



Newsletter  
January 2023  
**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

*HAPPY HOLIDAYS AND  
HAPPY NEW YEAR*

*With Christmas upon us and the New Year approaching, we once again want to thank those who lend a hand to the Sandpoint Area Senior Center.*

*We especially want to thank our drivers for all they do to keep  
the meals going to those in need*

*Whatever would we do without them????*



Carol & Chris Curtis



Debbie Knowles



Tracy & Kathy Halbert



Valerie Milliron



Denise Dombrowski



Craig Royer



Jean DeRemer



Wayne Sherwood



Peggy Barsoti &  
Marge Keating



Larry Mooney



Julie & Mara Lei Monroe



Tim Martin &  
Dawnya Clarine

Not pictured; Dayln Marley, Dan Haley, and Veronica Knowles





# SASI SPOTLIGHT



Merry Christmas from the staff and the Board at the Senior Center.  
We had a wonderful Christmas party.





## \$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 improvements in areas vital to our region’s future.



During our lunch hour from 11:15 – 12:15 Mon to Thur our staff will be taking their well deserved lunch so if you already have reservations please still join us. If you need any assistance with anything including medical equipment please come before or after our lunch hour. Thank you for understanding.

Senior Center will be closed Mon Jan 2nd.

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.



### Board of Directors

**President:** Nikki Klein

**Loris Michael**

**Vice President:** Adele Martin

**Weslie Kary**

**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. Your first visit is free! Open Mon-Fri.

### UPCOMING ACTIVITIES

- Art Class Wed 3:00
- Bookmobile Wed 11:00 – 1:00
- Bridge Tues 12:30
- Bunco Mon 12:30 – 1:30
- Cribbage Thurs 9:00-11:00
- Fit n Fall Proof Mon & Thurs at 3pm
- Board Meeting is on Fri 1/20 at 10:30
- Blood Pressure checks Thurs at 11:00 if EMTs are available
- LHG Herbal Night- 1/22 3:00
- Historic “sing-a-long” 1/18 12:00
- Old Time Fiddler Jam 1/28 3:00
- Valentine Bingo Fundraiser 2/11 1:00

### SAVE THE DATE



Volunteer drivers needed!

For more information call 208-263-6860



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



Lola Rainey's 90th Birthday

**Happy New Year!**

**Our dining room is open!**

Carry out meals are NO longer available. Sorry

**As always, please call the day before or**

**no later than 9:30 the day of Mon- Thurs to reserve your meal.**

**No Friday breakfast through January**

**Breakfast will resume in February**

**Thank you for your consideration.**

Bonner Partners in Care

2101 Pine St. Sandpoint, ID 83864



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.

*Have you moved or changed phone numbers?*

*PLEASE make sure we have your correct information!*

**Like us on Facebook!**

<https://www.facebook.com/SASiSeniors/>

**January**

**Sparkling winter sunshine,**

**Faces all aglow**

**Making resolutions,**

**And angels in the snow-**

**Steaming cups of cocoa,**

**A year that's fresh and new....**

**All of this is magic**

**Unfolding just for you**

**HAPPY  
BIRTHDAY**

Monica Sheffield 1/1

Irene Hutchison 1/14

George Eskridge 1/1

Gloria Ault 1/14

Dee Paraspolo 1/3

Bud Green 1/16

Marie Beebout 1/3

Ley Soltis 1/18

Jon Lewis 1/7

Tracy Nielson 1/23

Randy Carpenter 1/11

Betty Cady 1/24

John Campbell 1/11

**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 **Wildflower spa** for supporting the senior center this holiday season. They donated 10% of all gift card purchases back to us to support our home delivered meals program. They also visited the center twice in the month of December to offer free hair trims and massages!

Thank you **Marshall Roberts** for donating a Christmas tree to the senior center, it is absolutely beautiful.

Thank you **CAL** for donating 80 Christmas gifts to be delivered to our home bound seniors.

Thank you **Holy Spirit Episcopal Church** for the prefilled Christmas cards you donated for our seniors.



Tax Return help this year will not be hosted at the Sandpoint Senior Center. They will be at Sandpoint Library starting Feb 1st – April 12th Mondays and Wednesdays 9-4 on a first come first basis. Sandpoint library is located at 1407 Cedar St, They can be reached at [\(208\) 263-6930](tel:2082636930) for any questions

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



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)

## 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 :Easy



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



## Social Isolation – The importance of providing adult daycare and activities for all seniors

My grandson Michael is currently enrolled as a freshman at UCLA and recently emailed me a copy of a paper he had written about the effect of isolation among elders. I thought that it was well written and focused attention on the isolation many seniors feel.

“Over the last century, social isolation has become an increasingly central topic in regard to personal well-being and everyday health and awareness of the issue is at an all time high. Nevertheless, social isolation among older adults is seldom the center of the discourse, despite a shockingly high prevalence. Social isolation is the root cause of several conditions such as depression and dementia, making them nearly impossible to treat medically. The Older Americans Act of 1965, a landmark legislation providing funding and support for social service, has addressed this issue of social isolation through the support of adult daycare centers. These centers provide the necessary social immersion and support for conditions while reducing the stress and burden on family caretakers.

Events such as retirement, children leaving the house and the death of a spouse can leave older adults increasingly alone. This isolation is often a dramatic change of routine and those affected often describe bouts of sadness, boredom and loneliness (Valdez, Lumadue, Gutierrez, & de Vries-Kell, 2006). This lack of relations is known as social isolation and can have serious health consequences.

Experiencing social isolation is a known risk factor for depression, dementia, falls and even mortality (Nicholson, 2012). While the pandemic brought much-needed attention to the issue of social isolation, more needs to be done such as providing daycare/senior centers. Older adults with dementia have been shown to exhibit more positive behaviors and fewer restless behaviors after adult daycare (Woodhead, Zarit, Braungart, Rovine, & Femia, 2005). In addition, studies have shown that caregivers of dementia patients experience lower rates of depression when those they care for attend such centers (Zarit, Stephens, Townsend, & Greene, 1998).”

This doesn't apply only to those who need care and their caregivers, I feel it applies to all of us Seniors as we age. We are finding more and more people coming to the Sandpoint Senior Center to engage with others. They come to share a meal, play a game, get some exercise, take a class, or just to interact with others.

There is so much that the Senior Center can offer and with your help, we will continue to grow and provide even more services to the Seniors of Bonner County. As we age depression can happen from isolation. Let's commit in the New Year to reach out and encourage our friends to consider visiting the Senior Center and finding out what we have to offer.

Loris Michael, Board Member



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

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](http://www.thebridgesandpoint.com)

### Sandpoint Denture Clinic, Inc.

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(208) 255-5577

Jess Wolfrum  
Licensed Denturist

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### Medicare Fraud



Call your North Idaho Senior Medicare Patrol  
**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

.Volunteers for dining room help.

Need volunteer drivers Mon-Fri.

We are Hiring. Please call us for more details.

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

Menu ideas for Lunch and Breakfast

Thank you for your generosity and support!

# Thank You Donors

219 LLC	Fry-McComish, Judy	Melia, Thomas & Linda	Seattle Foundation
7Baggers Cornhole	Gladish, Chuck & Sonia	Mendenhall, Lisa	Selkirk Ironhorse Riders
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Clark, Jane	Kaniku Community Health	Raynor, Linda & Roy	White Cross Pharmacy
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Crawford, Pamela Rose	Kinney, Malcom & Pamela	Roberts, Andrew	Wimberly, Ruth
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First Presbyterian Church	Marshall, Leslie	Scott, Anna Lea	
Fredericks, Mary & Gary	Martin, Adele	Seashore, Karen	

**Many thanks to all of our donors, we couldn't 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!!



Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

**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**