



Newsletter

February 2022

SASI SANDPOINT AREA SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

Senior Center:
208-263-6860

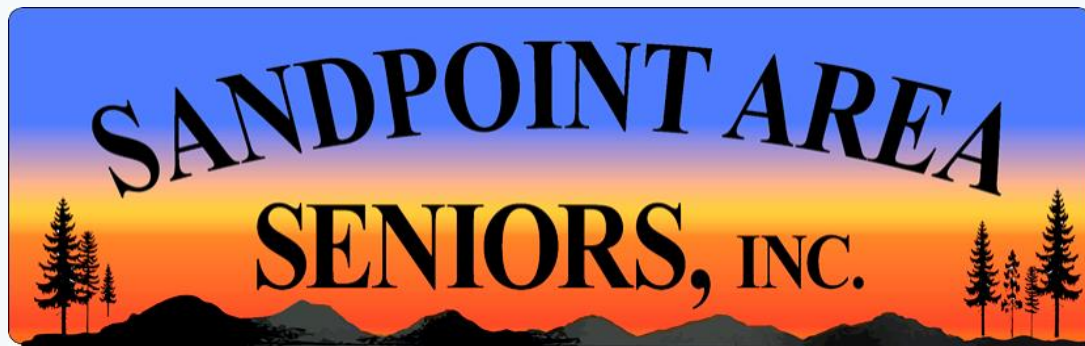
The Sandpoint Area Seniors, Inc. strives to address food insecurity and social isolation among the most vulnerable members of the senior community in the Bonner County area. We do this by providing nutritious meals both on-site and through home delivery as well as providing a gathering place and informational site for social, recreational, and wellness programs.

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



SASI SPOTLIGHTS

Thanks to the tireless efforts of POAC, SASI finally has a new art teacher who joined us in January to kick off the new year with a wonderful painting project. Therefore, SASI would like to take this time to spotlight, our new artist, Lilian Hicel. Lilian was born and raised in Mexico City where she worked as an artist and a small business owner. However, Lilian felt her art was lacking, due to her depth perception issues. This is when Lilian decided to create her own style of art featuring depth and texture, that she calls Blindism. Blindism allowed Lilian to create art that is meant to be touched to be fully appreciated. Her art has been featured all over the world including an exhibition at the Louvre and has developed a fan base from both sighted and those visually impaired. I hope you'll join Lilian as she teaches her craft here at the senior center.



Hello Everyone I am beyond excited to introduce myself as the new Executive Assistant here at SASI. I was born and raised in southern Idaho. After following my husband around in the military we decided to make Sandpoint our new home. I personally enjoy fishing, camping and hunting and can't think of a better place to enjoy those activities. I look forward to getting to know you. Arie Sykes



I hail from a big family in Texas and am now proud to call Sandpoint home. I enjoy music, local history and summers by the lake. Thank you all for the warm welcome. The senior center is a great place to be!
Susan Musson, Nutrition Assistant



Executive Director's Corner: Cherie Coldwell



Happy
Valentine's
Day

Happy February my SASI Friends! Now that the hectic holiday season is behind us, there is very little to look forward to until spring. As the days grow shorter, many people find themselves feeling sad. You might feel blue around the winter holidays, or get into a slump after the fun and festivities have ended. Some people have more serious mood changes year after year, lasting throughout the fall and winter when there's less natural sunlight. What is it about the darkening days that can leave us down in the dumps? And what can we do about it?

"Winter blues is a general term, not a medical diagnosis. It's fairly common, and it's more mild than serious. It usually clears up on its own in a fairly short amount of time," says Dr. Matthew Rudorfer, a mental health expert at National Institute of Health. The so-called winter blues are often linked to something specific, such as stressful holidays or reminders of absent loved ones.

"Seasonal affective disorder, though, is different. It's a well-defined clinical diagnosis that's related to the shortening of daylight hours," says Rudorfer. "It interferes with daily functioning over a significant period of time." A key feature of SAD is that it follows a regular pattern. It appears each year as the seasons change, and it goes away several months later, usually during spring and summer.

As with other forms of depression, SAD can lead to a gloomy outlook and make people feel hopeless, worthless and irritable. They may lose interest in activities they used to enjoy, such as hobbies and spending time with friends. "People with SAD tend to be withdrawn, have low energy, oversleep and put on weight. They might crave carbohydrates," such as cakes, candies and cookies. Without treatment, these symptoms generally last until the days start getting longer. If you are feeling down, here are some activities to help you shake the winter blues:

1. Go to a movie, take a walk, go ice-skating or do other activities you normally enjoy.
2. Get out in the sunlight or brightly lit spaces, especially early in the day. Or try using a light therapy lamp indoors.
3. Try to spend time with other people and confide in a trusted friend or relative.
4. Eat nutritious foods, and avoid overloading on carbohydrates like cookies and candies.
5. Be patient. You won't suddenly "snap out of" depression. Your mood will improve gradually.

If you have thoughts of suicide, get help right away. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

<https://newsinhealth.nih.gov/2013/01/beat-winter-blues>

Cherie



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Every Wednesday 6 pm

\$3.00 per card , 2 cards for \$5, 5 cards for \$13, 10 cards for \$25

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

Estate Planning

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

In Eastern Washington and North Idaho, people are committed to giving time, talent, passion and energy to help our neighbors and improve our region. We all have something to give, even if most of us do not consider ourselves wealthy. We can look at our homes, retirement accounts and other investments, businesses and life insurance.

The potential to benefit communities through planned end-of-life gifts from our estates is one of the best ways to ensure that the charitable organizations and communities we care about most, like SASI, continue for years to come. You can invest in the areas you care about whether that is education, arts and culture, social justice; or seniors, we all have something we are passionate about.

If you want to support the work of a nonprofit you care about in the community, consider contacting SASI at 208-263-6860.



Board of Directors

President: Nikki Klein	Rick Bivins
Vice President: Adele Martin	Loris Michael
Secretary: Leslie Marshall	Alice Wallace
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DayBreak Center News

We at DayBreak Adult Day Center would like to wish you a Happy Valentine's Day! Please stop by and check out the services that we offer.

At DayBreak, you can be certain that your loved one is well cared for in a fun, stimulating, and safe environment. For more information or to schedule a visit to our facility, please call us Marie at (208) 651-9060.

UPCOMING ACTIVITIES

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

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

Ladies Homestead Gathering Herbal Night-2/16

Fit n Fall Proof M & Th at 3pm

Free Health Screenings here at SASI. Feb 17 Call (208) 415-5135 to make an appointment

Our next CDA Casino Trips are planned for March 14th, May 9th, August 15th and October 24th. **BUT only** if we can get more participants.

Do you need crutches, a walker or a bath seat? We have numerous items available for check-out! Bring us your

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 offering a free health screening here at Sasi Feb17 . 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/>

Groundhog's Day

By: Melissa DePries

What is that commotion;
That noise above the ground?
I want to keep sleeping;
But what is that sound?
What will I find;
When I peek from my hole?
A wintery racket;
A wind blowing cold.
Or is it much scarier;
The fierce looming thing.
Watching and waiting-
For what my burrow will bring.
I'll go, I'll check;
I'm brave and I'm strong.
I'm sure it's just winter;
A wind blowing song.



Happy Birthday

White, Norma 2/6

Pietsch, Gary 2/16

Bivins, Rick 2/9

Shelly, Bruce 2/19

Ibarra, Serina 2/10

Mendenhall, James 2/19

Stolz, Jan 2/11

Ojala, Viola 2/22

Borgardus, Vivian 2/11

Griffitts, Jan 2/25

Yeagar, Suzi 2/13

Moore, Katie 2/26

Whipple, Betty 2/15



Get free at-home COVID-19 tests

Residential households in the U.S. can order one set of #4 free at-home tests from USPS.com.

Here's what you need to know about your order:

- Limit of one order per residential address
- One order includes #4 individual rapid antigen COVID-19 tests
- Orders will ship free starting in late January

Order your tests now so you have them when you need them.

<https://special.usps.com/testkits>

SASI's Kudos Korner

Thanks Ike Salter of Aspen and Stone Construction for repairing our storm door and installing the new toilet seats in the men's room.

Thank you Betty Overland for buying new toilet seats.

Thanks to Joel Bordeaux for helping us shovel the snow.

Thanks to Woods Crushing & Hauling for donating the sand and gravel to make our parking lot safer to negotiate.

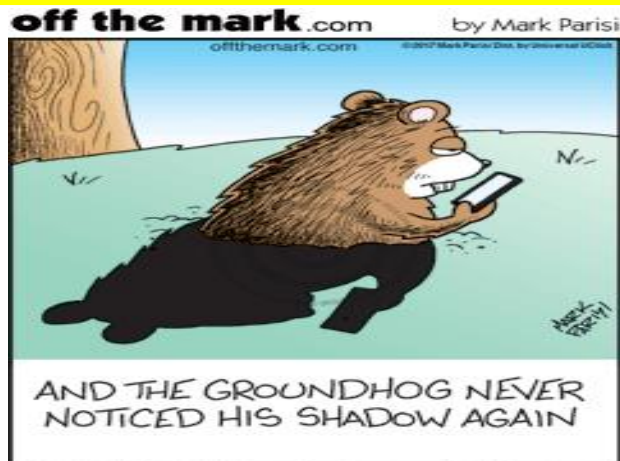
Thanks to XBabylon for donating a screen & projector for movie nights!

Thanks to the LDS Youth Group for helping our seniors dig out of the snow.

GREAT JOB!

Crabby Road

1-31-12



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

Shop at Yokes, Walmart, 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

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

Canine Companions

Canine Companions is the leader in the service dogs industry, enhancing the lives of children, adults and veterans with disabilities by providing expertly trained service dogs free of charge to recipients. Over 7,000 highly skilled dogs have been placed to people with a wide range of disabilities such as, M.S., Cerebral Palsy, Spina Bifida, Down Syndrome, Spinal Cord injuries, Autism, stroke victims, deaf & hard of hearing and many more since 1975.

Their chapter covers northern Idaho and eastern Washington and consists of volunteer Puppy Raisers, volunteers that help with fundraising and events as well as families that have a working graduate dogs from Canine Companions. There are about 1,500 volunteer puppy raisers currently raising puppies all across the U.S. and over 4,300 volunteers total. The Inland Northwest Chapter is just 3 years old and are always looking for volunteers to help them grow. Their goal is to educate people about the value of *true* service dogs and to get more skilled dogs to the families in the Inland Northwest who need them. Each of the dogs are valued at \$50,000 when their training is complete (approximately 2yrs.) . Canine Companions is a 501c3 charity and donations are tax free. They welcome those interested in raising a puppy (from 8 weeks to approximately 18 months). They have local training classes in Sandpoint and we all help each other along the way. Visit **Canine.org** for more info.

If you are considering adopting a dog this new year, perhaps you will consider fostering a puppy who will ultimately become a service dog to someone in need. In December, SASI had a wonderful visit from Lilly Mitsui and her puppy Skipper from the Inland Northwest chapter of the Canine Companions. During their visit, Lilly was able to share all of the wonderful work their organization is doing to ensure any person who needs the assistance of a service dog, gets one free of charge. If you are interested in being a puppy raiser, volunteering for events, or contributing to this worthwhile cause, then please visit canine.org.



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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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.

**THE BRIDGE
AT SANDPOINT**



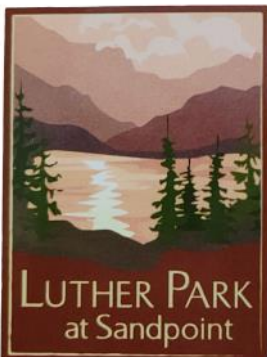
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Dawn Keene
Community Relations Manager
dawnkeene@ecumen.org

Phone (208) 265-8834
Fax (208) 265-8880

510 South Olive Avenue
Sandpoint, Idaho 83864
www.lutherparksandpoint.org

SASi Wish List

4 Drawer Filing Cabinet w/ Lock

Handyman/woman for small jobs.

Your ideas for activities you'd like to see here.

Thank you for your generosity and support!

Donors

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Many Thanks To

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