



Newsletter

July 2021

SASi

**SANDPOINT
AREA
SENIORS, INC.**

**820 Main Street
Sandpoint, ID
83864**

**Senior Center:
208-263-6860**

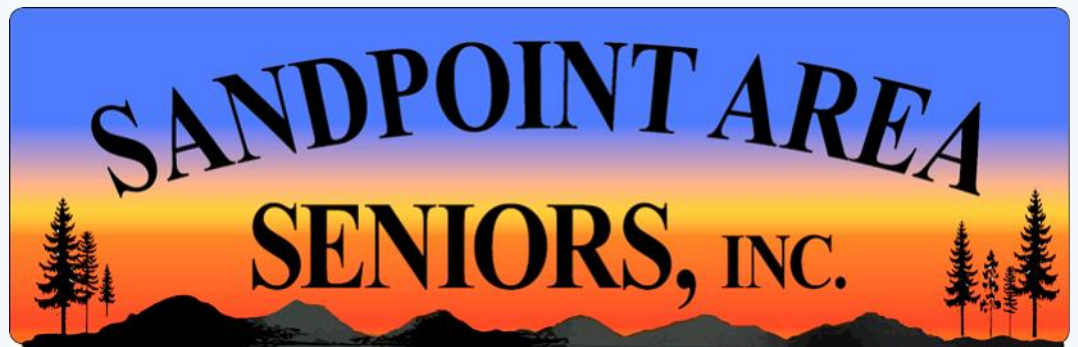
**"It shall be the mission of
the Sandpoint Area
Seniors, Inc. to benefit
senior citizens over the age
of 50 in Bonner County by
promoting nutritional,
social, recreational and
wellness opportunities."**

**Need daytime elder care or
a meal delivered to your
home?
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Check out our website

www.sandpointareaseniors.org

a 501 (c) 3 non-profit corporation



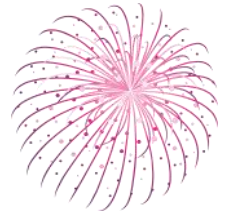
KUDOS TO THE INJECTORS AUTO CLUB & THEIR VOLUNTEERS

On Saturday, June 19th, the Injectors Auto Club hosted their annual BBQ fundraiser for the Sandpoint Area Seniors and it was a huge success. The members and their spouses worked tirelessly to provide a delicious meal including some incredible side dishes and desserts. Not only did they put together a wonderful meal, they also brought their fleet of beautifully restored cars with them. Our neighborhood never looked so cool! Thank you again to Injectors President Gary VanHorn, Terry Ford, and Tim Gates for doing most of the leg work. You and your club are rock stars! Speaking of rock stars, thank you to Brian Jacobs for providing the entertainment. You sounded amazing as always. And finally, thank you to Woods Meat Processing and Super One for the delicious food. We truly appreciate your support.





Executive Director's Corner: Cherie Coldwell



Hello SASI Nation! I hope you all had a wonderful Father's Day and were able to celebrate and remember all of the wonderful ways our dad's have supported us throughout the years. We especially loved seeing all of the dad's join us for this years Injectors Auto Club BBQ. What a wonderful time!

Being out in the sunshine and enjoying the warm weather got me to thinking about summer safety, especially regarding issues concerning seniors and high temperatures. As we inched towards the dog days of summer, there are a few reminders that I would like to share to help you all stay safe while enjoying the outdoors this year.

During heat waves, people are typically susceptible to three types of heat conditions: heat exhaustion, cramps and stroke.

Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen. Heat cramps are often an early sign that the body is having trouble with the heat. Give an electrolyte-containing fluid, such as a commercial sports drink, fruit juice or water.

Heat exhaustion is a more severe condition than heat cramps. Signs of heat exhaustion include cool, moist, pale, ashen or flushed skin; headache, nausea, dizziness, weakness, and exhaustion. Move the person to a cooler environment. Remove or loosen as much clothing as possible and apply cool, wet towels to the skin. If the person is conscious, give small amounts of a cool fluid such as a water, commercial sports drink or fruit juice to restore fluids and electrolytes. If the persons condition doesn't improve, don't hesitate to call 9-1-1.

Heat stroke is a life-threatening condition that usually occurs by ignoring the signals of heat exhaustion. Heat stroke develops when the body systems are overwhelmed by heat and begin to stop functioning. Signs of heat stroke include extremely high body temperature, red skin which may be dry or moist; changes in consciousness; rapid, weak pulse; rapid, shallow breathing; confusion, vomiting, and seizures. Heat stroke is life-threatening. Call 9-1-1 immediately.

Remember, if you need a cool place to go to (literally and figuratively speaking), you are always welcome to hang out at the senior center. We will keep you comfortable from the worst of the heat.

Be well, be safe, and have a wonderful July!

Cherie



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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, than 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.



Board of Directors

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DayBreak Center News

The On Site for Seniors crew hosted an open house during our Injector's BBQ. Many in the community stopped by to check out the facility, and see what the staff had to offer. All in all, it was a wonderful afternoon connecting with the community and introducing them to the new and improved DayBreak Adult Day Center. They even had root beer floats!



UPCOMING ACTIVITIES

Dances are back. Please join Betty Overland on the 2nd and 4th Saturdays of the month. Dances are from 1-4.

Coeur D'Alene Casino Bus Trip July 26, 2021

We're still looking for folks interested in starting a Rummikub group on Mondays. If you'd like to play, please give us a call to sign up.

Interested in learning how to knit? We're looking for newbie knitters to join us for class on Wednesdays at 1:00.

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 Griffiths

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-Thu and 11 on Fri's.**

Thank you for your consideration.



Happy Birthday

Del Wood 7/3

Ernie Bellwood 7/20

EthelAnn Welker 7/4

JoAnn Sims 7/23

Mary Jacobson 7/6

Donna Harper 7/23

Lea Soltis 7/11

Karen Roeder 7/29

Elise Creed 7/12

Theo Laswell 7/30

Sheila Vetter 7/17



Friday Stampers are back! Card making classes with a new demonstrator. Beginning August 6th, 2021 & meeting the first Friday of each month at 6pm. First time is FREE! (small cost to offset materials after that, or order and support the hostess of the month)

Please contact Jennifer by Wednesday, August 4th to RSVP for the first session or for general questions: jenkabro@aol.com OR 208-946-8536

*Have you moved or changed
phone numbers?*

Like us on Facebook!

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



Mobile Vaccine Clinic

The PHD will be offering a mobile vaccine clinic where they will visit any home bound senior and administer the vaccine at their home. If you are a home bound senior who is interested in receiving a vaccine, please call the PHD at 877-415-5225.



SASi's Kudos Korner

GREAT
JOB

SASI would like to thank the following people for making our annual Father's Day BBQ a success:

Anne and Dave Perry for picking up, delivering, and returning the mini golf set to Spokane. We know what a pain that was and we are so grateful for the assist.

And of course Bobo Romano and Susan Schaller for making our grounds presentable for the BBQ. Your green thumbs and strong backs are much appreciated.



"I guess we'll never know why they beach themselves."

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 feature of **Amazon.com** that allows you to donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Just go to your account settings and select SASI as your charity of choice.



UCSF Rural Dementia Caregiver Project

Do you care for someone with memory loss and live in a rural area?

Researchers at the University of California, San Francisco need caregivers to participate in the study of an online workshop. If you are a caregiver living in a rural area, care for someone with memory loss, are 18 years of age or older, and provide care for at least 10 hours per week, you may qualify. Participants will receive up to \$80 in cash for completing 4 study surveys on their caregiving experiences. The study offers a free online workshop, caregiver handbook, and support from trained staff and other caregivers.

If interested, go to:

<https://caregiverproject.ucsf.edu>

or call the toll-free number 1-833-634-0603

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

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

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

AARP Guide to 10 Military Museums and Historic Locations across the U.S.

These sites offer visitors thoughtful, moving portrayals of the sacrifices Veterans made throughout American history. Be sure to take a look before you plan your next trip to one of these great destinations.

[The National World War II Museum in New Orleans](#): From the Pearl Harbor attack to victories in Europe and Japan, learn about the triumphs and tragedies of WWII at this expansive (and expanding) Big Easy museum.

[Hawaii's Pearl Harbor National Memorial](#): See the site of the history-changing Dec. 7, 1941, attack that killed 1,177 sailors and Marines and spurred the U.S. to enter the Second World War.

[The National WWI Museum and Memorial in Kansas City](#): Reflect on the triumphs and many tragedies of the Great War at this moving, must-visit, Midwest museum.

[Patriots Point Naval & Maritime Museum in Charleston](#): Climb aboard the enormous aircraft carrier USS Yorktown, a participant in more than 40 World War II battles, in Mount Pleasant, South Carolina, across the harbor from Charleston.

[Civil War Heroes on Boston's Black Heritage Trail](#): The bronze Robert Gould Shaw and Massachusetts 54th Regiment Civil War Memorial honoring African American soldiers is a stirring stop in a history-packed city.

[Vicksburg National Military Park](#): Take a long, deep dive into the Civil War at this massive Mississippi site where key battles helped change the course of America's deadliest fight.

[Gettysburg National Military Park](#): Follow AARP's guide to Pennsylvania's famous battlefields, where a major Union triumph changed the course of the Civil War.

[Philadelphia's Museum of the American Revolution](#): Learn how the colonists reached a breaking point, fought for independence and won the battle at one of Philly's top destinations.

[The San Diego Air & Space Museum Is a bucket-list stop for aviation buffs](#): See how American warplanes progressed from motorized kites to supercharged bombers with Rolls Royce engines at this Smithsonian-affiliated gem in beautiful Balboa Park in California.



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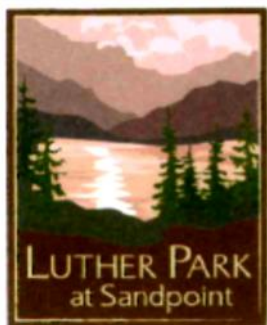


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83864
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THE BRIDGE AT SANDPOINT



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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
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

\$5 A MONTH CLUB

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Marshall, Leslie
Martin, Adele
Melia, Thomas & Linda
Mendenhall, Trudell
Meulenberg, Dan & Lori
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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 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