- Deadline for intent to run Thurs 8/27 by 3:00
- Breakfast Fundraiser Fri 8/28 8:30 with reservations \$10 charge
- Bingo Sat 8/29 Doors open 12:30 play 1:00-3:00
- No geezer this month
- Live Art Show “Art Alive” at the Panida Sat 9/12 5:00- 8:00pm See Flyer.



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 fundraiser is Fri Aug 28th 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.



Old Time Fiddler Jam



Please join the Old Time Fiddlers on the first Saturday of the month. Next jam is Sat Aug 1st at 2:00 here at SASi.



Sandi Greer-Gatlin 8/1
Joann Munch 8/1
Patrick Bradshaw 8/2
Paula Campbell 8/7
Denise Williamson 8/8
Roger Wimmer 8/9
Andreia Flynn 8/10
Kelly Bobbitt 8/10
Jerri Stevens 8/10
Carol Peterson 8/11
Andy Weaver 8/11
Wilbur Shaffer 8/13
Dorothy Ross 8/16
Sally Sacht 8/17
Elizabeth Horton 8/18
Sandy Lewis 8/18
Laura Kay 8/19
Lynn Olafson 8/19
Heidi Smith 8/21
Donna Branstetter 8/22

Carol Hancock 8/22
Kelly Mount 8/22
Tom Phillips 8/22
Glenna Rupp 8/22
Tory Johnson 8/23
Alisa Leddy 8/23
Cynthia Horton 8/24
Ed Taylor 8/24
Annette Braun 8/25
Bob Welker 8/25
Char Campbell 8/26
Pamela Rose Crawford 8/28
Jeannette Langlois 8/28
Frankie Roberson 8/28
Robert Morley 8/29
Sharon Bates 8/30
Kathy Kubiak 8/30
Penny Goodman 8/31
Dan Logan 8/31
Edna Wilhelm 8/31

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.

SASi Wish List

Labels 1.75"x .5" PLS339
Shipping Labels #ST18066
Fruit Cups

Address labels # 5160
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

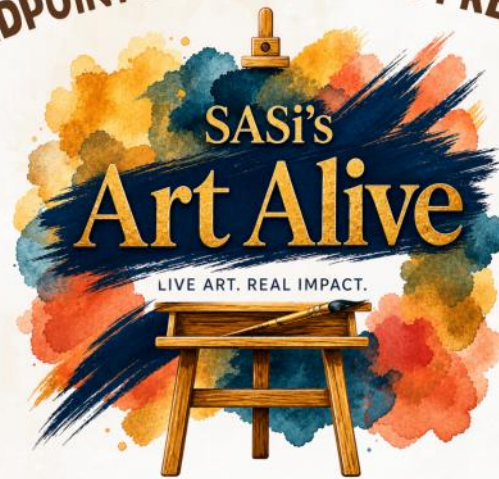
Store bought cookies
Business cards ST12522 3.5X 2in

KUDOS

- Mike Driscoll for the walking sticks.
- Patti Stark, Linda Diffey & Sally Sacht for the office help.
- Virginia Rowley, Jo Brewer & Dana Dean for the to-go containers.
- Double Down Sisters for playing music for us.
- Guy Marks for the jute box.
- Anna & Ed Schramm for the coffee.
- Vicky Johnson for printer ink.
- Patti Stark for the office supplies.
- Jackie Bowman for 4th of July cake.
- Mark Remmetter for repairing the pool table, wall trim & our jute box.
- Bob Gooby for sharpening our knives.
- Judy McComish & Adele Martin for hosting bingo at the Sandpoint Festival.
- Bizarre Bazaar for the disposable picnic items.
- Riley Shelley for all her hard work deep cleaning.
- Lance Hewitt & Lindsey Hughes for tending to our garden.
- Tom Phillips for donating food items.
- To all of our HDM drivers for showing up during the hot weather!
- Linda Diffey for office pens.
- Lindy Flynn for hosting A.I. presentation. Pic included below.
- Congrats to our 50/50 winner Ted Farmin.



SANDPOINT AREA SENIORS PRESENTS



Watch six acclaimed local artists create original works live on stage while you enjoy an unforgettable evening of art, music and connection.

All artwork will be auctioned to support Sandpoint Area Seniors and the programs that help them thrive in our community.



**SATURDAY,
SEPTEMBER 12, 2026**
5:00 – 8:00 PM



LITTLE PANIDA THEATER
SANDPOINT, IDAHO



TICKETS: \$75
SANDPOINTAREASENIORS.ORG

Get Your
TICKETS
SPACE IS LIMITED!

*I can't buy
tickets
today!*



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

Like us on Facebook!

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



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

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



Volunteer drivers needed!

For more information call
208-263-6860

Felting Class

These adorable patriotic gnomes were ready just in time for the holiday!



Next Felting class hosted by Rae Lin Aller and Creations will be Thurs August 6th at 12:30. Cost is \$10. Making wet felted kitty cell phone holders. Limited seating. Call 208-263-6860 to reserve your spot.



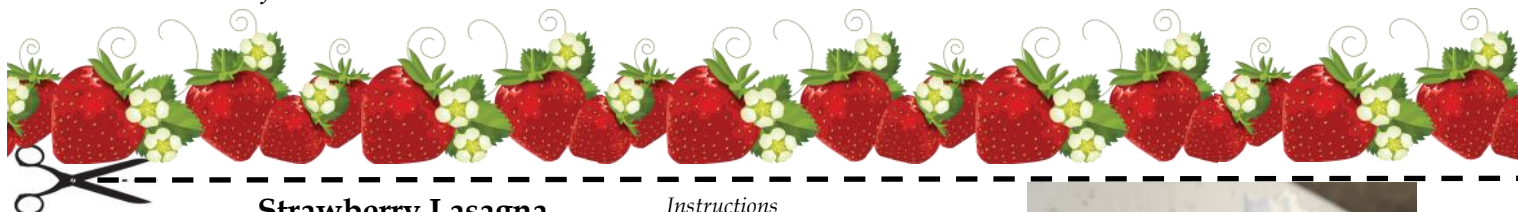
Kitchen Korner

Hello SASI!...This month we are doing STRAWBERRIES: Strawberries belong to the rose family and they are the only fruit that has seeds on the outside.

Strawberries are super delicious and super good for you, too! They are packed with vitamins and minerals, including vitamin C, folate, & potassium. That said strawberries boosts immune system and can lower blood pressure. Strawberries are known to protect your heart, and lower your cholesterol and blood sugar levels. Some say that they can fight some forms of cancer. Strawberry Tip: When possible, visit your local Farmers Market for fresh, local produce. Let us know how you would like strawberries prepared by slipping a note in the comment jars located on the dining room tables.

Health and Happiness

Chef Brenda



Strawberry Lasagna

Ingredients

- 2- package graham crackers
- 1- large box vanilla pudding
- 1 -large package cool whip
- 1- large package strawberries
- 1 – 12 oz strawberry glaze

Instructions

- Layer crackers
- Pudding
- Strawberries
- Layer crackers
- Pudding
- Glazed strawberries
- Let rest in fridge for 2 hrs
- Cut, top with cool whip.
- Serve



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1-800-786-5536 ext 4071
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.



**ADVANCED CARE
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25, Sandpoint, ID
83864



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your trust."

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Office (208) 265-2026

cspears4insurance@gmail.com

Information & Assistance



North Idaho College

Main (208) 667-3179

Toll Free (800) 786-5536

Fax (208) 667-5938

infoassist@nic.edu

www.aaani.org

402 W. Canfield Ave., Ste. 1
Coeur d'Alene, ID 83815



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/0haa9cf7>

Thank You Donors 4/14/26-Current

Individual Donors

Anonymous Donors

Anderson, Eric
Burt, Jan
Cameron, Barda
Carpenter, Gordy
Carrier, Richard
Castro, Joseph
Corpus, Lin
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Perchynski, Julie
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Qualls, Bob
Rainey, Lola
Ripplinger, Peter
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Whitney, Loren
Wilfert, Richard
Wise, Lynn & Martha
Womack, Susan
York, Georgia
Young, Shakura

Newman Comm Bible Church
St. Joseph Alter Society
Ting
Tues Morning Ladies Bridge Group
Washington Trust Bank
Wed Morning Womens Golf League
West Bonner County Food Bank

In Memory Of

Cox, Alamae & Lloyd
Gartrell, Diane
Kinder, Deannie
Marshall, Leslie
Michael, Loris
Robertson, Marilyn
Stockman, Geraldine

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Innovia Foundation
Litehouse Foods
Marathon Bridge Group



**DONATE
TODAY!**

Thank you to all of our anonymous & Individual donors !!If we have missed listing you, 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