

Newsletter
June 2020



SASi
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
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, recreational and
wellness opportunities."**

**Need daytime elder care or
a meal delivered to your
home?
Call for more information!**

Check out our website
www.sandpointareaseniors.org

a 501 (c) 3 non-profit corporation



KUDOS TO OUR VOLUNTEERS!

The Sandpoint Senior Center knows that volunteers at various organizations serve because they want to have a hand in changing their communities for the better. They believe your mission will bring about that change, and they want to experience it in whatever way big or small. Sometimes, in our search for adequate appreciation, we neglect to remember what drives our volunteers in the first place. We at the Senior Center want to acknowledge that Keller Williams Real Estate organization are the best and this is reflected in the work they put into the center on this year's "Red Letter Day", May 14th. By 9:00 am there were seventeen realtors ready to work hard and fast! Some were wheeling paint brushes and rollers on walls that had not been painted in a long time. Others were working on the landscape, weeding, trimming, and putting in new plants and mulch. What a beautiful transformation at the end of the day. So we say thank you to the Keller Williams team, though thank you does not say enough for all they accomplished. So if you see any of these realtors, thank them for the wonderful work they did in this community.

Keller Williams Realty Coeur d'Alene/Sandpoint

Bud Bolan, Broker

Tony Villelli, Managing Broker

Lisa Holder, Agent

Maegan Barrett, Agent, 43 Grp

Karen Rodriguez, Agent, 43 Grp

Cynthia Nikssarian, Agent, 43 Grp

Megan Anderson, Agent, 43 Group

Kevin Burkamp, Agent, TJB Team

Tyler Wagner, Agent REI Team

Katlyn Krystinak, Agent REI Team

Nick Beveridge, Agent, REI Team

Hillary Beveridge, Agent, REI Team

Sam O'Neill, Agent, REI Team

Jo Turner, Agent, REI Team

Sabra Burkholder, Agent, REI Team

Vaughn Best, Agent

De Poyner, Agent





Executive Director's Corner:

Alice Wallace,
Interim Executive Director

This year SASI will celebrate 45 years of service to the Sandpoint community and all of Bonner County. I have been asked to be the interim Director during this time of transition and overseeing the refurbishing of the Senior Center and Day Break facilities.

It certainly is not a boring job, it is very interesting because it varies daily, which keeps you on your toes and wondering "what will tomorrow bring"? It is amazing to me that how so many people don't really know what is done at the Senior Center.


The Senior Center has been the hub of social life for many in the senior community. As seniors age, they can become home bound and request Meals on Wheels deliver them a nourishing meal multiple times a week. Then there are classes in exercise, art, writing and dancing. There are also support meetings for Alzheimer's survivors to help one another and support a group for AA. Of course due to the pandemic these classes have had to be curtailed for the time being. In addition to these programs, I also oversee the DayBreak Center, which care for dementia adults a few hours giving the caregivers time to do something for themselves. As all nonprofits like the Senior Center, funding can be a problem. Our funding comes partially from the Area Agency on Aging, grants, and many generous local donors. Both the Sandpoint Senior Center and DayBreak facilities are going through a time of deep cleaning and refurbishing.

The Senior Center is operated by an advisory board that informs the director on the direction to lead the Center. It is important as director to work with community organizations and agencies that help seniors. I'm grateful for the many years I have worked for a nonprofit here in Sandpoint and can use those connections to help serve Sandpoint's elderly population. Working with Sandpoint Community Resource Center, the Food Bank, and veterans in our community, we hope to enrich lives.

Meals on Wheels has increased from 60 in 2019 to 120 today across Bonner County delivered daily by some of the best volunteers that can be found. No matter what the weather, they make sure our home bound seniors get their meals. When we reopen, lunch will be again served at 11:30 am Monday through Thursday with breakfast at 8:30 on Friday. Please call the day before if possible, but come and enjoy a great meal cooked by Chef Greg Bolden. There is no charge for the meal although a \$ 4.00 donation is suggested, but no one is turned away.

I look forward to seeing you all soon!

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



SASi Spotlight

Teri Lee Turner

Hi! I'm Teri and I began work at SASi a little more than a year ago. I first volunteered by helping out at the Day-break Center. I enjoyed conversing and playing indoor and outdoor games with the participants there who also love sharing stories of their rich life experiences.

Being of service to others has been a common theme for me. I spent an enormous amount of time with my grandparents in my childhood. I think this taught me a lot about respect, gratitude and appreciating persons older than myself. Maybe it's why so much of my adult life I have been led to positions of service.

My personal background includes some military service and degrees in Elementary Education and Art Education. I also have many years of experience in caregiving, memory care and retail wellness since retiring from the U.S. Postal Service as a Postmaster.

Last summer, I was added as a staff member here at Sandpoint Area Seniors. I am privileged to assist Mary McGuinness serve Bonner County seniors with the Home Delivered Meals program. The counterpart to home deliveries are the in-house congregate meals, where I have enjoyed getting to know so many of you who come regularly, or infrequently, for lunch.

The winter of 2020 has shattered routines and livelihoods as has not occurred in a century. Social distancing and business closures have been mandated by our state's government and health officials. With some creative thought and consensus, SASi Board Members voted to continue serving you with curbside Grab-n-Go meals. Though it doesn't replace the laughter, conversation and comradery of our sit-down meals, we have appreciated seeing those of you taking advantage of this service. Soon, life will slowly return to a new normal, and we can't wait to see your smiling and beautiful faces again! Thank you for your continued support.

Stay safe and stay healthy!



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



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



Loris Michael	Aqua Plumbing
Nikki Klein	Trademark
Sharon Millner	Audio Plus

Board of Directors

President: Nikki Klein

Vice President: Frankie Roberson

Secretary: Leslie Marshall

Treasurer: Kelly Dryden

Directors

Pam Allen

Loris Michael

Marshall Roberts

*Have you moved or changed
phone numbers?*

*PLEASE make sure we have your
correct information!*

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 bathroom supplies!

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.

Our next meeting is Thursday June, 18th!

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

Hellen Milne Debbie Knowles Valarie Syth

Susan Olson Darlene Lyon

Carol Johnson Nancy Savage

Doris Nuss Geraldine Roady

Joe Tajan Karen Newman

Marilyn Dillon Millie Rinker

Bruce Peterson Maxine Kock

Wesley Roche Barbara Overholt

Bill Roady Vickie LaBelle



Joke of the month

It's gardening season.

Five weeks ago I planted myself on the sofa and I've grown considerably.

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.

Alzheimer's Awareness Month

Within the next 30 years, the number of people with dementia is set to triple, according to WHO.

About 50 million people have dementia worldwide, with nearly 60% living in low- and middle-income countries, and every year, there are nearly 10 million new cases. Although no treatment currently exists to cure dementia or to alter its progressive course, early diagnosis and optimizing physical health, cognition and well-being can improve the lives of people with this illness.

To mark World Alzheimer's Month this September, *Healio Psychiatry* has compiled recent research and meeting news relating to Alzheimer's disease and dementia that can benefit clinicians and mental health professionals.

New evidence supports inverse association between cancer, Alzheimer's

Older adults with incident cancer had higher memory function and slower memory decline before and after their diagnosis than similarly aged individuals who remained cancer free, a study published in *JAMA Network Open* showed.

WHO: Exercise, smoking cessation, healthy diet reduce dementia risk

WHO has released its first guidelines on reducing the risk for cognitive decline and dementia for health care providers, governments, policy-makers and other stakeholders, according to a press release.

Dementia incidence increased 117% globally from 1990 to 2016

The incidence of dementia increased by 117% between 1990 and 2016, according to data from the Global Burden of Diseases, Injuries, and Risk Factors Study 2016.

Social contact during midlife appears to lower dementia risk

Study findings published in *PLOS Medicine* showed that more frequent social contact with friends at age 60 years was linked to lower risk of developing dementia over a 28-year follow-up and higher subsequent cognitive performance over a 15-year follow-up.

Healthy lifestyle choices may counter genetic risk for dementia

A healthy lifestyle was associated with a lower risk for dementia, even among older adults with a high genetic risk, according to data simultaneously published in *JAMA* and presented at the Alzheimer's Association International Conference.

Frequent sleep medication use tied to long-term dementia risk

Research presented at the Alzheimer's Association International Conference revealed that frequent use of sleep medications may increase the long-term risk for dementia, especially among older white adults.

<https://www.healio.com/psychiatry/alzheimers-disease-dementia/news/online/%7Bc9fa6ad7-6f52-4d04-b91c-a82dc01e5f66%7D/top-articles-for-world-alzheimers-month>



Father's Day

Sonora Smart Dodd of Spokane, WA is often credited with establishing the celebration of Father's Day in the US. But did you know that this tradition dates back to the middle ages in Europe? Traditionally, Father's day was celebrated on March 19th in conjunction with St. Joseph's day, the father of Jesus and the spiritual father of the Catholic church. The celebration was brought to the America's by the Portuguese and Spanish where it was eventually adopted in the US and celebrated on the third Sunday in June.

Happy Father's 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

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

"I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and
rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!"

~ Jan Beaumont, Auckland NZ

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
donate 0.5% of the purchase price of eligible



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
hospital bed storage fee for a year!!!***

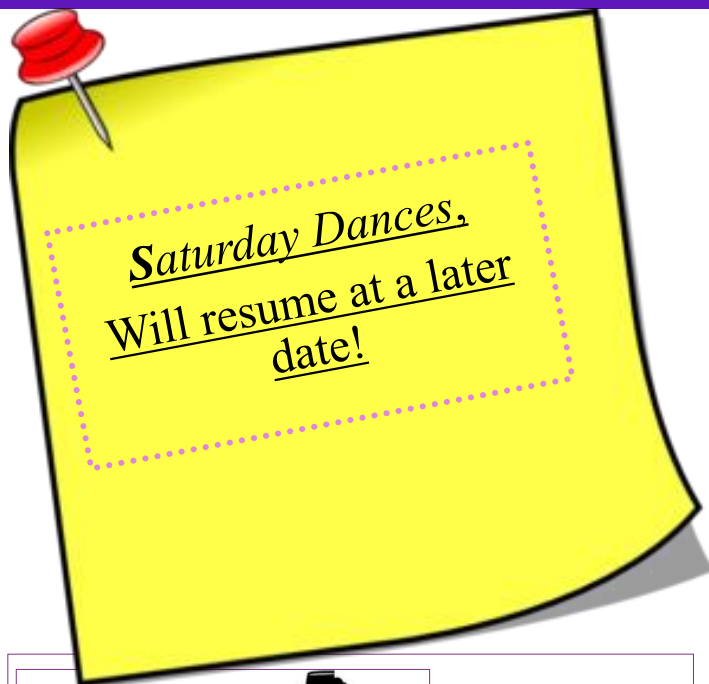
SASi Wish List

**8 1/2" x 11" paper, 11" x 17" paper,
Bounty
Select-a-Size Paper Towels, 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
person needed!**

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

Like us on Facebook!

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



Bingo suspended until further notice

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!



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

THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY
1123 N. Division Street, Sandpoint, ID 83864
208.263.1524 www.thebridgeatsandpoint.com

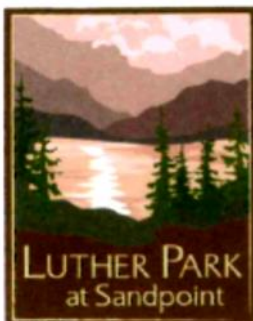
ACCESS Care at Home, LLC
Providing exceptional care at home

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

\$5 A MONTH CLUB

Clark, Linda
Dillon, Marilyn
Durfee, James
Herling, Judy
Hern, Kelli
Hinrichs, Vegas
Lucas, Jeannette & Richard
Luther, Marge & Bob
Marshall, Leslie
Martin, Adele
Payne, Myrna
Peterson, Donna
Pine, Anita
Pierce, Norma
Schoonover, Anita
Watts, Buzz

Special Thanks to these generous donors

A Aaron's Self Storage
Alliance Family Services
Alzheimer's Foundation of America
Anderson, Joyce & Larry
Audio Plus
Barber, Allan
Bogden, Kenneth & Linda
Bonner County
Bonner General Health
Bourassa, Judith and Arthur
Bowman, Bradford
Brixen, Grace & Steve
Bunco Babes
Cadeau Foundation
Camp, Carol & Bob
Campbell, John & Mary
Clark, Jane
Colin, Betty & Kenneth

Community Assist. League
Corrella, Hern
Cottrell, Joanne & Jonathan
D'Olier, Susan Dalby & Bill
Daubersmith, Mary & Gary
Donegan, Dan
Dover Baptist Church
Ednie, Natalie
Equinox Foundation
First Presbyterian Church
Forcier, Pamela & Richard
H & R Block
Hein, Steven
Hellier, Heather
Hern, Kelli
Hollreigel, Isabel
Holy Spirit Episcopal Church
Home Depot
Idaho Comm. Food Bank
Idaho Community Foundation
Idaho Pour Authority
Injectors Car Club
Innovia Foundation
Jacobson, Mary
Joe's Philly Cheesesteak
Keating, Marjorie
Kirkwood, Vivian
Kubiak, Mark
Larson, Linda
Lewis, Nancy
Linscott, Frank & Carol
Litehouse, Inc.
Lockwood, Molly
Luther Park at Sandpoint
Marley, Kim & Jim
Marshall, Leslie
Martin, Adele
Meulenberg, Lori & Dan

Meyer, Julie & Steve
Moody, John (DVM)
Moy, Debra
Newman Community Bible Church, Inc.
North Idaho Fed. Republican Women
Northern Lights, Inc.
Overland, Betty & Harold
Papa Murphy's Pizza
Parker, Jack
Peak Sand & Gravel, Inc.
Pend d'Oreille Winery
Peters, Jackie & Tom
Pierce, Norma
Pine, Anita
Pizzini, Cathleen & Thaurio
Prummer's Inc.
RediMix
Roberts, Joyce & Marshal
Roberts, Joyce & Marshall
Royer, Craig
Sabella, Marilyn
Sacht, Sally
Sandpoint Denture Clinic
Sandpoint Reader
Sandpoint United Methodist Church
SASi Bridge Players
SASi Pinochle Players
Scharpf, Lou
Selkirk Assoc of Realtors
Selkirk Press Inc.
Selkirks Pend Oreille Transit
Simonson, Cynthia
Snyder, Billy
Sorentino, Susan
Spears, Carey
St. Joseph's Altar Society
Swhift Stainless Fabrication
Sysco Foods

Thompson Family Foundation
Thurston, Bob & Trish
Vetter, Janet
Vogelsinger, Sue
Wall, Laurelie & David
Walmart
Whipple, Betty & Stephen
Wilfert, Richard
William Wishnick Foundation
Winter Ridge
Wood's Crushing & Hauling, Inc.
Wynhausen, Robert & Barb
Young, Shakura

*** Thank you for your \$5 a month donations. If you did not see your name on this list, it may be time to renew your commitment.**

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