



Newsletter
May 2021
SASi
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

Senior Center:
208-263-6860

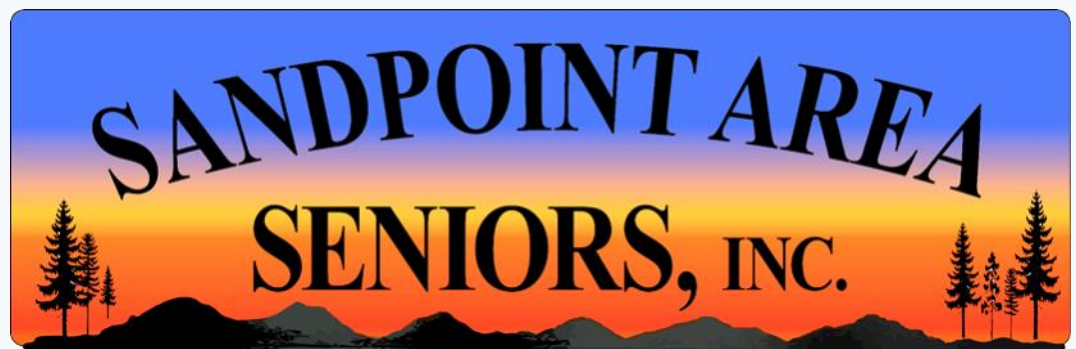
**"It shall be the mission of
the Sandpoint Area
Seniors, Inc. to benefit
senior citizens over the age
of 50 in Bonner County by
promoting nutritional,
social, recreational and
wellness opportunities."**

**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



Memorial Day

For many Americans, Memorial Day signifies the start of summer. A time to celebrate the end of a long cold winter, and a wet and dreary spring (though, luckily for us, not this year). But Memorial Day is more than the kick off to BBQ season, it is a day when we come together as a nation to remember those who gave the ultimate sacrifice so that we may enjoy the freedoms we hold so dear.

Memorial Day began in the late 1800's as a southern tradition to pay tribute to those who fought and died in the civil war. Initially, it was known as Decoration Day due to the placing of flowers at the graves of those who died. This was usually followed with a meal and a religious service. On May 5, 1868, General John A. Logan, a leader of an organization of Northern Civil War veterans, called for a nationwide day of remembrance to be held on May 30, a date chosen as it had no ties to any battles and was therefore, neutral. On the first Decoration Day, General James Garfield gave a speech at Arlington National Cemetery in which 5,000 participants decorated the graves of over 200,000 soldiers. Within a few short years, the tradition caught on among the northern states where it became an official state holiday. However, several southern states continue to honor their dead on a different day, celebrating Confederate Memorial Day on various dates in April and May.

While Memorial Day, as Decoration Day became known as, started off as a day to remember those who died while serving during the civil war, it eventually evolved into a day of remembrance for all of America's fallen service members. Now, Memorial Day commemorates those who died in service in every conflict, including WWI, WWII, Korea, Vietnam, Iraq, and Afghanistan.

For decades, May 30th served as the day of remembrance, but it was not until 1968 that Congress passed the Uniform Monday Holiday Act, establish the last Monday in May as the official Memorial Day holiday.

Today, American's observe this solemn holiday by decorating the graves of the fallen with American flags and in some cases, wearing red poppies. However you celebrate this holiday, please take the time to remember those who gave the ultimate sacrifice in service to our country.

<https://www.history.com/topics/holidays/memorial-day-history>

<https://ammo.com/articles/memorial-day-forgotten-history-what-it-commemorates>



Executive Director's Corner: Cherie Coldwell



Hello SASi Nation! I hope you all have enjoyed the beautiful mild weather and have been able to get out and enjoy the sunshine. The warm and sunny days also means a start to gardening season and that begins with spring cleaning. Trimming back trees, clearing out planting beds, and cleaning the general detritus of winter from our yards. I also call this, Moose Munching season as I have never found out what color the tulips in my front yard are, thanks to our roaming residents. That's OK, moose gotta eat too, right?

Gardening is a wonderful source of exercise, as it not only burns calories, builds muscle, and improves flexibility, it also strengthens your bones and your mental health. Canadian horticulturist Dr. Allan Armitage put it succinctly when he stated that, "Gardening simply does not allow one to be mentally old, because too many hopes and dreams are yet to be realized. The one absolute of gardeners is faith...it is easy to age when there is nothing to believe in, nothing to hope for; gardeners, however, simply refuse to grow up." I suppose that explains why so many of you seem so young and fit.

If you are working in the garden, please keep in mind that we have been sitting idle for several long months and exercising some precautions (see what I did there?) will go a long way to making your experience in the sun, a happy and productive one.

Bending: Muscles used: core, back, legs.

The right way to do it: Focus on tightening your leg muscles (your quadriceps and your hamstrings) as you bend forward. Keep your knees slightly bent.

Raking: Muscles used: core, shoulders, arms.

The right way to do it: Use short, quick motions, and keep the rake close to your body. Switch sides every two to three minutes.

Squatting: Muscles used: glutes, quadriceps, hamstrings.

The right way to do it: Keeping your torso upright, lower yourself until your bottom almost touches the ground. Try to keep your weight on your heels.

I've attached a link below for you to visit AARP and learn more about the different exercises you can incorporate into your daily routine to keep you healthy and strong throughout the gardening season. I hope you all have fun in the sun and we look forward to seeing you at the senior center.

Cherie <https://www.aarp.org/health/fitness/info-10-2010/More-Raking-Less-Aching.html>



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Every Wednesday 6 pm

\$2.00 per card

**Concessions at 5pm!
Just show up and have fun!!**

Estate Planning

If you're in the process of planning your estate, please keep your favorite community organizations in mind. The 5% Transfer of Wealth is a program aimed at keeping local organizations funded by the people within their community. If you have an organization that you'd like to support, then consider adding them as a beneficiary when you plan your estate. It is a way to keep part of your wealth and legacy in the community you care about. One person treated their favorite organization as if it were an additional child, bequeathing an equal portion of the inheritance to that organization.

No matter how large your estate, a local nonprofit will always appreciate a gift, especially at times like these.



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The DayBreak Center is now OPEN!

"Adult Day Care and Family Support"

DayBreak Center

A Program of Sandpoint Area Seniors, Inc.

(208) 265-8127 820 Main St., Sandpoint, ID 83864

DayBreak Center News

Good news for all of you veterans and loved ones of veterans. The DBC now has VA approval which means veterans can use their benefits to apply for services there.

DayBreak offers a 2 hour free visit so that folks can see what the service is like. Through a collaborative effort with SASi, funding for respite care is available through several sources including grants and "scholarships".

Coming soon: On Site/ DayBreak telehealth kits that allow folks to check a unit out for geriatric, skin assessments, counseling and other medical specialist visits. Users will also have access to online games, music and other respite activities.

UPCOMING ACTIVITIES

Interested in taking part in an art class with POAC? Classes start on Thu May 6th.

Interested in a creative writing class? Join Jim Mitsui on Tues., starting May 11th, from 6-8pm.

Do you need help learning how to use your new cell phone or tablet, or how to set up and use a social media account? Then join SHS and SASi for Tech w/Teens.

To sign up for these programs, contact the senior center. * Creative Writing is \$10 per class.

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.

Have you moved or changed phone numbers?

PLEASE make sure we have your correct information!

Like us on Facebook!

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

Happy Mother's Day

by Anonymous

"Happy Mother's Day" means more
Than have a happy day.
Within those words lie lots of things
We never get to say.

It means I love you first of all,
Then thanks for all you do.
It means you mean a lot to me,
And that I honor you.



Happy Birthday

Claire Brouillard 5/1	Lorraine Hubbard 5/16
Sandy Roberts 5/3	Mary McGinnis 5/17
Leslie Taillon 5/12	Thomas Peters 5/19
Jacqueline Peters 5/13	Lewis Emmerson 5/25
Denise Dombrowski 5/14	Paul Graves 5/26
Bill Otis 5/15	Denny Rainey 5/26
Ellen Weissman 5/15	Dave Longacre 5/30
Adele Martin 5/15	



Trivia Question

What famous American horse race takes place on the first Saturday in May?

- A. Belmont B. Preakness
C. Kentucky Derby D. Breeder's Cup

C. Kentucky Derby

SASi's Kudos Korner

Every year for her birthday, Sophie Egizi picks a number of organizations to support based on how old she is. This year, Sophie is celebrating her 10th trip around the sun and has picked 10 organizations to support, including SASi. Sophie and her mom Jessie dropped off a donation of non-perishable food items to the Center. Thank you Sophie for your wonderful spirit of giving.



Happy Birthday!

GREAT JOB



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



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.



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

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



Do I need to wear a mask after I'm vaccinated?

As more and more people receive COVID-19 vaccines, many are wondering if other precautions are necessary, and the answer (for now) is yes. Vaccines are a step in the right direction – and a reason to celebrate! – but they're not an automatic off switch for the pandemic. We'll need to continue universal masking, hand washing, avoiding large crowds and practicing distancing for a little while longer, and here's why:

It takes time for the vaccine to kick in. You won't reach the 94 – 95 percent effectiveness rate until a couple weeks after your second dose of vaccine.

Those who have been vaccinated might be asymptomatic spreaders. The vaccines have been proven effective at preventing illness, but more research is needed to determine if the vaccines also prevent transmission. If you've already received the vaccine, experts are concerned that you can still become infected without symptoms and then spread it to others who have not been vaccinated yet.

There are limited doses of the vaccine. With more than 330 million people in the US, experts estimate that the number of vaccinations needed to make an impact on herd immunity (which is considered 50 – 80 percent of the population) won't be reached until the fall or winter of 2022.

We still need to protect those with compromised immune systems and those who can't be vaccinated, like people allergic to ingredients in the vaccine, pregnant women waiting until after they give birth to receive the vaccine and people with chronic medical conditions at risk for developing severe cases (since this population wasn't involved in clinical trials, we can't assume they'll have the same 94 – 95 percent effectiveness).

We may see mask guidelines start to change after enough people have been vaccinated and cases and deaths have dropped, but until then, we must remain vigilant in our fight to control COVID-19.

Kristin Englund, MD

Infectious Disease Specialist

Cleveland Clinic

** As of the April board meeting, SASI is still requiring anyone who enters the facility to wear a mask unless seated at a table. Thank you for keeping our guests and staff safe.*

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.



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Financial Advisor

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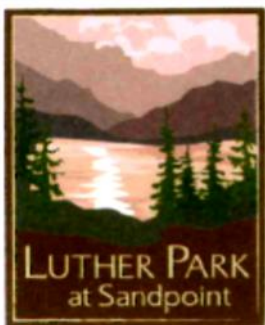


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This project was supported, in part by grant number 90MPPG0034-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

**eden
HEALTH**
HOME HEALTH

Chelsie Ulrich
Community Liaison

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

Physical Therapy
Occupational Therapy
Speech Therapy
Social Services
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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,
1.5x2" post it notes, Plastic shopping bags,
Handyman/woman for small jobs.

Thank you for your generosity and support!

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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 a partial reimbursement from the Area Agency on Aging of North Idaho, which receives funding from the Idaho Commission on Aging through the Older Americans Act. This funding covers approximately 1/3 of the costs of our nutrition programs. It does not provide funding for operating costs. SASi currently is providing approximately 2,300 meals a month, both in-house and through home-delivered meals to most of Bonner County. The Senior Center is a center for social, health, and educational classes and events. Stop by to learn more!

\$10.00 pays for a meal and unless specified, donations are split equally for the food program, operating expenses, 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