



Newsletter  
September 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)

# SANDPOINT AREA SENIORS, INC.

## Changes in the Aging Brain: Dementia Basics

As we age, our bodies and brains are always changing. We may not be able to hear as well or see as far as we did in the past, but what about when we begin to not remember as much or think as clearly?

You may have heard of Alzheimer's disease as one form of dementia. But did you know that there are four main types of dementia? Understanding dementia and your brain may help you identify common symptoms that you can discuss with your health care team.

**Dementia Basics:** When it becomes hard to remember, reason, or communicate, it may be because of a group of brain conditions called dementia. Years ago, dementia was often thought to be a normal part of aging. We now know that it's not normal. It's caused by ongoing damage to cells in the brain.

Symptoms differ depending on which parts of the brain are affected, and the stage of the disease. The most common symptoms include:

- Memory loss, like trouble with directions and familiar tasks
- Language problems, such as trouble getting words out or understanding what is said
- Difficulty with planning, organizing, and judgment – this includes not recognizing symptoms
- Changes in behavior and personality

### Types of Dementia

Dementia has many types. In some cases, the main causes can be treated. In other cases, dementia is part of how the disease progresses. Some of the most common types of dementia are:

- **Alzheimer's disease:** This is a series of changes to the brain's nerve cells that happens most commonly in older adults. It's the most common cause of dementia in older adults.
- **Vascular Dementia:** A stroke or series of strokes can cause brain damage that leads to dementia.
- **Lewy Body Dementia:** Abnormal proteins called Lewy bodies can build up in the brain and cause damage. The related diseases are called dementia with Lewy bodies and Parkinson's disease dementia.
- **Frontotemporal Degeneration:** This type of dementia happens when there is damage to the frontal and temporal lobes. The related diseases are called Pick's disease, corticobasal degeneration, and primary progressive aphasia.

Keep in mind that there are sometimes other causes. Low levels of vitamins B1 or B12, thyroid problems, and problems with blood sugar, calcium, or sodium levels in the body can cause symptoms of dementia. Many of these causes can be treated, and the symptoms of dementia can get better.

It's common to forget or lose things sometimes, but if you're finding that your memory loss is getting in the way of your everyday life, you should discuss that with your health care team.

MyHealth.VA.Gov 7/21/2022



## Executive Director's Corner: Cherie Coldwell



Hello SASI friends and welcome September. I can't believe the summer is already winding down and I don't think I quite got my fill of sunshine. Stupid responsibilities.... Oh well, someone has to make sure we keep the lights on at the SC, and I'm happy to help.

I wanted to start this letter by thanking my incredible staff. They work so hard doing a multitude of tasks to ensure that our visitors have the best possible experience, I am full of awe and gratitude. When you see them, be sure to thank Arie, Gordy, Susan, Bud, Brenda, Nancy, and Mary for their hard work. I love that I get to work for an awesome organization with an awesome mission, and I get to do it with an awesome crew. SASI Squad Rocks!

I'd also like to thank our volunteers for helping us keep our heads above water. Their dedication and commitment to supporting our mission has been invaluable in ensuring our success. We couldn't do this great work without you. By the way if you're interested in volunteering your time, please stop by and fill out an application. We are desperately seeking a Tuesday driver for our Sandpoint route and help in our dining room. Speaking of Tuesday drivers, thank you Don Thomas for supporting our Home Delivered Meals Program and taking care of our home bound seniors for the past 4 years. Your dedication and commitment to the seniors of Bonner County is greatly appreciated.

I'd also like to thank Rick Bivins, a board member and the activities coordinator for both bunco and pinochle. Rick has served on our board for a year, and in that time has made numerous contributions to ensure our organization remains efficient and organized. Thank you so much for your hard work on our bylaws and employee handbook.

Finally, I'd like to thank Mary McGinnis for her service to the senior center. Mary has been in charge of our nutrition program for over 25 years, and in that time, has seen the program grow to serve nearly 30,000 meals annually. Mary's dedication to the mission and her commitment to the seniors of Bonner County has been greatly appreciated and will be missed. We wish you a happy retirement Mary!

*Cherie*



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## 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**

<b>President: Nikki Klein</b>	<b>Loris Michael</b>
<b>Vice President: Adele Martin</b>	<b>Linda Melia</b>
<b>Secretary: Leslie Marshall</b>	<b>Judy Fry McComish</b>
<b>Treasurer: Kellie Dryden</b>	



**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.**

### **UPCOMING ACTIVITIES**

Join Betty Overland and Country Plus for dances on 9/10 & 9/24. from 1-4. Potluck at 2:30.

Geezer Forum- next meeting on 9/7 at the Pine Street Woods from 2-4.

Friday Stampers: Please join Jennifer Alderman-Brown on Friday the 9th at 6:00pm. Call 208-946-8536 to RSVP.

Fit n Fall Proof M & Th at 3pm

Our next CDA Casino Trip is planned for September 19th. In order to schedule any future trips we need at least 15 participants for each trip.

The next Board Meeting is on Fri **9/16 at 10:30**

Bingo every Wed at 6, doors open at 5 concessions available for purchase.

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)

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! 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 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/>

### SOJOURN

From womb of morning  
to shroud of eventide,  
I abide with beating heart.  
At setting sun,  
when Thy Sacred Heart I meet,  
the time will complete my stay.

By Vivian E. Bogardus



Linda Davis 9/1

Winnie Bredy 9/1

Walter McGervey 9/4

Daniel Haley 9/5

Kris Mendenhall 9/5

Marchelle Ffritz 9/11

Ron McCollum 9/13

Caroline Morley 9/15

Paul Walsh 9/15

Debbie LaFleur 9/17

Val Griggs 9/20

Tom McGhee 9/21

Skip Pucci 9/21

Gayle Williams

Valerie Smith 9/28

### 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 Nikki Klein who has spoiled the staff with bath & body works products.....we love them.

Thank you for the phone calls with compliments about our food that the kitchen is cooking , they work hard every-day so getting recognized feels great. Kudos to the kitchen!!

Thank you to Marian Roberts for volunteering to take over pinochle duties. Come and join us for some fun!

Thank you Sue Markham for your time as our bingo coordinator. We so appreciated the help these past few months and are looking forward to you assuming bunco duties.

Thank you to BobO Romano for helping us with our yard work this summer. The grounds look great!



# I may not be



that good looking, or athletic,  
or funny, or talented, or smart

I forgot where I was going  
with this, but I do know  
that I love bacon



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 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](http://Sudoku.org.uk)

Level: Hard



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

## FDA Gives Green Light to Cheaper, Over-the-Counter Hearing Aids

by Michelle Crouch, AARP, August 16, 2022

The Food and Drug Administration approved a long-awaited rule on Aug. 16 that will give millions of Americans a more affordable and more convenient solution to their hearing loss: over-the-counter hearing aids. The new devices, designed for those with mild to moderate hearing loss, are expected to transform the hearing aid market. They will be sold at stores and online without a medical exam, prescription or special fitting by an audiologist. The approved hearing aids could be available by mid-October, according to the FDA.

AARP fought for the bipartisan law, written by Sen. Chuck Grassley (R-Iowa) and Sen. Elizabeth Warren (D-Massachusetts), that required the FDA to issue these regulations. "Giving people with mild to moderate hearing loss access to affordable hearing aids is an important step to ensure their health and quality of life," said Nancy LeaMond, AARP's executive vice president and chief advocacy and engagement officer. "For many Americans, the high cost of prescription hearing aids puts them out of reach, increasing their risk of isolation, depression and other health issues. Today's rule could help millions."

About 15 percent of all U.S. adults, 37.5 million Americans, report trouble hearing, and the percentage rises with age. About a third of people ages 65 to 74 and half of those over age 75 have hearing loss. Yet about 80 percent of people who would benefit from hearing aids don't wear them, according to the National Institutes of Health. While some people may be in denial or too embarrassed to wear hearing aids, the biggest obstacle for many Americans is the hefty price tag. Traditional hearing aids ordered through an audiologist run about \$1,000 to \$6,000 a pair. Most private insurers and traditional Medicare do not cover the cost. The FDA estimates the change will save consumers on average about \$2,800 per pair.

Until now, you could only get a hearing aid through an audiologist or a hearing health specialist, and the cost of the devices was often bundled with the price of the service the specialist provided to fit and program the equipment, including follow-up visits.

"This is great news for older Americans and anyone having difficulty hearing," says Andrew Scholnick, government affairs director for AARP. "AARP has fought for years to make hearing aid technologies more affordable and accessible. Now, with the creation of over-the-counter hearing aids, more people have the opportunity to hear better and continue to lead active and engaging lives."

Under the new rule, people with mild to moderate hearing loss can buy a hearing aid without going through an intermediary, test their own hearing and adjust the device settings themselves, most likely by using an online program or a mobile app.

Experts say over-the-counter hearing aids should also lower prices by disrupting the overall hearing aid market, which has been controlled by five major manufacturers. In addition to dominating the industry's manufacturing, those five companies own thousands of audiology clinics as well as marketing companies, lobbying firms and subsidiaries that manage health insurance claims related to hearing, says Nicholas Reed, an audiologist, researcher and instructor at Johns Hopkins University Bloomberg School of Public Health in Baltimore.

Who can use over-the-counter hearing aids? The over-the-counter hearing aids are not for everyone. They are specifically designed for adults who have perceived "mild to moderate hearing loss," even if they have not had a hearing test. If you have trouble hearing loud sounds such as noisy appliances or a loud truck driving by, if you struggle to hear conversations in quiet settings, or if your hearing loss is in just in one ear, then your hearing loss is considered more significant than over-the-counter aids are intended to address, experts say.



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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Or email [smp@nic.edu](mailto: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](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 2 positions Sous Chef & Meal Coordinator.

Volunteers for dining room and kitchen help.

We need a volunteer driver on Tuesdays.

We need an occasional handyman.

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

# Donors

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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**