

# *Friendly Neighbors Newsletter*

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Moscow Senior Meal Site and Senior Center

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## President's Message



Hello,

All is getting better with our senior congregate meals back in operation and senior activities starting again. Check out the article elsewhere in this newsletter to learn about each of the senior activities we oversee. My many thanks to all of the volunteers who share their skills and time.

Thanks as well for all the help we've received in the last 16 or so months, we are progressing.

Don't forget the FREE LUNCH for SENIORS on Tuesday, August 10 (see article →).

Thanks to a grant we received from the LC Valley Healthcare Foundation, there are new cabinets in the 1912 Center kitchen. The previous cabinets had missing doors, broken locks, and were likely older than most of our members. The new ones make the kitchen look so much better, and our supplies fit perfectly.

At the June meeting of the Friendly Neighbors board of directors we lowered the suggested donation for our meals from \$5.00 to \$4.00, beginning August 1. Meal tickets will be reduced to \$40.00 for eleven meals. Those who already have meal tickets will be accommodated with additional meals, depending on how many punches you have left on your current ticket.

We miss seeing you all. Please rejoin our Tuesday and Thursday lunches and plan to participate in our senior social and physical activities.

Bill Terrio, President

## Yes, there is Such a Thing as a Free Lunch

Friendly Neighbors will provide a free lunch to seniors (aged 60+) on Tuesday, August 10 in the Great Room of the 1912 Center (412 East Third Street). The organization wants to introduce itself to seniors in the Moscow area who may not be familiar with the services we provide. Current members of Friendly Neighbors are, of course, welcome, too; bring a friend and make new friends.

The meal starts with a social hour at 10:00 AM with coffee, tea, and pastries. Dessert is available at 11:30 AM. The main meal will be served at noon. Diners will have their choice of entrée: oven fried fish with mashed potatoes and gravy and a vegetable or roasted chicken with peppers and potatoes pita. Also included is a mixed fruit salad.

In addition to serving congregate meals on Tuesdays and Thursdays, Friendly Neighbors partners with the Area Agency on Aging to provide home-delivered meals to Moscow area seniors who qualify for those meals.



Each weekday Friendly Neighbors members volunteer to provide one or more activities directed to seniors. These include computer assistance, pinochle, bridge, mah jongg, chair yoga, dance fitness gold, open art studio, bingo, and senior disabilities support group. All are free. Most activities have begun already, but some will begin in the fall (see activity information on page 5).

## Birthdays of our Members

### August

12 Celia Boland  
25 Jon Bateman  
29 Tamara Conniff  
30 Susan Warren  
31 Joy Irving  
31 Jim McCloskey



### September

4 Colleen Bright  
6 Glenna Taylor  
11 Fern Bielenberg  
14 Karón Aronson  
16 Gerald Schutz  
16 Ed Townsend  
27 Ray Morris  
28 Dianne Cole  
28 Sue Green

## Become an Exercise Leader

**Fit and Fall Proof™**,  
a community exercise program,  
is calling for volunteers who  
are or want to work with  
cancer survivors.



- Be part of a NEW class for cancer survivors in Moscow!
- Receive free training
- Volunteer as little as one hour per week
- Help prevent falls
- Improve independence
- Make new friends
- Improve your health and fitness while helping others do the same
- Be part of something positive and productive
- Exercise background is not necessary

Next Leader  
Training:  
Summer  
2021

Contact the Public Health- Idaho North Central District  
Program Coordinator for more information.

Kate Wilson (208) 799-0379



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**Fit and Fall Proof™**

## Library Services Can Meet You Where You Are

by Mason Neil, Latah County Library District  
Outreach Specialist

The Latah County Library District has many resources you can access by coming into the library, but several services are also available wherever you have internet access. Whether you're travelling, staying at home, or just don't want to come into the library, there are still many ways library services can meet you where you are.

**Libby:** Libby is a mobile app that can be used on most smartphones and tablets to access digital books and audiobooks. Search "Libby" on your device's app store, then log in with your library card number, and use your last name with the first letter capitalized as your password. You can also access digital books and audiobooks on any laptop or computer at [//valnet.overdrive.com](http://valnet.overdrive.com).

**Kanopy:** Kanopy is a digital video streaming service similar to Netflix or Hulu, but you only need your library card to log in. Go to web site [//latahlibrary.kanopy.com](http://latahlibrary.kanopy.com) to begin streaming hundreds of films like blockbuster comedies to Academy Award-winning titles.

**Internet Access:** The library has mobile hotspots available for checkout—these devices create a wifi network wherever there is a cell phone signal. Search "hotspot" on [//latahlibrary.org](http://latahlibrary.org) to place a hold on one today.

**Tech Help:** Learning a new technology can be difficult, and the staff at the library are eager to assist you. Whether you're having an issue logging on to your account, or need help downloading the Libby app, anyone at the front desk of the library will be able to help, or you can call 208-882-3925 for assistance via phone.

**Digital Tutorials:** You can access tech tutorials any time by going to [//latahlibrary.org](http://latahlibrary.org) and clicking on Tutorials under Digital Resources on our main menu. Here you will find short videos about how to use Libby on your phone or tablet, accessing books and audiobooks through Overdrive on your computer, and how to use the Kanopy video streaming service.

**Getting a Library Card:** If you don't already have a library card, you can self-register for one online. Go to [//latahlibrary.org](http://latahlibrary.org) and click on "Get a Library Card?" under the "How Do I?" button on the main menu.

The library has many services available for your use, and we hope you'll access them in whichever way is most convenient for you.

## The “Best” and “Worst” of the Pandemic



collected by Kay Keskinen

I asked some members at a few of our congregational meals what, from their perspective, were the best and worst parts of the pandemic. Below are their responses.

Sally Amador: Best – more time for quilting; Worst – not being able to see family

Margie St. John: Best – not being required to go places; Worst – not seeing people

Lyn Crawford: Best – decluttering, but it's still unfinished; Worst – not being able to hug kids, grandkids, and great-grandkids

Carl Johnson: Best – stayed home; Worst – loneliness

Marie Charles: Best – having a new granddaughter; Worst – not being able to see everyone

Jackie Coleman: Best – back together again; Worst – lost my husband

Sue Green: Best – getting the vaccine; Worst – not being able to get out

Win Green: Best – getting a new US President; Worst – 600,000+ people died from COVID

Bob Mayburry: Best - getting Mom out of the nursing home; Worst – my wife died during the pandemic

Nancy Lindhorst: Best – hoping the pandemic would make people realize the importance of life; Worst – not being with friends and laughing

Nadine Morton: Best – my garden and lawn never looked so good, not a weed in sight; Worst – missed hugging my family

Joy Irving: Best – cleaning got done; Worst – not seeing everybody

Albert Konen: Best – no flu, no bronchitis, no pneumonia; Worst – no social activities, no movies

Mike Spangler: Best – getting the vaccine; Worst – not seeing people's faces

Linn Lindsey: Best – getting two Pfizer vaccinations; Worst – learning about COVID virus

John Carlson: Best – isolation, didn't have to do anything; Worst – had heart surgery and broke my hip

Jenny Kostroff: Best – had time alone in the building; Worst – Zoom meetings

Barb Townsend: Best – didn't know there was a best part; Worst – having to wear a mask

Ed Townsend: Best - didn't know there was a best part; Worst – missing church

Alan Chidester: Best – learned how to do my KRFP radio show from home for a year and a half; Worst – not a worst part

Jim McCloskey: Best – I got a lot done around the house that I had put off; Worst – not being able to see extended family and friends

Kim Thompson: Best – getting to be with my sister; Worst – trying to remember to bring my mask

Bill Terrio: Best - getting vaccine; Worst – missing people and activities

## What You Need to Know About the Coronavirus

From AARP.org on July 22, 2021

**The Delta variant is responsible for more than 80 percent of new COVID-19 cases.** The highly contagious [delta variant](#) now accounts for 83 percent of new COVID-19 cases in the U.S., Rochelle Walensky, director of the Centers for Disease Control and Prevention (CDC), said in a July 20 Senate hearing. “This is a dramatic increase, up from 50 percent for the week of July 3,” she added. Studies show the federally-authorized vaccines (full dose) offer a high level of protection from infection and severe illness from delta, along with other variants of concern. Even still, some local jurisdictions are recommending or requiring that everyone, including vaccinated individuals, wear face masks in indoor public places as a precautionary measure with delta on the tear.

**COVID-19 cases spike in U.S.** The average number of new COVID-19 cases in the U.S. is up nearly 70 percent, compared to the previous seven-day average, CDC data published on July 16 show. Hospitalizations are also up — a 35.8 percent increase from the previous week, and the seven-day moving average of new deaths rose 26.3 percent. The increases are happening most in parts of the country that have low vaccination rates, CDC Director Walensky said in a July 16 press briefing.



## Meet the Staff



**Volunteers** are the frontline workers, guardians of community well-being.

**Non-profit organizations** provide essential services, supporting the quality of life and serving as the social safety net.

**The WA-ID Volunteer Center** provides meaningful volunteer opportunities for persons of all ages that meet local needs and respond to priorities of national significance.

### How can I serve my community?

When you volunteer through the **WA-ID Volunteer Center**, a sponsor of the AmeriCorps Seniors RSVP program, you choose how you want to give back.

A few examples:

- Deliver or serve meals to local seniors by volunteering at Moscow Friendly Neighbors Meal Site.
- Support people impacted by food insecurities by volunteering at the local food bank.
- Create knitted, crocheted, loomed, or quilted cold weather items to keep the vulnerable community members warm.
- Providing community volunteer services to people non-relatives, reaching out to someone who is homebound or has difficulty getting out and about, shopping, collecting items for someone, transporting someone to appointments or social functions.

With the Volunteer Center you can use the skills and talents you've acquired over the years, or develop new ones while serving in a variety of volunteer activities in your community.

**Please contact Jeanette Wheaton, Volunteer Program Manager, at 208-746-7787 for questions or to start volunteering today!**

## Senior Activities

The senior activities coordinated by Friendly Neighbors will be returning in full force by this fall. Shown below is a list of each activity, its status, and its schedule.

The Green Dragon Game Room (northeast corner of second floor) should be ready for use by late August, so the senior activities that have recently been in the Fiske Room (bridge, mah jongg, pinochle, and bingo) will move to the Game Room once it is operational.

Another change on the horizon is a name change for the room known since 2002 as the "Moscow Senior Center." In September that room will be renamed the "Welcome Room," a space for all generations, not just seniors, to use and enjoy. Heart of the Arts, Inc. Executive Director Jenny Kostroff's office will continue to be inside that larger room, and Jenny's new Assistant Director Mina will staff that space. The next issue of this newsletter will introduce Mina to its readers.

The 1912 Center does not currently have a policy for face masks. Those who have not been fully vaccinated may want to wear a face mask for their own safety.

Below are the various activities and their schedules:

Monday: 10 AM – 12:30 PM **Computer help** is available in the Senior Center/Welcome Room, offered by Kay Keskinen.

Tuesday: 10:30 AM – 11:15 AM **Chair yoga** will begin on September 7 in the second floor Lecompte Auditorium. It is led by Esther Louie; Becky Barnes and Lauren Fins are the other yoga instructors. For the most part the yoga will be seated chair yoga poses, with easy flow and movement. Some optional standing poses to improve balance may be incorporated. We suggest that you check with your health care provider before starting any new physical activity.

Tuesday: 1 PM – 3 PM **Pinochle** group is in the Fiske Room/Game Room, led by Barb Townsend.

Wednesday: 1 PM – 4 PM **Mah jongg** in the Fiske Room/Game Room. (We play National Mah Jongg League rules)

Thursday: 10:30 AM – 11:15 AM **Dance Fitness Gold** will begin in October in the Arts Workshop; it is led by Lauren Fins. Dates are October 7, 14, 28, November 4, 11, 18 (no class on October 21). Dance Fitness Gold is a dance fitness program designed for seniors and others who want a gentle, but energetic and fun workout in a festive atmosphere. The routines are set to music you love, using Latin-dance steps (e.g. merengue, cha-cha, mambo, and tango) and moves from Rock and Roll and Disco. The sessions build cardiovascular health; work muscles of the hips, legs and arms; develop coordination; burn calories; and perhaps improve brain function. You do not need to be "a dancer" to join in these sessions. Perfection is not required, not even a goal! Just move, have fun, and share the experience with friends.

If you would like to be on Lauren's e-mail distribution list for announcements about these classes, please e-mail Lauren at [laurenfins@gmail.com](mailto:laurenfins@gmail.com)

Thursday: 1 PM – 3 PM **Open Art Studio** in the Arts Workshop, offered by Steve Gill and Janice Ardern, begins on September 9; call Steve at 509-338-2030 if you are interested in starting sooner than that.

Thursday: 12:45 PM – 4 PM **Bridge** in the Fiske Room/Game Room is organized by Larry Kirkland. Call Larry at 208-882-7313 if you would like to play so that he can plan the tables. If you just want to stop by and meet the group, Larry welcomes that, too. You may not be able to play that day, but you can see how the bridge group functions.

Thursday: 12:30 PM – 4:00 PM **Computer help** available in the Senior Center/Welcome Room, offered by Steve Barr.

Friday: 10 AM – 11 AM **Bingo** in the Fiske Room/Game Room is led by Bill Terrio (shown at right), with our new bingo ball cage.

Friday: 2 PM – 3 PM **Senior disabilities support group** in the Arts Workshop, led by Linn Lindsey, will be starting soon.



## “Fluid Intake for Seniors”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the July 2021 “Senior Nutrition News”

Recommended fluid intake is 13 cups of fluid a day for males and 9 cups a day for females. Many older adults don't get the amount of fluid they need which puts them at higher risk for dehydration. Some factors that contribute to the risk of dehydration as we age include:

- Thirst sensation decreases with age.
- Body water decreases with age. This leaves a smaller margin of safety for water loss.
- Some medicines can cause water loss.
- Some older adults may limit fluid intake if mobility problems make it difficult to get to the bathroom or for fear of incontinence.



Fluids come in many forms beyond just drinking water. Other beverages such as 100% fruit and vegetable juices and low-fat milk provide fluid to the body. Choosing beverages like these that provide vitamins and calcium while limiting intake of added sugars are a great way of increasing fluid intake. Food items such as soup also contribute to fluid intake.

Some symptoms of dehydration are:

- Weakness
- Headaches
- Increased body temperature
- Increased breathing and pulse rate
- Dizziness
- Confusion



Tips to Help Increase Fluid Intake:

- Have fluids available at all meals and snacks.
- Keep fluids close at hand in a pitcher or glass to help with fluid intake.
- Decreased strength can make it difficult to lift a full glass or pour water from a pitcher. If a person is weak using a smaller sized glass or a straw can help with fluid intake.

~ ~ HUMOR ~ ~



Most seniors never get enough exercise. In His wisdom God decreed that seniors would become forgetful so they would have to search for their eyeglasses, keys, cell phones, TV remote, and other things, thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things, requiring them to bend, reach, and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided that seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So, if you find that as you age you are getting up and down more, remember it is God's will. It is all in your best interest even though you may mutter under your breath.

Contributed by Carolyn Hook