

Friendly Neighbors Newsletter

Volume 18 – Issue 5 – September/October 2017

Founder – Doris D. Norman

Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

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

Phone: (208) 882-1562 (Senior Center and Kitchen)

Web Page: <http://users.moscow.com/srcenter> Email: friendly.neighbors@yahoo.com

President's Message



Summer is finally gone with its excessive heat. However, we've had good attendance at our meal site along with some new members.

First, I want to thank the many members who made the rummage sale a success. I appreciate those who donated items, those who helped set up, and those who helped with the sale.

Diane Sullivan, our assistant cook, has left us and we wish her well traveling around the country with her husband.

Our Annual Business Meeting will be on Tuesday, December 12 when we will hold elections. I will be appointing a Nominating Committee in October for elections. If you are interested in being an officer or a director, please contact them. Election information will be in the Nov/Dec newsletter.

Our Board of Directors is submitting a Request For Proposals to the Community Action Partnership for a 5-year contract to provide meals for seniors.

Without being a part of this national senior nutrition program, we would not be financially able to offer meals at a "suggested donation" amount. We hope our proposal will be accepted so that we can continue to offer senior meal services.

Thank you to all the volunteers who help make our meal services and senior center operate. We pay only our kitchen staff and rely on unpaid volunteers for the many tasks required.

Thank you all,

Bill Terrio, President

Library Cart at Meal Site

Reading is a much better way to keep your mind active and healthy than watching TV. Many members have been keeping busy exchanging and reading books from our Friendly Neighbors Great Room Library at our congregate lunches.

This library is open to all. Thanks to a generous donation from a Friendly Neighbors member, we have a new red library cart in the front of the Great Room. Use the honor system to take a book or two to read and enjoy; then initial and return the books

when you finish. Share the books you like with other Friendly Neighbors.

Books will be reviewed regularly to keep the collection up to date, and donations of gently read books are always welcome.

Nancy Lindhorst (at left) checks out a book).



Flu Shot Clinic, October 3

Flu and pneumonia shots will be available at the senior lunch on Tuesday, October 3. Come a little early to the lunch with your insurance card and professionals from Rite Aid pharmacy will be available to give flu and pneumonia shots. Our thanks to Rite Aid for providing this service to seniors.



Birthdays of our Members

October

8 Kay Keskinen
10 Diane Sullivan
11 Win Green
15 Stacy Jacksha
17 Mary Blanton
17 Lynne Crawford
18 Verna Lanting
20 Diana Welch
24 Walter Steed
29 Nancy Lindhorst



November

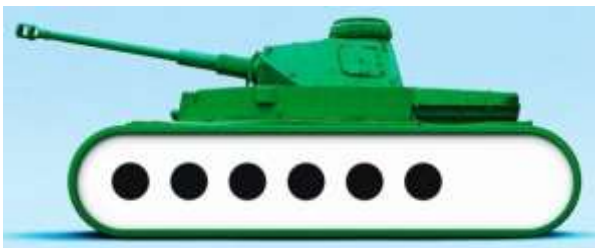
2 Betty Hammond
4 Tammy Lanting
4 Hugh Martin
5 Jaren Doherty
8 Kathryn Chase
11 Jeanette Talbott
13 Louise Regelin
15 Sally Smithee
16 Barbara Townsend
25 Andrea Beckett
27 Hazel Jahr

*If your birthday is not shown here, please check that your dues are current.

Build a Better Password

From the *AARP Bulletin*, March 31, 2017

Use these tricks to block the bad guys



Use these password tips to protect against even the most powerful hacks and scams.

Think of a computer password as being a front door to your wealth and secrets. It can be made of flimsy wood or as impenetrable as a titanium bank vault. Here's how to best secure your fortress.

Use passphrases

Hackers use sophisticated software that can run millions of combinations of letters and symbols in a short time. Your defense: longer passwords. Former hacker Kevin Mitnick recommends 20 characters or longer. The trick: Use a sentence or phrase you create, such as "My Aunt Sylvia has loved me since I was a child." It's ultra-hard to hack but easy to remember. For even more security, add a number or symbol at the end, along with a capital letter or two.

Add a second door

Two-factor authentication services add an extra layer of security to your most vital digital accounts. You log in to an account using your usual password. Next, the two-factor authentication site sends your phone a six-digit code that you must enter before gaining access. For a list of websites that offer two-factor authentication, go to twofactorauth.org.

[Subscribe to the AARP Money Newsletter for more on scams and consumer protection](#)

Keep your passwords in a vault

Never store passwords in a file on your computer. Instead, use password manager apps that store passwords in a well-protected digital space. All you need is a master password to access the list. Popular versions that use cloud technology include LastPass, Dashlane and 1Password. Apps that put the vault on your hard drive include RoboForm, Password Safe or KeePass.

Refresh routinely

Once a year, change the passwords on all your important accounts. With hackers stealing data on millions of accounts at a time, this will help keep you protected if their focus turns toward you. Also change your password if you're notified by a website that its security has been breached.

Vary your passwords

That's the golden rule, cybersecurity experts say: Why let one key unlock every one of your digital doors?

“Choosing Breakfast Cereals”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the September 2017
“Senior Nutrition News”

Cereal is a quick, easy, and nutritious way to start the day.

What a Breakfast Cereal Should Provide — Generally, a one-ounce serving of hot or cold breakfast cereal should contain:

- 100-200 calories (ideally less than 120 calories)
- Protein (2 or more grams)
- Fiber (3 grams or more, preferably 5 grams or more)
- Sugar (8 grams or less)
- Fat (less than 3 grams of fat and no trans fat)



In ready-to-eat breakfast cereal, a one-ounce serving is 1 cup flakes or rounds or 1¼ cup puffed cereal. A one-ounce serving of a cooked cereal is ½ cup.

Other cereal tips:

- Granola and “natural” cereals may contain more fat, sugars, or sodium than you would expect, and many have saturated fats from coconut and palm oils.
- If your favorite cereal is not the most nutritious choice, try mixing it with one that is. Together they will give you a flavor you like and the nutrients you need.

Shopping in the Breakfast Cereal Aisle

- **Compare Price Per Cup:** One cup is a serving size for most ready-to-eat breakfast cereals, so compare the price per cup instead of the cost per ounce as indicated by the unit price on the shelves of many stores. Some cereals are heavier, so you get fewer cups for the weight.
- **Look Up & Look Down:** More expensive brands are at “eye-level,” or at a level that makes them easy to see, grab, and toss in the cart. Store brands that may be cheaper and just as good are often placed on higher or lower grocery shelves.



Technical Assistance

Jessica Bowman, Adult Services Manager of the Latah County Library District, offers technical help at the Moscow library branch. She is more than willing to help to the best of her abilities with tech questions/issues you have. The issues do not have to be library-related.

Jessica can help with e-readers, tablets, setting up an e-mail or Facebook account, texting, and more. She is busy, so you must set up an appointment to meet with her. Call the Moscow Public Library at 208-882-3925.

Jessica adds, “I have some patrons who come weekly and ask me the same questions every time. And that’s fine. I am here to help. I want people to feel confident in their ability to navigate new technologies. And if that means repetition, that’s alright.”

Calendar...

October is Breast Cancer Awareness Month

October

- 1 International Coffee Day
- 3 Flu Shot Clinic at meal site, Great Room
- 4 City Council Candidate Forum, sponsored by
Moscow League of Women Voters
- 9 Columbus Day
- 19 Safety Clinic at meal site, sponsored by
Good Samaritan
- 20 Latah AARP City Council Candidate Forum
- 24 Friendly Neighbors Board meeting
- 31 Halloween

November is Caregivers Appreciation Month

November

- 2 Men Make Dinner Day
- 5 Daylight Savings Time ends
- 7 Elections Day
- 10 Veterans Day (observed)
- 13 World Kindness Day
- 15 Clean Out Your Refrigerator Day
- 23 Thanksgiving
- 28 Friendly Neighbors Board meeting

Coffee Hour Daily - 10:00 a.m.



at the Moscow Senior Center

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



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.

Senior Meal Site/Senior Center

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. The salad bar is available at 11:30 AM, and the main meal is served at noon.

Suggested donation for the meal is \$5.00 for seniors 60 and older; for anyone under 60 the price is \$7.00. A "meal ticket" (good for 11 meals) for seniors is available for \$50.

Monthly menus are available at the meal site and on our web page:

[//users.moscow.com/srcenter](http://users.moscow.com/srcenter)

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important nutrition and social services for Moscow area seniors.

Besides managing the senior meal site, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors, located on the first floor of the 1912 Center and open from 9 am – 4 pm Monday through Friday (closed holidays).

Senior Center daily activities include:

Monday 10 AM – 12:30 PM Computer help

Monday PM: Jigsaw puzzles

Tuesday 10:30 AM Chair Yoga, Arts Workshop

Tuesday PM: Pinochle

Wednesday AM: Blind and Diabetic Support Group at 10:30

Wednesday PM: Mah jongg

Thursday 9 AM – 3:30 PM Open Studio, Arts Workshop

Thursday PM: Bridge

Friday AM: Bingo at 10:00

Daily Activities 9 AM – 4 PM Quiet socializing, coffee/tea, reading, board games, TV, jigsaw puzzles, computer use, free wi-fi

Tuesday and Thursday Congregate Lunch Schedule:

10:30 AM: Pastries, coffee, tea, soup

11:30 AM: Salad Bar

11:55 AM: Announcements

12:00 noon: Entrée

A better way to fall

From slips in the shower to stumbles down the stairs, falls kill more than 32,000 Americans every year, said journalist Neil Steinberg. Doctors say learning how to take a spill might just save your life.

ALCIDES MORENO and his brother Edgar were window washers in New York City. The two Ecuadoran immigrants worked for City Wide Window Cleaning, suspended high above the congested streets, dragging wet squeegees across the acres of glass that make up the skyline of Manhattan.

On Dec. 7, 2007, the brothers took an elevator to the roof of Solow Tower, a 47-story apartment building on the Upper East Side. They stepped onto the 16-foot-long, 3-foot-wide aluminum scaffolding designed to slowly lower them down the black glass of the building.

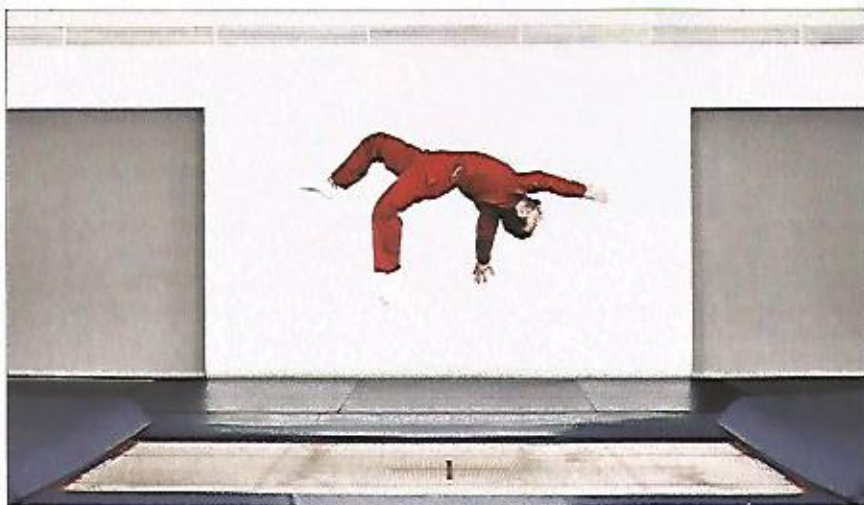
But the anchors holding the 1,250-pound platform gave way, plunging them 472 feet to the alley below. The fall lasted six seconds. Edgar, at 30 the younger brother, tumbled off the scaffolding, hit the top of a wooden fence, and was killed instantly.

But rescuers found Alcides alive, sitting up amid the wreckage, breathing and conscious.

Falls are one of life's great overlooked perils. We fear terror attacks, shark bites, Ebola outbreaks, and other minutely remote dangers, yet more than 420,000 people die worldwide each year after falling. Falls are the second-leading cause of death by injury, after car accidents. In the United States, falls cause 32,000 fatalities a year (more than four times the number caused by drowning and fires combined). Nearly three times as many people die in the U.S. after falling as are murdered by firearms.

Falls are even more significant as a cause of injury. More patients go to emergency rooms in the U.S. after falling than from any other form of mishap, according to the Centers for Disease Control and Prevention (CDC), nearly triple the number injured by car accidents. The cost is enormous. As well as taking up more than a third of ER budgets, fall-related injuries often lead to expensive personal injury claims.

It makes sense that falls dwarf most other hazards. To be shot or get in a car accident, you first need to be in the vicinity of a gun



'It's not the fall that gets you,' the skydiving joke goes. 'It's the sudden stop at the bottom.'

or a car. But falls can happen anywhere at any time to anyone.

Spectacular falls from great heights outdoors, like the plunge of the Moreno brothers, are extremely rare. The most dangerous spots for falls are not rooftops or cliffs, but the low-level, interior settings of everyday life: shower stalls, supermarket aisles, and stairways. Any fall, even a tumble out of bed, can change life profoundly, taking someone from robust health to grave disability in less than one second.

Scientists are now encouraging people to learn *how* to fall to minimize injury—to view falling not so much as an unexpected hazard to be avoided as an inevitability to be prepared for. Training may even have been a factor determining the outcome of the Moreno brothers' fall to earth nearly 10 years ago.

DOCTORS AT New York–Presbyterian hospital did not want to risk moving Alcides Moreno from the emergency room for fear that the slightest additional bump might kill him. They started surgery in the ER. He had two broken legs, a broken arm, a broken foot, several broken ribs, and a crushed vertebra that could have paralyzed him, as well as two collapsed lungs, a swollen brain, plus several other ruptured organs. Alcides was given 24 pints of blood and 19 pints of plasma before the bleeding could be stopped.

Doctors marveled that he was alive at all, reaching for an explanation not often used in medical literature: “miracle.”

“It’s not the fall that gets you,” the skydiving joke goes. “It’s the sudden stop at the bottom.” Deceleration is the key to surviving falls and reducing injuries. It isn’t the length of the fall that’s relevant, but what happens as you reach the ground.

One theory was that Alcides lived because, when the scaffolding gave way, he lay flat and clung to the platform, as professional window washers are trained to do. The

scaffold fell not in the open street but in a narrow alley—air resistance may have built up against the platform, slowing it. The platform also may have scraped against the building and its neighbor, reducing its rate of fall. The aluminum crushed on impact, and landed on a pile of cables, and both absorbed some of the impact, forming a cushioned barrier.

You can trip or slip when walking, but someone standing still can fall, too—because of a loss of consciousness, vertigo, or, as the Moreno brothers remind us, something supposedly solid giving way. However it happens, gravity takes hold and a brief, violent drama begins. And like any drama, every fall has a beginning, a middle, and an end.

“We can think of falls as having three stages: initiation, descent, and impact,” says Stephen Robinovitch, a professor in the School of Engineering Science and the Department of Biomedical Physiology and Kinesiology at Simon Fraser University in British Columbia, Canada. “Most research in the area of falls relates to ‘balance maintenance’—how we perform activities such as standing, walking, and transferring without losing balance.”

By “transferring,” he means changing from one state to another: from walking to stopping, from lying in a bed to standing, or from standing to sitting in a chair. “We have found that falls among older adults in long-term care are just as likely to occur during standing and transferring as during walking,” says Robinovitch, who installed

cameras in a pair of Canadian nursing homes and closely analyzed 227 falls over three years.

Only 3 percent were due to slips and 21 percent due to trips, compared with 41 percent caused by incorrect weight shifting—excessive sway during standing, or missteps during walking.

Elderly people are particularly prone to falls because they are more likely to have illnesses that affect their cognition, coordination, agility, and strength. “Almost anything that goes wrong with your brain or your muscles or joints is going to affect your balance,” says Fay Horak, professor of neurology at Oregon Health & Science University.

Fall injuries are the leading cause of death by injury in people over 60, says Horak. Every year, about 30 percent of those 65 and older living in senior residences have a fall, and when they get older than 80, that number rises to 50 percent. A third of those falls lead to injury, according to the CDC, with 5 percent resulting in serious injury. It gets expensive. In 2012, the average hospitalization cost after a fall was \$34,000.

How you prepare for the possibility of falling, what you do when falling, what you hit after falling—all determine whether and how severely you are hurt. And what condition you are in is key. A Yale School of Medicine study of 754 over-70s, published in the *Journal of the American Medical Association* in 2013, found that the more serious a disability you have beforehand, the more likely you will be severely hurt by a fall. Even what you eat is a factor: A study of 6,000 elderly French people in 2015 found a connection between poor nutrition, falling, and being hurt in falls.

CHIRSTINE BOWERS IS 18. She hails from upstate New York and is a student at the Moody Bible Institute in Chicago. One day she hopes to teach English abroad. In January 2016 she had a cavernous malformation—a tangle of blood vessels deep within her brain—removed.

“It paralyzed my left side,” she says, as her physical therapist straps her into a complex harness in a large room filled with equipment at the Shirley Ryan AbilityLab. “I’m working on preventing a fall.”

Under the supervision of therapist Ashley Bobich, Bowers is walking on the KineAssist MX, a computerized treadmill with a robotic arm and harness device at the back. The metal arm allows patients freedom of motion but catches them if they fall. This version of the device is quite new. The AbilityLab only got it at the end of 2016, and Bowers is the second patient of Bobich’s to try it. Previously, those in danger of fall-

ing would be tethered to overhead gate tracks, a far cruder system.

Being a student, Bowers often finds herself in crowded academic hallways, and she says she values her cane as much for alerting those around her that she has mobility problems as for support. Seeing the cane, she says, her classmates tend to give her a bit of room as they hurry through the corridors.

Still, she has fallen several times, and those falls made her very skittish about walking, a serious problem in the rehabilitation of those who have fallen. “It’s huge,” says Bobich. “Fear of falling puts you at risk for falling.”



Let your body's fleshy parts absorb the impact.

Elliot Roth agrees. “Falls often cause fear of falling, and fear of falling often causes fear of walking, and fear of walking often causes abnormal or inadequate walking,” he says. A challenge of rehabilitation is to not only increase physical capacity but also build patient confidence.

“We’ve been doing what’s called ‘perturbation training,’ where I pick a change in the treadmill speed,” says Bobich. “She’s walking along, I hit the button, and the treadmill speeds up on her and she has to react.... Her biggest fear was slipping on ice, so I said, ‘You know what? I have a really great way for us to train for that.’”

The treadmill hums while Bobich speeds it up and slows it down, and Bowers, her right hand clasping her paralyzed left, struggles to maintain her balance.

“You’re getting better at this,” says Bobich. “You’re getting way better.”

The KineAssist is an example of how technology that was once used to study ailments is now used to help patients. Advanced brain scanning, having identified the regions responsible for balance, now diagnoses damage that affects them. Accelerometers attached to people’s ankles and wrists have been used in experiments, plotting induced falls directly into a computer for study, and are now being used to diagnose balance problems—or to detect when someone liv-

ing alone has fallen and summon help.

Is there anything you can do to lessen harm in the split second after you start to fall? Scientists studying falling are developing “safe landing responses” to help limit the damage from falls. If you are falling, first protect your head: 37 percent of falls by elderly people in a study by Robinovitch and colleagues involved hitting their heads, particularly during falls forward. Fight trainers and parachute-jump coaches encourage people to try not to fall straight forward or backward. The key is to roll, and to try to let the fleshy side parts of your body absorb the impact.

“You want to reach back for the floor with your hands,” says Chuck Coyle, fight director at the Lyric Opera of Chicago, describing how he tells actors to fall on stage. “Distribute the weight on the calf, thigh, into the glutes, rolling on the outside of your leg as opposed to falling straight back.”

Young people break their wrists because they shoot their hands out quickly when falling. Older people break their hips because they don’t get their hands out quickly enough. You’d much rather break a wrist than a hip.

Alcides Moreno underwent 15 more surgeries and was in a coma for weeks. He then underwent a long regimen of physical and occupational therapy at the Kessler Institute for Rehabilitation in New Jersey, working to strengthen his legs, restore his balance, and walk. Occupational therapy was necessary, as well as counseling, as he had grown depressed over the loss of his brother Edgar.

He is unable to return to work but received a multimillion-dollar settlement in his lawsuit against the scaffolding company, Tractel, after a Manhattan court found that it had installed the platform negligently. The sum wasn’t revealed, but a source said it was more than the \$2.5 million that Edgar’s family received.

Alcides and his family moved to Arizona and live outside Phoenix. He keeps busy, driving his kids to school and to sporting events, and likes to work out in the gym.

Last year he and his wife had a fourth child, a son.

“I keep asking myself why I lived,” he told the BBC this year. “I have a new baby—he must be the reason, to raise this kid and tell him my history.”

Excerpted from an article that was first published by the Wellcome Trust in MosaicScience.com. Republished under a Creative Commons license.

SENIOR MEAL SITE LUNCH MENU

Area Agency on Aging Senior Nutrition Program

USDA IS AN EQUAL OPPORTUNITY PROVIDER

Name of Meal Site: Moscow

Menu for the month of: October, 2017

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon

Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, October 3rd FB5

Porcupine Meatballs
Potato Wedges
Creamy Cole Slaw, Bread
Soup
Fruit w/Salad Bar
Dessert Bar

Meal sponsored by United Way

Tuesday, October 10th WPOL8

Chicken à la King
Biscuits *Blood Pressure
Clinic*
Veggie
Soup, Fruit w/Salad Bar
Dessert Bar

Meal sponsored by A. Nonny Mouse

Tuesday, October 17th VEG17

Baked Penne w/Vegetables
Bread
Soup
Fruit w/Salad Bar
Dessert Bar

Tuesday, October 24th FF1

Baked Fish w/Tartar Sauce
Au Gratin Potatoes *Board Meeting
10:30 a.m.*
Veggie, Bread
Soup, Fruit w/Salad Bar
Dessert Bar

Tuesday, October 31st WPOL4

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

Thursday, October 5th WP3

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

Meal sponsored by Anonymous

Thursday, October 12th FB6

Irish Vegetable Beef Stew
Bread
Soup, Fruit w/Salad Bar
Dessert Bar

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

Thursday, October 19th WP2

Pork Chops
Scalloped Potatoes
Veggie, Bread
Soup, Fruit w/Salad Bar
Dessert Bar

Meal sponsored in memory of Janet McCloskey

Thursday, October 26th WB4

Hamburger Steaks *Old Time Fiddlers*
Mashed Potatoes & Gravy *@ 11:30 a.m.*
Veggie, Bread
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

SENIOR MEAL SITE LUNCH MENU

Area Agency on Aging Senior Nutrition Program

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Tuesday, November 7th WF1

Lemon Pepper Cod
Rice
Veggie, Bread
Soup, Fruit w/Salad Bar
Dessert Bar

Meal sponsored by United Way

Tuesday, November 14th VEG4

Broccoli & Cheese Casserole
Mashed Potatoes *Blood Pressure*
Bread *Clinic*
Soup, Fruit w/Salad Bar
Dessert Bar

Tuesday, November 21st FPOL9

Roast Turkey & Stuffing
Mashed Potatoes & Gravy
Green Bean Casserole, Bread
Soup
Fruit w/Salad Bar
Dessert Bar

Tuesday, November 28th FPOL10

Chicken Noodle Casserole
Veggie *Board Meeting*
Bread @ 10:30 a.m.
Soup
Fruit w/Salad Bar
Dessert Bar

Meal sponsored by A. Nonny Mouse

Thursday, November 2nd FB4

Hamburger Stroganoff
Noodles
Veggie, Bread
Soup, Fruit w/Salad Bar
Dessert Bar

Thursday, November 9th FP9

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

Meal sponsored by Anonymous

Thursday, November 16th FB9

Spaghetti w/Meat Sauce
Veggie
Bread
Soup, Fruit w/Salad Bar
Dessert Bar

Thursday, November 23rd

Closed
for
Thanksgiving



Thursday, November 30th SB11

Sweet-n-Sour Meatballs *Old Time Fiddlers*
Rice @ 11:30 a.m.
Veggie, Bread
Soup
Fruit w/Salad Bar
Dessert Bar



Newsletter

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