

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



Hi again!

As you can see from the photo on the left, Friendly Neighbors has had a change in its president. Carrie Bitterwolf resigned from the board in June due to health reasons. I want to thank the Board of Directors for naming me as President to complete Carrie's year. I will endeavor to fulfill my obligation as your

President, and I want to thank Carrie for all the good work she did during her tenure. You will continue to see her at the meal site sign-in desk, and she remains on the board as Immediate Past President.

As you may not be aware, I have not had a good year health-wise either, but am feeling better now.

With the support of all of our members, our organization can complete another good year. It takes many volunteers to provide all of the services we offer to seniors, and I want to commend all the volunteers who have made 2019 a good year. I look forward to their continued help.

Our attendance at meals seems to be dwindling, especially on Thursdays and we need to encourage more seniors to come. Even though we've been providing meals for 46 years, many are unaware of our senior meal program. Please pass the word about our lunches or bring a guest to a meal.

Coming up in September is the Latah County Fair, which runs from September 12 – 15. It's a great event for all ages. Besides the free entertainment, there are vendors, exhibits, and rides.

Bill Terrio, President

Latah County AARP Makes Donation

Friendly Neighbors relies on donations to help meet its expenses. We are thankful when organizations with similar goals of supporting senior citizens also support us.



Louise Regelin, representing the Latah County Chapter of AARP, is shown presenting a donation

check to President Bill Terrio on July 11. In the background is Carrie Bitterwolf, Past President of Friendly Neighbors.

Idaho Road Runners

Idaho Roadrunners is a nonprofit travel club for anyone over the age of 21. Day trips to plays, nearby attractions and events, as well as overnight trips to more distant destinations, are included in the club's activities. Costs are kept as low as possible by taking advantage of group rates. Members choose which trips they want to participate in. A monthly newsletter (posted on the Senior Center bulletin board) keeps members informed of upcoming trip options.

Regular meetings are held on the second Saturday of each month at the Moose Lodge in Moscow at 8:00 am. No-host breakfast is available beginning at 7:30 am. For more information, please contact LeNelle McInturff at lenellem@moscow.com or 208-882-1300.

“7 Behaviors That Can Make you a Target for Scammers”

Research says some good personality traits can create vulnerabilities

by Amy Nofziger and Mark Fetterhoff, [AARP](#),
May 2, 2019



What makes you prone to getting scammed? It may be the personality traits that make you a

good person. Based on our research at the AARP Fraud Watch Network, here are some characteristics that make people vulnerable to fraud:

1. You respect authority. Many common scams are perpetrated by crooks impersonating a police officer, an IRS or Social Security agent, or a court representative. Always remember this: Government offices rarely call citizens to conduct business — and they never demand quick payment. If that’s what the caller wants, put aside your inclination to defer to authority figures. Just hang up.

2. You like to please people. One scam we’ve been seeing hits people at work and plays on your good nature. An email from a boss or coworker asks you to buy some expensive gift cards and take photos of the front and back of the card to get reimbursed. The email is actually from a scammer mimicking the real thing. Once he has the numbers from the gift cards, he uses them before the fraud is caught.

3. You are cocky. We often hear from victims, “I’ve never been defrauded. I thought I was too smart.” If you believe you are immune to being cheated, think again. Scammers are professionals — and endlessly creative.

4. You slipped up once. Sadly, if you have already been scammed, chances are good the fraud calls will increase. Thieves put your information on a “victim list” that gets sold to other scammers or criminal rings.

5. You’re friendly. Many victims who call us met their scammer on social media via a friend request. Try to limit social media contact to real friends and family, and turn down requests from people you don’t know.

6. You are under stress. We also get lots of calls from people who were tricked into giving away personal info while dealing with an illness or another stressful event. People who have recently lost a loved one are also vulnerable, especially if the obituary reveals details that a crook can use as bait. Be especially vigilant during times of crisis.

7. You’re lonely. The Fraud Watch Network has found that many scam victims report feeling lonely and isolated from family and friends. That makes them susceptible to the fake friendliness of professional thieves. If you feel lonely or isolated, AARP and AARP Foundation have programs to help you connect with people in your community. Go to connect2affect.org.

“Cowboy Poetry”

Getting Old

I’ve sure gotten old! I have outlived my feet and my teeth.
I’ve had two bypass surgeries, a hip replacement,
New knees, fought prostate cancer and diabetes,
I’m half blind,
Can’t hear anything quieter than a jet engine,
Take 40 different medications that make me dizzy,
winded, and subject to blackouts,
Have bouts with dementia,
Have poor circulations,
Hardly feel my hands and feet any more,
Can’t remember if I’m 85 or 92
Have lost all my friends. But, thank God,
I still have my driver’s license.

Author Anonymous

The Popsicle Was Invented by Accident

In 1905, an 11-year-old boy in San Francisco named Frank Epperson accidentally left a cup of soda and a stirring stick outside his porch. The next morning, it was frozen. Seeing that it was a new way to enjoy the cold beverage, he began selling the frozen pop at an amusement park in New Jersey. In 1923, he launched “Epsicles” until his children persuaded him to change them to “Pop’sicles”.

Today, this summer favorite is made in various flavors, colors and shapes. Around two billion popsicles are sold every year.



Birthdays of our Members

August

12 Celia Boland
17 Douglas Comstock
25 Jon Bateman
31 Harold Grassl
31 Joy Irving
31 Jim McCloskey
31 Donna Ogden



September

6 Glenna Taylor
13 BettyAnn Papineau
14 Karon Aronson
16 Gerald Schutz
16 Ed Townsend
19 Karen Davis
25 Steve Barr
28 Sue Green
28 Terry Lindsey

*If your birthday is not shown here, please check that your dues are current (or you may have requested that we not publish your birthday)

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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 Board Members

President: Bill Terrio  
Vice President: Sharon Singleton  
Secretary: LeNelle McInturff  
Treasurer: John Carlson  
Directors: Steve Barr (term ends 12/31/2019)  
Win Green (term ends 12/31/2020)  
Sally Amador (term ends 12/31/2021)  
Immediate Past President: Carrie Bitterwolf

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.

## Calendar...

### August

8 Free Bingo at senior meal site  
14 V-J Day, the end of World War II  
14 Bus to the Coeur d'Alene Casino  
27 Friendly Neighbors Board meeting

### September

2 1912 Center closed for Labor Day  
8 Grandparents Day  
11 Bus to the Coeur d'Alene Casino  
12 Free Bingo at senior meal site  
12-15 Latah County Fair, at Fairgrounds  
24 Friendly Neighbors Board meeting

### The bulletin board in the Senior Center

includes postings of senior-related newsletters (Roadrunners, Latah AARP, etc.) along with flyers of Lunch & Learn classes, AARP "Smart Driver" classes, and other events. "Lunch & Learn" are free classes held at noon at the Latah Fairgrounds.

### Senior Meal Program/Senior Center

Friendly Neighbors Senior Citizens, Inc. is a non-profit organization recognized by the IRS as a 501(c)(3) charity that operates a senior meal program that includes a congregate meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow along with a home delivery program through the Area II Agency on Aging.

For the congregate meals, 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.



To determine if you qualify for home-delivered meals, contact Carolyn Patterson at the A2AoA in Lewiston at (800) 877-3206.

Monthly menus are posted at the meal site and on our web page: //users.moscow.com/srcenter Besides managing the senior meal program, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors. It is located on the first floor of the 1912 Center and open from 9 AM – 4 PM Monday through Friday (closed holidays).

# “Vegetables: The Truth on Fresh, Frozen, and Canned”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the June 2019 “Senior Nutrition News”

**Vegetables are important to eat whether they are fresh, frozen, or canned. Vitamins, fiber, and other essential nutrients are found in vegetables in any form, and those nutrients help keep you healthy and feeling great!**

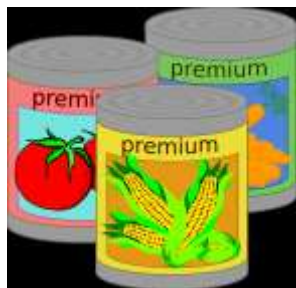
## Fresh Vegetables

Fresh vegetables are flavorful, especially when they're in season. And that's when they're usually most affordable, too. Save money on fresh vegetables by buying only the amount your family can eat before they spoil. Look for locally grown vegetables at the grocery store or a farmer's market. Many farmers markets now accept SNAP benefits.



## Frozen Vegetables

Frozen vegetables are picked when they are at the peak ripeness and perfect for eating. Then they are flash frozen to seal in the nutrients, so nutritionally they are a great choice that stores well. Frozen vegetables can be stored safely in the freezer for months without spoiling.



## Canned Vegetables

Canned vegetables are picked at the peak of freshness and are an affordable way to get the benefits of vegetables, but due to processing, they may contain more salt. Choose “low sodium” or “no salt added” options at the store or rinse canned vegetables in water before adding them to your favorite dish. Stock up when they go on sale because they have a long shelf life.

Kanopy at the Moscow Public Library



**Kanopy** is an award-winning video

streaming service providing access to more than 30,000 independent and documentary films — titles of unique social and cultural value from The Criterion Collection, The Great Courses, Media Education Foundation, and thousands of independent filmmakers.

This popular on-demand film streaming service is now available for free at all Valnet Libraries. Library card holders can access Kanopy and sign up to start streaming films instantly by visiting <https://valnet.kanopy.com/>. Films can be streamed from any computer, television, mobile device, or platform by downloading the Kanopy app for iOS, Android, AppleTV, Chromecast, or Roku.

The Moscow Public Library is a Valnet library. A patron with its library card may access 5 films each month. Those households with more than one library cardholder may access 5 films for each cardholder.

Sign up with your library card at [VALNET.KANOPY.COM](https://valnet.kanopy.com)

(A longer news article about Kanopy at the Moscow library is posted on the Senior Center bulletin board.)