



Newsletter
April 2022
SASI
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

Senior Center:
208-263-6860

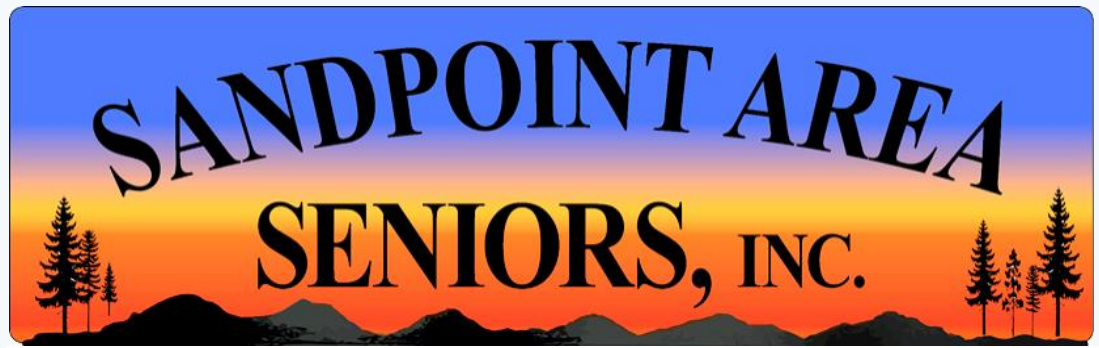
The Sandpoint Area Seniors, Inc. strives to address food insecurity and social isolation among the most vulnerable members of the senior community in the Bonner County area. We do this by providing nutritious meals both on-site and through home delivery as well as providing a gathering place and informational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



Electric Vehicles: Pros and Cons

Whether your motivation is a cheaper daily commute or concern for the environment, an electric vehicle is a compelling solution. Spending about 4 cents a mile for electricity is money in the bank compared to 84 cents per mile for gas. Plus, electric vehicles don't need oil changes and other maintenance items, saving an additional \$330 a year.

These energy-efficient vehicles help reduce dependency on oil and produce fewer emissions that contribute to climate change. Automakers have expanded their line-ups in recent years, including sedans, SUVs and – coming soon – pickups with towing capacity that rival their gas-powered counterparts.

These benefits help explain why 40 million Americans are open to purchasing an electric vehicle. Yet electric vehicle adoption in the U.S. remains low, hindered by consumer perceptions of the electric experience. We asked electric vehicle owners to weigh in on the pros and cons of electric vehicle adoption.

How do I find a charging station?

The biggest perceived drawback of electric vehicles is the fear of being stranded. AAA's research found that availability of charging stations is a concern for 58% of consumers, and more than half of Americans worry they'll run out of charge while driving. It's understandable, given that we are used to seeing a gas station on nearly every corner.

Once they purchased an electric vehicle, 77% of owners realized there is no cause for "range anxiety" or concern about running out of charge. Electric vehicle owners drive on average 39 miles a day, and do three-quarters of their charging at home. In fact, 43% of electric vehicle owners said they drive more now than when they owned a gas-powered vehicle.

Can you take a road trip in an electric vehicle?

For an electric vehicle novice, it may be hard to grasp the concept of using this type of vehicle as your only source of transportation, especially for long-distance driving. Many electric vehicle owners straddle the electric/gas question by keeping a gas-powered vehicle in the garage. The reality is that 87% of dual-car owners report spending most of their time driving their electric vehicle, likely leaving their gasoline vehicle for longer road trips.

Auto manufacturers are constantly improving battery technology. Models launched in 2020 exceed 250 miles on a full charge, with some vehicles topping out at 400 miles of driving range. That's more than enough charge for a daily commute, and will easily get you to the next rest break on that long haul.

Is it worth buying an electric vehicle?

Just about every owner had concerns before buying an electric vehicle, be it charging issues, lack of choices or performance and handling. A little time behind the wheel and 96% of those skeptics are now loyal electric vehicle enthusiasts.

Misconceptions about electric vehicles may be holding buyers back. But, the more real-world experience consumers can have with electric vehicles, the more likely they are to see going green as a viable option. https://blog.wa.aaa.com/green-technology/electric-vehicles-pros-and-cons/?cmpid=int_eml_out_nxx-0322-gas-prices



Executive Director's Corner: Cherie Coldwell



We Did It! We got through winter and COVID and are stronger for the experience. I hope you can find the positive as we shake off the doldrums and move into a period of rebirth and renewal. Spring brings so many wonderful opportunities for change and growth, sometimes bittersweetly. For instance, it is my sad duty to inform you of some personnel changes here at SASI. Firstly, Alice Wallace, board member and prior interim Executive Director, has decided to step down from the board of directors. Alice's many contributions to the senior center can not be understated. From clearing out the clutter and making the senior center a warm and inviting place, to making sure we always had meals available, even during the closures, Alice gave 100% of her time and talent and we will miss that passion and commitment. We wish her well as she and Lloyd set their sites on new and exciting horizons. Secondly, Susan Musson, our nutrition assistant and resident saucy minx is leaving us in April. While Susan hasn't been with SASI very long, she has had a huge impact on our mission. Her positive attitude and wicked sense of humor has made working here so much fun. I'm also going to miss how helpful she is to our seniors and our volunteers. No task was too small for Susan, as she did everything with professionalism, a pleasant attitude, and a smile on her face. I know I speak for everyone at SASI when I say that Susan will be missed immensely. Our door is always open to you Susan. So instead of good bye, lets just say, so long for now.

I know change is difficult, but with the commitment and drive of our small but mighty team, we will weather this transition with the same excitement, optimism, and confidence that we bring to SASI everyday.

Hope to see you soon, *Cherie*



Coverage Options for your individual needs.

■ Major Medical	■ Group Benefits	■ Critical Care Protection
■ Short Term Medical	■ Medicare Supplemental Plans	■ Accident, Cancer and Gap Coverage
■ Long Term Care	■ Medicare Advantage Plans	■ Short Term & Long Term Disability
■ Life Insurance	■ Prescription Drug Coverage	■ Vision and Dental

BRADLEY INSURANCE
401 Bonner Mall Way, Suite I
in Ponderay
208 265-1888



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

Make a difference where it matters to you.

Education, Arts and culture, Social Justice, Food Security. A healthy environment, or Economic opportunity. Each of us has a passion that's bigger than ourselves. We find ways to engage — to make a difference in our region in ways that feel meaningful — throughout our lives.

In our region, everyone's gifts matter.

Few of us consider ourselves wealthy. Yet most of us in Eastern Washington and North Idaho have wealth to share with our communities, especially when we look beyond cash on hand. Our potential to benefit our region through end-of-life gifts can be found in our homes and real estate, personal belongings, investments, business holdings and elsewhere. If everyone in our region planned to leave 5% of what they have, the benefit would be enormous.

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



Board of Directors

President: Nikki Klein

Rick Bivins

Vice President: Adele Martin

Loris Michael

Secretary: Leslie Marshall

Treasurer: Kelly Dryden



DayBreak Center News

We at DayBreak Adult Day Center would like to wish you a Happy Easter! 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-Sage, 4/21 at 6:30.

Fit n Fall Proof M & Th at 3pm

Our next CDA Casino Trips are planned for April 11th, May 9th, August 15th and October 24th. In order to schedule any future trips we need more participants.

Cookie Decorating 4/21 at 1:00. \$15/ 3 cookies

Market Harvest Distribution Drive-Thru event for free groceries while supplies last . Wednesday 4/6 11:00am- 1:00pm. 1900 Pine Street Sandpoint.

Movie Day 12:30/ 1:00 Movie TBD

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



Our dining room is open!

Carry out meals are available.

As always, please call the day before or

**no later than 9:30 the day of to
reserve your meal.**

Carry out time is at 12:30 Mon-Thu and 11 on Fri's.

Bonner Partners in Care

Did you know that the Bonner Partners in Care offer free health screenings on the first Tuesday of every month?

Care is provided on a first come first serve basis and the doors open at 5:30 so patients are encouraged to arrive by 5pm.

2101 Pine St.

Sandpoint, ID 83864



Have you moved or changed phone numbers?

PLEASE make sure we have your correct information!

Like us on Facebook!

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



Happy Birthday

Bittner, Ed 4/7

Venn, Robert 4/23

Webber, Ruth 4/18

Ewing, Darrell 4/25

Coldwell, Cherie 4/21

Musson, Ketty 4/23

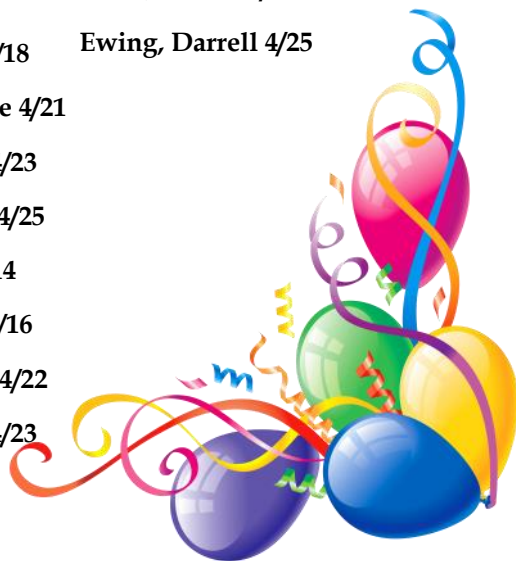
Gunter, Albert 4/25

Bagby, Anne 4/14

Savage, Kevin 4/16

Shofner, Penny 4/22

Johnson, Betty 4/23



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

Methodist Church/ Donna Davis

donated 19 more blankets with notes from

Farmin Stidwell Elementary students.

AARP Tax preparers have been hard at work this year and we are so thankful for all their help

Thank you to Dean O'Neil, Anne Bagby and Ken Moore who have volunteered their time to help in our kitchen this past month. We greatly appreciate everything.

Huge Shout out to the city of Sandpoint who cleaned up all the gravel in our parking lot from winter. We can't thank you enough.

Thank you Kari Saccomanno and Ting for providing the SC with free internet!

GREAT JOB!

off the mark by Mark Parisi www.offthemark.com



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



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.



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

Darrell Ewing Celebrates 100 Trips Around the Sun!

Darrell Ewing was born in Hunters, WA on April 25, 1922. He was born on the reservation where his grandmother, a native American, grew up. At the age of 2, Darrell and his family moved north to Bonner's Ferry where he spent the rest of his childhood and most of his adult life. Living in Bonner's Ferry was a dream come true for Darrell, where he and his friends had many a close call. From riding down the flumes at the old mill, to nearly drowning while rescuing a friend who had fallen through the ice playing hockey, Darrell and his friends were always having a little too much fun for their parents liking and that daredevil streak didn't end in childhood.

When Darrell turned 19, he enlisted in the army during WWII, and was stationed in Antigua (war is hell!). There he was assigned with the Army Corps of Engineers where became a heavy equipment operator, a skill that served a career spanning 40 years. While stationed in Antigua, Darrell's daredevil streak was on full display as he was tasked to repair a broken pulley on a flag pole that was 70 feet high. The boom was too short and Darrell had to build a small platform so that he could climb on top of the pole and reattach the pulley. Something he had to do twice!

After returning to Bonner's Ferry, Darrell put the skills he learned in the Army to good use and worked as a heavy machine operator for most of the major lumber companies in the area, the last 25 years with the Pack River Lumber Company until his retirement in 1965. But that's not all he did, Darrell literally began dating the girl next door, someone he didn't know well until he returned home from the war. Alice and Darrell were married in 1946 and spent 64 wonderful years together, raising 3 sons; Paul, Kenneth, and Darrell Jr. Alice and Darrell loved to dance and would travel all over the inland northwest attending dances as far north as Canada and as far east as Montana. Back in the old days, "there used to be 5 or 6 places (in Sandpoint) that you could go to dance", states Darrell, and he and Alice tripped the light fantastic whenever possible.

After Alice passed away in 2010, Darrell continued to dance at the senior center, partnering with anyone interested in cutting a rug. At one of the dances, Darrell spotted a lovely woman standing in the lobby, and before she could even take her coat off, Darrell asked her to dance. Darrell and Sally spent most of the evening dancing together and when he asked her out to the next dance, he bought her a dozen long stem roses. That was 11 years ago and they're still going strong. As Sally said, "what can a girl do"?

I think there is a metaphor here about dancing and life, love, and happiness. Perhaps its that in order to be in a successful relationship, you have to be in sync with your partner. Someone who will waltz through life with you, enjoying the music and the physical connection, timing, and rhythm. "Love is a constant process of tuning in, connecting, missing and misreading cues, disconnecting, repairing, and finding deeper connection. It is a dance of meeting and parting and finding each other again. Minute to minute and day to day." – Dr. Sue Johnson

We should all be so lucky. Happy 100th Birthday Darrell . I hope you never stop dancing.



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 208-415-5177.

This program is completely free of charge.



Ken Wood
Financial Advisor

477100 Highway 95, Suite B
Ponderay, ID 83852-9501
Bus. 208-255-2613 TF. 844-361-3669
Fax 855-379-1812
ken.wood@edwardjones.com
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING



1125 N. Division
Avenue
Sandpoint, Idaho
83864
208.265.9299

THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY
1123 N. Division Street, Sandpoint, ID 83864
208.263.1524 www.thebridgesandpoint.com

**ADVERTISE
YOUR
BUSINESS
HERE**

CONTACT US FOR DETAILS

THANK YOU!

Thank you to our advertiser's for supporting our outreach efforts! Your ad reaches hundreds of people each month in print and online.

Let us know if you want to join us!



- Medicare Health Plans
- Prescription Drug Plans
- Dental & Vision Plans

*"Your Referral is the best compliment.
Thank you for your trust."*

Carey Spears

300 Bonner Mall Way #48
Ponderay, ID 83852

Office (208) 265-2026
Cell (208) 610-8096
cspears4insurance@gmail.com
www.careyspears.com

**We can help you
prevent, detect, and report**



Medicare Fraud



**Call your North Idaho Senior Medicare Patrol
1-800-786-5536 ext 4071
Or email 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.

**eden
HEALTH**
HOME HEALTH

Chelsie Ulrich
Community Liaison

P: 208.264.8198 • F: 208.263.9210
chelsie.ulrich@eden-health.com
www.eden-homehealth.com/sandpoint

Physical Therapy
Occupational Therapy
Speech Therapy
Social Services
Registered Nurses

SASi Wish List

Hiring 2 positions for Kitchen Help.

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

Thank you for your generosity and support!

Donors

\$5 A MONTH CLUB

Clark, Linda
Crawford, Pamela Rose
Dillon, Marilyn
Marshall, Leslie
Martin, Adele
Peterson, Donna
Pine, Anita
Raynor, Linda & Roy
Thank you to these donors
Alliance Family Services
Anderson, Joyce & Larry
Area Agency on Aging of N. Idaho
Atkisson, Eileen & Blakey,
Lawrence
Auburn Crest
Barbee, Joanne
Beaudoin, Monica
Beery, Keisch
Bensen, Robert & Carol
Bogdon, Linda
Bonner County Commissioners
Bonner County Economic Dev. Corp.
Bonner Mall Trade Association
Bourassa, Judith and Arthur
Bowman, Brad & Jackie
Britain, Bud & Paulette
Cady, Betty
Campbell, John & Mary
Carol & Robert (Ameriprise)
Chambers, Chris & Kathy
Clark, Jane
Cobb, Donna
Community Assist. League
Coffelt Funeral Services

Cottrell, Joanne & Jonathan
Curtis, Virginia
Creed, Dick & Elise
Dairy Depot
Daubersmith, Mary
Debaun, Jack & Janice
Dennis & Phyllis Washington
Foundation
Deshon, Donna
Dover Baptist Church
Dreier, David & Peggy
Energy Electric
Equinox Foundation
Ferguson Family Charitable
Fund
First American Title Co.
First Presbyterian Church
Fry-McComish, Judy
Hagadone, Jon & Victoria
Reich
Harry Morrison Foundation
Hein, Steven
Holt, James
Howes, James
Hymowitz Family Foundation
Idaho Comm. Food Bank
Idaho Community Foundation
Idaho Pain Clinic
Injectors Car Club
Inland Forest Management
Innovia Foundation
Insight Restoration
Joyce Ann Dillon Trust
Juneau, John
Kane, Edward & Peggy

Kathryn George Charitable Fund
Keating, Marjorie
Kinney, Malcom & Pamela
Klein, Nikki & Herb
Kroger Foundation
Lewis, Nancy
M2 Construction
Mark Inc. Samuels Store
Marley, Allan & Dalyn
Marley, Kim & Jim
Marshall, Leslie
Martin, Adele
Max & Victoria Dreyfus Founda-
tion
Melia, Thomas & Linda
Mendenhall, Trudell
Meulenber, Dan & Lori
Michael, Loris & Richard
Miller's Country Store
Mountain Ledgers
Mountain West Bank
Moody, John
Morgenstern, Janis & Michael
Moy, Debra
Myers, Marilda
Newman Community Bible Church
Northern Lights, Inc.
Overland, Betty
Moore, Charesse
Peak Sand & Gravel, Inc.
Pierce, Del and Norma
Pine, Anita
Pizzini, Cathleen & Thaur
Poppino, Mickey & Sue
Porter, Susan

Rinker, Millie
Roberts, Joyce & Marshal
Rothschild, Billie
Royer, Craig
Sanders, Brian & Andrea
Sandpoint Furniture & Mattress
Sandpoint Reader
Scharpf, Lou
Seattle Foundation
Selkirk Ironhorse Riders
Selkirk Press Inc.
Selle Valley Construction
Shea, Daniel & Susan
Sherwood, Wayne
Smith-Barbieri Progressive Fund
Spears, Carey
Specialty Auto Glass
Stevens, Patricia
Thomas Family Foundation
Ting
Tork Electric Inc.
Union Pacific Railroad Foundation
Van Dellen, Clarence & Linda
Wall, David & Laurie
Washington Federal Founda-
tion
White Cross Pharmacy Priest
River
Whitehall, Gordon & Virginia
Wilfert, Richard
Winter Ridge Natural Foods
Woodland Bookkeeping Plus
Wood's Crushing & Hauling,
Inc.
Wood's V-X Ranch
Wynhausen, Robert

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:

SASI, 820 Main Street, Sandpoint, Idaho 83864