

Newsletter
AUGUST 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

As consumer fraud has surged in both quantity and variety, so have products and services to help protect you from scams. Some are free and come from government agencies, nonprofits or large corporations; others are from entrepreneurs with unique and often high-tech protections that you'll pay for. How to sort them out? We reviewed lots of services and devices, then talked to anti-fraud experts and former law enforcement officials. Their advice: Focus on specific needs.

1. Take a financial vulnerability survey: The Wayne State University Institute of Gerontology has developed an online financial vulnerability survey, at OlderAdultNestEgg.com.
2. Review a broker's history on Brokercheck by FINRA: A legitimate broker does not solicitate for clients. Beware of brokers who call.
3. Protect your packages with Informed Delivery: A free service from the U.S. Postal Service, InformedDelivery.usps.com emails images of your mail before it arrives to keep purchases safe from thieves.
4. Sign up for identity theft protection services: Plans from NortonLifeLock, EverSafe.com, and IDShield.com keep your info safe while scanning the dark web for your stolen information.
5. Stop phone scammers with call blocking software: Start by signing up for the National Do Not Call Registry at DoNotCall.gov. Next, call your carrier and ask what call-blocking services it provides, and finally, sign up for RoboKiller.com or Truecaller.com to protect your smartphone.
6. Keep a loved one safe from fraud: Persuade the person to sign up for a service that constantly reviews all their financial accounts for unusual transactions and then sends alerts to you and others if they occur. GuideChange.com and EverSafe.com are great options.
7. Secure sensitive emails with decryption: Email services like ProtonMail.com, Tutanota.com and Mailfence.com encrypt your incoming emails so no one can read them without going through a highly secure login and decrypting process.

<https://www.aarp.org/money/scams-fraud/info-2021/online-tools-protect-you.html>



Executive Director's Corner: Cherie Coldwell



Hello SASI Nation and welcome to the dog days of summer. Is it just me or does it seem like we've been in the dog days since the beginning of June?

I hope you are all staying safe and keeping cool and just as a reminder, the senior center is now a cooling center thanks to the talented technicians at Trademark Mechanical. Thank you Lee and all his crew, including Energy Electric for getting our new swamp coolers and ductless AC units installed under extremely uncomfortable conditions. Stop by the senior center to cool off, grab a drink, and hang out with us for a while. We have plenty of cards, books, and puzzles to keep you occupied. Bring a friend and make an afternoon of it.

I also wanted to let you know that we have a couple of new activities starting in August that might be of interest to you. First, the Friday Stampers are back starting on Friday August, 6th. Please see the add on page 4 for more information. If stamping isn't your thing, then perhaps Bunco might be more to your liking. Please join Rick Bevins every Monday at 12:30 starting on August 5th and take a roll of the dice. What a great way to start the week!

Finally, I want to remind you all that the air quality is going to be pretty poor for quite sometime and can have a severe effect on those individuals who are older and have heart and or lung issues. There are precautions that you can take to make sure you are protecting your health while enjoying the rest of your summer. First, check out the air quality through apps or websites such as airnow.gov. Simply type in your zip code and an easy to read report will pop up immediately. Second, keep windows and doors closed. Run an air conditioner, but keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside. If you do not have an air conditioner and it is too warm to stay inside with the windows closed, go to a designated shelter away from the affected area. Third, avoid activities that increase indoor pollution. Burning candles, fireplaces, or gas stoves can increase indoor pollution. Vacuuming stirs up particles already inside your home, contributing to indoor pollution. Smoking will put even more pollution into the air. Fourth, follow the advice of your doctor or other healthcare provider about medicines and about your respiratory management plan if you have asthma or another lung disease. Consider evacuating if you are having trouble breathing. Call your doctor for advice if your symptoms worsen. Finally, do not rely on dust masks for protection, they are designed to trap large particles, such as sawdust. These masks will not protect your lungs from the small particles found in wildfire smoke. Look for respirators (masks) marked NIOSH with N95 or P100. I hope you all stay safe and healthy and I hope to see you at the center soon.

Cherie



Coverage Options for your individual needs.

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■ Long Term Care	■ Medicare Advantage Plans	■ Short Term & Long Term Disability
■ Life Insurance	■ Prescription Drug Coverage	■ Vision and Dental

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Every Wednesday 6 pm

\$2.00 per card

Concessions at 5pm!

Just show up and have fun!!

Congratulations Joyce Spracklen , July winner!!

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.



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DayBreak Center News

What are the benefits of DayBreak Center?

Health Status is improved or maintained through:

- * Improving or maintaining mobility (strength, and balance)
- * Preventing falls and related fractures
- * Providing and encouraging adequate nutrition and hydration
- * Assist with administering and monitoring medications and reporting adverse effects
- * Reporting health changes to family, preventing hospitalization

We are also able to prevent many problematic behaviors through:

- * Decreasing agitation and restlessness
- * Improving nighttime sleep
- * Preventing injuries related to wandering
- * Decreasing and preventing depression
- * Increasing social interaction and communication

UPCOMING ACTIVITIES

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

Bunco: Please join Rick Bevins every Mon at 12:30.

Friday Stampers: Please join Jennifer Alderman-Brown on the first Friday at 6.

Art classes with POAC will resume in the fall.

Coeur D'Alene Casino Bus Trip Sept. 20, 2021

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.

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/>

Dear Avista Customer,

Scammers are on the prowl again in our region. We don't want you to fall victim to fraud and are contacting you now to make you aware of this recent activity.

Scammers target all utility customers – residential and commercial. They've figured out ways to duplicate or 'spoof' our logo and contact information, perfected their impersonation skills and are becoming increasingly convincing. The good news is that there are tell-tale signs of a scam attempt.

Scammers often threaten immediate service disconnection, request payment via prepaid cash cards, and even show up on doorsteps demanding attention to a past due bill or entry into your home or building. They may even mention that your power would proactively be shut off.

Do not fall for these [scams](#).

If something sounds odd, it probably is. We're here to help keep you safe. Give us a call at **(800) 227-9187** or visit us online at myavista.com to verify the status of your account, get answers to any questions.



Happy Birthday

Bill Cecil 8/12	Robert Walker 8/25
Wilbur Schaffer 8/13	Sharon McCormick 8/27
Myrna Payne 8/15	Frankie Roberson 8/28
Lee Christensen 8/17	Pamela Crawford 8/28
Sally Sacht 8/17	Linda Clark 8/29
Loris Michael 8/21	Bob Morley 8/29
Blaine Sissen 8/23	



Where was this taken? Do you know??
Answer below



Healing Garden

SASi's Kudos Korner

A Big thank you to Carol Thomas for her generous donation of paper products.

Thank you Bill Allen for overseeing our air conditioning project and everything you did in preparation for it!

Thank you to Cathy Phillips & Nikki Klein for stepping in and helping out the kitchen while we were short handed. Dishwashing is hard work and we appreciate the assist.

Thank you to Chris Hood for his generous donation of huckleberries. What a tasty com-pote it made.

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 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.



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

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

Eat Your Way to Lower Blood Pressure

Take charge with the DASH diet

About 60% of seniors over 60 have high blood pressure. Are you one of them?

One common reason for [high blood pressure](#), or hypertension, is diet. Eating foods high in salt or fat can lead to big health problems. High blood pressure can cause heart disease, kidney disease, and stroke. But some diets can help.

What is the DASH diet?

DASH stands for “Dietary Approaches to Stop Hypertension.” This eating plan can help lower blood pressure. Following the DASH diet doesn’t require special foods. Instead, this diet focuses on daily and weekly nutrition goals. This eating plan [recommends](#):

Fish and poultry

Unsalted nuts

Vegetables

Fruits and whole grains

Fat-free or low-fat dairy

Beans and nuts

Limiting foods high in saturated fat like fatty meats, full-fat dairy products, and coconut or palm oil

Reducing sugar-sweetened drinks and sweets

Minimizing processed foods

Benefits of DASH diets

When following the DASH diet, positive health changes are sometimes seen in a few [weeks](#). The DASH diet helps [control](#) high blood pressure with heart-healthy food choices. It also [reduces](#) your risk for other problems including cancer, heart disease, osteoporosis, and diabetes.

DASH meals with flavor

Part of the DASH diet is reducing the amount of salt and fat in your diet. When you prepare meals, check food labels for the [sodium](#) amount. Most dietary sodium comes from eating packaged foods, not from the salt that you add at the dinner table. Look at the label. You should be consuming less than 2,300mg of sodium a day. Foods labeled as “low sodium” have less than 140mg sodium per serving. Try these [tips](#) to add more flavor:

- Read the nutrition fact label
- Buy fresh seafood and poultry rather than processed
- Enjoy fresh or frozen vegetables and try ones you haven't used before
- Un-salt your snacks by choosing no-salt-added nuts and seeds
- Marinate your poultry, fish, and other meats before cooking

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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Fax 855-379-1812
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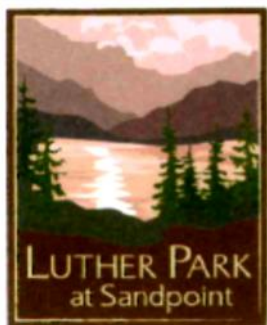


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THE BRIDGE AT SANDPOINT



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Or email smp@nic.edu**

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Chelsie Ulrich
Community Liaison

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chelsie.ulrich@eden-health.com
www.eden-homehealth.com/sandpoint

Physical Therapy
Occupational Therapy
Speech Therapy
Social Services
Registered Nurses

SASi Wish List

Plastic shopping bags,
Handyman/woman for small jobs.
Housekeeper to 1-2 hours every morning.
Your ideas for activities you'd like to see here.
Thank you for your generosity and support!

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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:

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