

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



As I write this letter the outside temperature is in the low 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 inside and 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 dishwasher, Linda Bolden. We are happy to have her as part of the kitchen crew. Greg, Yoshimi, Wendy, and now Linda do an excellent job preparing and serving our meals. State inspections attest to the fact that we have a top-notch crew in the kitchen.

So far we have been receiving the Area Agency on Aging reimbursements for our meals. This amounts to about half the cost per meal. The rest comes from your donations and grants. We have received over \$25,000 in grants this year, including the county support of \$8,500. Be sure to thank our county commissioners for their support each year. The local Elks, the Lewis Clark Valley Health Care Foundation, and the METER Foundation are also among our supporters. We are also thankful for their support.

John Carlson, President

Meet Our New Dishwasher



Hello everyone. My name is Linda Bolden. I am the new dishwasher here at Friendly Neighbors. I would like to tell you a little bit about myself.

I was born in New Jersey. When I was 14 my parents moved us to Seattle, Washington to be close to my mom's parents. I got married at age 16 to my 18-year-old

fiancé David Halverson, finished high school, and worked while he went to college and worked. After a few years my husband, who had been called into ministry, moved to Colorado to attend Bible College. After graduating we served in ministry in Oregon, Seattle, Kamiah, Idaho and Troy, Idaho for the Church of the Nazarene. He retired after 30 years in ministry. Sadly, he passed away at age 54 in 2009.

I remarried Joseph Bolden in 2011 and we lived in Deary where I still live. He passed away in 2018. David and I had four boys and they all live close. I have four grandkids. I enjoy being involved in my church and quilting. I have chickens, goats, dogs, and cats.

I have had many jobs in my life. I was a pastor's wife for 30 years. I've been a baker's assistant and a phlebotomist. I've had some weird short-term jobs like picking chickens for transport and peeling yew wood. And now I'm a dishwasher at Friendly Neighbors. I love my new job. Everyone is so friendly (like the name says) and supportive. A great team to work with. Thank you for giving me the opportunity!

Adult Events at the Moscow Library

On **August 1**, the library hosts **Open Mic Night** intended for patrons involved in the arts to share what they've been working on recently—painting, knitting, writing, or any other creative pursuits are welcome.



On the first Thursday of every month (**August 7** and **September 4**), adults are welcome to participate in the monthly **Craft Lounge** at 5:30 PM, where they can create a guided craft or just work on a personal project with friends. Refreshments are served and all materials are provided for the lounge's featured craft.

Our recurring adult Book Clubs are another intriguing option. The **Tuesday Teabirds** meet at 2 PM **August 12** to discuss *Murder by Degrees: A Mystery* by Ritu Mukerji. The **Night Owls Book Club** resumes at 6 PM **August 20** to discuss Vera Wong's *Unsolicited Advice for Murders* by Jesse Q. Sutanto.

The **Summer Reading Program** comes to a close **August 9** with an ice cream party. Attendees also have the opportunity to make use of a photo booth to commemorate their Summer Reading accomplishments.

The **Sesitshaya Marimba Ensemble** performs at the Moscow branch **August 30** at 11:30 AM. The Ensemble will play traditional and contemporary SubSaharan African songs using a variety of instruments.

Comedian Bill Douglas will deliver a 45-minute show at the Moscow Branch's Brink Room **September 2**, 5:45 PM. Douglas is a retired middle school science teacher from New Hampshire and his goal is to perform a show in all fifty states. Idaho will be number 36! His comedy is intended for adults and older teenagers and focuses on teaching, being a husband and a parent, as well as observational humor and travel content.

On **September 10**, **CHAS Health** hosts a table from 1:30 PM - 4:00 PM. This is an opportunity for folks who need assistance with scheduling CHAS appointments and obtaining information on community resources.

Stop by the library's table at the **Latah County Fair**, **September 11** through **September 14**. Amid the competitive exhibit shows, food vendors, animal exhibits, contests, and carnival rides, the library will be handing out informational literature about its collections and services and registering people for library cards.

Daniel Hart
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Senior Activity Summer Schedule Updates (Chair Yoga and Qigong)

Becky Barnes, one of Chair Yoga's teachers, sends good tidings: "Greetings all. It's been great to see so many of you coming to chair yoga lately. We are filling up the room! Just a quick note about our schedule for the rest of the summer. We will have class through the rest of July. However, Esther and I will take a break in August, so **NO YOGA CLASS IN AUGUST**. We will start fresh in September."

Please note that this schedule is for CHAIR YOGA only. For those of you who attend Fit and Fall Proof classes, they should continue for the rest of the summer.

Also, Harriet McQuarie reports that Qigong will not meet in August but will return in September.

1912 Center Events

Here are some upcoming events at the 1912 Center:

Welcome Table:

The Moscow Welcome Table is a free 3-course community dinner, hosted monthly at the 1912 Center. Reservations open on the 15th of the month and dinners are at 6:00 pm on the 4th Monday of each month. Everyone has a seat at the Welcome Table!



Penthouse Picnic: Saturday, August 23, 5 PM

Let's take dinner to the next level! Come enjoy a delicious dinner prepared by one of our many amazing local restaurants. You'll draw for a surprise picnic basket stuffed full of delicious food, eat picnic style in our unfinished third floor, and get a first look at what the space will become.

Tickets are \$100 per person



Pie in the Sky: Sunday, September 7, 2 PM

More of a dessert in the afternoon person? Join us for the best pie and ice cream in town! We'll open the third floor for an incredible afternoon of dessert, socializing, and a first look at what the space will become.

Tickets are \$25 per person

Seats are limited. Don't miss out on these exclusive and delicious events!



Purchase your tickets now by coming into the 1912 Center office or by calling (208)-669-2249!

Hydration and Seniors



Staying hydrated is challenging during the summer because it's so hot, dry, and windy here on the Palouse. And for seniors, it is more complicated because as your body ages, its thirst signal diminishes. So, you may not realize how actually dehydrated you are. Drinking water throughout the day (not just at meals) is the best way to hydrate, but other supportive ways to up your intake is to eat foods that contain water, particularly fruits and vegetables. The following are some tips to help keep your body's water table steady:

- Avoid relying on caffeinated or sugary drinks—they dehydrate the body. Shoot for drinking 8–10 cups of water each day.
- Herbal tea is a good hydration source.
- Eat more fruit, vegetables, and soup (cold) during the hot months. Add a slice of fruit or cucumber to your water for flavor.
- Berries, melons, tomatoes, cucumbers, and leafy greens are great hydration sources to eat.
- Drink a smoothie.
- Add sliced fruit to your cereal, have a salad for lunch, and/or grill veggies as a side dish at dinner.
- Avoid relying on your oven to cook meals. Use a microwave, air fryer, or pressure cooker, so that you don't heat up your house so much and stress your body. Buy more precooked foods, like rotisserie chicken, to keep the house cooler.
- Recognize the signs of dehydration, dark-colored urine, dry mouth/lips, particularly weakness, dizziness, fatigue, confusion, and changes in appetite and/or thirst. Water retention (swelling) around your ankles may indicate the same, because your body is trying to maintain itself. If you experience any of these symptoms suddenly, it may be dehydration, so increase your fluid intake and contact your doctor if the symptoms don't go away.
- Check with your doctor about the water intake most appropriate for your body. Body weight, health conditions, and certain medications all affect fluid loss.

According to a recent NIH study (<https://www.nhlbi.nih.gov/news/2023/good-hydration-linked-healthy-aging>), good hydration is linked to healthy aging. It might even slow down aging and lengthen a disease-free life. So, here's to your health!

Birthdays of Our Members

August

1 Lois Reed
6 Linda McHargue
8 Kathryn Cree
12 Celia Boland
17 Rich Wekerle
21 Cynthia Gustafson
21 Rick Silcox
30 Susan Warren
31 Abby Hudson
31 Joy Irving
31 Jim McCloskey



September

9 Mary Grindal
9 Janet Hume
10 Rose Vanderhaak
16 Steve Sale
16 Ed Townsend
25 Barbara Beauchamp
27 Ray Morris
28 Dianne Cole

Disaster Tip

In the event of a natural disaster like a tornado, flood, or earthquake, put wieners, bacon, and cheese in your pockets so that the search dogs find you first.



You're welcome!

Feelin' Alive in 2025! County Fair Time

The Latah County Fair runs from Thursday, September 11 through Sunday, September 14 at the fairgrounds at 1021 Harold Ave in Moscow. The event is admission-free and includes a carnival, food, fun, games, entertainment, animals, logging sports, educational activities, and more. The county fair has been a tradition since 1911.

In the Spotlight: Alternate Congregate Meal



Because the 1912 Center closed during the Fourth of July week, some members of Friendly Neighbors (FN) hit the road for lunch. “We used to arrange something at the county fairgrounds, but the logistics were too difficult,” said Kay Keskinen, treasurer, while waiting for her food order. “So, last year we decided to locate it at a fast-food restaurant.”

With a spacious lobby and dining area, there is plenty of room at Wendy’s to get a Biggie Bag meal, particularly since members meet at 11:15 AM, before the lunch rush arrives. On this day, fourteen members attended, with at least one for the first time. Noshing on the yummy food—some indulging in a grilled chicken and salad, others adding an ice cream—they filled four seating areas, reminiscent of a visiting high school team. Lots of casual fellowship ensued, spouses nibbled here and there from their partner’s meal (as allowed), and all enjoyed the

leisurely hour.

Sharon Singleton, FN vice president, enjoyed the annual outing, adding that the meal deal, which starts at \$5, is a bargain. “You can’t beat the price for a burger,” she enthused, an event she wished more seniors would attend. As Kay finished the last few fries from her order, she stressed other important reasons to attend, saying that “socialization is just as important as nutrition.”

So, next year, when you have a hankering for a burger the week of the Fourth—or you don’t want to eat alone—opt for the alternate congregate meal. The company is amiable, the food price reasonable, and you might just get the chance to meet someone new.

How Many Dogs Does It Take to Change a Lightbulb?

Golden Retriever: The sun is shining, the day is young, we’ve got our whole lives ahead of us, and you’re inside worrying about a stupid burned out bulb?

Border Collie: Just one. And then I’ll replace any wiring that’s not up to code.

Dachshund: You know I can’t reach that stupid lamp!

Rottweiler: Make me.

Boxer: Who cares? I can still play with my squeaky toys in the dark.

Labrador: Oh, me, me!!!! Pleeeeeeeeeze let me change the lightbulb! Can I? Can I? Huh? Huh? Huh? Can I? Pleeeeeeeeeze, please, please, please!

German Shepherd: I’ll change it as soon as I’ve led these people from the dark, check to make sure I haven’t missed any, and make just one more perimeter patrol to see that no one has tried to take advantage of the situation.

Jack Russell Terrier: I’ll just pop it in while I’m bouncing off the walls and furniture.

Old English Sheep Dog: Light bulb? I’m sorry, but I don’t see a lightbulb!

Cocker Spaniel: Why change it? I can still pee on the carpet in the dark.

Chihuahua: Yo quiero Taco Bulb. Or “We don’t need no stinking lightbulb.”

Greyhound: It isn’t moving. Who cares?

Australian Shepherd: First, I’ll put all the lightbulbs in a little circle...

Poodle: I’ll blow in the Border Collie’s ear and he’ll do it. By the time he finishes rewiring the house, my nails will be dry.

The Cat’s Answer: Dogs do not change lightbulbs. People change lightbulbs. So, the real question is: How long will it be before I can expect some light, some dinner, and a massage?

