

# *Friendly Neighbors Newsletter*

**Volume 25 – Issue 2 – March/April 2024**

Editor – Lori Vermaas Reporter – 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)

Email: [friendly.neighbors@yahoo.com](mailto:friendly.neighbors@yahoo.com)

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



## President's Message

Hi everyone,

Officially it's spring and a few warm days seem to make it a reality. I enjoy spring because the temperature is not too hot nor too cold. It's also a

time when new life springs forward from its dormancy during the winter months, which is invigorating even for us seniors. We should never take our health for granted. I got a call this morning from the daughter of a close friend telling us that he had had a stroke and was noncommunicative. Not expected to last much longer. A vivid reminder to enjoy each and every day that we have. We never know when it might be our last, so let's enjoy the newness of life that spring brings to us.

Most of you have seen or heard the results of the survey you took a couple of months ago. The results indicate that the majority are quite satisfied with the operation of our senior meal site. We take your suggestions seriously, since we are always looking for ways to improve our meal site. At the same time, we try to run a "tight ship" financially because we depend on grants and donations to cover most of our expenses.

May you enjoy the spring weather. In the meantime, invite your neighbor to our senior meals. It will improve their health both physically and socially.

John Carlson, President

## Meet Wendy Taylor, New Friendly Neighbors Director by Wendy Taylor

I moved back to Moscow last autumn. I lived here a long time ago, graduated from the University of Idaho, then worked as a reporter at the then-*Idahonian* newspaper (now *Moscow-Pullman Daily News*). I was very lucky with my editors—first Ted Stanton and then Kenton Bird.

I was always interested in food and left the newspaper to move to San Francisco to attend the California Culinary Academy. I planned on staying for a while after I graduated, but my mother had cancer, so I moved back to London to care for her. I had my own catering company in London—a lot of fun and a lot of hard work. I later moved to New York and stayed for several years, working as an event chef for various catering companies.



My goal now is to be a vendor at the various farmers markets, baking British-themed goods and explaining their quirky



names. My best sellers are sticky toffee pudding and lemon drizzle cake.



## Humor on the Move



- My grandmother started walking five miles a day when she was sixty. She's ninety-seven now and we don't where the hell she is.
- I have to exercise early in the morning before my brain figures out what I'm doing.
- The only reason I would take up jogging is so that I could hear heavy breathing again.
- I got a lot of exercise the last few years—just getting over the hill.
- I hate walking through doorways. It's always a bit of a threshold.
- My walking shoes are so comfortable, they're practically sole mates.

## Women's Health Awareness Month

May is Women's Health Awareness Month, an annual observance whose goal is to empower women to make health a priority. The hot take? Stay active. In all kinds of ways. It ups the odds of maintaining your brain's health. For women, that is especially crucial, since two-thirds of Americans living with Alzheimer's (typically 65 and older) are women.

You don't need to be a gym rat. Activity for brain health isn't about running a marathon, but increasing the heart rate **is** a part of it. Here's a few ideas to get you started:

1. Stay on your feet as much as possible.
2. Maintain social connections. Regularly engage in conversation with others. Volunteer. Go to senior congregate lunches and meet someone new each time. Or join other senior center activities. Whatever floats your boat. Experts don't know why socializing tends to lower the risk of cognitive decline, but it may have something to do with keeping fresh the nerve cell connections in the brain.
3. Add movement to your typical, everyday activities—park farther away, do an exercise during a commercial break, go for a walk.
4. Learn new skills, like painting or playing cards. Take a class at a local library or other community resource. Continue to be curious, reading regularly. Doing so creates neural pathways, which strengthen cognitive health.
5. Dance. It improves cognitive function in dementia patients.



6. Make sure to get a good night's sleep. If you're having trouble sleeping on a regular basis, tell your health-care provider.
7. Take up tai chi. It's a full-body workout, combining mental focus with movement.
8. Engage in aerobic exercise. Even as little as six to seven minutes of vigorous activity can make a difference.

What's good for your heart is generally good for your brain. Just remember to ease into a new physical regimen, particularly aerobic exercise. And while you're at it, enjoy the full splendor of May's flowers!

## Birthdays of Our Members

### April

2 Jane Hess  
2 Bud Miller  
11 Jim Pierce  
17 Randy Taylor  
18 Fran Gibson  
20 Marvin Munn  
22 Dale Iverson



### May

2 Jackie Coleman  
6 Richard Tavis  
10 Chris Kelton  
14 Christine Suquet  
17 Jo Ellen Force  
19 Russ Wheelhouse  
26 Glenda Hawley  
30 Lucy Carlson  
27 Dorothy Lee

## In the Spotlight: Pinochle



“Five hundred.”

“Five fifty.”

“Six hundred.”

“Pass.”

Alan tosses four cards to his playing partner, Zack, who adds them to his hand, spread out like a flamenco fan. Satisfied with the new arrangement, he picks one of the cards and tosses it right-side up onto the table. One by one, the other five players fling in their own. The cards softly tap the table, a soothingly hypnotic cascade soon to be abruptly interrupted by the winner hauling them in. Welcome to pinochle, available

for play every Tuesday afternoon after senior lunch in the Green Dragon Game Room.

At least two centuries old, with roots possibly in Switzerland or France, pinochle is a points-based game that relies on bids, melds (specific combinations of cards), and tricks (card face-offs, wherein the high card wins or trumps). Depending on the type played and/or the number of players, a round might require more than one 48-card deck. Each deck contains two copies of the 9, 10, jack, queen, king, and ace cards of all four suits. Because the goal is to score the most points, understanding the scoring process (the value of each card) is key to play.

Given all these particulars, it is a game not easily mastered in an afternoon. “There’s a learning curve,” says Ed, who has been playing at the senior center since the early 2000s. But, he adds, “people are friendly and open” noting, with a playful gleam in his eye, “even if you’re an airhead, people will help you.”

Some of the regulars having been playing since childhood. Alan started when he was eight years old; Zack, thirty-four, who recently joined the group, learned around nine years old; and LeNelle, the scorekeeper for one of the groups that day, remembers sitting on her mother’s lap while playing.

It’s a fun game, a good way to mix with others, says Ed. With about sixteen players still tossing cards and tallying points at 3PM on this particular Tuesday, Moscow’s setup promises to offer plenty of social opportunities, ripe with banter and good-natured jabs to add to the fun.

So if you’re good at card counting and like to play games that reward strategic thinking, sharp observation, and a bit of luck, check out the pinochle crew after lunch (1–4 PM) on Tuesdays.



## “Power Up with Protein”

From *Senior Nutrition News*, March 2024, by Kali Gardiner

Protein is a very important nutrient. Without enough protein, older adults can see a loss in muscle mass, which can lead to more difficulty with activities of daily living and an increased risk of falls. Over time these challenges can affect a senior’s ability to live independently.

### How Much Protein Is Needed?

Many older adults have a difficult time getting enough protein. As we age, our bodies tend to need more protein. General recommendations from MyPlate.gov, a USDA program that offers tips and resources that support the maintenance of healthy dietary patterns, suggest that for ages 60+, women should consume a total of 5–6 ounces and men 6–7 ounces of protein-rich food per day.



Research shows that older adults who eat protein with every meal have lower risks for protein deficiency and muscle wastage. For those reasons, older adults should try to eat 20–30 grams of protein(s) at every meal.

### How Much Protein Is in Different Foods?

The Nutrition Facts label on a food package indicates the protein content of a food item in grams. A single serving of animal protein (a 3-ounce portion of meat, poultry, or fish) is about the size and thickness of the palm of your hand or a deck of cards.

- Lean meat, skinless poultry, fish, or shellfish: 1 oz = 7 grams of protein
- Eggs: 1 egg = 6 grams of protein
- Milk: 1 cup or 8 oz = 8 grams of protein
- Yogurt: 1 cup or 8 oz = 8.5 grams of protein
- Cheese (a good protein source, but its quality varies, so check the food label)
- Cottage cheese: ½ cup = 14 grams
- Nuts and seeds: ¼ cup or 1 oz = 3–7 grams of protein
- Legumes (beans, peas, lentils): ½ cup, cooked = 7 grams of protein



### Ideas for Protein-Rich Snacks:

- Apples or banana with peanut or almond butter
- Whole-grain crackers with cheese
- Low-fat cottage cheese with fruit or salsa
- Homemade trail mix with nuts, seeds, and dried fruit
- Smoothie, made with low-fat yogurt, nut butter, and fruit
- Whole-grain toast with hummus
- A handful of crispy roasted chickpeas