

# *Friendly Neighbors Newsletter*

Volume 18 – Issue 4 – July/August 2017

Founder – Doris D. Norman

Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

Phone: (208) 882-1562 (Senior Center and Kitchen)

Web Page: <http://users.moscow.com/srcenter> Email: [friendly.neighbors@yahoo.com](mailto:friendly.neighbors@yahoo.com)

## President's Message



Happy summer, everyone!

Thanks to our wonderful kitchen crew (Lori, Diane and Summer), we have again received 100% from the Board of Health, making three years in a row. Great work Lori, Diane, and Summer!

Our budget is mostly on track, except for donations and grants. I have applied to

Rosauers for a grant, but we could use more donations.

Speaking of donations, it is appreciated that people are making donations for the free food we receive from the grocery stores. This helps to fund our newsletter. For people using the Senior Center, it would also help if donations were made for the coffee and other materials used, such as paper towels and teas. And don't forget, printing and copying are 10 cents a page to help pay for the ink.

Home Delivery of meals is a little low; if you know of someone that could use this service, have them contact the Area Agency on Aging at 208-743-5580 to see if they qualify for home delivery.

My thanks to Monica McLean for preparing the silverware for the congregate meals. Also thanks to Win and Sue Green and Tony and Sharon Singleton for taking over the pickup from Winco.

I was told that Sharon did a great job when I was absent to have eye surgery. Thank you, Sharon.

Don't forget the Flea Market on Saturday, September 9 from 8 AM to 12 noon in the Great Room of the 1912 Center. See adjacent article for more information.

Thank you to all the volunteers who help set-up and break down the meal site. We have several new members who jumped in to help.

Thank you all,

*Bill Terrio*, President

## Flea Market Saturday, September 9



Friendly Neighbors will hold a flea market in the Great Room of the 1912 Center on Saturday, September 9 from 8 AM to 12 noon. Please save your items (in "good used" or new condition) to donate to this fundraiser. Proceeds will be used to purchase a new steam table for the kitchen.

If you have items to donate, they may be brought to the Great Room on Friday, September 8 between the hours of noon and 5 PM. If you have large items and need help in transporting them, please let Bill know; we have several members willing to pick them up. Items may be brought to the Senior Center prior to September 8; leave them marked as donations for the flea market. If you would like a letter acknowledging your donation for tax purposes, contact Treasurer Kay Keskinen.

We need helpers to make this fundraiser successful. If you have experience with yard sales, as either a seller or buyer, we could use your expertise to help price items on Friday. We also need people to oversee the market on Saturday—visit with customers, answer questions, direct people, and so forth. Please let Bill Terrio know if you are able to help with the flea market tasks.

## Changes in Kitchen Staffing

by Bill Terrio, President and Kitchen Manager

As many of you may already know, Lori Bryant, our lead cook, will be taking a leave of absence starting August 1. She will be undergoing surgery on her legs. We will be looking for a temporary replacement for her position, which may become permanent, depending on the outcome of Lori's surgery. The replacement will need to work with Lori ahead of time to see how our meal site is operated in accordance with our contract with the Area Agency on Aging and our lease with Heart of the Arts, Inc.

As Kitchen Manager, I will conduct interviews with anyone who submits an application for the lead cook position, assuming the application warrants an interview.

We wish Lori the best of luck and look forward to her returning after her recovery.

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## Upcoming Events

Current issues of the Roadrunners and Latah AARP newsletters, Lunch & Learn schedules, Kenworthy event calendar, and more are posted on the Moscow Senior Center bulletin board. More details are below.

Idaho Roadrunners has various trips planned; see the latest newsletter for information.

UI Extension office free Lunch & Learn workshops return in September.

Flea Market on September 9! The Friendly Neighbors Flea Market will be held Saturday, September 9 from 8 AM to noon in the Great Room of the 1912 Center.

September 15: Latah AARP meets at Best Western Plus University Inn, lunch is at 11:30, program is at noon

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## Fun Facts

The average person spends 6 months of his/her lifetime waiting for a red light to turn green.

The largest recorded snowflake was in Fort Keogh, Montana in January, 1887, and was 15 inches wide.

You burn more calories sleeping than you do watching television.



## Idaho to Get New Telephone Area Code of 986

by Kay Keskinen, ex-telephone operator for NW Bell and GTE

Starting September 5, 2017, Idaho will be getting a new area code of 986 because they are running out of numbers that can be assigned in the current 208 area code.

For ex, 10,000 phone numbers have been reserved for the Potlatch telephone prefix of 875 (875-xxxx). But Potlatch has a population of about 800, so many possible numbers will go unused. Thus, a new area code is needed to permit more numbers.

New telephone numbers assigned after September 5 may receive the new 986 area code. Idaho has had one area code, 208, since 1947.

How will this affect you? Beginning on August 5, 2017 you will be required to use the full 10-digit telephone number (area code plus the 7-digit phone number) to complete local calls. Those of you with cell phones have been used to 10-digit dialing for some time, but those who have landlines will also have to dial the area code to make a local call.

For example, if you want to call the Senior Center in Moscow, you will need to dial 208-882-1562. Adding dialing "208" to the front of the phone number will not make this a long distance call. You will need to continue to make long distance calls as you used to: 1+area code+phone number.

Calls not using the area code for local calls will not be completed. You will hear a recording instructing you to hang up and dial again. But note, you may need to reprogram any automatic alarm systems or medical alert systems to add the area code to the front of the called number, if it is a local number. You will not need an area code to dial 911 for emergencies, but you **must** ensure that any automatic dialing equipment is properly programmed. During an emergency situation the recording to hang up and dial again won't help.

The "good news" of this new area code is that it is an overlay, affecting all of Idaho. Some new area code assignments in other states have meant that a more populated region kept the old area code and other regions received the new area code. But with an overlay, those phone numbers with an area code of "208" will keep their area code and only new phone number assignments will receive the new 986 area code.

If you have questions, please contact your local telephone service provider.

## Birthdays of our Members

### August

9 Laurie Parkins  
13 Jim Maley  
17 Ed Brown  
21 Al Pepe  
22 Helen Stormo  
25 Jon Bateman  
29 Jim Sanberg  
31 Harold Grassl  
31 Joy Irving  
31 Jim McCloskey  
31 Donna Ogden



### September

5 Betty Squires  
6 Glenna Taylor  
7 Donna DeBolt  
9 Cecelia Aussicker  
11 Fern Bielenberg  
13 BettyAnn Papineau  
14 Karon Aronson  
16 Gerald Schutz  
16 Ed Townsend  
19 Karen Davis  
25 Steve Barr  
28 Sue Green  
28 Terry Lindsey  
28 Frankie Yockey

\*If your birthday is not shown here, please check that your dues are current.

### Do This for 15 Minutes. You'll Live Longer From the *AARP Bulletin*, September 2015

There's no debate that exercise can help us live a longer, [healthier life](#). But let's say you have a chronic health condition that makes exercise difficult. Or maybe you're just very busy. Is there a minimum amount of exercise older adults can do to reap at least some benefits?

If you ask the federal government, as well as numerous other national and international health agencies, the answer is 150 minutes a week of moderate to vigorous exercise — basically 30 minutes a day, five days a week, of an activity such as brisk [walking](#), swimming or bicycling. Getting that much [exercise](#) has been linked to a 30 percent drop in the risk of [dying early](#), several studies have found.

But some researchers feel that target is too high for adults over age 60 and that federal exercise guidelines should differentiate between middle-

aged and older adults. A better idea, they say, is to determine the minimal amount of exercise that could reduce an older adult's risk of premature death and encourage sedentary people to strive for that.

What these scientists found, in a [new review of research](#), was that even 15 minutes a day of moderate exercise can help adults over age 60 live longer.

Granted, 30 minutes is better — the review found that it was linked to 28 percent fewer deaths over 10 years when compared with those who didn't exercise. But even half that time was still tied to 22 percent fewer deaths, particularly from heart disease and stroke, according to David Hupin, M.D., of the department of clinical and exercise physiology at the University Hospital of Saint-Etienne, France.

Hupin and his team analyzed data from past studies involving 122,417 men and women between the ages of 60 and 101 in the U.S., Taiwan and Australia. Based on their results, they believe the 150 minutes-a-week goal "might be too high for older adults and may discourage some of them," as they wrote in the Aug. 3 online *British Journal of Sports Medicine*. They noted that more than 60 percent of older adults don't get any regular exercise.

A more reasonable goal would be 15 minutes a day — a conclusion confirmed by [an earlier study](#) in May by Hupin and colleagues involving more than 1,000 subjects, age 65, who were followed for 13 years. In that research as well, those who did a lower level of daily exercise than the recommended amount still had a much lower risk of death than those who were sedentary.

"This message should be relayed by general practitioners, who play a key and essential role in promoting exercise behavior in the elderly," Hupin said. "Even a little is good, and more may be better."

And for those who can't achieve the 15-minute daily goal, trying to consistently move around as much as possible everyday will still yield benefits, he added.

## *Flea Market*

Saturday, Sept. 9, 2017

8 am – 12 noon, Great Room

Fundraiser for Friendly Neighbors



## Pretty Smart Grandma, Huh?

Margie St. John got a phone call from her "grandson" the other day, and she thought you might like to know about it. Here's the story in her own words:

When my phone rang, I answered it. "Hello!"  
"Hi Grandma! This is your grandson."  
"Hi honey," I said. "How are you doing?"  
"I'm OK. How have you been?" said the caller.  
"Oh fine...same as always."  
"How's Grandpa?"  
"You know him...Work! Work! Work! That's all he does."  
"Can I talk to him?"  
"As I said, at work. So what have you been up to?"  
"Well, I had a little fender bender."



"Oh dear. How are you? What happened?"  
"I broke my nose and cut my lip."  
"That's why you sound different..."  
"Sorry, I am having trouble talking, but they charged me with reckless endangerment even though the other driver was at fault."  
"Good! Then you can sue her and get your car fixed."  
"But I need to pay my fine."  
"Well, don't pay it."  
"You want me to stay in jail?"  
"You know Grandpa is the attorney, not me, and he says..."  
My caller hung up on me!

Today's scammers think they are so smart, but I know better. My grandson was cutting my grass, and Grandpa died ten years ago!



## A Scattering of Winter Memories

by Jeanette Talbott  
reprinted with permission from FN Newsletter,  
Vol. 2, No. 2, April/May 2001

Going coasting was a winter activity, but not without some painful memories. The barnyard on our home place sloped enough to give a good ride from house yard fence to the barn. My younger brother, Johnny (probably five years at the time), made a misjudgment in steering his sled and coasted under a parked wagon and struck his head on a protruding bolt. There was an instant wail and as he came out from under the wagon, a big purple knot was forming on his forehead. Mother, ever alert, came running, and I, arm around the wounded, met her as I walked Johnny toward the house. There was pain, but no permanent damage.



My own learning winter experience came when after a fast downhill trip on a very chilly morning, I was lying on my sled gathering strength for another uphill climb. I thought I would just assuage my thirst by licking the frost off the big blue bolt that fit the guide bar to the sled. **Horrors!** My tongue was stuck! What was going on? A fast pull away severed some taste buds, I'm sure!

On our noon hour release from country school, winter coasting was the favored sport. There were some scrapes from not lying low enough when going under barb wire fences that sometimes required some patching from the worried teacher.

Often after our outdoor sessions, our clothes would be wet. After the bell rang to bring us back to our studies, we would be allowed to sit around the big jacketed heating stove to warm up and dry out as the teacher read to us. I remember especially the "Black Beauty" and "Beautiful Joe" books.

I returned to school after a bout of whooping cough and engaged in some rigorous winter activity, which reactivated a cough that ended with an amazing **whoop!** I startled even myself.

One afternoon I skied on my father's homemade skis to a neighbor's about a quarter mile away over flat fields. When I sat on a chair in the house my legs still wanted that rhythmic sliding motion of the skis.

Running a few steps with the sled held to my side, plunking it down, and flipping myself on it belly down with flying snow in my face is best held lovingly in memory but no longer acted upon.

# “Keep it Cool with Summer Salads”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the July 2017  
“Senior Nutrition News”



Salads can provide a nutritious and refreshing meal for when it is just too hot to cook. With the amount of fresh produce available at this time of year, there are almost endless nutritious salad combinations to try. Some tips to build the ultimate summer salad add:

- **Greens** – Get creative with your greens! Go beyond the traditional spinach and romaine, and try kale, arugula, escarole or Swiss chard. Or for a completely different base, try making spirals or strips of zucchini.
- **Extra veggies** – Add in as many additional veggies as you like. Veggies are packed full of vitamins and minerals, and add flavor and crunch to your salad.
- **Protein** – Pick a protein or two! If you are vegetarian, or even if you’re not, try tofu, beans or soybeans on your salad for a change. Choose lean proteins like chicken, fish or eggs. Added protein will help you stay fuller longer.
- **Healthy Fats** – Try avocado, sunflower seeds, walnuts, or almonds as an interesting topping. If you are a cheese-lover, add a portion of your low-fat favorite into the mix. Remember, a serving of cheese is 1.5 ounces or about the size of four dice.
- **Fun mix-ins for texture and flavor** – Add in other items for texture and flavor. Try something sweet like sliced apple, mango chunks, strawberries, or any dried fruit. If you want a little crunch, add tortilla chips or croutons. Another option to make it a heartier salad would be to add some grains; brown rice, quinoa, or couscous all work well in a salad. Grains can round out the salad, making this meal contain all 5 food groups.
- **Dress it up!** – With 1-2 tablespoons of low-fat dressing. You can also make your own vinaigrette by the classic 3:1 ratio of oil to vinegar. Then just shake it up after you add your favorite herbs, chilies, salt and/or pepper. Throw everything in a bowl, toss it together, and you have a quick-and-easy, no-cook meal.

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## Humor

### Things to Ponder

1. Don't sweat the petty things, and don't pet the sweaty things.
2. One tequila, two tequila, three tequila, floor.....
3. Atheism is a non-prophet organization.
4. If you try to fail and succeed, which have you done?
5. The main reason Santa is so jolly is because he knows where all the bad girls live.
6. I went to a bookstore and asked the saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.
7. What if there were no hypothetical questions?
8. If a deaf person swears, does his mother wash his hands with soap?

9. Why is there an expiration date on sour cream?
10. Is there another word for synonym?
11. Where do forest rangers go to "get away from it all?"
12. What do you do when you see an endangered animal eating an endangered plant?
13. If a parsley farmer is sued, can they garnish his wages?
14. Would a fly without wings be called a walk?
15. Why do they lock gas station bathrooms? Are they afraid someone will clean them?
16. Can vegetarians eat animal crackers?
17. How do they get deer to cross the road only at those yellow road signs?
18. What was the best thing before sliced bread?

## Calendar...

August is National Eye Exam Month

### August

- 3 National Watermelon Day
- 13 Left Hander's Day
- 14 V-J Day (the Japanese cabled surrender)
- 16 National Tell-a-Joke Day
- 21 Senior Citizen's Day
- 22 Friendly Neighbors Board meeting
- 30 National Marshmallow Toasting Day

September is Self-Improvement Month

### September

- 2 V-J Day (as declared by President Truman)
- 4 Labor Day
- 5 Be Late for Something Day
- 9 Friendly Neighbors Flea Market, 1912 Center
- 10 Grandparents' Day
- 17 Constitution Day
- 21 International Peace Day
- 22 Autumnal Equinox
- 26 Friendly Neighbors Board meeting

**Coffee Hour Daily - 10:00 a.m.**



**at the Moscow Senior Center**

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Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency.



Friendly Neighbors Senior Citizens, Inc. is a non-profit organization, recognized by the IRS as a 501(c)(3) charity. Donations to Friendly Neighbors are deductible under Section 170 of the Code.

## Senior Meal Site/Senior Center

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. The salad bar is available at 11:30 AM, and the main meal is served at noon.

Suggested donation for the meal is \$5.00 for seniors 60 and older; for anyone under 60 the price is \$7.00. A "meal ticket" (good for 11 meals) for seniors is available for \$50.

Monthly menus are available at the meal site and on our web page:

[//users.moscow.com/srcenter](http://users.moscow.com/srcenter)

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important nutrition and social services for Moscow area seniors.

Besides managing the senior meal site, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors, located on the first floor of the 1912 Center and open from 9 am – 4 pm Monday through Friday (closed holidays).

### Senior Center daily activities include:

- Monday 10 AM – 12:30 PM Computer help
- Monday PM: Jigsaw puzzles
- Tuesday 10:30 AM Chair Yoga, Arts Workshop
- Tuesday PM: Pinochle
- Wednesday AM: Blind and Diabetic Support Group at 10:30
- Wednesday PM: Mah jongg
- Thursday 9 AM – 3:30 PM Open Studio, Arts Workshop
- Thursday PM: Bridge
- Friday AM: Bingo at 10:00

Daily Activities 9 AM – 4 PM Quiet socializing, coffee/tea, reading, board games, TV, jigsaw puzzles, computer use, free wi-fi

### Tuesday and Thursday Congregate Lunch Schedule:

- 10:30 AM: Pastries, coffee, tea, soup
- 11:30 AM: Salad Bar
- 11:55 AM: Announcements
- 12:00 noon: Entrée

# SENIOR MEAL SITE LUNCH MENU

## Area Agency on Aging Senior Nutrition Program

USDA IS AN EQUAL OPPORTUNITY PROVIDER

Name of Meal Site: Moscow

Menu for the month of: August, 2017

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon

Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, August 1<sup>st</sup> SUB5

BBQ Pork on a Bun  
Fruit Salad  
Veggie  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by United Way

Tuesday, August 8<sup>th</sup> SUPOL9

Chicken Salad Sandwich  
Raw Veggies Blood Pressure  
Soup, Bread Clinic  
Fruit w/Salad Bar  
Dessert Bar

Tuesday, August 15<sup>th</sup> SUB4

Turkey Chef Salad  
Biscuit  
Veggie, Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Tuesday, August 22<sup>nd</sup> SP1

Sweet-n-Sour Chicken  
Rice Board Meeting  
Veggie, Bread 10:30 a.m.

Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Latah AARP Chapter

Tuesday, August 29<sup>th</sup> SUB2

Teriyaki Meatballs  
Butter Noodles  
Veggie, Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

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

Thursday, August 3<sup>rd</sup> SB5

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

Meal sponsored by Anonymous

Thursday, August 10<sup>th</sup> SB3

Hamburger Stroganoff  
Noodles  
Veggie, Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored in Memory of Janet McCloskey

Thursday, August 17<sup>th</sup> SP2

Baked Ham  
Scalloped Potatoes  
Veggie, Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Thursday, August 24<sup>th</sup> SUB6

Roast Beef  
Mashed Potatoes & Gravy  
Veggie, Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by A. Nonny Mouse

Thursday, August 31<sup>st</sup> SPOL3

Chicken Noodle Casserole  
Veggie  
Soup, Bread  
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

# SENIOR MEAL SITE LUNCH MENU

## Area Agency on Aging Senior Nutrition Program

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Name of Meal Site: Moscow

Menu for the month of: September, 2017

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon

Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, September 5<sup>th</sup> SFB3

Lasagna – Meat or Cheese

Veggie

Soup, Bread

Fruit w/Salad Bar

Dessert Bar

Meal sponsored by a member in support of  
Friendly Neighbors

Tuesday, September 12<sup>th</sup> FP9

Roasted Honey Pork Loin

Au Gratin Potatoes Blood Pressure

Veggie, Bread Clinic

Soup, Fruit w/Salad Bar

Dessert Bar

Meal sponsored by A. Nonny Mouse

Tuesday, September 19<sup>th</sup> FF1

Baked Fish Fillet w/Tartar Sauce

Rice

Veggie

Soup, Bread

Fruit w/Salad Bar

Dessert Bar

Tuesday, September 26<sup>th</sup> FP10

Chop Suey

Rice Board Meeting

Veggie, Bread 10:30 a.m.

Soup, Fruit w/Salad Bar

Dessert Bar



Thursday, September 7<sup>th</sup> FPOL1

Oven Fried Chicken

Mashed Potatoes & Gravy

Veggie, Bread

Soup, Fruit w/Salad Bar

Dessert Bar

Meal sponsored by Anonymous

Thursday, September 14<sup>th</sup> FP7

German Sausage

Sauerkraut, Potato Wedges

Veggie, Bread

Soup, Fruit w/Salad Bar

Dessert Bar

Meal sponsored by United Way

Thursday, September 21<sup>st</sup> FPOL3

Chicken Teriyaki

Noodles

Veggie

Soup, Bread

Fruit w/Salad Bar

Dessert Bar

Thursday, September 28<sup>th</sup> SUB9

Hamburger Steaks Old Time Fiddlers

Mashed Potatoes w/Gravy @ 11:30 a.m.

Veggie

Soup, Bread Newsletter

Fruit w/Salad Bar

Dessert Bar



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