

Newsletter  
May 2020



# "SASi"

SANDPOINT AREA  
SENIORS, INC.

What's going  
on down at SASi?  
820 Main Street  
Sandpoint, Idaho  
83864

Senior Center: 208-263-6860

"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, recre-  
ational and wellness op-  
portunities."

Need daytime elder care  
or a meal delivered to your  
home?

Call for more information!  
208-263-6860

Check out our website  
[www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)



## KUDOS TO OUR VOLUNTEERS

There are no words to describe how much we appreciate the drivers for the home-delivered meals. They are beyond amazing, showing up rain, snow, sleet and now the virus hasn't even kept them home. They are loyal beyond belief. We want to give them a **SHOUT OUT** and tell them how much they are appreciated. Many of the drivers have been with us for 10 years or more. They are part of SASi's family. We want you to know their names so have listed each of them:

**Peggy Barsotti, Chris Curtis, Dan Haley, Donna Johnson, Marge Keating, Rick Kelly, Debbie Knowles, John Kroker, Tom McGhee, Dalyn Marley, Bob Morley, Craig Royer, John Sneed, Don Thomas and Connie Trudt from Priest River and her assistants (Jeannie Ackerman, Janet Haget, Judy Hunter, Julie Lemm and Violet Coleman who is 91 years old.**

AGAIN, we are so appreciative  
of their support.

**The Board of Directors of SASi**



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

I left retirement and started a new job about three months ago and have quickly realized that enjoy it more every day. Even with the challenges of learning all the things that make this nonprofit move forward.

As soon as I started work my husband said I came a live again; my sister said that it made her so happy for me to be out and about. I want to see the Senior Center grow with more seniors coming and enjoying the wonderful lunches that Chef Greg puts together; the good social life we all share and seeing old friends and meeting new friends. I have enjoyed getting acquainted with the staff and all the different agencies we deal with. We have been in


the process of refurbishing the dining room to brightening it up for all to enjoy.

The Center has been closed as far as anyone coming in to eat, but the staff has been working to keep the Meals on Wheels go out to the house bound seniors. There are also the congregants that there are Grab and Go meals for them to pick up, all in all the Center has been busy keeping up with everything.

When we are cleared to open, everyone wants to celebrate all we have learned during this time of being closed. If you have ideas that might be something we could put together for the Center let us know.

We want you to know the TENTATIVE date for the opening Senior Center is June 1, 2020. We have missed all of you and will be happy to see you again.

*Alice*




### 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



## Board of Directors

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## Directors

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## NEW ADMINISTRATIVE ASSISTANCE

SASI would like to welcome our newest member, Cherie Coldwell. Cherie is originally from Oahu, Hawaii where she spent most of her childhood. She is the daughter of an Air Force veteran who later enlisted herself, serving 10 years as a medical technician. After Cherie's enlistment ended, she moved to Pennsylvania where she worked as a pediatric nurse while obtaining a bachelor's degree in business administration. From there she took her show on the road, traveling the country with her dog and her RV where she discovered beautiful Sandpoint, ID. Cherie eventually became the director for the after-school program at Priest River Lamanna High School where she served the students at both the junior high and high school for the last 4 years. Now she is bringing her grant writing and administrative skills to serve the seniors of Sandpoint where she can continue her work in community service.

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 website at

[www.sandpointareaseniors@gmail.com](mailto:www.sandpointareaseniors@gmail.com)



"Adult Day Care and Family Support"

**DayBreak Center**

A Program of Sandpoint Area Seniors, Inc.

(208) 265-8127 820 Main St., Sandpoint, ID 83864

The DayBreak Center is currently closed. However, if you need respite or caregiver services, please contact us at:

**208.263.6860**

## SASI's Kudos Korner



Thanks to all who made face masks for the staff, volunteers and masks for those who will be attending the lunch meals when we open again.

Tentatively June 1st

Mary Blanchetti, Sharon Millner  
and Hannah Craig

Project 2000 Kristen Longmeier  
and Bev Kee

**Thanks to all who were in on the**

*Have you moved or changed  
phone numbers?*

**PLEASE make sure we have your  
correct information!**

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 Day-Break Center (with prior arrangements) while you are attending the Caregivers' Support Group meetings.

Call Facilitator, **Jan Griffiths**  
**208.290.1973**

or **DayBreak**  
**208.265.8127**  
for more info.

**Alzheimer's Association**  
**800-272-3900**  
**www.alz.org · www.alzwa.org**



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.



## Happy Birthday

**Sandy Roberts 5/3**  
**Leslie Taillon 5/12**  
**Jackie Peters 5/13**  
**Denise Dombrowski 5/14**  
**Janet Pultorak 5/15**  
**Adele Martin 5/15**  
**Mary McGinnis 5/17**  
**Tom Peters 5/19**  
**Lew Emerson 5/25**  
**Charlotte Gooden 5/28**  
**Dave Longacre 5/30**



### Riddle Me This

Two fathers and two sons walk into a candy store. They each buy something for \$0.50 but they only spent \$1.50. How is that possible?

### Activities at our Center

Although our center is closed, there is still ongoing activity. The kitchen crew is preparing home delivery meals and delivery people are hard at work making sure people get their food.

We all want things to get back to normal but we need to use good old common sense. Everyone's first priority should be to keep loved ones, friends and neighbors (and ourselves) safe.

Riddle answer – son, father and grandfather



## Twelve Myths about coronavirus according to the World Health Organization

**Myth #1:** Hand dryers can kill the new coronavirus

**Myth #2:** An ultraviolet disinfection lamp can kill the new coronavirus

**Myth #3:** Thermal scanners are effective in detecting people infected with the new coronavirus

**Myth #4:** Spraying alcohol or chlorine all over your body can kill the new coronavirus

**Myth #5:** It isn't safe to receive a letter or a package from China

**Myth #6:** Pets can spread the new coronavirus

**Myth #7:** Pneumonia vaccines can protect you against the new coronavirus

**Myth #8:** Regularly rinsing your nose with saline can help prevent infection with the new coronavirus

**Myth #9:** Eating garlic can help prevent infection with the new coronavirus

**Myth #10:** Slathering yourself in sesame oil can block the new coronavirus from entering the body

**Myth #11:** The new coronavirus only affects older people

**Myth #12:** Antibiotics are effective in preventing and treating the new coronavirus

For more information on the coronavirus go to:

World Health Organization website

[https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

Center for Disease Control and Prevention website

<https://www.cdc.gov/>



Alice Wallace and Mel Dick practicing  
social distancing while he delivers face masks



## Mother's Day May 10th

How did mother's day get started? It was established by **Anna Jarvis**, with the first official Mother's Day celebrated at St. Andrew's Methodist Church in Grafton, West Virginia, on **May 10, 1908**. In the United States, Mother's Day complements similar celebrations honoring family members, such as Father's Day, Siblings Day and Grandparents Day.

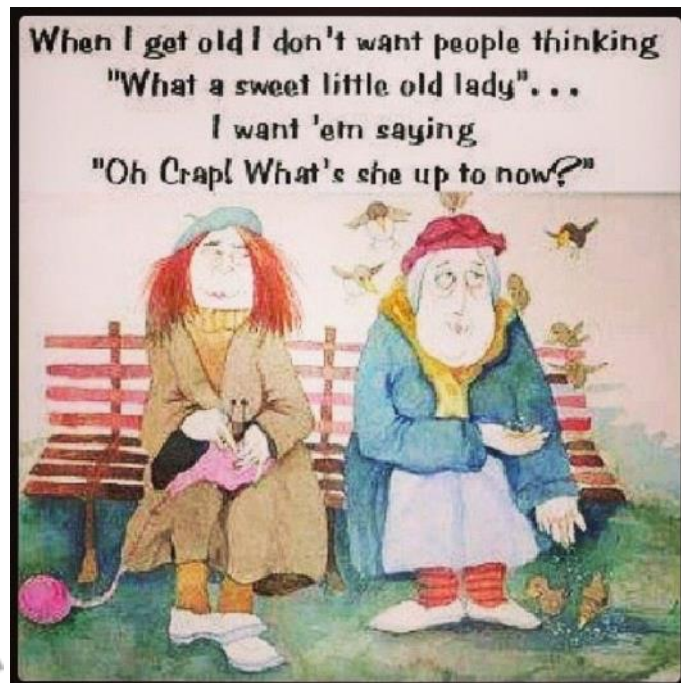


## Sudoku

Complete the grid so each row,  
Column and 3-by-3 box (in bold borders)  
Contains every digit from 1-9.

For strategies on solving Sudoku, visit  
[Sudoku.org.uk](http://Sudoku.org.uk)

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



*Consider this... ....*

*"Complaining about a problem without proposing a solution is called WHINING"*

*One of our Presinents of long ago.....*

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,*

*Swhift Fabricating for paying our hos-  
pital bed storage fee for a year!!!*

### SASi Wish List

8 1/2" x 11" copy paper,

11" x 17" copy paper,

Bounty Select-a-Size Paper Tow-  
els, Toilet Paper, Hand Pump Scent  
Free Soaps, Paper Napkins, Battery  
Sidewalk Snow Blower, Ice-maker,  
Brooms, Slide projector/screen.

\*Help with our storage unit rent,  
\$60/mo.\* (See below!) New oven  
for the serving area. Handyman/  
woman and Wheel Chair Fix-it per-  
son needed!

*And a million dollars for a  
new building?! Thank you so much!*

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 Amazon Smile  
and support SASi!*

AmazonSmile is a website, and shopping  
features as Amazon.com. The difference is  
that when you shop on AmazonSmile,  
the AmazonSmile Foundation will do-  
nate 0.5% of the purchase price of eligi-  
ble products to the charitable organiza-  
tion of your choice.







## FROM THE INTERWEBS

- |              |                |                   |               |               |                 |
|--------------|----------------|-------------------|---------------|---------------|-----------------|
| • Audacity   | • Britches     | • Discombobulated | • Flim-flam   | • Jalopy      | • Nincompoop    |
| • Balderdash | • Brouhaha     | • Doohicky        | • Flummoxed   | • Skedaddle   | • Numbscull     |
| • Balony     | • Camaraderie  | • Egads           | • Fuddy-duddy | • Kerfuffle   | • Periwinkle    |
| • Bamboozled | • Caterwauling | • Fiddle-faddle   | • Gallivant   | • Kibosh      | • Poppycock     |
| • Bejeebers  | • Cattywampus  | • Flabbergasted   | • Gobsnacked  | • Knucklehead | • Pumppernickle |
| • Berserk    | • Codger       | • Fliberty-jibbit | • Hoodwink    | • Lambasted   | • Ragamuffin    |
| • Bogus      | • Confuzzed    | • Fiddle-dee-dee  | • Hullabaloo  | • Lollygag    |                 |
| • Bodacious  | • Decrepid     | • Fiddlesticks    | • Humbug      | • Malarkey    |                 |

## LONG LOST WORDS

These days, it's a little too easy to throw in expletives when you're looking for the right thing to say. Let's bring back some of these gems we found on the interweb. They have real meaning!

Thanks to our newsletter advertisers!

Thank you for supporting our outreach efforts! Your ad reaches hundreds of people each month in print and online. Let us know if you want to join us!



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Sandpoint, Idaho  
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Sandpoint, Idaho 83864

208.255.1640

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## THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY  
1123 N. Division Street, Sandpoint, ID 83864  
208.263.1524 [www.thebridgeatsandpoint.com](http://www.thebridgeatsandpoint.com)

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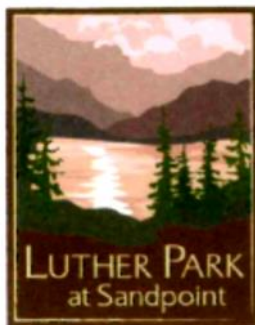
### Monica Sheffield

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](mailto:NoraHorn@ecumen.org)

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[www.careyspears.com](http://www.careyspears.com)

# Donors

## \$5 A MONTH CLUB

Clark, Linda  
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Herling, Judy  
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Luther, Marge & Bob  
Martin, Adele  
Payne, Myma  
Peterson, Donna  
Pierce, Norma  
Pine, Anita  
Sacht, Sally  
Schoonover, Anita  
Watts, Buzz

## Thanks also to these Donors

Alzheimer's Foundation  
of Amerca  
Anderson, Joyce & Larry  
Beebout, Marie  
Bonner County  
Bonner General Health  
Bourassa, Judith & Arthur

Bowman, Bradford  
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Campbell, John & Mary  
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Dover Baptist Church  
Durfee, Linda  
Ednie, Natalie  
Equinox Foundation  
First Presbyterian Church  
Forcier, Pamela & Richard  
Graves, Paul & Sue  
Hellier, Heather & Alan Barber  
Heeney, Nancy  
Herling, Judy  
Hollreigel, Isabel  
Holy Spirit Episcopal Church

Idaho Comm. Food Bank  
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**Many Thanks To ALL our Donors! We simply could not do it without you!**

**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, the food program and the DayBreak Center. Please join us in thanking the above donors who give monthly, yearly and spontaneously to help us keep our doors open!!

SASi's Staff and Board of Directors



Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Donation Amount \$ \_\_\_\_\_

For \_\_\_\_\_

**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**