



Newsletter

June 2022

**SASI**  
**SANDPOINT**  
**AREA**  
**SENIORS, INC.**

820 Main Street  
Sandpoint, ID  
83864

**Senior Center:**  
**208-263-6860**

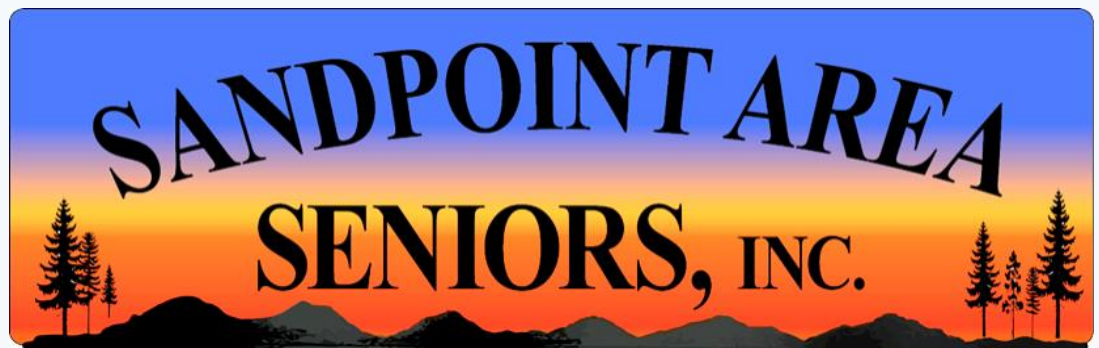
The Sandpoint Area Seniors, Inc. strives to address food insecurity and social isolation among the most vulnerable members of the senior community in the Bonner County area. We do this by providing nutritious meals both on-site and through home delivery as well as providing a gathering place and informational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



### Changes to VA Healthcare Services in Sandpoint

The Department of Veterans Affairs has begun notifying nearly 2,000 veterans in the area that a planned health care group change is coming in the spring.

Currently the veterans are being served through the VA-contracted Kaniksu Health Care clinic in Sandpoint. KCHS has been a valued partner with Mann-Grandstaff VAMC by providing a contract clinic for Sandpoint-area Veteran's seeking the VA's high-quality care and access to a local clinic since April 2010.

As of March 31, 2022, the VA's contract with Kaniksu Community Health Services expired. To further help with the transition to a new clinic, KCHS will continue to provide services to Veteran's through June 30, 2022. The Mann-Grandstaff VAMC team will continue to collaborate with KCHS to ensure continuity of care and services for Veteran's enrolled at the VA's contracted Sandpoint VA clinic.

Meanwhile, the VA has contracted with a new health care group called STG International, Inc. to take over care of veterans in Bonner County starting on July 1, 2022. A new location, possibly by the Litehouse offices on McGhee Rd, will be announced shortly.

VA officials said they do not anticipate any breaks in care for veterans being served in this region.

For more information, and if you have not already received your letter from the VA regarding this change, please feel free to contact Bret Bowers at the Mann-Grandstaff VAMC at 509-434-7378

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### Disability housing grants for Veterans

The VA offer housing grants for Veterans and service members with certain service-connected disabilities so they can buy or change a home to meet their needs and live more independently. You may be able to get an Specially Adapted Housing (SAH) grant if you're using the grant money to buy, build, or change your permanent home (a home you plan to live in for a long time) and you meet both of these requirements.

Both of these must be true:

- You own or will own the home, and
- You have a qualifying service-connected disability

Qualifying service-connected disabilities include:

- The loss or loss of use of more than one limb
- The loss or loss of use of a lower leg along with the residuals (lasting effects) of an organic (natural) disease or injury
- Blindness in both eyes (with 20/200 visual acuity or less)
- Certain severe burns
- The loss, or loss of use, of one lower extremity (foot or leg) after September 11, 2001, which makes it so you can't balance or walk without the help of braces, crutches, canes, or a wheelchair

If you qualify for an SAH grant, you can get up to \$101,754 for FY 2022. This is the current total maximum amount allowed for SAH grants. Only 120 Veterans and service members each fiscal year (FY) can qualify for a grant based on the loss of one extremity after September 11, 2001, as set by Congress.

You can apply online right now by going to our eBenefits website.

You'll need to sign in to eBenefits with your DS Logon basic or premium account. If you don't have a DS Logon account, you can register for one on the site.



## Executive Director's Corner: Cherie Coldwell



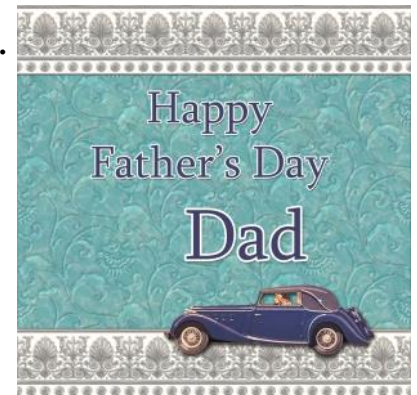
### NATIONAL GREAT OUTDOORS MONTH

National Great Outdoors Month in June reminds us to explore our nation's abundant wildlife refuges, parks, and natural beauty. Whether we hike or bike the trails, kayak or canoe the many rivers and canyons or pitch a tent in the forest or on a hillside. No matter our preferred mode of enjoying the great outdoors – hiking, biking, kayaking to name a few – nature is calling. Pursue the beauty and majesty of the big skies and open spaces the outdoors offers. Get outside and have some fun this summer! <<https://nationaldaycalendar.com/national-great-outdoors-month-june/>>

This month also celebrates the men in our lives who have given so much of themselves to support their families. We honor our Father's this year on Sunday, June 19th, however, you can honor your dad by celebrating with the Injector's Auto Club and SASI on Saturday, June 18th. Our annual Father's Day BBQ will have great food provided by the Injectors, great music with Brian Jacobs, and a cornhole tournament sponsored by the 7B Baggers. Please show your support of all the great programs and services that the Sandpoint Area Seniors, Inc. provides by joining us for this wonderful family event.

Finally, it is my great pleasure to welcome our newest team member and head chef, Brenda Curtis. Brenda is originally from the Dallas/Fort Worth area and came to Sandpoint by way of North Dakota. While living in North Dakota, Brenda was the head chef for an assisted living facility. Thank goodness for us it was too cold there for her because now we get to share in her enthusiasm, charming southern hospitality, and great food. Brenda is also a private caterer and is available for your next event. We are so blessed to have such a wonderful person on staff. Please come and meet her the next time you are in the area.

*Cherie*





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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!!**



**Join OnSite for Seniors at their annual fundraiser on Saturday June 4th at 10:00am. It's a golf and bunco tournament, live auction, silent auction, and paddle raise. Music and games provided. Cost is \$50 and includes golf or bunco, lunch and unlimited soft drinks. Proceeds benefit the Adult Day Care facilities. For more information or to schedule a visit to our facility, please call 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 Friday 6/17 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 15<sup>th</sup> and October 24<sup>th</sup>. In order to schedule any future trips we need at least 15 participants for each trip.

The next Board Meeting is on Fri 6/17 at 10:30

Bingo every Wed at 6, doors open at 5:00. Meals and concession available for purchase.

Father's Day BBQ,: Sat, 6/18 10-2

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

### **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.

### **\$2 billion to make our region better.**

When we say enormous, we mean game-changing.

People in Eastern Washington and North Idaho are expected to leave \$42 billion by 2029 to beneficiaries upon their deaths, according to a study by Locus Impact Investing commissioned by Innovia Foundation. If just 5% of that "wealth transfer" were transformed into local philanthropy, we would invest \$2 billion back into our communities.

That's the power to make dramatic improvements in areas vital to our region's future.

**5%**

#### **Board of Directors**

**President: Nikki Klein**

**Rick Bivins**

**Vice President: Adele Martin**

**Loris Michael**

**Secretary: Leslie Marshall**

**Treasurer: Kelly Dryden**

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 Griffiths**  
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/>

## Bliss

**There is nothing quite like this...**

**a heart of love, a gentle kiss,  
a tender touch, forgiving eyes,  
a mouth devoid of telling lies,  
a voice not using angry words,  
a serenade of singing birds,  
the photograph of a lifelong friend,  
and the love of God which never ends.**

By Vivian E. Borgardus

## Happy Birthday

Nuss, Doris 6/4

Olson, Susan 6/4

Dillon, Marilyn 6/8

Knowles, Debbie 6/14

Keating Marge 6/18

Lyon, Darlene 6/19

Savage, Nancy 6/19

O'Neil, Dean 6/22

Hood, Chris 6/23

Overholt, Barbara 6/30

## 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

Thank you once again to the LDS Church Youth Group for cleaning up the grounds and volunteering to help out seniors at home. You kids Rock!

Thank you to our wonderful seniors who have volunteered their time to help support our mission. We would not have been able to accomplish all we have done without them. From vegetable prep to serving meals and cleaning the dining room, the support of our volunteers has allowed us to continue providing meals to seniors every day. Thank you Reggie, Dean, Ken, Sandy, Cathy, Anne, Nikki, Judy, Leslie, Sue, Carol, and Mark.

Thank you to Smith Nursery and Regina Hammack for donating 160 flowers to the senior center. Everyone enjoyed them. They were so beautiful!

Thank you to Almira Sadewic! She was so kind in taking our kitchen hot pads and not only washed them, but repaired them too. They look Great!!

Thank you Bob Gooby for sharpening all of our kitchen knives, what a difference that made for us.



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)

# HAPPY FATHER'S DAY

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



## SUDOKU

Complete the grid so each row, Column and 3-by-3 box (in bold borders) Contains every digit from 1-9.



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

# What is Juneteenth?

By Elizabeth Nix

Juneteenth (short for “June Nineteenth”) marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops’ arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it officially became a federal holiday.

Confederate General Robert E. Lee had surrendered at Appomattox Court House two months earlier in Virginia, but slavery had remained relatively unaffected in Texas – until U.S. General Gordon Granger stood on Texas soil and read General Orders No. 3: “The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free.”

## The Emancipation Proclamation

The Emancipation Proclamation issued by President Abraham Lincoln on January 1, 1863, had established that all enslaved people in Confederate states in rebellion against the Union “shall be then, thenceforward, and forever free.”

But in reality, the Emancipation Proclamation didn’t instantly free any enslaved people. The proclamation only applied to places under Confederate control and not to slave-holding border states or rebel areas already under Union control. However, as Northern troops advanced into the Confederate South, many enslaved people fled behind Union lines.

## Juneteenth and Slavery in Texas

In Texas, slavery had continued as the state experienced no large-scale fighting or significant presence of Union troops. Many enslavers from outside the Lone Star State had moved there, as they viewed it as a safe haven for slavery.

After the war came to a close in the spring of 1865, General Granger’s arrival in Galveston that June signaled freedom for Texas’s 250,000 enslaved people. Although emancipation didn’t happen overnight for everyone – in some cases, enslavers withheld the information until after harvest season – celebrations broke out among newly freed Black people, and Juneteenth was born. That December, slavery in America was formally abolished with the adoption of the 13th Amendment.

The year following 1865, freedmen in Texas organized the first of what became the annual celebration of "Jubilee Day" on June 19. In the ensuing decades, Juneteenth commemorations featured music, barbecues, prayer services and other activities, and as Black people migrated from Texas to other parts of the country the Juneteenth tradition spread.

In 1979, Texas became the first state to make Juneteenth an official holiday; several others followed suit over the years. In June 2021, Congress passed a resolution establishing Juneteenth as a national holiday; President Biden signed it into law on June 17, 2021.

<https://www.history.com/news/what-is-juneteenth>



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

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### Medicare Fraud



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1-800-786-5536 ext 4071  
Or email [smp@nic.edu](mailto: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](mailto:chelsie.ulrich@eden-health.com)

[www.eden-homehealth.com/sandpoint](http://www.eden-homehealth.com/sandpoint)

Physical Therapy  
Occupational Therapy  
Speech Therapy  
Social Services  
Registered Nurses

## SASi Wish List

Hiring 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**