

Friendly Neighbors Newsletter

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President's Message



Hi fellow members,

We are off to a good start this year with 162 paid members, thanks to members who are bringing in their neighbors and friends.

The number of our home delivery clients is up this year with some 18-22 seniors receiving meals each week. We have almost reached our capacity to prepare meals for

so many, and Marisa said the Area II Agency on Aging (A2AoA) will start screening clients a little better. The nutritionist realizes we have only so much space to store meals (especially frozen). They have also agreed to let us go back to our former delivery schedule of 2 frozen meals on Tuesday and 3 frozen on Thursday (plus a hot meal on Tue/Thu). This evens the load for the Tue/Thu delivery drivers a lot. A2AoA has also agreed to start a waiting list for new clients.

We rely greatly on grants and donations. Coming up in May will be funding requests to the United Way and the Latah County Commissioners.

I also want to thank all the volunteers who make this organization successful. Special thanks go to Sharon Singleton for her tireless work on our e-mailed news and web blog. Besides being our secretary, she has agreed to be our representative on the Board of Directors for Heart of the Arts, Inc.

Yoshimi has passed the Idaho Food Handlers exam, and we have a copy of her certificate.

Please see my article on this page that lists several places to obtain free food (Palouse Table Project).

Looking forward to another successful year.

Bill Terrio, President

Palouse Table Project

I attended the meeting of the Palouse Table Project on March 9, 2018. This project is about getting food and other services to those in need. Several resources were discussed and are listed below.

- Vandal Pantry - there are 9 locations on the UI campus (you don't need to be a student)
- St. Mary's Food Pantry - on the 2nd Tuesday and 4th Wednesday of the month, fresh produce is also available
- Moscow High School - if you have a child in the school system (any grade), you may partake of the food pantry
- Safari Pearl - Harvest Crates cost \$13, place your order on Wednesday, pick up on Friday.
- Online resources for help include "Pay It Forward in the Palouse" (Facebook), Helping Hands of the Palouse, and even Amazon has special offers.

For any further information, please go to the appropriate website.

Bill

Membership Dues/Directory

Annual dues for Friendly Neighbors are \$2.00; if you haven't paid your dues yet, they can be paid at the meal site sign-in desk. The membership directory for 2018 was distributed on March 13. If your dues have been paid, please pick up your copy of the directory at the meal site sign-in desk. If your dues were paid after the printing deadline of March 8, you may still pick up a directory.

13 Ways to Be Less Crabby Right Now

Proven ways to boost your mood

From aarp.org web site,
posted March 16, 2018

Well, you're reading this, so you might be a bit cranky. The testosterone, estrogen and progesterone shifts we experience during [menopause](#) and andropause (AKA manopause) have a way of messing with our moods, explains Tasneem Bhatia, a board-certified integrative medicine physician. A less-than-dreamy night's sleep can put the screw-face on you, too. And the energy it takes to be irritable, sad or pissed off is getting in the way of your focusing on what you want to do. *If you can pinpoint what that is.* Sometimes, lack of focus or boredom is the buzzkill. No worries. AARP surveyed the science on attitude adjustment. Any one of these proven tricks below can scrub that scowl off your face.

1. **Pop a vitamin and "B" happy.** Regularly taking a [B-complex](#) vitamin can help boost mood, Bhatia says. No, this won't take effect immediately. But walking to the wellness cabinet will get your blood circulating and your mind off your worries.
2. **Breathe s-l-o-w-l-y.** Stanford University scientists have identified a group of nerve cells in the brain stem that "spy" on our respiratory rate. These cerebral sentinels relay messages to the locus coeruleus, a structure that drives brainwide arousal, including stress and panic. Slow, controlled breathing signals to your nervous system that all is well, which triggers tranquility.
3. **Try aromatherapy.** Use lavender or sandalwood oil, Bhatia suggests.
4. **Push "play."** Multiple studies show that enjoying music enhances self-awareness, a sense of belonging and regulation of mood and arousal. Researchers pinpointed that tunes helped mature listeners to feel less lonely, reminisce about happy times and relax.
5. **Dance it out.** It worked for Dr. Cristina Yang on *Grey's Anatomy*. Dancing "has been shown to reduce [depression, anxiety and stress](#), and boost self-esteem, body image, coping ability and overall sense of well-being, with the benefits lasting over time. In one study, it even helped control emotional eating in obese women who eat as a response to stress," according to the Berkeley Wellness website.
6. **Replay what went well today.** Write down three things that turned out positively since you woke up this morning. Oh! You woke up this morning. There's one right there. This simple [daily exercise](#), from leading positive psychology expert Martin Seligman, is a one-minute mood lifter that has been proven to improve life satisfaction levels.

7. **Watch a cat or dog video.** Assistant professor Jessica Gall Myrick, of the University of Indiana, surveyed almost 7,000 people about their viewing of cat videos and how it affects their mood. Participants were more energetic and felt more positive after watching cat-related online media. They also reported fewer negative instances of anxiety, annoyance and sadness. If LOLcat videos aren't your thing, there is recent evidence that the popularity of online felines has been surpassed by dogs. Either way, it's instant pet therapy.

8. **Beat boredom with a puzzle.** Think fast! The cerebral supercharge you get from quick problem-solving may trigger the brain's novelty-loving reward system, according to a joint study by Princeton and Harvard university researchers. Check out [games.aarp.org](#) for free jigsaw and crossword puzzles, plus solitaire, mah-jongg, card, arcade and other games.

9. **Click here and Create the Good.** You'll access AARP's volunteer portal and find an opportunity worth looking forward to. A large study of British adults linked volunteering in middle age and beyond to emotional well-being. Subjects younger than 40 didn't enjoy that mood boost.

10. **Perk up with coffee.** Harvard research associated [coffee](#) drinking with a lower risk of depression among women.

11. **Step outside and get some sun.** A recent study in the *Journal of Affective Disorders* took six years of archived patients' records from therapists and analyzed what the weather was on each date that the 16,000-plus patients attended the therapy sessions. On sunny days, they reported less emotional distress.

12. **Focus on what you can control.** Once, we might have been rattled by a crying baby or a hellish commute — stressors that blow over. As we journey through our 50s, 60s and 70s, some sources of distress may be lasting: [chronic pain](#), sadness about a lost loved one, a disability, diminished connection with adult children who've moved away, or a lost sense of purpose or structure after retirement. Acknowledging and grieving a loss frees energy for you to boot up your coping strategies, focus on what you can control and embrace joyful new activities, psychologists say. But if the blues persist, get screened for [depression](#).

13. **Smile.** Our facial expressions can reverse-engineer our moods. That's why researchers in Wales discovered that people who'd had [Botox treatment](#) for frown lines — which made it harder to look sad — actually felt less sad. Conversely, people who'd had Botox for crow's feet, which made it harder to crinkle those eyes into a smile, felt more depressed. Want a reason to smile? Studies show we get happier with age.

Birthdays of our Members

April

2 Jane Hess
9 Jerry Dean, Sr.
12 Kathleen Hardcastle
14 Lauren Fins
16 Sandra Baird
18 Lois Leonard
19 Lori Bryant
20 Marvin Munn
27 David Ball



May

2 Jackie Coleman
6 Richard Tavis
7 Ken Vogtman
9 Evelyn Grassl
9 Ellie Olesen
14 Christine Suquet
16 Karen Batroukh
17 Jean Rudolph
19 Tina Sanberg
22 Chuck Fullkrug
26 Glenda Hawley
30 Lucy Carlson

*If your birthday is not shown here, please check that your dues are current.

Friendly Neighbors Overview

The creation of Friendly Neighbors Senior Citizens, Inc. began in 1973 by a group of seniors who wanted to combine their resources for lunch and to socialize. By 1978 the group was more formal and became a non-profit corporation in Idaho.

With that legal structure, the organization became part of the national senior nutrition program begun by President Johnson in 1965.

Friendly Neighbors recently renewed its five-year contract with the Area II Agency on Aging to provide meals to seniors aged 60 and older in a congregate setting as well as through home-delivered meals.

Our A2AoA contract requires us to verify that we are providing meals to seniors. That's why diners complete a registration form that includes name and birthdate and why diners sign in at each meal to confirm that we provided you a meal.

The corporation is managed by its board of directors which consists of President Bill Terrio; Vice President Carrie Bitterwolf; Secretary Sharon Singleton; Treasurer Kay Keskinen; Directors Jon Bateman, Steve Barr, and Win Green; and Past President Linn Lindsey.

Calendar...

April

4 Zumba Gold class, free, 10:30-11:15 AM
Arts Workshop, 1912 Center
13 Lunch & Learn: "Smart Phones: How Do I Make Them Work?" 12-1 PM, Latah Fairgrounds
11 Zumba Gold class, free, 10:30-11:15 AM
13 AARP Tax Aide ends, 1912 Center
17 Tax Deadline for filing for 2017
18 Zumba Gold class, free, 10:30-11:15 AM
18 Latah AARP, 11:30 AM, Best Western Univ Inn
24 Lunch & Learn: "Retirement by Design" 12-1 PM
24 Friendly Neighbors Board meeting

May

5 Farmers Market begins, Main Street, Moscow
6 Lunch & Learn: "StarPower Simulation" 12-1 PM
22 Horseshoe Pitching Clinic, 6 PM, free, Ghormley Park, register through Moscow Parks & Rec
22 Friendly Neighbors Board meeting

The bulletin board in the Senior Center

includes postings of senior-related newsletters (Roadrunners, Latah AARP, etc.) along with flyers of Lunch & Learn classes and other events. "Lunch & Learn" are free classes held at noon at the Latah Fairgrounds.

Senior Meal Program/Senior Center

Friendly Neighbors Senior Citizens, Inc. is a non-profit organization recognized by the IRS as a 501(c)(3) charity that operates a senior meal program that includes a congregate meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow along with a home delivery program through the Area II Agency on Aging.

For the congregate meals, the salad bar is available at 11:30 AM, and the main meal is served at noon. Suggested donation for the meal is \$5.00 for seniors 60 and older; for anyone under 60 the price is \$7.00. A "meal ticket" (good for 11 meals) for seniors is available for \$50.

To determine if you qualify for home delivered meals, contact Stephanie Boden at the A2AoA in Lewiston at (800) 877-3206.

Monthly menus are posted at the meal site and on our web page: [//users.moscow.com/srcenter](http://users.moscow.com/srcenter)

Besides managing the senior meal program, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors, located on the first floor of the 1912 Center and open from 9 am – 4 PM Monday through Friday (closed holidays).

“Reduce Salt Intake with Herbs & Spices”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the March 2018
“Senior Nutrition News”

Close to half of American adults have high blood pressure, which can lead to other health problems. One specific cause of high blood pressure is a high intake of sodium. Sodium is found in salt. It is recommended that no more than 2,300 milligrams (mg) of sodium per day with an ideal limit of no more than 1,500 mg a day for most adults. One teaspoon of salt equals 2,300 mg sodium. Most sodium is already in the foods we consume and does not come from the salt shaker. On average, Americans consume more than twice the limit of sodium each day.



Checking the Nutrition Facts Label for sodium content when grocery shopping can help you become more aware of higher sodium foods. A great way to make your foods tastier and healthier is by using herbs and spices to flavor your foods rather than table salt. It is important to note that some herbs and spices may have interactions with medications. It is recommended to discuss with your primary care provider any possible interactions with your currently prescribed medications before using herbs and spices. See the table below for recommended herbs and spices for different types of dishes:

Food	Recommended Herbs & Spices
Beef & Pork (leaner choices include “loin,” “chop,” and “round” cuts)	Cayenne Pepper, Nutmeg, Sage, Thyme, Cumin, Turmeric with Black Pepper, Curry
Seafood	Allspice, Basil, Celery Seed, Dill Weed, Marjoram, Thyme, Saffron
Poultry	Rosemary, Parsley, Paprika, Ginger, Oregano
Vegetables	Garlic Powder, Curry, Oregano, Anise, Cinnamon
Soups	Bay Leaf, Chili Powder, Onion Powder, Allspice, Lemongrass, Sage
Salads & Dressings	Parsley, Basil, Dill, Thyme, Oregano, Onion Powder, Garlic Powder, Tarragon
Grains (rice, quinoa)	Paprika, Parsley, Chives, Saffron, Annatto Seeds, Tamarind

Physical Activities for Senior Citizens

A report from the Surgeon General stresses the important benefits of physical activity for senior citizens. We are fortunate to have in our community activities available for seniors (free unless noted). Here are some upcoming opportunities:

- Chair Yoga – every Tuesday from 10:30-11:15 am in the 1912 Center Arts Workshop
- Zumba Gold – Wed, April 4, 11, and 18, 10:30-11:15 am in the Arts Workshop
- Fit and Fall Proof – Mon & Wed at 1 pm, Tue & Thu at 9 am, Wed & Fri at 2 pm at the Martin Wellness Center, 510 W Palouse River Drive
- Horseshoe Pitching Clinic – Tue, May 22, 6 pm, free but register w/Parks& Rec
- Horseshoe Pitching Leagues, doubles league on Tuesdays beginning May 29, singles league on Wednesdays beginning May 30, fee \$5/\$7, register through Parks & Rec