

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



Greetings Friendly Neighbors!

Summer is now in full swing, and we are entering that part of the summer that is hot and dry. Changes in climate already have

farmers harvesting their hay a full month earlier than usual. I wonder what the next two months will be like, and I am certain you are wondering, too.

Be sure to stay inside on hot days. If you do not have air conditioning, close your windows and curtains early in the day to keep your home cool. I recommend you get a fan and keep it going to move the air and cool you off. Most air conditioners are set for 70 degrees. Wear light clothing and a hat when you go out, and be sure to use sunscreen on all exposed parts of your body. Hints for staying hydrated are given elsewhere in

this newsletter, and you will need to drink as much as you can.

Cool the inside of your body by holding hand-cooling devices such as cold drinks. Using cool wet cloths to wipe your face and hands will help circulate blood and pull heat from the body. Eating cool foods and salads will do the same.

From Sunday, July 3rd through Monday the 11th the 1912 Center will be closed to undergo its annual summer maintenance. This means on July 5 and 7 we will have our congregate meals at the Latah County Fairgrounds on Harold Street. Pizza and fried chicken will be on the menu. Note that the Senior Center will be closed during those days.

Take care of yourself...

Bill Terrio





July

5 Wayne Beymer
6 Mary Steed
6 Esther Louie
10 Betty Groetsema
11 Inez Gray
14 Len Bielenberg
15 Bernice Brooks
22 Lenelle McInturff
29 Bill Terrio

August

13 Jim Maley
21 Al Pepe
25 Jon Bateman
31 Harold Grassl
31 Joy Irving
31 Jim McCloskey
31 Donna Ogden

A Fairy Wanted by Jeanette Fleener Talbott

If I could catch a fairy
I'd bring her quickly home,
And treat her very nicely
So she could be my own.

I'd give her first some
fairy food,
Like nectar, rain, and dew,
And then I'd offer her
Bread and milk,
and Mom's good stew.

'Cause I want her to grow
to girl size,
Just my size, for then
I'd have a lovely playmate.
I'd not be lonely again.

So how do you catch a
fairy?
Does anybody know?
For if I could catch a
fairy
I'm sure I could make her
grow!



HOW TO SURVIVE A

HEART ATTACK

WHEN YOU ARE ALONE...

It is 7:25 pm and you are going home alone after an unusually hard day on the job. You are really tired, upset, and frustrated. Suddenly *you start experiencing severe pain in your chest that starts to drag out into your arm and up to your jaw.*

You are only about five km from the nearest hospital. Unfortunately you do not know if you will be able to make it that far. You have been trained in CPR, but the guy that taught to course did not tell you how to perform on yourself.

Since many people are along when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint has only about 10 seconds left before losing consciousness.

However, *these victims can help themselves by coughing repeatedly and very vigorously.*

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until help arrives felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.

Tell as many other people as possible about this. It could save their lives. A cardiologist says if everyone who gets this information and kindly shares it with 10 people, you can bet that at least one life can be saved.

WHAT ELSE YOU CAN DO...

Do this NOW before you have a heart attack of medical emergency:

1. Keep handy a paper or card with your name, address, medications, and name of person to contact in an emergency. Do not forget to include their contact information.
2. Enter ICE (In Case of Emergency), the name and telephone number of your emergency contact in your cell phone.
3. Get and complete your Living Will.

If you are at home alone:

1. Cough repeatedly and very vigorously.
2. Call 9 – 1 – 1.
3. Take an aspirin or other prescribed medication like nitroglycerin.
4. Unlock the front door.
5. Lie down near your front door or some place you can be found easily.

SENIOR NUTRITION

June 2016 Senior Extension Nutrition

DAIRY FOODS...A

Great Way to Get Nutrients!

Calcium and potassium are just two of the nine essential nutrients found in dairy foods. These nutrients may help control your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers.

Protein found in dairy products helps build and repair the muscle tissue of active bodies. **Vitamin A** helps maintain healthy skin, dairy products are a natural nutrient powerhouse.

Lactose intolerance is the inability to digest the natural sugar lactose, which is found primarily in dairy foods. Some people do not have enough of the enzyme lactase, which breaks down lactose in the body. Lactose intolerance is a common condition that is more likely to occur in adulthood, with a higher incidence in older adults. Being lactose intolerant doesn't require you to avoid dairy foods. Try these easy tips for enjoying milk.

Include natural hard cheeses such as Cheddar, Monterey Jack, Gouda and Parmesan. When milk is made into cheese, most of the lactose is removed.

Choose yogurts with live, active cultures, which help to break down lactose.

Introduce small amounts of milk or milk products to help reduce symptoms.

Try chocolate milk. Sometimes it is easier to digest than white milk.

Try lactose-free products such as lactose-free milk and lactose-free ice cream.

Make casseroles, oatmeal, and soups with low-fat or fat-free milk instead of water

Low fat yogurt goes great with some fresh fruit, you can even add a little fiber cereal to give it some crunch (and fiber)

Add a little low-fat cheese (1 ounce or 1 slice) to some scrambled eggs and wrap it in a whole grain tortilla

Try some veggies and a low-fat yogurt-based dip

Try some skewers with low fat cheese cubes and fruit

5 Ways Warm Lemon Water Could Change Your Life

(<http://purewow.com/food/>)

Are you aware that drinking warm lemon water every morning helps you stay healthy? Take a fresh lemon and warm it in a microwave. Put one or two slices of the warm lemon in a glass of warm water. Let the lemon water sit for a minute or two, or squeeze the juice from the lemon slices. Enjoy!

Now read about how drinking warm lemon every day will help you stay healthy.

1. Drinking warm water with lemon stimulates the gastrointestinal tract, making your body better able to absorb nutrients and pass food through your system with ease. Lemon juice also works to relieve heartburn and bloating.
2. It could help you lose weight. Lemons contain pectin, a fiber that supports weight loss by keeping cravings at bay. Sip on this concoction between meals and you might find yourself hitting the vending machine less often.
3. It boosts your immune system. Hello, vitamin C. Always a thing for fighting off illness. Just keep in your mind that your natural levels are prone to drop when you're stressed, making you more likely to be sick, so it's advisable to up your intake during particularly crazy times.
4. It improves your skin. Vitamin C is also important for skin, as it plays an important role in collagen synthesis (which boosts skin's elasticity) and repairs damaged cells. On top of that, warm lemon water has astringent

properties, which could help to heal blemishes and even scars from past blemishes.

5. It reduces inflammation. If you ever dealt with sore joints, you might have a uric acid buildup. Warm lemon water just happens to stop that.

Eat for Better Hydration

(June/July 2016 AARP Magazine)

With the dog days upon us, it's hard to drink enough to stay hydrated. Luckily, you can get plenty of fluid through your food, especially fresh produce. About how much you're taking in:

Fruit/Vegetable	Ounces of Water
1 watermelon wedge	10
1 medium peach	5
1 cup sliced strawberries	5
1 cup sliced cucumber	4
1 medium tomato	4
1 cup chopped raw zucchini	4
1 ear cooked corn on the cob	3

Strawberry Yogurt Smoothie

- 1 cup low-fat milk
- 1 cup frozen strawberries
- 1 cup low-fat plain Greek yogurt
- 2 Tbsp. honey
- 1 tsp. vanilla extract
- 1 cup ice cubes

Combine all ingredients in a blender. Blend until smooth and frothy.

To make other delicious smoothies, substitute a banana for the strawberries. Try to make other smoothies with orange/banana, mixed fruits you enjoy, or your favorite fruits.



HATS OFF

by Henry Holcomb Bennett

Along the street there comes
A blare of bugles, a ruffle of
drums;
A flash of color beneath the
sky:

Hats off!

The flag is passing by!

The colors before us fly...
But more than the flag is
passing by.
Days of plenty and years of
peace;
March of a strong land's swift
increase;
Equal justice, right, and law,
Stately honor and reverend awe;
Sign of a nation, great and
strong
To ward her people from foreign
wrong:
Pride and glory and honor all
Live in the colors to stand or
fall.

Hats off!

Along the street there comes
A blare of bugles, a ruffle of
drums;
And loyal hearts are beating
high:

Hats off!

The flag is passing by.

The New Colossus

by Emma Lazarus

Not like the brazen giant of
Greek fame,
With conquering limbs astride
from land to land;
Here at our sea-washed, sunset
gates shall stand
A mighty woman with a torch,
whose flame
Is the imprisoned lightning, and
her name
Mother of Exiles. From her
beacon-hand
Glows world-wide welcome; her
mild eyes command
The air-bridged harbor that twin
cities frame.
"Keep, ancient lands, your
storied pomp!" cries she
With silent lips. "Give me your
tired, your poor,
Your huddled masses yearning to
breathe free,
The wretched refuse of your
teeming shore.
Send these, the homeless,
tempest-tost to me,
I lift my lamp beside the golden
door!"



More Summer Hints from AARP

Window Hazards: You can damage your skin through a glass window. That is because windows do not filter out UVA rays. Use your sunscreen and cover up when driving or sitting in sunny rooms.

Tick Safety: Your best defenses against blood-sucking ticks are to cover up when outside and use your dryer! High heat dries out the ticks, killing them, so put your outside clothing in your dryer for 5 – 10 minutes. This really works!



Healthy Garden Plants: Steep fresh or dried leaves, flowers, and/or roots of *Echinacea* in boiling water to make a tea that fights summer colds and other infections. *Crushed leaves of citronella grass or lemon grass* rubbed on your skin will repel mosquitoes. To promote sleep or relieve anxiety, place the leaves and flowers of *lavender* in a vase of water on your night-stand. Crushed leaves or flowers of lavender placed on or rubbed on your sheets will provide a soothing scent, too. Slice the stem of *jewelweed*, then rub the

juicy inside on exposed skin to keep poison ivy rash from forming.

Spoon Trick for Mosquito Bite Itch: Press a warm spoon on the bite for 5 – 10 minutes to relieve itch. To warm the spoon, run the spoon under hot water before applying it. Another trick is to try capsaicin cream on the itch. The cream has an analgesic effect.

Whiff of Calm: Try meditation and yoga to reduce stress. Even faster, sniff an orange! Citrusy and floral aromas help to lower anxiety.

Honey for Scrapes: Put honey on an open cut or scrape before bandaging it. The honey reduces healing time significantly when applied to wounds because of its anti-bacterial and anti-inflammatory properties. It also reduces scarring!

The Way to Spray: The U.S. Centers for Disease Control and Prevention says sunscreen goes on first, then the insect repellent. Avoid combo repellent-sunscreen products, no matter how convenient they may seem; sunscreen usually needs to be reapplied more often than bug spray.

No More Sore Throat: The gelatin in marshmallows coats the throat and relieves irritation and pain. Just do not eat them too hot the next time you toast your marshmallows for some-mores.

Special Days



July 4 Independence Day
July 5 **Congregate Lunch at Fair Grounds**
July 5 Last Day of Ramadan
July 6 Eid al Filr
July 7 **Congregate Lunch at Fair Grounds**
July 14 Bastille Day
July 21 **Free Lunch for seniors (60+)**
July 26 **Friendly Neighbors Board Meeting**
August 23 **Friendly Neighbors Board Meeting**

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**COFFEE HOUR DAILY**  
**10:00 am**



**MOSCOW SENIOR CENTER**  
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## Senior Activities

**Monday AM** Computer Assistance

**Monday PM** Jigsaw Puzzles

**1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> Tuesdays**  
Chair Yoga 10:30 AM

**Tuesday Congregate Lunch**  
Pastries, Coffee, Soup 10:30 AM  
Salad Bar 11:30 AM  
Main Entree 12:00 NOON  
Dessert Bar

**Tuesday PM** Pinochle

**Wednesday AM** Blind and Diabetic  
Support Group at 10:30 AM

**Wednesday PM** Mah jongg

**Thursday, 9 AM – 3:30 PM**  
Open Studio Art Workshop

**Thursday Congregate Lunch**  
See Tuesday's Schedule

**Thursday PM** Bridge

**Friday AM** Bingo at 10:00 AM

**Daily Activities 9 AM – 4 PM**  
Coffee, Jigsaw Puzzles, Reading,  
Board Games for Small Groups,  
Quiet Socializing



**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, 2016**

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



Tuesday, July 5<sup>th</sup>

*Lunch served at the County Fairgrounds*

Pizza  
 Green Salad  
 Dessert

Tuesday, July 12<sup>th</sup>

**VEG6**

Grilled Cheese Sandwich

Bowl of Soup

*Blood Pressure  
 Clinic*

Veggies

Fruit w/Salad Bar

Dessert Bar

Meal sponsored by Anonymous

Tuesday, July 19<sup>th</sup>

**SP2**

Baked Ham

Scalloped Potatoes

Veggies

Soup

Fruit w/Salad Bar

Dessert Bar

Tuesday, July 26<sup>th</sup>

**SF6**

Tuna Noodle Bake

Biscuits

*Board Meeting  
 10:30 a.m.*

Veggies

Soup

Fruit w/Salad Bar

Dessert Bar

Meal sponsored by United Way

Thursday, July 7<sup>th</sup>

*Lunch served at the County Fairgrounds*

Fried Chicken Picnic

Potato Salad

Macaroni Salad

Dessert

Thursday, July 14<sup>th</sup>

**SB7**

Lasagna – Meat or Veggie

Garlic Bread

Veggies

Soup, Fruit w/Salad Bar

Dessert Bar

Meal sponsored by Latah AARP

Thursday, July 21<sup>st</sup>

Choice of Salmon or Liver w/Bacon & Onions

Au Gratin Potatoes

Veggies *Friendly Neighbors **Free Lunch***

Fruit w/Salad Bar *for seniors 60 and older*

Soup, Dessert

Salad & dessert bars at 11:00 AM

Main meal starts at 11:30 AM

**Join us for a free lunch!**

Thursday, July 28<sup>th</sup>

**SUP4**

Pork Chops

Dressing w/Gravy

Veggies

Soup

Fruit w/Salad Bar

Dessert Bar

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

**Name of Meal Site: Moscow**

**Menu for the month of: August, 2016**

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

Tuesday, August 2<sup>nd</sup> SUB2

Sweet-n-Sour Meatballs  
 Butter Noodles  
 Veggie and Bread  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Tuesday, August 9<sup>th</sup> SUP4

Pork Chops  
 Mashed Potatoes & Gravy Blood Pressure  
 Veggie and Bread Clinic  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Tuesday, August 16<sup>th</sup> SP4

German Sausage  
 Red Potatoes  
 Veggie and Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Tuesday, August 23<sup>rd</sup> SUPOL4

Fried Chicken  
 Scalloped Potatoes Board Meeting  
 Veggie and Bread 10:30 a.m.  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Tuesday, August 30<sup>th</sup> SUF4

Baked Cod w/Dill Sauce  
 Au Gratin Potatoes  
 Veggie and Bread  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Thursday, August 4<sup>th</sup> SUPOL8

Orange Chicken  
 Rice  
 Veggie and Bread  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, August 11<sup>th</sup> SB5

Spaghetti and Meat Sauce  
 Veggie  
 Garlic Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, August 18<sup>th</sup> SUPOL3

Turkey, Lettuce, and Tomato Sandwich  
 JoJo's  
 Veggie  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, August 25<sup>th</sup> VEG7

Veggie Burger w/Mashed Potatoes  
 Mushroom Gravy  
 Veggie and Bread Newsletter  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by DAWN  
 (Dementia & Alzheimer's Wellbeing Network)



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

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