



Newsletter  
October 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](http://www.sandpointareaseniors.org)**

a 501 (c) 3 non-profit corporation



**SANDPOINT**

**PROCLAMATION**

Whereas, older Americans are significant members of our society, investing their wisdom and experience to help enrich and better the lives of younger generations; and

Whereas, the Sandpoint Area Seniors, Inc., has acted as a catalyst for mobilizing the creativity, energy, vitality, and commitment of the older residents of Sandpoint and Bonner County; and

Whereas, through a wide array of services, programs, and activities, the Sandpoint Senior Center empowers older adults to contribute to their own health and wellbeing and the wellbeing of their fellow citizens of all ages; and

Whereas, the Sandpoint Senior Center in the City of Sandpoint, Idaho, affirms the dignity, self-worth, and independence of older persons by facilitating their decisions and actions, tapping their experiences, skills, and knowledge, and enabling their continued contributions to the community; and

Whereas, the Sandpoint Senior Center provides opportunities for seniors to stay active and healthy, continue learning, share experiences and stay connected with friends and community members.

NOW, THEREFORE, in an effort to acknowledge the importance and the many contributions of the Sandpoint Area Seniors, Inc., and call upon all citizens to recognize the special contributions of the Senior Center participants and the special efforts of the staff and volunteers who work every day to enhance the wellbeing of the older adults of our community, I, Shelby Rognstad, Mayor of Sandpoint, Idaho, hereby proudly proclaim September in the City of Sandpoint as:

**National Senior Center Month**



  
Shelby Rognstad, Mayor of Sandpoint

Signed and proclaimed this  
2<sup>nd</sup> day of September, 2020





## Executive Director's Corner:

Alice Wallace,  
Interim Executive Director

As you can see from the front page, the city of Sandpoint, and the entire country in fact, has proclaimed September to be National Senior Center Month in recognition of all the work we do for the community. But what exactly does that mean?


A *proclamation* is an official announcement made in public by someone of the community; in our case it was the mayor of Sandpoint, Shelby Rognstad. *Proclamation* is the noun form of the verb *proclaim*, meaning to announce or declare something in an official or formal manner. *Proclamations* are typically made by public officials. Similar to the word announcement, declaration, decree or edict, a proclamation is often used with the word make... Many times the mayor will call a press conference to issue a proclamation declaring an official citywide day of celebration for something that is felt by many to be quite impressive.

Where does *proclamation* come from? The first records of *proclamation* come from the 1300s. It comes from the Latin word *prōclāmātiōnem*, from the verb *prōclāmāre*, meaning "to proclaim." *Proclamation* is most often used in an official government context, and *proclamations* are typically made by a person in a position of authority. In the past, *proclamations* were issued by kings and queens and often constituted a new law — picture a royal herald reading from a scroll. The most famous *proclamation* in the history of the United States is the Emancipation Proclamation of 1863, in which President Abraham Lincoln officially declared that the people enslaved in the territories rebelling against the Union were "forever free." While most *proclamations* made today in the U.S. are by government officials, they often do not carry much weight. In many cases, an official government announcement called a *proclamation* is essentially symbolic, especially when it's issued to recognize a person's contributions to a city or to commemorate an event. Such *proclamations* often use words like *whereas* or *be it resolved*.

*Proclamation* is sometimes used in a casual and humorous way that's intended to imply the kind of authority held by a government leader or monarch, as in *Let it be known that I'm making the proclamation that the leftovers in the fridge are mine and mine alone, and violation of this sacred contract is punishable by death.* The Proclamation for the Sandpoint Area Seniors means a lot to those that work at our Center because we take pride in what we do. Therefore, let this Proclamation act as a herald to the entire county that SASi is willing and able to assist seniors in any way possible. So, when you see a senior let them know you appreciate what they have done for this country and our community...

*Remember when a senior passes, a portion of a library burns.*

*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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**Vice President: Frankie Roberson**

**Secretary: Leslie Marshall**

**Treasurer: Kelly Dryden**

### Directors

**Pam Allen**

**Loris Michael**

**Marshall Roberts**

## SASi Spotlight

This month's spotlight is Joe King, the brother of board member Pam Allen. Joe lives in a group home in San Diego and has worked for Goodwill for over 15 years. When the Covid-19 outbreak occurred, Joe came to Sandpoint to stay with Pam, Bill her husband and Sam their dog. Who knew he would be here for six months! When Joe first got to Sandpoint in March, there was still snow on the ground. What a treat for a southern California guy. He had fun shoveling snow off the walkways and decks. As the weather improved, Joe worked in the yard with Bill and even built a birdhouse. Joe walked Sam every day and vacuumed the house every week. One of the most fun things Joe did was help refurbish the DayBreak Center. Joe packed boxes, washed walls, vacuumed the rooms, and when the new floor was installed and the painting was finished, Joe unpacked the boxes and helped put the Center back together. The other thing Joe loved to do was have lunch at SASi, which he fondly called "the cafeteria". Joe is now back home in San Diego, but before he left, he promised to come back next year. As Executive Director Alice Wallace said, "Thanks Joe for letting us be part of your time here. We all enjoyed you being part of our lives this summer."



## SASi's Kudos Korner



Joe King

Pam Allen

Bill Allen

Lloyd Wallace

Alice Wallace

Nikki Klein

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](http://www.sandpointareaseniors.org)



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

**208.263.6860**

**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 meet on the 1st and 3rd Thursdays, 1 - 2pm at the SASi Conference Room. **However, due to COVID-19, we are meeting outdoors in the courtyard of the Daybreak Center at the exact same time on the same days.**

Call Facilitator, **Jan Griffiths**

**208.290.1973**

or **DayBreak**

**208.265.8127**

for more info.



**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.

*October glows on every cheek,  
October shines in every eye,  
While up the hill and down the dale  
Her crimson banners fly.  
-Elaine Goodale Eastman*



## Happy Birthday

George Agar 10/7	Rob Hackworthy 10/24
Lloyd Wallace 10/7	Dick Creed 10/24
Joanna Fuchs 10/8	Marcia Hahn 10/25
Wanda Roberts 10/10	Pam Allen 10/28
Trudy Mendenhall 10/11	Jim Durfee 10/29
Leroy Overholt 10/16	
Doris Dingman 10/18	
Buzz Watts 10/21	



United States<sup>®</sup>  
**Census  
2020**

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.

## Laughing Matters

# When God sends help, don't ask questions

from a reader

She hurried to the pharmacy to pick up the medication. When she got back to the car, she found her keys locked inside.

The woman found an old rusty coat hanger on the ground. She looked at it and said, "I don't know how to use this."

She bowed her head and asked God to send her some help.

Within five minutes an old motorcycle pulled up, driven by a bearded man who was wearing an old biker skull rag. He got off his cycle and asked if he could help.

She said, "Yes, my husband is sick.

I've locked my keys in my car. I must get home. Please, can you use this hanger to unlock my car?"

He said, "Sure." He walked over to the car, and in less than a minute the car was open.

She hugged the man and through tears said, "Thank you, God, for sending me such a very nice man."

The man heard her littler prayer and replied, "Lady, I am not a nice man. I just got out of prison yesterday; I was in prison for car theft."

The woman hugged the man again, sobbing, "Oh, thank you, God! You even sent me a professional!"

Trivia Question:

What causes leaves to change color in the fall?

A. Protein B. Sugar C. Chlorophyll D. Mesophyll

Answer below

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 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. Sugar. It's why maples are so vibrant.

## The Legend of Stringy Jack

Legend has it that Stingy Jack invited the devil to have a drink with him, but Jack didn't want to pay for the drink, so he convinced the devil to turn himself into a coin. Instead of buying the drink, he pocketed the coin and kept it close to a silver cross in his house, preventing the devil from taking shape again.

He promised to let the devil go as long as he would leave Jack alone for a year – and that if Jack died, the devil wouldn't claim his soul.

After a year, Jack tricked the devil again to leave him alone and not claim his soul. When Jack died, God didn't want such a conniving person in heaven and the devil, true to his word, would not allow him into hell.

Jack was sent off into the night with only a burning coal to light his path. He placed the coal inside a carved-out turnip and has been roaming the earth ever since.

People in Ireland and Scotland began creating their own creations of Jack's lanterns out of turnips, beets and potatoes. The tradition traveled to the United States along with the immigrants and people began to use pumpkins, native to North America, for the lanterns instead.



## SUDOKU

Complete the grid so each row, Column and 3-by-3 box (in bold borders)

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

## Elder Orphans and Solo Agers

Did you know that 1 in 5 Americans is aging alone without the support and safety net of a loved one? Did you know that this number is expected to increase to 1 in 3 Americans by 2050? The sad thing is that this figure doesn't include seniors with children or family that are not available or unable to offer care and support. So what are solo agers to do? Here are some tips from AARP on how to age alone.

1. Consider where and how you might like to age.
  - \* Is your area walkable or is mass transit and access to taxis a consideration?
  - \* Consider communal living options such as room mates or a senior community.
2. Get your paperwork in order.
  - \* Make all legal documents accessible and your intentions clear. That includes deciding upon a health and financial proxy.
  - \* Consider hiring a Geriatric Care Manager, healthcare provider., or an elder care lawyer to help establish a game plan.
3. Develop a social network.
  - \* You may not be able to rely on friends for serious, long-term care, but there are ways you can support each other, such as bringing meals when you're ill or recovering, and doing errands such as picking up prescriptions or groceries.
  - \* Consider joining clubs, taking a class, volunteering, anything that will offer you repeated exposure to a new group of people.
4. Find support from like-minded people.
  - \* Consider joining the Elder Orphans Facebook group.
5. Think creatively.
  - \* Consider being "adopted" by another family. In exchange for the care, the senior can bequeath their assets to them.
  - \* Join other solo seniors in living in a communal environment with a space for a live-in caregiver.

<https://www.aarp.org/caregiving/basics/info-2017/tips-aging-alone.html>

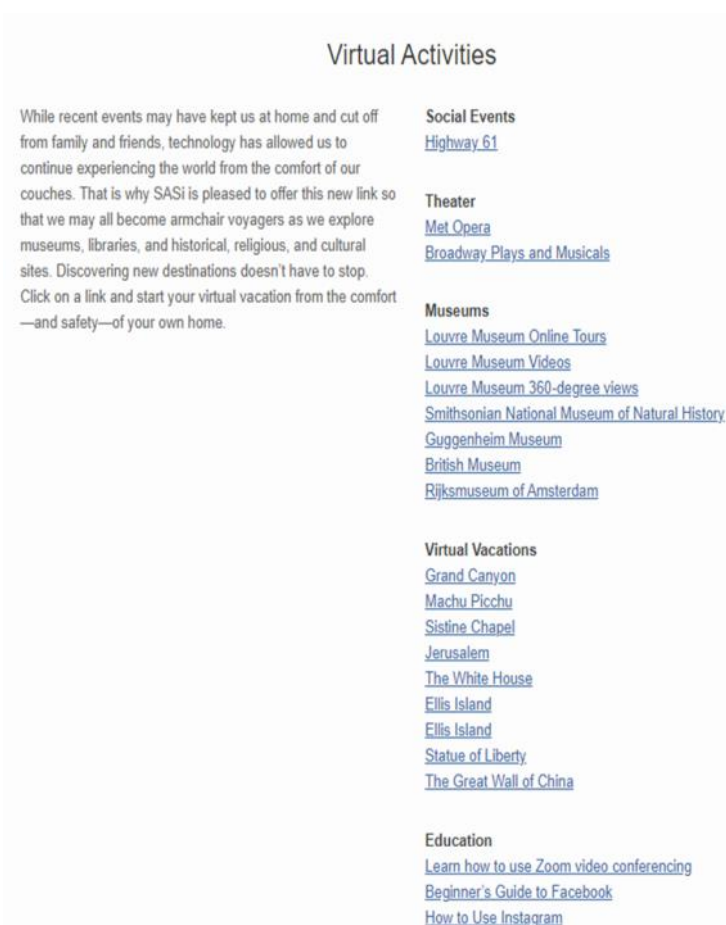
<https://www.facebook.com/groups/elderorphans/>

## Virtual Activities Page

SASi is pleased to announce its new Virtual Activities tab on our website. On this page, you find access to Opera Performances, Broadway Productions, Museums, Travel Destinations, and Educational Material to help you learn how to set up a Zoom meeting, Facebook, and Instagram Account.

At the top of the page is the link to Highway 61, a virtual senior center, where you can connect with seniors all over the country. You can play bingo, bridge, listen to guest speakers (or be one yourself), join a book club, and the list goes on. If you do not have access to the internet, you can still join the fun via the Highway 61 Party Line for Seniors. Dial 435-777-2200 and enter the conference ID code: 12564561#. You will join muted, so you will need to press \*6 to unmute.

Below is a screen shot of our new virtual activities page. Bon Voyage!





### 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, 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.



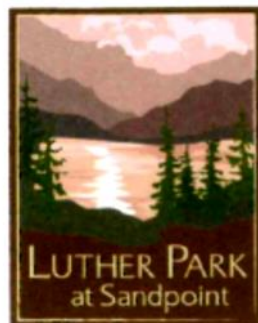
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**\* Thank you for your \$5 a month donations. If you did not see your name on this list, it may be time to renew your commitment.**

**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**