



Newsletter
August 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!

Thank you Betty Overland for purchasing gravel for our parking area and to Wood's Crushing and Hauling for delivering it! SASi would also like to thank Felix and Ryan of North-west Trends for installing our beautiful quartz countertops and to Steven and Ryan of Mountain States Electric for replacing all of our fluorescent lightbulbs with new energy efficient LED ones.



Happy Birthday

Bill Cecil 8/12

Frankie Roberson 8/28

Wilbur Shaffer 8/13

Pamela Crawford 8/28

Myrna Payne 8/15

Linda Clark 8/29

John Elsa 8/16

Bob Morley 8/29

Lee Christensen 8/17

Sally Sacht 8/17

Loris Michael 8/21

Blaine Sissen 8/23

Sharon McCormick 8/27





Executive Director's Corner:

Alice Wallace,
Interim Executive Director

Sandpoint Area Seniors, Inc (SASi) is kicking off a capital campaign to replace all participant chairs at our beautifully refurbished dining room. The goal of the "Seats for Seniors Project" is to raise funds to purchase 100 nice comfortable chairs. This is a campaign that is in its infancy but am sure the community will see the importance and help us make this happen. SASi's new chairs will:


- Provide comfort and safety
- Allow participants to actively engage in all activities and mealtimes
- Increase the amount of time SASi staff spends directly engaging with participants
- Improve the efficiency with which SASi staff sanitized the centers.

The "Seats for Senior's Project" will ultimately improve the long-term sustainability of SASi's centers. SASi is committed to conducting projects to ensure that we will be able to meet the community's needs for decades to come. The importance of these chairs is to promote the whole health of at-risk seniors and adults with disabilities in the greater Sandpoint Area. So, keep your eyes open for the new chairs that will begin to arrive at the Center shortly after we have raised the \$5,000 to order them. *Thank you for your help.....*

Hercules Series 18.5" Stacking Church Chair

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

President: Nikki Klein

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Roberson

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Pam Allen

Loris Michael

Marshall Roberts

SASi Spotlight

Life is a great big canvas, you should throw all the paint on it you can!

Danny Kaye



Interested in being a pen pal? Then contact the senior center to sign up and become a pen pal with a senior in Pennsylvania.



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



"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



Pam Allen

Joe King

Lloyd Wallace

Alice Wallace

Nikki Klein

*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 meet on the 1st and 3rd Thursdays, 1 - 2pm at the SASi Conference Room. However, due to COVID-19, we are offering support groups via teleconference at the exact same time on the same days. In order to join the meeting, you will need to dial (312)874-7636 followed by the code 08846#. Just follow the instructions on the automated system.

Call Facilitator, Jan Griffitts
208.290.1973

or DayBreak
208.265.8127
for more info.

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

In person meetings canceled for the month of August.

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.

**Grandma once said,
“Sometimes you
have to hug the
people you don’t
like so you know
how big to dig the
hole in your
backyard.”**

Joke of the month

Why shouldn't you tell secrets on the farm? Because the corn has ears, the potatoes have eyes and the beanstalks.



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.

Stay Hydrated This Summer

Did you know that as we age we begin to lose our sense of thirst? This means that by the time we realize we are thirsty we are already dehydrated. In the summer months, this puts us especially at risk for severe dehydration and heat-related issues. The average adult should drink around 64 ounces of fluid each day, but this amount can increase depending on outside temperatures, body weight, medications, and other health conditions.

Older adults have trouble responding to changes in temperature. Certain medications, such as diuretics, antihistamines, laxatives, and corticosteroids can cause frequent urination. Medical conditions such as uncontrolled or even undiagnosed diabetes put older adults at greater risk of dehydration.

Initial signs of dehydration include headaches, muscle cramping, constipation, dry mouth, sleepiness, and a bright yellow urine color. Signs that dehydration has already become severe includes little to no urination at all, dark or amber-colored urine, irritability, confusion, low blood pressure, falls, fast heart beat but weak pulse, dry skin that stays folded when pinched, and cold hands and feet. Untreated dehydration can have severe consequences on your kidneys, bladder, risk of falling, seizures, and even coma or death.

To stay hydrated this summer season, make sure to follow these tips:

- Aim to drink a minimum of 64 fluid ounces each day. This can include fluid from water, low-fat milk, or 100% fruit juice. You can get creative with your beverages by adding fruit or herbs to infuse your water or making a smoothie.
- Consume foods that have a high-water content, such as cucumbers, tomatoes, watermelon, bell peppers, grapes, oranges, blueberries, and cantaloupe.
- Enjoy broth soups, vegetables, and 100% fruit popsicles.
- Keep water accessible so you're more likely to remember to drink throughout the day when feeling the initial stages of dehydration.

Why Are They Called the "Dog Days" of Summer?

We often hear about the "dog days" of summer but few know what the expression means. Some say that it signifies hot sultry days "not fit for a dog," others suggest it's the weather in which dogs go mad. The Dog Days of Summer describes the most oppressive period of summer, between July 3rd and August 11th each year. But where did the term come from? And what does it have to do with dogs? The phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.

In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as diēs caniculārēs, or "dog days." Thus, the term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun – July 3



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

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

20 Pieces of Priceless Advice from Older Americans

1. Act like you will need your body for 100 years.
2. Being old is much better than you think.
3. Celebrate your successes.
4. Choose a spouse with extreme care.
5. Don't sweat the small stuff.
6. Exercise your patience.
7. Experience new things.
8. Have more confidence.
9. Know that happiness is a choice, not a condition.
10. Know your worth.
11. Listen to yourself.
12. Make the most of each day.
13. Never say "I wish..."
14. Never stop growing.
15. Save for a rainy day.
16. Spend more time with family.
17. Start a bucket list.
18. Take the high road.
19. Try to listen to your elders.
20. Understand that parenting is all about time.

Priceless Advice from Older Americans posted by
Caitlin Burm

Trivia Question:

"I'm as corny as Kansas in August" is a line from the song "I'm in Love with a Wonderful Guy", which was performed in what Rodgers and Hammerstein musical?

- A. South Pacific C. A Chorus Line
B. Fiddler on the Roof D. Oh! Calcutta!

*answer below

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



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!

A. South Pacific



Bingo suspended until further notice

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

Thanks to our newsletter advertisers!
Thank you for supporting our outreach efforts!
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Life Care Center of Sandpoint

1125 N. Division Avenue
Sandpoint, Idaho 83864
208.265.9299



AFS Home Health

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

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Monica Sheffield
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Cell: (208) 290-6506

Serving Sandpoint and surrounding areas
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LUTHER PARK at Sandpoint

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



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Sandpoint United Methodist Church
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SASi Pinochle Players
Scharpf, Lou
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Selkirk Press Inc.
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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