

Friendly Neighbors Newsletter

Volume 24 – Issue 3 – May/June 2023

Editor – Kay Keskinen

Founder – Doris D. Norman

Moscow Senior Meal Site and Senior Center

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

Phone: (208) 882-1562 (Welcome Room and Kitchen)

E-mail: friendly.neighbors@yahoo.com

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



President's Message

Hi everyone,

Looks like summer weather has finally decided to hang around for a while. I hope you are able to get out and enjoy the nice weather. As I write this, we are at our

cabin adjacent to the home farm where I grew up. The farm is operated by two of my nephews and it's twice as large as it was when I was growing up. I always enjoy coming here as it brings back many memories.

As we celebrate Friendly Neighbors 50th year we continue to try to provide the best meals and social activities that we can. We are looking to modify our lease with the Heart of the Arts (1912 Center) so we won't have to take down the tables and chairs after each meal. This will make it easier on some of our bodies and give us more time to enjoy the fellowship with each other after each meal.

Unfortunately, we have also had to increase the security on our food storage areas as some have taken advantage of our donations. Hopefully this will give our kitchen staff more options in keeping our meals less costly and our donation recipients happier. We also want to welcome Brice to our kitchen staff. He is a wonderful asset to our great kitchen crew.

May you all have a great summer!

John Carlson, President

Friendly Neighbors Turns 50!

Friendly Neighbors began informally in 1973 to provide nutrition services to Moscow area seniors. In 1978 we formed as an Idaho non-profit corporation to be eligible to take advantage of food commodities available to senior meal programs.



Check out the article on pages 3-4 written by Lorraine Nelson that is reprinted from the June 2, 2002 "Golden Times" insert in the "Lewiston Morning Tribune" about the Moscow Senior Center opening in the 1912 Center on May 6, 2002.

1912 Center Closed for Maintenance



It happens every July: the 1912 Center will be closed for building maintenance from Saturday, July 1 through Monday, July 10. The Fourth of July holiday falls on a Tuesday, so there will be no senior meal that day. The Thursday, July 6 senior meal will be held at the Latah County Fairgrounds on Harold Street. We expect to be back to normal operations by Tuesday, July 11.

During the time of the building closure, there will be NO senior activities held in the 1912 Center.

Summer Reading at the Library

With temperatures rising and summer on its way, it's a perfect time to get involved with the library and participate in our annual Summer Reading program!

This year's theme is "All Together Now," which celebrates community and summer fun. The program runs from June 12th to July 27th, and participants can register in-person at any of the seven branches of the Latah County Library District beginning on the first day. While Summer Reading at the library may traditionally be viewed as a program for kids, Summer Reading at the Latah County Library District is open to all-ages and there are lots of ways that adults can participate too!

There are three main challenges that make up the Summer Reading program: Reading for 10 days, completing a bingo on a reading and summer themed bingo card, and completing a bingo blackout on the same challenge card. After completing each of these challenges, return to the library for a small incentive prize and enter for a chance to win a grand prize! The first 500 participants to finish the first challenge of reading for 10 days will also receive a library branded water bottle!

In addition to challenges that last all summer, there will be several other programs at the library to take part in, like weekly "All To-Go Now" activities! These small to-go kits contain packaged crafting materials, and have been designed with all-ages in mind. For adults, there are kits to create mini macramé plant hangers, another with some clay and tools to mold and oven-bake a clay creation, and more! Outside of the library, keep your eyes out for Book Look, a popup book scavenger hunt! Books for all-ages in a wide variety of genres will be hidden high and low around Moscow for all to find and take home.

Before Summer Reading kicks off this year, there will also be other adult programs offered at the Moscow Public Library, including the second session of the Death Cafe conversation group. The Death Cafe, which will be held on Tuesday, June 6th at 2:00 p.m., is a program open to adults who are interested in respectfully talking and sharing their thoughts about the universal human experience of death.

Visit our website at [//latahlibrary.org](http://latahlibrary.org) to learn more about Summer Reading and other upcoming programs!

Rebecca Rivapalacio
Adult Services Manager
Latah County Library District
rebeccar@latahlibrary.org



Birthdays of our Members

June

2 Karen Herrenbruck
10 Bill Amador
11 Marie Charles
19 Ray Barker
19 Susan Petersen
20 Joe White
22 Catherine Pierce
23 Kelli Bradley
27 Leo Conniff
30 Julie Thomas



July

12 Jo Bohna
12 Albert Felix
14 Len Bielenberg
17 Annette Trimble
22 LeNelle McInturff
23 Herb Hess
25 Dennis Hall
27 Sharon Hayden
29 Mert Thompson
30 Carol White
31 De Bush

Senior Activities Schedule

Friendly Neighbors sponsors many senior activities that are held in the 1912 Center. There is no charge to participate in these activities that are led by members of Friendly Neighbors. A full schedule of the activities is on our web site; below is an overview of the activities:

Monday

10am-12:30pm **Computer Help**, Welcome Room

Tuesday

10:30-11:15am **Chair Yoga**, Lecompte Auditorium, 1st, 3rd, and 5th Tuesdays

1-4pm **Pinochle**, Green Dragon Game Room

Wednesday

1-4pm **Mah Jongg** (NMJL) Green Dragon Game Room

Thursday

10:45-11:30am **Beginner's Yoga**, Friendship Hall

12:30-4pm **Open Art Studio**, Arts Room

12:30-4pm **Computer Help**, Welcome Room

12:45-4pm **Bridge**, Green Dragon Game Room

Friday

10-11am **Bingo**, Green Dragon Game Room

11-11:45am **Dance Fitness Gold**, Arts Room

1-4pm **Mah Jongg** (NMJL) Green Dragon Game Room

Note: There will be no Open Art Studio on these days: June 15, July 6, July 20, and August 10

Not all activities meet every week; check with leader.

The following article is reprinted with permission of the "Lewiston Morning Tribune." It initially appeared in the "Golden Times" section of the "Tribune" on June 3, 2002.

Moscow Friendly Neighbors has new gathering place

By Lorraine Nelson
of Target Publications



These four seniors are among those putting in volunteer hours to help develop activities at the new Moscow Senior Center and staff it when it is open. Seated in front are Nancy Nuhn, left, and Dorothy Nichols, right. In back are Mary Ann Moser, left, and Duane LeTourneau, right. Photo by Steve Hanks of the Tribune.

It didn't take long for a group of Moscow seniors to start some organized activities at their new center.

Less than two weeks after the new Moscow Senior Center opened on May 6, volunteers had formed clubs for bridge and genealogy and had plans to form clubs for handiwork and scrapbooking.

"We've gotta have a spit and argue club, too," said Duane LeTourneau, vice-president of the Moscow Friendly Neighbors Senior Citizens Inc. That will likely occur at the regular coffee hour at 10 a.m. on weekdays.

"This is the first time the city of Moscow has ever had a senior center," said LeTourneau, 75, a retired University of Idaho biochemistry professor.

The Friendly Neighbors has been operating a twice-weekly senior luncheon at the old Moscow post office, but that was the extent of any organized community group for seniors.

The new senior center consists of a large and small room inside Moscow's 1912 Center, which was a high school that is now being renovated into a city social center and home for several community groups.

The large room has been carpeted and repainted. Two of the four walls are made up of rows of wood-framed windows, which let in a lot of natural sunlight.

Senior volunteers have filled the room with donated furniture. Comfortable couches and chairs are arranged into conversation areas in part of the room. Card tables with metal folding chairs are scattered in another section.

"We're raising money to replace the metal chairs," said Dorothy Nichols, 72, president of the Friendly Neighbors.

Nichols, a retired teacher and business owner, also asked a local business to donate a ping pong table and another to donate a television set.

The smaller room is for staff of the Retired and Senior Volunteer Program. RSVP is responsible for seeing that volunteers keep the center open from 9 a.m. to 4 p.m. Mondays through Fridays. RSVP will share the office with periodic wellness screenings, such as blood pressure checks.

RSVP signed an 18-month lease with the city of Moscow for the center, Nichols said. The city agreed to waive rent on the space if RSVP keeps it open with volunteers, she added.

The center is open to all seniors, but it just happens that many of the volunteers keeping it open belong to the Friendly Neighbors, Nichols said.

The Friendly Neighbors has moved its twice-weekly meals to the 1912 Center and rents the Great Hall (formerly the school gymnasium) and the kitchen for \$200 per month.

There are several active senior groups in Moscow, including AARP and associations of retired federal employees, state employees and officers, LeTourneau said.

“At the beginning, we all met and talked about ideas for what we want in here,” Nichols said.

The group gathered ideas from other senior centers in the state and made a list, she said. The list of 32 ideas was given to “every senior we could contact.”

The survey showed the activity with the highest interest among the largest number of people was a toning and stretching exercise class. It was followed by computer lessons, a book club, a coffee hour, ballroom dancing, a hiking/walking club, line dancing and a group for learning about the history of Moscow and the Palouse.

In addition to organized activities, the center will be an extension of the socializing that occurs during the Tuesday and Thursday luncheons, Nichols said.

She expects some people will arrive in the morning and visit before lunch and others may stay after lunch.

The Friendly Neighbors, which has 114 members, began with a group of 20 Moscow seniors who started meeting twice a week for lunch and socializing in 1973. The group hired a cook and rented space in the Moose Lodge.

In 1978, after the group grew to 50 or 60 members, it formed a nonprofit organization and became the Friendly Neighbors Senior Citizens, Inc.



The new Moscow Senior Center is furnished with donated furniture. The above photo shows all but one-third of the center, where there is a coffee pot, computers, and a smaller room used for wellness checks and the Retired and Senior Volunteer Program. Photo by Steve Hanks of the Tribune.

Currently, the organization employs a cook and bookkeeper, owns some cooking equipment, a piano, and publishes a newsletter.

The new center is a place to get together and have some wholesome activities, she said.

“Seniors often, when they lose a mate, get lonesome,” Nichols said. “I can speak from experience.

“It’s a place for seniors to hang out.”



Things to Ponder

1. I went to a bookstore and asked the saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.
2. Why do they lock gas station bathrooms? Are they afraid someone will clean them?
3. Can vegetarians eat animal crackers?
4. How do they get deer to cross the road only at those yellow road signs?
5. If one synchronized swimmer drowns, do the rest drown too?
6. If you try to fail and succeed, which have you done?
7. What was the best thing before sliced bread?
8. How did they measure hail before golf was invented?
9. Is there another word for synonym?



That awkward moment when you put something in a safe place so you don't lose it, then you forget where that safe place is...

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.

“June is National Fresh Fruit and Vegetable Month”

From “Senior Nutrition News” June 2022 by Kali Gardiner

Fruits & vegetables have so many health benefits. According to the Center for Disease Control (CDC), one in ten adults gets the recommended amounts of fruits and vegetables. What better month than National Fresh Fruit and Vegetable Month to make sure you are getting what your body needs? Also, with many fruits and veggies coming into season they can be found at affordable prices.



Start the month out by tracking how many fruits and vegetables you are eating. Write down what fruits and vegetables you eat. At the end of three days, take a look to see if you are getting recommended amounts. For people over 51 years of age the recommended amounts are as follows:

- 1 ½ to 2 cups of fruit per day
- 2 to 3 cups of vegetables per day

Do not be discouraged by any shortcomings; instead, take steps to increase your fruit and vegetable intake slowly, one serving at a time and increase steadily from there.

Follow these tips to increase your fruit and vegetable consumption:

- Make a point of buying more fruits and vegetables.
- Purchase convenience sizes, if this will help you eat more fruits and vegetables.
- If you are budget conscious, make your own convenience sized packages.
- Make a tray or plate of fresh fruit and/or vegetables and leave in the refrigerator, so you have a healthy snack available while fixing a meal, sitting in front of the television or just wanting to munch on something.
- If you don't enjoy all types of fruits and vegetables, experiment to find the ones you enjoy the most and incorporate them into your diet.
- Include fruit in dishes such as yogurt, salads, cereal, ice cream, and other desserts.
- Incorporate vegetables in dishes such as soups, stews, pies, wraps, and sandwiches.
- Find a local u-pick farm to get moving while getting more fresh fruits and vegetables.



~~~~~  

### “Show and Tell” at Meal Site

by Sharon Singleton, Vice President



On March 21 Friendly Neighbors began a Show and Tell program at our meal site. Terry Gray presented the first one where he told how he lived on a submarine during the war. Each presenter is allowed five minutes beginning at 11:25, just before the salad bar each meal site day. Anyone interested in participating in Show and Tell should let Sharon Singleton know and she will schedule a date.

Other presenters have been:

- Russ Wheelhouse, with his knowledge of Antiques
- Jon Bateman talked about clocks, his hobby
- Nancy Lindhorst gave us an insight of what it was like to grow up on a farm and go to high school at the 1912 Center
- Marsha Anderson brought in her interactive companion pet, a cat
- Glenda Hawley talked about her dissertation regarding participants who had cancer and chose not to use chemo
- Kay Keskinen gave us a demonstration of a few assistive devices for seniors with mobility issues
- Nadine Morton showed many posters she had done over the years for her church and various activities
- Steve Barr enlightened us on saving aluminum cans for a Friendly Neighbors' fund
- Janice Ardern presented some of her art pieces

Sometime soon the Moscow police department will bring their police dog to give us a demonstration. Other members have expressed an interest and will be scheduled soon. If you know of a non-member who would have interesting information and be willing to be part of our Show and Tell, they are more than welcome.