



Newsletter
November 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

SANDPOINT AREA SENIORS, INC.

How to Vote in Idaho's 2022 Elections

By Catherine Maddux

Idaho's Nov. 8 general election will decide races for the U.S. House of Representatives and Senate, the state Senate and House, the state Supreme Court, and for governor and other state offices. The state's primary was May 17.

What's new this year?

Idaho's state legislative redistricting plan has redrawn the boundaries of districts across the state, changing which candidates will appear on voters' ballots. You can check which district you are voting in on the Idaho Secretary of State's website.

What races are on the ballot?

- U.S. Senate: Mike Crapo (R), David Roth (D)
- U.S. House: 1st District: Russ Fulcher (R), Kaylee Peterson (D); 2nd District: Wendy Norman (D), Michael K. Simpson (R),
- Governor: Stephen Heidt (D), Brad Little (R),
- State Senate: All 35 seats
- State House: All 70 seats

How do I register to vote?

- **Online:** Use the state's online portal to register to vote or update an existing registration. You must have a valid Idaho driver's license or an identification card issued by the Department of Motor Vehicles to complete your online voter registration.
- **By mail:** Download a voter registration form, print it out and mail the completed application to your county clerk's office. Your application must be postmarked 25 days prior to Election Day, that's Oct. 14 for the general election. If you miss the deadline, Idaho also allows Election Day registration at your polling place.
- **In person:** Visit your county clerk's office to pick up a voter registration form or call the state elections office at 208-334-2852 or send an email to elections@sos.idaho.gov to request one be mailed to you. Fill it out and drop it off at your county clerk's office by Oct. 14 or at your polling place on Election Day.

How can I get an absentee ballot? Are there important deadlines?

- **Online:** Use the state's online request form to apply for an absentee ballot. To apply online, you must be registered to vote and be ready to input a valid state driver's license number and the last four digits of your Social Security number.
- **By mail or phone:** Contact your county clerk's office to have an absentee ballot application mailed to you.
- **In person:** Pick up an absentee ballot application at your county clerk's office.

The deadline to request absentee ballots is Oct. 28. Election day is Nov 8th and polls are open from 8 a.m. to 8 p.m.. All registered voters must present a valid photo ID. If you register on Election Day, you must bring a valid driver's license or state ID card, or provide the last four digits of your Social Security number. If you are unable to provide an acceptable form of ID, you will also need to complete and sign the Personal Identification Affidavit provided by an election clerk at your polling place.



Executive Director's Corner: Cherie Coldwell



Happy November my SASI Friends . I hope you've all had a chance to take advantage of the beautiful weather we've had and got outside for some fall fun. Thanksgiving is just around the corner and I hope you've had as many reasons to be grateful as I have. I love counting my blessings as they are a great reminder to focus on what is important rather than what I've lost out on. This Thanksgiving has the staff of SASI feeling even more grateful than usual.

One of the things we are grateful for is having the Old Time Fiddlers jamming at their new home her at SASI. They'll be meeting on the 4th Saturday of the month at 3 so come down and enjoy these talented musicians. Maybe we can talk them into performing with Betty Overland for dances once a month. Help me with the peer pressure SASI friends!

Another reason to be grateful, the Ladies Homestead Gathering is back and will be meeting monthly for the remainder of the winter. The next meeting is on Sunday November 27th at 3 and is open to ladies 16 years old and older. This month they'll be working with the medicinal and herbal properties of Rose.

I'm also grateful for the staff and the volunteers of Mountain West Bank who worked so hard in preparing for our annual inspections with AAA and PHD. We got nearly a perfect score from the AAA visit and was "the best kitchen of the week" according to our inspector. Way to go gang!

Finally, I'm grateful for the opportunity to have served this great community for the past 2 years. I've made so many wonderful new friends, learned a lot about my self, and grown my grant writing skills. There are so many wonderful patrons who have made me feel welcome and I thank you for your support and encouragement. I'll always remember how kind you were to me.

With Gratitude,

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.



We will be changing our closing time *just* on Fridays. Starting November 4 2022 we will closing at noon instead of 1:00. Our business hours will be Monday- Thursday 8:00- 3:00 Friday 8:00- 12:00.

Board of Directors

President: Nikki Klein	Loris Michael
Vice President: Adele Martin	Linda Melia
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 environment.

For more information or to schedule a visit to our facility, please call Marie at (208) 651-9060.

UPCOMING ACTIVITIES

Dances- Canceled until further notice

Old Time Fiddler Jam: 11/27 at 3:00

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

The next Board Meeting is on Fri 11/18 at 10:30

Wed Bingo Canceled

Thanksgiving Bingo- Sat 11/5 at 1:00

Ladies Homestead Gathering: 11/27 at 3:00.

This months meeting is about Rose

Book Mobile: Wed's 11-1

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! 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/>

Thankful

No ghosts or goblins and trick-or-treats,

No candy or flowers for your sweets.

No gifts to buy or presents to give,

Just be THANKFUL for the life that you live.

By Mandy Cidlik



Fawn Robertson 11/7

Annie Blessing 11/29

Rick Wilfert 11/7

Florence Barnes 11/30

Gerry Martello 11/8

Shirley Walthall 11/10

John Broderson 11/13

Arie Sykes 11/18

Susan Musson 11/20

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.

<https://special.usps.com/testkits>

COVID-19

Thank you Ellie Johnson for your hard work here at SASI! Ellie finished out her community service hours here and was a blessing to have around.



Thank you BobO Romano for taking care of the grounds for us this summer. You kept the weeds at bay making our center more welcoming.

Thank you Monique, Keely and Shanna from Mountain West for volunteering to help deep clean in our kitchen. They did an amazing job. Thank you!!!



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



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



Superfoods for Flu Season

by Hallie Levine, AARP, Updated October 10, 2022



The saying “you are what you eat” applies to your entire body, but it’s especially important when it comes to your immune system during flu season. “As we get older, our immunity starts to decline, but if we get the right nutrients, we can help our immune systems do their jobs to protect us against viruses like the flu,” says Samantha Heller, a New York City nutritionist.

You can keep it in tip-top shape during this flu season — which may be a doozy — if you focus on a plant-based diet rich in whole unprocessed foods, Heller says. One of the best eating patterns to illustrate this is the Mediterranean diet, which is rich in fruits, veggies, whole grains, nuts, beans and healthy fats such as fatty fish and olive oil. A study published in March in the journal *Frontiers in Nutrition* found that people who followed this diet were less likely to become infected by or die from COVID-19, suggesting it may provide an immune system boost that could protect you from other viral infections, too.

Here, more immunity boosting foods that research, and nutritionists, recommend for right now.

1. Green tea: A new meta-analysis published in July in the journal *Molecules* looked at more than eight studies involving more than 5,000 participants to conclude there really is ample evidence to believe the beverage, and specifically, the catechins that provide its antioxidant power, can help your immune system fend off influenza.
2. Sweet potatoes: They’re a great source of beta carotene, a phytonutrient that helps your body make vitamin A. “It supports respiratory health by increasing the number of immune cells in the body,” explains Anna Taylor, lead outpatient clinical dietitian at the Cleveland Clinic's Center for Human Nutrition.
3. Berries: They’re a rich source of vitamin C, which stimulates production of infection fighting white blood cells, Taylor says. A 2018 review of studies found that berries increased levels of disease fighting cells in older adults, such as natural killer cells and T-cells.
4. Beans: Chickpeas, black beans, kidney beans, they’re all rich in vitamin B12, a nutrient many older adults are low in, Heller says. “People over the age of 50 don’t absorb vitamin B12 as well in their body, but your immune system needs it to fight disease and repair damaged cells to keep you healthy,” she explains. They’re also high in zinc, which helps boost your body’s production of white blood cells.
5. Nuts and seeds: These foods are rich in vitamin E, which plays a key role in your immune system by supporting the growth of T-cells, says Lauri Wright, chair of the Department of Nutrition and Dietetics at the University of North Florida.
6. Salmon: It’s not plant-based, but it is one of the few foods that provides vitamin D, which plays a huge role in regulating your immune system. A 2020 study published in the journal *JAMA Network Open* found that people who had untreated vitamin D deficiency were almost twice as likely to test positive for COVID-19 as patients who had sufficient levels of the vitamin.
7. Garlic: It’s rich in a compound called alliin, which may be the source of its immune boosting properties, notes Libby Mills, a Philadelphia nutritionist and spokesperson for the Academy of Nutrition and Dietetics. A 2020 review published in the journal *Medical Hypotheses* found that garlic itself seems to stimulate cells related to immune system function.
8. Kefir: Recent research, including a 2021 study published in *Biomedicine & Pharmacotherapy*, suggests that certain compounds found in fermented dairy such as kefir (which is like a thin yogurt) have anti-inflammatory properties that can help the immune system fight viral infections and calm chronic inflammation. <https://www.aarp.org/health/healthy-living/info-2021/superfoods-to-fight-flu>

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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Chelsie Ulrich
Community Liaison

P: 208.264.8198 • F: 208.263.9210
chelsie.ulrich@eden-health.com
www.eden-homehealth.com/sandpoint

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

Thank you for your generosity and support!

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simply could not

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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For _____

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

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