



Newsletter

July 2020

SASi

**SANDPOINT
AREA
SENIORS, INC.**

**820 Main Street
Sandpoint, ID
83864**

**Senior Center:
208-263-6860**

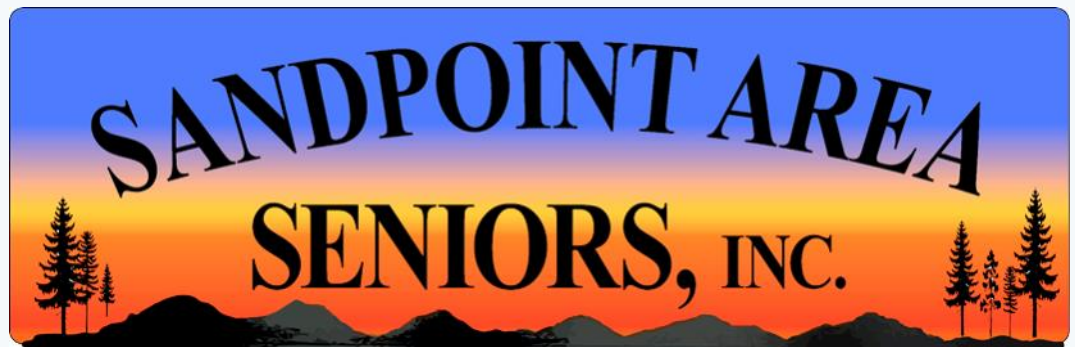
**"It shall be the mission of
the Sandpoint Area
Seniors, Inc. to benefit
senior citizens over the age
of 50 in Bonner County by
promoting nutritional,
social, recreational and
wellness opportunities."**

**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!

Hello and happy July! While the center has been closed to the public, we have been utilizing the down time to make improvements to the senior center. Upon your return, you will find the center has new cabinetry installed, fresh paint on the walls, new flooring (in the DayBreak center), a sitting area, and our conference room is open and available for use. These improvements could not have been possible without the help of several volunteers and local business owners who have given so much of their time and expertise. We at SASi would like to take this time to express our gratitude to the following individuals and businesses:

- * Brody and Abby Durfee, and Quinn of Durfee Construction for a substantial donation, organizing our projects, and installing our new cabinets
- * Delman McNutt at Dreamworks Construction for donating cabinets for the front desk and kitchen area
- * Kenneth Coleman for volunteering to clean and disinfect the center
- * Eric of Sandpoint Painter's for painting the senior center and the Daybreak center
- * Sandpoint Super Drug for paint donation
- * Sherwin Williams for paint donation
- * Mountain States Electric for installing our new lighting
- * Injector Car Club for their fundraiser
- * Addison Landscaping for getting our sprinklers working again
- * Sandpoint Movers for moving our furniture so that the improvements could be made
- * Keller Williams for volunteering to do painting and landscaping
- * Frank of Sunset Janitorial for buffing our dining room floor
- * Barry Lockwood for yardwork and general handyman duties
- * Light Bearers Hood Cleaning Service for their generous donation
- * Troy Nye of Elk Electric for installing our ceiling fans
- * WeHaul- Travis Knaggs, Brandon Bobby, and Rick Prudholm for helping us move furniture
- * Payton Ezell for painting
- * Woods Crushing and Hauling for the gravel donation
- * The SASi board members for volunteering their time to help with the improvements

And above all, thank you to the staff of the senior center who continued to provide meals to our seniors despite the disruptions going on while improvements were being made.



Executive Director's Corner:

Alice Wallace,
Interim Executive Director

As we started this year, who would ever have thought such a thing as a pandemic virus would take over our lives in North Idaho. It has been wonderful in that the covid-19 virus has not hit our community badly, as in some parts of the US and world. With that said, I want to let you know how the Senior Center is working through this together with the community in the month to come. Our plan was to open the Center the first of July for the various activities & gatherings. But due to the upswing in virus infection numbers, the SASI board has decided to postpone the opening of those activities & gatherings until August 1st, with the idea that we follow Governor Little's continued phase-in of completely opening up the state.

We have priorities that we have to keep in mind, the food for our house bound clients is so very important. The current health of our staff is also of utmost importance. If a member of our staff were to come down with the virus, it would have a major effect on our daily operations and the 200 daily home delivered meals. If we were not able to make & deliver meals to house-bound seniors, many would not receive the nutrition they need and depend on.

The inhouse lunch meals and Friday breakfast will continue in the dining room, but the salad bar has been closed until further notice, salads will be served with the lunch food plate. The daily procedures of sanitation, masks and social distancing will continue, as well as after lunch table disinfecting. Thank you for all the help, prayers and donations to continue our much needed services in Sandpoint, Priest River, and surrounding communities of Bonner County.

Alice

Board of Directors

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Vice President: Frankie Roberson

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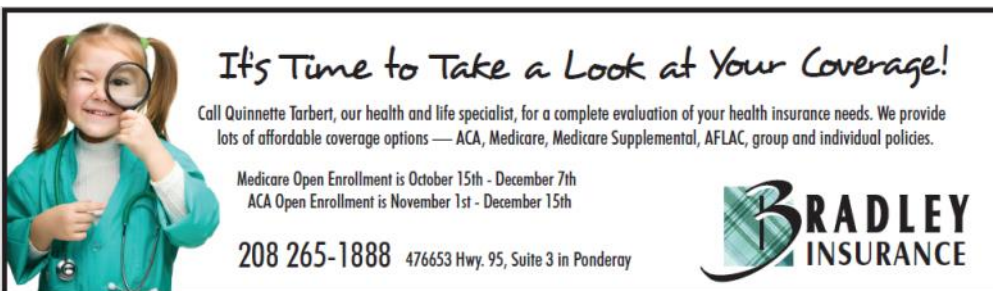
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It's Time to Take a Look at Your Coverage!

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

BRADLEY INSURANCE

SASi Spotlight

Greg Bolen

This month's SASi Spotlight features our head Chef Greg Bolen. Greg is originally from Spokane, WA where in 1983, he went through the culinary arts program at Spokane Community College. He then went on to become the executive chef at the Spokane Convention Center before moving to Sandpoint, ID in 1989. From 1997-2015, Greg was the dietary manager at Life Care as well as the president of the Idaho Dietary Manager's Association from 2004-2006. In 2006, Greg was appointed nursing home administrator where he was a member of the Frontier Regional Team tasked with inspecting buildings for compliance in Boise, Lewiston, Sandpoint, Coeur d'Alene, and Twin Falls. Greg joined the SASi team as head chef in 2018 and our tummy's are grateful, though our waistlines may not be!

7 Steps to Organize Your Retirement Finances

- ☐ 1. Tally all your assets and liabilities
- ☐ 2. Come clean with your partner
- ☐ 3. Analyze your income and spending
- ☐ 4. Create a budget and emergency fund
- ☐ 5. Monitor your credit score
- ☐ 6. Explore all possible avenues of assistance
- ☐ 7. Avoid taking on more debt

● AnnuityFreedom.net

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.org



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

Thank you to the SASi Board of Directors for their help in getting the center operational again.



Nikki Klein
Frankie Roberson
Leslie Marshall
Kellie Dryden
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. 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

Meetings canceled for the month of July.

Activities at our Center

Good News! The center is now open for congregate meals, but seating is limited. Please call the center to reserve your spot. For those who are unable to join us for a meal, please know that we will continue to offer home delivered meals.

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.



Happy Birthday

EthelAnn Welker 7/4 Ernie Belwood 7/20

Terri Tuner 7/6 Norma Pierce 7/22

Debbie Brady 7/6 Mark Estlick 7/24

Mary Jacobson 7/6 Ron McCormick 7/27

Alice Wallace 7/7 Karen Roeder 7/29

Lea Soltis 7/11 Theo Laswell 7/30

Sheila Vetter 7/17

Joe Coleman 7/19



Joke of the month

**The world is now
Vegas. Everybody's
losing money, it's
acceptable to drink
at all hours and no
one has any idea
what day it is.**



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.

Developing a Care Plan

A care plan summarizes your health conditions, medications, healthcare providers, emergency contacts, and end-of-life care options (for example, advance directives). Complete your care plan in consultation with your doctor, and if needed, with help from a family member or home nurse aide.

What is a care plan?

A care plan is a [form pdf icon\[1.48 MB\]](#) that summarizes a person's health conditions and current treatments for their care. The plan should include information about:

- Health conditions
- Medications
- Healthcare providers
- Emergency contacts
- Caregiver resources

You can ask the doctor of the person you care for to help you complete the care plan. At that time, you can also discuss advanced care plan options such as what follow-up care is necessary, end of life care options, and resources that are available to help make things easier for you as a caregiver. Try to update the care plan every year or if the one you care for has a change in health or medications to keep the care plan current, and remember to respect the care recipient's privacy after reviewing their personal information.

How do you develop a care plan?

Start a conversation about care planning with the person you take care of. You can use the ["My Care Plan" pdf icon\[1.48 MB\]](#) form to help start the conversation. If your care recipient isn't able to provide input, anyone who has significant interaction with the care recipient (a family member or home nurse aide) can help complete the form.

Talk to the doctor of the person you care for or another health care provider. Use the ["My Care Plan" pdf icon\[1.48 MB\]](#) form as a starting point for your discussion. A physician can review the form you started and help to complete it, especially if there is a conversation about advanced care planning.

Ask about what care options are relevant to the person you care for. Medicare covers appointments that are scheduled to manage chronic conditions and for discussing advanced care plans. Beginning in January of 2017, Medicare covers care planning appointments specifically for people with [Alzheimer's](#), other dementias, memory problems, or suspected cognitive impairment. **Discuss any needs you have as a caregiver.** 84% of caregivers report they could use more information and help on caregiving topics especially related to safety at home, dealing with stress, and managing their care recipient's challenging behaviors. [Caregivers of people with dementia or Alzheimer's](#) are particularly at greater risk for anxiety, depression, and lower quality of life compared to caregivers of people with other chronic conditions.

What are the benefits of a care plan?

- Care plans can reduce emergency room visits, hospitalizations, and improve overall medical management for people with a chronic health condition, like Alzheimer's disease resulting in better quality of life for all care recipients.
- Care plans can provide supportive resources for you, the caregiver, to continue leading a healthy life of your own.

Independence Day



On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts, to more casual family gatherings and barbecues.

Did you know? John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826—the 50th anniversary of the adoption of the Declaration of Independence.



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

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

7 Facts about Older Adults and SNAP

1. Older adults' participation in SNAP is staggeringly low.

approximately 3 out of 5 seniors who qualify to receive SNAP are missing out on benefits—an estimated 5.2 million people in all.

2. The average SNAP benefit for older adults is \$105/month.

While there is a pervasive myth that older adults who qualify for SNAP only receive \$16/month in benefits, this is largely untrue. The \$16 figure is the minimum monthly benefit a senior can receive—80% of elderly SNAP participants receive more than the minimum.

3. Many older adults who qualify for the excess medical expense deduction don't use it.

Seniors who spend more than \$35 a month on out-of-pocket medical costs may be able to deduct that from their gross income when applying for SNAP, thus increasing their monthly benefit amount. .

4. Isolation is a key factor in the lives of many older adult SNAP participants.

Roughly 80% of older adults who receive SNAP benefits live alone. For these individuals, the \$1,272 in average annual SNAP benefits can mean the difference between having food and going without.

5. SNAP is good for the local economy.

SNAP benefits are spent at community grocery stores and markets, thereby infusing money into the local economy. An analysis of the fiscal stimulus found that additional SNAP benefits created the best return on investment, with every \$1 in additional SNAP benefits generating \$1.79 in local economic activity. On a larger scale, it is estimated that an additional \$1 billion in SNAP benefits would generate 8,900 full-time equivalent jobs.

6. Access to SNAP is associated with reduced health care costs.

A recent study of 60,000 low-income Maryland seniors found that SNAP participants are 23% less likely to enter a nursing home and 4% less likely to be hospitalized in the year after receiving SNAP than non-participants. SNAP participation was also linked to lower overall health care expenditures and Medicaid/Medicare costs.

7. You can get all the information needed to help older adults apply for SNAP in one place.

NCOA's [SNAP map](#) makes it easy to find your state's SNAP program website, application forms, and eligibility criteria. Users can take a simple, quick screening to see if they potentially qualify. Because 44 states also allow individuals to apply online for SNAP, there are also links to the online applications.

Although AARP is not offering tax help in person this year, you can get free assistance through their website. AARP Foundation Tax-Aide can help prepare your taxes in two ways: They can connect you with a volunteer to assist you or they can connect you with software so that you can prepare and file your own tax return at no cost.

<https://signup.aarpfoundation.org/preparing-your-taxes-online-v2/>

Thank you generous supporters!! Find names and logos from donor organizations at 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 products to the charitable organization of your choice.



A hospital bed helped a family in need!
We have more! Do you need one?
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

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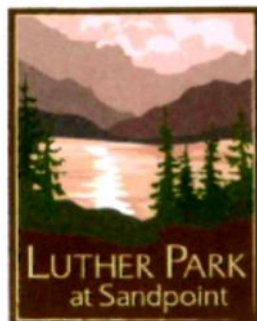


Monica Sheffield

Care Coordinator, Bonner County
Cell: (208) 290-6506



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*** 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