

# *Friendly Neighbors Newsletter*

Volume 21 – Issue 4 – July/August 2020

Editor – Kay Keskinen

Founder – Doris D. Norman

Moscow Senior Meal Site and Senior Center

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

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

E-mail: [friendly.neighbors@yahoo.com](mailto:friendly.neighbors@yahoo.com)

Web Page: <http://users.moscow.com/srcenter> Blog: <http://moscowseniors.blogspot.com>

## President's Message



Hi, everyone,

I hope you are all staying safe and well during this coronavirus pandemic. This is a trying time for all of us.

With more reported cases of COVID-19 in Latah County, the prospects of opening our congregate meals and senior center activities soon are not very promising. The City of Moscow is testing its

wastewater for the presence of COVID. The July 13 test results indicated an estimate of 1,800 cases in the city.

Until we can safely reopen our congregate meal program, we will continue the Grab & Go meals on Tuesdays and Thursdays on the north side of the 1912 Center, and we have increased numbers of home delivery meal clients.

I want to thank our kitchen staff and our volunteers who have made it possible to continue our efforts to feed seniors. They have kept us going.

For other food and meal options, please read the article on page 4 of this issue about the Food Not Bombs of the Palouse Sunday community meals. Also, every third Friday at 10 AM the United Way and Idaho Food Bank are distributing boxes of food at the Joseph Street Playfields in SE Moscow. Note that this is drive-thru only; stay in your car and follow signs and volunteer flaggers.

I hope we can get together soon; I miss seeing everyone.

Bill Terrio, President

## When Will the 1912 Center Open?

Good question. I spoke recently with Jenny Kostroff, Executive Director of Heart of the Arts, about this. The general answer is, "When it is safe to return to activities."

The Moscow City Council has a mask mandate in place; if you cannot maintain a six-foot social distance, you need to be wearing a face mask that covers your nose and mouth (unless you have a medical exemption).

If Friendly Neighbors were able to provide enough volunteers who would wear face masks and monitor the building entrances weekdays from 9 AM to 4 PM and check that everyone who enters the building is wearing a face mask, then perhaps the building could be opened for some senior-related activities.

All those who came into the Senior Center would have to sign in with their full name and contact information (phone and/or e-mail). That way if someone who used the center tested positive for COVID-19, there could be contact tracing to alert those who used the center at the same time so they could self-isolate and/or be tested.

At this time, it is likely not feasible to return to congregate meals. It's tricky to eat and drink with a face mask, and we would also have to maintain social distance since face masks would be removed for lunch.

Jenny will work with President Bill Terrio on the possibility of having enough Friendly Neighbors members to monitor building access. If there seems to be a safe way to open for senior activities, then members will be informed.

In the meantime, stay patient and safe.

Kay Keskinen

# A Coronavirus Vaccine Made for Those 50-plus

from aarp.org July 7, 2020

## A top goal of researchers is preventing COVID-19 among older populations

One thing is certain: It won't be just another flu vaccine.

Medical researchers worldwide are working toward a single goal: to develop a vaccine, or vaccines, to protect us from the novel coronavirus and the disease it causes, COVID-19. The crucial puzzle piece? Ensuring it is effective in the most at-risk population — older adults.

As we age, our immune systems become less efficient and, as a result, vaccines are less effective — the 2017–2018 flu vaccine, for example, was 38 percent effective in the general population but less than 20 percent effective in people over 65. So, a standard antibody-producing vaccine, while helpful, may not be the preventive resource we need.

Antibodies are key to a second goal, too: finding a treatment that doctors can use to mitigate the worst symptoms and outcomes of the disease when people do get it.

### A winding road forward

Once you're exposed to a virus, a race begins between the virus and the body's immune system; which one will overwhelm the other? "If we can give the immune system a head start, instead of the body starting from zero, we get it to a stronger position," says Paul Duprex, director of the Center for Vaccine Research at the University of Pittsburgh. "How do we do that? We expose people to fragments of the virus before the real virus comes along. That is the process of vaccination in the simplest sense."

Over the past several months, you've probably read dozens of stories of promising new vaccines, including trials being conducted on people 50 and older. Anthony Fauci, M.D., our national beacon of medical hope through this crisis, made headlines in early June when he said that we should have "a couple of hundred million doses" of a candidate vaccine by the beginning of 2021.

### Find the add-ins

A little-known fact: Scientists have created extra ingredients they can add to vaccines to make them work better. This is crucial in the quest to make an

effective vaccine for older adults whose immune systems are on the decline.

Jay Evans, director of the Center for Translational Medicine at the University of Montana and a leading expert on these ingredients, known as adjuvants and immunostimulants, says they will likely be a key factor in COVID-19 vaccines' working in older adults.

"We have libraries of compounds that we've developed over the last 25 years that target specific immune receptors and drive different types of immune responses," he says. "We're starting to look at blood samples collected from people over 60 and screening these same immunostimulants or adjuvants in vaccines in these samples to understand which types they'll best respond to."

"As we age, our immune systems become less efficient and vaccines are less effective."

One key area is using adjuvants to encourage T cells — the body's virus fighters — to "wake up" and go to work in these populations. This is not an easy trick, Evans says. "If you choose the wrong adjuvant, you could produce a very healthy immune response in someone who's 30, and something that's not effective, or potentially damaging, in someone who's 70."

This is where the idea of multiple vaccines comes into play — maybe one for a younger population and another with different ingredients for older people.

"It's plausible that a vaccine that works on people under the age of 2 or someone who's 20 or 30 might require a different adjuvant for someone over age 60," Evans says.

### Hedge against failure to find an age-specific vaccine

Science has been successfully creating vaccines for an older population — shingles and pneumonia, for example — but given the compressed time line on this one, no one is sure what will happen. Still, even if no vaccine is found that is effective in older adults — or a vaccine performs in slower or less effective ways, like the flu shot — that doesn't mean we can't still triumph over COVID-19.

"Let's make sure a useful vaccine helps older people, but let's also quash this thing in younger people so we reduce the overall circulation of the virus," Duprex says. "That's what happened with measles. And measles is the most infectious human virus on the planet."

[Full article available at [aarp.org](https://aarp.org)]

# COVID-19

What the Numbers Say  
from Idahopublichealth.com

The Idaho Public Health web site includes a wealth of information about coronavirus. Though the numbers of COVID-19 cases keep changing, here is what District 2 charts show for Latah County data as of July 27.

### Cases by Sex:

Females = 27  
Males = 47

### Cases by Age:

0 – 9 = 6  
10 – 19 = 9  
20 – 29 = 28  
30 – 39 = 12  
40 – 49 = 5  
50 – 59 = 5  
60 – 69 = 6  
70 – 79 = 3  
80 – 89 = 0  
90 – 99 = 0  
100+ = 0

### By Active Status:

Recovered = 7  
Deceased = 0



# Idaho Fun Facts



At around 7,900 feet, Idaho's Hells Canyon is the deepest gorge in the United States, even deeper than the Grand Canyon.

Idaho has 3,100 miles of rivers, more than any other state in the country.

Idaho's Shoshone Falls is known as the Niagara of the West. It drops 212 feet, actually beating out the Niagara Falls of the East by 45 feet.

It is against the law in Idaho for a man to give his sweetheart a box of candy weighing more than 50 pounds.

The state seal of Idaho is the only one in the country that was designed by a woman.

Rigby, Idaho is the childhood home of the inventor of the TV, Philo T. Farnsworth, and is self-proclaimed as the birthplace of television.

When you get to Heaven's Gate Lookout, you can see four states at one time: Idaho, Washington, Montana and Oregon

~ ~ ~ ~ ~

## Humor

A man got hit hard in the head with a can of 7-UP. He's okay though; it was a soft drink.

I asked my granddaughter if she'd seen my newspaper. She told me that newspapers are old school and handed me her iPad. The fly didn't stand a chance.

Ah, the modern days. I just saw a grandpa help a young man who was staring into his phone to cross the street.

Q: What do you call the soft tissue between a shark's teeth?

A: A slow swimmer.

As long as cocoa beans grow on trees, chocolate is a fruit to me.

I bought memory foam insoles for my shoes so I could remember why I walked into a room.

If you cannot find your dog, open the refrigerator door. You dog will be standing right behind you.

I was addicted to the hokey pokey, but luckily I turned myself around.

If looks could kill, a lot of people would die with bridge cards in their hands.

The early bird may get the worm, but the second mouse gets the cheese.

## “Hidden Calories”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the June 2020 “Senior Nutrition News”

Calories add up fast! Just 100 extra calories a day can add 10 pounds of body weight in a year! Throughout the day, many of us consume calories we may not even consider or factor into our daily calorie intake. Consider these sources for hidden calories in your diet:

• **Coffee**—for many of us coffee is a must-have! By adding cream and sugar to your cup, you could be adding calories along with sweetness.

- For every teaspoon of sugar, you are adding about 15 calories.
- For creamer, pay attention to the serving size. Usually a serving of creamer is about two tablespoons and if you are pouring it out of a bottle, chances are you are pouring much more than two tablespoons.
- Choose non-fat milk and a sugar substitute to reduce these calories.

• **Snacks**—Calories from snacks can easily add up, so plan snacks as a part of your day's food plan. Use snacks to be sure you are getting enough daily servings from each MyPlate food group. Fruits, vegetables, grains, protein and dairy foods can all make great snacks while watching the number of calories. Avoid high sugar, fatty and salty snacks, such as candy and soda pop.

• **Condiments**—can also offer us taste at the expense of calories. Pay attention to how much ketchup, ranch, mayonnaise, sour cream, butter, etc. you use. Look at the nutrition facts label on each food package to determine serving size. Remember, the number of calories is for one serving size. If you use twice the serving size amount, you are consuming double the calories.

### Try these foods in place of your higher calorie favorites:

- Hot sauce instead of ketchup on your morning eggs.
- Non-fat plain Greek yogurt instead of sour cream on your baked potato.
- Salsa or hummus instead of ranch for your veggie dip.

Making minor changes in your diet can make a big impact on your health in the long run! Decrease your intake of those sneaky calories and improve your health by making educated eating choices.



## ~~ FOOD NOT BOMBS OF THE PALOUSE ~~



Food Not Bombs of the Palouse (FNBP) provides free food on Sundays from 4:45 PM to 6:30 PM at the First Presbyterian Church at 405 S. Van Buren in Moscow.

Food Not Bombs of the Palouse is one of hundreds of chapters of Food Not Bombs worldwide that began taking food that was bound for the trash to what is now called food recovery. The name of the organization represents the founders' opposition to violence and is meant to draw attention to outrageous amounts of time and money spent on wars in the face of global starvation. Food Not Bombs of the Palouse hopes to carry on that same tradition of community building and has had

tremendous success so far, thanks to a tremendously supportive community that comes together to volunteer their time, their resources, their food, and their love to make this solidarity happen. Area partners include Safeway, Rite-Aid, Affinity Farm, Deep Roots Farm, UI Soil Stewards, and many more to make this work possible with their donations of food, food storage space, a place to cook and serve, all standing in solidarity.

Join in our Sunday community meals which include music, hot vegan and vegetarian food, and a myriad of groceries to take home. Note that due to COVID-19, we are currently only offering curbside pickup, but we are now adding DELIVERY. FNBP currently serves around 200 people a week on the Palouse.

Contact us at: [foodnotbombsofthepalouse@gmail.com](mailto:foodnotbombsofthepalouse@gmail.com), or on our Facebook page (FNBPalouse) with any questions you may have.