

Friendly Neighbors Newsletter

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President's Message

Hi everyone,

Well, another year has passed and we are embarked on a new year. It seems like the older I get the faster the years go by. I don't know how that happens since it

seems like each year I move slower and slower. Oh well, it is what it is, and I am looking forward to the coming year with the expectation that it will be a great year for Friendly Neighbors.

In December we had our board elections for the new year. Two new board members were elected. Toni Meeuf will be our new secretary, and she has also volunteered to be our Meal Site Coordinator. Her husband, Ron, was also elected to the board as a director. I'm not sure, but I think we lowered the average age of our board with the addition of our new members, for which I am thankful. We want to thank Bill Terrio for the many years he served as Meal Site Coordinator. We also want to thank our retiring board members, Barb Townsend and Dick Berns, for their commitment and time spent on the board.

Our kitchen staff was busy in 2022 as they prepared a total of 9,621 meals. Of those meals, 4,846 were congregate meals (more than in 2021) and 4,775 were home delivery meals (significantly less than in 2021). Our 2021 total meals were 10,817. A huge thanks goes to our kitchen staff for the time they spend to provide the delicious meals we enjoy each week. I am sure those who receive home delivered meals thank them, too.

Thank you all for making the "friendly" in Friendly Neighbors a reality.

John Carlson, President

Friendly Neighbors Turns 50!

Friendly Neighbors began informally in 1973 to provide nutrition services to Moscow area seniors. Ernie Bunch took the lead in 1978 to formally structure the organization by incorporating it as an Idaho non-profit. Later the organization was recognized by the IRS as a 501(c)(3) charity.



Other issues of this newsletter will include information about our history. Our 2013 newsletters (available on our web site) report some of our early history. We owe Ernie so much for his work organizing us. In 2002 Ernie reported that they "always need volunteers to set up tables." So, what's new?

AARP Tax-Aide

Tax Help Available February 1 – April 14, 2023

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 50 and older.

Appointments are required for help this season. The wearing of face masks is encouraged. Contact 208-874-2792 to make your appointment.

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 in the Reception Gallery on the second floor.

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

Explore New Hobbies at the Library

January is National Hobby Month, and a great place to learn and explore new hobbies is your local public library! One unique resource that the Latah County Library District has to offer are our Voyager Kits.



Voyager Kits are themed boxes that offer the opportunity to pursue an unexplored hobby or learn a new skill, and they are perfect for a variety of skill levels and for any age group. These kits can be checked out from any branch of the Latah County Library District for up to 28 days, and can be found in our full online catalog by simply searching for the term "voyager kit."

Some of the Voyager Kits in our collection include:

Birdwatching - This kit comes in a backpack that has everything you need to start your birdwatching adventure! Included in this kit are a set of binoculars for adults and kids, a guidebook on Western birds as well as some other instructional materials.

Braille for the sighted - This kit includes a copy of the book "Braille for the Sighted" and is designed for people who are interested in learning Braille. Braille copies of the Declaration of Independence and the Pledge of Allegiance as well as a deck of Braille playing cards are also part of this kit.

Other popular Voyager Kits that can introduce you to some new hobbies are our kits for crocheting, juggling, and card weaving as well as our musical instrument kits, which come with an electric keyboard or ukulele. To learn more about these fun and engaging hobby kits visit latahlibrary.org/voyager-kits.

If reading is your favorite hobby, then in addition to all of the unique resources and kits inside of the library, there will soon be a way to bring books to book lovers outside of the library too!

Beginning the first week of February, the Latah County Library District will begin offering a monthly Homebound Library Service to Moscow residents who are unable to come to the library due to physical or mental disabilities, but would still like to borrow library materials. Library staff will select materials based upon individual borrowers' interests and requests and items will be delivered to patrons' homes. Please contact the Moscow Public Library at 208-882-3925 for more information.

Rebecca Rivapalacio
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Moscow Senior Care Resource Fair

On Tuesday, January 31 from 10:00AM – 1:00PM on the second floor of the 1912 Center there will be a senior care fair with information on community resources for friends and loved ones that include:

- Home Health & Hospice
- Palliative Care
- Senior Housing & Skilled Nursing
- Estate Planning
- Durable Medical Equipment
- Memory Care
- Fit and Fall Proof Classes
- Finding a Primary Care Physician
- Caregiving
- And more

Free giveaways and raffle to all who attend. Free health screenings available.

WSU Cognitive Aging Research Lab

The goal of the WSU Cognitive Aging Research Lab is to develop proactive, preventative and compensatory interventions and smart technologies that support the everyday independence and quality of life of older individuals. We work with healthy adults and individuals over the age of 50 who are experiencing cognitive changes. Participants may be provided with a cognitive report detailing performances in areas like attention, memory, language, and problem solving relative to others of the same age, a beneficial intervention, and/or monetary compensation. To learn more about our Current Research Projects and Intervention Studies call (509) 335-4033 or check our Facebook page at <https://www.facebook.com/wsuneuropsych.aging>, or the following web page:

<https://labs.wsu.edu/neuropsychology-aging/participate/>



Short Notes

Janice Ardern reports that the Open Art Studio is now held every Thursday from 12:30pm to 4pm, not just the first and third Thursdays. They meet in the Arts Workshop.

Kay Keskinen, Friendly Neighbors Trea\$urer, states that in 2022 Friendly Neighbors spent \$89,040.01 on expenses (food, payroll, rent, supplies, insurance, etc.) to provide 9,621 meals. Which means our meals cost on average \$9.25. Our average meal cost in 2021 was \$6.74. Thanks to extra efforts by the board of directors in 2022 to receive grant funds to purchase food, we were able to keep up with the rising costs of food and other expenses.

Birthdays of our Members

February

- 2 Jeanette Frick
- 2 Nadine Morton
- 3 Wayne Anderson
- 3 Connie Elliott
- 7 Kitty Masters
- 8 Andy Hedden-Nicely
- 10 Margie St. John
- 11 Mary Baker
- 19 Mike Helbling
- 20 Toni Meeuf
- 24 John Carlson
- 27 Allen Bowles



March

- 8 Sharon Singleton
- 9 Pat Tavis
- 10 Linn C. Lindsey
- 10 Sharon Royce
- 21 Ronald Meeuf
- 28 Katharine Yarnall
- 31 Corinne Lyle



Don't forget!

Daylight Savings Time begins Sunday, March 12 at 2:00 AM

SENIOR COMPANION PROGRAM

Get Paid to Be A Friend

- * Tax-free cash stipend
- * Travel and meal reimbursement
- * Paid holiday, sick and vacation (PTO)
- * Paid pre-service training and two hours of continuous monthly training

For more information call Linda at 208-746-7787

Program is funded by AmeriCorps Senior | Must be 55 or older

“Dark Chocolate: A Heart Healthy Option”

From “Senior Nutrition News” February 2022 by Kali Gardiner

Choosing dark chocolate this Valentine's Day will allow you to enjoy a little bit of sweet along with some heart-healthy advantages.

In moderation, dark chocolate is believed to provide multiple health benefits. This is because of its high levels of flavonoids, which are antioxidants. Antioxidants are substances that may help protect your cells against free radicals. Free radicals play a role in heart disease, cancer, and other diseases.

Research has found that flavanols, which are the main type of flavonoid found in cocoa and chocolate, can aid in lowering blood pressure, improving blood flow to the brain and heart, and making blood platelets less sticky and less likely to clot.

Milk chocolate, on the other hand, does not provide the same health benefits. Generally speaking, dark chocolate has more cocoa than milk chocolate. Dark chocolate also has fewer unhealthy sugars and saturated fats than milk chocolate. Researchers at Harvard University Medical School suggest choosing chocolate that has at least 70% cocoa or more.

The CDC offers these other tips for heart-healthy Valentine's Day foods:

- Limit your sodium intake. Use seasonings such as fresh or dried herbs and spices for your Valentine's Day meal, and avoid prepackaged mixes that may contain a lot of salt.
- Choose healthy substitutions for saturated fats, trans fats, and cholesterol in your baked goods. For example, instead of butter use olive or canola oil.
- Bake, broil, or grill your food rather than fry it for your Valentine's meal.
- When able, use fresh ingredients instead of prepared ones. For example, choose fresh lemons over lemon juice concentrate or fresh garlic cloves instead of garlic powder.



February is also host to American Heart Month. Show yourself some love by getting active and eating healthier, maintaining a healthy weight, and controlling your cholesterol and blood pressure.



Meet the 2023 Friendly Neighbors Board of Directors

Resulting from our December, 2022 Annual Meeting we have some new members on our Board of Directors. Continuing in their prior positions are President John Carlson, Vice President Sharon Singleton, Treasurer Kay Keskinen, Director Win Green, Director Sally Amador, and Past President Bill Terrio. Newly elected are Secretary Toni Meeuf and Director Ron Meeuf.

Since Toni and Ron are new to the board, they provided some background information about themselves:

“We moved to Moscow full time on May 10, 2020. We have lived in Idaho since November 1991. We lived in Boise for 28 years. Toni worked in various positions of law enforcement and then in the Grants/Contracts department for the Idaho Department of Agriculture and retired in 2013. Ron worked for a lumber brokerage company in Boise for over 25 years as their IT Specialist.

He loves tinkering on computers and learning new computer programs. One of our pleasures in life is taking cruises to new and exciting places. Ron’s main hobby is working in his wood shop and doing DIY things. Toni has many hobbies, which include sewing, knitting and making many types of stained glass things.

Ron wanted to do volunteer work and found the Latah County Historical Society and the McConnell Mansion. He is a docent at the Mansion and encouraged Toni to be his side kick, Mrs. McConnell. It has been fun and fulfilling volunteering at both the McConnell Mansion and the 1912 Center. Ron found the Friendly Neighbors organization through a LCHS volunteer. He attended several lunches before we both plunged into the fun and socialization of Friendly Neighbors. Being on the Board for Friendly Neighbors will be a great way to meet new people and help the community.”



John, President



Sharon, VP



Toni, Secretary



Kay, Treasurer



Win, Director



Sally, Director



Ron, Director



Bill, Past President