

Friendly Neighbors Newsletter

Volume 16 — Issue 5 — September/October 2015

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Moscow Senior Meal Site and Senior Center

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President's Message



Greetings
Friendly
Neighbors!

The National
Weather Service
has put out air
quality
warnings

recently for our area.
Please beware and follow
them. We want you to stay
healthy..

**Precautions to be taken for
areas experiencing
increased smoke and
reduced air quality
include:**

* Everyone should avoid
heavy work or exercise
outdoors when the air
quality index reaches
unhealthy levels.

* Older adults, small
children, and those with
respiratory conditions

or heart disease may be
more sensitive to poor air
quality and should stay
indoors and avoid heavy
work when air quality
reaches unhealthy levels.
* Drink plenty of water.
Staying hydrated helps
dilute phlegm in the
respiratory tract, making
it easier to cough out
smoke particles. Plan on
coughing; it is nature's
way of clearing your lungs.
Avoid caffeine products,
sugary drinks and alcohol
because they have a
dehydrating effect.
* Stay cool if the weather
is warm. Run your air
conditioner to recirculate
air. Turn the fan blower on
manually so it continuously
filters the air in your
home.

Bill Terrio



September

- 4 Colleen Bright
- 6 Rebecca Lawrence
Glenna Taylor
- 7 Donna DeBolt
- 11 Fern Bielenberg
- 14 Karon Aronson
Marty R. Bennett
- 15 Judy Reisenauer
- 16 Gerry Schutz
Ed Townsend
- 19 Karen Davis
Odessa Johnson
Steven Barr
- 26 Gail Sipe
- 28 Terry Lindsey
Frankie Yockey

October Birthdays

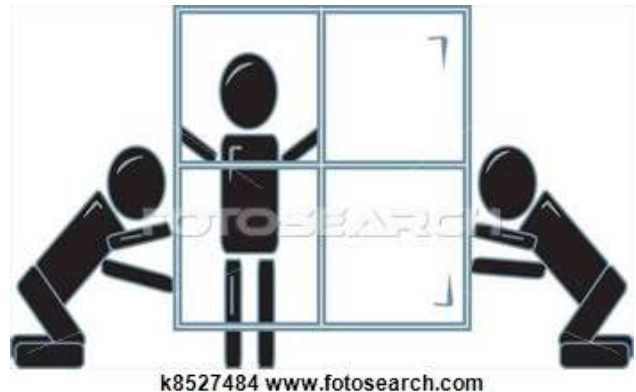
- 1 Shirley Ewing
- 8 Kay Keskinen
Marcia Spakoski
- 9 Norma Johnson
- 17 Mary Blanton
Lynne Crawford
- 18 Verna Lanting
- 19 Joe Hamon
- 24 Carl Johnson
Walter Steed
- 29 Nancy Lindhorst
Don Smith

SOS...*HELP WANTED*...SOS

URGENTLY NEEDED: TEAM OF FRIENDLY NEIGHBORS MEMBERS TO HELP PUT AWAY TABLES & CHAIRS AT THE END OF LUNCHESES TUESDAYS AND THURSDAYS.

DESPERATELY NEEDED: THURSDAYS. SEE BILL OR CARRIE **ASAP!** 6-8 OR MORE NEEDED. THIS JOB IS TOO MUCH FOR 2 PEOPLE.

WE NEED YOU NOW, PLEASE!



~~~~~  
***COFFEE HOUR DAILY***  
***10:00 am***



***MOSCOW SENIOR CENTER***  
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## SENIOR NUTRITION NEWS

Senior Extension Nutrition Program

### Healthy Food Choices for Older Adults

Studies have shown that eating well and being active can make a dramatic difference in the quality of life for older adults. As we get older, our food and activity choices become even more important to our health.

#### More Nutrients, Fewer Calories

As adults age, they need fewer total calories, but more nutrients, especially protein, B-vitamins and calcium. Your food choices, from every food group, need to be power-packed with more nutrients per calorie. For a healthy eating plan, choose foods from all the MyPlate food groups.

As we age it is not a time for extreme diets or drastic weight loss. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health. The right balance of foods and activities will help you lose a little fat, while maintaining strong muscles and bones.

### Enjoy the Power of Protein

Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat or chicken also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

- **Enjoy Beans.** Add canned beans to salads, soups, rice dishes & casseroles.
- **Make Crackers Count.** Spread peanut butter on your crackers and eat them alongside soup, chili or salad.
- **Pump Up Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.
- **Cook with Milk.** Use fat-free milk instead of water to make soup or oatmeal.
- **Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

The Senior Extension Nutrition Program is an educational service FREE to you! This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. To find out more call 1-800-221-5689.

## EVEN MORE SENIOR NUTRITION NEWS

### Nutritional Buzzwords: Do They Matter?

The terms on food packages can be confusing for consumers. What do some of these terms mean, and how much do they matter? We will take a look at a few:

**FAT-FREE** - A product must contain less than 0.5 grams of fat per serving to advertise this on the label. Does it matter? Fat-free is not a health guarantee. Fat free foods tend to have more sugar, carbohydrates or other ingredients added to increase shelf life, flavor or texture, and it could be as caloric as the regular version of the product. Fat-free salad dressings tend to have more salt and non-nutritive sweetener or more sugar, while low-fat peanut butter will have more sugar. The takeaway: Look for fat-free or low-fat in milk, cottage cheese, chips, pudding, ice cream and microwave popcorn products.

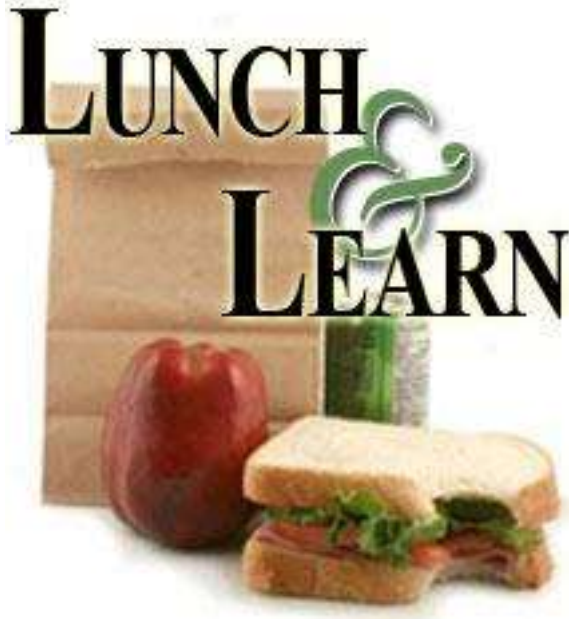
**WHOLE-GRAIN** - The food contains the entire grain seed and has not been refined. Does it matter? The FDA recommends at least three 1-ounce equivalents of whole grain -- oatmeal, brown rice and whole-wheat products, for instance -- a day. A serving of whole grains is 16 grams, and a day's intake should be 48 grams. Look for the Whole Grain Council stamp. If the stamp says "8g," that means the food contains at least a half- serving of whole grains. The

takeaway: Dietary guidelines say half your grains should be whole grains. Check the ingredients list: If whole oats or whole wheat are one of the first things listed, it's a good sign.

**NATURAL** - What it means: The term "natural" is unregulated and can be misleading, and can mean just about anything. People think natural peanut butter means it's organic or healthier. But it often contains as much sugar and fat as the regular version. The takeaway: Read the label. Some "natural" peanut-butter brands, for instance, may have added sugar and palm oil and pack more saturated fat than the regular version.

**CHOLESTEROL-FREE** - What it means: The FDA allows this designation for foods with fewer than 2 mg of cholesterol per serving and no more than 2 grams of saturated fat per serving. Saturated fats raise LDL (the so-called bad cholesterol) and thus contribute to heart disease. Does it matter? Many food companies love putting 'no cholesterol' on products, but cholesterol is naturally found in animal products like organ meats, dairy, eggs and shellfish. Many products, like cereal, that say cholesterol-free wouldn't have it anyway. Don't let a product with the phrase "-free" trick you into buying it.





**University of Idaho Extension  
Service** invites you to...

*Bring your brown bag and come join  
them for FREE Information, facts,  
helpful resources, and more...*

*(Almost) every Tuesday  
12:00 to 1:00pm  
Gritman Federal Building  
Conference Room*

No registration required...Call Karen  
at 208-883-2241 for more information

**BRAND NEW TOPICS !!!**

October 20:

*Who Gets Grandma's Yellow Pie Plate?* How to start a conversation of who gets what when life changes or ends. Very entertaining class for such a serious topic.

October 28:

*Smart Choice Health Care Workshop: With open enrollment right around the corner, do you have the very best health care plan for you and your family? Do you know how to decide?* This class offers a glimpse of the Insurance World and will help you answer those lingering health care insurance questions.

November 3:

*Bankruptcy and Your Credit.* What will bankruptcy do to your credit? How do you recover and start over?

November 10:

*How to Be an Executor of Estates.* Here it is...one of the most requested classes to date. When someone asks you to be their executor, what does that mean?

December details will follow in the next Friendly Neighbors Newsletter.



## Some Dates to Remember



Sep 7 Labor Day  
Sep 8 Blood Pressure Check  
Sep 22 FN Board Meeting  
Sep 23 Turning 65 or New to Medicare: 12 – 1pm, Gritman Federal Building, 2<sup>nd</sup> Floor Conference Room  
Sep 24 Old Time Fiddlers at lunch  
Oct 12 Columbus Day  
Oct 13 Blood Pressure Check  
Oct 27 FN Board Meeting  
Oct 29 Old Time Fiddlers at lunch  
Oct 31 Halloween

### Daily Activities (Each Week)

Monday AM Computer Help  
Monday PM Jigsaw Puzzles

Tuesday Congregate Lunch  
Breakfast Pastries, Coffee 10:30 AM  
Soup at 11:00 AM  
Salad Bar 11:30 AM  
Main Entree 12:00 NOON  
Dessert Bar

Tuesday AM Chair Yoga at 10:30 AM  
(first and third Tuesdays)

Tuesday PM Pinochle

Wednesday PM Bridge Lessons and Mah Jongg

Thursday Congregate Lunch

Thursday PM Bridge

Friday AM Bingo at 10:00 AM

### All Week (Monday – Friday)

Coffee at 10:00 AM  
Jigsaw Puzzles  
Board Games for Small Groups,  
Reading, Quiet Socializing  
See Bulletin Board for Special  
Announcements  
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***Happy Halloween***

**AAoA SENIOR NUTRITION PROGRAM**  
**SENIOR MEAL SITE LUNCH MENU**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow      Menu for the month of: September, 2015**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, September 1<sup>st</sup>      SPOL6

Fried Chicken  
 Au Gratin Potatoes  
 Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, September 8<sup>th</sup>      SB5

Lasagna – Meat or Cheese  
 Veggies      Blood Pressure  
 Soup      Clinic  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, September 15<sup>th</sup>      SP5

BBQ Riblet  
 Mashed Potatoes  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, September 22<sup>nd</sup>      SUPOL5

Baked Chicken  
 Scalloped Potatoes      Board Meeting  
 Veggies      10:30 a.m.  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, September 29<sup>th</sup>      XYZ

Omelet  
 Mini-Pancakes  
 Sausage  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, September 3<sup>rd</sup>      SUB6

Hamburgers  
 Tator Tots  
 Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Thursday, September 10<sup>th</sup>      SUP4

Hawaiian Pork  
 Au Gratin Potatoes  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, September 17<sup>th</sup>      SUB5

Hamburger Steaks  
 Mashed Potatoes  
 Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, September 24<sup>th</sup>      SF02

Fish - Tilapia  
 Rice      Old Time Fiddlers  
 Veggies      11:30 a.m.  
 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

**AAoA SENIOR NUTRITION PROGRAM**  
**SENIOR MEAL SITE LUNCH MENU**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: October, 2015**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho



Tuesday, October 6<sup>th</sup> FB10

Chili Con Carne  
 Veggie Salad  
 Cornbread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Tuesday, October 13<sup>th</sup> SB0

Tater Tot Casserole  
 Waldorf Salad Blood Pressure  
 Soup Clinic  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, October 20<sup>th</sup> FB1

Hungarian Goulash/Noodles  
 Hungarian Cabbage  
 Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored in Memory of Janet McCloskey

Tuesday, October 27<sup>th</sup> SUB2

Sweet-n-Sour Meatballs  
 Rice Board Meeting  
 Veggies 10:30 a.m.  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, October 1<sup>st</sup> WPOL4

Chicken Parmesan  
 Butter Noodles  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Thursday, October 8<sup>th</sup> FP7

German Sausage (Moscow Food Co-op)  
 Potato Wedges  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, October 15<sup>th</sup> SPOL1

Oven Fried Chicken  
 Au Gratin Potatoes Flu Shot  
 Veggies Clinic @ 11:30  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Tri-State

Thursday, October 22<sup>nd</sup> WPOL2

Hot Turkey Sandwich  
 Mashed Potatoes/Gravy  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

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

Thursday, October 29<sup>th</sup> SUP3

Mac-n-Cheese w/Ham  
 Bread Old Time Fiddlers  
 Veggies 11:30 a.m.  
 Soup  
 Fruit w/Salad Bar Newsletter  
 Dessert Bar



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All Meals are served with Milk and Butter

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