



Newsletter  
OCTOBER 2021  
**SASi**  
SANDPOINT  
AREA  
SENIORS, INC.

820 Main Street  
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**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 Coun-  
ty by promoting nutrition-  
al, social, recreational  
and wellness opportuni-  
ties."**

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[www.sandpointareaseniors.org](http://www.sandpointareaseniors.org)  
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**Can You Get Your COVID-19 Booster With Your Flu Shot?**

By Michelle Crouch, AARP, September 10, 2021

September and October are big months for flu shots, but this year, it's also when COVID-19 booster shots could start rolling out. So you may be wondering: Is it OK to get your flu shot and COVID-19 booster at the same time? Absolutely, health experts say. In fact, many doctors plan to encourage Americans to get both at once. It's important for older adults to get both shots this year because COVID-19 cases are surging, fueled by the spread of the more contagious delta variant, just as the flu season is set to begin. Both diseases are especially dangerous for those over 65.

When the COVID-19 vaccines first came out, the U.S. Centers for Disease Control and Prevention (CDC) recommended not getting other vaccines for 14 days before and after each COVID-19 dose. The agency changed its guidance in May after data showed that the COVID-19 vaccine was safe and that other vaccines would not interfere with the immune response, experts say. However, it's unclear whether getting the COVID-19 vaccine at the same time as another shot will exacerbate your side effects. But experts say it's possible.

If you are concerned about side effects from two shots at once, clinicians say it's perfectly fine to space out your COVID-19 booster and other vaccines. Just remember that a delay increases the risk that you will get sick before you're protected and experts say that catching either COVID-19 or the flu will be far worse than any potential risk in increased side effects. The CDC recommends that everyone age 6 months and older get a flu shot by the end of October.

Those age 65 or older should request either the high-dose flu shot or the adjuvanted flu vaccine, the CDC says; both produce a stronger immune response and more protection for older adults.

After you get the flu vaccine, it will take 10 to 14 before you're fully protected. This year's flu vaccine protects against two new influenza strains in addition to last year's, and it takes time for your body to make new antibodies. On the other hand, it will take only two to three days for the COVID-19 booster to kick up your immunity, experts say, because your body is already primed from your vaccines earlier this year.

If you have any questions, please speak to your primary care provider before making any decisions.



## Executive Director's Corner: Cherie Coldwell



Hello SASI Nation and welcome to October! And I can't believe I just typed that sentence. UGH! I'm so not ready for the cold, but I sure do love how beautiful the trees are this time of year. I hope you're all making time for yourselves and getting out and enjoying the mild weather while you can.

I have a few things to share with you this month, starting with announcing our newest board members. As you all know, we had three seats on the board that were up for grabs and five wonderful candidates. While everyone did well in the voting (86 votes casted), the candidates that came out on top were Nikki Klein (who was also reelected to the position of President), Adele Martin (who was voted to the position of Vice President), and Rick Bivins. The board also opened up the position of associate board members for those who want to see what is involved with being on the board, without the commitment. The board invited Sue Poppino to join SASI as an associate board member. Please congratulate our newest/returning board members when you see them. And while you are congratulating our newest members, please remember to say good bye and thank you to Pam Allen and Frankie Roberson for their years of dedication and service to SASI. We appreciate all of your hard work and wish well on your new adventures.

Secondly, the board of directors has been keeping a close eye on COVID and the rate of infection in our community. While they did not want to return to the draconian measures of last year, they do want to take some precautions so that we can keep all of our guests safe. For the time being, we will not be enforcing a mask mandate or verifying vaccination status. However, if you have not been vaccinated, we encourage you to wear a mask unless seated. Additionally, if you are not feeling well, no matter how mild your symptoms, we ask that you please stay home. We have also gone back to single serve items on the dining room tables, and have limited the seating to just 4 per table. I know for a lot of you, that is a real bummer, but we are doing the best we can to keep everyone safe while ensuring that we don't get closed down because of a large outbreak. Please keep in mind that not all of your fellow guests are healthy enough to receive the vaccine and protecting these visitors is our priority. We are all relying on your honesty and integrity to keep everyone safe and to keep the senior center open.

Finally, we had our open house on Friday, September 17th. We had a small but nice turnout and I think everyone was please with the renovations and the activities we have to offer. If you have a friend who hasn't made the time to stop by, please encourage them to do so. We are always excited to see old friends and we'd love to have them join us for lunch, breakfast, or bingo.

Be well, be safe, and have a Happy Halloween!

*Cherie*



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**Just show up and have fun!!**



## DayBreak Center News

### Estate Planning

**Imagine if we joined together and pledged to leave 5% to our community.**

- Today, the combined net worth in Bonner County stands at \$14 billion.
- Over the next 10 years, an estimated \$1.7 billion of that wealth will transfer between generations. Unfortunately, most of this money leaves the community with the family member who inherited it.
- An endowed community fund totaling \$85 million could be established if just 5% of this wealth transfer was directed to community giving.
- Talk to your financial planner to learn how you can help.



### Board of Directors

**President: Nikki Klein**

**Vice President: Adele Martin**

**Secretary: Leslie Marshall**

**Treasurer: Kelly Dryden**

**Rick Bivins**

**Loris Michael**

**Marshall Roberts**

**Alice Wallace**

**At DayBreak \$\$ EARN \$\$ Learn, and Bring Joy!**

CAN YOU IMAGINE making a part-time income, while playing dominoes, sharing some laughs, your skills, and talents with your fellow Sandpoint Seniors?

Give Marie R. a call at (208) 265-8127, at the DayBreak Center, next to the Senior Center.

Perks include paid lunch, flexible schedule, part time, (M – F), no weekends or evenings, and working with the kindest humans around! Adult caregiving experience is a plus.

### UPCOMING ACTIVITIES

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

Bunco: Join Rick Bivins every Mon at 12:30.

Friday Stampers: Please join Jennifer Alderman-Brown on the first Friday. Call 208-946-8536 to RSVP.

Ladies Homesteading Herbal Night- Garlic & It's Uses 10/21 at 6:30

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.**

The Panhandle Heath District is now offering free health screenings. These tests include glucose levels, A1C, lipids, screening for cancer, and blood pressure checks. They will also check your balance, mobility, and flexibility. If you would like to take advantage of these services, please contact Nancy Jenkins at PHD at 208-415-5259.

*Have you moved or changed phone numbers?*

**PLEASE make sure we have your correct information!**

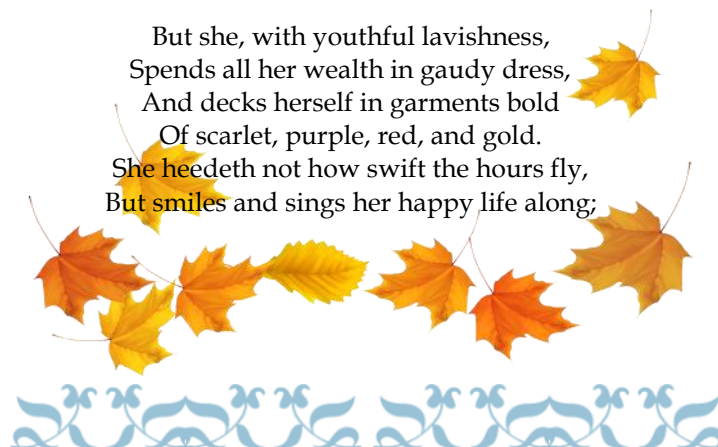
**Like us on Facebook!**

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

October by Paul Laurence Dunbar

October is the treasurer of the year,  
And all the months pay bounty to her store;  
The fields and orchards still their tribute bear,  
And fill her brimming coffers more and more.

But she, with youthful lavishness,  
Spends all her wealth in gaudy dress,  
And decks herself in garments bold  
Of scarlet, purple, red, and gold.  
She heedeth not how swift the hours fly,  
But smiles and sings her happy life along;



## Happy Birthday

George Agar 10/7	Doris Dingman 10/18
Lloyd Wallace 10/7	Eunice Klein 10/22
Joanna Fuchs 10/8	Richard Creed 10/24
Wanda Roberts 10/10	Pamela Allen 10/28
Trudy Mendenhall 10/11	Jim Durfee 10/29
Leroy Overholt 10/16	



### Fun Things to Do in October

- Go Apple Picking- Check out Athol Orchards
- Check Out Fall Foliage- Take a boat ride
- Hike/Bike- Gold Hill or Mineral Point
- Take the grandkids to Scarywood
- Go to a Fall Festival- Hickey Farms You Pick Pumpkins and Fall Festival
- Oct 6th is Walk to School Day- walk or bike with your grandkids to school



## SASI's Kudos Korner

Thank you to the United Way of North Idaho for organizing this years Day of Caring. And thank you to the folks at IFG for helping us to clean and reorganize our shed and garage, as well as helping with the grounds.

Thank you to Smith Gardens for the flower donations.

Thank you to Adrian Quinn and Aubrey Ware-moth of Ron's Electric for installing our new parking lot light, making it safe for our guests to visit us in the evening.

Where is this?

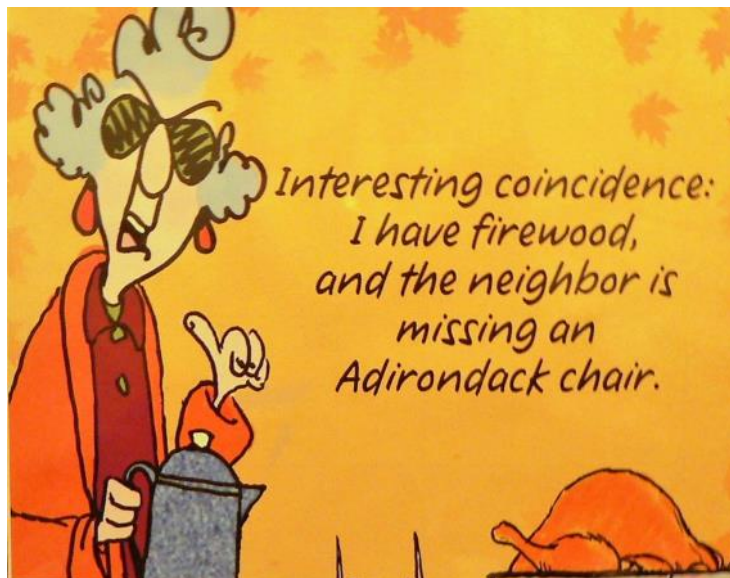


Eichardt's Pub and Grill

Thank you generous supporters!! Find names and logos from donor organizations at [www.sandpointareaseniors.org/community-support/](http://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.



Would you like to receive this newsletter in your mailbox at home? We can mail it to you for \$12/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](http://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](http://Sudoku.org.uk)

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



## Enhanced or Special Monthly Pension Aid and Attendance or Housebound

Are you a veteran or a veteran's spouse receiving disability benefits? If so, you may qualify for additional assistance through the Enhanced or Special Monthly Pension. This additional pension can be used in one of two ways, either for Aid and Attendance or for Housebound veterans.

Aid and Attendance is for service members, or their spouses, who require help to perform activities of daily living. These include bathing, feeding, dressing, toileting, adjusting prosthetic devices or protection from environmental hazards. Furthermore, members may also qualify if they are bedridden, are a patient in a nursing home due to mental or physical incapacity, have a corrected visual acuity of 5/200 or less in both eyes, or have a concentric contraction of the visual field of 5 degrees or less.

Additional benefits are also available for Housebound individuals who are permanently disabled and confined to their homes. Veterans may qualify for this increased amount if they have a single permanent disability evaluated as 100% disabling and are permanently confined to their immediate location or have a single permanent disability evaluated at 100% disabling and another disability evaluated as 60% or more.

You may not receive enhanced or special monthly pension without first establishing eligibility for VA pension. However, enhanced pension is based on a higher income limit. For this reason, a claimant who is not eligible for basic pension may still qualify for increased pension benefits.

You may apply for pension at the A&A or Housebound rate by submitting a completed VA Form 21-2680 "Examination for Housebound or Permanent Need for Regular Aid and Attendance". The form can be found at [www.va.gov/vaforms](http://www.va.gov/vaforms). In addition to the form 21-2680, you will need to provide copies of any evidence that would help prove your need for A&A or that you are housebound. Examples of this include a report from your physician validating your need for A&A or your housebound status.

Remember, if you are not currently receiving VA pension benefits, you must attach a completed application to the VA Form 21-2680. VA cannot make a decision on your claim without it.

Mail or Fax your completed paperwork to Pension Management Center at the St. Paul VA Regional Office at the following address:

Department of Veteran's Affairs  
Claims Intake Center  
Attention: St. Paul Pension Center  
PO Box 5365  
Janesville, WI 53547-2365

or fax to 844-655-1604

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

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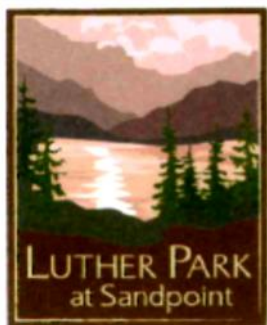


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### Medicare Fraud



**Call your North Idaho Senior Medicare Patrol  
1-800-786-5536 ext 4071  
Or email [smp@nic.edu](mailto: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.

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[www.eden-homehealth.com/sandpoint](http://www.eden-homehealth.com/sandpoint)

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Plastic shopping bags,  
Handyman/woman for small jobs.  
Your ideas for activities you'd like to see here.  
Thank you for your generosity and support!

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**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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