



## TAX HELP

As many of you may have read in the Bee, AARP has suspended its tax assistance program while the COVID numbers in our area are still at epidemic proportions. While they are currently trying to come up with an alternate solution, I have a suggestion that might be useful to most of you. I've called several CPA's in town and most of them charge \$200 for tax preparation services. Although most offer either a 10% or \$25 discount to seniors, I'm sure you'll agree that is still way too expensive for most on a fixed income. The good news is that if you have a simple filing, Accounting Solutions, Inc. can help. They have agreed to assist our seniors with their filings at a discount depending on what your needs are. If you just need assistance with the Grocery Credit Form, than please stop by the senior center to pick up the form. All you would have to do is take the completed form along with your ID to ASI's office on any Tuesday beginning in Feb, and for \$20, they will help you file it. If you are filing simple taxes with just your social security or retirement income, then you will need to stop by the senior center and pick up a new client form. Take the completed form, your ID, and your previous year's tax return to ASI's office on any Tuesday, and they will help you file it for a \$50 fee. I know that it a little expensive but it's considerably less than \$200. If you have a more complicated filing, than you would have to pay the full price less the 10% discount. ASI's address and phone number are as follows: 223 Cedar St, Sandpoint, (208) 597-7374.

Another option is H&R Block. While they do not offer any discounts on tax filings, unlike ASI, they do offer free assistance in filing your grocery credit form and property tax forms. Additionally, if you're comfortable enough with filing your own taxes, they will look over your work for free, before you submit it to the IRS. H&R Block address and number are 476930 Hwy 95 N, Ponderay, 208-263-5179.

If anything changes with AARP, I will send out an email notifying you. Until then, you can take advantage of their free online tax assistance at <https://taxaideqa.aarp.org/hc/en-us>.

Newsletter

February 2021

**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



## Executive Director's Corner: Cherie Coldwell



Hello everyone, I'm so happy to introduce myself as the Sandpoint Area Seniors, Inc. new executive director. I'm thrilled to have this awesome opportunity to serve the wonderful people of Sandpoint and Bonner county. These past 8 months have been a blessing to me as I trained under a wonderful mentor, Alice Wallace, whose stylish shoes will be hard to fill but I hope I do her, and all of you proud. The amount of work that Alice has put in to renovating the center to make it inviting, comfortable, and safe is astounding. I'm sure those of you who have had a chance to visit the center can attest to this fact. Her commitment to utilizing the time we've spent closed wisely will pay off for years to come. Even if I'm half the director she is, it will be enough.

As some of you may have read, I came to SASi after managing the after school program at Priest River Lamanna High School. I loved working with our youth and providing them with activities and opportunities geared towards life after high school. I always told them, "you don't have to go to college but you do have to have a plan." While I miss the camaraderie I shared with the teaching staff, and working with the students everyday, I look forward to fostering the same relationships here at SASi.

Prior to my work with PRLHS, I was a pediatric nurse in Pennsylvania and before that, an EMT with the United States Air Force. Of course that begs the question, what brought me to Sandpoint? Well, when I left nursing, I decided to explore the country with my dog Fargo, so I bought an RV and hit the road. For seven months, Fargo and I explored the east coast and then the northern half of the US. While I was visiting Yellowstone and planning my trip to Spokane to visit my cousin, some Air Force friends of mine invited me to stop and visit them in Sandpoint. The rest, as they say, is history and there's no place else I'd rather be.

These next few months will be busy as I learn my new position, train my replacement at the front desk, and hopefully, gearing up to reopen the center to the public. Please have patience with us as we navigate through this transition. Speaking of my replacement, Pam Darren has joined the SASi staff as our new administrative assistant/receptionist. Like me, she is a transplant and I hope you will all welcome her as you have me. Another new addition to the SASi family is our sous chef, Chris Townsend. Chris will be assisting chef Greg and learning to be his backup. I will provide their bio's in this and the next issue so that you all can get to know them.

Finally, I know a lot of you have questions regarding tax preparation with AARP and unfortunately, I don't have any of answers for you. I do know that they are trying to figure out a way to safely help you all file your returns without putting you, them, or the SASi staff in harms way. As soon as I hear back from them, I'll let you all know. Until then, feel free to reach out to ASI and H&R Block for help with your taxes.

I hope you all have a wonderful February. Spring is just around the corner and before you know, groundhogs will be popping up to give us the weather report. Until then, stay warm, stay safe, and be well.

*Cherie*



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## SASi Spotlight

Pam Darren

My name is Pam Darren and I will be the new face at the front desk. I recently moved here with my husband from Naples, Florida where I did the accounting and billing for the Glades Country Club. We had moved there in 2008 from the Cleveland/Akron area in Ohio to be closer to two of my children and two of our grandchildren. While the weather was great and being close to the kids was wonderful, we made the choice to come to Sandpoint where my third child lives with his wife and 3 young boys, to get to know them other than on Skype. We had visited Sandpoint several times and enjoyed the small town atmosphere that we were used to in Ohio, and the change of seasons too. I look forward to meeting all of you and hearing your story!



### Board of Directors

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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 free.

Menus are also on our website at  
[www.sandpointareaseniors.org](http://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 opening up again on Feb 8th! If you need respite or caregiver services, please contact them at:

**208.263.6860**



*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!

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 (We are in the back part of the meeting room with the divider ) of the Columbia Bank Building located at 414 Church St.

Call Facilitator,  
**Jan Griffitts**  
208.290.1973



This is just a friendly reminder to call and reserve your grab-n-go meals the day before if possible. 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 the to go containers. Finally, please remember that pick up is from **11:30-12:00** so our delivery drivers have room to load their vehicles.

Thank you for your consideration.



**Beginning January 1st, the suggested amount to donate for your meals will be \$5.00 for seniors.**

Like us on Facebook!

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

"Away in a meadow all covered with snow  
The little old groundhog looks for his shadow  
The clouds in the sky determine our fate  
If winter will leave us all early or late."

- [Don Halley](#)



## Happy Birthday

Emmy Keiser	2/4	Jan Griffitts	2/25
Ken Dunker	2/11		
Jan Stolz	2/11		
Vivian Bogardus	2/11		
Suzi Yeager	2/13		
Betty Whipple	2/15		
Rita Beehler	2/15		
Vi Ojala	2/22		



### Trivia Question

Which state produced the most US presidents?

- |                |                 |
|----------------|-----------------|
| A. Ohio        | B. Pennsylvania |
| B. C. Virginia | D. Maryland     |

Answer below

C. Virginia

## SASi's Kudos Korner



There have been so many generous donations this past month from our wonderful community members. We'd

like to take this opportunity to thank

Donna Price for her beautiful Valentine's Day Cards for seniors, and Ann for the large donation of Black Forest Hams.

Thank you so much for your generosity!



Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!

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.



## Did You Know...

**Liberia** was founded and colonized by expatriates. The West African country is one of two sovereign states in the world started as a colony for ex-slaves and marginalized black people. **Sierra Leone** is the other.



**THIS CHANGES EVERYTHING**

Grab-n-Go lunches will now be available for pick up on Fridays from **11-11:30**, that's 30 minutes earlier than the rest of the week. As always, please call ahead to reserve your meal.

## 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](http://Sudoku.org.uk)

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



The first thing to know is how your immune system works. Basically, your immune cells attack anything foreign to your body. If it sees a protein or a virus or a bacterium or anything that it doesn't recognize, it launches an attack. If it's fighting off a virus, for example, it takes time to build up a full attack. It's got to figure out what part of the virus to attack and ramp up production of what it needs to attack those parts. That can take a few days. Meanwhile, the virus is replicating and expanding.

Once it fights off the virus, though, it remembers it. You've got memory cells in your immune system, and if you run into that virus again, your memory cells say, "I've seen this virus before". Your body uses its experience to demolish the virus before it can make you sick.

So, with that in mind, we return to the vaccine.

Scientists looked at the COVID virus and saw a protein on the outside of the virus that looked like a good candidate to launch an immune attack against.

That protein, by the way, is an important one for the virus. It uses that protein to get into your cells. That protein makes the virus more infectious. In short, that protein makes the virus more of a jerk.

Now COVID has DNA in it that codes for all of its parts. So, scientists looked at the entire DNA sequence of the virus and found the sequence of DNA that is the blueprints for that protein. The jerk protein.

Side note: DNA is the blueprint to make things in a cell. Cells take the DNA and transcribe it into RNA. The RNA is the instructions that tell the cell what to make. mRNA (literally messenger-RNA) gives instructions to the cell to make something.

So, scientists took the blueprint for the jerk protein on COVID and made an mRNA version of it. Literally just the instructions on how to make that protein. These instructions "are" the vaccine.

Let me explain.

The vaccine contains no actual part of the virus.

It has only the instructions on how to make the jerk protein. So, you can't get infected with COVID from

the vaccine. You just get these instructions.

Your cells see these instructions and say "sure; I'll make this". So, your cells make a bunch of the jerk protein. Your immune system sees this new protein you're producing and immediately says "what... the heck... is this?" And it starts attacking the protein. Remember it hasn't seen this protein before. It takes a while to ramp up production. Then it launches an all-out war against the jerk protein. The fevers, chills, muscle soreness, etc. you might get as vaccine side effects is your body bombing the hell out of the jerk protein.

So, you destroy the jerk protein (which in and of itself can't infect you, it's just a protein, not the virus). Now here's the important part. Your memory cells 'remember' the jerk protein. They remember exactly how to destroy it. By the way, your body breaks down the mRNA instructions that you got with the vaccine pretty quickly too. That's normal. You don't need a bunch of instructions hanging around forever. Your body breaks those down and gets rid of them.

So, you've broken down the mRNA instructions. You've destroyed jerk proteins. Everything from the vaccine is gone except for those memory cells who remember that protein very well.

So then, a COVID virus enters your body.

Your body has never seen the virus before. BUT it has seen that protein that's on the outside of the virus. Your memory cells say "you've got to be kidding me, THIS jerk again? Get the heck out of here!"

Your body's own 'natural immune system' quickly and efficiently launches an all-out war, using the template it has from when it destroyed the jerk protein last time. It destroys the virus before it can take hold, replicate, and make you sick.

Congratulations! Now, you're immune to COVID! You've got the blueprints to defeat it as soon as it enters your body.

What if the virus mutates so it doesn't produce the jerk protein anymore?

Well, since it uses the jerk protein to get into your cells, if it mutates away from the jerk protein, it'll probably also be less infectious. That's what makes the vaccine low-key brilliant. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/>

**All activities are canceled for the month of February.**

Are you a senior in need of assistance? Do you need help with a ride to an appointment, light chores around the house, or grocery shopping? Then please call SASi. We have volunteers who may be able to help.



**Ken Wood**  
Financial Advisor

477100 Highway 95, Suite B  
Ponderay, ID 83852-9501  
Bus. 208-255-2613 TF. 844-361-3669  
Fax 855-379-1812  
ken.wood@edwardjones.com  
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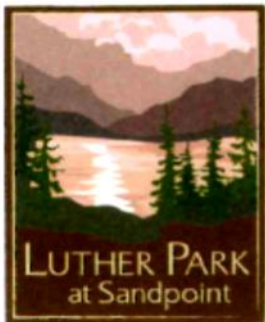


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### Medicare Fraud



**Call your North Idaho Senior Medicare Patrol**  
**1-800-786-5536 ext 4071**  
**Or email [smp@nic.edu](mailto:smp@nic.edu)**

This project was supported, in part by grant number 90MPPG0034-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

**eden HEALTH**  
HOME HEALTH

**Chelsie Ulrich**  
Community Liaison

P: 208.264.8198 • F: 208.263.9210  
[chelsie.ulrich@eden-health.com](mailto:chelsie.ulrich@eden-health.com)  
[www.eden-homehealth.com/sandpoint](http://www.eden-homehealth.com/sandpoint)

Physical Therapy  
Occupational Therapy  
Speech Therapy  
Social Services  
Registered Nurses

### SASi Wish List

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

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



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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



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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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