

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



G'DAY my fellow seniors:

We are having a very good year thanks to all the volunteers and staff. Volunteers do a great job setting up and breaking down our meal site and monitoring the senior center. We also have a dedicated group who deliver meals to those who cannot attend the meal site.

Our kitchen staff, Lori, Diane and Summer prepare our delicious meals all while following the guidelines of the Area Agency on Aging, which is no small task. They also earned 100% on our last Department of Health inspection. Congratulations!

Our membership is still growing and the attendance at our meal site is great. **DON'T FORGET!!** We will be having our meals at the Fairgrounds June 30th and July 2nd.

The Senior Fair didn't appear to be as well attended as in past years but we did have several people stop by and a couple even came to our free lunch (which was well attended).

I hope you all enjoy your summer!!

Bill Terrio



Don't Forget... Congregate Meal
June 30 and July 2
At the Fairgrounds!



July Birthdays

- 2 James Ellers
- 4 Bernard Sturman
- 6 Mary Steed
- 11 Roger Evans
Ines Gray
- 13 Mary Wood
- 14 Len Bielenberg
- 15 Bernice Brooks
- 16 Gary Deesten
- 17 Becky MacLeod
- 22 Ida Pepe
Theresa Hanford
- 29 Bill Terrio
Tom Trail
- 31 De Bush
Dana Dolsen

August Birthdays

- 2 Ardene Gray
- 7 Robert Newman
- 13 Jim Maley
- 21 Al Pepe
- 31 Harold Grassl
Joy Irving
Jim McCloskey
Donna Ogden

Telemarketing Fraud

If you are age 60 or older—and especially if you are an older woman living alone—you may be a special target of people who sell bogus products and services by telephone. Telemarketing scams often involve offers of free prizes, low-cost vitamins and health care products, and inexpensive vacations. There are warning signs to these scams.

If you hear these—or similar—“lines” from a telephone salesperson, just say “no thank you,” and hang up the telephone:

- “You must act now, or the offer won’t be good.”
- “You’ve won a free gift, vacation, or prize.” But you have to pay for “postage and handling” or other charges.
- “You must send money, give a credit card or bank account number, or have a check picked up by courier.” You may hear this before you have had a chance to consider the offer carefully.
- “You don’t need to check out the company with anyone.” The callers say you do not need to speak to anyone, including your family, lawyer, accountant, local Better Business Bureau, or consumer protection agency.
- “You don’t need any written information about the company or its references.”
- “You can’t afford to miss this high-profit, no-risk offer.”

A Robin Story by Jeanette Talbott



A robin chose to nest on the top of my front porch post protected by the short projection of the roof. I had wondered over my years how a robin's nest built of mud, very small sticks, and grass-lined could become so perfectly rounded and of correct depth

Through the dining room window I observed the bird slowly turning around and pressing her breast against the mud mixture as she turned.

When this was fitted to her approval, eggs were laid. I couldn't see into the nest so I had to wait for future developments. The Peterson bird book said the number of eggs was usually three or four.

I couldn't tell how many eggs were there but only one bird was raised. There had been another one which was found dead in the dirt beneath the nest – it was not fully feathered – cause unknown.

The mother bird was busy bringing bugs and snippets of angle worms to her always hungry child.

About a week later I saw the baby robin now mostly short-feathered teetering on the edge of the nest. He thought better of how far it was to the ground and ducked down again in the safety of the nest.

A few day passed and there he was again on the nest edge. He peer this way and that and jumped. He called a few times and, getting no reply in return, he rushed off as fast as his short legs would take him to hide in the foliage at the edge of the lawn.

I saw him no more unless weeks later he was the young but adult looking robin busy searching or what juicy thing there could be underneath the lawn. I hoped it was my porch robin.



Wanted:

Margie St. John is looking for a direction manual for a *Singer* treadle sewing machine. If you have one she may borrow, please call her at 208-883-5397. Many thanks...MStJ

I'd Pick More Daisies

by Janet George



If I had my life to live over, I'd try to
make more mistakes next time.
I would relax. I would limber up.
I would be sillier than I have been this
trip.
I know of very few things I would take
seriously.
I would be crazier.
I would be less hygienic. I would
take more chances.
I would take more trips.
I would climb more mountains
and swim more rivers.
I would burn more gasoline.
I would eat more ice cream
and less beans.
I would have more actual problems
and fewer imaginary ones.
You see, I am one of those
people who lives
prophylactically and
sensibly and sanely, hour
after hour, day after day.

Oh, I have had my moments and If I
had to do over again,
I'd try to have nothing else

-- Just moments, one after
another, Instead of living so
many years ahead each day.
I have been one of those people who
never goes anywhere without a
thermometer, a hot water
bottle, a gargle, a raincoat, and
a parachute.
If I had my life to live over, I would
start going barefoot earlier in
the Spring, and stay that way
later in the fall.
I would play hooky more.
I wouldn't make such good grades
except by accident.
I would have more dogs.
I would have more sweethearts.,
I would have more headaches, drink
more tomato juice.
I would go to more dances.
I would ride on more merry-go-
rounds.



I'd pick more daisies.

~~~~~  
**COFFEE HOUR DAILY!**

**10:00 am**

**MOSCOW SENIOR**

**CENTER!**  
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## SENIOR NUTRITION NEWS

Senior Extension Nutrition Program

### Serving Size v Portion Size: Is There a Difference?

Healthy eating includes making healthful food choices, which means knowing what and how much you eat. Do you know the difference between serving and portion sizes? While the terms serving and portion often are used interchangeably, they actually mean different things.

A "serving" is the amount of food recommended to be eaten by consumers by such tools as USDA's MyPlate.

A "portion" is the amount of a food you choose to eat at any one time — which may be more or less than a serving.

Here are some everyday comparisons that are one serving based on recommendations on MyPlate. These will help you figure out how your portion sizes compare to recommended serving sizes:

- 1 teaspoon of margarine is the size of one dice
- 3 ounces of meat is the size of a deck of cards
- 1 cup of pasta is the size of a baseball

- 1 1/2 ounces of cheese is the size of four stacked dice

- 1/2 cup of fresh fruit is the size of a tennis ball

To overcome portion distortion and to downsize your helpings, try these tips.

- Eat from a plate, not a package, so you know how much you eat.
- Use smaller dishes, such as a lunch plate for your dinner, so less looks like more.
- Measure out foods with measuring cups to make it easier to visualize what a serving size looks like. To help you right size your portions it is useful to know how different food items look on a plate. An example might be measuring out 1/2 cup of fruit, 1 cup of pasta or your other favorite foods on your plate. Once you get a good sense of serving sizes, you can compare them to the portions you eat and make any necessary modifications.

The Senior Extension Nutrition Program is an educational service FREE to you! This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. To find out more call 1-800-221-5689.!



## *Some Dates to Remember...*



July 4 Independence Day  
July 13 FN Blood Pressure Check  
August 10 FN Blood Pressure Check

## **Daily Activities (Each Week)**

Monday AM Computer Help  
Monday PM Jigsaw Puzzles

Tuesday Congregate Lunch  
Breakfast Pastries, Coffee 10:30 AM  
Soup at 11:00 AM (no soup in summer)  
Salad Bar 11:30 AM  
Main Entree 12:00 NOON  
Dessert Bar

Tuesday PM Pinochle

Wednesday PM Bridge Lessons and Mah jongg

Thursday Congregate Lunch  
Breakfast Pastries, Coffee 10:30 AM  
Soup at 11:00 AM (no soup in summer)  
Salad Bar 11:30 AM  
Main Entree 12:00 NOON  
Dessert Bar

Thursday PM Bridge

Friday AM Bingo at 10:00 AM

## **All Week (Monday – Friday)**

Coffee at 10:00 AM  
Jigsaw Puzzles  
Board Games for Small Groups Reading  
Quiet Socializing  
See Bulletin Board for Special  
Announcements  
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## ***Yoga Anyone?***

Join us for a fun and gentle senior chair yoga session. Loosen up your joints, help your body to move with more ease and fluidity, increase general overall strength, and have fun improving your balance.

Esther Louie, registered yoga teacher and certified therapeutic yoga teacher, and a new member of the Friendly Neighbors, will lead you in easy-to-do movements for a full body session from the comfort of your chair.

Mark your calendar now – **Senior Chair Yoga** will begin on **September 1, 2015**. Sessions are **free**; from **10:30am -11:15am**, and are held on the **First and Third Tuesday of each month in the Moscow Senior Center**. Call Esther at 509-990-3688 for more information.

**AAoA SENIOR NUTRITION PROGRAM**  
**SENIOR MEAL SITE LUNCH MENU**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: July, 2015**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho



Thursday, July 2<sup>nd</sup> SPOL1

*Lunch served at the County Fairgrounds*  
 Fried Chicken Picnic  
 Potato Salad  
 Macaroni Salad  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, July 9<sup>th</sup> WPOL4

Chicken Parmesan  
 Rice Pilaf  
 Veggies  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Thursday, July 16<sup>th</sup> SUB4

Mexican Chef Salad  
 Tex-Mex Fries  
 Veggies  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, July 23<sup>rd</sup> SUPOL9

Chicken Salad Stuffed Tomatoes  
 Pasta Salad  
 Veggies  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, July 30<sup>th</sup> FB06

Country Fried Steak  
 Scalloped Potatoes *Old Time Fiddlers*  
 Veggies *Do not play in the summer*  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, July 7<sup>th</sup> FB4

Beef Stroganoff w/Noodles  
 Veggies  
 Bread  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, July 14<sup>th</sup> FP03

Pork Chops  
 Mashed Potatoes w/Gravy Blood Pressure  
 Veggies Clinic  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, July 21<sup>st</sup> SB05

Meatballs in Brown Gravy  
 Mashed Potatoes  
 Veggies  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, July 28<sup>th</sup> WP3

Sweet and Sour Pork  
 Rice Board Meeting  
 Veggies 10:30 a.m.  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Tri-State

If you have dietary or religious restrictions to our entrée, we can provide an alternative. Tell us about it when you sign-in.

All Meals are served with Milk and Butter

Menus are subject to Change

Meal Site and Menu Information on the web at: [users.moscow.com/srcenter](http://users.moscow.com/srcenter) or call (208) 882-1562

**AAoA SENIOR NUTRITION PROGRAM**  
**FRIENDLY NEIGHBORS SENIOR MEAL SITE LUNCH MENU**

USDA IS AN EQUAL OPPORTUNITY PROVIDER

**Name of Meal Site: Moscow**

**Menu for the month of: August, 2015**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, August 4<sup>th</sup> ABC

Asian Chicken Wrap  
 Mac-n-Cheese  
 Veggies  
 Salad Bar, Dessert Bar

Thursday, August 6<sup>th</sup> SUB1

Meatloaf  
 Mashed Potatoes w/Gravy  
 Veggies  
 Salad Bar, Dessert Bar  
 Meal sponsored by Anonymous

Tuesday, August 11<sup>th</sup> SP5

BBQ Pork Sandwich  
 JoJos Blood Pressure  
 Veggies Clinic  
 Salad Bar, Dessert Bar  
 Meal sponsored in Memory of Janet McCloskey

Thursday, August 13<sup>th</sup> SUB7

Stuffed Peppers  
 Rice  
 Veggies  
 Salad Bar, Dessert Bar

Tuesday, August 18<sup>th</sup> SF1

Lemon Pepper Cod  
 Roasted Red Potatoes  
 Veggies  
 Salad Bar, Dessert Bar  
 Meal sponsored by United Way

Thursday, August 20<sup>th</sup> SUPOL5

Chicken Cordon Bleu  
 Au Gratin Potatoes  
 Veggies  
 Salad Bar, Dessert Bar  
 Meal sponsored by Anonymous

Tuesday, August 25<sup>th</sup> SFB9

Spaghetti w/Meat Sauce  
 Veggies Board Meeting  
 Garlic Bread 10:30 a.m.  
 Salad Bar, Dessert Bar

Thursday, August 27<sup>th</sup> SUP5

Ham Newsletter  
 Scalloped Potatoes *Old Time Fiddlers*  
 Veggies *do not play in summer*  
 Salad Bar, Dessert Bar  
 Meal sponsored by DAWN  
 (Dementia & Alzheimer's Wellbeing Network)



**All Meals are served with Milk and Butter**

**Menus are Subject to Change**

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