



Newsletter
November 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
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www.sandpointareaseniors.org

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Exploring the Link Between Gut and Brain Health

The brain and gut are connected, but the exact nature of that connection is still a mystery. Research suggests, however, that the better we treat our guts, the healthier our brains will be, and vice versa.

Living within the gut are trillions of microorganisms, including bacteria, fungi, protozoa, and viruses. These microbes aid multiple bodily functions, like breaking down food, producing vitamins, responding to pathogens, and helping the body absorb nutrients. The genes that produce these microorganisms – which also live in saliva, skin, and other body parts – and the microorganisms themselves are collectively known as the microbiome. Various factors, including genetics, lifestyle, diet, environmental exposures, and use of antibiotics, likely influence the microbiome's composition. Investigators examining samples from the gut have theorized that microbe balance is important in more than just gastrointestinal disorders, says Dr. Michael G. Schlossmacher. For example, having too much of one kind of bacteria and not enough of another could lead to changes in permeability, often referred to as "leaky gut," a condition being studied in the context of Parkinson's disease.

Scientists are also exploring the link between the gut and other neurologic disorders. A study published in 2011 in the journal PLOS One, reported that people with Parkinson's disease had more permeable guts than those without it. And many people with Parkinson's also suffer from chronic constipation but more research is needed to determine a link. Additionally, in 2019, a study published in Alzheimer's & Dementia examined bile acids in the guts of 370 cognitively normal older adults, 284 with early mild cognitive impairment, 505 with late mild cognitive impairment, and 305 with Alzheimer's disease. The people with Alzheimer's disease had lower concentrations of a primary bile acid than people who were not cognitively impaired. But solid evidence is lacking on whether disruption in the gut actually causes disease and whether the gut damage is reversible or permanent.

If you are at all concerned about the brain/gut relationship, doctor's suggest quitting smoking, limiting alcohol intake, altering your diet (changing to the Mediterranean diet), and eliminating processed food as a way to improve the microbiome. Adding a probiotic will also help keep things in balance.

https://www.brainandlife.org/articles/exploring-link-between-gut-brain-health/?utm_source=Informz&utm_medium=Email&utm_campaign=21-BL&utm_content=Oct-Nov



Executive Director's Corner: Cherie Coldwell



Happy Thanksgiving



Hello SASI Nation and welcome to the holiday season (did I really just type that?!) I seems like it was only yesterday that we were all celebrating Father's Day with the Injector's Car Club. Gone are the halcyon days of summer when we could while away the hours enjoying the sunshine on beautiful Lake Pend Oreille. It's all raking and then shoveling snow for the foreseeable future.

Oh well, you can't make snow angels without a little snow, right?



Even if you don't have crops to harvest, this can be a busy time of year as we batten down the hatches in preparation for the long winter ahead. I hope you are ready, but if not and you need a hand, please give us a call. We'll try to find a volunteer to help with your winter preparations. Some things to keep in mind as you prepare your home for the change in seasons; clean your gutters, touch up exterior paint, seal up air leaks around windows and doors, inspect your roof for leaks, clean dryer vents, protect faucets from freezing temperatures, clean carpets, prep your lawn for winter, ready your fireplace-inspect flue and clean chimneys, keep gas heaters in good working shape, repair walkways, check smoke detectors and change batteries, check fire extinguishers, replace or clean furnace filter and/or schedule a check-up, and keep the humidifier working.

Additionally, during colder months, home heating can account for 40% to 60% of our monthly energy bills, according to Avista. You can mitigate this by making a few small changes such as reducing your thermostat by 3 degrees (which save 10% on your heating bill), set your water heater to 120 degrees (which can save another 14%), and swap out older incandescent lightbulbs or CFLs for new, energy efficient LEDs. LEDs use far less energy and can put out even brighter light than other lighting options.

I hope this reminder helps you prepare for the change in seasons. As always, SASI is here to provide a warm place to congregate, a hot meal, and activities to keep you occupied. I hope you all have a wonderful Thanksgiving filled with love, family, and gratitude for all the blessings we have in our lives whether they be great or small. I'm certainly grateful to have the opportunity to serve such a vibrant and inspiring community. Thank you all for having me.

Cherie



Coverage Options for your individual needs.

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Every Wednesday 6 pm

\$2.00 per card

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

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.

If everyone is committed to leaving a planned gift of 5% to their community and supporting nonprofits that suit their passions and interests, we can ensure our personal investments continue to grow after we are gone.



The 2021-2022 Board of Director's and the SASI Executive Director



DayBreak Center News

In this month of Thanksgiving, On Site for Seniors and the DayBreak Center would like to express our appreciation to the Caregivers of so many Seniors in our community.

For any Caregivers that would like “a BREAK” and some well-deserved rest, please contact MARIE at (208) 265-8127 for a FREE 2-HOUR Retreat at the DayBreak Center during the first 2-weeks of November.



UPCOMING ACTIVITIES

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

Friday Stampers: Please join Jennifer Alderman-Brown on the first Friday at 6:00pm. Call 208-946-8536 to RSVP.

Ladies Homesteading Herbal Night- 11/18 at 6:30. Mint and All It's Uses

Casino trip Nov.1, 2021

Geezer Forum: Medicare Enrollment 11/9 at Community Rm, Columbia Bank Bld at 2:30pm.

Fit n Fall Proof resumes 12/6 (M & Th at 3pm)

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-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/SASeniors/>



Thanksgiving comes but once a year,
But when it comes it brings good cheer.

For in my storehouse on this day
Are piles of good things hid away.
Each day I've worked from early morn
To gather acorns, nuts, and corn,
Till now I've plenty and to spare
Without a worry or a care.
So light of heart the whole day long,
I'll sing a glad Thanksgiving song
By Thornton Burgess



Happy Birthday

Rick Wilfert 11/7	Arlen Ojala 11/23
John Broderson 11/13	Janet Vetter 11/24
Donna Peterson 11/21	Kelli Hern 11/27
Rita Chellman 11/22	Don Lyon 11/29



Looking for a place to live?

As of October 1, 2021 Alpine Vista Senior Apartments have some vacancies in Studio, Standard and Renovated apartments. Some sample prices are a studio/1 bath for a single is \$1495.00 up to 2 bedroom/2 bath single occupancy at \$2295.00. You can check their website at www.alpinevistaseniorapartments.com. Some of the services included in rental fees are 3 meals a day, housekeeping, linen service and much more. Phone # is 208-265-4446

SASi's Kudos Korner

Thank you Larry O. Smith for the beautiful walking sticks that you carve and donate to the Senior Center!

Thank you to Adrian Quinn and Aubrey Ware-moth of Ron's Electric for donating their time to install the timer for our new front light.

Thank you to the Bishop Rich Lopez and the young men and women of the LDS Church in Sandpoint for spending their Wednesday evening helping to get the yard work done around the senior center. We really appreciate your help in making our center safe for our seniors.

Where is this?

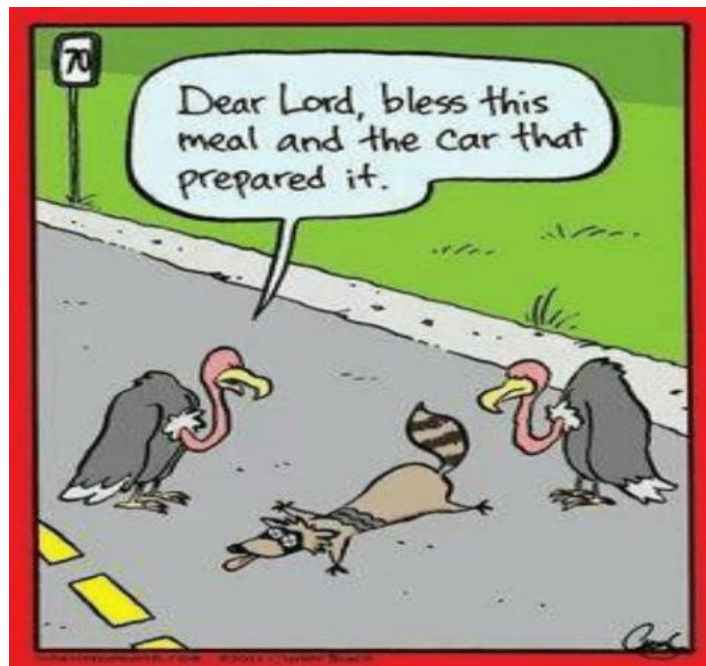


HYDRA

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.



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

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

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

The New Social Security Raise

As companies struggle with COVID-related shortages of supplies and workers, inflation is soaring at rates not seen in years. Steeper prices for gasoline, food, cars and many other things are squeezing Americans, especially older people living on fixed, often modest incomes.

But the inflation spike is likely to provide seniors with their biggest Social Security raise in almost four decades. The government has announced Social Security's 2022 cost of living adjustment, or COLA, at 5.9% which will affect 55 million retirees, their dependents and survivors.

The size is determined by the government's inflation numbers from the third quarter, meaning July, August and September.

But a 5.9% increase in this year's average monthly benefit of \$1,555 would give a retiree about \$1,647 per month. That's \$92 more, hardly a windfall. And Mary Johnson, a policy analyst with The Senior Citizens League, says some Social Security recipients could see cuts in other benefits because of their larger checks.

According to Ms. Johnson, higher income could lead to trims in food stamps, rental assistance or Medicare Extra Help, which covers most prescription drug costs."

The Senior Citizens League says older Americans can't wait for the larger Social Security COLA to take effect in January. The group is calling on Congress to provide seniors with an immediate income boost in the form of an emergency \$1,400 stimulus check for people on Social Security.

A new stimulus check for seniors might very well never happen, and the new Social Security COLA won't arrive for months, and may not go far enough. So while prices are skyrocketing, there are several things all Americans, including seniors, can do to ease some of the budget-battering effects of inflation.

1. Deal with your debt-

Credit cards have helped many households get through the last year, but the expensive interest will only make life harder going forward. Folding your balances into a single debt consolidation loan can cut the cost of your debt and help you pay it off faster.

2. Refinance your home-

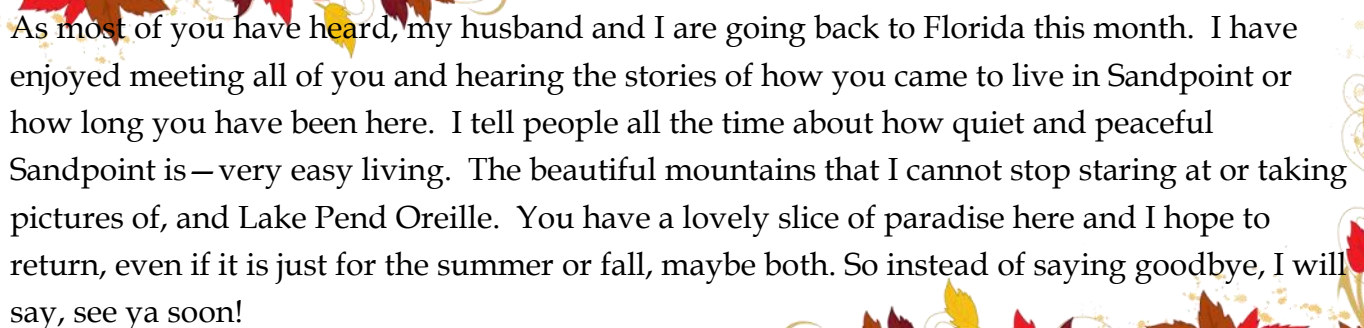
Thirty-year mortgage rates have slipped below 3% again, and a new loan might easily save you hundreds of dollars per month. Nearly half the homeowners who refinanced over the year that ended in April are now saving at least \$300 each month, a Zillow survey found.

3. Save when you shop-

Take advantage of every bargain online, and don't overpay. You might download a handy browser extension that hunts for lower prices and instantly provides the promo codes websites ask for during checkout.

Article by Clayton Jarvis, Yahoo Finance MoneyWise

<https://finance.yahoo.com/news/social-security-raise-revealed-week-160500687.html>



As most of you have heard, my husband and I are going back to Florida this month. I have enjoyed meeting all of you and hearing the stories of how you came to live in Sandpoint or how long you have been here. I tell people all the time about how quiet and peaceful Sandpoint is – very easy living. The beautiful mountains that I cannot stop staring at or taking pictures of, and Lake Pend Oreille. You have a lovely slice of paradise here and I hope to return, even if it is just for the summer or fall, maybe both. So instead of saying goodbye, I will say, see ya soon!

Pam

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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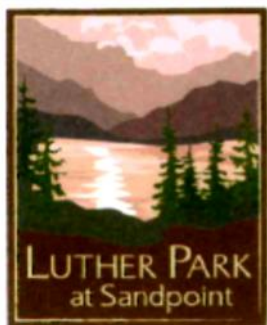


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Or email smp@nic.edu

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eden
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HOME HEALTH

Physical Therapy
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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

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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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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



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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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