

Friendly Neighbors Newsletter

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President's Message



Hi, everyone.

I hope you are all being safe and getting your COVID vaccine shots.

The Board of Directors (with recommendations from its Reopening Committee) has agreed to start opening up the meal site in May. There will be a "social hour" trial run the first two weeks of May

where we can meet to play games and/or just chat with friends we haven't seen for some time. This will be from 11:00 AM to 12:00 PM after which you can grab a meal to take home.

Once we see how the "social hour" is working, we can adjust to having sit down meals. We will need volunteers to assist with serving coffee, water, milk, and maybe desserts.

Friendly Neighbors has a multi-year contract with the Area Agency on Aging to provide meals (congregate and home-delivered) to seniors. That contract brings a lot of paperwork for us, and one of those documents is a "congregate registration form" each of our senior diners needs to complete annually to verify information about themselves. The new year brought a new such registration form for 2021, so I wanted to let you know why we will be asking you to complete the form. That form has been included in some of our E-news e-mailed information; I appreciate that some of you have already filled out both sides of that form and returned it to us. Please be prepared to complete that form if you haven't already.

Now that we can meet in groups of up to 50 people, we plan to start gathering in May. Our plans for the May social hours followed by congregating for meals is just that, a plan. None of us has lived through a pandemic before, and we have seen in these past 12 months how quickly things can change. Look for further updates from Sharon Singleton via our Emails as our situation changes.

I also want to express my gratitude for the kitchen crew who have worked so well together to prepare our meals. Kim Thompson, our new cook, is doing a great job and I, for one, am glad she works for us. They have become a real TEAM.

Bill Terrio, President

IRS Extends Federal Tax Filing Deadline

The IRS has extended the filing deadline for federal income taxes from April 15 to Monday, May 17, 2021. Note that this does not directly affect the Idaho state



income tax deadline. With the Idaho State Legislature, at the time of this writing in late March, on a two-week recess because of COVID-19, the Idaho Tax Commission met on March 25 and extended the Idaho income tax deadline to match the federal income tax deadline.

Note that AARP Tax-Aide will NOT be available past its planned last day of help of Wednesday, April 14.

Birthdays of our Members



April

2 Jane Hess
12 Kathleen Hardcastle

May

2 Jackie Coleman
6 Richard Tavis
7 Ken Vogtman
14 Christine Suquet
17 Bill Mitchell
26 Glenda Hawley
30 Lucy Carlson

Dues for 2021 Are Due

Annual dues for Friendly Neighbors are \$2 for the calendar year, and there is a lifetime dues option for \$25. Membership is now open to those aged 50 and older.

A membership form was included in the last issue (Nov/Dec). If you have not paid your dues yet, please do so.

Your support of Friendly Neighbors as a member is greatly appreciated.

Too good to not share 🍌

1. When one door closes and another door opens, you are probably in prison.
 2. To me, "drink responsibly" means don't spill it.
 3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
 4. It's the start of a brand new day, and I'm off like a herd of turtles.
 5. The older I get, the earlier it gets late.
 6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
 7. I remember being able to get up without making sound effects.
 8. I had my patience tested. I'm negative.
 9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
 10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
 11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
 12. I finally got eight hours of sleep. It took me three days, but whatever.
 13. I run like the winded.
 14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
 15. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
 16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
 17. I don't mean to interrupt people. I just randomly remember things and get really excited.
 18. When I ask for directions, please don't use words like "east."
 19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
 20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
 21. My luck is like a bald guy who just won a comb.
- Which one is YOUR favorite?

The **senior activities** that occurred in the Senior Center have been suspended since late March of 2020. Some of the event leaders are looking to restart activities in the near future. Below are some of the activities and their contact person. Give them a call if you are interested in resuming participation.

Monday morning computer help: call Kay at 208-882-0737 in the afternoon or evening

Tuesday afternoon pinochle: call Barb at 208-883-3387

Wednesday afternoon mah jongg: call Kay at 208-882-0737 in the afternoon or evening

Thursday afternoon Arts Workshop: call Steve at 509-338-2030

Chair yoga and dance fitness plan to begin in the summer; updates will be in the next newsletter

It's Time to "Rally" at the Senior Meal Site

At the February meeting of the Board of Directors, a Reopening Committee was formed to research how best to switch from the grab-and-go meals back to congregate meals. That committee, consisting of Barb Townsend, Sharon Singleton, and Kay Keskinen, learned what was required of us from the Area Agency on Aging, what being in Stage 3 meant, how best to keep members safe, what the City's Face Mask Mandate required, and so on. They presented their plan to the Board at its March 23 meeting, and after discussion the Board approved a two-step plan which is outlined below. These are initial procedures; we will learn more about what works and doesn't as we go along and will adjust accordingly. Our goal is to continue to provide nutritious meals to seniors while addressing safety measures to keep people healthy, whether during a pandemic or not.

Overall Plan

As a step towards restarting the congregate meals in mid-May, we will begin first by providing a social hour from 11 AM to noon prior to the grab-and-go meal distribution on the first four meal days in May. After those two weeks, if all goes well, we will reopen our congregate meal site on May 18. Below are some overall plans and procedures.

Check-In-Process

The check-in process is similar for both the social hour gatherings and the congregate meals. People entering the 1912 Center must be wearing a face mask (Moscow City Face Mask Mandate). If they need one, masks are available inside the Senior Center. Those attending must enter through the southeast entry (near the free pantry), arrival time is no sooner than 10:45 AM. There will be a check-in table between the Senior Center door and the door down to the Great Room. Attendees will be asked the basic health questions usually asked at medical offices:

1. In the past 72 hours have you had a fever of 100.4, or had shortness of breath, body aches, or sore throat?
2. In the past two weeks have you been to an epicenter of COVID or traveled internationally?
3. In the past week have you had close contact with a COVID patient?

Any attendee who answers "Yes" to any of the three questions will be asked to leave; if they want a meal, they can get a grab-and-go meal at the north outside door at 12:30 PM (or at noon if this is a social gathering). Healthy attendees will give us their name, and we will check the current membership list to see if they are on it. All diners need to complete a 2021 Congregate Registration Form (both sides); if they have not done so yet for 2021, they will be given the form to complete and return that day. If they have not paid dues for 2021, they will be offered a membership form and opportunity to pay yearly or lifetime dues, with the option of a paid mailed newsletter six-issue subscription.

Congregate meal attendees will pass by the "bread table" which is now upstairs since the 11 round tables on the floor of the Great Room take all of the floor space in that room. Attendees may take any donated food items before they go downstairs or after they leave the meal site.

Suggested meal donation amount is \$5 for the congregate meal. In order to limit handling of money, after each month a letter will be given to diners with a donation request.

Once you have been checked in and given any needed paperwork (congregate meal registration form or membership form), attendees may go to the Great Room by way of the stairs or elevator. When in the Great Room, keep wearing your face mask. Find a table of four to join, or start a table of 5 or 6 if you will be with people you know are safe in your "bubble." Some tables will be marked for use by "bubbles."

Social Distancing Social Hour

The social hours begin on Tuesday, May 4 and run from 11 AM to noon on the first four meal days of May. No food or drink will be offered during the social time, but the idea is for us to practice social distancing while wearing face masks, visiting with our friends, and playing games such as bingo. If they want to play cards or games, attendees need to bring their own game supplies. Following the social time, at noon people may pick up their grab-and-go meal and leave the building.

How to store your mask when going to the bathroom, taking a drink or eating.



Place your mask on a clean paper towel.
(Exterior of the mask facing down with the ties placed away from the inside.)



Store your mask in a clean paper bag.

Congregate Meals

The next step is to provide congregate meals, while not going over the Stage 3 limit of a crowd size of 50. Diners will be seated at round 60" tables of four (or more if you have a "bubble" of coronavirus safety). Face masks will be worn at all times unless the person is eating or drinking. Cart service will be provided to the tables for hot drinks (coffee and hot water for tea) and cold drinks (milk and water). Volunteers would go through the dining area with the drink carts and only they would be touching the common drink dispensers and containers. Tables will be called one at a time to the serving window where a tray with the entrée would be given with a pre-made salad; each diner will have a choice of either ranch or blue cheese dressing; a dessert would also be provided with the option of either sugar-free jello or a pastry/brownie. Diners then return to their respective tables where they may remove their face mask to eat their lunch. Drink cart volunteers would continue to roam around the tables to provide drinks and refills.

After the diners have finished their meal, they make sure their face masks are on, return the meal tray and any drink containers to the dishwashing window, leave the Great Room, and pick up any donated food on the upstairs "bread table."



"March is National Nutrition Month"

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the March 2021 "Senior Nutrition News"

Every March, the Academy of Nutrition and Dietetics ([//www.eatright.org](http://www.eatright.org)) promotes National Nutrition Month®. Nutrition is especially important for older adults, as a good diet can reduce the risk of high blood pressure, certain cancers, heart disease, and osteoporosis. Eating right can also give seniors a sharper mind, a greater resistance to disease and illness, higher energy levels, quicker recovery times, healthier immune systems, and can also help manage persistent health problems.

Essential Nutrients for Seniors

- **Water.** As our body ages, we have a decreased sense of feeling thirsty. To avoid urinary tract infections, constipation, and even confusion, be sure to drink plenty of water.
- **Vitamin B.** Our stomach absorbs less vitamin B-12 after the age of 50, so it's important to get the recommended daily amount through animal products or fortified foods such as breakfast cereals or talk with your health care provider about your possible need for a vitamin supplement.
- **Vitamin D.** Vitamin D is essential to absorbing calcium, mainly through sun exposure. Unfortunately, as we age, our skin doesn't synthesize vitamin D as well as it once had. Fortified foods such as milk can provide needed vitamin D.

Nutrition Tips for Seniors

- **Reduce Salt.** Most Americans get more salt or sodium than they need. Choosing less processed foods and more fresh foods can help you do this. Reducing salt in your diet can help reduce blood pressure.
- **Increase Your Fiber.** Raw fruits, vegetables, beans, & grains are good sources of fiber. Fiber helps reduce the risk of chronic diseases and helps digestion.
- **Add "Good" Fats to Your Diet.** Monounsaturated fats such as olive oil, avocados, salmon, walnuts, and flaxseed are examples. These help "good" fats and can raise "good" cholesterol levels.
- **Make Half Your Grains Whole Grains.** Whole grains are packed with nutrients including protein, fiber, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.

