

# *Friendly Neighbors Newsletter*

Volume 24 – Issue 4 – July/August 2023

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Moscow Senior Meal Site and Senior Center

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## President's Message

Hi everyone,

As I am writing this letter the outside temperature is in the mid-90s. I am glad I am inside where the temperature is much lower. I hope you are, too. One advantage of

being in our age group is that most of us can choose to stay in out of the heat. It's great to live where in another month or so the hot days will be gone and the fall season will be here.

I want to take this opportunity to introduce our new cook, Alex. We are happy to have her as part of the kitchen crew. With her addition we hope to do away with the paper plates and go back to eating on solid dishes. It also is more expensive to use paper (or Styrofoam) as dishes are reusable.

I hope you are enjoying being able to stay longer at the end of our meals. No more do we have to lug tables and chairs when the meal is over. We modified our lease with Heart of the Arts to include building employees doing the take-downs for an increase in our monthly rent. Our goal is to make your meal time as enjoyable as possible. Let us know if you have any ideas that will improve our services.

I hope you enjoy the "Show and Tell" times at our lunches. My thanks to those who have participated; we will continue them as long as we have volunteers. Let Sharon Singleton know if you want to participate.

John Carlson, President

## Friendly Neighbors Turns 50!

Friendly Neighbors began informally in 1973 to provide nutrition services to Moscow area seniors. In 1978 we formed as an Idaho non-profit corporation to be eligible to take advantage of food commodities available to senior meal programs.



Check out the article on page 4 that is reprinted from our Sep/Oct 2013 Friendly Neighbors Newsletter about how the Moscow Senior Center was initially funded.



by Janine Wilson, Medicare Counselor, Idaho Department of Insurance – SHIBA, Coeur d'Alene

SHIBA (Senior Health Insurance Benefits Advisors) is part of the state of Idaho's Department of Insurance. We provide free unbiased Medicare education and information for beneficiaries, families, and caregivers. On Thursday, August 17, 2023, at 11:00 am in the Great Room of the 1912 Center, we are honored to work with Friendly Neighbors and the 1912 Center to talk about who is SHIBA and the **Importance of Plan Review** with your Medicare plans each year. We will explain the reasons why, the variables of change that happen every year, and explain how you can get assistance through our cadre of certified Medicare counselors or through your trusted Medicare Insurance agent.

Additionally, we will be conducting a Medicare 101 workshop later that day at the Moscow Library from 1:30 to 3:00 pm.

We are planning an Annual Medicare Enrollment event for a later date at the 1912 Center for those who may desire assistance in reviewing their plans for the fall.

If you are unable to attend this event, but have questions about Medicare, please call us at 1-800-247-4422.

## What's New at the Library?

While the Latah County Library District's annual all-ages Summer Reading program is coming to an end, there are still plenty of fun things to do at the library! With a variety of adult programs coming up and new materials being added regularly to our collections, there is something for everyone to enjoy.



On Thursday, August 17th at 1:30 p.m., Senior Health Insurance Benefits Advisors (SHIBA) from the State of Idaho's Department of Insurance will be coming to the Moscow Public Library to present a Medicare 101 workshop. SHIBA provides Idaho residents with free and unbiased information about Medicare enrollment and benefits, and this hour and a half educational workshop is a great opportunity to learn more about Medicare and get your important questions answered by a trusted source.

For those interested in having a respectful and open conversation about death and dying with other community members, the library's quarterly Death Cafe program returns on Tuesday, September 19th at 2:00 p.m. The Death Cafe program provides a safe and welcoming space for adult participants to share their thoughts and feelings about this universal human experience while enjoying some sweet treats. It's also important to note that Death Cafes are not meant to be grief support or counseling sessions.

In addition to our upcoming programs, we have also added several new Voyager Kits into our collection. Voyager Kits provide the opportunity for library users to explore new hobbies and skills or access a variety of other non-traditional materials. One of the new kits that is now available for check out is a blood pressure monitoring kit that comes with a digital blood pressure monitor and cuff, two light exercise DVDs, and a heart healthy cookbook. For those looking to spend the rest of the summer relaxing and watching good movies, portable DVD players have also been added to our collection, so you can watch movies on the go! These new kits come with the portable DVD player, remote, accompanying cords, and a small selection of movies.

For more information about the programs, services, and collections that the Moscow Public Library has to offer, please visit our website at [//latahlibrary.org](http://latahlibrary.org) or just stop by the library!

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## Birthdays of our Members

### August

1 Lois Reed  
5 Terry Gray  
6 Linda McHargue  
7 Miriam McBride  
8 Kathryn Cree  
12 Celia Boland  
18 Paul Stankiewicz  
25 Jon Bateman  
29 Tammy Conniff  
30 Susan Warren  
31 Abby Hudson  
31 Joy Irving  
31 Jim McCloskey



### September

4 Colleen Bright  
7 Donna DeBolt  
10 Rose Vanderhaak  
14 Karón Aronson  
16 Ed Townsend  
24 Cheryl Herzog  
27 David Morris  
28 Sue Green

## Soup Returns in September

We know you have missed having soup at our meals this summer. With the cooler weather, soup will be returning to our menus starting in September.



## Newsletter

### Newsletter Editor Needed

After many years as newsletter editor, Kay Keskinen will be stepping down from that position after this year's November/December issue. The Friendly Neighbors bimonthly newsletter has been published since 2000, with Doris Norman serving as its first editor.

If you would like to be the newsletter editor, please contact Kay to get information about this important publication. The editor would need to know how to create Word documents and be able to include photos and graphics that often need editing. To get the hang of putting together the newsletter, you can assist with the remaining two issues of the year.

## “July is National Berry Month”

From “Senior Nutrition News” July 2023 by Kali Gardiner

**What better way to celebrate July than with berries! So many berries come in season this month making them more affordable and available.**

### **Why should I eat more berries?**

- Berries have a lot of vitamin C, folic acid, dietary fiber, and antioxidants.
- These nutrients help increase our immune function and are protective against cancer and heart disease.



### **Selecting, Cleaning & Storing Berries:**

- Look for firm, plump, and full-colored berries.
- Avoid buying berries with bruises, mold, or that are oozing. When selecting be sure to turn the container over to thoroughly check the berries. At home throw out any overripe or damaged berries.
- Although strawberries are the most popular berry, berries come in many colors and they are all good for you. Choose your favorites:
  - Red: raspberries, strawberries, cranberries
  - Black or dark purple: blackberries, huckleberries
  - Blue: blueberries
- Rinse berries under cool, running water just before using.
- Berries can be frozen. Rinse and pat dry and spread in a single layer on a large cookie sheet. Freeze, then put berries in a plastic bag. Keep frozen until ready to use. This makes it possible to measure just the amount needed. Use frozen berries within one year.

### **Ways to Add More Berries to Your Day:**

- Add sliced strawberries to a bowl of whole grain cereal.
- Stir raspberries into low-fat vanilla yogurt.
- Sprinkle blueberries on a salad.
- On the grill make fruit kabobs that incorporate berries with other fruits such as pineapple chunks, bananas, and grapes.
- Cut your ice cream or frozen yogurt portion in half and fill the other half with different berries to make your cool treat higher in fiber, vitamins, and minerals.



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### **For Those Who Enjoy a Play on Words (from Sue Green)**

I never thought orthopedic shoes would really work for me, but I stand corrected.  
Once upon a time there was a king who was only 12 inches tall. He was a terrible king, but he made a great ruler.  
A Mexican magician said he will disappear on the count of three. He says, “Uno, dos.” Poof! He disappeared without a tres.  
I wrote a book on how to fall down the stairs. It’s a step by step guide.  
My son was chewing on electric cords, so I had to ground him. It’s okay, though. He’s doing better and conducting himself properly.  
My friend claims that he “accidentally” glued himself to his autobiography, but I don’t believe him. But that’s his story and he’s sticking to it.  
“Doctor, my child swallowed a roll of film. What should I do?” “Let’s wait and see if anything develops.”  
An armed man ran into a real estate agency and shouted, “Nobody move!”  
I asked my surgeon if I could administer my own anesthetic. He said, “Sure. Knock yourself out.”  
I got into a fight today with 1, 3, 5, 7, and 9. The odds were really against me.  
In Britain it’s called a lift, but Americans call it an elevator. I guess we were just raised differently.  
97% of people are stupid. Glad I’m in the other 5%.  
AND FINALLY ... I have two unwritten rules:

- 1.
- 2.

## “How the Moscow Senior Center was Initially Funded”

by Kay Keskinen with Jeanette Talbott

The last newsletter featured an article about the opening of the Moscow Senior Center in the 1912 Center in May, 2002. But it had taken several years of work to make the vision of a senior center come to fruition.

In 2001, Friendly Neighbors worked with the group representing the interests of the developmentally challenged to get rooms in the 1912 Center remodeled for each. Both groups applied for funding from the Idaho Department of Commerce for Community Development Block Grants. On April 24, 2001 Scotte Hecht, Ernie Bunch, and Jeanette Talbott (FN president from 2000-2001) accompanied Moscow Mayor Marshall Comstock to Boise to represent Friendly Neighbors.

Mayor Comstock led the oral presentations in support of the two grants:

“I am Marshall Comstock, Mayor of the City of Moscow and I would like to introduce some members of our community: Jeanette Talbott, Scotte Hecht, Ernie Bunch, Toby Schultz, John Russell, Carol Cloud, and Dale Pernula. I would like to thank the Economic Development Council and the staff of the Department of Commerce for the opportunity to make this presentation today.

The project that I am here to speak about, the 1912 Center, is a shining example of the efforts of community members, local government, and citizens groups making positive changes for the direct benefit of many segments of our population.

Two of the segments I speak about are senior citizens and the developmentally disabled. The Moscow and Latah County citizens that make up these two diverse groups are at the heart of our community and our heritage. Both the seniors and the developmentally disabled have asked the citizens and Moscow local government for help in making them full participating members of our community.

These needs that they have expressed touched almost everyone in Moscow and Latah County, because their requests weren't for monetary support. The requests were simple... 'Please help us by integrating our groups into the community center.' They told us not to give them money or a handout, but to give them space in the 1912 Center, where they could meet as a group with common interests and common problems, to have the ability to gather in places they could call their own.”

Mayor Comstock then introduced Jeanette to tell in her own words the challenges that seniors face every day and the needs of her organization. As president of Friendly Neighbors, she spoke on our behalf:

“An increase in queries has come to the Friendly Neighbors senior group expressing an interest in Moscow as a retirement location. There are many reasons for this possible choice—one of them being a desire to be near adult children who may have an occupation here.

Moscow has much to offer. A central location in the 1912 Center would provide nearness to the library, the Historical Society, and Food Co-op, as well as several churches, restaurants, and banks. Not many blocks away there is a fine medical facility.

There is a need to provide a welcoming wedge into the community that a Senior Center can provide. It would be a 'get acquainted place' with friendly people, a chance to talk during a pleasant nutritious meal, and a chance to volunteer if they wished.

Many incoming seniors would have life stories and skills that might be more readily shared with other seniors in an inviting atmosphere. It would provide a chance to meet with people of like interests—golfers, gardeners, farmers, teachers, and all the mix of people that makes the Moscow community special. We need a place that this can happen—a senior center—an enrichment for the whole community.”

The trip to Boise was successful. Both CDBG requests were funded, and the Moscow Senior Center and Friendship Hall were remodeled to meet the groups' needs.



Jeanette Talbott



Scotte Hecht & Dorothy Nichols