

# Friendly Neighbors Newsletter

Volume 18 – Issue 3 – May/June 2017

Founder – Doris D. Norman

Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

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

Phone: (208) 882-1562 (Senior Center and Kitchen)

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

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

## President's Message



Hi y'all.

We are having a great year. Membership is still growing, and attendance at the meal site is very good.

On Tuesday, May 16<sup>th</sup>, we had one of highest number of diners – 79! We also have more volunteers helping with breakdown. Thank you.

Friendly Neighbors needs a volunteer for the Thursday afternoon shift (12:30 - 4:00) in the Senior Center. We need someone who will be able to answer the phone, see that everything runs smoothly, and can breakdown two tables in the Arts Workshop.

We have applied for funding from United Way and the Board of County Commissioners. I have a June appointment to appear before the commissioners, and Kay will make the United Way presentation.

A large amount of our funding is from the Area Agency on Aging. As part of our AAoA contract, we must serve one vegetarian meal per month. Our head cook, Lori Bryant, does her best to make this meal as appetizing as possible. Please let her know you appreciate her efforts.

For those members who are unaware, we offer a “meal ticket” for \$50, which gives you 11 meals.

Also, extra meals may be sold if there is enough **after** accounting for Home Delivery preparation.

Look for our booth at the Senior Fair held Tuesday, June 6, at the Palouse Mall.

Hoping for the end of the constant rain,

*Bill Terrio*, President

## Little Free Pantry

A “Little Free Pantry” was recently implemented in the SE entryway of the 1912 Center by Jenny Kostroff, Executive Director of Heart of the Arts, Inc.

The pantry is designed for those who “Need something? Take something.” “Have something? Give Something.”

The pantry includes non-perishable food items along with personal hygiene products (for ex, deodorant, toothpaste, soap, and such) in one drawer with bags in the other drawer. The lower cupboard doors can hold large items.



## Flea Market Saturday, September 9



Friendly Neighbors will hold a flea market in the Great Room of the 1912 Center on Saturday, September 9. Please save your items (in good used or new condition) to donate to this fundraiser. Proceeds will be used to purchase a new steam table for the kitchen.

## Birthdays of our Members

### June

11 Marie Charles  
16 Richard Chase  
17 Fred Hall  
20 Carrie Bitterwolf  
29 Glen Matteson



### July

1 Barb Shaw  
2 George Masters  
3 Helen Tribble  
5 Wayne Beymer  
6 Esther Louie  
6 Mary Steed  
10 Bettie Groetsema  
11 Ines Gray  
14 Len Bielenberg  
15 Bernice Brooks  
16 Gary Deesten  
17 Becky MacLeod  
22 Theresa Hanford  
22 Lenelle McInturff  
22 Ida Pepe  
23 Herb Hess  
27 Claudia Mulalley  
29 Eileen Hall  
29 Bill Terrio  
29 Tom Trail  
31 De Bush

\*If your birthday is not shown here, please check that your dues are current.

## Upcoming Events

More details about the events below, along with current issues of the Roadrunners and Latah AARP newsletters/flyers, Lunch & Learn schedules, Kenworthy event calendar, and more are posted on the Moscow Senior Center bulletin board.

Idaho Roadrunners has various trips planned; see the latest newsletter for information.

UI Extension office free Lunch & Learn workshops return in September.

Flea Market on September 9! The Friendly Neighbors Flea Market will be held Saturday, September 9 in the Great Room of the 1912 Center. We need your donations (in good or new condition) to make this successful. Proceeds will go towards the purchase of a new steam table in the kitchen of the 1912 Center. We will set up for the market on Friday, September 8. Volunteers are needed for both days. More information will be forthcoming in the July/August newsletter.

## 50 Ways to Live a Longer, Healthier Life

From the *AARP Bulletin*, March 2017

The editors at AARP have filtered through numerous medical journals and studies to identify the best actions you can take to achieve a longer, fuller life. We know there are no guarantees. But genetics account for just 25 percent of a person's longevity. The rest is up to you. With this collection of some of the most important longevity findings, you'll have the road map you need to get to 80, 90, 100 or beyond.

### 3. Please Go to Bed

Consistently sleeping less than six hours a night nearly doubles your risk of heart attack and stroke, according to a review of 15 studies published in the *European Heart Journal*. Another study found that consistently sleep-deprived people were 12 percent more likely to die over the 25-year study period than those who got six to eight hours of sleep a night. These tips from the National Sleep Foundation can help ensure that you get good quality shut-eye, even if you're among the half of people over 60 who have insomnia:

- Make the room pitch-black dark, and set the thermostat between 60 and 67 degrees.
- Exercise every day. It doesn't matter what time of day you work out, just so it doesn't interfere with your rest.
- Stick to a regular sleep schedule, going to bed and getting up at the same time each day.
- Shut down your electronics an hour before retiring, as the light from some devices can stimulate the brain.
- Replace your mattress if it's more than 10 years old.

### 6. Ripeness Matters

No, you won't die from eating under-ripe produce, but new research shows that fully ripened fruit has more life-lengthening health benefits. For example, green bananas are low in fiber and high in astringent tannins that can cause constipation. Fully ripened pears and blackberries have more disease-fighting antioxidants. And in watermelon, a deep red color signifies more lycopene, an antioxidant.

### 35. Read more

Sounds like we made it up, but scientific research supports the longevity benefits of reading (news-papers and magazines will do, but books are the best. "As little as a half-hour a day of book reading had a significant survival advantage over those who did not read," said the study's senior author, Becca R. Levy, a professor of epidemiology at Yale.

## Meet our Kitchen Staff In Their Own Words



### **Lori Bryant Head Cook**

I'm your Cook. I'm 56 years old, and I'm a heart attack survivor. I have two great children. My daughter Elisha is 37 and lives in Monroe, WA. She is a pharmacy technician. My son Brandon is 30 and lives

here in Moscow where he is a car salesman at Quad City Nissan.

I have two wonderful little dogs Piper and Minnie. I moved from Troy to Moscow a year ago.

I love being your cook!

### **Diane Sullivan Assistant Cook**

Hi everyone! I'm Diane Sullivan. I have lived in Moscow over 30 years. My wonderful husband, 3 lovely daughters, and grandson live here, too.

I love to garden, paint, cook, and all outdoor activities. I enjoy working for Friendly Neighbors and love seeing my senior friends each week.



### **Summer Stevens Kitchen Helper**

I spent my early childhood in the middle of nowhere in Southeast Utah before moving to Idaho when I was 10. We lived in Moscow for 14 years before moving to Uniontown two years ago. I live in a big old house with my three sons

(ages 21, 21, and 9), two small dogs, and seven cats (and six chickens in the backyard).

I also work as the secretary for the Unitarian Universalist Church of the Palouse, which is convenient since it's right next door to the 1912 Center. When I have spare time, I enjoy reading, sewing, knitting, cooking/baking, and trying to learn Japanese.

## Learn How to Play Mah Jongg

Mah Jongg, a game that was invented in China in the mid-to late 1800s, is similar to gin rummy. But, instead of using cards,



Mah Jongg is played with rectangular tiles that make pleasant clicking sounds as the tiles are mixed and dealt. The game requires both skill and luck and is flexible enough to be played with 2 to 5 players. During the four sessions of the class, you will learn how to play the American version of the game, including the rules of play, how to set up the game, and how to deal, play, and win.

### **Class dates and times:**

Monday, June 12, 1-3 p.m.

Friday, June 16, 1-3 p.m.

Monday, June 19, 1-3 p.m.

Friday, June 23, 1:30-3 p.m.

**Location:** All classes will be held in the Senior Center located in the 1912 Center.

**Registration:** To register for the class, put your name and contact information on the sign-up sheet located on the bulletin board in the Senior Center. Registration closes on June 2 and is limited to 8 students, so reserve your space now.

**No fee:** The class is free for seniors (55 and older).

**Instructor:** Lauren Fins



## How a Simple Google Search Can Help Your Brain

*The Sun Herald* (Biloxi, Miss)  
April 13, 2017

The Internet, Facebook, smartphones, and other technology might be a challenging new frontier for many seniors, but there are benefits to learning and embracing the evolving technology.

A study at UCLA showed that simply using search engines such as Google triggered key centers in the brains of middle-aged and older adults, areas that control complex reasoning and decision-making,

according to a press release at [ucla.edu](http://ucla.edu).

Researchers involved said the results suggest that searching might help stimulate and possibly improve the function of the brain.



"The study results are encouraging, that emerging computerized technologies may have physiological effects and potential benefits for middle-aged and older adults," said principal investigator Dr. Gary Small, a professor at the Semel Institute for Neuroscience and Human Behavior at UCLA who holds UCLA's Parlow-Solomon Chair on Aging. "Internet searching engages complicated brain activity, which may help exercise and improve brain function."

You might be familiar with the posit that crosswords, word searches, and other puzzles help keep the brain active, but as technology becomes more a part of our daily lives, the influence of computer use, including the Internet, also helps keep the mind engaged and may help preserve cognitive ability.

Study volunteers were between the ages of 55 and 76; with half of them having search experience and half of them had no search experience. Gender, age and education level were kept similar between the two groups, which performed Web searches and book-reading tasks.

While all the participants showed significant brain activity during the book-reading task, Internet searches were another matter. All the participants showed the same brain activity as in the book-

reading task, but those familiar with online searches also showed activity "in the frontal, temporal and cingulate areas of the brain, which control decision-making and complex reasoning," the study revealed.

"Our most striking finding was that Internet searching appears to engage a greater extent of neural circuitry that is not activated during reading but only in those with prior Internet experience," said Small, who is also the director of UCLA's Memory and Aging Research Center.

He said the minimal brain activation found in the less experienced Internet group may be due to participants not quite grasping the strategies needed to successfully engage in an Internet search, which is common while learning a new activity.

What does this mean? In addition to helping seniors keep up with ever-developing technology, being actively engaged with the Internet can help stimulate brain activity as we age.

Those who haven't embraced the Internet might consider classes offered at senior centers or other locations. Or there's always a computer-savvy grandchild who might provide an easy introduction.

### *Senior Fair*

Tuesday, June 6, 2017

10 AM – 3 PM Palouse Mall

A variety of senior-related businesses and organizations will be at the Senior Fair. Friendly Neighbors will have a booth there to promote its three main services to area seniors: the home delivery meal program, our congregate meal site, and the Senior Center activities. Stop by our booth to say Hi. Some booths are offering door prizes and samples.

### Fun Facts about Idaho

Idaho is one of only two places in the world where star garnets can be found in any significant quantities (India is the other).

At 7,993 feet deep, Hells Canyon in western Idaho is the deepest river gorge in North America. (Grand Canyon of Arizona is only about 6,000 feet deep)



# “Be Active This Spring”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the May 2017  
“Senior Nutrition News”



Spring is a great season to include more outdoor physical activity. After a long winter, we are finally able to get outside to enjoy the warmer weather and allow our bodies to benefit from more physical activity. Eat Smart Idaho reminds you that physical activity is a proven way to improve your health.

Follow these tips to get moving this season:

- **Before starting any new physical activity be sure to check with your health care provider to make sure they approve of your new activity.**
- **Determine what type(s) of physical activity you enjoy**—walking, biking, swimming, aerobic/yoga group classes, stretching, tennis, etc. If you choose to do activities you enjoy, you are more likely to follow through and succeed. Finding a group of people that enjoy these same activities can motivate you to continue them as well.
- **Try to schedule a block of time in your day for physical activity.** Just like you would schedule appointments or meetings, schedule your physical activity.
- **Aim for at least 30 minutes of physical activity most days** of the week and remember the activity can be broken up into segments or done all at one time.
- **Set achievable, realistic goals to begin your plan for more physical activity.** Set a weekly goal and at the end of each week evaluate how you did before moving forward and setting the goal for week 2. If you are just beginning to be active after an inactive winter, maybe the goal for week 1 is to be active for 20 minutes, 3 days a week and then increase the amount of time and number of days per week, each week. Set small goals and celebrate your success.



Use the beautiful springtime weather to get your body moving with increased physical activity and to improve your health.

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## Humor

### PARAPROSDOKIANS

(Winston Churchill loved them)...  
are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected, frequently humorous. Enjoy !!

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.

4. If I agreed with you, we'd both be wrong.
5. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
6. They begin the evening news with “Good evening,” and then proceed to tell you why it isn't.
7. Buses stop in bus stations. Trains stop in train stations. On my desk is a work station.
8. I'm supposed to respect my elders, but it's getting harder and harder to find one.

## Calendar...

June is National Adopt a Cat Month

### June

6 Senior Fair at the Palouse Mall  
6 D-Day WW II  
7 National Chocolate Ice Cream Day  
14 Flag Day  
18 Father's Day  
19 Juneteenth Day  
20 Summer Solstice  
21 International Yoga Day  
27 Friendly Neighbors Board meeting

July is National Hot Dog Month

### July

3-10 1912 Center Closed for Maintenance  
4 Independence Day  
14 Bastille Day  
22 Hammock Day (relax...)  
25 Friendly Neighbors Board meeting  
26 Aunt and Uncle Day  
27 Take Your Pants for a Walk Day

**Coffee Hour Daily - 10:00 a.m.**



**at the Moscow Senior Center**

Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency.



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.

## Senior Meal Site/Senior Center

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. The salad bar is available at 11:30 AM, and the main meal is served at noon.

Suggested donation for the meal is \$5.00 for seniors 60 and older; for anyone under 60 the price is \$7.00. A "meal ticket" (good for 11 meals) for seniors is available for \$50.

Monthly menus are available at the meal site and on our web page:

[//users.moscow.com/srcenter](http://users.moscow.com/srcenter)

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important nutrition and social services for Moscow area seniors.

Besides managing the senior meal site, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors, located on the first floor of the 1912 Center and open from 9 am – 4 pm Monday through Friday (closed holidays).

### Senior Center daily activities include:

Monday 10 AM – 12:30 PM Computer help  
Monday PM: Jigsaw puzzles  
Tuesday 10:30 AM Chair Yoga, Arts Workshop  
Tuesday PM: Pinochle  
Wednesday AM: Blind and Diabetic Support Group at 10:30  
Wednesday PM: Mah jongg  
Thursday 9 AM – 3:30 PM Open Studio, Arts Workshop  
Thursday PM: Bridge  
Friday AM: Bingo at 10:00

Daily Activities 9 AM – 4 PM Quiet socializing, coffee/tea, reading, board games, TV, jigsaw puzzles, computer use, free wi-fi

### Tuesday and Thursday Congregate Lunch Schedule:

10:30 AM: Pastries, coffee, tea, soup  
11:30 AM: Salad Bar  
11:55 AM: Announcements  
12:00 noon: Entrée

# SENIOR MEAL SITE LUNCH MENU

## Area Agency on Aging Senior Nutrition Program

USDA IS AN EQUAL OPPORTUNITY PROVIDER

Name of Meal Site: Moscow

Menu for the month of: June, 2017

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon  
Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho



Tuesday, June 6<sup>th</sup> WP2

Pork Chops  
Scalloped Potatoes  
Veggie  
Soup, Fruit w/Salad Bar, Bread  
Dessert Bar

Meal sponsored by United Way

Tuesday, June 13<sup>th</sup> SB3

Hamburger Stroganoff  
Noodles, Veggie Blood Pressure  
Biscuits Clinic  
Soup, Fruit w/Salad Bar  
Dessert Bar

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

Tuesday, June 20<sup>th</sup> FP7

German Sausage from Moscow Food Co-op  
Roasted Red Potatoes  
Veggie  
Soup, Bread  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by A. Nonny Mouse

Tuesday, June 27<sup>th</sup> SB2

Salisbury Steak  
Mashed Potatoes w/Gravy Board Meeting  
Veggie, Bread @ 10:30 a.m.  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Anonymous

Thursday, June 1<sup>st</sup> SUP1

Swedish Meatballs  
Noodles  
Veggie  
Soup, Fruit w/Salad Bar, Bread  
Dessert Bar

Thursday, June 8<sup>th</sup> SPOL6

BBQ Chicken  
Au Gratin Potatoes  
Veggie  
Soup, Fruit w/Salad Bar, Bread  
Dessert Bar

Thursday, June 15<sup>th</sup> WB8

Hot Open-Faced Turkey Sandwich  
Mashed Potatoes w/Gravy  
Veggie  
Soup, Bread  
Fruit w/Salad Bar  
Dessert Bar

Thursday, June 22<sup>nd</sup> BIR6

Pulled BBQ Chicken Sliders  
Cabbage and Fruit Slaw  
Potato Wedges  
Soup, Bread  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Anonymous

Thursday, June 29<sup>th</sup> SUF2

Baked Fish Fillet on a Bun – "Fishwich"  
Tater Tots  
Veggie  
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

**SENIOR MEAL SITE LUNCH MENU**  
**Area Agency on Aging Senior Nutrition Program**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: July, 2017**

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon  
 Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho



Tuesday, July 4<sup>th</sup>

*No meal today  
 The 1912 Center is closed all week*

Tuesday, July 11<sup>th</sup> SF1

Baked Fish w/Tartar Sauce  
 Au Gratin Potatoes Blood Pressure  
 Veggies, Bread Clinic  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, July 18<sup>th</sup> SUPOL1

Orange Chicken  
 Scalloped Potatoes  
 Veggies  
 Soup, Bread  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, July 25<sup>th</sup> SF2

Tuna Salad on Lettuce  
 Pasta Salad Board Meeting  
 Veggies 10:30 a.m.  
 Soup, Bread  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Thursday, July 6<sup>th</sup> SPOL1

*Lunch served at the County Fairgrounds*  
 Oven Fried Chicken  
 Potato Salad, Bread  
 Dessert

Thursday, July 13<sup>th</sup> SUB11

Old-Fashioned Hamburgers  
 Potato Wedges  
 Veggies, Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, July 20<sup>th</sup> SUP4

Pork Chops  
 Mashed Potatoes & Gravy  
 Veggies, Bread  
 Fruit w/Salad Bar  
 Soup, Dessert

Meal sponsored by A. Nonny Mouse

Thursday, July 27<sup>th</sup> SB8

Meatloaf  
 Mashed Potatoes & Gravy  
 Veggies Newsletter  
 Soup, Bread  
 Fruit w/Salad Bar Old Time Fiddlers Do Not  
 Dessert Bar perform in the summer

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

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