

Friendly Neighbors Newsletter

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President's Message



Hi, everyone.

We have started a new year, and I surely hope it will be better than last year.

We have been short one cook in our kitchen in the last few months, so I am pleased that a new cook was hired in December (see adjacent article). I've been happy with Kim's performance.

In spite of the pandemic, we had a busy 2020—serving 2,878 congregate (includes the “grab-and-go”) meals and 8,502 home delivery meals. The number of delivered meals has increased due to coronavirus, and the increase has been a challenge. (We provided 2,055 more delivered meals in 2020 than we did in 2019.) With the assistance of Yoshimi, Summer, Yoshimi's daughter Mia, and Summer's mother Susan Daniels, we have managed to meet the increased need. And I want to pass on a HUGE thank you to our drivers who delivered those meals.

I also want to thank LeNelle McInturff for her two years of service on our Board of Directors. She was an excellent secretary and kept good records.

I need to note as well the good work our Board of Directors did during this difficult past year. Their continued support is greatly appreciated. The success of our organization relies on the many volunteers who provide our services. I thank them for their many hours of dedicated service.

I look forward to the days when we can gather once again at our Tuesday/Thursday meals. I miss you.

Here's hoping 2021 will be a good year.

Bill Terrio, President

New Cook Hired

Kim Thompson has returned to work in our kitchen after an absence of several years. She joins Summer Stevens and Yoshimi Heinlein to provide quality, nutritious meals that meet the dietary standards of the Area Agency on Aging.

Kim was asked to provide some information about herself. Here are her comments:

“I started working on and off for Friendly Neighbors when the meal site was at the Old Post Office. I started as the meal site manager, then worked in the kitchen as an assistant to the cook. I have also been the dishwasher. Now I have been hired for the cook position, but in reality, all of our kitchen help works together as a team. I like working here because of the friendships that I have made with folks who come to the meal site. Helping prepare a warm meal for them is just a bonus.



I have lived in the area all of my life. My husband and I are farmers in and around the Moscow area. We have been married for 30 years and have 5 grown children with 12 grandchildren. I love being with my family, and I have fun taking care of my cats, dogs, chickens, and horses, working in the yard and garden, cooking/baking, sewing, growing houseplants, and riding horses.”

Annual Meeting Report

The Annual Meeting of Friendly Neighbors Senior Citizens, Inc. looked different last December because of the pandemic. Because of the crowd size restriction, we were unable to meet as we usually did during a December meal. Instead, members came to the outside of the 1912 Center during the grab-and-go meal distribution on December 8 and picked up their ballots for elections and Bylaws amendments.

The results of the election have these members as officers for 2021: President: Bill Terrio, Vice President: Sharon Singleton, Treasurer: John Carlson, and Secretary Kay Keskinen. Win Green was re-elected to a three-year term as director. Sally Amador and Barb Townsend continue their terms as directors.

All five amendments to the Bylaws were approved. The changes are as follows: 1) members of Friendly Neighbors need to be at least 50 years old (was 55); note that this does not affect the age for our meals, that remains at 60 years old because it is part of the national Senior Nutrition Program; 2) membership dues now have a lifetime option of \$25 (a year's dues is still \$2); 3) a non-officer may be authorized to sign checks; 4) special meetings of the Board of Directors may also be called by two members of the board, not just the president; and 5) the Menu Review Committee was deleted since the menu approval process has changed to meet the requirements of the Area Agency on Aging.

More details of these amendments can be found in the Nov/Dec 2020 newsletter.

Dues for 2021 Are Due

Annual dues for Friendly Neighbors are \$2 for the calendar year, and there is a lifetime dues option for \$25. Membership is now open to those aged 50 and older. A membership form was included in the last issue (Nov/Dec). If you have not paid your dues yet, please do so.

For \$4, members may also subscribe for six issues of this newsletter to be sent to your mailing address. If you are paying for dues and the newsletter, please make that clear on the membership form. Newsletters dating back to January of 2003 are available in PDF format on our web site:

<http://users.moscow.com/srcenter/newsletters.html>

Your support of Friendly Neighbors as a member is greatly appreciated.

AARP Friendly Voice Program

Through phone calls, volunteers help people suffering from loneliness

from [//aarp.org/friendlyvoice](http://aarp.org/friendlyvoice) web site

For many whose social isolation has been deepened by the COVID-19 pandemic, little is more nourishing than sharing time with someone warm and trustworthy on the other end of the phone.



AARP's Friendly Voice Program was set up to break through the wall of loneliness, made more formidable by social distancing.

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. That's why AARP Friendly Voice program was created; a trained, caring group of volunteers are standing by, ready to chat, listen, or just say hello.

It's easy. Request a call by dialing AARP at 1-888-281-0145 (for English) or 1-888-497-4108 (for Spanish) between 9 am and 5 pm local time. One of the volunteers will be calling you from that number, Caller ID will show it as "800 Service."

EATING IN THE FIFTIES

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available. It was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.

The one thing that we never ever had on/at our table in the fifties ... was *elbows, hats and cell phones*.

“Why Should I Eat That?”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the January 2021 “Senior Nutrition News”

Many changes that come with aging can impair the health of older adults. It is very important to eat a variety of foods to get the nutrients needed to help with the body’s daily functions.

• **Why Should I Eat Protein?** Protein builds muscles, prevents muscle atrophy, maintains body tissues, regulates fluid balance and provides the building blocks for growth. Most tissues in the body contain and need protein. Good sources of protein are meat, poultry, fish, dairy, eggs, and legumes.



• **Why Should I Eat Fat?** Fat supplies energy, helps the body utilize other necessary nutrients and provides insulation to protect organs and the body from extreme temperatures. Incorporating healthy fats in the diet will aid in brain and eye health. Healthy sources of fat include fish, nuts, avocado and vegetable oils.

• **Why Should I Eat Carbohydrates?** Carbohydrates provide the body with energy and aid in fat utilization. Every cell and reaction in the body requires energy. It is also important to get enough fiber in the diet by eating whole grain carbohydrates. Eating enough fiber and drinking water can eliminate constipation. Good sources of carbohydrates are vegetables, fruits and grains.

• **Why Should I Drink Water?** Staying hydrated is essential. Water cleanses the whole body. It carries nutrients to the cells, waste products out of the body, aids the digestive tract in the breakdown of nutrients and even regulates body temperature.

• **What about Vitamins and Minerals?** Vitamins and minerals are found in many of the food groups, but are very high in fruits and vegetables. Almost every cell in the body requires the assistance of vitamins and minerals.

Eating to support healthy aging all comes down to eating a variety of foods and drinking plenty of water. When these nutrients are consumed, the body will be fully equipped to stay healthy.



AARP Tax-Aide

Tax Help Available February 10 – April 14, 2021

Now Three Days a Week!

Free tax assistance, preparation, and e-filing to be offered:

The AARP Foundation is again providing free tax assistance and preparation through its Tax-Aide program. The service is available to low to

middle income taxpayers, with a special emphasis on those age 60 and older.

This year appointments are required. Face masks also are required.

Assistance will be offered at the 1912 Center (412 East Third Street) in Moscow on Wednesdays, Thursdays, and Fridays from 9:30 AM to 2:00 PM. This season extends from February 10 thru April 14 (dates subject to change).

Tax-Aide can prepare most forms including 1040 and supporting schedules, EIC, Child Tax Credit, Other Dependent Credit, Education Credits, and Schedule C if no inventory, employees or depreciation.

Taxpayers MUST bring social security cards, photo identification, all income and expense documents, and previous years’ tax returns are requested.

Contact 208-310-0193 to make your appointment, or email id1do3@aarpfoundation.org with questions.

Idaho Coronavirus Information Resources:

Idaho Public Health: North Idaho Public Health web site: //idahopublichealth.com

Moscow Office phone: 208-882-7506

PrepMod, Idaho Immunization Program, Idaho Vaccination Registration: web site: //idahoprepmod.com

Lewiston Office phone: 208-799-3100



Public Health - Idaho North Central District Hotline: 866-736-6632

Call line open from 8am-4pm Monday through Friday. Due to call volume, calls coming in after 4pm may be returned by the next business day.

What You Need to Know About the Coronavirus

Americans should practice precautions as COVID-19 cases surge

by Rachel Nania and Michelle Crouch, **AARP**, Updated January 21, 2021

Latest Updates:

- **Study: More than half of COVID spread is asymptomatic:** People without symptoms account for about 59 percent of all COVID-19 transmission, according to a study published Jan. 7 in *Jama Network Open*. The researchers used mathematical modeling to determine that about 35 percent of spread comes from those who are pre-symptomatic, or people who later develop symptoms, and another 24 percent of spread comes from those who never develop symptoms at all. The study underscores why it's important for everyone to wear masks, practice social distancing, avoid crowds and take other precautions, whether they have symptoms or not, the researchers said.
- **Immunity appears to last for at least 8 months:** A study published Jan. 6 in *Science* reveals that more than 90 percent of COVID-19 patients still had a robust immune response eight months after infection. And the study's authors said the data suggest immunity might extend well beyond that, possibly for years. The researchers examined blood samples both from patients who experienced mild infection and from those whose infection was more severe. The results are encouraging because they are a sign that the COVID-19 vaccine could offer long-lasting protection to disease, making it easier to get the pandemic under control.
- **Feds:** States should begin vaccinating everyone age 65-plus: President Biden's administration is continuing the call for states to begin vaccinating all Americans age 65 and older, as well as those with high-risk health conditions. That parallels guidance issued by the Trump administration in early January. Previously, the CDC had recommended that states offer the COVID-19 shots first to those 75 and older and frontline essential workers, after vaccinating healthcare workers and nursing home residents and staff.

~~ Birthdays of our Members ~~

February

2 Nadine Morton
10 Harold Grassl
10 Margie St. John
11 Mary Baker
17 Karon Aronson
17 Tim Greaney
19 Mike Helbling
21 Ann Storrar
24 John Carlson
27 Gail Cochran

March

8 Sharon Singleton
9 Pat Tavis
10 Linn C. Lindsey
18 Mary Means
21 Herb Utoff
27 Colleen Bumgarner
31 Corinne Lyle



~~ Dates of Interest ~~

Sat, February 6: Winter Market, 1912 Center
Wed, February 10: AARP Tax-Aide begins, 1912 Center
Mon, February 15: Presidents Day
Sat, March 6: Winter Market, 1912 Center
Sun, March 14: Daylight Savings Time Begins
Sun, March 14: Pi Day
Wed, March 17: St. Patrick's Day
Mon, March 22: International Goof Off Day

