

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



Hi y'all!

We are having a very good year thanks to all who helped by volunteering.

Our membership is above 160 and the attendance at lunch is averaging between 160 and 179. I believe the advertising we did this year has helped, also, to keep our numbers up.

We have new members who keep coming back because we are “friendly” and we have an excellent meal site.

Safeway and Winco have been generous with donations, which helps to feed people at home.

Our home delivery program is doing well, but we can always add more clients. If you know of someone, please let them know we offer this service. We request a donation of \$4.00 per meal but will deliver even if they can't pay.

And don't forget to tell seniors about all the activities in our senior center and in the Arts Workshop room.

Since we are now in August, we should be thinking of next year's officers. The nominations committee will be appointed soon.

Have a great rest of the year.

Bill Terrio
President





HAPPY BIRTHDAY!

September

- 4 Colleen Bright
- 6 Glenna Taylor
- 7 Donna DeBolt
- 11 Fern Bielenberg
- 12 Mary Ann Reese
- 13 Bettyann Papineau
- 14 Karon Aronson
- 14 Marty Bennett
- 15 Judy Reisenauer
- 16 Michael Keating
- 16 Gerald Schutz
- 16 Ed Townsend
- 19 Karen Davis
- 19 Odessa Johnson
- 25 Steven Barr
- 28 Frankie Yockey
- 29 Terry Lindsey
- 30 Elnora Kreisher

October

- 3 David Giese
- 7 Sue Mitchell
- 8 Kay Keskinen
- 8 Marcia Spakoski
- 11 Winn Green
- 17 Mary Blanton
- 17 Lynne Crawford
- 18 Verna Lanting
- 20 Diana Welch
- 23 Lois Winn
- 24 Walter Steed
- 29 Nancy Lindhorst

GOALS ARE IMPORTANT!

What are some ways to create new goals?

Bart Astor, AARP Bulletin 7-8/2016

Having goals is important in every phase of our lives. There are several ways to set goals, including just observing what it is you are doing. See what interests you've already chosen that keep you focused for extended periods. That can lead you toward your goals. But be careful not to judge yourself--- what you do is not good or bad. And judging yourself and your interests can suppress your creativity. You should also observe what others do. If someone else's goal strikes a chord with you, try it on. If it fits, it's yours. Goals are not proprietary. Then be specific so you know what it is you're working toward.



Keith Richards on Mortality:

"Obviously, I have got a bit wiser. I've learned a bit more about pacing myself. But other than that, I don't think you stop growing until they start shoveling the dirt in."

COFFEE HOUR DAILY

10:00 am



MOSCOW SENIOR CENTER

SENIOR NUTRITION NEWS

Eat Smart Idaho Program... July 2016

Changes to the Nutrition Facts Label

In May 2016 the Food & Drug Administration finalized changes to the Nutrition Facts label. These new labels will become mandatory on food packages starting in July 2018. The new label will make it easier for consumers to make more informed food choices. These changes include:

- A larger sized font for “calories,” “servings per container” & “serving size”
- Bolding the number of calories.
- Serving sizes will reflect the amount people usually consume, not how much they should ideally consume.

- Added sugars will be shown. Added sugars can be part of a healthy diet, but if too many added sugars are consumed it gets more difficult for people to eat enough dietary fiber and essential vitamins and minerals while still staying within their recommended calorie limit. This addition to the label will increase consumer awareness of the amount of added sugars found in foods. People in the U.S. currently average about 13% of their total calories from added sugars.

- Changes will be made to the nutrients required to be included on the label: - Vitamin D and potassium will be added to the label as most don't get enough - Vitamins A and C will be removed.

Previous Nutrition Facts Label

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

New Nutrition Facts Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

To warm you on a cool autumn evening...



Try these pumpkin warmer-uppers...

Pumpkin Pizza: Saute pumpkin and other favorite veggies, then place on a whole wheat pizza crust drizzled with olive oil and your favorite spices.

Pumpkin Oatmeal: Add fresh, cooked, or canned pumpkin to your morning oatmeal.

Pumpkin Muffins: Add fresh, cooked or canned pumpkin to your favorite muffin batter.

Pumpkin Soup: Cook mashed pumpkin with chicken broth, fat-free half-and-half, nutmeg, onion, and other spices.

Pumpkin Pancakes: Add fresh cooked or canned pumpkin to your favorite pancake batter.

Apple Cinnamon Baked Oatmeal

2 cups rolled oats (not instant)
1/2 cup egg substitute or egg whites
1 tsp. baking powder
1/2 tsp. cinnamon
1 1/2 cups fat-free milk or soymilk
1/2 cup packed brown sugar
1 Tbsp. melted margarine
1/2 cups chopped apples

1. Preheat oven to 350°F. In a small bowl mix the milk, brown sugar, egg substitute or whites, margarine, and cinnamon together.
2. In a larger bowl combine the oats and the baking powder.
3. Pour the wet mixture into the bowl with the oats, add the apples, and mix well.
4. Spoon the mixture into a 8 x 8 inch pan coated with cooking spray and bake for 30-40 minutes, until top is firm and a toothpick comes out clean in the center.



Protect Yourself if You Have a Disability or Reduced Physical Function

July 4, 2016, Golden Tim

If you have reduced strength, balance or mobility, consider taking a Fit and Fall Proof Class.

If you are at risk for a fall in your home, consider getting a Lifeline.

If you have a visual impairment, look into getting devices to assist you.

Use daylight or white light for lighting around the home.

If you have any kind of disability, connect with an organization that can help you.

Have You Had Your Blood Pressure Taken this Month?

When registered nurse Millie Krasselt takes your blood pressure on the second Tuesday of each month at the senior meal site, she reports it as a ratio: Systolic over Diastolic. **Systolic** refers to the top or larger number in the ratio and measures the pressure in the arteries when the heart beats (when the heart muscle contracts). **Diastolic** refers to the bottom or smaller number in the ratio and measures the pressure between heart beats (when the heart muscle rests between beats and is refilling with blood).

Normal blood pressure occurs when the systolic pressure is 120 and the diastolic pressure is below 80.

Prehypertension readings occur when the systolic pressure is 120 – 139 or the diastolic pressure is 80 – 89.

Hypertension is High Blood Pressure, Stage 1: Systolic pressure is 140 – 159 or the diastolic pressure is 90 – 99,

Hypertension may also refer to **High Blood Pressure, Stage 2:** Systolic pressure is higher than 160 or the diastolic pressure is 100 or higher.

Hypertensive Crisis or Emergency Care Is Needed occurs when systolic pressure is 280 or higher, or diastolic pressure is 110 or higher.

If your blood pressure is higher than normal (below 120/80), Millie or your doctor will monitor you regularly over time (more than once) before diagnosing high blood pressure. Your

systolic may increase as you get older due to increasing stiffness of the larger arteries, long-term build-up of plaque, or increased incidence of cardiac or vascular disease.

Your **Pulse** is another measure of your heart rate and varies from person to person. Your pulse rate is usually between 60 -100 beats per minute. Physical activity, illness, air temperature, body size, and medication can affect your pulse rate.

The best places to measure your pulse rate are your wrists, inside your elbow, the side of your neck, and the top of your foot. If your pulse rate is very low or you have frequent episode of unexplained fast heart rates, especially if they make you weak or dizzy or faint, call your doctor so he can determine if you have an emergency.

If you are not getting your blood pressure and pulse rate measured regularly, this would be a good time to develop a habit of checking these indicators of your health picture. Why not see Millie the next time she comes? As a registered nurse, she can help you understand your blood pressure and pulse rates and suggest you see your doctor if needed.



Important Dates...

Sept 5 Labor Day
Sept 9 Hajj
Sept 11- 13 Eid al Adha
Sept 11 Patriot Day
 Grandparents' Day
Sept 13 Friendly Neighbors
 Blood Pressure Checks
Sept 15-18 Latah County Fair
Sept 16 Constitution Day
Sept 22 Autumnal Equinox
Sept 27 Friendly Neighbors
 Board Meeting 10:30 am
Sept 29 Old Time Fiddlers
Oct 2 - 4 Rosh Hashanah
Oct 2 Islamic New Year
Oct 10 Columbus Day
Oct 11 Friendly Neighbors
 Blood Pressure Checks
Oct 12 Yom Kippur
Oct 17 Sukkot
Oct 25 Friendly Neighbors
 Board Meeting 10:30 am
Oct 27 Old Time Fiddlers
Oct 31 All Hallow's Eve
 (Halloween)



Senior Activities

Monday 10 AM-Noon Computer Assistance

Monday PM Jigsaw Puzzles

1st, 2nd, 3rd, & 4th Tuesdays
Chair Yoga 10:30 AM ~ Arts Workshop

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

Tuesday PM Pinochle

Wednesday 10:30 AM Blind and Diabetic Support Group

Wednesday PM Mah jongg

Thursday, 9 AM – 3:30 PM
Open Studio ~ ArtsWorkshop

Thursday Congregate Lunch
See Tuesday's Schedule

Thursday PM Bridge

Friday AM Bingo at 10:00 AM

Friday PM Jigsaw Puzzles

Daily Activities 9 AM – 4 PM
Coffee/Tea, Jigsaw Puzzles, Reading, Board Games for Small Groups, TV, Quiet Socializing

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, 2016

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



Tuesday, September 6th FP9

Roasted Honey Pork Loin
 Scalloped Potatoes
 Veggie and Bread
 Soup, Fruit w/Salad Bar
 Dessert Bar

Tuesday, September 13th WPOL8

Turkey ala King over Biscuits
 Veggie Blood Pressure
 Soup Clinic
 Fruit w/Salad Bar
 Dessert Bar

Tuesday, September 20th VEG7

Baked Pasta w/Cream Sauce
 Veggie
 Bread
 Soup, Fruit w/Salad Bar
 Dessert Bar

Tuesday, September 27th SP1

Sweet-n-Sour Pork
 Rice Board Meeting
 Veggie and Bread 10:30 a.m.
 Soup, Fruit w/Salad Bar
 Dessert Bar

Meal sponsored by Anonymous

Thursday, September 1st FB8

Roast Beef
 Mashed Potatoes & Gravy
 Veggie and Bread
 Soup
 Fruit w/Salad Bar
 Dessert Bar

Meal sponsored by United Way

Thursday, September 8th FPOL3

Chicken Teriyaki
 Rice
 Soup
 Fruit w/Salad Bar
 Dessert Bar

Thursday, September 15th FP8

Meatloaf
 Au Gratin Potatoes
 Veggie and Bread
 Soup, Fruit w/Salad Bar
 Dessert Bar

Thursday, September 22nd FPOL7

Chicken & Stuffing w/Honey Lemon Glaze
 Veggie
 Bread
 Soup, Fruit w/Salad Bar
 Dessert Bar

Thursday, September 29th WB3

Beef Stew
 Creamy Coleslaw Old Time Fiddlers
 Bread 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 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, 2016

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



Tuesday, October 4th SB5

Ravioli w/Meat Sauce
 Veggie
 Bread
 Soup
 Fruit w/Salad Bar
 Dessert Bar

Thursday, October 6th FPOL5

Pineapple Chicken
 Rice
 Veggie
 Soup, Fruit w/Salad Bar
 Dessert Bar

Meal sponsored by United Way

Tuesday, October 11th FP1

Hungarian Pork Chops
 Noodles *Blood Pressure*
 Veggie *Clinic*
 Soup, Fruit w/Salad Bar
 Dessert Bar

Meal sponsored by Anonymous

Thursday, October 13th FB8

Roast Beef
 Mashed Potatoes & Gravy
 Veggie
 Soup, Fruit w/Salad Bar
 Dessert Bar

Tuesday, October 18th WP3

Sweet-n-Sour Pork
 Rice, Veggie
 Bread
 Soup, Fruit w/Salad Bar
 Dessert Bar

Thursday, October 20th VEG7

Veggie Burger w/Mushroom Gravy
 Baked Potatoes, Veggie
 Soup, Fruit w/Salad Bar
 Dessert Bar

Meal sponsored in Memory of Janet McCloskey

Tuesday, October 25th FB4

Beef Stroganoff w/Noodles
 Veggie *Board Meeting*
 Soup *10:30 a.m.*
 Fruit w/Salad Bar
 Dessert Bar

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

Thursday, October 27th WPOL4

Chicken Parmesan *Old Time Fiddlers*
 Au Gratin Potatoes *11:30 a.m.*
 Veggie
 Soup *Newsletter*
 Fruit w/Salad Bar
 Dessert Bar



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All Meals are served with Milk and Butter

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