

Friendly Neighbors Newsletter

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President's Message



Hi y'all,

We are finally opening up on Tuesday, June 1 to provide congregate meals. All food will be served from the kitchen window in the Great Room, including a salad and dessert (no salad bar nor dessert bar yet).

We will have coffee, tea, and milk available.

It has been a trying year for all of us, but with the great assistance of our volunteers and the wonderful kitchen workers, we made it. Our new cook, Kim, continues to be working out very well.

Some of the social activities we used to provide have started back up (see article on page 3). Note that Bingo will start on Friday, May 28 at 10 AM in the Fiske Room.

If you are fully vaccinated, face masks will not be required. Otherwise, a face mask must be worn.

If you arrive to the meals early, there are games available to play. We have Yahtzee, checkers, Chinese checkers, Uno, cribbage, pinochle, and decks of cards for rummy or other card games.

Note that because the building will be closed, our July 6 and 8 meals will be "grab-and-go" meals served at the north back door of the 1912 Center.

Hoping for continued good news,

Bill Terrio, President

One-Time Tax Rebate for Some Idahoans

Some Idaho taxpayers will see a one-time tax rebate this summer as part of the income tax legislation passed earlier this year.

Boise State Public Radio reported the one-time rebate will go to full-time Idaho residents who filed income tax returns in 2019 and 2020. Each person will get either a minimum of \$50, plus \$50 for each dependent, or 9 percent of the state income tax they paid in 2019, whichever is greater.

This is part of an overhaul of income tax law that is costing the state nearly \$383 million. The state tax commission is still working out final details on the rebate with state lawmakers and the governor's office, including how the rebates will be distributed. They could be sent as checks or deposited directly in a taxpayer's bank account.

Home Delivery of Meals

In addition to providing congregate meals for seniors (age 60 and older) at the meal site in the 1912 Center, Friendly Neighbors also provides hot



and/or frozen meals for home delivery to seniors who qualify. For information on how to qualify for delivered meals, contact Carolyn Patterson at the Area Agency on Aging in Lewiston; her phone is 208-746-3351.

Birthdays of our Members

June

10 Bill Amador
11 Marie Charles
23 Kelli Bradley
27 Leo Conniff



July

14 Len Bielenberg
22 LeNelle McInturff
29 Mert Thompson

New Meal Site Registration Form

The Area Agency on Aging requires our senior diners to complete a "Congregate Registration Form" to verify that they are at least 60 years old. That form includes information such as your name, birthdate, address, emergency contact, and more. Every so often the form is changed such that we ALL have to complete the new form.

The year 2021 arrived with a new form for us to ask all of our meal participants to complete. Some of you already have, and we appreciate your early response. The meal site weekly sign-in sheets have printed on them only the names of those who have completed the new 2021 registration forms. When you attend a congregate meal and sign in at the desk, if your name is not already listed, you will need to print and sign your name on an empty line and then complete the new form. Once you complete the form, you will appear on the pre-printed list the following week.

We know all this paperwork is not fun, but having a clear record of who is receiving our meals is an important part of our contract with the Area Agency on Aging.

Seenager

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

SO THERE!

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.

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



## 1912 Center Closed for Building Maintenance July 2 through July 12

As in past years, the 1912 Center will be closed for several days in early July for building maintenance. During those days there will be NO activities occurring in the building. Here's the plan for our meal site:

The Tuesday, July 6 meal will be a "grab-and-go" meal distributed outside of the 1912 Center on the north side of the building

The Thursday, July 8 meal will be a "grab-and-go" meal distributed outside of the 1912 Center on the north side of the building

All activities and meals will return as usual on Tuesday, July 13

## Senior Activities

All of the Friendly Neighbors sponsored senior activities were curtailed in late March of 2020 because of the coronavirus pandemic. In recent months, some of those activities have returned. With many in our area now being fully-vaccinated, we will soon be back to offering the full slate of senior activities. Those activities that have returned are, generally, being offered in the Fiske Room of the 1912 Center. Once the remodeling of the game room in the northeast corner of the second floor is completed, many activities will take place there.

Below are the various activities and their schedules:

Monday: 10 AM – 12:30 PM **computer help** available in the current senior center, offered by Kay Keskinen

Tuesday: 1 PM – 3 PM **pinochle** group in the Fiske Room, led by Barb Townsend

Wednesday: 1 PM – 4 PM **mah jongg** (National Mah Jongg League rules) in the Fiske Room

Thursday: 12:45 PM – 4 PM **bridge** in the Fiske Room, organized by Larry Kirkland, 208-882-7313

Call Larry if you would like to play so that he can plan the tables. If you just want to stop by and meet the group, Larry welcomes that, too. You may not be able to play that day, but you can see how the bridge group functions.

Larry may begin to offer bridge lessons once the second floor game room is completed; if so, more information will be available later.

Thursday: 12:30 PM – 4:00 PM **computer help** available in the current senior center, offered by Steve Barr

Friday: 10 AM – 11 AM **bingo** in the Fiske Room, offered by Bill Terrio

Chair yoga and dance fitness plan to resume their activities in September; more information will be available closer to the start dates.

~ ~ ~ OPEN SESAME! ~ ~ ~

With activities and events now opening up after more than 14 months of closure, below are listed some current and upcoming events that might be of interest.

**Farmers Market:** the Market operates every Saturday from May through October from 8 AM to 1 PM in downtown Moscow. This event celebrates local farmers, artisans, and musicians.

**ArtWalk:** this year's ArtWalk is modified to be on one Thursday evening, June 17 from 4-8 PM. Artwalk 2021 is an opportunity to celebrate the creative community of Moscow. The event aims to feature visual, literary, performing, and culinary arts. Note that the photography of Elaina Pierson will be in a special exhibit on the second floor of the 1912 Center; it will feature photos of the spaces before and during renovation.

**Rendezvous in the Park:** for 2021, this event will be a one-day event on Saturday, July 24 in East City Park. Featured will be a slate of musicians performing from the early afternoon into the evening on the permanent stage in the park. Tickets will be a "pay what you can" format with a suggestion donation of \$15 per person to help fund the full return of Rendezvous in the Park in 2022. Attendees can also expect to see a selection of food and beverage vendors on site, including beer.

**Movie theaters:** The two local movie theaters, the Kenworthy and Eastside Village Center, are announcing plans to open. The Kenworthy's web site reports "plans to re-open mid-June." The Eastside web site says "Reopening May 27th!"

**Latah County AARP Chapter:** the chapter has been holding off on in-person meetings since early last year, but they hope to have approval to begin meeting on September 17. The Friendly Neighbors web site has a link to the AARP chapter web site where you can read their newsletters and keep up with their meeting and program information.

### Coeur d'Alene Casino Bus

There is a new contact person for the bus to the Cd'A Casino on the second Wednesday of the month. For information on the bus or to reserve a seat on the bus, call Kathy at 253-951-7552

## “Eat More Plants”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the May 2021 “Senior Nutrition News”

Plant based diets are popular right now. Plants contain many beneficial nutrients. The average adult should get around 2 cups of fruit and 2.5 cups of vegetables each day. A tennis ball sized apple, pear, or orange is 1 cup. You can also measure out one cup of other fruits or vegetables in a bowl to know what it looks like.



Fresh in season produce is a great economical way to get more of these foods in your diet. Try them frozen or canned in their own juices or low salt varieties. Canned and frozen produce is processed at its peak ripeness, so they provide comparable nutritional quality to the fresh varieties. Making plant foods the easy choice is the best way to get more of them every day:

**Fruits and vegetables are the original "fast food".** Many are ready to grab and go, while others need just a little prep to be ready for the week.

**In the morning.** Try fruit on your cereal, in your oatmeal, or on the side. Eat the whole fruit, not just the juice. It will keep you full longer and you will get the benefits of the fiber. Vegetables such as spinach, broccoli, or tomatoes can be added to omelets; avocado toast with an egg is a favorite of many!

**Fruit/Vegetables for a snack.** When hunger strikes be prepared with a piece of fruit, or some ready-to-eat vegetables such as carrots, celery, or broccoli.

**Fruit/Vegetables for lunch.** A salad is a great way to get vegetable servings. If the salad is your main meal, add lean protein. If it's a side, add cut raw green beans, shredded cabbage, or even salsa as your dressing.



Add lettuce, tomatoes, or sliced avocado to your sandwich.

**Vegetables for Dinner.** Make half your plate vegetables. The other half gets the protein and whole grain foods.

**Fruit for dessert.** A little topping of yogurt, some coconut, or maybe a bit of chocolate and a fancy serving dish makes this a welcome addition to the menu. Get colorful and creative.

~ ~ HUMOR ~ ~

### “Sharing and Marriage”

Contributed by Margie St. John, from the “PSAC Gazette”

An old man and his wife went to the local fast-food restaurant. The man placed an order for one hamburger, French fries, and a drink. He unwrapped the plain hamburger and carefully cut it in half, placing one half in front of his wife.

He then carefully counted out the French fries, dividing them into two piles and neatly placed one pile in front of his wife. He took a sip of the drink, his wife then took a sip and then set the cup down between them. As he began to eat his few bites of hamburger, the people around them were looking over and whispering.

Obviously, they were thinking, “That poor old couple—all they can afford is one meal for the two of them.”

As the man began to eat his fries, a young man came to the table and politely offered to buy another meal for the old couple. The old man said they were just fine—they were used to sharing everything.

People closer to the table noticed the little old lady hadn't taken a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink. Again, the young man came over and begged them to let him buy another meal for them. This time the old woman said, “No, thank you, we are used to sharing everything.”

Finally, as the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked, “What is it you are waiting for?”

She answered, “The teeth!”