

By the way we are having a small problem

Friendly Neighbors Newsletter

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President's Message

Hi there!



Thank you for all of the warm welcome back greetings I received after returning from two weeks battling the flu. I have been trying to lose a few pounds, and did as a result of the flu, but I do not recommend trying this as a weight loss program.

I am pleased to report that membership is continuing to climb. Last month at this time, we had 116 members. Today we have 141 members and are still climbing. If you have not paid your dues, just \$2.00 for the entire year, please do so.

meeting the coffee expenses in the Senior Center room. If everyone will please donate a bit every time they get coffee or a snack, we can easily pay for the coffee. Thanks.

“Things, they are a’changin’...”

Check this newsletter for a few new changes. The ideas for these changes have come from YOU, our members and readers. You will find two months of menus and a series of articles around a theme that resulted from an email forwarded to us by Leonard Johnson. The schedule of events began last month. We have moved the publication date one month ahead, so we can bring you more current news. We plan to include creative writing from members, letters to the editor, and articles on topics YOU have suggested. Thanks for the input. We look forward to hearing from you.

Bill Ferrio



Dates to Remember...

DAYLIGHT SAVINGS TIME:

Don't forget to move your clocks and watches ahead by 1 hour on Sunday, March 8. Change your watches and clocks before you go to bed, so you don't arrive late to meetings and appointments the next day.

March Birthdays

- 6 Dorothy Nichols
- Ken Powell
- 9 Pat Tavis
- 10 Lyn Lindsey
- Helen Sasse
- 19 Juanita Winn
- 21 Herb Uthoff
- 23 Ralph Johnson
- Dean Stewart
- 25 Mickie Dross
- 26 Marilyn Henderson
- 28 Judy Baumgartner
- 29 Gretchen Stewart

April Birthdays

- 1 Monica McLean
- 5 Helen Dewey
- 9 Jerry A. Dean, Sr.
- 14 Lauren Fins
- 16 Lynne Ate
- Sandra Baird
- 17 Arlene Jonas
- 18 Lois Leonard
- Gloria Brix
- 20 Marvin Munn



TAX TIME:

AARP trained tax specialists are at the Senior Center on Wednesdays and Fridays through April 10 from 9:30 am to 2:00 pm to help you complete and file your tax forms. No appointment is needed; it's first come, first serve.

You will need bring a copy of last year's tax return, all tax documents, a driver's license, and a Social Security Card for yourself and any dependents.

Tax assistance is sponsored by the IRS and AARP. You do not need to be an AARP member to participate.

HEART ATTACKS ARE MEDICAL EMERGENCIES

A heart attack occurs when the blood flow that carries oxygen to the heart is blocked. When that happens, the heart muscle becomes starved for air and begins to die.

YOU MAY OR MAY NOT HAVE ANY SYMPTOMS.

Symptoms of a heart attack vary from person to person. They may be mild. They may be severe, and women, elderly and individuals with diabetes may have unusual or subtle symptoms. Some symptoms may include:

Chest discomfort or pain that feels like a tight ache, pressure, fullness, or squeezing and lasting more than a few minutes can come and go. If felt, the pain is usually in the center of the chest, but it may also be felt in the jaw, shoulder, arms, back, or stomach.
It may feel like heartburn.

Shortness of breath occurs when you try to pant for breath or take in deep breaths.

Changes in mental state...Anxiety may occur, especially in the elderly. You may feel like you are having a panic attack.

Sweating or a cold sweat may suddenly occur. Your skin may feel cold or clammy.
Lightheadedness, feeling dizzy or like you may pass out. You may feel **nausea**, sick to your stomach or vomit.

Numbness, aching, or tingling in your

arm, especially your left arm, may occur.

Weakness or fatigue may be prevalent, especially among the elderly. This symptom may last for days.

Women, more than men, are more apt to have pain not associated with the heart in the neck, jaw, shoulder, upper back, or abdominal discomfort.

DON'T WAIT. GET HELP !

Sit down in a comfortable position where you can easily be found. Loosen your clothing. Keep calm.

Call 911. Ask someone to take you to a hospital. Call or get someone to take you to the hospital. Do not drive yourself to the hospital unless there are no other options. You could hurt yourself or someone else

Chew a regular aspirin. Enteric or specially coated aspirin takes longer to work. Regular aspirin can begin to work in eight seconds! If you have heart medicine, take it according to doctor's orders.

Breathe and Cough! Take a deep breath and try to breathe and cough about every two seconds to get oxygen to your heart and lungs and to keep your heart muscles moving.

If others are present, let them help you. If you become unconscious, that person can start CPR.



HEART ATTACKS

*Read this for information
It Might Save Your Life!*

Leonard Johnson forwarded this information to the [Friendly Neighbors Newsletter](#).

Let's say it's 7.25pm and you're going home (alone of course) after an unusually hard day. You're really tired, upset and frustrated.

Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five km (3 miles) from the hospital nearest your home.

Unfortunately you don't know if you'll be able to make it that far.

You have been trained in CPR, but the guy that taught the course did not tell you how

to perform it on yourself. What do you do?

HOW TO SURVIVE A HEART ATTACK WHEN YOU ARE ALONE

Many people are alone when they suffer a heart attack without help. The person whose heart is beating improperly and who begins to feel faint has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this. It could save their lives!

PREVENTION INCLUDES... Don't smoke...Keep blood pressure, cholesterol, weight and diabetes under control...Get regular exercise...Eat a heart healthy diet...Limit alcohol intake...

Medicine: National Institutes of Health, MedlinePlus. Mayo Clinic.

Senior Health Tips



This month keep your heart pumping strong with these easy to do heart healthy tips:

- ♥ Add some fiber to your breakfast. Foods high in fiber are associated with a lower risk of heart disease. Try some oatmeal with fruit to start your heart on the right beat.
- ♥ Eat your fruit with the peel on! This also provides extra fiber to your diet. Try some apples, pears or peaches for a sweet treat that your heart will love!
- ♥ Include some berries in your smoothie - they give your heart a healthy punch!
- ♥ Say no to trans and saturated fats! Read food labels to choose foods lower in these fats, and your heart will thank you.
- ♥ Change your grains (bread, crackers, pasta and tortillas) to 100% whole grains and give your heart fiber power!

♥ Add some beans to your dinner – they are good for your heart because of the fiber they contain.

♥ Add a handful of nuts in your salad, low fat yogurt, or as a little snack. Nuts are packed with heart-healthy fats, protein, and disease-fighting vitamins and minerals that will help your heart think smart.

♥ Your heart is a muscle and loves a good workout. It needs exercise every day to be strong. Improve the health of your heart, lungs and circulatory system by doing activities that increase your heart rate and breathing for an extended period of time. Start with as little as 5 minutes at a time and work your way up to 30 minutes most days of the week.



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a healthier life.

SCAMS AROUND THE CALENDAR

Tom Trail, Latah County's past representative to the Idaho House of Representatives and current chair of Idaho's AARP, spoke to members concerning current scams that they may face in their daily lives.

A scam is a deliberate act by someone to mislead or misinform another person to the benefit of the scammer.

Senior citizens are common prey for scammers. It is, therefore important for seniors to become aware of the latest scams and how to avoid them.

This article is the first of several which will appear in the Friendly Neighbors Newsletter designed to inform members how to recognize scams and to avoid being scammed.

Today's theme concerns common scams found throughout the year and is adapted from the AARP website and AARP 2014 Almanac (December 2013).

JANUARY's most popular New Year's resolution is to lose weight. The Federal Trade Commission says people are most apt to be ripped off by schemes promising

FEBRUARY Traveling crooks target retiree-rich communities in warm-weather states like Florida and Arizona. Among the

most common cons: self-described utility workers or contractors who show up unannounced and ask to enter your home, claiming "the condo association sent me." Always ask to see the "worker's" identification,

APRIL Take a close look at those subscription invoices in your mailbox. Hit with phony renewal notices, consumers nationwide are paying for newspapers and magazines they'll never receive. The tip-off to the rip-off: an offer to start or renew a subscription at a hard-to-believe rate. If you're asked to send a payment to a company you don't recognize, call the publisher to verify the offer is legit. Beware of small print such as that talks about automatic self-renewal of your subscriptions.

MAY Looking for a choice vacation rental at a condo or below-market rates? Beware: Some of those best-deal condos, mountain retreats or beachfront places may not really exist. Stick with bona fide real estate websites or listing agents. And never, ever make any kind of payment via a wire transfer.

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JUNE Summer means open windows, vacations and more home burglaries. It's also prime season for door-to-door scammers whose offer of a "free security inspection" is their way of casing your home for a possible later burglary. Bottom line: Unless you initiate a sales call, don't let anyone into your house. Scammers may produce forged identification. Many certified installers are listed at alarm.org.

JULY Surprised by an unexpected check? Beware of "Free Money." If the windfall comes with a string attached — you have to forward some portion of the money elsewhere, typically by wire transfer — it's almost certainly bogus. Be especially suspicious of amounts just shy of \$5,000; scammers know that deposits above that amount are subject to longer bank holding periods.

AUGUST Do you love puppies? National Dog Day is Aug. 26, and if you're among those who love man's best friend, scammers may be out to get you. Amid the legitimate ads for puppies in newspapers and online websites are plenty of solicitations for stolen animals, or for ones that don't exist. The rule: Make sure the seller is legitimate before you agree to buy (or put down a deposit). Otherwise you could find yourself dealing with a dognapper.

SEPTEMBER Beware of the "woodchuck." This home improvement huckster usually starts with an offer to trim trees. Soon the woodchuck points out additional problems, returning day after day to take care of never-ending (and often needless) repairs. These fly-by-day fraudsters sometimes request payment in advance to buy materials for such jobs as roof repair or driveway sealing — but then, with your cash in hand, never return. Remember: Most reputable

contractors are too busy to seek business by knocking on your door.

OCTOBER If you're looking for year-end tax breaks. And fraud-minded financial "advisers" are looking for you. Beware of unsolicited offers and invitations that aim to steer you into high-commission investment products (be especially suspicious, for example, of the "free lunch" seminar). Assume a scam when investments are touted as "guaranteed," "risk-free" or "secret." To make sure that you're dealing with a legitimate investment adviser, visit Finra.org/Investors/ToolsCalculators/Broke rCheck.

NOVEMBER Scammers target both active-duty personnel (for their steady paychecks) and veterans (for their benefits and nest eggs). Remember: If an unsolicited pitch plays on patriotism or military service, it usually comes with sky-high interest rates and hidden fees. And veterans should steer clear of any offers that promise lump-sum cash advances or settlements in exchange for their future pension payments.

DECEMBER 'Tis the season to give — and receive — gift cards. But scams abound, from substitution schemes to sophisticated scan-and-clone techniques in which stolen cards are scanned by a magnetic reader, which can render other cards in the same set useless. Always make sure that a card's packaging hasn't been tampered with and that any peel-off sticker over a code is firmly in place — and get a receipt for the recipient.

Some Dates to Remember...

March

- 8 Daylight Savings Time Begins
- 10 Friendly Neighbors Blood Pressure Check Day
- 16 - 20 UI Spring Break
- 17 St. Patrick's Day
- 20 Vernal Equinox (Spring Begins)
- 24 Friendly Neighbors Board Meeting
- 26 Old Time Fiddlers

April

- 1 April Fools Day
- 3 Good Friday, Passover Begins a Sundown
- 4 Easter Sunday
- 14 Friendly Neighbors Blood Pressure Check Day
- 15 Federal Income Taxes Due
- 22 Earth Day
- 24 Arbor Day
- 28 Friendly Neighbors Board Meeting
- 30 Old Time Fiddlers

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Friendly Neighbors Senior Citizens, Inc. is a non-profit organization recognized by IRS as a 501(c)(3) charity under Section 170 of the Code. Donations to Friendly Neighbors are tax deductible.

## ~~~~~ **COFFEE HOUR DAILY** **10:00 am**



## ~~~~~ **MOSCOW SENIOR CENTER** ~~~~~

### **Daily Activities (Each Week)**

- Monday AM Computer Help
- Monday PM Jigsaw Puzzles
- Tuesday Congregate Lunch
  - Pastries, Coffee 10:30 AM
  - Soup at 11:00 AM
  - Salad Bar 11:30 AM
  - Main Entry 12:00 NOON
  - Dessert Bar
- Tuesday PM Pinochle
- Wednesday PM Bridge Lessons and Majong
- Thursday Congregate Lunch
  - See Tuesday's Schedule
- Thursday PM Bridge
- Friday AM Bingo at 10:00 AM

### **All Week Monday Through Friday**

- Coffee at 10:00 AM
- Jigsaw Puzzles
- Board Games for Small Groups
- Reading
- Quiet Socializing
- Bulletin Board for AARP, Roadrunners, Announcements