

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

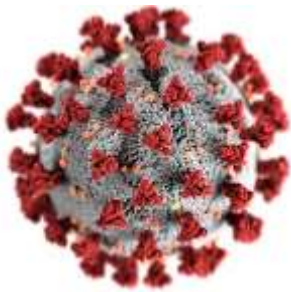
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Coronavirus: Let's Stand Together by Standing Apart!



This is a "special" coronavirus edition of our newsletter since many activities have been curtailed or stopped in order to limit its spread.

Area schools (both K-12 and university) are closed indefinitely. Many businesses and

government offices are closed or have limited access or hours.

As part of that, the City of Moscow has closed the 1912 Center for the time being. The earliest it might re-open would be sometime in May. The senior center web site will have current information, and Sharon Singleton, our vice president, will continue to update with e-mails to our members.

Much has changed in the last couple of weeks. For example, restaurants can offer only take-out or delivery service. And our senior meal program is a restaurant. So, we have made some accommodations to allow us to continue our very important mission of providing meals to seniors.

Our congregate meal site has been replaced by a "grab and go" lunch box on Tuesdays and Thursdays at noon. We need to know how many meals to prepare, so, if you would like a "grab and go" meal, please call President Bill Terrio at 208-310-3779 at least one day in advance. Let him know if you will pick it up or need the meal to be delivered.

To pick up a "grab and go" meal on Tuesdays and Thursdays, come to the north side of the 1912 Center by the back door at noon. Our dedicated kitchen staff will greet you with a meal. You may also take some of the donated food items we usually have at the "bread table" at the meal site.

We are not collecting money for the to-go meals at this time, but will do so later.

Our home delivery program to seniors who qualify for delivered meals through the Area Agency on Aging continues as it has been.

With the closure of the 1912 Center, the Senior Center is also closed. A few activities have found alternate ways to continue and still practice safe distancing (being at least six feet apart).

For chair yoga, Esther Louie has a chart of chair exercises one can perform at home. If you would like this chart, I can e-mail it to you. My e-mail is <shark@moscow.com>.

The mah jongg group has moved to online gaming at the "Real Mah Jongg" web site found at [//realmahjongg.com](http://realmahjongg.com). Regular days and times for play have been scheduled. The web site has a free trial period, with a monthly fee after that.

Many, many thanks to those who work and volunteer to allow our meal services to continue. Your service is greatly appreciated.

COVID-19 has brought out the best in us. To help accommodate the need for seniors and other vulnerable populations to shop safely, some grocery stores have set aside times for those groups: Safeway and Rosauers on Tue & Thu from 7-9am, and WinCo on Tue & Thu from 6-7:30am.

But it has also brought out the scam artists. We already get enough robocalls to be wary of, now there are more with fake vaccines and cures. Please be careful about these types of calls.

We are all encouraged to hunker down and stay healthy to help prevent the spread of this virus. I came across a piece of information that went something like this:

Your grandfather fought in World War I.

Your father fought in World War II.

Your country now calls on you to stay home and sit on the couch. You can do this!

Kay Keskinen, Newsletter Editor

Quilt Raffle

Friendly Neighbors will be raffling a gorgeous quilt (see photo) made by a team consisting of Margie St. John, Sally Amador, Lola Penton, and Julie Rinard.

Raffle tickets are \$1 each, or six for \$5. Tickets may be purchased at the Tuesday/Thursday senior meal site (when we begin again) or at the Friendly Neighbors booth at the Senior Fair held at the Palouse Mall in early June. The ticket for the lucky winner will be drawn later this summer (date TBA).



The quilt is quite large, easily fitting a queen or king-sized bed. It will make a lovely addition to your home or a gift to a special friend or family member.

Proceeds from the quilt raffle will be used to support the services of Friendly Neighbors. Our thanks for the many hours it took the quilting team to design and make the quilt.

Sharon Singleton, Vice President

Membership Directory

The 2020 Membership Directory for Friendly Neighbors will be available at the meal site once the 1912 Center re-opens. The directory shows only current members who have indicated their information may be included. If you are unsure of your 2020 dues are current, please check with Carrie or Margie once we are back in full operation.

Humor

A reporter interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked... She simply replied, "No peer pressure."

"I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over."

Coronavirus Disease 2019 (COVID-19)

from [cdc.gov](https://www.cdc.gov)

Editor's note: The below information was taken from the Centers for Disease Control and Prevention web site on March 23, 2020.

Older Adults

Older adults, 65 years and older, are at higher risk for severe illness. COVID-19 is a new disease and we are learning more about it every day.

What you can do

If you have a serious underlying medical condition:

- **Stay home** if possible.
- **Wash your hands** often.
- **Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.
- **Clean and disinfect** frequently touched services.
- **Avoid all cruise travel** and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.
- For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#)

Stress and coping

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis. Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

Things you can do to support yourself

- **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
 - **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911
 - Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990

or text TalkWithUs to 66746. (TTY 1-800-846-8517)

Get Ready for COVID-19

Take actions to reduce your risk of getting sick. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

- Stock up on supplies.
- **Take everyday precautions** to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- **Avoid crowds** as much as possible.
- **Avoid cruise travel** and non-essential air travel.
- **During a COVID-19 outbreak in your community, stay home** as much as possible to further reduce your risk of being exposed.

Have supplies on hand

- **Contact your healthcare provider to ask about obtaining extra necessary medications** to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using mail-order for medications.
- **Be sure you have over-the-counter medicines and medical supplies** (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- **Have enough household items and groceries** on hand so that you will be prepared to stay at home for a period of time.

Take Everyday precautions

Avoid close contact with people who are sick.

Take everyday preventive actions:

- Clean your hands often
- **Wash your hands often** with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **To the extent possible, avoid touching high-touch surfaces in public places** – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- **Avoid touching your face**, nose, eyes, etc.
- **Clean and disinfect** your home to remove germs: practice routine cleaning of frequently

touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)

- **Avoid crowds**, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on cruise ships.

If COVID-19 is spreading in your community

Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.

- **Stay home** as much as possible.
- **Consider ways of getting food brought to your house** through family, social, or commercial networks

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

Birthdays of our Members

April

10 Helen Peterson
14 Lauren Fins
16 Sandra Baird

May

1 Penny White
2 Jackie Coleman
5 Celia Schoeffler
6 Richard Tavis
7 Ken Vogtman
9 Evelyn Grassl
9 Ellie Olesen
17 Bill Mitchell
22 Chuck Fullkrug
26 Glenda Hawley
? Magot Rytter



Sorry that we may not be able to wish you "Happy Birthday" at the meal site. When we wash our hands thoroughly, we are encouraged to sing "Happy Birthday" two times to wash long enough. We will send you birthday wishes when we wash our hands!

“Food: Save Time, Save Money”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the March 2020 “Senior Nutrition News”

It’s always smart to save as much money and time on our groceries. A great way to do this is using the “Stop, Look & Go” method when planning our meals and grocery shopping trips.

1. **STOP.** Before you start planning your meals and go grocery shopping, stop and take a look in your cabinets and pantry for items you already have. No need to buy another can of crushed tomatoes when you already have three on hand!

2. **LOOK.** Look at your week ahead to see when you are busy and when you will be home. Plan easy meals for when you will be busiest. Make a shopping list.

Research has shown that we spend more at the store when we just wander through the aisles grabbing things. Following a list keeps us on task. When making the list, organize the items by food group or type of food, and where they might be in the store. That way, when you are shopping you can get all your produce in one stop, then move on to the canned goods and dairy section and so forth. No sense in back-tracking to a store aisle where you just were!



3. **GO Best advice:**

- Eat before you go grocery shopping. Studies have shown that we tend to buy more food if we shop when we are hungry.



- As you go up and down the aisles, be aware that food manufacturers pay higher “rent” to place their products on shelves that are at eye-level, so their products are more easily seen and purchased. Those products can be much more expensive than similar products on the upper or lower shelves. Look high and look low and save!

- Use coupons and sale flyers. If an item on sale is out of stock, ask the manager for a “rain-check” so you can get the product at the sale price when it becomes available again. Many stores now use “membership” cards that give a discount on many products in the store. This can add up to a good discount at the check-out register.

2020 US Census – Make Sure You Are Counted!



Most of the households in the US have been receiving letters from the US Census with information about completing this year’s census questionnaire online. Some people will receive longer questionnaires.

People are encouraged to enter the census information online. The web site to enter your census data is [//mycensus2020.gov](https://mycensus2020.gov). Your Census letter has the 12-character code that identifies the address for which you are responding.

If you want to complete your Census data by phone, the number to call (for English, other languages are also available) is 844-330-2020, available everyday from 7 AM to 2 AM Eastern Time. Note that in some circumstances, you may receive a call from the Census Bureau after responding, at the number you provided.

If you are unable to enter your Census data either online or on the phone, a Census worker will come to your residence and will provide proof that they are official government personnel.

It is important for all of us to be counted! Our state and federal legislatures are apportioned based on population, and funding for services is often based on the numbers served.

