



Newsletter

March 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](http://www.sandpointareaseniors.org)

a 501 (c) 3 non-profit corporation

# SANDPOINT AREA SENIORS, INC.

## The Legal Consequences of Elder Fraud Can Be Steep

Picture this: An isolated adult's friendly neighbor offers to help with household chores and bills. She runs errands and does the shopping, perhaps borrowing a credit card to go to the store. She has extra house keys made because it will be helpful in case of an emergency. The neighbor makes sure that bills are paid — but needs access to the checkbook to do it. Meanwhile, the same friendly neighbor is using that “borrowed” credit card to do her own shopping, and writing checks for her dental work and cellphone bill out of the checkbook. She has added her name to bank accounts and even taken the victim to an attorney to draw up new legal documents, documents that will leave a significant inheritance to her, of course.

Romance scams are on the rise, too. Older, lonely or heartbroken adults are common targets. In Florida in 2020, \$40.1 million was stolen from victims who fell prey to a crime ring or bad actor posing as a potential suitor. Some people lose their whole life savings in a matter of months. Myriad other financial crimes are carried out by fraudsters, phony investment scams, phone and gift card scams, lottery scams, Medicare and Social Security scams and more.

Sometimes, the exploitation comes from those closest to us. Family, friends and caregivers are not immune from skimming a little money here or there for their own purchases, using their care partner's assets irresponsibly, manipulating their estate plan or just brazenly stealing large sums and thinking no one will notice. More often than not, if the victim knows the exploiter, it is a family member.

We're not talking about small sums of money in most cases. The average amount lost per victim is \$34,000. When a person is acting as a fiduciary (this means they use a legal document, like a power of attorney or trust, to access someone's finances), the number skyrockets to \$83,000. The older the victim, the greater the average amount of stolen assets.

The law takes these crimes seriously, and the penalties for elder exploitation are becoming more severe. Every state, territory, commonwealth, the District of Columbia and the federal government all have elder abuse laws that address exploitation. These laws vary from state to state, so the procedures and punishments will vary accordingly.

No matter where it occurs, when it comes to cutting off fraud and exploitation, time is of the essence. As soon as exploitation is suspected or confirmed, action should be taken. There will be statutes of limitations (laws that say how long the authorities have to charge someone with a crime). Assets are more likely to be recovered and given back to the victim if they can be located before they're spent. And if the person being exploited is in advancing years and impaired, their health or cognitive ability may decline rapidly. They may lose memory of what transpired or become a poor witness, so it's best to move as quickly as possible. Exploitation, in all its forms, happens far more than we know because victims and families do not report it.

By Amanda Singleton, AARP, February 22, 2022

To learn more, join us on March 10th at 12:30 for “Outsmart the Scammers”, a workshop presented by Alyse Ehrmantrout of Edward Jones.



## Executive Director's Corner: Cherie Coldwell



Hello to all of my good looking SASI friends, it is my great pleasure to welcome you to March. March, the month of leprechauns, corned beef & cabbage, clock changing (spring forward!), and Mardi Gras! For the uninitiated, Mardi Gras, which is French for Fat Tuesday, is the celebratory carnival that leads up to the beginning of Lent. The name "Fat Tuesday" refers to the practice of consuming all of the food forbidden while fasting during Lent, which begins on Ash Wednesday. Meat is traditionally abstained from during Lent which is where the word "carnival" is originally derived from, meaning "the removal of meat." I will never read the word carnival again without thinking of someone eating everything in the deli drawer of their fridge. Don't worry though, SASI will definitely be serving meat during the month of March. You can't celebrate St. Patrick's Day without corned beef and cabbage, I think that's a sin in Ireland.

Since this is the time of year to clear out the refrigerator, why not tackle the whole house and get your spring cleaning on? Now is the time to get rid of everything that doesn't serve a purpose and/or is just taking up space. Remember, there is more than just the traditional cleaning to consider; there are walls, baseboards, ceiling fans, window screens, etc., so don't do it all in one go. Trying to bite off too much at one time can be a recipe for injuries so plan your month out accordingly. This is where having a checklist may come in handy. Thanks to search engines, there are a variety of checklists to download from the internet, just type in spring cleaning checklist and Bob's your uncle.

While you're looking through belongings and deciding what to keep, sell, or donate, please keep an eye out for any old medical equipment that you may have borrowed from SASI, Sandcreek Medical, or the VFW. We would love to have those items back if you are no longer using them.

As always, be mindful of your body mechanics while doing your spring cleaning. Remember not to overdue it, we've still got gardening to do in April and May.

*Cherie*

*Laissez les bons temps rouler*





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■ Major Medical	■ Group Benefits	■ Critical Care Protection
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**\$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**

Did you know that the current estimated household net worth within the 20 counties (eastern Washington, northern Idaho), served by Innovia Foundation stands at \$293 billion. Over the next 10 years, \$42 billion of this household wealth is estimated to transfer from one generation to the next. Over the next 50 years, \$376 billion will transition to the next generation.

If just five percent of the projected wealth transfer was re-invested back into the communities of origin, over \$2 billion could be set aside as an endowment producing a multi-generational benefit. Within just the first five years, such an endowment would lead to over \$100 million in grantmaking each year.

If you want to support the work of a nonprofit you care about in the community, consider supporting SASI.



### **Board of Directors**

<b>President: Nikki Klein</b>	<b>Rick Bivins</b>
<b>Vice President: Adele Martin</b>	<b>Loris Michael</b>
<b>Secretary: Leslie Marshall</b>	<b>Alice Wallace</b>
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### **DayBreak Center News**

**We at DayBreak Adult Day Center would like to wish you a Happy St Patrick'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– 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-Basil, Mar 17th at 6:30.**

**Fit n Fall Proof M & Th at 3pm**

**Our next CDA Casino Trips are planned for March 14<sup>th</sup>, May 9<sup>th</sup>, August 15<sup>th</sup> and October 24<sup>th</sup>. In order to schedule any further trips we need more participants.**

**Bee Keeper Class Sat March 5th 8:00– 4:00**

**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 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 Health District is 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 208-415-5135.



*Have you moved or changed phone numbers?  
PLEASE make sure we have your correct information!*

**Like us on Facebook!**

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

Nothing is more beautiful...  
than a friend,  
Someone who will love you until the end...  
Someone who will listen  
when your eyes are filled with tears,  
and regardless of your faults,  
will love you  
through the years.

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## Happy Birthday

Record, Betty 3/17

Pine, Anita 3/1

Belwood, Diane 3/18

Church, Connie 3/13

Bolen, Greg 3/21

Young, Shakura 3/5

Bridges, Martha 3/25

DeRemer, Jean 3/5

Mitchell, Michell 3/25

Shaffer, Shirley 3/9

Newell, Russell 3/29

Chellman, John 3/9

Malone, Trixine 3/14

Beeby, Darren 3/16

Fraser, Doug 3/16



## 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

Xtreme Carpet & tile- Floor Cleaning

Window painting Nelly Lutzwolf

AARP Volunteer Tax Preparers

Methodist Church/ Donna Davis 10 blankets with notes from kids

Thanks to HDM volunteer drivers ( had a lot in the past month covering shifts and doing double shifts)

Betty Overland –Kitchen utensils

Valentine Cards and Lots of Candy From Whole Community- We ♥ You!!

Valentine cards from Friday Stampers

7B Baggers Donation

**GREAT JOB!**

HIS NAME IS RAINBOW, BUT  
LET'S JUST SAY YOU DON'T  
FIND GOLD AT THE END...



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, 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](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

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

## 7 Foods That Don't Mix with Prescription Drugs

It's routine to ask your doctor or pharmacist if a new prescription drug could interact with other medications you're taking. But have you inquired about potentially problematic foods? It turns out, a handful of commonly consumed fruits, veggies, snacks and drinks can affect the way medicines are absorbed or metabolized in the body. In some cases consuming a specific food could make a particular drug less effective or potentially increase blood levels of the drug. In other instances the combination could trigger bad, or even dangerous, side effects. That's why it's important to always ask your doctor or pharmacist if there are any foods that can interact with the medicines you're taking.

Here are 7 commonly used medications and the foods and beverages that could create a problematic pairing.

### 1. Dairy and some antibiotics

With antibiotics in the tetracycline class (including doxycycline and minocycline, which are prescribed to treat bacterial [pneumonia](#) and other infections) and ciprofloxacin (from the quinolone class, also prescribed for pneumonia and other infections), the calcium in dairy products like milk, cheese and yogurt could inhibit drug absorption, which could compromise the medication's ability to treat your infection effectively.

### 2. Leafy greens and warfarin

Among the most well-known food-drug interactions is the anticoagulant warfarin (brand names Jantoven and Coumadin) and foods containing vitamin K, such as broccoli, cabbage, kale, spinach, swiss chard, seaweed and other leafy greens. Certain vegetable oils also contain large amounts of K. These vegetables can reduce the effectiveness of the commonly prescribed medication, thus inhibiting its ability to stop or prevent [blood clotting](#), explains Dima Qato, an associate professor at the University of Southern California School of Pharmacy and a senior fellow at USC's Schaeffer Center for Health Policy & Economics. .

### 3. Cured meats, soy, other tyramine-containing foods, plus MAOIs

An older class of antidepressants called monoamine oxidase inhibitors (MAOIs) can have dangerous interactions with foods that contain high levels of tyramine, an amino acid.

### 4. Grapefruit and cholesterol-lowering drugs

Consuming grapefruit or grapefruit juice can inhibit an enzyme that's necessary for statins to be metabolized, Qato cautions. As a result, "the drug stays in the blood and accumulates, increasing the risk of side effects such as muscle pain."

### 5. Bananas and other potassium-rich foods, plus ACE inhibitors

If you take blood pressure-lowering ACE inhibitors with potassium-rich foods, including bananas, avocados, tomatoes and dried apricots, you can get high potassium levels in your body, which can lead to potentially dangerous heart arrhythmias.

### 6. Fruit juice and some blood pressure drugs/ antihistamines

If you're taking a calcium channel blocker (another type of hypertension drug), steer clear of grapefruit juice because it can render the drug ineffective, Qato says. Also, if you're taking the beta blocker atenolol (Tenormin) or the renin inhibitor aliskiren (Tekturna), you should know that drinking apple juice or orange juice could decrease levels of the drug in your body. In a lesser-known interaction, some of the newer generation of antihistamines, namely, fexofenadine (Allegra), can also interact with acidic juices, such as apple juice, orange juice and grapefruit juice which can decrease absorption and neutralize the effect of the medication.

### 7. High-fiber foods and levothyroxine, digoxin

Consuming soybean flour, walnuts and other high-fiber foods can make levothyroxine — a drug listed under several brand names that is used to treat an underactive thyroid gland — less effective. The same is true if you're taking digoxin, which is sold under several brand names and is used to treat heart failure. High-fiber foods can affect a person's absorption of the drug, Qato explains, so your best bet is to take digoxin at least two hours before or after consuming meals or snacks that are loaded with fiber.

By Stacey Colino, AARP, February 3, 2022



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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### Medicare Fraud



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

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**eden  
HEALTH**  
HOME HEALTH

**Chelsie Ulrich**  
Community Liaison

P: 208.264.8198 • F: 208.263.9210  
[chelsie.ulrich@eden-health.com](mailto:chelsie.ulrich@eden-health.com)  
[www.eden-homehealth.com/sandpoint](http://www.eden-homehealth.com/sandpoint)

Physical Therapy  
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### SASi Wish List

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:**

**SASI, 820 Main Street, Sandpoint, Idaho 83864**