

Friendly Neighbors Newsletter

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President's Message

Hi everyone,

It looks like winter is making a desperate attempt to hang around for a while yet. But officially it's spring and we have had a few indications that it's just around the corner. A

nice day or two. Early flowers sticking their head out of the ground, and even some robins who are acting like it's spring. So, by the time you read this we will likely have some shirtsleeve weather and longer days.

This year Friendly Neighbors is celebrating its 50th anniversary providing meals for seniors in our community. I am convinced that the nutritious meals and social interactions that occur each Tuesday and Thursday along with the various activities available throughout the week have added health and longevity to those involved.

After a period of difficulty in the kitchen we are glad to have Kim back as head cook and things are moving smoothly once again. Summer has given us a letter of resignation with her last day of work being April 4. We have hired Brice McLaughlin to replace her. We are sorry to see Summer leave as she was our longest employed member of the kitchen staff. We wish her the best in her future endeavors.

Thank you all for helping keep the Tuesday and Thursday meal site running smoothly. Your volunteer efforts are greatly appreciated.

John Carlson, President

Friendly Neighbors Turns 50!

Friendly Neighbors began informally in 1973 to provide nutrition services to Moscow area seniors. In 1978 we formed as an Idaho non-profit corporation to be eligible to take advantage of food commodities available to senior meal programs.



Check out the article written by Jeanette Talbott on page 5 about our early history. Jeanette passed away in 2021 at the age of 103. She wrote other articles about Friendly Neighbors' history that will appear in other issues of this newsletter this year.

Beginner's Yoga Class Begins

Friendly Neighbors has been sponsoring the chair yoga activity for several years. Starting in March another yoga class is offered, this one is led by Friendly Neighbors member Ryan Law who describes the class as "a beginner level class for those interested in the basic principles of yoga, using breath and poses."

No experience is necessary, yet students should be able to stand without support. Please bring a yoga mat if you have one. Blocks and straps will be provided.



The class meets every Thursday from 10:45 to 11:30 am in Friendship Hall (across from the elevator on the first floor).

The Death Cafe and Adult Programs at the Library

Death is one of the only universal human experiences, and it is a topic that many of us have thought a lot about in our lives. In the beginning of March, the Moscow Public Library hosted a Death Cafe to talk about that very topic. This program is an opportunity for adult community members to come together to talk openly and respectfully about death and dying with strangers and friends alike. With coffee, tea, and a variety of sweet treats, adults took turns introducing themselves and talking about what brought them to the Death Cafe that day, before breaking up into smaller conversation groups.

The Death Cafe movement is one that started in East London in 2011 before quickly spreading across the globe. Death can be a sensitive topic, and the conversations that occur in the Death Cafe program are respectful and accessible with no agenda. It's also important to note that Death Cafes are not meant to be grief support or counseling sessions. The Moscow Public Library will have another Death Cafe program in the late spring. Learn more at [//deathcafe.com](http://deathcafe.com), and be sure to check on the library's events calendar for the date of the next Death Cafe!

In addition to the Death Cafe, the Moscow Public Library will be hosting several more adult programs in the coming months. Just in time for National Poetry Month, the library will be hosting Moscow's very own Poet Laureate, Stacy Boe Miller, for a poetry reading on April 13th at 5:30 p.m. With light refreshments served, this evening of poetry is a perfect opportunity to get to know our city's Poet Laureate. Another poet that will be visiting the Moscow library is Stephen Pitters, who will be reading some poems from his latest book and talking about the stages of life on May 11th at 5:30 p.m.

With the weather warming up and spring on its way, the Moscow Public Library will also be hosting a short programming series that may be of interest to gardeners or just those who like to be outside and learn about nature. This will begin on April 18th at 2:00 p.m. with a presentation by Kelli Cooper, Sustainability Programs Coordinator with the City of Moscow.

For more information about the adult programs that the Moscow Public Library has to offer or what's coming up, visit our online event calendar at [//latahlibrary.org/events-calendar](http://latahlibrary.org/events-calendar) or just stop by the library!

Rebecca Rivapalacio
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“Show and Tell” at Meal Site

A new activity has been planned for many meal site days. Friendly Neighbors will have a “Show and Tell” from 11:25 – 11:30 am unless the Palouse Fiddlers are performing or someone else is scheduled to entertain or inform us. Participants are invited to come up to the podium for five minutes just before the salad bar table rotation takes place at 11:30 am to:



- Tell the Friendly Neighbors about something special you did in your life;
- Perform magic tricks;
- Talk about where you have lived or traveled; Have a sing-a-long with the whole group;
- Share information about your hobbies;
- Talk about the pets you now have or have had;
- Tell about a book you have recently read or a movie you have seen;

Or...anything else you want to “show and/or tell” ...as long as it is not political or religious.

Thank you, Steve Barr, for the great idea. Contact Sharon Singleton at the meal site to schedule your date. The first person to “show and tell” was Terry Gray who on March 21st shared information about his time in the US Navy when he served for five years on the USS Haddock, a nuclear submarine.

Birthdays of our Members

April

- 2 Jane Hess
- 8 Kathy Warren
- 10 Helen Peterson
- 12 Kathleen Hardcastle
- 16 Sandra Baird
- 16 Wendy Blanchard
- 20 Marvin Munn



May

- 1 Jackie Coleman
- 6 Richard Tavis
- 14 Christine Suquet
- 17 Bill Mitchell
- 19 Kathy Yunk
- 26 Glenda Hawley
- 30 Lucy Carlson

Fit and Fall Proof™

FREE EXERCISE CLASS FOR OLDER ADULTS

This free class begins on Thursday, April 6 and is held Mondays & Thursdays from 9:30 – 10:15 am.

Improve your balance, reduce your risk of falls, and meet new friends. The class is led by Kate Wilson, FFP Coordinator, phone 208-799-0379. She would like you to call her to register for the class before Thursday, April 6.

The class is at the Public Health department at 333 East Palouse River Drive in Moscow.

Anniversary

by Glenda Hawley

Friendly Neighbors, how well I know
For every week I faithfully go,
to enjoy the folks and eat the lunch.
The people there are a friendly bunch.

This has gone on now
for 50 long years.
For those who contributed
we give hearty cheers.

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.

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## “March is National Nutrition Month”

From “Senior Nutrition News” March 2023 by Kali Gardiner

Each year during the month of March the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This year the theme is, **Fuel for the Future**, which showcases that no matter your age or activity level, making healthful food and drink choices will provide your body with energy now and fuel for the future. Incorporate the following tips to make informed food choices and to develop healthful eating and physical activity habits:



**Make at least half your grains whole.** Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth, and oats are all whole grains, too.

**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 servings of fat-free or low-fat milk, yogurt, or cheese each day.

**Vary your protein choices.** Eat a variety of protein group foods group each week such as lean meat, poultry and eggs, seafood, nuts, beans, peas, and lentils.

**Limit sodium, saturated fat and added sugars.** Look out for salt, or sodium, in foods you eat. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

**Stay well-hydrated.** Drink plenty of water throughout the day. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100% fruit juices.

**Cook more often at home, where you are in control of what is in your food.** When ordering out, be sure to include vegetables, fruits, and whole grains, along with a lean protein food. With large portions, share a meal or save half for later.

**Consult a registered dietitian nutritionist if you have special dietary needs.** A registered dietitian nutritionist can create a customized eating plan for you.

# Artificial Intelligence (AI)

by Kay Keskinen, Treasurer and Newsletter Editor

When most of us seniors think of “artificial” we think of artificial joints—knee or hip replacements. If you have been keeping up with the news lately, however, there’s another “artificial” that is rapidly becoming part of our culture, and that is “artificial intelligence,” known as AI.

Back in our school days, if we were desperate for a school assignment that was an essay (history, perhaps), we may have turned to older students to “buy” an essay from them and then turn it in as our work. Before the age of computers being able to compare documents, it was easy to get away with that. But now teachers and professors have computer programs to examine writing to determine how original it is.

Software has moved beyond comparing text, now it can create text. Computers may have software called “artificial intelligence” to perform tasks that normally require human intelligence, such as speech recognition and language processing. One such software tool is called ChatGPT (Chat Generative Pre-trained Transformer); it interacts with the user in a conversational way to answer questions with usually a few paragraphs as the result.

I wondered if Friendly Neighbors could use AI software. We write grant applications looking for grant funds to help us meet the financial gap between the income we receive for our meals and our actual costs. Almost all of our grants are to receive funds to purchase food. As we all know, food costs in the last year have sky-rocketed. Additionally, we must provide meals that meet the nutrition requirements of the Area Agency on Aging dietitian. Our grant applications usually include information about how essential it is for seniors to have good nutrition.

I started an account to use ChatGPT, and I wondered if it would help us write some portion of our grant application. Below is the question I asked and its answer:

Q: Why is nutrition important for elderly people?

Nutrition is particularly important for elderly people because their bodies undergo several changes that can affect their nutrient requirements, absorption, and utilization. Here are some reasons why nutrition is crucial for older adults:

1. Maintain optimal health: Proper nutrition is vital to maintain overall health and prevent chronic diseases that are common in older adults, such as heart disease, diabetes, and osteoporosis.
2. Strengthen immune system: Aging can weaken the immune system, making older adults more vulnerable to infections. Adequate nutrition, especially vitamins A, C, and E, can help strengthen the immune system.
3. Support cognitive function: Nutrition plays a critical role in supporting cognitive function and preventing age-related cognitive decline. Nutrients such as omega-3 fatty acids, B vitamins, and antioxidants are particularly important for brain health.
4. Preserve muscle mass: Aging can lead to a decline in muscle mass and strength, which can increase the risk of falls and fractures. Adequate protein intake is essential for preserving muscle mass in older adults.
5. Improve medication management: Many older adults take multiple medications, which can interact with each other and affect nutrient absorption and utilization. Proper nutrition can help older adults manage their medications better and reduce the risk of adverse effects.

Overall, a balanced and nutritious diet is essential for older adults to maintain their health, prevent chronic diseases, and improve their quality of life.

End of answer

Once I typed in that question, the software searched data it has available and composed the answer in four (!) seconds. In the above case, I expect we’ll be able to use some of the answer to help us write grants to purchase food. If you are interested in asking ChatGPT a question, I can use my account to help you. I am in the Welcome Room Mondays from 10am to 12:30pm helping seniors with computers. Or, on a meal day, get my attention, and, if I have time, we can ask ChatGPT your question and see its response.

## Friendly Neighbors Early History (1973-2000)

by Jeanette Talbott, March, 2000

(reprinted from the March/April 2013 Friendly Neighbors newsletter)

In July or August of 1973, a group of about twenty seniors got together twice a week at the Moose Lodge for a noon meal of food and fellowship. Cora Knott was the first cook. Rent was \$250 a month. Meal donation per person was \$1.00. Ernest Bunch took a very active interest in the group and with his help and enthusiasm; the attendance grew to fifty or sixty. Besides the good meal, a drawing card was entertainment. Youthful dance groups, Idaho Old Time Fiddlers, and individuals shared their talents. Minutes from these more informal meetings were not recorded or have been lost.

In order to become a non-profit organization a name had to be chosen. The name "Friendly Neighbors Senior Citizens," suggested by Mabel Tarbox, was chosen. Officers in 1978 were Ernest Bunch, president; Harry Larson, vice president; Alma Mortenson, secretary and treasurer; Cora Knott, Beatrice Bunch, and Ethel Johnson, board of directors.

The organization was eligible for commodities soon after it was organized. Transportation by bus through funds from the Area Agency on Aging helped the attendance. Though Friendly Neighbors were grateful for the use of the Moose Lodge, there were some difficulties with access. Stairs from the front were hard to climb and the back door at ground level was inconvenient and not wheelchair accessible. A search was made for other suitable spaces. Many sites were considered, including the vacated Penney's building on Main Street. Most rents were prohibitive or parking space too limited.

About this time the Old Post Office on Washington and Third, which had stood vacant for some time, became a topic of community interest. Representatives from Friendly Neighbors went to the city council with a plan to save the building so that the seniors could have a permanent place to have their congregate meals.

After much discussion the council agreed that if the seniors could raise \$80,000 in three months their petition would be considered. This challenge swept the seniors into action. Ernest Bunch remembers going door to door explaining the need. Robert and Lillian Otness were very supportive. Clifford Ott and Alvin Hofmann organized a paper drive. Everyone did their part through private pledges, various kinds of fund raisers, and help from business donors. Grants from the Area Agency on Aging to equip a kitchen brought the total raised to very close to the \$80,000 amount. The city then matched with \$80,000 and more, and the renovation of the main floor went forward.

On October 24, 1981 the building was reopened. In a letter signed by Moscow Mayor Don Mackin, Ernest Bunch, the president of Friendly Neighbors, was named honorary mayor for the day as a tribute for the contribution he made with Friendly Neighbors to the community.

In 1993 further renovation of the Old Post Office (by now called the Community Center) made it necessary for the Friendly Neighbors to find a temporary meeting place. The Elks offered the dining room and kitchen. Again, there were problems with parking and ease of entering the building – and attendance declined. After a major renovation to the new Community Center that changed the kitchen area from the south end of the dining area to the north end and the installation of an elevator, Friendly Neighbors were permitted use of the building again.

By March of 2000 Friendly Neighbors served meals to 60 or 70 people on Tuesdays and Thursdays. Attendance the last Thursday of each month, when the Idaho Old Time Fiddlers played, often rose to 80 or 90.