

Newsletter

April 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

a 501 (c) 3 non-profit corporation

Lifespan Respite Services

Hey it's Wednesday – hump day! TGIF! Whohoo – 3 day weekend! We all enjoy our time off and breaks from our normal routines. But, for some of us, there is no break or time off. There are people that are on call 24/7 taking care of their aged or disabled parents or family. They love them dearly, and would not have it any other way, but occasionally, a day or night off for themselves would be great!

The Area Agency on Aging is now offering information on Lifespan Respite services. As the caregiver, you can hire who you want, when you want and get re-imbursed. You can hire a family member or a family friend. You must be an unpaid in home caregiver living in a rural location in Northern Idaho. There are limits to reimbursements.

There are also some education courses available thru the Idaho Commission on Aging at their website. Dementia Skills, Caregiver Skills, Healthy Caregiving, and Ending Loneliness. These courses are online and free.

Home delivered meals can surely help and make you smile. The Area Agency on Aging can help you get set up with 7 meals a week for each qualified person in the home. The consumer must be homebound, 60 years or older and unable to independently prepare meals.

Light housekeeping is always welcome and can also be arranged if you meet the criteria.

The Area Agency on Aging has a plethora of information and help in many areas as well as the Idaho Commission on Aging and other agencies.

If you are feeling overwhelmed, please do not hesitate in calling them at 208-667-3179.



Executive Director's Corner: Cherie Coldwell



Hello everyone and welcome to Spring! I'm so excited to announce a partial return to normal activities. As you may have heard, SASi is once again offering congregate meals at the senior center. We are still limiting the number of diners and you'll be required to wear a mask unless you are seated at your table. We only have room for 40 guests at a time so please call and reserve your spot. Bridge has also returned to the senior center. The organizers have limited the size to 16 players and players must have had both vaccines to participate. Please reach out to Marshall Roberts or Loris Michael if you're interested in participating. If anyone is interested in bringing Pinochle back, please get with me and we'll discuss the guidelines and get you playing. Pool players are also welcome, however they need to have had at least their first vaccine, must also wear a mask, and will be limited to 4 players at a time. Bingo will be making a return on May 5th. More details to follow in the May newsletter. In addition to the return of these activities, the Injector's Car Club will be returning on Father's Day weekend to host their annual BBQ. Save the date (Saturday, June 19th) and come join us for food, fun, and 9 holes of miniature golf! All ages and abilities are welcome.

Speaking of all ages, SASi is please to announce a new partnership with Sandpoint High School. TechEd with Teens is a program where teens work with seniors to teach them how to use their smart devices. If you have a smart phone, tablet, or any other portable gadget that you'd like to learn how to operate, then please contact the senior center. Or if you need help in navigating social networking platforms such as Facebook, we can help with that too. We're waiting until May to start this program to give seniors time to get vaccinated. I'll have firm dates for you in the May newsletter so keep your eyes open.

Finally, I want to talk to you all about mental health and suicide prevention. We know that this pandemic has been especially hard on you, our seniors, and the Panhandle Health District would like you to know that there are supportive services available to you, your friends, and your family members. To that end, Jill Ainsworth from the PHD, will be visiting us on Thursday, April 1st during lunch for a quick overview of what they offer. If there is a large enough interest, then SASi and PHD will arrange for a full presentation later in the month.

However, if you are struggling now or know of someone who is, please don't hesitate to reach out to the Idaho Suicide Prevention Hotline at 208-398-HELP (4357) or the National Suicide Hotline at 800-273-8255. Please remember that even though we are socially distant, you have a friend here at the Senior Center and you are not alone. If you're not comfortable speaking to someone at the hotline, you can always call us, 208-263-6860.

Happy Easter and Be Well!

Cherie



Coverage Options for your individual needs.

■ Major Medical	■ Group Benefits	■ Critical Care Protection
■ Short Term Medical	■ Medicare Supplemental Plans	■ Accident, Cancer and Gap Coverage
■ Long Term Care	■ Medicare Advantage Plans	■ Short Term & Long Term Disability
■ Life Insurance	■ Prescription Drug Coverage	■ Vision and Dental

BRADLEY INSURANCE
401 Bonner Mall Way, Suite I
in Ponderay
208 265-1888

SASi Spotlight

Janette Smith

Alright SASi Seniors, please give a warm welcome to Janette Smith, SASi's new nutrition assistant. Janette comes to us by way of Vancouver, WA where she was born and raised. Janette moved to the Sandpoint area in 1997 to raise her 3 children. In the past, Janette has been very involved in local community organizations such as the Bonner County Homeless Task Force and the FEMA Board. She has previously worked at BGH and now brings her talents and heart for serving the community to SASi. .

Welcome Janette!



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



"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 now OPEN!

If you need respite or caregiver services, please contact them at:

208.265.8127

Fit and Fall Prevention Classes

Exercise-based fall prevention program for older adults

Interested in Volunteering? Panhandle Health District is looking for Class leaders.

Free Training provided along with equipment, teaching manual. 3 - 4 hours a week for preparation and teaching. Also volunteers to assist Class leaders needed.

Please contact Gary Patterson, Program Coordinator at 208-415-5242 or

Email gpatterson@phd1.idaho.gov

*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!

Alzheimer's 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



Although the dining room is once again open, grab-n-go meals are still available for those not comfortable in a group setting. As always, please call the day before or by 9:30 the day of to reserve your meal. Pick up time is at **NOON** Mon-Fri.

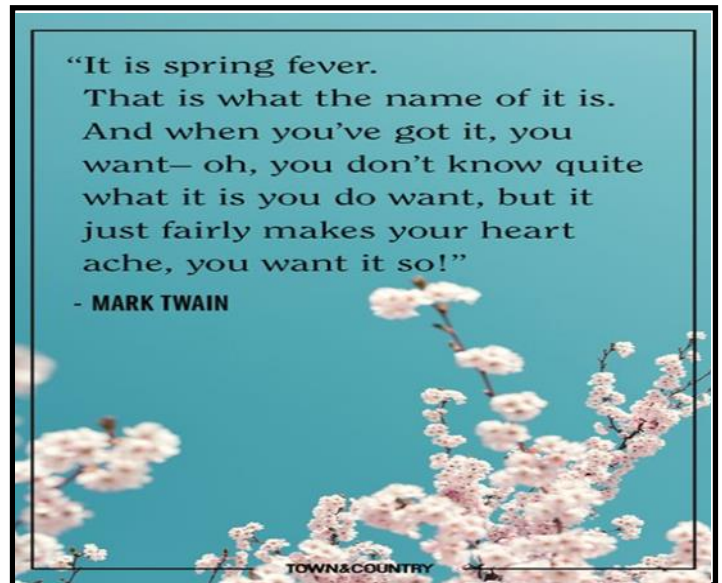
Thank you for your consideration.



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

Like us on Facebook!

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



Happy Birthday

Ed Bittner 4/7	Swede Gunnarson 4/21
Sarah Johns 4/14	Leonard Boice 4/21
Eveline Leucht 4/12	Robert Venn 4/23
Kevin Savage 4/16	Del Ewing 4/25
Joyce Boeck 4/16	
Marge Luther 4/20	



Trivia Question

Who is the famous Idahoan who wrote the Hokey Pokey in 1953?

- | | |
|-------------------|------------------|
| A. Ray Anthony | B. Jack Johnson |
| C. Chubby Checker | D. Larry Laprise |

D. Larry Laprise

SASi's Kudos Korner

We have had so many generous gifts from our generous community this past month. Please help us in thanking Joe Lykins for the donation of paper towels and printer paper, Denise & Ron Mead for donating their wonderful farm fresh eggs (just in time for breakfast!), and Mike Darren for helping us to unpack our new dining chairs as well as cleaning up and organizing our garage. Thank you all for your generosity and commitment to SASi Seniors!



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.



Did You Know?

Bonner County has a free medical clinic, Bonner Partners in Care. If you are uninsured or under-insured and have a non-emergency, minor or chronic medical need such as diabetes, high blood pressure, cold/flu, etc. ... you can be seen for free. They are located in the Panhandle Health District Building at 2101 West Pine St. The free clinic is held 1 evening a week, alternating Tuesdays and Thursdays. You may line up starting at 5pm with the doors opening at 5:30 pm. First come first served for up to 8 patients each clinic night. Questions? Please call Amy at 208-225-9099.

SASI dining room is now open for lunches. Service is at 11:30. Please call no later than 9:30 the morning of to reserve your spot as we are only accepting 40 people a day. We will continue grab and go for those who are not comfortable coming inside. Pick up time is at 12:00. Suggested donation is \$5.

THIS CHANGES EVERYTHING

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

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

Keep your Immune System Healthy

Your immune system defends you against the viruses that cause colds and flu. These eight steps can help support your immune system so it's ready to fight those viruses.

- Eat plenty of fruits, vegetables, and whole grains.
- Get at least 30 minutes of exercise most days of the week.
- Get enough sleep.
- Wash your hands.
- Keep up with your vaccinations. Almost everyone who's at least 6 months old should get a flu vaccine every year.
- Keep your weight healthy.
- Don't drink too much alcohol.
- Don't smoke.

Get the Nutrients You Need Food is your best source. Fill half your plate with vegetables and fruit, and split the other half between lean protein and grains, as the government's "MyPlate" guidelines recommend. Not sure if you're getting enough vitamins and minerals? Ask your doctor or a nutritionist about that. Don't overdo supplements. Taking too much can be bad for you. Your doctor can let you know what you need.

Manage Your Stress Everyone gets stressed. Short bursts of stress may help your immune system. But lasting stress is a problem. It can hamper your immune system. You can take action to tame stress. Make these steps part of your stress management plan:.

- Get enough sleep.
- Learn and use relaxation techniques.
- Exercise.
- Take time for yourself.
- Build your support network of people you can talk to.

Consider counseling, especially when you're going through a very stressful time.

by [Hansa D. Bhargava, MD](#)

WedMD, August 31, 2020



Are you a solo ager and would like some assistance at home or maybe someone to visit with? If so, then please call the PHD's Senior Companions Program. A senior will be assigned to assist with light chores, errands, appointments, and/or playing games 2-3 hours per day, 2-3 days per week. Please call Dan Perry at 208-415-5711. **This program is completely free of charge.**



Ken Wood
Financial Advisor

477100 Highway 95, Suite B
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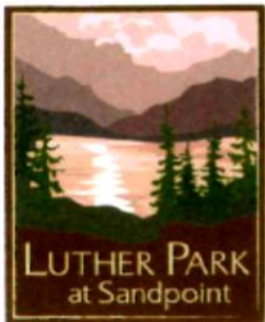


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Avenue
Sandpoint, Idaho
83864
208.265.9299

THE BRIDGE AT SANDPOINT



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



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prevent, detect, and report**



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**Call your North Idaho Senior Medicare Patrol
1-800-786-5536 ext 4071
Or email 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.



Chelsie Ulrich
Community Liaison

P: 208.264.8198 • F: 208.263.9210
chelsie.ulrich@eden-health.com
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,
1.5x2" post it notes, Plastic shopping bags,
Handyman/woman for small jobs.

Thank you for your generosity and support!

Donors

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Mountain Ledgers
Myers, Marilda
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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

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