

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message

Hi everyone,

We are definitely in the middle of winter as I watch the snow falling outside. And having to deal with a week-long cold snap that froze our water pipes. I hope you are all staying warm. I

want to begin by welcoming our new board member, Wendy Taylor, to the board. Also, I hope you are getting to know our meal site coordinator, Tyler, as he strikes up a conversation with you at your table. Thanks again to Win Green for his tenure on our board; best of luck in your next venture!

I want to wish everyone a very happy new year in 2024. I gave up New Year's resolutions a long time ago, but it's always good to evaluate our priorities for the coming year. Determine to make Friendly Neighbors a higher priority for the coming year. Perhaps you can stay longer to help clean up. Or you might make it a priority to invite a new person to the meals on Tuesday or Thursday. Also, there are a number of other activities such as a bridge, pinochle, and mah-jongg that you might be interested in.

For your information, we served a total of 9,799 meals in 2023. Of the total, 5,402 were at the meal site and 4,397 were home delivered. A great thanks goes to our cooks and the volunteers that make it all happen.

Remember, your participation in Friendly Neighbors is of great benefit to your health, both physically and socially. May you have a great year and do more in 2024!

John Carlson, President

Alternative Giving Market of the Palouse

Friendly Neighbors participated in the Alternative Giving Market of the Palouse (AGMP) which had an in-person event on December 12 with online donating available for a few weeks.

It was a real team effort participating in the AGMP, beginning with writing the application, to designing and printing our gift cards, getting the materials available for our table, getting the table set up at the fairgrounds, getting volunteers to sit at the table, and then taking



down the table after the market.

Pictured are Toni and Ron Meeuf, who took a shift at our table, and Brice McLaughlin and Dorothy Brandt, who took the second shift.

We are thankful for the thirty-four people who donated to us through the Giving Market. Donations to us totaled \$1,975.



We would not be able to provide our senior-related services without donations.

Annual Meeting Report

The Annual Meeting of Friendly Neighbors Senior Citizens, Inc. was held on Tuesday, December 12, 2023, at 11:45 AM in the 1912 Center Great Room.

The main item of business was to elect four officers to one-year terms and one director to a three-year term. The results of the election are as follows: President: John Carlson, Vice President: Sharon Singleton, Secretary: Toni Meeuf, and Treasurer: Kay Keskinen. Wendy Taylor was elected to a three-year term as director. Sally Amador and Ron Meeuf continue their terms as directors.

President Carlson presented Friendly Neighbors member Terry Gray with the 2023 Volunteer of the Year Award. Terry has been steadfast in helping to set up and take down our meal site.



\$4,000 Donation to Friendly Neighbors



Marie Charles poses with President John Carlson to celebrate Friendly Neighbors' receipt of \$4,000 in funding from the Eagles Lodge women's group. Marie applied to the organization for the grant, of which she is an active member. Good going, Marie!

AARP Tax-Aide Returns to the Center

Starting February 1 and running to April 12, AARP Tax-Aide FREE tax help will be offered at the 1912 Center in the Reception Gallery, W-F at 9:30 AM-2 PM. Appointments are required, which you can do by calling (208) 874-2792. Visit the 1912 Center to pick up the packet you'll need to fill out prior to your appointment. Open to all ages.



Birthdays of Our Members

February

- 1 Peggy Fiske
- 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
- 14 Marjorie Buell
- 21 Ronald Meeuf
- 28 Katharine Yarnall
- 31 Corinne Lyle

Soup and Pie Luncheon

Who doesn't love soup and pie? Don't miss the Humane Society of the Palouse Soup and Pie Luncheon in the Great Room on Monday, February 19 (Presidents' Day),



11 AM-2 PM. It's the tastiest way to support your local animal shelter. For \$15, enjoy a delicious bowl of soup (made by local vendors), a slice of pie (handmade with love by Moscow friends and neighbors), and great company! Whole pies (\$15) available for sale, depending on the donation supply. An art raffle (including perhaps gift cards) is also planned, with tickets \$2 each or 3 tickets for \$5. All proceeds directly benefit the shelter. Four paws for this event!

In the Spotlight: Chair Yoga



Cat-Cow Stretch, Cactus Pose, Downward Dog. These aren't characters in a new Pixar movie your grandkids cherish, just a few of the yoga positions senior participants assume Tuesday mornings at Senior Chair Yoga.

"We meet you where you're at," says Esther Louie, registered yoga teacher and certified therapeutic yoga teacher, who founded the class in 2015. "These are fun, safe, and gentle sessions," in which attendees perform easy-to-do movements in a full-body session from the comfort of their own chair. "No worries about turning your body into a pretzel."



During a recent holiday-themed session, Louie and co-leader Becky Barnes (who started teaching sessions in 2018) dressed like benevolent elves in red Christmas sweaters and footwear. They led the group in a series of soothing stretches and breath exercises plus rousing routines of limb lifts and bouncing accentuated with handheld jingle bells.

Class attendance has grown over the years. Four to six attendees showed up the first day, expanding to an average of twenty-five (most of them regulars) before COVID-19 intervened.

To keep her interested in listening to her body's movements, Louie varies her routines (sometimes includes softer martial arts moves). "It's more of a freeform style," she said, one that incorporates "Qi Gong, Tai Chi, breathwork, gentle stretching, less traditional yoga poses. Warrior poses, lunges."

Becky, a certified chair yoga instructor, has a slightly different approach, but the result is the same. Folks have fun and get to know their body better.

"These two ladies are excellent instructors," said one of the regulars, adding that not having to get on the floor is another plus.

"Younger adults are welcome to join in too," Louie adds, emphasizing they can benefit because the routines are fun and active.

So come and join in on the healthy fun—loosen up your joints, improve your balance, and meet some more wonderful folks in the community Tuesdays at 10:30–11:15 AM in the Lecompte Auditorium.

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## Meet Your New Editor



Hello there, my name is Lori Vermaas. I volunteered to take over editing duties for the newsletter from Kay Keskinen, who has done a stellar job for a very long time. So I have my work cut out for me. Please bear with me as I gain my sea legs. I'm not the greatest on writing self-bios, but here's one skinny on me: fifty-seven years old; Air Force brat; went to elementary school at Fairchild AFB; academic degrees from the University of Texas-Austin and University of Iowa. I'm a writer and technically a cultural/visual historian (PhD in American Studies). If you're curious, check out my cultural study of the sequoias (Smithsonian Institution Press, 2003), but in my other life I'm the editor for Extension Publishing at the University of Idaho. I play mah-jongg regularly, so that's how I met Kay and found out about the newsletter. I look forward to serving you.

## Winter at the Moscow Public Library



There is no better place to stay warm and cozy during winter than in the library! In addition to the many new books that hit the shelves monthly, many adult programs are coming to the Moscow Public Library. The library's annual Winter Reading program recently kicked off and is open to participants of all ages! Stop by any branch of the Latah County Library District to sign up and pick up your bookmark challenge card. Challenge yourself to read or listen to a new book this winter and submit a book review for a chance to win cozy prizes! The Winter Reading program runs until February 29.

The *Let's Talk About It* book discussion series has two more upcoming sessions. On Tuesday, February 13, 2024, at 5:30 PM, University of Idaho Professor Ron McFarland leads the discussion of *Hole in the Sky* by William Kittredge and how it relates to the program's theme of "Tough Paradise." Registration for this session is open now; visit [latahlibrary.org/LTAI](http://latahlibrary.org/LTAI) online or call the library at 208-882-3925 to complete it. On Tuesday, March 12, 2024 (time to be determined), Moscow Poet Laureate Stacy Boe Miller will lead the discussion of *Housekeeping* by Marilynne Robinson. Registration for the final session opens February 1.

Our quarterly Medicare 101 workshop, hosted in partnership with the Senior Health Insurance Benefits Advisors (SHIBA), returns in February. This workshop is the perfect opportunity to learn more about Medicare in the new year and answer any questions you may have. Workshops are presented by an unbiased and knowledgeable Medicare counselor and are free to attend with no registration required. The next Medicare 101 workshop is February 15 at 10:30 AM.

Finally, the Moscow Public Library hosts local author Tara Karr Roberts (March 7, 5:30 PM), who will talk about her new book, *Wild and Distant Seas*, and discuss the process of writing historical fiction. For more information, visit our website at [//latahlibrary.org](http://latahlibrary.org).

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### Rowdy Resolutions

It's a new year and another chance to set the intention to try something new and invigorate your spirit. Here's a few that might just get you started:

- Eat dessert first at every meal.
- Act any age I want.
- Use every senior discount offered this year.
- Forge new neural pathways by adopting five cats.
- Dance every night.
- Masquerade as my favorite celebrity while shopping.
- Learn how to touch my toes without toppling over.
- Take a DNA ancestry test.
- Listen to live music at least once this year.
- Volunteer to read to children.
- Laugh as much as you can—it sets all your wrinkles in the right places.

## February Is American Heart Month

Heart disease is one of the leading health problems for seniors. Make yourself your sweetheart by eating heart healthy this month, with an eye toward doing more of it throughout the year. Making even small changes to your diet can improve your health. As a rule of thumb, the NIH recommends prioritizing whole (fresh and unprocessed) foods like the following:



- Fruits and vegetables (not dried or canned)
- Whole grains
- Fat-free/low-fat dairy
- Protein-rich foods:
  - Fish high in omega-3 fatty acids (salmon, tuna, trout)
  - Lean meat (95% lean ground beef, pork tenderloin, skinless chicken, turkey)
  - Eggs
  - Nuts, seeds, and soy products (tofu)
  - Legumes (kidney beans, lentils, chickpeas, black-eyed peas, and lima beans)
- Oils and foods high in monounsaturated and polyunsaturated fats:
  - Canola, corn, olive, safflower, sesame, sunflower, and soybean oils (not coconut or palm oil)
  - Nuts (walnuts, almonds, pine nuts)
  - Nut and seed butters
  - Seeds (sesame, sunflower, pumpkin, flax)
  - Avocados

Also, limit your intake of the following:

- Sodium (<2300 mg/day)
- Saturated fat (choose low-fat options and healthy oils, like olive)
- Sugars (ingest sweetened drinks, snacks, and desserts less often and in smaller amounts) Alcohol

To get even more heart smart, check out the US Food and Drug Administration webpage, “How to Understand and Use the Nutrition Facts Label” (<https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>).

So the next time you’ve got the munchies, replace it with something yummy like the following:

Apple slices with 1 tbsp low-sodium peanut butter  
Pears dipped in fat-free/low-fat cottage cheese  
Raw veggies with hummus or tzatziki sauce  
Roasted chickpeas  
Popcorn  
Unsalted nuts and seeds

To wash it down, reach for the following:

Plain/sparkling water (add citrus or cucumber slices, mint or other herbs for flavor)  
Fat-free/low-fat dairy milk, unsweetened oat or nut milk  
Unsweetened tea or coffee



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