

Friendly Neighbors Newsletter

Volume 23 – Issue 2 – March/April 2022

Editor – Kay Keskinen

Founder – Doris D. Norman

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

Phone: (208) 882-1562 (Welcome Room and Kitchen)

E-mail: friendly.neighbors@yahoo.com

Web Page: <http://users.moscow.com/srcenter> Blog: <http://moscowseniors.blogspot.com>

President's Message



Hi, everyone.

I want to thank everyone who is coming to the Tuesday and Thursday lunches. After a relatively slow start this year, our numbers have been rising consistently. We have been as high as 55 at a lunch

and are usually around 50. Before the pandemic we had sixty or more diners on a regular basis.

You might ask why you should come to Friendly Neighbors' meals? There are a number of reasons. First and foremost, you are likely to get a more nourishing meal than if you stayed at home and had a sandwich. We have a tremendous kitchen staff that prepares delicious and nutritious meals. Our menus are approved by a dietitian. Also, a number of local grocery stores contribute to our free food table which includes breads, pastries, and sometimes a variety of meats. With the price of food going up, you can reduce your food bill significantly. Another reason to come is the social relationships you develop, a good way to make new friends. A cure for loneliness is to come to Friendly Neighbor meals and/or participate in some of our weekly activities, pinochle and mah jongg, to name a couple.

The month of March is National Nutrition Month. It won't be too noticeable in our meals because our kitchen staff go out of their way each week to make sure we have a nutritious and delicious meal. However, during this month we will be presenting some nutrition information that may be useful for

your home meals. The better we eat, the healthier we will be.

This year we are celebrating 50 years of the national Senior Nutrition Program with informative nutrition information included in this issue. We have offered three quizzes on nutrition at our March congregate meals. I hope the information will be helpful to you.

If you are new to our meal site, we offer lunches to seniors aged 60 and older on Tuesdays and Thursdays in the 1912 Center Great Room. Meals for seniors are by donation; seniors receive meals whether they donate or not. Soup is available by 10:30 AM, the salad bar is presented at 11:30 AM, and our main entrée is served at noon.

Until next time, be safe and be healthy!

John Carlson, President

2022 Membership List Information

by Sharon Singleton, Vice President

GOOD NEWS!! A new membership list will be distributed by April 15th. Friendly Neighbors has not had a current membership list printed since 2019 (pre-pandemic). Everyone who has a lifetime membership (\$25.00) or has paid the \$2.00 membership fee for 2022 will be included (unless they have requested otherwise). Our total membership as of early March was 123; in 2019 it was 184. I will be sending out another email reminding those who have not joined yet this year to do so. Unfortunately, not everyone has email access. Please help your friends or relatives get on our list to make it complete. If you don't receive my email reminders or if you are wondering if you have joined this year, you may call me (208-301-2060). Leave a message and I will get back to you.

Thanks for your help.

Senior Nutrition Program 50th Anniversary

Supporting nutrition services for older adults since 1972

This March, Area Agency on Aging joins the Idaho Commission on Aging, the Administration for Community Living and senior nutrition service providers across the country to celebrate the 50th anniversary of the national Senior Nutrition Program.

Since 1972, the Senior Nutrition Program has supported nutrition services for older adults. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults (60 and older) to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

Senior nutrition is now more important than ever. Each year in the U.S., up to half of

adults age 65 and older are at risk of malnutrition, and more than 10 million face hunger. In Idaho 1 out of 6 elderlies are food insecure. In communities throughout the U.S. – including our own – older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

As part of the Senior Nutrition Program network, the Senior Nutrition Program helps older adults in our community by promoting healthy eating, decreasing social isolation, and improving health. Our program also provides connections to home and community-based services that can support independence and overall well-being.

The Idaho Senior Nutrition Program served statewide 1,163,630.00 congregate and home-delivered meals to over 17,500 clients in FFY 2021.

For 50 years, senior nutrition services have helped create healthy, strong communities where all members can flourish regardless of their age. ***That's why we proudly recognize this milestone anniversary of the national Senior Nutrition Program and its tremendous impact on the health and well-being of older adults in our community.*** Join us in celebrating our seniors, our program, and our community. Together, we look forward to another 50 years and beyond!



Senior Activities

The senior activities that closed down in 2020 are beginning to return. The Open Art Studio, led by Janice Arden, began on Thursday, March 17. Future studio gatherings will depend on how much interest there is in working on art projects.

Esther Louie plans to start chair yoga in April with sessions on the 1st and 3rd Tuesdays of each month from 10:30 – 11:15 AM in the Lecompte Auditorium (on the second floor). Participants are required to be fully vaccinated against COVID-19.

Dance Fitness Gold, led by Lauren Fins, will begin on Thursday, May 5 at 11 AM in the Arts Workshop. Lauren requires participants to be fully vaccinated against COVID-19.

Note that Friday afternoon mah jongg now begins at 1 PM. If you are interested in learning to play mah jongg (National Mah Jongg League rules), stop by the Green Dragon Game Room on Friday afternoons and help will be available.

The Friendly Neighbors web site has a current schedule of senior activities.

Facts About Food Insecurity

- According to the [USDA](#), more than 38 million people, including 12 million children, in the United States are [food insecure](#).
- The pandemic has increased food insecurity among families with children and communities of color, who already faced hunger at much higher rates before the pandemic.
- [Every community in the country](#) is home to families who face hunger. But [rural communities](#) are especially hard hit by hunger.
- Many households that experience food insecurity do not qualify for [federal nutrition programs](#) and visit their local food banks and other food programs for extra support.
- 1 in 7 Idahoans are food insecure.
- 1 in 5 Idaho children are food insecure.
- Latah County has a food insecurity rate of 17.5%, topped only by Madison County at 19.8%.



Friendly Neighbors and Food

by Kay Keskinen, Treasurer and
Newsletter Editor

With this issue of the newsletter focusing on nutrition and the celebration of the 50th anniversary of the Senior Nutrition Program, I wanted to bring some history of our own organization, Friendly Neighbors Senior Citizens, Inc., to your attention.

Food is what created Friendly Neighbors. In the summer of 1973, a group of seniors gathered at the Moose Lodge, brought food to share, enjoyed the meal together, and socialized (I'm sure card-playing was involved, too). These informal meals became more formal in 1978 when Ernie Bunch took the lead to incorporate the group as an Idaho non-profit, which we continue to be.

When Friendly Neighbors celebrated its 40th year in 2013, each newsletter issue included some of our history. I remember reading that in 2002 Ernie reported that they "always need volunteers to set up tables." Sound familiar twenty years later?

Now that Friendly Neighbors was a non-profit, it was eligible for commodities. Attendance grew because funds through the Area Agency on Aging could provide bus transportation. When the Old Time Fiddlers performed, attendance at the meal site grew, often adding 20 (to the already 50-60).

The Moose Lodge had stairs to the dining area, so after a while we had to move to accommodate easy access. Again, with funds from the Area Agency on Aging, we were able to get a grant to help fund a remodel of a kitchen on the first floor of the Old Post Office (now the Moscow City Hall).

As a non-profit organization we have been able to participate in the national Senior Nutrition Program. When I first became a volunteer with Friendly Neighbors in 2003, the nutrition program operated through Lewis-Clark State College. In 2007 the Area Agency on Aging took over, and we have a contract with the AAoA to provide meals to seniors aged 60 and older through our congregate meals and home delivery of meals. We also hold 501(c)(3) charitable status through the IRS.

Providing meals to seniors is our organization's main mission, with home delivery our top priority. As important as good nutrition is, we know that connecting with others, socializing, and participating in activities (playing cards, bingo, mah jongg, creating art, physical activities—walk with me, chair yoga, dance fitness) are important to leading a healthy, independent life. So, take care of your health by participating in our many activities.

21 Foods That Can Save Your Heart

from //webmd.com September 20, 2021

1. **Fresh Herbs** - When you add these to foods instead of salt and fat, you're making a heart-healthy choice.
2. **Black Beans** - Mild, tender black beans are packed with heart-healthy nutrients.
3. **Red Wine and Resveratrol** - If you drink alcohol, a little red wine may be a heart-healthy choice.
4. **Salmon: Super Food** - A top food for heart health, it's rich in omega-3s.
5. **Tuna for Omega-3s** - Often cheaper than salmon, tuna also has omega-3s.
6. **Olive Oil** - This oil is a healthy fat made from smashed olives.
7. **Walnuts** - A small handful of walnuts a day may lower your cholesterol.
8. **Almonds** - Slivered almonds go well with vegetables, fish, chicken, and desserts.
9. **Edamame** - You may have seen these as an appetizer at an Asian restaurant. Edamame is the Japanese word for soybeans.
10. **Tofu** - Eat tofu and you'll get a great form of vegetarian soy.
11. **Sweet Potatoes** - Swap white potatoes for sweet potatoes.
12. **Oranges** - Sweet and juicy, oranges have the cholesterol-fighting fiber pectin.
13. **Swiss Chard** - This dark green, leafy vegetable is rich in potassium & magnesium.
14. **Barley** - Try this nutty whole grain in place of rice.
15. **Oatmeal** - A warm bowl of oatmeal fills you up for hours and fights snack attacks.
16. **Flaxseed** - This shiny, honey-colored seed has three things that are good for your heart.
17. **Low-Fat Yogurt** - When you think of dairy foods, think "Good for my bones!"
18. **Foods Fortified With Sterols** - These plant extracts block your gut from soaking up cholesterol.
19. **Cherries** - Sweet cherries, sour cherries, dried cherries, and cherry juice -- all good.
20. **Blueberries** - Blueberries are simply brilliant when it comes to nutrition.
21. **Dark Leafy Greens** - Your parents were right when they told you to eat your greens.

Longer descriptions of these 21 foods along with cooking, taste, and serving tips are in the Nutrition Notebook kept at the meal site.

Library Services for Personal Wellbeing

Access to information can be the deciding factor between a disenfranchised and empowered life, and the library is a free and accessible gateway to many sources of information. With the promising warmth of spring setting in, how can the library connect you to the information you need to live a nurtured life?

Books

A quick way to find books to help with your self-help and personal enrichment goals is by using the Dewey Decimal system. If you don't have a specific title in mind but know what topic you're looking for, try browsing books in the 158 section (self-help), or under 613 (personal health and wellness). In Moscow, books in these sections include *The Power of Habit* by Charles Duhigg and *The Encyclopedia of Healing Foods* by Michael Murray.

Technology

The library can assist with technology information needs, too. We have a range of devices available for check out including mobile hotspots and Roku media consoles (requires a TV). Learning how to use technologies can have a steep learning curve with high payoff, and staff at the library are available to assist with any technology-related information needs. Call, visit us in person, or check out [//latahlibrary.org/computer-device-help/](http://latahlibrary.org/computer-device-help/) to learn more about available tech assistance.

Building Community

Libraries are places where we can find and form community connections. The pandemic has altered some ways the library is able to do this, but as warmer weather approaches there are more ways you can stay connected with your neighborhood through the library. Try checking out one of our book club kits, which include eight copies of a book and a discussion guide to get a social reading group started. See the full range of options by searching "book club kit" at [//latahlibrary.org](http://latahlibrary.org).

Seeds

Not all new beginnings are metaphorical. If you're looking to start actual seeds this spring, those are available at the library too via the Palouse Exchange-a-Seed (P.E.A.S.). Free seeds can be picked up by the front desk at the Moscow branch of the library during normal hours.

Other Resources

Whether it's a library program or a local community resource you're looking for, the library can be your

gateway to information. Find out more by going to [//latahlibrary.org](http://latahlibrary.org), calling us at 208-882-3925, or visiting us in person. We'll be happy to see you.

Mason Neil
Outreach Coordinator
Latah County Library District
masonn@latahlibrary.org
208-882-3925, ext. 117

Birthdays of our Members

April

2 Jane Hess
8 Kay Swenson
8 Kathleen Warren
10 Helen Peterson
12 Kathleen Hardcastle
16 Sandra Baird
16 Wendy Blanchard
20 Marvin Munn
22 Dale Iverson



May

2 Jackie Coleman
6 Richard Tavis
14 Christine Suquet
26 Glenda Hawley
30 Lucy Carlson

Did You Know?

- Q. What separates "60 Minutes" on CBS from every other TV show?
A. No theme song.
- Q. Most boat owners name their boats. What is the most popular boat name requested?
A. Obsession.
- Q. If you were to spell out numbers, how far would you have to go to find the letter "A"?
A. One thousand.
- Q. What do bullet proof vests, fire escapes, laser printers, and windshield wipers all have in common?
A. All invented by women.
- Q. There are more collect calls on this day than any other day of the year?
A. Father's Day
- Q. What is an activity performed by 40% of all people at a party?
A. Snoop in your medicine cabinet.

The term "the whole 9 yards" came from WWII fighter pilots in the South Pacific. When arming their airplanes on the ground, the .50 caliber machine gun ammo belts measured exactly 27 feet before being loaded into the fuselage. If the pilots fired all their ammo at a target, it got "The whole 9 yards."

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Ways to Enjoy More Fruits & Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, and frozen fruit - try strawberries and banana, or mango with pineapple or peach.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.



10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings. Add raw or cooked veggies to tacos on whole-grain corn tortillas and whole wheat wraps.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach, eggplant and carrots to pasta dishes, casseroles, curries, soups, and stews.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

*See "Smart Tips to Build a Healthy Salad" at www.eatright.org/nutritiontipsheets for more tips on creating healthy salads.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

© Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.