



Big Changes in Sandpoint and SASi from COVID19

"SASi"

SANDPOINT AREA
SENIORS, INC.

What's going on down at SASi?

820 Main Street
Sandpoint, Idaho 83864

Senior Center: 208-263-6860

Mon.-Thurs.: 8am - 3pm
Friday: 8am - 1pm

DayBreak Ctr: 208-265-8127

Mon.-Thurs.: ~8:30am - 5:30pm

www.sandpointareaseniors.org
sandpointareaseniors@gmail.com

a 501 (c) 3 non-profit corporation

"It shall be the mission of the Sandpoint Area Seniors, Inc. to benefit senior citizens over the age of 50 in Bonner County by promoting nutritional, social, recreational and wellness opportunities."

We serve meals daily at our SASi Café for a donation of \$4.00 (60+ years old) or whatever you can afford. There is an \$8.00 charge for guests under the age of 60.

Lunch is served at 11:30 am,
Mondays - Thursdays.

First, the county's school districts announced they would be closing in the interest of public safety. Then the Sandpoint Area Senior Center announced it also would be closing for a period of time. And soon, word came the East Bonner County Library District would be suspending some programs.

In addition, Bonner General Health implemented high-alert procedures Monday in its Emergency Department, Erin Binnall, community development manager for Bonner General Health and Foundation said. All patients will be triaged before entering, to protect staff, patients, and visitors.

"Bonner General Health is following the CDC criteria guidelines for lab testing for COVID-19," she said. "If you do not meet the criteria from the CDC, please stay at home and self-monitor your symptoms."

Coronavirus symptoms can include a fever (higher than 100.4 degrees), lower respiratory illness (a new cough, new shortness of breath and difficulty breathing), travel to affected countries (China, South Korea, Japan, Iran and Italy) or affected U.S. cities (Seattle, Portland, San Francisco, Sacramento, Los Angeles and New York City), and contact with a person who has COVID-19.

Binnall said as the hospital continues to provide care to all other emergency patients, BGH needs those coming to the Emergency Department with COVID-19 symptoms to follow the below guidelines.

Call ahead of time to the Emergency Department at 208-265-1020.

- Upon arrival at the hospital, stay in your car, and call 208-265-1020, a staff member will come to the patient.

"Bonner General Health is working diligently with our local agencies and regional partners to prepare for coronavirus and screen for any potential cases," Binnall said. "While there are still no confirmed cases in our county, we all must do our part to keep ourselves, family, and community members safe. Those with questions should call the Panhandle Health District hotline at 1-877-415-5225. Please go to page 7 for more info.

Board of Directors

President: Chenoa Crettol

V. President: Frankie Roberson

Secretary: Leslie Marshall

Treasurer: Kelly Dryden

Directors

Pam Allen

Nikki Klein

Loris Michaels

Marshall Roberts

Executive Director's Corner: Alice Wallace, Interim Executive Director

Right now we are seeing history being made in our lives. Never in our life time have we seen so many business' having to close due to such a dangerous and contagious virus as this 'Corona Virus'.

Under normal circumstances the first couple of weeks of March we are usually looking forward to spring. We see people in our community raking their yards, flowers coming up in the gardens, and fathers with their sons playing ball. This year all of a sudden it is a completely different story, we are surrounded by talk of this virus. By now we have heard, seen and some of us have had friends and family members that have experienced this virus. Just because it hasn't come to Bonner County yet, doesn't mean we don't need to guard against it. I know you have heard these precautions many times. We thought we would add them to the newsletter, maybe cut them out and put on your refrigerator:

Keep a distance of 6 ft. from others

Wash your hands more often and lather up for 20 seconds.

Wash after blowing your nose, coughing or sneezing into your hands.

Wash after using the restroom.

Wash before eating or preparing food.

Wash after contact with animals or pets.

Wash before and after providing care to an adult or a child.

Make sure you have cleaned your home and then disinfect it with a cleanser!

Clean your cell phones and all devices.

Clean your steering wheel in car.

Consider gloves or sanitizer while fueling up car.

Most of all us good common sense! Stay home !

At times like this we have to stop and think, how is the family doing, how are friends dealing with this, and how neighbors are doing. My answer is to call

them. Call them maybe they might need something such as encouragement. Take care of yourselves and call us at SASi if we can help!



It's Time to Take a Look at Your Coverage!

Call Quinnette Tarbert, our health and life specialist, for a complete evaluation of your health insurance needs. We provide lots of affordable coverage options — ACA, Medicare, Medicare Supplemental, AFLAC, group and individual policies.

Medicare Open Enrollment is October 15th - December 7th
ACA Open Enrollment is November 1st - December 15th

208 265-1888 476653 Hwy. 95, Suite 3 in Ponderay



DayBreak Center



(l-r) Kelly Crowder, Program Coordinator, Adrienne Belucci and Denise Dombrowski, Activities Assistants

What a crazy world we live in today with the Covid 19 pandemic and reports on every news station. It's downright frightening.

Please heed all the precautionary measures to do your part to keep this virus from spreading. I wanted to share this with you to bring some positivity into your day.

Remember, life is made up from a lot of small things that create beautiful memories.

Remember there is air.

Remember there is breath.

Remember there is rain.

Remember there is snow.

Remember there is sun.

Remember there is solid earth beneath your feet.

Spring is here, watch the first tender buds on the maple trees gently lifting tiny red leaves to the sky.

Witness how water has caught the sunlight and cast its reflection vertically across the rocks, so ripples of golden water light seem to be flowing uphill into solid stone.

Hear the crows across the valley lift their cries into the wind.

Notice how one brown-gold leaf laid across the rocks is shaped like a heart.

Watch the tall pines rising against

the clouds, silent sentinels between heavens and hills.

See how the cedars grow seemingly through stone, branches spreading wide for balance, roots reaching deep until they become that which holds the world together.

Listen to the sounds of the owls lifting through the trees and drifting across the land.

Remember there is air.

Remember there is breath.

Remember there is rain.

Remember there is snow.

Remember there is sun.

Remember there is solid earth beneath your feet.

Author, Brigid Grove

I hope you enjoyed the poem, I felt the timing of this poem will help us get through today and the days that lay ahead while we are unable to perform our normal lifestyle.

Here are some ideas to keep you busy while you're having to stay at home.

Write out this year's Christmas cards, clean out that closet, room or garage and donate what you will no longer wear, mend clothes, do spring cleaning.

Please make sure everyone around you is doing good and make sure everyone has what they need. Contribute to a cause that is providing people with meals.

DayBreak remains closed and will reopen when the crisis of Covid 19 is over and it's safe to resume our lifestyle.

From all of us at DayBreak Center, be safe and know we miss each and every one of you!

Kelly

Support Groups for Families, Caregivers and Friends of those with Dementia, Alzheimer's and memory challenges

1st and 3rd Thursdays, 1 - 2pm
at the SASi Conference Room

Alzheimer's currently affects 1 in 6 adults under 80 years old and 1 in 2 for adults over 80 years old. Every 67 seconds, someone is diagnosed with dementia.

As a "care-partner," you go through many emotions. Know that you are not alone.

Being part of a community of people going through similar experiences can provide you with support, hope and information.

Try it out...Your loved one may stay at the DayBreak Center (with prior arrangements) while you are attending the Caregivers' Support Group meetings.

Call Facilitator, Jan Griffiths, 208.290.1973

~~~~~

United States<sup>®</sup>  
**Census  
2020**

You matter! Get

counted. Look for the 2020 census to arrive this month. It is vitally important that you get counted. You can complete the census the traditional way, on paper, or for the first time ever, you have the option to complete the census online. CSC is here to help regardless of how you choose to complete the census.

## Senior Spotlight: SASi Administrative Assistant Emmy Keiser

For the past nine years, Emmy Keiser has been coming to SASi every morning at 8am to begin the day by answering the busy phones at the center. While answering the phones, Emmy helps other colleagues with sealing meals, serving lunch, and working on the monthly menus, the monthly newsletter, and other duties.

When she first came to SASi, she was on the federal program, Experience Works. The then director, wanted someone to be at the front desk to help greet the seniors coming in for lunch. Six months later she was hired on to staff.

Emmy has enjoyed her time with the

many people she has met over the years! I've seen a lot of changes going on at SASi. One thing for sure is this a very important place in the community and I've loved being a part of it all.

I feel so privileged to be a part of this and wish SASi another 45 years of growth in the Sandpoint community!

Emmy grew up outside of Philadelphia, PA, but had lived mainly in South Florida until 1999 when she and her son, Aaron moved to Sandpoint.

When we reopen our doors please come by and say hello to her and the other fantastic employees working hard for you at SASi!

## Happy Birthday

Helen Dixon 4/1  
Evie Leucht 4/12  
Jackie Knachtgas 4/12  
Kevin Savage 4/16  
Joyce Boeck 4/16  
Marge Luther 4/20



Ove "Swede" Gunnarson 4/21  
Leonard Boice 4/21  
Robert Venn 4/23  
Betty Johnson 4/23  
Darrell Ewing 4/25

## SASi's Kudos Korner

During this crisis, we want to THANK the many people in this community who have called here to donate items such as toilet paper, hand sanitizer, medical equipment for our loan program, help with cleaning, and many other selfless acts of courage.

We know the day will come when we will be able to open our doors again- until then please be well and help others as you can!

*WITH GRATITUDE! SANDPOINT AREA SENIORS*

## In Memoriam

We wish to acknowledge the recent passing of seniors who have been coming to SASi :

Barbara Gooby, Elara Reynolds, Lolo Thompson, Bruce Wendle, "Vegas" Hinrichs, Harold Overland. We will miss them!

# Papa Murphy's Take and Bake Pizza Fundraiser for DBC

Mark your calendars for another Papa Murphy's Take and Bake Pizza fundraiser to benefit the Daybreak Center Family Assistance Fund. The date is Monday, April 6, 2020. All day you can go into the Ponderay store and with a coupon get a pizza or any of their delicious products. Papa Murphy's will then donate 9% of whatever they bring in that day for the fund.

Papa Murphy's has been a valuable partner for the past 2 years donating towards this important fund which helps the families of loved ones who have dementia and Alzheimer's Disease. The fund was set up to help them pay for time so they can bring their loved one into the DayBreak Center so that the caregivers can get much needed respite time.

The DayBreak Center provides a day program which includes lunch, snack, and activities. The staff has a daily schedule of activities which can be music

or art.

If you don't have a coupon which can be picked up at SASi, just use the one printed in this newsletter. Enjoy the delicious food and know you are helping to support the DayBreak Center Family Assistance Fund!! For more information, please call 208.263.6860.

USE THIS COUPON:

Papa Murphy's Take 'N' Bake Pizza  
And  
Sandpoint Area Seniors, Inc. invite you  
to a  
PIZZA FUNDRAISER FOR THE  
DAYBREAK FAMILY ASSISTANCE  
FUND

Monday, April 6, 2020

## Thank you, Advertisers!!

Thanks to our newsletter advertisers!

~~~~~

Thank you for supporting our outreach efforts! Your ad reaches hundreds of people each month in print and online.



Need a hospital bed?!

A hospital bed helped a family in need!
We have more! Do you need one
or have one to donate?
Please call us at 208.263.6860!

**THANK YOU, Swift Fabricating for paying our*



1125 N. Division
Avenue
Sandpoint, Idaho
83864
208.265.9299



Managed by Eden Health
530 Pine Street
Sandpoint, Idaho 83864
208.255.1640

Physical Therapy
Occupational Therapy
Speech Therapy
Social Services
Registered Nurses

www.afshomehealth.com

Insect Word Search

W T R Y M J Y U Y D K F E C E
 M B E E D L J L K N L K L W F
 L Q J N F I F K B Y O V T Z J
 M P G Y R R C Z H D Z F E G G
 O T A A E O A H P S U S E M R
 M M Z T K U H S C Z U X B D E
 X O T D R A G O N F L Y B H P
 U U S M O T H C B C A T N A P
 B W J Q V Y R P E I D C Y D O
 Z D A W U I M Z E N Y B I N H
 T Y C S C I A Z G O B T U E S
 X R L K P B T Y V G U C T S S
 B Q E I W L G O O B G M N Q A
 G T Y L F E R I F N T O H L R
 Z S J Y P B E H O J Y A L S G

- ANT BEE BEETLE
- BUTTERFLY CRICKET DRAGONFLY
- FIREFLY FLY GRASSHOPPER
- HORNET LADYBUG MAYFLY
- MOSQUITO MOTH WASP



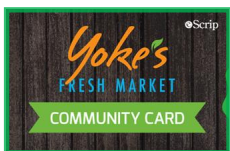
Saturday Dances,
 Will resume at a later date!

FACILITY RENTALS!

Looking for somewhere to hold a holiday or anniversary party, meeting or gathering?
 Intimate and large group settings!
 Reasonable rates! Both buildings are available!

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



Have you moved or changed phone numbers? PLEASE make sure we have your correct information on file!

Do you need crutches, a walker or a bath seat? We have numerous items available for check-out! Bring us your gently used wheelchairs and



Would you like to receive this newsletter in your mailbox *at home*? We can mail it to you for \$20/year to cover printing and mailing. Help us save paper and receive it through *email* for a donation (if you can afford it). Menus are also on our web-

More from the Daily Bee article 3/17/20

Contd. from Pg. 1.....

Among those following the latest CDC health announcement is the Sandpoint Area Senior Center, which announced it would be closed to all activities as of Wednesday, March 18. In addition, its DayBreak Center will be closed as of today, March 17, for about 30 days.

Meals will continue to be delivered to area homebound seniors, but the center will be making "grab and go" hot lunches for seniors to pick up instead of welcoming them inside to eat, said the center's Alice Wallace. Friday's breakfasts will not be served until the center can return to its regular schedule.

Those interested can sign up for their hot meal the day before – as in the past – then just drive to the back entrance of the building (on Alder Street, near the corner of Forest). Center staff will be running meals to vehicles from 12-12:30 pm.

As always, your donations to support the meal expenses will be very gratefully received!

"We hope our seniors will make use of our 'grab and go' meal service, and we look forward to seeing you all from Wednesday onwards – until the situation improves,"

If any seniors have an emergency please call 208-265-8127 or 971-718-1606 and please leave a message, Wallace said staff will return those calls. The two phone numbers printed here are for the DayBreak Center. Any other concerns pertaining to Sandpoint Area Seniors please call 208.263.6860. The staff is working Mon-Fri in the office.

The article printed on the front page is a partial reprint from the Bonner Daily Bee, Tuesday, March 17, 2020, by staff writer, Caroline Lobsinger.



Delivering a "Grab and Go" meal to a client. Pictured here are SASi Employees.

THE BRIDGE AT SANDPOINT



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

ACCESS Care at Home, LLC
Providing exceptional care at home

Monica Sheffield

Care Coordinator, Bonner County

Cell: (208) 290-6506



Serving Sandpoint and surrounding areas
1218 N. Division Street, Suite 202C
Sandpoint, Idaho 83864
Office: (208) 783-0100 or (855) 0102



Nora Horn
Sales & Marketing Manager
NoraHorn@ecumen.org
Phone (208) 265-3557
Fax (208) 265-8880
510 South Olive Avenue
Sandpoint, Idaho 83864
www.lutherparksandpoint.org



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

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

Carey Spears
300 Bonner Mall Way #48
Ponderay, ID 83852

Office (208) 265-2026
Cell (208) 610-8096
cspears4insurance@gmail.com
www.careyspears.com

Donors

Many thanks to ALL our donors! We simply could not do it without you!

\$5 A MONTH CLUB	<i>Diamond</i>	Eichardt's Pub <i>Sapphire</i>	Kim & Jim Marley <i>Emerald</i>
Beebout, Marie	Angels Over Sandpoint	Equinox Foundation	Laurelie & David Wall
Cecil, Bill	Anita Pine	Family Health Center	Leslie Marshall
Clark, Linda	Betty Overland	First Presbyterian Church	Lewis Family
Dillon, Marilyn	<i>Ruby</i>	George & Barbara Gauzza	Litehouse, Inc.
Durfee, James	Betty & Kenneth Colin	<i>Sapphire</i>	Lori & Dan Meulenberg
Ewing, Darrell	Betty & Stephen Whipple	Heather Hellier & Alan	Lou Scharpf <i>Sapphire</i>
Herling, Judy	Billy Snyder	Barber	Louise & Steven Wood
Hern, Kelli	Bonner County	Highlands Day Spa	<i>Sapphire</i>
Lucas, Jeannette	Bonner General Health	Holy Spirit Episcopal	Marilyn Chambers
& Richard	Bob & Trish Thurston	Church	Marilyn Sabella
Luther, Marge & Bob	Bonner County Daily Bee	Idaho Comm. Food Bank	Marjorie Keating
Marshall, Leslie	Bradford Bowman <i>Garnet</i>	Idaho Community Found.	Mark Kubiak
Martin, Adele	Bud Britain	Injectors Car Club	Mary & Gary Daubersmith
Michael, Loris & Dick	Cadeau Foundation	Innovia Foundation	Mary Jacobson
Payne, Myrna	Catholic Charities of Idaho	Isabel Hollreigel	Matthew Nykiel <i>Garnet</i>
Peterson,	Carey Spears	Jackie & Tim Hanna	Mountain Sky
Donna	Carol & Bob Camp	Jackie & Tom Peters	Nancy Heeney
Pine, Anita	Carol Thomas & friends	James & Janice Roberts	Nancy Lewis
Pierce, Norma	Caroline Lobsinger	Jane Clark	Natalie Ednie
Roberson, Frankie	Cindy Elliot <i>Garnet</i>	Janet McKeough	Newman Community Bible
Sacht, Sally	City of Sandpoint	Janice & Mark Johnson	Church, Inc.
Schoonover, Anita	Colleen Culwell <i>Sapphire</i>	John & Mary Campbell	Norma Pierce
Stevens, Bill & Jerri	Community Assistance	<i>Sapphire</i>	Northern Lights, Inc.
Vetter, Janet	League (CAL) <i>Diamond</i>	John & Shirley Howard	Pamela & Richard Forcier
Watts, Buzz	Cool-it Heating & Cooling	<i>Sapphire</i>	Papa Murphy's Pizza
Thank you also to these	Craig Royer	Joyce & Larry Anderson	Patricia Stevens
generous donors to SASi:	Curtis Smith	Joyce & Marshall Roberts	Paul & Sue Graves
Alan Barber	Dairy Depot <i>Garnet</i>	Judith and Arthur Bourassa	<i>Emerald</i>
Adele Martin	Dan Donegan <i>Sapphire</i>	<i>Sapphire</i>	Richard Wilfert
Alzheimer's Foundation of	Debra Moy & Steven Hein	Julie & Steve Meyer	Robert Moore <i>Sapphire</i>
America	Dover Baptist Church	Kay Saunders	Robert & Barb Wynhausen
Ambrosiani Family Trust	<i>Sapphire</i>	Kelli Hern <i>Sapphire</i>	Joyce & Marshall Roberts <i>Sap-</i>
			<i>phire</i>
			Sally Sacht <i>Garnet</i>
			Sandpoint Computers
			Sandpoint Denture Clinic
			Sandpoint Reader
			SASi Bridge Players
			SASi Pinochle Players
			Sdpt Denture Clinic
			Sdpt Duplicate Bridge
			Club
			Sdpt Marathon Bridge Grp
			Sdpt United Methodist
			Church
			Selkirk Assoc of Realtors
			Selkirk Press <i>Garnet</i>
			Sharon Saunders <i>Sapphire</i>
			Shakura Young
			Sharon & David Mudra
			STCU <i>Sapphire</i>
			St. Joseph's Altar Society
			Molly Lockwood
			Sue Vogelsinger
			Susan Dalby & Bill
			D'Olier
			Susan Sorentino
			Swifit Stainless
			Fabrication <i>Emerald</i>
			Sysco Foods
			Tim & Yuan Brady
			Vivian Kirkwood
			Walmart <i>Diamond</i>
			WilliamA Wishnick
			Foundation <i>Ruby</i>

SASi is a 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 reimbursement monies from the Area Agency on Aging in Coeur d'Alene which receives funding from the Idaho Commission on Aging which is funded from the U.S. Government Older Americans Act. This funding covers approximately 1/3 of the costs of our meals programs and limited scholarships for DayBreak participants. It does not provide funding for operating funds. SASi currently is providing approximately 2,100 meals a month, both in-house and through home-delivered meals to the entire Bonner County; respite services for seven families in the DayBreak Center and is a center for social, health and educational classes and events monthly. Stop by to learn more!

\$8.00 pays for a meal and \$10.00 pays for an hour of care at DayBreak. Unless specified, donations are split equally for operating expenses,

Will you become an annual "SASi Jewel Donor"?

\$1 - \$499 Garnet	\$2500 - \$4999 Emerald
\$500 - \$1499 Sapphire	\$5000 + Diamond

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

Name _____ Email _____

Address _____ Amount \$ _____