



Newsletter

July 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



How to Get Good Deals on Refurbished Products

Nearly new merchandise at reduced prices, but shop around carefully

by Lisa Lee Freeman, AARP, Updated March 10, 2022

Inflation? Shortages? No problem! You can get what you want at prices you'll like if you shop for refurbished items.

Refurbs are open-box and slightly used products — electronic devices, home appliances and a lot more — that you can find at dozens of major retail websites. And with the holiday season's returns filling up warehouses, right now is a great time to shop.

You can save as much as 70 percent by buying refurbished, says Simo Elalj, founder of RefurbMe, a clearinghouse for refurbished Apple products. In December and January price checks, I found savings amounting to hundreds of dollars.

Bargains like those make refurbs increasingly popular. In a 2021 Wakefield Research survey, 62 percent of respondents said they were considering buying refurbished electronics, and 84 percent said they were open to receiving refurbished gifts.

Although there are no universal industry standards, sellers typically list the product elements they inspect to ensure an item is in working order and has all its accessories.

You probably won't find many of the latest models on the refurb market; you may have to settle for a next-to-newest, similar version. You also risk ending up with junky castoffs. But if you're careful, it's easy to get a great deal by following these rules.

1. Buy from the right seller

Start by browsing sites of manufacturers such as Apple, Dyson and Samsung. (Tip: Search for the company name and "refurb.") Widen your search to retailers like Amazon (look for "Amazon Renewed" deals), Best Buy, Target and Walmart. Be careful about third-party vendors on these sites: Check return policies and look for lots of positive feedback on sales of the kind of refurbished product you're buying. Also, says Elalj, be aware that products shipped from China could be a hassle to return. Check out refurb specialists like Backmarket.com, Gazelle.com and Elalj's Refurb.me. And think twice about buying anything from a seller who doesn't provide a warranty of at least one year.

2. Study item descriptions

Many sites provide helpful details, and some also classify refurbs, making it easy to shop. EBay's Refurbish Program for certain sellers, for example, has four categories, ranging from "certified refurbished" (deemed like new by the manufacturer, with a two-year warranty) to "good" (moderate wear, with a one-year warranty).

3. Favor certified

The premium you'll likely pay for a "certified" refurb is worth it, especially if you're concerned about battery life and appearance. Certifications usually promise that batteries have been replaced if their full charge is below 80 percent of their original capacity, Elalj says. But he advises steering clear of refurbished portable battery chargers — printers, too, partly because their ink is a bigger long-term expense than the hardware.

4. Shop around!

Refurb prices are all over the map, so it pays to spend time comparing prices. Also, you might find that with some products, the money you'll save on a refurb isn't worthwhile after all. (ear warranty).

Executive Director's Corner: Cherie Coldwell



Happy July and Happy Independence Day America. I love this time of year! BBQ's and fireworks, sunshine and lake time with Fargo, and the Festival at Sandpoint. There are a lot of incredibly talented musicians out there, I hope you get the chance to make it to at least one show this year.

As we start to get into the heat of summer, I just want to remind everyone that the senior center is a cooling station. We are open from 8-3, M-Th and 8-1 on Fridays. Please feel free to come and hang out with us if you need to beat the heat. We don't have lemonade, but we have plenty of water, books, games, puzzles and movies to keep you entertained.

This time of year can also be expensive when it comes to cooling your homes. Avista has some great tips on how you can save energy (and money) while keeping your home comfortable.

- Use box fans instead of your air conditioner. Fans use about 1% of the energy that AC's do.
- Switch your ceiling fan's spin direction to counterclockwise. This will push air downward, so you can feel it.
- Turn ventilation fans off when you don't need them (bathroom, kitchen, etc.). They pull the cool air from inside your home and push it straight outside.
- Close your blinds and drapes during the day. Insulated drapes or shades can block up to 65% of the sun's heat from passing through your windows.
- Use your microwave instead of the oven. It uses up to 20% less energy than the oven and won't heat up the house while you're cooking.

For more information, please check out their energy saving guide at <https://www.myavista.com/energy-savings/energy-saving-advice>

I hope you have a great month. Get out and enjoy this beautiful weather and the beautiful art work our seniors have painted this spring. You can find the SASI exhibition at the Columbia Bank Building.

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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in Ponderay
208 265-1888



5% Campaign

In our region, everyone's gift matters. We invite you to invest 5% in your community and leave a legacy that lasts. Everyone in our region can participate in this campaign to ensure our region's strength and vitality.

Giving just 5% in end-of-life generosity can create positive and lasting change in your community. There are several options for giving outside of a direct donation, such as Donor-advised Funds, a Qualified Charitable Donation, or donate Stocks or Bonds. Other ways to donate are gifts of real estate, establishing an endowment, living trusts, gifts in memoriam, or treat your favorite charity as if they were a child and include them in your will and estate planning. Together, we can make a difference in our community.



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!!**

Board of Directors

President: Nikki Klein	Rick Bivins
Vice President: Adele Martin	Loris Michael
Secretary: Leslie Marshall	Linda Melia
Treasurer: Kellie Dryden	Judy Fry-McComish



At Onsite for Seniors, 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 Marie at (208) 651-9060.

CLOSED until further notice, due to an illness. Sorry for the inconvenience.

UPCOMING ACTIVITIES

Dances- Canceled until September.

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

Fit n Fall Proof M & Th at 3pm

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

Meditation & Guided Journaling Class-
7/26 & 8/30 at 10:30Aam

The next Board Meeting is on Fri 7/15 at 10:30

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

Do you need crutches, a walker or a bath seat? We have numerous items available for check-out! Our inventory is currently full so we are only accepting 4 wheel walkers and wheelchairs at this time.

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/>

Thank You Lord for Answered Prayer

Thank you Lord for answered prayer...

You know my needs, you're always there.

I know you love me and you care...

Thank you Lord, for answered prayer.

Vivian E Bogardus

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Edward, Schramm 7/1

Ernie Bellwood 7/20

Delmar Wood 7/3

Marilyn McGill 7/20

Ethelann Welker 7/4

Donna Harper 7/23

Peggy Farrell 7/5

Chris Haworth 7/23

Mary Jacobson 7/6

JoAnn Sims 7/23

Alice Wallace 7/7

Karen Roeder 7/29

Anna Schramm 7/11

Theo Laswell 7/30

Lea Soltis 7/11

Elise Creed 7/12

Get free at-home COVID-19 tests

Residential households in the U.S. can order two sets 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.



Thank you to Steve Helkowski for being our handyman. You were a huge help and we wish you the best.

Tom Crockett thank you for fixing our flag pole, just in time to celebrate Independence Day.

Thank you to the Injector's Auto Club for their annual Father's Day BBQ. We are so grateful for your support .

Shout out to Bonner Community Food Bank for donating perishables, it has helped provide meals to our home bound seniors.

Bonner County Sportmen for donating food items, we always need them!!

Heidi & Smitty Smith donated paper towels, we cant thank you enough!

Thank you Shakura Young for donating fresh cut flowers from her garden, they are absolutely beautiful!!

Thank you Brian Jacobs for playing music at our Father's Day BBQ, you rock!!

Please stop by the Columbia Bank Building and check out the art projects our seniors have been working on this year. And a huge thank you to POAC and Lillian Hicel for hosting this wonderful activity.



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.



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

Level: Easy



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

Beware: 8 Red-Hot Frauds

by Sari Harrar, AARP, April 11, 2022

In their never-ending pursuit of your money and identity, criminals are constantly coming up with new cons. Here's a closer look at eight relatively new types of scams that are becoming more common, along with expert advice on avoiding them. Check out the list of today's hottest emerging frauds.

1. **Google Voice Scam:** Let's say you've posted a notice online and included your phone number. In this scam the crook will call you, feign interest, but say they want to verify first that you aren't a scammer. They tell you that you are about to get a verification code from Google Voice (their virtual phone and text service) sent to you, and ask you to read it back. What's really going on: They are setting up a Google Voice account in your name. "They can go on to perpetrate scams and pretend to be you, hiding their footprint from law enforcement," says Eva Velasquez, CEO of the Identity Theft Resource Center. * Never share your verification codes with anyone.
2. **Rental Assistance Cons:** Over 583,000 older adults were behind on their rent in mid-2021, opening the door for scammers to impersonate government or nonprofit employees and to request personal info and money up front for applications. *Apply only to legit rental assistance programs.
3. **Fake-Job Frauds:** Scammers harvest contact info and personal details from résumés posted on legit job websites like Indeed, Monster and CareerBuilder. Then, pretending to be recruiters, they call, email, text or reach out on social media with high-salary or work-at-home job offers. Sometimes the goal is to get additional info about you; other times it's to persuade you to send money for bogus home-office setups or fake fees. *Use a separate email address and phone number when job hunting. If get an offer, contact the company's HR department directly to verify.
4. **Fake Amazon Employees:** One-third of business-impostor fraud complaints involve scammers claiming they're from Amazon, the Federal Trade Commission (FTC) reports. *Ignore calls, texts, and emails. Call Amazon directly at 888-280-4331 to verify.
5. **Cryptocurrency ATM Payments:** Those ATMs cropping up in convenience stores, gas stations and big retailers are scammers' newest payment method. Pretending to be government officials, utility agents or sweepstakes representatives, they direct you to pay a purported fee, bill or handling charge by sending cryptocurrency bought at these ATMs to an untraceable digital wallet. *Ignore these contacts as no one from these organizations uses crypto currency.
6. **Local Tax Impostors:** Scammers are impersonating law enforcement and tax collection agencies to get you to share sensitive personal information or send money to "settle your tax debt." They may call, email or mail letters threatening to revoke your driver's license or passport. Some pretend to offer state tax relief. *Ignore them. An official agency wouldn't threaten you or ask for personal info.
7. **'Favor for a Friend' Gift Cards:** You receive an email from a friend asking for a quick favor. She's having trouble with a credit card or store account and, annoyingly, can't buy a gift card she needs for a birthday present. But this favor's really a fraud, as it's almost always an impostor sending the request, the Better Business Bureau (BBB) warns. *Call your friend to confirm.
8. **P2P Payment Requests:** Scammers are increasingly demanding payment via money-transfer apps like Venmo, Zelle and Cash App. It's so convenient, you pay in seconds from your phone or computer. But these payments usually cannot be canceled. *Only use P2P apps to send money to friends and family. And turn on the security-lock feature that requires entering a passcode to make a payment.

<https://www.aarp.org/money/scams-fraud/info-2022/top-scams.html>

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
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Fax 855-379-1812
ken.wood@edwardjones.com
www.edwardjones.com

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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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Chelsie Ulrich
Community Liaison

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chelsie.ulrich@eden-health.com
www.eden-homehealth.com/sandpoint

- Physical Therapy
- Occupational Therapy
- Speech Therapy
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- Registered Nurses

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CONTACT US FOR DETAILS

SASi Wish List

- Hiring Sous Chef & Meal Coordinator.
- Volunteers for dining room and 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