



Newsletter
August 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

50 Years of Inflation: What Things Cost in 1972

By John Waggoner, AARP

Remember 1972? Richard Nixon was president, the Oakland Athletics were on the way to winning the first of three consecutive World Series and All in the Family was the number one television show. Still, what you might remember most from 50 years ago is inflation, although the consumer price index, the government's main measure of inflation, rose just 3.27 percent in 1972, the lowest annual rate of the decade. But the 1973-74 oil embargo would send inflation soaring 11 percent by 1974 and another round of inflation pushed prices up 13.5 percent in 1980. Inflation has averaged 4 percent the past 50 years, meaning that, on average, things that cost a dollar 50 years ago would cost \$7.03 today.

Not everything was cheaper in 1972. On January 4, 1972, Hewlett-Packard introduced the first handheld scientific calculator, which cost \$395 — about \$2,775 in today's dollars. You could buy a pretty maxed-out laptop for that these days. Cell phones? Fuggeddaboutit. You had to rent your landline from AT&T, and long-distance calls cost extra.

But most things were cheaper in 1972, even adjusted for inflation. Here's a look at what a basket of goods would have cost you back when astronauts were still walking on the moon. (The last moon walk was part of the Apollo 17 mission in December 1972.)

GASOLINE: A gallon of regular gasoline would have cost 36 cents in 1972, the equivalent of \$2.53 a gallon today. The Organization of Petroleum Exporting Countries (OPEC) put an embargo on foreign oil imports between 1973 and 1974, which tripled the price of gasoline, to \$1.19, by 1980.

GROCERIES: If you were shopping in the Chicago area in July 1972, you probably would have been pleased with prices overall — and with the price of seasonal produce in particular. A 5-pound cantaloupe cost the inflation-adjusted equivalent of \$3.86. But even then, a rib-eye steak would have taken a bite out of your budget: At \$2.49 a pound, it would have cost the equivalent of \$17.50 a pound today.

HARDWARE: If you've painted a room lately, you probably reacted to paint prices with a low whistle and a chorus of sad trombones emanating from your wallet. You can typically pay \$20 to \$45 a gallon for Sherwin-Williams white interior paint. In 1972, you would have paid \$3, or the inflation-adjusted equivalent of \$21.08. Bear in mind, however, that those gallons of 1972 paint may have come with a hidden cost: Lead wasn't federally banned in paint until 1978.

Tools were reasonably priced, though. A hammer cost \$3.99 at Sears, and a 7-inch circular saw cost just \$19.88.

CARS: A sweet ride cost far less in 1972 than now. If you had \$2,510 — \$17,636 in today's dollars — you could have driven out of the dealership with a brand-new Ford Mustang. These days a new pony will set you back anywhere from \$28,865 to \$57,665, according to Edmunds, the car pricing experts. Prices have soared this year in part because of supply chain disruptions: The cost of a new car has jumped 13.7 percent in the 12 months ended May 2022, according to the Bureau of Labor Statistics, and used car prices have soared 16.1 percent.

Executive Director's Corner: Cherie Coldwell



Hello SASI Nation! Summer is finally here and I hope you are taking full advantage of the warm weather, clear skies, and long days. There are so many wonderful opportunities to get outside and enjoy the fresh air, that I thought I would share some of what our lovely area has available.

First, Paul Graves of the Geezer Forum has notified me that the forum will be resuming monthly meetings beginning on September 7th from 2-4, located at the Pine Street Woods. Speaking of Pine Street Woods, they have their Tails and Trails program going on throughout the summer until August 19th. Bring your dog for a lovely stroll through the woods or the meadow with Paul and his pup. Many locals take advantage of this program, check it out and see how many of your friends and neighbors are joining in the fun.

If strolling is too pedestrian for you (see what I did there?), perhaps a more challenging hike would be to your liking. Check out Gold Hill, Mickinnick, or the granddaddy of hikes, Scotchman Peak. I did Scotchman's once, I'll just leave it at that. Schweitzer is another great hike which you can finish with lunch and a cocktail up at the Sky House followed by a ride down on the chair lift. The views of the lake are spectacular from that vantage point, and if you get to see some wildlife on the way down, even better.

By the way, did you know that there are a multitude of water sports to take advantage of? Must have something to do with that big ol' ear shaped body of water we live on. If you haven't given stand up paddle (SUP) boarding a try yet, you should do so this summer. It's a great core and upper body workout, and paddling the Sand Creek is easy and calm. Of course there's always kayaking if you prefer to sit, with some beautiful bays to paddle around. I'd love to hear how many of you are into more extreme water sports. Any wake boarders, surfers, or sky skiers out there? If so, send me those pictures and we'll post in our newsletter.

The point is, get outside and have some fun. Recharge those batteries and remind yourself about what is important in life. "And into the forest I go, to lose my mind and find my soul." - John Muir

Cherie



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Make a difference where it matters to you.

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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



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!!**

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At Onsite for Seniors, you can be certain that your loved one is well cared for in a fun, stimulating, and safe environ-

ment. For more information or to schedule a visit to our facility, please call Marie at (208) 651-9060. Your first visit is free!

Open Mon, Wed, and Fri

UPCOMING ACTIVITIES

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 10:30am

The next Board Meeting is on Fri 8/19 at 10:30

Bingo every Wed at 6, doors open at 5. 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 medical equipment as long as its clean! Currently we do not need crutches or 2 wheel walkers. Thank you for your support.



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/>

REACH OUT

Reach out and pluck a golden star,
 in stellar reverie.

No place to go is very far for souls, when they're
 set free.

Reach out beyond the nether land, beyond
 celestial seas.

Then back again, to firmly stand upon infinity.

Vivian Bogardus



David Webber 8/6

Paula Campbell 8/7

Bill Cecil 8/12

Wilbur Shaffer 8/13

Myrna Payne 8/15

Lee Christensen 8/17

Sally Sacht 8/17

Loris Michael 8/21

Heidi Smith 8/21

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Ed Taylor 8/24

Linda Melia 8/25

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Char Campbell 8/26

Sharon McCormick 8/27

Pamela Crawford 8/28

Frankie Roberson 8/28

Linda Clark 8/29

Bob Morley 8/29

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 Ryder Gustafson for finishing his community service hours here. He worked hard in helping our staff and was a joy to be around. Thank you to his grandma Linda Reasor who came with him and volunteered her time here as well. You both will be missed.

Thank you to Silas Anselmo for helping to restore the dining room after we had our floors waxed.

Lillian Campell is a new volunteer helping in the dining room and has been such a huge help with everything, thank you for your hard work!!

Regina Hammock & Smith Garden donated more flowers and plants to the senior center, they were enjoyed by everyone. Thank you

Thank you to Gordy Carpenter for all of her hard work and dedication to the nutrition program. You're humor, kindness, and work ethic to our seniors will be missed. Good luck on your newest adventure.

GREAT JOB!

Nikki Klein and Marie Beebout are ready for fit n fall proof class, matching outfits and all!!! Come and join them Mon & Thurs from 3:00 to 4:00pm



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



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



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 :Moderate



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

Protect Your Benefits: Beat Pension Poachers to the Punch

by Francino Crowelle, public affairs specialist with the Veterans Benefits Administration

Have you received a suspicious call from an organization claiming to represent or have affiliation with VA? Did the caller guarantee a lucrative payout for your disability compensation or pension claim for a “small fee?”

If so, you may be a target of a scam. Recently, VA has seen an increase of fraudsters and non-accredited representatives who are targeting the pension benefits of elderly Veterans, their dependents and survivors.

VA is committed to defeating fraudsters by educating elderly Veterans, their families, and all partners about the types of fraudulent tactics being used against them, including Pension Poaching.

Pension Poaching is the financial exploitation by an advisor who profits by artificially qualifying a claimant for VA pension benefits. The scheme often involves financial maneuvers such as advising claimants to hide their assets in trusts or annuity products sometimes resulting in lost investments and lucrative fees paid to the advisor. Pension Poaching is rapidly evolving as a preferred method used by criminals to defraud elderly Veterans, survivors and their families who are eligible for VA benefits.

Perpetrators of pension poaching scams can present themselves in many professions, including attorneys and financial planners. Pension Poaching scams could also involve a caregiver who requires that the Veteran or survivor have their benefits deposited into the caregiver’s bank account. VA benefits should go directly to the beneficiary (Veteran or survivor), not the caregiver.

To avoid being a victim to these tactics, here are some helpful tips to remember when protecting yourself from fraud:

- Be suspicious if someone offers to shift your assets around to qualify for VA pension. You may be required to repay benefits to the government.
- NEVER share eBenefits, VA.gov, or other VA login credentials with anyone.
- DO NOT deposit VA benefits directly into a third-party bank account unless the person is court appointed or a VA accredited fiduciary.
- Remember, VA does not charge for processing a claim or request a processing fee. Use VA accredited organizations to help file your claim.
- VA does not threaten or take adverse actions such as jail or lawsuits on claimants. If in doubt, call VA directly at 1-800-827-1000.

To report suspected activity, please contact the VA Office of Inspector General (OIG) by calling 1-800-488-8244. You may also file a complaint with the Federal Trade Commission by visiting www.consumercomplaints.fcc.gov.

<https://blogs.va.gov/VAntage/102769/protect-your-benefits-beat-pension-poachers-to-the-punch/>



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.



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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
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Hiring 3 positions Sous Chef , Meal Coordinator & Nutritional Assistant.

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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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

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Address _____ Donation Amount \$ _____

For _____

I/We want to help Sandpoint Area Seniors, Inc. keep the doors open! Drop off or mail to:

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