

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



Snow, ice, cold temperatures, and parking problems have kept many Friendly Neighbors members from attending our congregate meals in February and March, but inside the Senior Center it has been warm and friendly, buzzing with activities

from 9 am to 4 pm, Monday through Friday. If you are feeling housebound, call a friend or the Dial-a-Ride bus, and come try your hand at a new computer skill, search for your genealogy history, play cards, put together puzzles, work on your favorite art or craft project, play bingo, or simply chat among your Friendly Neighbors. AARP can help you Wednesdays and Fridays 9:30 am to 2 pm with your taxes so you can get them in on time, too.

Congratulations to Terry Sirk and Yoshimi Heinlein, two of our kitchen staff, who took the Kitchen Safety Manager Certification Course and test in February and passed. Also taking the class were Friendly Neighbors Sandra Baird, Steve Barr, and Theresa Hanford who also passed and are now certified to help in the kitchen as needed. Ed Townsend, a former health inspector, will work with them to review our kitchen and safety practices to make certain we continue to pass our health inspections with flying colors as we have done for over four years.

Friendly Neighbors volunteers take our delicious and nutritious meals into the community for our home-delivery program. Twice each week they brave weather and slippery streets to carry hot and frozen meals to homebound seniors. Thank you, thank you Tom Bode, Elisabeth Berlinger, Chris Dixon, Kathy Pitman, and Nancy and Cary Reese. We couldn't operate without you.

Take care...Spring is just around the corner...

Carrie Bitterwolf, President

Scam Jam

A Free Fraud- Fighting Event



Every day, hundreds of people lose their hard-earned money to a variety of fraud schemes. In fact, every 2 seconds, a con artist steals someone's identity!

To strike back against scammers, AARP has joined with the Idaho Office of the Commission on Aging to present a free "Scam Jam" on Friday, April 12 in Genesee at the Senior Center (next to City Hall on Main Street). Arrive early to have a snack, visit vendors, and look at door prizes. Here is the agenda for the day:

10:00 Call to Order: Penny Wilhelm, IOCA-Vendor Info

10:05 Tom Trail: Welcome and Speaker Introduction (cont'd)

- 10:10 Genesee Mayor, County Commissioners, County Clerk, and County Treasurer
- 10:20 Sheriff Richie Skiles: Protecting Against Fraud
- 10:40 Carolyn Hicklin: Edward Jones Financial: How to Defeat the Crooks
- 11:20 Richard Kremer: Area II Agency on Aging: Protecting Seniors
- 11:40 Lunch and Door Prizes: Talk with County Officials and visit Vendor tables
- 12:00 Marlys Fincom, CEO Latah Credit Union: What's Happening Locally
- 12:15 Larry Waters, Resolute Bank: Reverse Mortgages
- 12:25 Angie Macklin: SHIBA--The Medicare Experts
- 12:25 Penny Wilhem: Area II Agency on Aging
- 1:00 Wrap Up and drawing for the grand prize

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## Going Green the Old-Fashioned Way

Checking out at the store, the young cashier suggested to the much older lady that she should bring her own grocery bags, because plastic bags are not good for the environment. The woman apologized to the young girl and explained, "We didn't have this 'green thing' back in my earlier days."



The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

The older lady said that she was right -- our generation didn't have the "green thing" in its day. The older lady went on to explain: Back then, we returned milk bottles, soda bottles, and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled. But we didn't have the "green thing" back in our day.

Grocery stores bagged our groceries in brown paper bags that we reused for numerous things. Most memorable besides household garbage bags was the use of brown paper bags as book covers for our school books. This was to ensure that public property (the books provided for our use by the school) was not defaced by our scribbings. Then we were able to personalize our books on the

brown paper bags. But too bad we didn't do the "green thing" back then.

Back then we washed the baby's diapers because we didn't have the throw away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts. Wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that young lady is right; we didn't have the "green thing" back in our day.

Back then we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded-up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that use electricity. But she's right; we didn't have the "green thing" back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blade in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the "green thing" back then. So, isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?

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Fun Facts

You burn more calories sleeping than you do watching television.

A human will eat on average 70 assorted insects and 10 spiders while sleeping.

You cannot snore and dream at the same time.



Birthdays of our Members

April

2 Jane Hess
4 Kat Downes
7 Pat Butrum
9 Jerry Dean, Sr.
12 Kathleen Hardcastle
13 Barbara Meldrum
14 Lauren Fins
16 Sandra Baird
18 Lois Leonard
19 Lori Bryant
20 Marvin Munn
24 Gary Intermill
27 David Ball



May

2 Jackie Coleman
4 Alan Rasmussen
5 Bill Goesling
6 Richard Tavis
7 Ken Vogtman
9 Evelyn Grassl
9 Ellie Olesen
14 Christine Suquet
16 Karen Batroukh
17 Bill Mitchell
17 Jean Rudolph
19 Tina Sanberg
22 Chuck Fullkrug
26 Glenda Hawley
30 Lucy Carlson
30 Oveta Franklin

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

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Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency.



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

## Calendar...

### April

7-13 Volunteer Week  
10 Bus to the Coeur d'Alene Casino  
11 Free Bingo at senior meal site  
12 Last day of AARP Tax Aide, 1912 Center  
12 AARP Scam Jam, Genesee Senior Center  
23 Friendly Neighbors Board meeting

### May

4 Farmers Market begins, Main Street, Moscow  
8 V-E Day, Victory in Europe 1945  
8 Bus to the Coeur d'Alene Casino  
9 Free Bingo at senior meal site  
12 Mother's Day  
17 Latah AARP meeting, 11:30 AM, UIBW  
27 Memorial Day  
28 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, AARP "Smart Driver" 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 Carolyn Patterson 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

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

# “Eating Right for Older Adults”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the March 2019  
“Senior Nutrition News”

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Try these eating right tips throughout March—National Nutrition Month.



- **Make half your plate fruits and vegetables.** Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. With canned fruits and veggies choose “reduced sodium” or “no-salt-added” vegetables, and fruit canned in water or 100% juice.
- **Make at least half your grains whole.** Choose 100% whole-grain breads, cereals, crackers, pasta, and brown rice. You will know if a whole grain is the first ingredient on the ingredient list of a product.
- **Switch to fat-free or low-fat milk, yogurt and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy. Include three cups of fat-free or low-fat milk, yogurt, or cheese each day.
- **Vary your protein choices.** Eat a variety of protein group foods such as seafood, nuts, and beans and peas, as well as lean meat, poultry, and eggs.
- **Cut back on sodium and empty calories from solid fats and added sugars.** Compare sodium in foods and choose those with lower numbers. Use spices or herbs instead of adding salt. Limit saturated fat rich foods such as desserts, pizza, sausages, and hotdogs to occasional choices, not everyday foods. Switch from solid fats to oils when preparing food. Drink water instead of sugary drinks.
- **Enjoy your food, but eat less.** Avoid oversized portions. Try using a smaller plate, bowl and glass.



Cook at home more often, where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits, and whole grains. When portions are large, share a meal or take half home for later.

- **Be physically active your way.** Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, check you're your healthcare provider and then start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

## 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 opportunities:

- Chair Yoga – every Tuesday from 10:30-11:15 am in the 1912 Center Arts Workshop
- Dance Fitness Gold – every Thursday from 10:30-11:15 am, 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
- Moscow Parks and Recreation offers Adult Movement classes for a fee on “Tone and Strength” and Zumba, register w/Parks & Rec online or call 208-883-7084
- Horseshoe Pitching Clinic – Tue, May 21, 6:30 pm, free but register w/Parks & Rec