

# *Friendly Neighbors Newsletter*

Volume 23 – Issue 3 – May/June 2022

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Founder – Doris D. Norman

Moscow Senior Meal Site and Senior Center

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## President's Message

Several years ago, when I was running for public office, we attended a number of senior centers in the region. The Moscow senior meal site ranks among the best in the region. And I hear this from others as well.

We have a meal site that we can be proud of for many reasons. People are continually telling me how good the soup is and how healthy and nutritious our salad bar and main courses are. All this doesn't happen by chance. We are blessed with 3 expert and dedicated kitchen staff. Kim Thompson, Yoshimi Heinlein, and Summer Stevens put in many hours preparing and serving the meals and keeping all the dishes, utensils, and kitchen area in spotless condition.

We also have a great group of volunteers who work with the kitchen staff to clean up after us, sometimes messy, eaters. They also put up and take down the tables and chairs and ensure they are all stored in their proper places. I also want to thank the vendors and those who pick up from them. They provide the numerous freebies on the giveaway table each week. With careful planning, a person could significantly minimize their food budget by combining their weekly meals with items from the freebie table.

To make all this happen requires a significant budget. Each meal costs almost \$7.00, and the Area Agency on Aging reimburses us at less than half that amount. The rest comes from your donations at the meal site and other donations and grants received. A major task of the Friendly Neighbors Board of Directors is generating the means of covering this gap. Up to this point they have done a remarkable job.

Finally, during the first week of July the 1912 Center will be closed for yearly maintenance. We will be serving two meals in the new Unitarian Church fellowship hall just across the street to the north of the 1912 Center. We can still park in the 1912 Center parking lot. See the inset on page 2 in this newsletter for more details. Have a great summer!

John Carlson, President

## Volunteering

by Kay Keskinen, Treasurer

Jeanette Wheaton,  
the Volunteer  
Program Manager  
at the WA-ID



Volunteer Center in Lewiston, spoke about her work at and the services of the center at our May 10<sup>th</sup> meal. The mission of the center is to "Provide meaningful volunteer opportunities, for persons of all ages, that meet local needs and respond to priorities of national significance."

If you are a volunteer (or want to be one), Jeanette encourages you to enroll with the WA-ID Volunteer Center and log your volunteer hours monthly with their office. Jeanette left me with forms that describe the benefits of enrolling, an enrollment form, and a monthly form to log your volunteer hours. Once enrolled, you can log your hours online or turn your monthly log in to her office. One of my volunteer tasks is to collect hours from those who cannot enter hours online, so you're welcome to leave your monthly logs with me and I'll see that Jeanette gets those hours.

If you are looking for places to volunteer, contact Jeanette to see if there is a need in your area for the type of volunteering you have to offer. If you have questions about this program, call Jeanette at 208-746-7787 for more information.

## Senior Activities

The activities that Friendly Neighbors provides for seniors are close to being back at full schedule. These activities are not limited to our members, though we encourage participants to join in order to support our organization. Below is a current list of activities with their leaders. We are grateful for our members who offer their time, talents, and experience to manage these activities.

Some activities are not weekly. To find schedules, go to the building's web site, //1912center.org, and find the calendar for the activity's room and month to see what's planned.

Monday: 10 am to 12:30 pm – computer help offered by Kay Keskinen in the Welcome Room. Kay brings 30+ years of experience working with computers at UI plus helping seniors Monday mornings since 2003. She specializes in Windows and PC products, but can help a bit with Apple devices.



Tuesday: 10:30 – 11:15 am – chair yoga led by Esther Louie in the Leconte Auditorium, 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month

Tuesday: 1 – 4 pm – pinochle – led by Bill Terrio in the Green Dragon Game Room

Wednesday: 9 am – “Walk with Me” – led by Esther Louie; join Esther and one of her dogs to walk in the Palouse Empire Mall; meet near Rite Aid entrance

Wednesday: 1 – 4 pm – mah jongg – led by Kay Keskinen in the Game Room; this play is for experienced NMJL mah jongg players

Thursday: 11 – 11:45 am – dance fitness gold – led by Lauren Fins in the Arts Workshop. June dates are June 16, 23, and 30. Check 1912 Center web site for later dates.

Thursday: 12:30 – 4 pm – computer help offered by Ron Meeuf in the Welcome Room. With his more than 30 years of experience, Ron brings extensive knowledge about Apple products as well as the basics of Windows. Need help with Facetime, Safari, iCloud, iPhone, iPad, Open Office, Dropbox, or others? Then stop by to see Ron on Thursday afternoons.

Thursday: 12:30 – 4 pm - open art studio – led by Janice Arden and Steve Barr in the Arts Workshop; bring a project you are working on and share ideas with other artists

Thursday: 1 – 4 pm – bridge – led by Larry Kirkland in the Game Room

Friday: 10 – 11 am – bingo – led by Bill Terrio in the Game Room. The cost is \$3 for one card (which everyone plays). All the money is paid back to the participants at the rate of \$1 per game. The last game is two parts (double bingo followed by Blackout) and pays \$2 per winner.

Friday: 1 – 4 pm – mah jongg – led by Kay Keskinen in the Game Room. In addition to playing mah jongg (NMJL rules), experienced mah jongg players will take time to show those new to American mah jongg how the game works.

The Friendly Neighbors web site has a current schedule of senior activities. Not all activities occur every week, and some activities occasionally get canceled due to a conflict with another event.

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### Bus to Cd'A Casino at Worley

On the second Wednesday of each month there is a free bus to the Coeur d'Alene Casino that departs at 8 am (sharp!) from Moscow. The bus leaves the casino at 3:30 pm to return to Moscow. Call Kathy at 253-951-7552 by the Friday before to reserve a seat on the bus, or call her if you have any questions about this service. Bus departure location currently varies.

## It Happens Every July

The 1912 Center will be closed from Friday, July 1 through Monday, July 11!

There will be no senior activities during this closure for building maintenance.

For Tuesday, July 5 and Thursday, July 7 our congregate meals will be at the Unitarian Universalist Church of the Palouse (UUCP) that is across the street to the north (420 Second St) of the 1912 Center.

You may gather for these congregate meals beginning at 11 AM. Meals will be simpler since we are not at full kitchen capacity.

Home-delivered meals will be distributed from the UUCP.

## Summer Reading is for Everyone

Library summer reading programs have been around since as early as 1890, and they've become a staple of summer vacation for many. Traditionally embraced as an alternative to the



“summer slide”—the loss of school skills children experience while on their months-long vacation—summer reading doesn't have to be restricted to those who are usually in school. Whether or not you experienced it as a kid, you can still enjoy summer reading because at the Latah County Library District, summer reading is for everyone!

Readers of all ages are encouraged to participate in Summer Reading: Oceans of Possibilities at the Moscow branch of the library through June and July 2022. Registration opens Thursday, June 13th, and anyone who wishes can sign up at the library or online at [//latahlibrary.org](http://latahlibrary.org). Once you've registered, you can pick up your registration materials and a free book (to keep!) at the Moscow Public Library.

### How Does it Work?

Once you've registered, there's just one thing left to do—read! You can enter to win prizes by completing any number of the three summer reading challenges: read for ten days, complete a bingo on the reading-related bingo sheet you'll get at registration, and complete a bingo blackout of the same bingo card. For each of these challenges, you can report your completion by filling out a small entry slip at the library, which enters you to win prizes. Past adult prizes have included charcuterie sets, picnic kits, gift cards to local businesses, and other items of interest for the lifelong learner.

Summer reading is a fun time to celebrate the joy of reading and to connect with other readers in your community. In addition to the usual giveaways and prizes, we'll also have fun kid-centric events including a visit from Reptile Man, a musical performance from Eric Herman and The Puppy Dogs, and a captivating science program from Radical Rick. Whether there are young kids in your life, or if you're just young at heart, swing by the library this summer to discover the joy of summer reading. Events and more information will be posted on our website at [//latahlibrary.org](http://latahlibrary.org).

Mason Neil

Adult Services Manager

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**MOMS NOW vs. MOMS THEN:**  
**By I Might Be Funny**

"That word is inappropriate."	"Say that again and I'll wash your mouth out with soap."
"Good job trying one bite of the dinner I made. Now you can have Mac & Cheese."	"You'll eat what I make, whether you like it or not. There are starving children in the world."
"I can see you're upset. Take a deep breath and use your words."	"You better stop crying or I'll REALLY give you something to cry about."
"You can't walk around the block by yourself. I'll drive you. Text me when you need a ride back."	"You want to go out? Take your bike. Be home before dark."
"I packed your bento box with almond butter on whole grain, kale chips, and an organic smoothie."	"Take a brown bag with a bologna sandwich on Wonder Bread. Grab a Twinkie and a Hawaiian Punch too." © I Might Be Funny



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### 2022 Friendly Neighbors Board Members:

President: John Carlson

Vice President: Sharon Singleton

Secretary: Barb Townsend

Treasurer: Kay Keskinen

Directors: Win Green, Sally Amador, Dick Berns

Immediate Past President: Bill Terrio



## Birthdays of our Members

### June

1 Steve Gill  
10 Bill Amador  
11 Marie Charles  
14 Larry Kirkland  
19 Susan Petersen  
20 Joe White  
23 Kelli Bradley  
27 Leo Conniff



### July

3 Kevin Kline  
9 Leroy Kelson  
12 Jo Bohna  
13 Steve Meyer  
14 Len Bielenberg  
22 LeNelle McInturff  
29 Bill Terrio  
29 Mert Thompson  
30 Carol White

## “The Facts on Juice”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the October 2021 “Senior Nutrition News”

100% juice is an easy way to enjoy fruit and vegetables. It can provide several key nutrients important for good health.

- Vitamin C helps heal cuts and bruises and fight infection.
- Vitamin C also helps your body use the iron from food.
- Vitamin A is in tomato and vegetable juices. Vitamin A helps keeps eyes and skin healthy.
- Juice provides carbohydrates, which supply your body with energy. Choose 100% juice to be sure the carbohydrates you are getting are from fruit or vegetables and not added sugar.



### How much juice?

Limit yourself to one serving of 100% juice each day to be sure you are getting enough Vitamin C. A serving is  $\frac{1}{2}$  to  $\frac{3}{4}$  cup.

### Problems with drinking too much juice:

- Too many calories. Drinking more than  $\frac{1}{2}$  cup to  $\frac{3}{4}$  cup of juice each day may give you more calories than you need.
- Drinking too much juice may take away from drinking milk. Milk is an important source of calcium that is needed for healthy bones.
- Too much sugar.
- Juice is a poor source of fiber when compared with whole fruit and vegetables.

**Fruit juice or fruit drink?** There is a difference between 100% fruit juice and fruit drinks? Read the food labels when choosing beverages.

- Look for 100% juice on the label.
- 100% Vitamin C does not mean 100% juice. Fruit drinks are made from a small amount of juice added to sweetened water.
- Read the list of ingredients to know what you are buying. If water and high fructose corn syrup are near the top of the list, the beverage is mostly sugar water.

