

Friendly Neighbors Newsletter

Volume 21 – Issue 3 – May/June 2020

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President's Message



Dear members,

I hope you are all doing well during this trying time of the COVID pandemic.

In spite of the 1912 Center being closed, we continue our senior meals. The congregate lunches are replaced by "Grab & Go" hot meals available at noon Tue/Thu by driving through the parking lot on the north side of the

building. These to-go meals have been quite well-received. I ask that you stay in your vehicle when you drive through; but if you do need to get out of your car, please keep at a six-foot social distance. Your health and the health of our kitchen staff are important.

I want to express my gratitude to the kitchen employees (ReBecca, Yoshimi, and Summer) for their continued service during this quarantine period. They have done an excellent job, and if



L-R: ReBecca, Summer, and Yoshimi

possible, please share your appreciation with them when you pick up your Grab & Go meals.

The number of our Home Delivery clients has increased such that we are now delivering well over 100 meals a week. A huge thank you is due to the drivers who deliver these meals!

Our Board of Directors has decided that we will continue the Grab & Go meals through Thursday, July 9. This takes into consideration the Phase Four of reopening and the closure of the 1912 Center for the first two weeks of July in order to refinish the floor of the Great Room. **We expect our first congregate meal to be Tue, July 14.**

During the refinishing of the Great Room floors, we are unable to use the 1912 Center kitchen. **Thus, the Grab & Go meals will move to the Kappa Delta sorority at 514 W Sweet Ave, west of the Intermodal Transit Center, for the two weeks from June 30 through July 9.**

Also available at the Grab & Go drive thru are donated food items (pastries, breads, etc.), monthly menus, and newsletters.

In other news, Carrie Bitterwolf has resigned from the Friendly Neighbors Board of Directors effective May 23, 2020 because she is moving to South Carolina to be close to her daughter. Carrie has volunteered for many years for our organization and will be greatly missed. We wish her good luck with her move and hope she finds a place like Friendly Neighbors to share her talents.

I look forward to the time when we all can congregate together. I miss seeing you. In the meantime, stay safe.

Bill Terrio, President

COVID-19

Avoid Coronavirus Scams

from [ftc.gov](https://www.ftc.gov)

Since the beginning of the COVID-19 crisis, the FTC has released dozens of warning letters against people trying to make an illegal buck off the Coronavirus. More than a month in, it seems like a good time to look back at what's happened. If you follow this blog, you'll know these have been busy weeks – with advice about spotting the many scams we're all facing, news of the warning letters sent on a wide range of scams, and some enforcement actions filed.

You might wonder: why just send letters? Why not just sue the !*\$@&#? Fair question. But the letters are working. And, given the scope of the scams out there right now, we want to get the best and fastest results we can with the most efficient tool we have. Right now, for these Coronavirus-related issues, that's warning letters.

In general, here's how it goes:

- We spot someone advertising something with no proof that it works – and, in many cases, telling outright lies about its wonders.
- We send a letter pointing out the illegal things they're doing.
- They then have 48 hours to tell us what they've done to resolve the problems we've raised.

In nearly all cases so far, those who get the letters have stopped making the false claims or selling the scammy thing – whether cures from product or earnings from a work-at-home scheme. Within 48 hours: no more lying to people, no more stealing people's money. During a crisis like this, we've prioritized stopping as many bad actors as we can, as quickly as we can. And when a warning letter will do that, we'll take that win.

Most of the letters sent so far relate to the first scams out of the box: the [treatments and cures](#) – many of which we heard about from you. These treatments and cures were, of course, not at all what they claimed to be. The sellers peddled everything from teas and essential oils to IV or ozone “therapies,” stem cell treatments, and high doses of Vitamin C. All of these products have had one thing in common: there was no evidence – none – that they work against the Coronavirus. The warning letters are working in other areas, too. We've sent 13 letters to [VoIP service providers](#) and other companies, telling them we see how they're helping illegal telemarketers or robocallers

make calls related to COVID-19, and telling them to cut it out. And, just two weeks ago, we sent 10 letters to [multi-level marketing \(MLM\) companies](#) for making exaggerated earnings claims for their business opportunity selling fake Coronavirus treatments or cures from home. These companies hit the daily double: false income claims for their work-at-home program **and** unsubstantiated health claims for their products.

But sometimes you need more firepower to get the desired result. It took a [lawsuit](#) to stop a company that, allegedly, pretended to be affiliated with the Small Business Administration's Paycheck Protection Program, fooling hundreds – if not thousands – of small businesses. And, last week, we filed suit against [Whole Leaf Organics](#) for allegedly claiming to treat not only the Coronavirus, but also cancer with CBD. Both cases are now pending.

What we know about COVID-19 changes every week. And right now, the scammers are shifting their focus to the economic impact payments, among other things, to find new ways to get your money or information. But here are some things that remain true:

- Scammers are peddling cures and treatments with no proof they work. Remember: right now, there is nothing that has been proven to prevent COVID-19.
- Anyone who tells you to pay them by gift card, money transfer, cash, or Bitcoin is a scammer. Period. And, if they say they're from the government, they're not.
- Never give your Social Security, bank account, or credit card number to anyone who contacts you. Again, not even if they say they're from the government.

If you remember those three things, and share them in your community, we can cut scammers' success rates. Keep up with the latest from the FTC by signing up for [Consumer Alerts](#). And, when you spot a scam, tell the FTC: [ftc.gov/complaint](https://www.ftc.gov/complaint). Because you can help us keep working to put a stop to these scams.

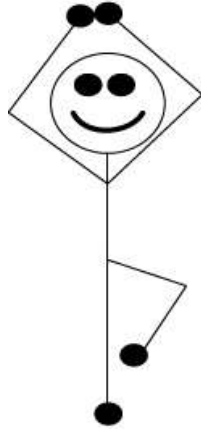
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## Membership Directory

The 2020 Membership Directory for Friendly Neighbors will be available at the meal site once the 1912 Center re-opens. The directory shows only current members who have indicated their information may be included. If you are unsure of your 2020 dues are current, please check with Margie once we are back in full operation.

## “Zoom in” for Chair Yoga and Dance Fitness Gold

Good news for those of you who have been missing Chair Yoga. Lauren Fins and Esther Louie are going to offer once-a-week Chair Yoga sessions on Tuesdays, from 10:45 to 11:30 a.m. using Zoom. The start date is to be determined, depending on response and interest, and they plan to continue the weekly sessions through mid-July (or until the 1912 Center opens again).



[Note that the Zoom software requires a computer or smartphone and access to the Internet.]

If you think you'd like to participate in the Chair Yoga sessions, please send an email to Lauren at: lfins@uidaho.edu

Once you've responded, and Lauren has compiled a list of those interested, she will send a notice of the start date and subsequent reminders by email.

Be sure to let Lauren know of your interest and feel free to spread the word to others who might also want to participate.

Dance Fitness Gold: Lauren is also continuing with her Dance Fitness Gold sessions, using Zoom, on Thursdays at 10:30 a.m. If you love to dance, want a fun way to get some exercise, have an opportunity to make new friends, or share an experience with old friends, contact Lauren and let her know you'd like to be on the email distribution list for reminders about the dance sessions.

**When you send the email, be sure to indicate which of the opportunities you are interested in: Chair Yoga, Dance Fitness Gold, or both.**



## Birthdays of our Members

### June

10 Bill Amador  
11 Marie Charles  
14 Ellen Hardy  
15 Larry Gardner  
20 Carrie Bitterwolf  
27 Leo Conniff

### July

3 Link Fountain  
13 Steve Meyer  
14 Len Bielenberg  
19 Ruby Valentine  
22 LeNelle McInturff  
22 Karen Westberg  
29 Bill Terrio



Sorry that we may not be able to wish you “Happy Birthday” at the meal site. When we wash our hands thoroughly, we are encouraged to sing “Happy Birthday” two times. We will send you birthday wishes when we wash our hands!

### Humor

“Age is just a number. It’s totally irrelevant unless, of course, you happen to be a bottle of wine.”  
– Joan Collins

Question: How many apples grow on a tree?

Answer: All of them

Question: What did the fisherman say to the magician?

Answer: Pick a Cod, any Cod

Companies today are bragging about making plants taste like meat, but cows have been doing that for ages!

Giraffes can grow up to 14 feet

However, most just have 4

Why wouldn't the shrimp share his toys?

Because he was a little shellfish.





## “Adding Nutrition to Convenience Foods”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the May 2020 “Senior Nutrition News”



### Feeding the Community

Convenience foods often have a longer shelf life, so during these times some of these foods may be playing a bigger role in our diets. These foods may only require heating and are ready to eat in less than 5 minutes. Often these processed foods are higher in sodium, fat, and added sugars than homemade foods, so here are some tips to increase the nutrient content of these foods include:

- Adding vegetables, fruits, legumes, and/or lean meats to these foods to increase the fiber, protein, vitamin, and mineral content and reduce the sodium, fat, and added sugar in each serving.
- Some convenience foods call for the addition of milk during preparation. When the directions say to add milk, use low-fat or fat-free milk.
- If the directions say to add butter or margarine, cut the amount in half, or do not add any. Doing so will cut down the amount of fat in your meal.
- Instead of adding more salt, use other herbs and spices to add flavor and zest to your food.
- Add applesauce to dessert mixes that call for vegetable oil. You will get the same moisture texture, less fat, and more nutrients!
- Make your own convenience meals in smaller portion sizes that can be frozen, and include the types of foods you want to eat for good health. These can then be heated as needed. This will save you calories, sodium, and fat found in many convenience meals while offering more vitamins and other nutrients.
- When choosing canned fruits, choose those in 100% juice when available. You can add fresh, frozen, or canned vegetables to canned soups. Fresh, frozen, or canned fruit chunks can be added to Jell-O or yogurt.

### Simple changes can be made to make your convenience meals healthier

#### ***Setting a Computer Password***

Windows : Please enter your new password.

User : cabbage

Windows : Sorry, the password must be more than 8 characters.

User : boiled cabbage

Windows : Sorry, the password must contain at least 1 numerical character.

User : 1 boiled cabbage

Windows : Sorry, the password must not have blank spaces.

User : 50bloodyboiledcabbages

Windows : Sorry, the password must contain at least one upper case character.

User : 50BLOODYboiledcabbages

Windows : Sorry, the password must not have consecutive capital letters.

User : 50BloodyBoiledCabbagesYouStupidIdiotGiveMeAccessNow!

Windows : Sorry, the password cannot contain a special character.

User : IWillHuntYouDown50BloodyBoiledCabbagesYouStupidIdiotGiveMeAccessNow

Windows : Sorry, this password is already in use.

