



# Area Agency on Aging of North Idaho

A letter from our new Director, Dan English:

Hello Friends of the Area Agency on Aging of North Idaho,

I'm very happy to be sharing some thoughts with you in my new role as Director of the Area Agency on Aging of North Idaho (AAA), covering the 5 northern counties of Idaho. I started right after Thanksgiving, and, in just these past three months, I've come to gain a fuller understanding of all the critical work done by our staff and volunteers. From helping to provide meals to seniors in various forms, to responding to reports of elder abuse, neglect, or exploitation; from providing callers with needed information and assistance, to helping ensure our family, friends, and neighbors are well taken care of in licensed facilities, AAA of North Idaho touches thousands of people each year via a multitude of activities.

While I'm new to working with the Area Agency on Aging, I do have a fair amount of experience working with non-profits, state and local governmental agencies, and over 20 years serving as a school board trustee, city council member, and county clerk. I was a licensed professional counselor for 20 years as well, and am working to re-activate my license. I am finding all those practical experiences working with people, budgets, and procedures have prepared me well for my new role here. My personal experience with everything from having relatives in out-of-home care to figuring out how to enroll in Medicare myself last summer helps me to relate to all the areas we can assist with.

As an alumna of North Idaho (still "Junior" back then) College I'm doubly excited that our local AAA is under the umbrella of NIC. We are one of only two AAA's in Idaho that is sponsored by one of our local colleges and it's a very valuable partnership that benefits all of us.

We also work in partnership and under the guidance of the Idaho Council on Aging (ICOA). I've found the ICOA staff to be very helpful in providing resources and assistance as needed, and especially for a "newbie" like me. Most of our funding comes via state and federal funds that are administered through ICOA. We do have some opportunities for private funding, especially with a local endowment fund being established at the Inland Northwest Community Foundation. I'll share more details on that in a future newsletter.

In closing I will just share that I feel particularly blessed to be able to join such a talented and dedicated staff who work very hard every day on your behalf. And I will share my new motto with you...Grey Haired Lives Matter!



Our  
Partners:



## Spring Newsletter 2017

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Suite B  
Coeur d'Alene, ID  
83814

(208) 667-3179

(800) 786-5536

(208) 667-5938 (Fax)

[www.aaani.org](http://www.aaani.org)

[www.facebook.com/aaanorthidaho](http://www.facebook.com/aaanorthidaho)



# Spring Events & Classes

## Free Tax Help: AARP Tax–Aide February 1 to April 15

Tax-Aide serves low– to moderate-income taxpayers of any age

Multiple locations for convenience, make appointments with the Tax-Aide volunteer

Homebound call 208-667-4628

Lake City Center (CDA)  
208-667-4628

Post Falls Senior Center (Post Falls)  
208-773-9582

Silver Lake Mall (CDA)  
Walk-in

Athol Community Center (Athol)  
208-683-2407

Rathdrum Senior Center (Rathdrum)  
208-687-2028

Sunnyside Elementary (Kellogg)  
208-786-9010

Sandpoint Area Seniors (Sandpoint)  
208-263-6860

Seniors Hospitality Inc (Bonners Ferry)  
208-597-3236

West Bonner District Library (Priest River)  
208-597-3236



## BONNER COUNTY

### Lost in the '50's

Thursday through Sunday May 5/18/21 - 5/21/17

Event Times Vary Call 208-265-5678 for information

### Bonner Co. Fair & Rodeo

4203 N Boyer Rd  
Sandpoint, ID

### Memory Café

2nd & 4th Tuesdays  
2:00pm

Socialization for those with memory loss  
Call 208-666-2996 ext. 8314

### Kokanee Coffee

509 N 5th Ave, Ste A  
Sandpoint, ID

## KOOTENAI COUNTY

### Veterans StandDown

Saturday 5/13/17  
8:00am - 2:00pm

Free  
Call 208-704-0548

### Kootenai Co. Fair Grounds

4056 N. Gov. Way  
Coeur d'Alene, ID

### Memory Café

2nd & 4th Mondays  
1:00pm

Socialization for those with memory loss  
Call 208-666-2996 ext. 8314

### Longboard Coffee Co.

5417 Gov. Way  
Coeur d'Alene, ID

# Senior Centers

## Post Falls Senior Center

1215 E 3<sup>rd</sup> Ave, Post Falls  
(208) 773-9582

### Eat Smart Idaho Series:

Tuesdays 4/4/17 – 5/16/17 1:30pm  
Free

### Refrigerator Cards & Block Watch

**Groups:** Thursday 5/4/17 1:30pm  
Free

### How to Handle an Intruder:

Thursday 6/22/17 1:30pm  
Free

### Preparing Your Estate Plan Part 1:

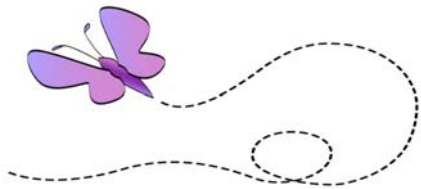
Thursday 4/27/17 1:30pm  
Free - Please RSVP

### SCAMS:

Thursday 5/4/17 1:30pm  
Free - Please RSVP

### Preparing Your Estate Plan Part 2:

Thursday 5/25/17 1:30pm



## Clark Fork Senior Center

1001 Cedar St, Clark Fork  
(208) 266-1653

**Line Dancing:** Tuesdays 4:30-5:30pm

**Poker:** Wednesdays 6:30pm, call Terry (208) 946-7822

**Bridge:** Wednesdays and Fridays 12:30- 4:00pm

**Scrappy Stampers:** Second Thursday of each month, 9:30am

## Lake City Center

1916 Lakewood Dr, Coeur d'Alene  
(208) 667-4628

### Financial Strategy Basics:

Thursday 4/13/17 1:00 – 2:00pm  
RSVP (208) 664-6909 Free  
**Reservation Required**

### Women and Money:

Thursday 5/11/17 1:00 – 2:00pm  
RSVP (208) 664-6909 Free  
**Reservation Required**

### Stress Busters Class:

Mondays 1:00 – 3:00pm \$3.00

### Beginning Line Dancing:

Starts April 4<sup>th</sup>  
Tuesdays 5:30 – 7:30pm \$8.00

### Ballroom Dance Lessons:

March 18<sup>th</sup> 11:00am  
\$15 per class or \$50 for workshop

### Sportsman's Breakfast

March 21 & April 18 6:30am  
\$8.50, Followed by Fish and Game meeting

# Brain Teasers



## SPRING WORD SEARCH

Can you find the words associated with Spring?

T L E M W O N S S S A R G L A  
 G C Y C L A M E N S A L I L P  
 G N G R O W T H R L L L L R S  
 O Y I I D L S A R A I E S N N  
 L A L N K A I E B E R R O H E  
 F M L O A N F E S G M I P W W  
 E N A E E E S F I U L R R A L  
 I O B Q R A L E O E C S A B E  
 R S T U B E S C D D F O S W A  
 I A F I G R N N G L I N R H V  
 S E O N N R A E O N I L C C E  
 E S S O I D E W W B I R S B S  
 S I N X R G E E O A A R M E G  
 A Y F L P R O R N M L W P E O  
 E T E W S S P I L U T R S S R  
 R E T S A E P L A N T I N G F

- ALLERGIES
- APRIL
- BASEBALL
- BEEES
- CROCUSES
- CYCLAMENS
- DAFFODILS
- DANDELIONS
- EASTER
- EQUINOX
- FLOWERS
- FROGS
- GOLF
- GRASS
- GREEN
- GROWTH
- IRISES
- LILIES
- MARCH
- MAY
- NEW LEAVES
- PLANTING
- RAIN
- RENEWAL
- ROBINS
- SEASON
- SNOWMELT
- SOFTBALL
- SPRING
- BREAK
- SPRING
- CLEANING
- TULIPS
- WARMER
- WET



## Sudoku!

Using pure logic and requiring no math to solve, these fascinating puzzles offer endless fun and intellectual entertainment to puzzle fans of all skills and ages. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

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

Answers to these puzzles found on page 10!

# Community Services

**Alzheimer's Association** 208-666-2996  
[www.alz.org/inlandnorthwest](http://www.alz.org/inlandnorthwest)  
 24/7 Hr HelpLine 800-272-3900

**Community Action Partnership**  
[cap4action.org](http://cap4action.org)  
 Food bank, weatherization, telephone/energy assistance for low income families.  
Benewah, 416 Main Street, St. Maries 208-245-9090  
Bonner, 1506 Baldy Mountain Rd, Sandpoint 208-255-2910  
Boundary, 6665 Main St, Bonners Ferry 208-267-3663  
Kootenai, 4414 W. Industrial Loop 208-664-8757  
Shoshone, 311 Main St, Kellogg 208-783-4901

**Commission for the Blind** 208-769-7077  
 229 E. Locust Avenue, Cd'A

**County Assistance:**  
Benewah, St. Maries 208-245-3212  
Bonner, Sandpoint 208-255-5291  
Boundary, Bonners Ferry 208-267-1870  
Kootenai, Coeur d'Alene 208-769-4427  
Shoshone Wallace 208-752-8601

**Disability Action Agency** 208-664-9896  
 3726 E Mullan Ave, Post Falls

**Driving Evaluation** 208-666-2950  
 Kootenai Health, McGrane Center

**Elder Help**, Kootenai County 208-661-8870  
 Safety Modifications

**Fraud Hotline** 855-303-9470  
 Contact the hotline if you or a loved one have been the victim of fraud.

**Legal Assistance**  
 Legal Link, St. Vincent DePaul 208-664-3095  
 Senior Legal Hotline 866-345-0106

**Medical Resources & Supports**  
**Dental:**  
 Heritage Health Dental Clinic 208-620-5250  
 Benewah Dental Clinic 208-686-1931  
**Dentures:**  
 Triple R Dentures 208-667-9314  
 Coeur d'Alene Denture Clinic 208-667-8997  
**General Health:**  
 Kaniksu Health Services 208-267-1718  
 Kootenai Health 208-625-4000  
 Heritage Health 208-292-0292  
 On Site for Seniors 208-664-3301

**Mental Health:**  
 Department of Health & Welfare  
 Adult Mental Health 208-769-1406  
 After Hours Crisis Line 208-769-1405  
 Heritage Mental Health Care 208-620-5210  
 Kootenai Behavioral Health 208-625-4800  
 Alliance on Mental Illness 208-691-9674

**Money Management International**  
[www.moneymanagement.org](http://www.moneymanagement.org) 800-308-2227  
 Hope Line (Home Preservation) 888-995-4673

**Senior Companion** 208-415-5160

**Senior Health Insurance Benefits Advisors**  
 Idaho Department of Insurance 800-247-4422  
[www.doi.idaho.gov](http://www.doi.idaho.gov)



# Transportation



## **Multiple County Services:**

**Home and Away Medical Transport -all five counties**.....208-704-0153

### **Northwest Medical Transport--all five counties:**

Cd'A.....208-665-5671

Silver Valley .....208-682-3550

**CityLink Bus Service** .....877-941-7433

Routes include Coeur d'Alene, Post Falls, Hayden, Worley and DeSmet

**CityLink Paratransit Bus**.....208-446-1616

Application required, with disability certified by medical professional.

**Veteran's Shuttle Bus to VA Hospital**.....509-434-7019 or 800-325-7940

From Bonner's Ferry – Tuesday and Thursday

From Sandpoint – Monday, Wednesday and Friday

From Coeur d'Alene – Monday – Friday

From Shoshone Co .....208-752-3331

## **Benewah County:**

Benewah Area Transit (BAT) (Valley Vista Care Services) ..... 208-245-4576, x103

## **Bonner County:**

SPOT Bus Dover, Sandpoint, Ponderay and Kootenai .....208-597-7606

North Country Transportation (Medicaid - private pay if space).....208-267-8363

Road to Recovery (to cancer related appointments) .....208-255-2301

White Tail Transportation (Medicaid-private pay if space).....877-430-7433

## **Boundary County:**

North Country Transportation (Medicaid-private pay if space) .....208-267-8363

SPOT Bus: 24 hr notice..... 208-67-4740

## **Kootenai County:**

Kootenai County Transit: Ring-a-Ride Service..... 208-446-2255

Care-a-Van, Kootenai Health Center .....208-625-5030

Home and Away Medical Transport .....208-704-0153

Ride Away Right Away ..... 208-777-1090 or 777-1091

White Tail Transportation (Medicaid-private pay if space) .....877-430-7433

## **Shoshone County:**

Silver Express Bus and Paratransit Kingston to Mullan.....855-495-7325

## Aging Services For North Idaho Endowment

# Your Donation Can Make a Difference

Our services target keeping seniors safe and independent in their own home. But the needs for services keeps growing, exceeding the available funding. In answer to this need the Area Agency on Aging of North Idaho has partnered with Inland Northwest Community Foundation (INWCF) to establish the *Aging Services for North Idaho Endowment*.

### “What is an Endowment?”

An endowment represents the establishment of an income generating fund (principal) which generates investment income (interest) to ensure the future funding of critically needed services. The principal is never spent, but the interest income generated is utilized by the organization to meet the established goals and purpose of the endowment.

### “How will this endowment be used?”

The Area Agency on Aging of North Idaho is a non-profit that funds numerous in-home and community services for aging adults including: Homemaker services, Respite for family caregivers, Information and referral of resources, Home delivered and senior center meals, Legal assistance, Advocates for residents of long-term care facilities, Adult protective services, Care transitions from hospital to home, Friendship Corps, and Retired and senior volunteers.

### “How to Create Your Legacy”

You can give a Bequest in your will or trust for planned giving of stocks, bonds, mutual funds, real estate, retirement plan assets, life insurance policy, personal property and cash.

### “Benefits of Charitable Giving”

All gifts and donations are tax deductible. You may qualify for a **50% Idaho tax credit**. Donors are encouraged to contact their attorney, financial advisor, or INWCF to discuss personal planned giving preferences and options.

### “Give a Gift that will Keep on Giving”

Giving to the *Aging Services for North Idaho Endowment* is a way to contribute to a fund that will perpetually provide care for seniors in our own community. Who will be there when you or a loved one needs help?

-----  
**YES,** I want to support the Area Agency on Aging programs for older adults in North Idaho. Please apply my donation of:

\$1000    \$500    \$100    \$50  
 \$25    \$10    Other \_\_\_\_\_

**Make your tax deductible check payable to: NIC/Area Agency on Aging**

**MAIL TO:**            **Area Agency on Aging of North Idaho**  
                              **2120 Lakewood Dr, Suite B**  
                              **Coeur d’Alene, ID 83814**

*Send me a Planned Giving brochure - Aging Services for North Idaho Endowment*

I wish to volunteer; please contact me at \_\_\_\_\_

For more information visit our website at: [www.aaani.org](http://www.aaani.org) or call 208-667-3179 / 800-786-5536



## Fit and Fall Proof

Alicia Keller – Program Manager  
Phone: 208-415-5242

### **Benewah County**

No classes at this time

### **Bonner County**

Hope Memorial Community Center  
415 Wellington Place, Hope  
Tues/Fri 10:00am

Hospitality House  
216 S Washington Way, Newport, WA  
Mon/Thurs 8:00am

Priest River Senior Center  
339 Jackson Ave, Priest River  
Mon/Wed/Fri 9:00am

Sandpoint Senior Center  
820 Main St, Sandpoint  
Mon/Fri 2:00pm

### **Boundary County**

Boundary Senior Hospitality Center  
6635 Lincoln St, Bonners Ferry  
Mon/Wed/Fri 10:45am

### **Shoshone County**

Shoshone Wellness and Fitness Center  
204 Oregon St, Kellogg  
Tues/Thurs 9:00am

### **Kootenai County**

Athol Community Center  
30355 N 3rd St, Athol  
Mon/Wed/Fri 10:00am

Calvary Lutheran Church  
1011 N Compton St, Post Falls  
Tues/Thurs 9:30am

Harrison Senior Center  
Mon/Thurs 10:30am

Hauser Fire Station  
10728 N Hauser Lake Rd, Hauser  
Tues/Thurs 9:00am

Hayden Senior Center (Hayden Gems)  
9428 N Government Way, Hayden  
Tue/Fri 9:30am  
Mon/Thurs 9:00am

Post Falls Senior Center  
1215 E 3rd Ave, Post Falls  
Mon/Fri 9:30am

7th Day Adventist Church  
12940 N Government Way, Hayden  
Mon/Thurs 10:30am

St. Luke's Episcopal Church  
501 E Wallace Ave, CDA  
Mon/Wed 9:00am





# Senior Meals

## Benewah

**Fernwood** .....245-3392

Lunch: Mon & Thurs, Noon

**Plummer** .....686-1863

Lunch: Tues & Fri, Noon

**St. Maries Meal Site**..... 245-3546

Lunch: Mon, Wed, Friday, Noon

## Bonner

**Clark Fork**.....266-1653

Lunch: Wed & Fri, 11:30

**Sandpoint Area Seniors** .....263-6860

Breakfast: Fridays 8:30

Lunch: Mon-Thurs, 11:30

## Boundary

**Seniors Hospitality** .....267-5553

Lunch: Mon - Wed & Fri, Noon

## Kootenai

**Hayden Senior Center** .....762-7052

Lunch: Tues & Thurs, Noon

\*Transportation may be available.

**Lake City Center, Cd'A** .....667-4628

Lunch: Mon, Tues, Wed & Fri, Noon

**Post Falls Senior Center** .....773-9582

Lunch: Mon, Wed & Fri, Noon

\*Transportation may be available

**Rathdrum Senior Center** .....687-2028

Breakfast: Sunday, 8-11

Lunch: Tues & Thurs, Noon

**Spirit Lake Senior Center** .....623-6125

Dinner: Mon & Wed, 5:30

**Worley Senior Center** .....686-1258

Lunch: Tues, Weds, Thurs, Noon

## Shoshone

**Silver Valley Seniors** ..... 752-1194

Call for your reservation at any of 7 different meal sites throughout the Silver Valley.

All meals served at Noon

### **Monday**

VFW, 4<sup>th</sup> & Mullan, Osburn

### **Tuesday**

Silver Valley Seniors

726 E. Mullan, Osburn

Rose Lake Community Center

School House, Rose Lake

### **Wednesday**

Idaho Housing Apartments

411 Bunker Avenue, Kellogg

Morning Club

117 Hunter, Mullan

### **Thursday**

Senior Drop-In Center

621 Cedar, Wallace

### **Friday**

Pinehurst Baptist Church

1008 S Division



**HOME DELIVERED MEALS:** Register for home delivered meals through the Area Agency on Aging (must meet eligibility qualifications), or choose from the private pay options below:

**Homestyle Direct** (866) 735-0921

Monthly frozen food delivery

[www.homestyledirect.com](http://www.homestyledirect.com)

**Mom's Meals** 1-877-508-6667

Weekly or biweekly food delivery

<http://www.momsmeals.com>

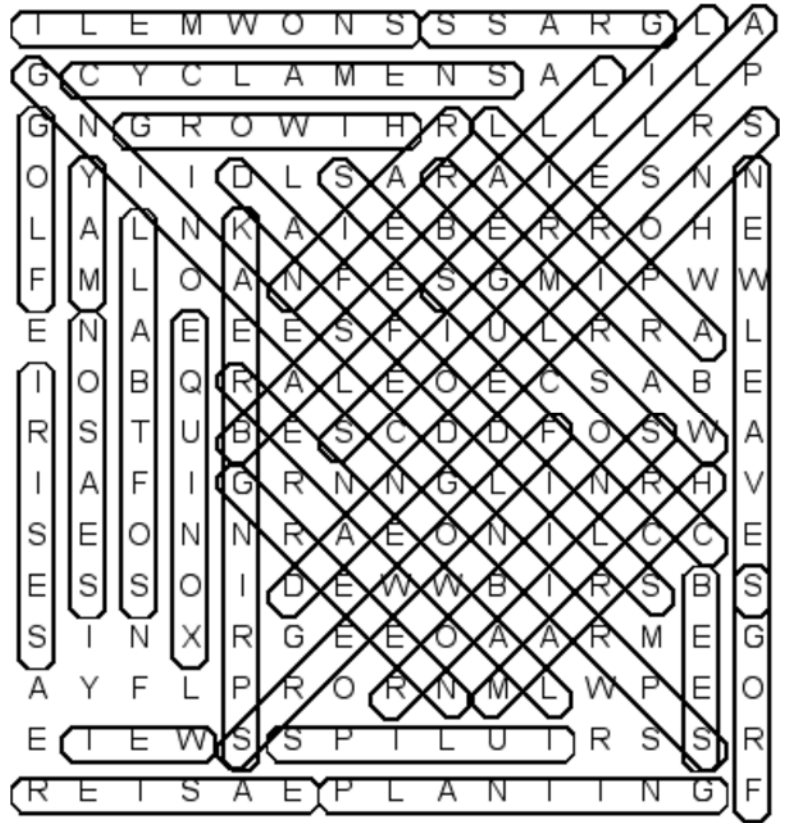
**Schwans** (888) 724-9267

Home delivery or mail order of frozen food

[www.schwans.com](http://www.schwans.com)

## Brain Teaser Solutions

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



## What Does “Healthy Eating” Mean? By the National Institute on Aging

According to the *Dietary Guidelines for Americans*, a healthy diet:

- Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- Balances the calories you take in from food and beverages with the calories burned through physical activity to maintain a healthy weight.

Here are some tips to help you meet the guidelines:

- Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients.
- Include foods that contain fiber such as fruits, vegetables, beans, and whole-grains.
- Eat lean cuts of meat and poultry. Trim away excess fat and remove skin from poultry before cooking.
- Pay attention to portion sizes, especially at restaurants. Smaller portions equal fewer calories.
- Season your food with lemon juice, herbs, and spices, rather than using butter and salt.
- Choose foods that are baked, broiled, braised, grilled, steamed, sautéed, or boiled, rather than fried.
- When eating out, select a dish from the menu, rather than getting your money’s worth at the all-you-can-eat buffet.

### Quick Tip

Getting enough fluids each day is important. Did you know that beverages aren’t the only way to get valuable fluids? Fruits and vegetables help, too!

# Support Groups



## Alzheimer's Support Groups:

### **BONNER COUNTY**

- Sandpoint Senior Center  
820 Main St., Sandpoint, ID 83864  
1st and 3rd Thursday, 1 to 2 p.m.  
208-290-1973, 208-610-3503

Free respite care available by making **prior arrangements.** Contact at 208-290-1973

### **KOOTENAI COUNTY**

- The Inn at Guardian Angel Homes  
Dinner Included  
2nd Thursday, 5:30 - 7 p.m.  
208-777-7797
- Brookdale Coeur d'Alene  
205 E Anton Ave  
1st Wednesday, Noon  
Lunch Included  
714-768-0778
- Kootenai Health Center  
3rd Saturday, 1:30 - 3:30p.m.  
208-772-2542

### **Lake City Center** 208-667-4628

- Parkinson's Support Group  
1st Friday, 1:00-3:00 p.m.  
Contact Beth Hatcher at 208-635-5243
- Multiple Sclerosis Support Group  
3rd Tuesday, 1:00-3:00  
Contact Eileen 208-262-9707 p.m.

## Other Support Groups

- **ALS Association**  
2nd Tuesday, 5:30-7:30 p.m.  
Garden Plaza  
509-725-1002
- **Cancer Community Charities (3Cs)**  
2nd Wednesday, 12:45p.m.  
Elks Club, 1170 W. Prairie Ave  
208-772-1820.
- **Cancer Support Group**  
Wednesdays, 1-2:30 p.m.  
Kootenai Health  
208-625-4713
- **Low Vision Support Group**  
2nd Thursday, 12:00-2:00 p.m.  
Meets in various Restaurants, CDA  
Contact Larry Kimble 208-769-9989
- **Priest River Diabetes Support Group**  
2nd Monday, 7 p.m.  
Frank Chapin Senior Center, Sandpoint  
208-263-0871
- **Widows Helping Widows**  
4th Monday, 10:00a.m.,  
Sandpoint Area Senior Center  
208-263-6860
- **Women's Cancer Support Group**  
Mondays, 12-1 p.m.  
Post Falls Cancer Center  
1440 E. Mullan Ave.  
208-625-4138



