



Newsletter
November 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



Free Assistance with Heating and Home Repairs

Did you know that there are organizations out there whose sole purpose is to provide assistance to individuals and families who are at or below poverty level? For instance, the Community Action Partnership offers a variety of energy assistance programs designed to assist families with low incomes with utility and heating fuel bills. Eligible families can receive benefits paid toward their heating bill, including natural gas, electricity, wood, propane and oil costs. Benefit amounts are determined by total household income, size and historical energy usage and do not require a disconnection or situation where heating fuel is nearly exhausted in order to be received.

Households who have already received energy assistance but who are facing an energy emergency, such as service disconnection or heating fuel being nearly exhausted may also be able to receive additional assistance depending on funding availability and household eligibility. If CAP is unable to help, referrals to other organizations might also be an option.

CAP also offers assistance via their weatherization program designed to assist households with low incomes to permanently reduce their energy bills by making their homes more energy efficient. Measures may include attic, wall, floor and duct insulation, testing space and water heater equipment for repair or replacement and other minor repairs to increase the safety and affordability of your home. For assistance, please call the CAP Bonner County office at (208) 255-2910.

CAP is not the only organization focused on improving the lives of its residents, other programs available to help those on a fixed income include grants to seniors to help with home repairs and paying energy bills: Low-Income Home Energy Assistance Program (LIHEAP), Idaho Weatherization Assistance Program, The Idaho Aid for Aged, Blind, and Disabled, Very Low-Income Housing Repair Program, and the Idaho Medicaid Pharmacy Program to name a few. If you need assistance, please contact one of these organizations or Cherie at the senior center.



Executive Director's Corner

Alice Wallace



With the weather changing we all know what comes next...Winter. And winter brings challenges for every homeowner, but seniors may need extra help preparing for ice and snow. By planning and getting things done while it is still relatively warm outside, you reduce the risk of being caught unprepared by an early storm.

I found these ways to help senior loved ones prepare their homes for the upcoming winter months.

Install storm windows: Some homes, especially older ones, may have the type of storm windows that have to be reinstalled every winter. Even if it's just a matter of sliding the storms down the window frame, seniors might need help getting winter windows in place. Very often latches are tricky or stuck and require hand strength that an older adult might not have.

Get the chimney professionally cleaned: If your loved one's home has a fireplace or a wood stove, book an appointment with a chimney sweep to come and clean the chimney. Creosote can build up over just one season presenting a serious chimney fire. While you are at it, have them check the damper to make sure it's working. Finally, install carbon monoxide detectors and check the batteries in the smoke detectors throughout the home. Wood stoves that don't burn efficiently can emit poisonous yet odorless gasses. Even if there's no fireplace or wood stove, arrange to have the heating system checked. Make sure the furnace filters are clean. The last thing you want to happen is for your loved one's furnace to give out during a winter storm.

Arrange for ice and snow removal: Icy walks and driveways can lead to falls which are a leading cause of disability for seniors. Plan early to have sidewalks and the drive shoveled promptly once the snow flies. If you can't be there to do the job yourself, hire a lawn service or a neighbor to do it. Some local agencies on aging offer these types of services to help older adults during winter months.

Equip for emergencies: Hopefully, a winter storm won't result in a power outage. However, it is better to be prepared for one just in case. Here are a few tips to do so.

- * Stock the pantry with food that doesn't need to be cooked or refrigerated
- * Assemble an emergency kit containing first aid supplies, blankets, extra batteries, a flashlight and a weather radio
- * Make sure there's a fully charged cell phone ready at all times
- * Have extra medicine on hand in case the drug store is inaccessible


Get the house ready: While we're still enjoying the last remnants of warm weather, take time to clean out the gutters. Also be sure to check the roof for leaks and get any you find fixed before cold weather hits. If the home has water lines that run along exterior walls, it's a good idea to insulate them or turn the water off for the season. These tips should help protect the house during the coldest months of winter.

First remember how fortunate you are to have this senior in your life, whether it be one of your relatives, a church member or neighbor. They are so important to our community.

Alice



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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

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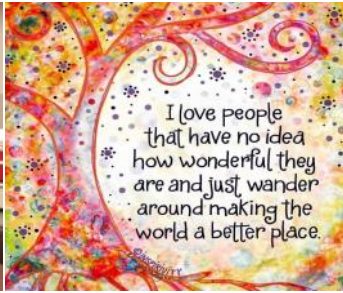
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SASi Spotlight

This month's spotlight is shining on our volunteer drivers. SASi has a fleet of over 25 volunteers who show up everyday, no matter the conditions, and ensure every meal is delivered to a home-bound senior. Not only do they deliver these meals, but they conduct informal welfare checks to ensure the seniors on their routes are doing well and do not have any issues that need to be addressed. Thank you drivers for all you do to help SASi alleviate food insecurity and social isolation among Bonner county seniors. We could not do this without you!



SASi's Kudos Korner



Lloyd Wallace

Alice Wallace

Nikki Klein

Payton Ezell

Dick Creed

Betty Overland

When someone you know is going through a hard time, don't say **"call me if you need anything"**, rather say:

- ◆ I'm doing grocery shopping today, send me your list and I'll drop it off on the way home.
- ◆ I'll fetch your kids from school this week.
- ◆ I've made some dinner for you, what time can I drop it off?
- ◆ I know you're not OK, tell me how you're feeling about everything.
- ◆ I've booked a massage for you, the therapist comes to your house so you don't have to drive.
- ◆ I'm taking your kids to the movies so you can have the afternoon off.
- ◆ I've got time off this week, what can I do for you and how can I support you?

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:

**WE NEED
YOUR HELP**

Help SASi save money and the environment by bringing in your own to-go containers.



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 will now be meeting on the 1st and 3rd Thursdays, 1 - 2:30pm at the Tango Café Meeting Room of the Columbia Bank Building located at 414 Church St.

Call Facilitator,

Jan Griffiths

208.290.1973



"November comes and November goes,
With the last red berries and the first white
snows.

With night coming early and dawn coming late,
And ice in the bucket and frost by the gate.

The fires burn and the kettles sing, And earth
sinks to rest until
next spring."
– Elizabeth
Coatsworth



Happy Birthday

Vivian Kirkwood	11/3	Donna Peterson	11/21
Richard Speidell	11/4	Arlene Ojala	11/23
Rick Wilfert	11/7	Janet Vetter	11/24
John Broderon	11/13	Judy Fryberg	11/27
Smitty Smith	11/19		



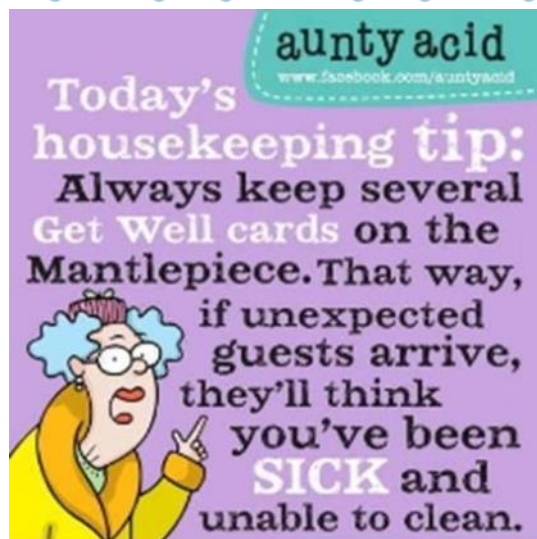
This is just a friendly reminder to call and reserve your seat for meals. Our kitchen staff need to be able to take an accurate head count in order to prepare the day's meal. Also, please remember to call if you need to cancel so we don't waste food and so we can accommodate another guest.

Thank you for your consideration.

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.

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.





Trivia Question:

Which of the founding fathers wrote to his daughter saying he thought the turkey would be a better national symbol than the bald eagle?

- A. Thomas Jefferson B. John Adams
C. Benjamin Franklin D. George Washington

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 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,**

Swift Fabricating for paying our hospital bed storage fee for a year!!!

C. Benjamin Franklin

Did you know that Veterans Day began as Armistice Day on the 11th hour of the 11th day of the 11th month in 1918 to commemorate the end of WWI, also known as the war to end all wars? Unfortunately, this proved to be short lived as nations once again took up arms against each other in WWII and then again during the Korean conflict. As a result, President Eisenhower, changed the proclamation for Armistice Day to Veterans Day in honor of all those who have served regardless of the conflict they served in.



Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.



SUDOKU

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

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

8 Signs You're not Getting Enough Vitamin D

As the days grow shorter and there is less sunlight out, it is important to talk about vitamin D deficiency and the health concerns that go along with it. Research suggests that vitamin D could play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.

1. Aching/Thinning bones

Vitamin D helps regulate calcium and phosphorus, the minerals essential for maintaining strong bones.

2. Muscle Weakness

Vitamin D supports normal muscle function and prevents muscle pain. This is common among elderly people because the capacity of the skin to synthesize calciferol decreases with age.

3. Lack of sleep

A study was done with a small group showing a link to vitamin D deficiency and sleep disruptions, similar to patients suffering with hypothyroidism.

4. Low mood or depression

Vitamin D receptors can be found on several cells in your brain which are linked with depression.

5. Weight gain

Vitamin D deficiency has been linked to weight gain. A five-year study by the Center for Health Research in Portland, OR found that women with low levels of vitamin D may be prone to weight gain. Additionally, study's show that the lack of sunlight causes your body to store more fat cells so supplementing with vitamin D can help mitigate this.

6. Constantly coming down with coughs and colds

Research has suggested that vitamin D is vital to activating our immune response, and that without adequate intake of the vitamin our immune cells are unable to react properly.

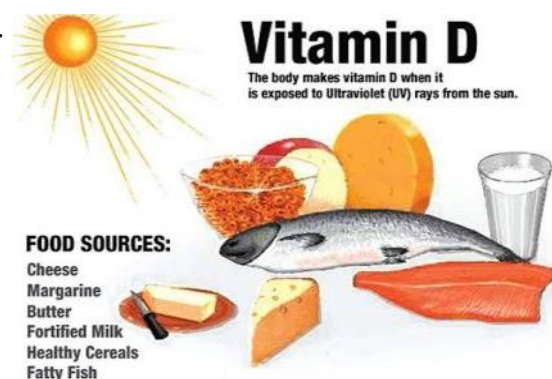
7. Trouble with your gut

In its milder form, a vitamin D deficiency can both cause and be caused by gastrointestinal problems. The nutrient is fat soluble, which means having a gastrointestinal condition that affects your ability to absorb fat also affects your absorption of vitamin D.

Recent research by the University of Sheffield suggests a large proportion of patients suffering from irritable bowel syndrome (IBS) are vitamin D deficient.

8. Feeling tired all the time

Low vitamin D can cause fatigue. A recent study found that 72% of participants felt improvements after supplementing their diets.



SASi Wish List

8 1/2" x 11" paper, 11" x 17" paper, Bounty Select-a-Size Paper Towels, Toilet Paper, Paper Napkins, Brooms, Slide projector/screen, Handyman/woman for small jobs.

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

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



Ken Wood
Financial Advisor

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ken.wood@edwardjones.com
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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:

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