



Newsletter

May 2022

SASI
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

Senior Center:
208-263-6860

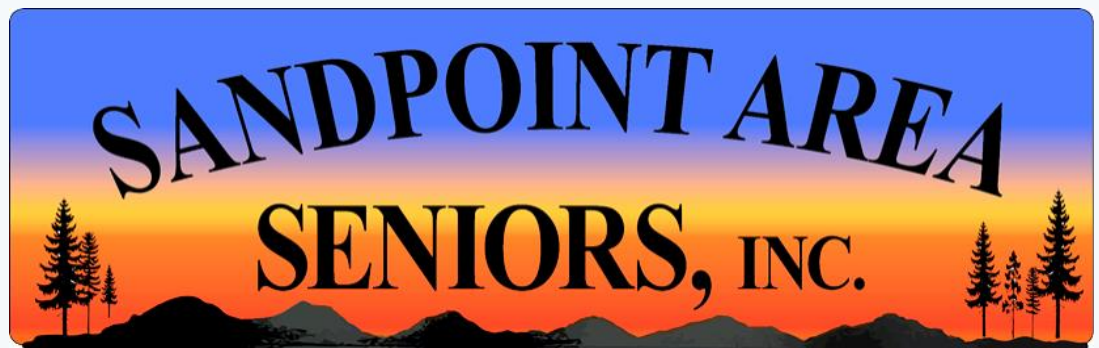
The Sandpoint Area Seniors, Inc. strives to address food insecurity and social isolation among the most vulnerable members of the senior community in the Bonner County area. We do this by providing nutritious meals both on-site and through home delivery as well as providing a gathering place and informational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



In Memoriam

It is with a heavy heart that I write this memoriam for our dear friend, colleague, and the most ardent 12th fan to ever wear a Seahawks jersey, Greg Bolen.

Greg joined the SASI team over 4 years ago after retiring from over 20 years of service for Life Care. During his time there, Greg served as the dietary manager at Life Care facilities all over the state, where he stepped in to ensure the facility was operating appropriately.

Prior to his time at Life Care, Greg worked as an executive chef at Forest Place Retirement Community, Timothy's Restaurant in Hayden Lake, and Cavanaugh's Inn at the Park in Spokane. With all of that experience, it is no wonder that we ate so well here for so many years.

Greg's enthusiasm, dry wit and sense of humor will be missed greatly, as well as his knowledge around the kitchen. I know I'm going to miss hearing his stories about cooking, traveling, his love of Dash, music and movies, and his love of the Seahawks. He really did miss his calling as a sportscaster, but I'm thankful he stuck to cooking.

Oh, and speaking of Dash, Greg's faithful four-legged companion, has been adopted by a close friend of mine who recently lost her dog of 16 years. I can promise you that Dash is well loved, well cared for, and well exercised (though he might not appreciate that last bit as much). I truly believe that Greg is resting in peace knowing his best friend in life will be loved just as much by his new parent as the last.

Memorial services are currently being planned for June where we can all enjoy an outdoor BBQ together. I will keep you posted once plans are finalized.



Executive Director's Corner: Cherie Coldwell



It's May Y'all! I'm so happy to see the earth waking up from her loooooong winter slumber. And I'm happy to see the moose taking advantage of the beautiful bounty sprouting up all over the place. I'll be a lot happier if I actually get to see my tulips this year but moose gotta eat too right?

As you all know, Darrell Ewing celebrated his 100th birthday on April 25th. We had a wonderful luncheon and a beautiful cake, donated by Betty Overland, on his birthday and Darrell was also celebrated at the dance. There was a great turnout and I'm told it was quite the shindig. I'm sure Darrell and Sally were cutting a rug as usual. We really enjoyed sharing this momentous milestone with you Darrell, and we hope this next trip around the sun is more fun than the last!



Now that the weather is more conducive to gardening and being outside, please remember to be kind to your body, it's been a long winter of being sedentary and the last thing you want to do is hurt your back, hips, knees, etc. And if you find that you are unable to tackle your yard work, please reach out to the senior center. We have students from the LDS Youth Group who have volunteered their services.

Finally, a HUGE thank you to all of our volunteers who have pitched in and carry us through this difficult month. Our small but mighty team has worked overtime to ensure we are able to continue our mission of feeding seniors, which we could not have done without your help. From the bottom of our hearts, thank you all so much!

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



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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!!**

Make a difference where it matters to you.

Education. Arts and culture. Social justice. Food security. A healthy environment. 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.

As the community foundation for Eastern Washington and North Idaho, Innovia envisions vibrant and sustainable communities, where every person has the opportunity to thrive.

Our power to make a difference continues after we're gone. By planning to leave 5% of what we have to local organizations doing work we believe in, we know we'll keep making a difference that matters.



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- 5/19 at 6:30- Sage.

Fit n Fall Proof M & Th at 3pm

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

The next Board Meeting is on Fri 5/15 at 10:30

Bingo every Wed at 6, doors open at 5. Meals and concession available for purchase.

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/>

SOLACE

Peace like a river is solace for the soul.

Love and forgiveness can make a body whole.

Anger, grief, and jealousy will never be a remedy.

But love and forgiveness will bless your soul
eternally.

Vivian E. Borgardus

Copyright 2021

Happy Birthday

Musson, Thomas 5/2

Hamilton, Sandi 5/6

Dombrowski, Denise 5/14

Martin, Adele 5/15

Pultorak, Janet 5/15

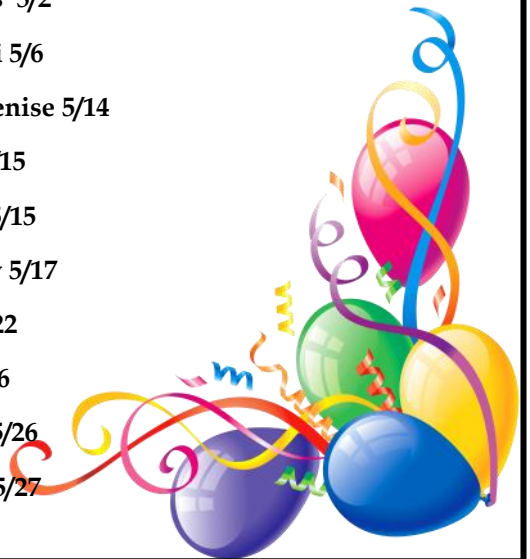
McGinnis, Mary 5/17

Hoerth, Bette 5/22

Graves, Paul 5/26

Rainey, Denny 5/26

Murdock, Cory 5/27



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

Shout out to Cherie Coldwell for being honored as the Chamber of Commerce's Volunteer of the Month for April. GO Cherie!!!!



- Thank you Almira Sadewic for donating a new apple IPAD to the senior center.
- Thank you to Christian for completing his community service work here at SASI. He did a wonderful job helping with yard work and having extra hands for a week.
- Thank you Betty Overland who has been adding rubber protectants to our dining room chair legs.



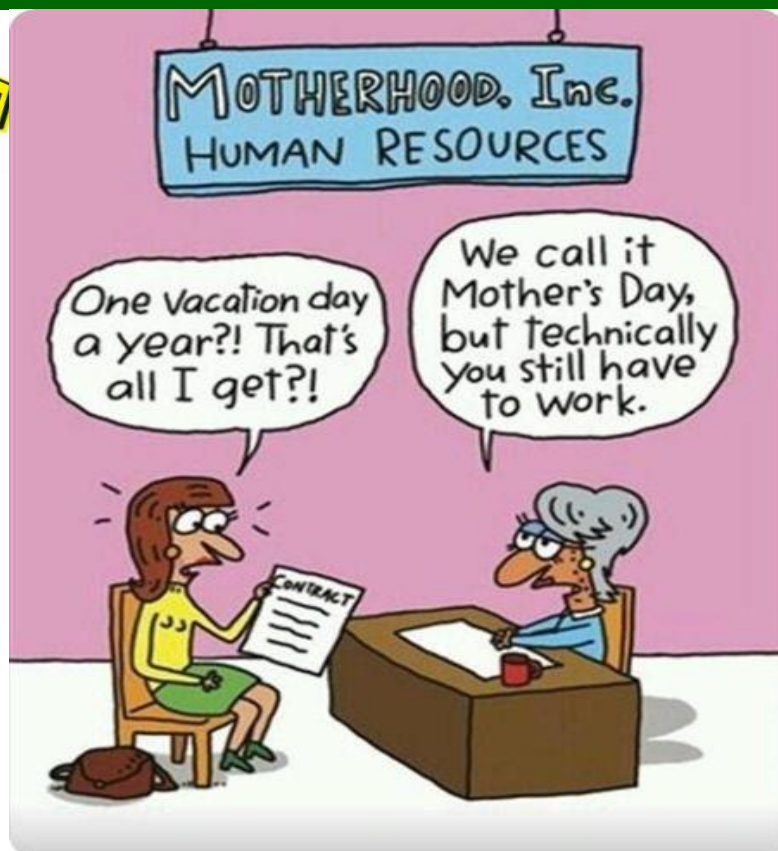
Thank you generous supporters!! Find names and logos from donor organizations at www.sandpointareaseniors.org/community-support/

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



GREAT JOB!



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



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

Criminals Target Medicare Benefits to Reap Millions

Guard your Medicare number to steer clear of crooks

by Joe Eaton, AARP, April 15, 2022

In November, Leonel Palatnik, the 42-year-old owner of diagnostic testing laboratories in Florida and Texas, was sentenced to 82 months in prison after pleading guilty to crimes that led to \$73 million in fraudulent Medicare billing. Here's how the Miami-area man and his affiliates pulled it off.

A marketing company based in Fort Lauderdale used social media and sales calls to advertise expensive genetic tests it claimed could determine a patient's risk for cancer, heart problems and other health conditions, prosecutors say. The advertisements promised free DNA tests for Medicare members.

One nurse practitioner involved in the scam billed Medicare for more than \$820,000 in 2020, according to court documents. Many of those invoices were for totally fake "consultations," investigators say.

That scam is one example among many. In another case, 14 medical providers and corporate executives were charged last May with defrauding Medicare of \$143 million through fraudulent billing for diagnostic testing and other services.

The emergence of pandemic-related fraud comes as no surprise to Malcolm Sparrow, a Harvard University professor and leading expert on Medicare fraud. In times of crisis, fraud control can be viewed as less important than ensuring access to care, he says. "I think consumers need very clear advice on what to look for" in potential Medicare scams, Sparrow says.

How to stay safe

- Never give your Medicare number to anyone who calls on the telephone. Share it only with your health care providers or if you have placed a call to Medicare.
- If someone offers you free genetic testing in person or online, it's a scam. Medicare does not pay for these tests unless they are ordered by a medical professional.
- If someone calls and promises you COVID-19 tests, medical equipment or medical services in return for your Medicare number, hang up. It's fraudulent activity.
- Medicare will not reach out to you regarding enrollment. If someone calls and makes a pitch to help you enroll in the program

<https://www.aarp.org/money/scams-fraud/info-2022/crooks-targeting-medicare.html?intcmp=AE-FRDSC-MOR-R2-POS3>



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
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**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**

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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
www.eden-homehealth.com/sandpoint

Physical Therapy
Occupational Therapy
Speech Therapy
Social Services
Registered Nurses

SASi Wish List

Hiring 3 positions for Kitchen Help.

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

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