

# *Friendly Neighbors Newsletter*

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Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third St, Moscow ID 83843

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## President's Message



Take a moment to stop and think about how we are expanding. We are growing by leaps and bounds, and at last count we had 160 or more members! We are averaging about 65 participants at our congregate meals on Tuesdays and Thursdays,



and on special occasions such as holiday meals or the last Thursday of the month when we have the Old Time Fiddlers playing for us, our participants are often eighty or more!

Lori, Diane, and Summer, our only paid staff, consistently prepare delicious meals for us so they can accommodate our growing number of members. Before our meals, Jim McCloskey, Sandra Baird, and other volunteers gather donations from local merchants to stock our table of breads, vegetable, fruits, and other goodies from which we can choose to take home with us. These same merchants also provide many of the yummy desserts, rolls, and other goodies which we use to stretch our meal budget. Jan Jensen, Helen Sasse, and Kay Keskinen keep records of our growth and service required by the state. Numerous others can be seen before and after meals to volunteer to set up and clean up the Great Room we use in the 1912 Center. Still others volunteer to take care of the Senior Center and keep it running smoothly. And we cannot forget our drivers who volunteer their time to take meals to senior citizens who receive the service of home delivery.

If you have not yet volunteered to help keep our Friendly Neighbors and its activities open and flourishing, contact me or one of your Board Members to offer your services. Many hands make light work. Join your hands with ours; you will always be welcome!

*Bill Terrio*



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**May Birthdays**

- 1 David Sumner
- 6 Richard Tavis
- 7 Sheryl Evans
- 9 Evelyn Grassl  
Ellie Olesen
- 13 Shirley Lange
- 17 Elizabeth Shepard
- 19 Isabel Miller
- 21 Jean Rudolph
- 24 Barb Cooksey
- 26 Glenda Hawley  
Susan Trottier
- 30 Lucy Carlson  
Oveta Franklin

**June Birthdays**

- 10 Tricia Buettner
- 16 Lou Stevens
- 20 Carrie Bitterwolf  
Milly Krasselt  
Ruth E. Smith
- 24 Jane Pritchett

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

**RIDICULOUS ROSE**  
by Shel Silverstein

Her mama said, "Don't eat with your fingers."  
"OK," said Ridiculous Rose,  
So she ate with her toes.



**COFFEE HOUR DAILY**

**10:00 am**



**MOSCOW SENIOR CENTER**



**HOW NOT TO HAVE TO DRY THE DISHES**

by Shel Silverstein

If you have to dry the dishes  
(Such an awful, boring chore)  
If you have to dry the dishes  
(Stead of going to the store)  
If you have to dry the dishes  
And you drop one on the floor—  
Maybe they won't let you  
Dry the dishes anymore.

SENIOR NUTRITION NEWS  
Senior Extension Nutrition Program  
May 2015

**Tips for Wholesome Eating**

Once you get used to nutrient-dense food, your body will feel slow and sluggish if you eat less wholesome fare. Here's how to get in the habit of eating well.

**Reduce sodium (salt).** Look for the "low sodium" or "no salt added" label and season foods with other herbs and spices.

**Enjoy good fats.** Reap the rewards of olive oil, avocados, salmon, walnuts, flax- seed and other monounsaturated fats. Research shows that the fat from these delicious sources protects your body against heart disease by controlling "bad" LDL cholesterol levels and raising "good" HDL cholesterol levels.

**Fiber up.** Avoid constipation, lower the risk of chronic diseases, and feel fuller longer by increasing fiber intake. Your go-to fiber-foods are raw fruits and veggies, whole-grains and beans. Include more whole grains, fruits and veggies. Foods such as white flour and white rice aren't whole grains and contain less fiber and nutrients than their whole grain counterparts. For long-lasting energy and more fiber, choose complex carbo- hydrates such

as whole grains, beans, fruits and vegetables.

**Look for hidden sugar.** Added sugar can be hidden in foods such as bread, canned soups, fruits and vegetables, pasta sauce, instant mashed potatoes, frozen dinners, fast food, and ketchup. Check food labels for alternate terms for sugar such as corn syrup, molasses, brown rice syrup, cane juice, fructose, sucrose, dextrose, or maltose. Choose fresh or frozen vegetables. With canned goods look for low-carb or sugar-free versions of products or those canned in their own juices.

Cook smart. The best way to prepare veggies is by steaming or sautéing in olive oil—it preserves nutrients. Put five colors on your plate. Fruits and veggies rich in color correspond to rich nutrients (think: blackberries, melons, yams, spinach, tomato, zucchini).

The Senior Extension Nutrition Program is an educational service FREE to you! This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. To find out more call 1-800-221-5689.



## **Health Care Fraud or Health Insurance Fraud**

### **Medical Equipment Fraud:**

Equipment manufacturers offer “free” products to individuals. Insurers are then charged for products that were not needed and/or may not have been delivered.

### **“Rolling Lab” Schemes:**

Unnecessary and sometimes fake tests are given to individuals at health clubs, retirement homes, or shopping malls and billed to insurance companies or Medicare.

### **Services Not Performed:**

Customers or providers bill insurers for services never rendered by changing bills or submitting fake ones.

### **Medicare Fraud:**

Medicare fraud can take the form of any of the health insurance frauds described above. Senior citizens are frequent targets of Medicare schemes, especially by medical equipment manufacturers who offer seniors free medical products in exchange for their Medicare numbers. Because a physician has to sign a form certifying that equipment or testing is needed before Medicare pays for it, con artists fake signatures or bribe corrupt doctors to sign the forms. Once a signature is in place, the manufacturers bill Medicare for merchandise or service that was not needed or was not ordered.

### **Tips for Avoiding Health Care Fraud or Health Insurance Fraud:**

- Never sign blank insurance claim forms.
- Never give blanket authorization to a medical provider to bill for services rendered.
- Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
- Carefully review your insurer’s explanation of the benefits statement. Call your insurer and provider if you have questions.
- Do not do business with door-to-door or

telesalespeople who tell you that services of medical equipment are free.

- Give your insurance/Medicare identification only to those who have provided you with medical services.
- Keep accurate records of all health care appointments.
- Know if your physician ordered equipment for you.

### **Counterfeit Prescription Drugs Tips for Avoiding Counterfeit Prescription Drugs:**

Be mindful of appearance. Closely examine the packaging and lot numbers of prescription drugs and be alert to any changes from one prescription to the next.

Consult your pharmacist or physician if your prescription drug looks suspicious.

Alert your pharmacist and physician immediately if your medication causes adverse side effects or if your condition does not improve.

Use caution when purchasing drugs on the Internet. Do not purchase medications from unlicensed online distributors or those who sell medications without a prescription. Reputable online pharmacies will have a seal of approval called the Verified Internet Pharmacy Practice Site (VIPPS), provided by the Association of Boards of Pharmacy in the United States.

Be aware that product promotions or cost reductions and other “special deals” may be associated with counterfeit product promotion.



## Tips for Avoiding Funeral and Cemetery Fraud:

- Be an informed consumer. Take time to call and shop around before making a purchase. Take a friend with you who may offer some perspective to help make difficult decisions. Funeral homes are required to provide detailed general price lists over the telephone or in writing.
- Educate yourself fully about caskets before you buy one, and understand that caskets are not required for direct cremations.
- Understand the difference between funeral home basic fees for professional services and any fees for additional services.
- Know that embalming rules are governed by state law and that embalming is not legally required for direct cremations.
- Carefully read all contracts and purchasing agreements before signing and make certain that all of your requirements have been put in writing.
- Make sure you understand all contract cancellation and refund terms, as well as your portability options for transferring your contract to other funeral homes.
- Before you consider prepaying, make sure you are well informed. When you do make a plan for yourself, share your specific wishes with those close to you.
- As a general rule governing all of your interactions as a consumer, do not allow yourself to be pressured into making purchases, signing contracts, or committing funds. These decisions are yours and yours alone.



## Tips for Avoiding Fraudulent “Anti-Aging” Products:

If it sounds too good to be true, it probably is. Watch out for “Secret Formulas” or “Breakthroughs.”

Don’t be afraid to ask questions about the product. Find out exactly what it should and should not do for you.

Research a product thoroughly before buying it. Call the Better Business Bureau to find out if other people have complained about the product.

Be wary of products that claim to cure a wide variety of illnesses—particularly serious ones—that don’t appear to be related.

Be aware that testimonials and/or celebrity endorsements are often misleading.

Be very careful of products that are marketed as having no side effects.

Question products that are advertised as making visits to a physician unnecessary.

Always consult your doctor before taking any dietary or nutritional supplement



## Some Dates to Remember...



### May

- 1 May Day
- 5 Cinco di Mayo
- 8 VE Day, World War II
- 9 Friendly Neighbors Blood Pressure Check Day
- 10 Mother's Day
- 14 Flag Day
- 16 Armed Forces Day
- 25 Memorial Day
- 26 Friendly Neighbors Board Meeting
- 28 Old Time Fiddlers

### June

- 6 D Day, World War II
- 9 Friendly Neighbors Blood Pressure Check Day
- 21 Father's Day  
Summer Solstice—Longest Day of Year, Summer Begins
- 23 Friendly Neighbors Board Meeting
- 25 Old Time Fiddlers

### EARLY BIRD

Shel Silverstein

Oh, if you're a bird, be an early bird  
And catch the worm for your breakfast plate.

If you're a bird, be an early bird—  
But if you're a worm, sleep late.

### Daily Activities (Each Week)

- Monday AM Computer Help
- Monday PM Jigsaw Puzzles
- Tuesday Congregate Lunch  
Breakfast Pastries, Coffee  
10:30 AM  
Soup at 11:00 AM  
Salad Bar 11:30 AM  
Main Entry 12:00 NOON  
Dessert Bar
- Tuesday PM Pinochle
- Wednesday PM Bridge Lessons and Majong
- Thursday PM Bridge
- Friday AM Bingo at 10:00 AM

### All Week Monday Through Friday

- Coffee at 10:00 AM
- Jigsaw Puzzles
- Board Games for Small Groups
- Reading
- Quiet Socializing
- See Bulletin Board a  
Special Announcements



LISTEN TO THE MUSTN'TS  
She Silverstein

Listen to the MUSTN'TS, child,  
Listen to the DON'TS  
Listen to the SHOULDN'TS  
The IMPOSSIBLES, the WON'TS  
Listen to the NEVER HAVES  
Then lost close to me—  
Anything can happen, child,  
ANYTHING can be.

**AAoA SENIOR NUTRITION PROGRAM**  
**SENIOR MEAL SITE LUNCH MENU**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: May, 2015**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, May 5<sup>th</sup>

Chicken Cordon Bleu  
 Scalloped Potatoes  
 Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, May 12<sup>th</sup>

Stuffed Peppers  
 Rice Blood Pressure  
 Veggies Clinic  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, May 19<sup>th</sup>

Brown Gravy Meatballs  
 Mashed Potatoes  
 Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, May 26<sup>th</sup>

Breaded Fish  
 French Fries Board Meeting  
 Veggies 10:30 a.m.  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way



Thursday, May 7<sup>th</sup>

Tri-Color Tortellini w/Alfredo Sauce  
 Prima Vera Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Moscow Giving Circle

Thursday, May 14<sup>th</sup>

Spaghetti Pizza  
 Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Thursday, May 21<sup>st</sup>

Oven Baked Chicken  
 Au Gratin Potatoes  
 Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, May 28<sup>th</sup>

Pit Ham  
 Mashed Potatoes/Gravy Old Time Fiddlers  
 Veggies 11:30 a.m.  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar



If you have dietary or religious restrictions to our entrée, we can provide an alternative. Tell us about it when you sign-in.

All Meals are served with Milk and Butter

Menus are subject to Change

Meal Site and Menu Information on the web at: [users.moscow.com/srcenter](http://users.moscow.com/srcenter) or call (208) 882-1562

**AAoA SENIOR NUTRITION PROGRAM**  
**SENIOR MEAL SITE LUNCH MENU**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: June, 2015**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, June 2<sup>nd</sup>

Good Ol' Hamburgers  
 Macaroni & Cheese  
 Baked Beans  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Tuesday, June 9<sup>th</sup>

Turkey Pastrami w/Kraut  
 Red Potatoes *Blood Pressure*  
 Veggies *Clinic*  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, June 16<sup>th</sup>

Spaghetti w/Meatballs  
 Garlic Bread  
 Veggies  
 Fruit w/Salad Bar  
 Dessert

Meal sponsored by DAWN  
 (Dementia & Alzheimer's Wellbeing Network)

Tuesday, June 23<sup>rd</sup>

BBQ Riblets  
 Jo Jo Potatoes *Board Meeting*  
 Veggies *10:30 a.m.*  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, June 30<sup>th</sup>

*Lunch served at the County Fairgrounds*  
 Pizza Party at the Fairgrounds  
 Fruit & Salads  
 Desserts

Thursday, June 4<sup>th</sup>

Chicken Salad Stuffed Tomatoes  
 Broccoli Salad  
 Bread  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Thursday, June 11<sup>th</sup>

Pork Loaf  
 Mashed Potatoes & Gravy  
 Veggies  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, June 18<sup>th</sup>

Chicken Fried Steak  
 Mashed Potatoes & Gravy  
 Veggies  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Moscow Giving Circle

Thursday, June 25<sup>th</sup>

Hamburger Steak  
 Mashed Potatoes *Newsletter*  
 & Mushroom Gravy  
 Veggies *The Old Time Fiddlers*  
 Fruit w/Salad Bar *Do Not Play in the Summer*  
 Dessert Bar



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