



Newsletter

March 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."**

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www.sandpointareaseniors.org

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Daylight saving time : The odd history of changing our clocks

You've probably heard that Ben Franklin kind of proposed daylight saving time (also erroneously called daylight savings time) centuries before it was implemented, and that the twice-yearly switch was initially adopted to save us money on energy needs.

But if you dig deeper, you'll find out that the daylight-hoarding tradition which was adopted in the United States just over a hundred years ago has an even more colorful history. Around the world, daylight saving time has been affecting international relations, creating nested time zones, and potentially influencing your health. (See where the movement to abolish daylight saving time is gaining steam.)

Here are a few of the lesser-known facts about daylight saving time.

In 1895, George Hudson, an entomologist from New Zealand, came up with the modern concept of daylight saving time. He proposed a two-hour time shift so he'd have more after-work hours of sunshine to go bug hunting in the summer.

Seven years later, British builder William Willett (the great-great grandfather of Coldplay front man Chris Martin) independently hit on the idea while out horseback riding. He proposed it to England's Parliament as a way to prevent the nation from wasting daylight. His idea was championed by Winston Churchill and Sir Arthur Conan Doyle—but was initially rejected by the British government. Willett kept arguing for the concept up until his death in 1915.

In 1916, two years into World War I, the German government started brainstorming ways to save energy.

"They remembered Willett's idea of moving the clock forward and thus having more daylight during working hours," explains David Prerau, author of *Seize the Daylight: The Curious and Contentious Story of Daylight Saving Time*. "While the British were talking about it year after year, the Germans decided to do it more or less by fiat."

Soon, England and almost every other country that fought in World War I followed suit. So did the United States: On March 9, 1918, Congress enacted its first daylight saving law—and it was a two-fer: In addition to saving daylight, the Standard Time Act defined time zones in the U.S.

In those days, coal power was king, so people really did save energy (and thus contribute to the war effort) by changing their clocks.

By: Erin Blakemore

<https://www.nationalgeographic.com/news/2018/03/daylight-savings-time-arizona-florida-spring-forward-science/#:~:text=In%201895%2C%20George%20Hudson%2C%20an,bug%20hunting%20in%20the%20summer.>

Daylight Savings begins on Sunday, March 14th at 2a.m.



Executive Director's Corner: Cherie Coldwell



As I sit and write this letter, it is a balmy -15 with windchill outside and all I can think about is playing golf and being on the water. I don't know about you all, but I've had just about enough of winter, even a mild one. Since we're thinking about spring and the transitions of season, why not reflect on how we, like the earth, can begin anew.

Most of us welcome spring by cleaning and airing out the house. This is great of course, but why not apply the same concept to your mental and physical health. Since spring is about rebirth, why not work on cleaning out negative thoughts and bad habits so that a new you can emerge? As Melissa Eisler writes her article *Spring Renewal: 5 Helpful Hints to Refresh Your Mindset*, "Take this time to assess where you are in your day-to-day routines and mindsets, and decide what's working and what's not. Once you create this awareness, you can replace the routines and mindsets that no longer serve you with routines and habits that support a refreshed version of yourself".

1. **Make Time for Yourself-** This means disconnecting from distractions that keep you from reconnecting with yourself. Dedicate a certain time of day just for you where you can journal, meditate, do yoga, work in the garden, or do whatever helps to ground and recenter yourself.
2. **Take Inventory-** Ask yourself:
 - What's working in my life, and what's not?
 - What could be improved?
 - What do I really want?
 - What may be holding me back from that which I really want?

As you ask yourself these questions, consider any roadblocks that are holding you back.

3. **Set Your Intention-** This part of the process allows you to guide your actions rather than leaving them to chance. Write out the steps to achieve your goal. "Make sure to reference your plan every morning to ensure your actions are aligned with your intention and leading you to your goals".
4. **Stay Positive-** During your transformation, you may feel like your not making any progress. This is normal. Don't beat yourself up but rather use it as an opportunity to reflect. Focus on the positive changes you've made so far and be kind to yourself. "When you highlight the things that you appreciate in life, it allows you to gain perspective and to create positive energy".
5. **Take Care of Your Body-** While taking care of your mental health is important, you must remember to balance it out by taking care of your body as well. Any movement is beneficial regardless of the activity.

Happy Spring and Be Well!

Cherie

<https://chopra.com/articles/spring-renewal-5-helpful-hints-to-refresh-your-mindset>



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

SASi Spotlight

Chris Townsend

This month's spotlight is on Chris Townsend, our new sous chef. Chris is originally from Seattle where he started his career at the Bellevue Athletic Club. Chris and his wife discovered Sandpoint in the mid 80's and decided that with Seattle getting crowded, that this was the place to be. So in 1992, Chris and his wife packed it up and made the move to Sandpoint where he currently assists our head chef, Greg with all of our tasty meals, especially salads & desserts.

Welcome Chris!



"Okay... if you're a leprechaun then let's see you Riverdance."

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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

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*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



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 is \$5.00 for seniors.

Like us on Facebook!

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

March Wind

March wind is a jolly fellow;
He likes to joke and play.
He turns umbrellas inside out
And blows our hats away.

He calls the pussy willows
And whispers in each ear,
"Wake up you lazy little seeds,
Don't you know that spring is here?"

~Anonymous



Happy Birthday

Shakura Young 3/5 Diane Belwood 3/18
Jean DeRemer 3/5 Evelyn Brabender 3/24
LaVerne Reams 3/7 Dan Blood 3/28
Martha Bridges 3/9 Russell Newell 3/29
Shirley Shaffer 3/9
John Chellman 3/9
Doug Fraser 3/16
Betty Record 3/17



Trivia Question

If you were eating a boxty, what would this be?

- A. Biscuit
- B. Potato cake
- C. Brownie
- D. Mashed Potatoes

B. Potato Cake

SASi's Kudos Korner



This month SASi would like to thank Alice and Lloyd Wallace for the tremendous amount of work they have put into improving the senior center and Daybreak center over the past year. Their dedication and tireless efforts have transformed both centers into something as lovely and inviting as they are. We will be forever grateful for all you've done!



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?

Did you know that remote learning is not a new concept in the US? In 1937 there was a massive polio outbreak in Chicago that caused the closure of pools, theaters, and schools for in person instruction. As a result, the school principals and teachers put together a lesson plan and the local radio stations would donate time from Monday through Saturday to air the lessons. Even the local newspapers got involved by printing the class schedules everyday. The goal was to be informative and entertaining which is why the lessons were formatted in a commercial broadcasting style. While students and teachers had similar issues with remote learning as their modern contemporaries, it demonstrated how technology can be used to support education.



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

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

5 TIPS TO IMPROVE YOUR MEMORY

MEMORY MYTHS AND REALITY: DON'T BE FOOLED

Here are some common misconceptions about memory and the reasons why they do not hold true.

Myth: *Remembering faces is easy. Remembering names is hard.*

Reality: You may not realize it, but we remember faces in a way that is different from how we remember names. When we say we remember a face, it's because we recognize that person. When we say we don't remember a name, it's because we don't recall it. Recognition is generally easier than recall because the stimulus (the face) is right there in front of us.

Myth: *We only use 10 percent of our brain.*

Reality: Not true. We use all of our brain, all of the time.

Myth: *We are born with all of the brain cells that we'll ever have.*

Reality: For decades, most people believed that once our brain cells were destroyed by injury, illness, or aging, they were gone for good. New cell-counting technology has revealed that cell loss with age is minimal, and adult brains actually generate new brain cells every day.

FOODS FOR THOUGHT

Some foods are better than others at keeping your brain in top shape. Here are a few of the best:

Salmon: Fish is a brain food, particularly cold-water fish such as salmon, tuna, and sardines. Fish oils are rich in omega-3 fatty acids, which are essential for healthy brain function. Green leafy vegetables, canola, olive, and flaxseed oils are also rich in omega-3 fatty acids.

Blueberries: Many age-related diseases are really the result of a lifetime of exposure to oxidizing free radicals. Blueberries are one of the best sources of free-radical neutralizing antioxidants.

Spinach: Spinach and other leafy green vegetables boost your brain with antioxidant vitamins E and C and the B vitamin folic acid.

USE IT OR LOSE IT: IMPROVE YOUR MEMORY

Just as your body becomes less efficient without regular activity, so does your brain if it's not put to good use. Here are some strategies to help you fully "exercise" your memory.

Get Moving: Much of the decrease in memory that we attribute to aging is a result of reduced blood flow to the brain. This is because we tend to get less active with age. Regular exercise improves circulation throughout the body, including the brain. A study funded by the National Institute on Aging found that 6 months of regular aerobic exercise increases mental performance in the elderly by 25 percent.

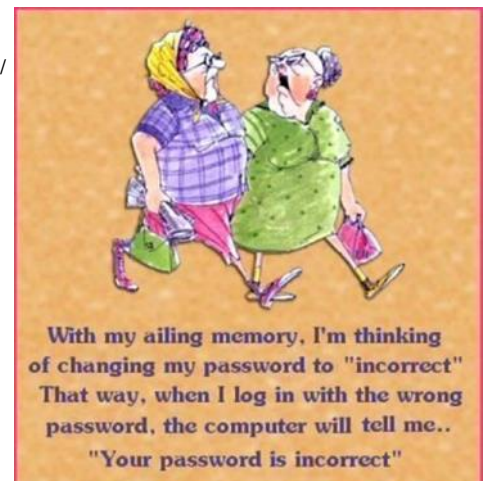
Eat Right: Remember, a healthy body is a healthy brain. Eating right helps not only your mind focus on new information, but also is good for your body too. Vitamin supplements and herbal extracts aren't the same thing as getting vitamins and omega-3 fatty acids naturally, through the food you eat. If it's extra motivation, eat for a better brain!

Make New Friends: The single worst thing you can do for your memory is to isolate yourself from the world around you. Interacting with others stimulates the brain in myriad ways.

Sleep on It: Sleep—or lack of it—affects memory. The second stage of memory consolidation happens most effectively when we sleep. Chronic sleep deprivation can therefore hinder memory. When we're sleepy, our concentration and ability to pay attention are compromised—affecting our ability to store new memories and retrieve old ones. Getting a good night's sleep every night is important as well.

Now ... the Number One Brain-Boosting Activity: Reading!

<https://www.almanac.com/our-magnificent-memory>



All activities are canceled for the month of March.

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

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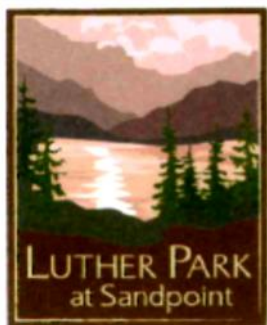


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Chelsie Ulrich
Community Liaison

P: 208.264.8198 • F: 208.263.9210
chelsie.ulrich@eden-health.com
www.eden-homehealth.com/sandpoint

Physical Therapy
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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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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 _____

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