



Newsletter
October 2022

SASI
SANDPOINT
AREA
SENIORS, INC.

820 Main Street
Sandpoint, ID
83864

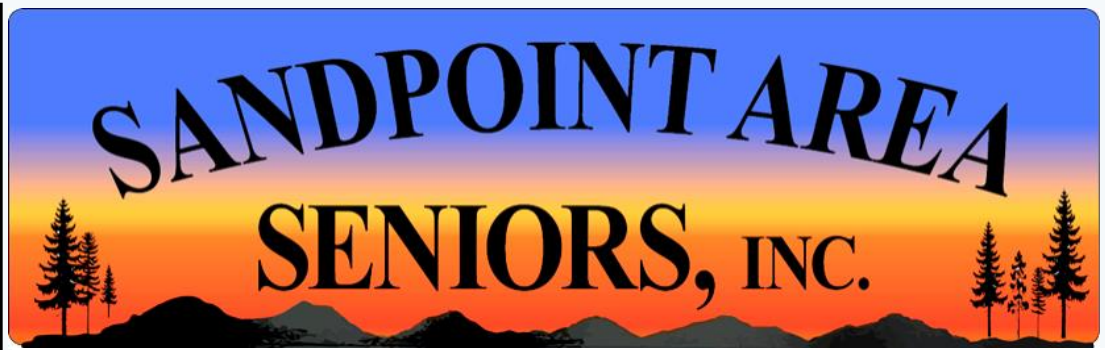
Senior Center:
208-263-6860

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



Aging and Muscle Loss

Keep Your Strength and Stay Independent

Aging can come with some great benefits, like wisdom, experiences, and memories. But one challenge can include muscle loss, also known as sarcopenia. Losing strength as you age can make daily tasks harder and cause you to become less independent. Can it be stopped?

By keeping your muscles strong and able, you can stay independent longer and continue doing the things you love without needing much help from others.

Things that accelerate muscle loss

As you age, your body can change in ways that surprise you. One of the most noticeable changes is weakness and less ease of motion. Your lifestyle and overall health play a key role in how fast those changes occur. Factors that can increase muscle loss include:

- Inactive lifestyle
- An unbalanced diet, low in proteins
- Inflammation or swelling
- Medical conditions that cause muscle loss

You can control many of the factors linked to muscle loss. Managing your health conditions and making the right lifestyle changes can help you build and keep your strength.

‘Motion is lotion, rest is rust’

We can’t stop ourselves from aging, but we can slow down some of its effects. While increased physical activity is important to maintain your overall health and well-being, engaging in strengthening exercises at least 2 to 3 times each week is your best defense against muscle loss. By continuing to use your muscles, you’ll be working to keep them strong.

You don’t need expensive exercise equipment, a personal trainer, or even a gym membership. Common forms of physical activity and exercise that can help build strength and keep you mobile include:

- Walking, stair climbing, and biking
- Strength training with resistance tubes and bands
- Yard work (mowing, gardening, and planting)

<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/ss20201023-aging-muscle-loss>

If you’re interested in joining an exercise class created specifically for seniors, please contact the senior center and ask about our Fit and Fall Proof class. Classes are Mondays and Thursdays at 3pm. Each session is 10 weeks long, but newcomers are welcome to drop in and join at any time.



Executive Director's Corner: Cherie Coldwell



Hello SASI nation and welcome to fall! What a glorious summer we've had this year. I was so grateful for the sunshine and lack of fires and smoke, and grateful for our wildland firefighters for working so hard to keep us all safe.

Speaking of working hard, I know most of us are tidying up in preparation for the winter. I do have some folks who have volunteered to assist those of you who might need the extra help. If you have some chores that do not fall under "routine yard work", such as mowing, please give us a call. We'll get someone out to your place as soon as possible.

We have a couple of activities this month that might be of interest to you. The next Coeur d'Alene Casino trip is scheduled for Oct 24th. The bus leaves here promptly at 8:30 and leaves the casino around 3. You'll receive vouchers for food and play so come out and have some fun in CdA. We need at least 15 registrants in order to have the trip so give us a call to sign up before the 19th. We also have a new addition to our activities calendar, Cribbage! Please join Jean Deremer on Thursdays from 9:30-2:30 for some pegging fun! And don't forget to rejoin Lillian Hicel for art classes on Wednesdays at 3:00.

Finally, this month observes the sacrifices made by our military personnel and their families. On October 26th, National Day of the Deployed annually honors the United States military personnel deployed around the globe. The designation recognizes all of the brave military personnel who have been deployed, are sacrificing, or have sacrificed their lives to defend our country. It also acknowledges their families who are separated from them during deployment and the sacrifices they make in order for their family members to serve our country. Show your support and appreciation by sending care packages through Support Our Troops or by supporting the USO.

There are so many things to do and see in our community this time of year, I hope you make some time to get outside and enjoy the mild weather, clear skies, and the scent of fallen leaves as they crunch under your feet. Afterall, Oct 10th is National Walk to the Park Day, so join your fellow Americans and get outside. Happy Autumn!

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



**BRADLEY
INSURANCE**
401 Bonner Mall Way, Suite I
in Ponderay
208 265-1888



\$2 billion to make our region better.

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.

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

That’s the power to make dramatic improve-

Congratulations to

Loris Michael and Kelli Dryden
upon their reelection to the board. Both have given many years of service to our center and we look forward to continuing this productive relationship.

Board of Directors

President: Nikki Klein

Loris Michael

Vice President: Adele Martin

Rick Bivins

Secretary: Leslie Marshall

Judy Fry McComish

Treasurer: Kellie Dryden



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-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 Trip is planned for October 24th. We need at least 15 participants.

The next Board Meeting is on Fri 10/21 at 10:30

Bingo: Canceled until further notice

Cribbage: Thursdays 9:00-11:00

LHG Herbal Night- 10/23 at 3:00 (4th Sunday)

EBCL Book Mobile- Wed 11a-1p starting 10/12

Dances on the 4th Sat w/ DJ B- Oct 22nd 1-4

- If you’re a musician and interested in volunteering to play at our monthly dances, please call 208-263-6860.
- Art Classes- Wed’s at 3:00
- Turkey Bingo- Sat 11/5 1:00

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 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/>

Whim Wood

by Katherine Towers

into the coppery halls
of beech and intricate oak
to be close to the trees
as they whisper together
let fall their leaves,
and we die for the winter



Dan Hull 10/2

Gloria Carpenter 10/6

George Agar 10/7

Judie Bluemer 10/7

Lloyd Wallace 10/7

Donna Johnson 10/10

Merrill Longpre 10/13

Vicky Johnson 10/16

Leroy Overholt 10/16

Doris Dingman 10/18

Norma Dunker 10/18

Anne Olsen 10/18

Nikki Klien 10/22

Rhonda VanRossum 10/22

Richard Creed 10/24

Rob Hackworthy 10/24

Marcia Hahn 10/25

Pamela Allen 10/28

Brad Bluemer 10/29

Jim Durfee 10/29

Ken Moore 10/29

Marcy Neher 10/29

Cathy Phillips 10/30

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

Steve McKinney helped fix our bingo board, thank you so much!

Huge shout out to Linda Reasor who came in for week to volunteer and help while some of our staff went on a much needed vacation. Thank you Linda, you rock!

Thank you Jean DeRemer who has become our Sagle/ Cocolalla driver and our Cribbage host.

Thank you to Rebekah Johnson and all of the volunteers from Mountain West Bank who chose SASI as one of the organizations they supported during the United Way's Day of Caring. They worked so hard in cleaning up the grounds in preparation for the fall. It was back breaking work, but our property looks beautiful and ready for our winter snows. And thank you to Keri Cederquist of UWNI for organizing the volunteers. We so appreciate all of your hard work!



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



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 :Hard



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

Seenager

By Paula Bosco Damon

I just discovered my age group! I am a "Seenager" (senior teenager). I have everything that I wanted as a teenager, only 50-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. I have an ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not afraid of getting pregnant, they aren't afraid of anything, they have been blessed to live this long, why be afraid? And I don't have acne. *Life is Good!*

Also, you will feel much more intelligent after reading this, if you are a Seenager. Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information crammed into their brains. Scientists believe this also makes you hard of hearing, as it puts pressure on your inner ear. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is Nature's way of making older people exercise.

People who do this one thing every day have half the dementia risk that the rest of us do

By Brett Arends

Alzheimer's disease and related dementias are currently killing 6.5 million people in the United States and devastating the lives of many times that when you count the patients' friends and family. The National Institutes of Health reckons this number is likely to double in the next four decades.

The last study found that people in their 70s had nearly a one in three chance of getting this horrific brain disease before they died, and that was a study of the people born in the 1920s. Those born later, who are likely to live longer, face an even higher risk.

But there is one simply thing you can do to lower your risk of all dementia related illnesses and that's walking. According to the Journal of American Medical Association Neurology, walking just under 10,000 steps per day, is enough to reduce your risk by 50%

The latest findings were based on a study of nearly 80,000 people in the U.K. over several years. They involved comparing actual data from step counters, such as Fitbits, worn by subjects with follow-ups seven years later.

"In this cohort study, a higher number of steps was associated with lower risk of all-cause dementia," report the authors. "The findings suggest that a dose of just under 10,000 steps per day may be optimally associated with a lower risk of dementia. Steps performed at higher intensity resulted in stronger associations." Those who walked 3,800 steps a day had a 25% lower risk of developing dementia in the study. Those who walked 9,800 had a 50% lower risk. Those who walked at least 6,000 steps and who walked reasonably quickly for about half an hour a day had 62% lower likelihood of developing dementia.

<https://www.marketwatch.com/story/people-who-do-this-one-thing-every-day-have-half-the-dementia-risk-than-the-rest-of-us-11662994041?siteid=yhoof2>

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.



Thank you to our advertiser's for supporting our outreach efforts! Your ad reaches hundreds of people each month in print and online.

Let us know if you want to join us!



Ken Wood
Financial Advisor

477100 Highway 95, Suite B
Ponderay, ID 83852-9501
Bus. 208-255-2613 TF. 844-361-3669
Fax 855-379-1812
ken.wood@edwardjones.com
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING



1125 N. Division
Avenue
Sandpoint, Idaho
83864
208.265.9299

THE BRIDGE AT SANDPOINT



AN ASSISTED LIVING COMMUNITY
1123 N. Division Street, Sandpoint, ID 83864
208.263.1524 www.thebridgesandpoint.com



- Medicare Health Plans
- Prescription Drug Plans
- Dental & Vision Plans

*"Your Referral is the best compliment.
Thank you for your trust."*

Carey Spears

300 Bonner Mall Way #48
Ponderay, ID 83852

Office (208) 265-2026
Cell (208) 610-8096
cspears4insurance@gmail.com
www.careyspears.com

**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**

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
www.eden-homehealth.com/sandpoint

Physical Therapy
Occupational Therapy
Speech Therapy
Social Services
Registered Nurses

**ADVERTISE
YOUR
BUSINESS
HERE**

CONTACT US FOR DETAILS

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.
Thank you for your generosity and support!

Donors

\$5 A MONTH CLUB

Clark, Linda
Crawford, Pamela Rose
Hull, Daniel & Yvonne
Marshall, Leslie
Martin, Adele
Peterson, Donna
Pine, Anita
Raynor, Linda & Roy

Thank you to these donors

Anderson, Joyce & Larry
Area Agency on Aging of N. Idaho
Atkisson, Eileen & Blakey,
Lawrence
Auburn Crest
Avista Foundation
Beaudoin, Monica
Beery, Keisch
Bensen, Robert & Carol
Blackband Giving Fund
Blaese Enterprises, Inc.
Bonner County Commissioners
Bonner Mall Trade Association
Britain, Bud & Paulette
Cady, Betty
Campbell, John & Mary
Carol & Robert (camp)
Chambers, Chris & Kathy
Clark, Jane
Cobb, Donna
Community Assist. League
Coffelt Funeral Services
Cottrell, Joanne & Jonathan
Creed, Dick & Elise
Dairy Depot
Daubersmith, Mary

Debaun, Jack & Janice
Deshon, Donna
Dover Community Church
Dreier, David & Peggy
Equinox Foundation
First American Title Co.
First Presbyterian Church
Fry-McComish, Judy
Gooby, Robert
Hagadone, Jon & Victoria
Reich
Harry Morrison Foundation
Henry Adams Trust
Howes, James
Hull, Daniel & Yvonne
Hymowitz Family Foundation
Idaho Comm. Food Bank
Idaho Community Foundation
Idaho Pain Clinic
Injectors Car Club
Inland Forest Management
Innovia Foundation
Insight Restoration
Johnson, Debra
Joyce Ann Dillon Trust
Juneau, John
Kane, Edward & Peggy
Kathryn George Charitable Fund
Keating, Marjorie
Kelly, Cary & Monica
Kinney, Malcom & Pamela
Klein, Nikki & Herb
Kroger Foundation
Lewis, Nancy
M2 Construction
Marathon Bridge Club
Mark Inc. Samuels Store

Marley, Kim & Jim
Marshall, Leslie
Martin, Adele
Max & Victoria Dreyfus Founda-
tion
Melia, Thomas & Linda
Mendenhall, Trudell
Meulenber, Dan & Lori
Michael, Loris & Richard
Miller's Country Store
Mountain Ledgers
Mountain West Bank
Moody, John
Morgenstern, Janice & Michael
Myers, Marilda
Newman Community Bible Church
Northern Lights, Inc.
Overland, Betty
Moore, Charesse
Peak Sand & Gravel, Inc.
Pierce, Del and Norma
Pine, Anita
Pizzini, Cathleen & Thaur
Poppino, Mickey & Sue
Porter, Susan
Reeve, Sheryl
Rinker, Millie
Robb Family Trust
Royer, Craig
Sanders, Brian & Andrea
Sandpoint, Elks
Sandpoint Furniture & Mattress
Sandpoint Reader
Scharpf, Lou
Seattle Foundation
Selkirk Ironhorse Riders
Selkirk Press Inc.

Selle Valley Construction
Sherwood, Wayne
Smith-Barbieri Progressive Fund
Spears, Carey
Specialty Auto Glass
St. Joseph Alter Soc.
The Cove Thrift
Thomas Family Foundation
Thurston, R.D.
Ting
Tork Electric Inc.
Tues Morning Ladies Bridge
Van Dellen, Clarence & Linda
Wall, David & Laurie
Washington Federal Founda-
tion
Washington Trust Bank
White Cross Pharmacy Priest
River
Whitehall, Gordon & Virginia
Wilfert, Richard
William Wishnick Foundation
Winter Ridge Natural Foods
Woodland Bookkeeping Plus
Wood's Crushing & Hauling,
Inc.
Wood's V-X Ranch
Wynhausen, Robert
Young, Shakura
7Baggers Cornhole

Thank You!

Many Thanks To

ALL our Do-

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