



November

Newsletter November 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 with elder services in the area?
Call for more information!

Check out our website
www.sandpointareaseniors.org
a 501 (c) 3 non-profit corporation



SASi meals and programs are provided regardless of ability to pay. Donors like you have kept SASi strong for more than 50 years. We appreciate you!

GIVE MEALS GIVE MORE



Any Amount Helps!!

Our Goal: Fill the Gap!
2026 projected deficit: \$112,000

Your Donation of:

- \$600 will sponsor 100 meals
- \$1,200 will sponsor 200 meals
- \$1,800 will sponsor 300 meals

Send checks to:

Sandpoint Area Seniors, Inc.
820 Main Street
Sandpoint, ID 83864

Scan here to pay online



www.sandpointareaseniors.org
(208) 263-6860

**\$20,000
match**

Thank You to our Sponsors!!



DONNA HUTTER



Edward Jones
Ken Wood
CFP®
Financial Advisor

Holiday Time at SASi

SASi has some incredibly exciting things planned for the upcoming holiday season! As we enter the most wonderful time of the year, we hope you will join us in the joyful spirit of giving.

SASi Giving Tree

Sandpoint Area Seniors will be having a Christmas Giving Tree.

What is a giving tree?

A Christmas giving tree is a holiday tradition where a decorated tree is used to collect gifts for people in need. Tags on the tree list a recipient's gender, and a specific gift request, which donors take to buy the item. These gifts are then returned to the tree or drop off location, where they are distributed to those who otherwise might not receive them.

If you have a wish or need you hope to have granted, please return the application to the front desk at SASi. Your information will be confidential!

The deadline to submit a request is Dec 1st.
Must be age 60 or above.
Gift request limit of \$60.

If you are wanting to grant a wish, please check out our tree in the lobby of WaFd Bank located at 405 N 2ND Ave. You can take a tag and return that tag with the requested gift in a gift bag by December 7th. You can drop off at SASi or WaFd.



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

2026 Festival of Trees *A Hometown Holiday Tradition*

The Festival of Trees is a week-long celebration of generosity and community connection.

From downtown raffle trees and family activities to live holiday music and an elegant gala beneath the stars, every event helps strengthen the nonprofits, businesses, and neighbors that make Bonner & Boundary County special.

For more than 50 years, Sandpoint Area Seniors, Inc. (SASi) has served Bonner County seniors through nutritious meals, home-delivered meal services, and opportunities for connection and community.

Every ticket supports SASi's mission to address food insecurity and social isolation, helping local seniors enjoy the nourishment, companionship, and support they deserve.

Raffle Tickets

1 ticket for \$10
7 tickets for \$50
20 tickets for \$100
Raffle drawing is Dec 5th.

SAS's Tree will be featured at Bella Terra Boutique located at 223 N 1st Ave 10:00am- 5:30. Our theme is "Mountain Elegance."

Charity & Cheer Window Walk Nov. 28th -Dec. 5th
Friends and Family Day Nov. 28th 11am-5pm
Christmas Jubilee Concert Nov. 29th 2-5pm
Hometown Holiday Gala Dec. 5th 5-11pm



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.

Felt Class



Our next felting class with Rae Lin Aller from Creations will be Thurs Nov 5th at 12:30 making pumpkin gnomes.

Call 208-263-6860 to reserve your spot. Cost is \$10 to help cover materials.

Please join us in giving a warm welcome to Bob Nelson, who has graciously joined the SASi Board of Directors!

We are absolutely thrilled to have him on the team and look forward to the unique perspective he brings.

We would also like to extend a heartfelt thank you to our current board members for their ongoing dedication, and to everyone who participated in our annual board elections. Your engagement keeps our mission moving forward!



Board of Directors

President: Lindsey Hughes	Robbie Gleason
Vice President: Westlie Kary	Joann Munch
Secretary: Judy McComish	Bob Nelson
Treasurer: Kellie Dryden	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

Nutritional Assistants: Nova Dodd, Kristi Coldsnow

Volunteer Coordinator: Sue Poppino

SASi UPCOMING ACTIVITIES

- Art Class wed 10/7-11/18 12:30-2:30 acrylic paint
- Bridge Tues 12:30
- Bunco Mon 12:30-2:30
- Fit n Fall Proof Mon & Thurs 3:00-4:00
- 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
- 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

- Fall Campaign starts Sun 11/1. See flyer
- Felt Class Thurs 11/5 12:30 \$10 Pumpkin Gnomes
- Medicare presentation Thurs 11/5 12:30
- Turkey Bingo Sat 11/7 Doors Open 12:00 Play begins 1:00. See Flyer.
- Geezer Forum Tue 11/10 2:30 at Marigold Bistro & Cafe
- Veteran's Day Lunch Wed 11/11 11:30
- Old Time Fiddler Jam Sat 11/14 2:00-4:00
- Tech /A.I. Help Tue 11/17 & Thurs 11/19 12:30-2:30
- Thanksgiving Lunch Thurs 11/19 11:30
- Birthday Thursday 11/19 at 11:30
- Board Meeting is on Fri 11/20 at 10:30 Open to the public.
- CLOSED Thurs 11/26 & Fri 11/27 Happy Thanksgiving
- Bingo Sat 11/28 Doors Open 12:30 Play begins 1:00.
- No breakfast fundraiser until February.
- Holiday music presented by Waldorf School Thurs 12/17 11:00.

Free Tech/ A.I. 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 11/17 & Thurs 11/19 12:30-2:30



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>

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 you 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 with soup Mon-Wed at 11:00.

Medical Equipment

Do you need crutches, a walker or a bath seat? We have numerous items available for check-out! Bring us your clean gently used medical equipment during designated business hours!

Mon-Thurs 8-10:30 am or 12:30-2:30 pm.

Thank you for your support.

Like us on Facebook!

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



KUDOS



- Vicky Johnson & Nancy Savage for the napkins.
- Sally Sacht, Linda Diffey & Patti Stark for the office help.
- Patti Stark for the placemats, tea, water & candy.
- Frankie Roberson for the coffee.
- Mark Remmetter for fixing and repairing items around SASi.
- Sandy Roberts for the hot cocoa and apple cider.
- Anne Klein, Lindsey Hughes & Patti Stark for the Halloween decor.
- Linda Krasselt for the candy.
- Dick Sandall & Jana Wallace for the hot cocoa.
- Lindsey Hughes for decorating.
- Sally Sacht for the tea.

Thank you Linda Krasselt, Linda Diffey, Sally Sacht, Sue Poppino, Weslie Kary, Judy McComish, Lindsey Hughes & Robbie Gleason for helping with our fall campaign.(pic below)

-Congrats to our 50/50 Winner Patti Stark.



A very special thanks to the following people who volunteered to make our Monthly Breakfast Fundraiser such a success in 2026:

Wendy Franck, Monica Lorenz, Virginia Rowley, Ray Kosse, Judy McComish, LuAnn Sousa, Cathy Phillips, Tom Phillips, Shelley Munson, Annette Braun, Lindsey Hughes, JoAnn Munch, Deb Harrington, Jane Evans and Sue Poppino.

Thanks also to all the people who came and enjoyed the delicious breakfasts and fellowship.



Dana Dean 11/2

Mary Faux 11/6

Sharon Davison 11/7

Robert Nelson 11/8

Jane Guidy-Benton 11/10

Shirley Walthall 11/10

Douglas McGarry 11/12

Mickey Jackman 11/14

Anne Klein 11/17

Greg Switzer 11/18

Arie Sykes 11/18

Denis Zwang 11/18

Norma Fontinatos 11/20

Walter Morse 11/21

Donna Peterson 11/21

Donna Short 11/23

Ted Moss 11/24

Mark Edwards 11/24

Janet Vetter 11/24

Janice Walsh 11/24

Todd Osborne 11/25

Nova Dodd 11/26

Serve Wilson 11/26

Maria Morehead 11/27

Virginia Withall 11/27

SASi wish list

Copy paper 8.5 x 11

Business cards ST12522 3.5 X 2in

Labels 1.75" x .5" PLS339

Address Labels #5160

Cardstock paper

Indiv wrapped snack chips

Indv wrapped apple cider packets

Indv wrapped Chocolate for lobby

Indv wrapped variety flavored tea

Thanksgiving, Christmas & New Years themed disposable place mats

Fruit cups

Store bought cookies

Kitchen scissors x 3

Electric water kettle 2L

SASi's Inspiration Garden

We were honored to follow our breakfast with the grand reveal and ribbon cutting of the Inspiration Garden, hosted by the Chamber of Commerce.

But what stood out the most wasn't just the garden or the fundraiser – it was the way our community showed up.

We had local business owners, government officials, foundation representatives, community members, fellow nonprofits, and so many people who care deeply about making our community a better place.

That is what makes a community strong. When people come together, share their resources, open doors, make connections, and invest in one another, incredible things can happen.

Thank you to everyone who joined us, supported us and continues to believe in the work we're doing at SASi. We are so grateful to be part of a community that shows up.

Here's to more mornings like this – filled with connection, collaboration, and community!



A Gift For The Person Who Has Everything - Including You!

Don't struggle to come up with ideas to give your family when they ask what you want for Christmas this year. And avoid the challenge of finding just the right gift for the person who "has everything."

SASi can help both givers and receivers!

SASi's Inspiration Garden is growing. Why not give - or get - a gift that keeps on giving? You can order a brick now with a loving, inspiring, or even humorous inscription to honor someone special. Bricks ordered in 2026 will become a part of Sandpoint history when installed in the spring of 2027. 4 x 8 bricks, with three lines of text, can make an ideal and lasting gift for just \$100, and most of the proceeds will help support SASi's nutrition and social programs. Larger bricks with more lines - and more impact - may also be ordered. Forms are available at SASi, 820 Main Street, Sandpoint.

Or online at sandpointareaseniors.org.

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 eScripCommunity 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

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

Level Moderate

Email info@sandpointareaseniors.org for answers.

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



Kitchen Korner

Hello SASi....Baby its cold outside! "Health is Wealth" I have a challenge for you this month.

YOUR ASSIGNMENT:

Take one cold shower every day this week.

Cold showers have some surprising benefits:

1. It boosts your heart rate, oxygen intake, and alertness.
2. Cold temperature improves your circulation, reducing inflammation.
3. Helps relieve muscle soreness
4. Boosts your mood
5. Can make your skin and hair glow because cold water doesn't dry them out the way hot water does. Plus, it closes your pores, helping to even out skin's texture.

Yours in cooking,
Health and Happiness,
Chef Brenda



Medicare
Annual Notice of Change (ANOC)

- ✓ Plan Changes
- ✓ Benefit Updates
- ✓ Cost Adjustments
- ✓ What It Means for You

Got your ANOC in the mail? Let's go over it together!

Annual Notice of Change MEDICARE MEETING

Learn What's Changing & What It Means for You!



2027 Benefit Changes
Discover what's new for next year.



Premiums & Copays
See how costs may be changing.



Prescription Drug Coverage
Review formulary updates and medication changes.



Provider & Network Changes
Find out if your doctors and hospitals are still in network.



Your Options During AEP
Learn if a plan change may be right for you.

THURSDAY, NOVEMBER 5TH
12:00 PM - 2:00 PM

Sandpoint Senior Center

Bring Your Annual Notice of Change (ANOC)

- ✓ Get clear, easy-to-understand answers
- ✓ Ask your questions
- ✓ Review your current plan
- ✓ Explore your options for 2027

Hosted by: **Jennifer Owens** 
YOUR LOCAL MEDICARE RESOURCE

 (208) 425-4522
(509) 440-1409

Turkey Bingo Fundraiser

Fun For The Whole Family! Prizes, Raffles and More!
Join Us for Sandpoint Area Seniors Inc. annual Turkey Bingo Fundraiser

Sat, November 7th at the Sandpoint Senior Center
820 Main St. Sandpoint, ID 83864

Doors open at 12pm and Games begin at 1pm
4 Cards for \$25 (\$5 per card after the first 4)
Raffle tickets, Basket tickets and light refreshments sold separately

Turkey or Ham awarded to the first winner of each game.
Any additional winners will receive a gift certificate for \$15

For information please call 208.263.6860
or visit www.sandpointareaseniors.org



GEEZER FORUM

Tue Nov 10th 2:30 at
Marigold Bistro & Cafe
Topic: Close to home....."
Host Leanne Villa

Join All Travel Guru for an engaging conversation about travel, from memorable getaways in the Pacific Northwest to adventures farther afield. We'll share inspiring trip ideas, explain how to get started with planning and booking, and discuss how a travel advisor can help you find options that suit your interests, comfort level, and budget. Whether you have a destination in mind or are simply curious about the possibilities, come get inspired and bring your questions!

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.

Information & Assistance



AREA AGENCY on AGING
OF NORTH IDAHO
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



Life Care Center
of Sandpoint

SKILLED NURSING FACILITY
WWW.LCCA.COM

A PREMIER
HEALTH CARE
FACILITY

1125 North Division Street
Sandpoint, ID 83864
(208) 265-9299
FAX (208) 265-9710



Thank you
Lance Hewitt
for sharing
this
beautiful
fall picture.



ADVANCED CARE NORTH WEST
4800 N. Highway 10, Sandpoint, ID 83864



Home is where you want to be.
Providing Safe and Independent Living
in the Comfort of Your Home.

Tel: 208-263-3225
advancedcarenw@protonmail.com
www.advancedcarenorthwest.com

THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY
1123 N. Division Street, Sandpoint, ID 83864



- Medicare Health Plans
- Prescription Drug Plans
- Dental & Vision Plans

"Your Referral is the best compliment. Thank you for your trust."

Carey Spears
100 Vermeer Dr, Ste B
Ponderay, ID 83852

Office (208) 265-2026
cspears4insurance@gmail.com

Sandpoint Denture Clinic, Inc.
Direct to the Public
Over 30 Years Experience
Quality and Satisfaction Guaranteed

Riverside Bldg, Suite 9
204 E. Superior Sandpoint, ID 83864
(208) 255-5577

Jess Wolfrum
Licensed Denturist

**Advertise
Your
Business
Here**

Thank You Donors

Individual Donors

Anonymous Donors
Allen, Pam & Jim
Anderson, Eric
Begalke, Katherine
Bjerke, Brian
Brodsky, Peggy
Burt, Jan
Butler, Murry
Cameron, Barda
Camp, Robert & Carol
Campbell, Charmayne
Campbell, Paula
Carpenter, Gordy
Carrier, Richard
Casey, Kerry
Castro, Joseph
Choate, Linda
Cork, Marilyn
Corpus, Lin
Cottrell, Joanne
Creed, Richard
Curtis, Richard
Dale, John
Dreier, David & Peggy
Duncan, Terry
Eastland, Ginger
Ennis, Sherry
Farrar, Corrine
Finney, Gary
Fournier, David & Karen
Fruehling M.D., Erich
Gleason, Robbie
Gooby, Robert
Grebner, Marythea
Hall, Kathy
Halliday, Emajean
Hamilton, Elmer
Harmelin, Michael
Hartshorn, Donna
Hebner, Charlotte
Howes, James
Hull, Daniel & Yvonne
Iten, Joel
Johnson, Vicky
Kary, Loran
Kary, Weslie

Katona, James & Nancy
Kido, Terri
Kiene-Wheeler, Dion
Klien, Nikki
Kowalski, Alisha
Krasselt, Linda
Labrie, Judy
Langel, Craig
Law, Mickey
Lewis, Nancy
Lewis, Ted & Betty
Macmenamin, Sheryl
McComish, Judy
McPherson, John & Mary
Melia, Linda
Miller, Evelyn & Gerald
Mitchell, Linda
Munch, Joann
Nadeja, Mary
Nelson, Bob
Nickle, Steven
Norsby, Debra
O'Meara, Elisabeth
Papagni, John
Parent, Barbara
Parry, Shawna
Peine, Carol
Perchynski, Julie
Peterson, Donna
Pine, Anita
Polk, Terry & Ellen
Poppino, Mickey & Sue
Poutre, Nicholas
Prasil, Gary
Qualls, Bob
Raine, Lola
Raynor, Roy
Reagan, Ingrid
Ripplinger, Peter
Roberts, Jannice
Roberts, Marshall
Robertson, Mike
Rowley, Virginia
Royer, Craig
Rust, Robert
Sauter, Mark

Savage, Kevin & Nancy
Scott, Sally
Shramm, Anna & Ed
Schumacher, Leda
Shirley, Donald
Snyder, Betty
Spears, Carey
Steinway, Gary
Stevens, Jean
Sorrentino, Susan
Stevens, Jean
Thorpe, Laurie
Thurston, R.D.
Tuma, Elise
Valentine, Virginia
Vetter, Janet
Walker, Nicole
Wallace, Fern
Wallace, Lloyd & Alice
Welch, Ron & Sheila
Wheatley, Rose
Whitney, Loren
Wilfert, Richard
Wills, Beth
Wise, Lynn & Martha
Womack, Susan
York, Georgia
Young, Shakura

Corporate Donors

AA Meeting
Alpine Motors GMC
Anderson Creations
Angels Over Sandpoint
Area Agency on Aging
Auburn Crest
Bonner-Boundary Cattle Assoc.



SASi's Finance
Officer Nancy
Savage accepting a
generous donation
from Chris Elliot of
Bonner County AG &
Forestry

Bonner Community Food Bank
Bonner County AG & Forestry
Dover Community Church
First Presbyterian Church
Friendship Station
Holy Spirit Episcopal Church
Idaho Community Found.
Innovia Foundation
Kochava, Inc
Litehouse Foods
Marathon Bridge Group
Mountain West Bank
Newman Comm Bible Church
Old Time Fiddlers Assoc.
Panida Theater Committee, Inc
Pend Orielle Veterinary Service
Priest River Happy Agers, Inc
Sandpoint Super Drug
St. Joseph Alter Society
Ting
Tues Morning Ladies Bridge Group
United HealthCare
Washington Federal Foundation
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

**Donate
Today**



Thank you to all 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