

# *Friendly Neighbors Newsletter*

Volume 19 – Issue 5 – September/October 2018

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Moscow Senior Meal Site and Senior Center

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## President's Message



Hi everyone,

We are almost at the end of another wonderful year. I am pleased with this year's progress and hope you are, too.

I'm sorry to report that Marisa, our head cook, will be leaving us. She has done an excellent job for

us, especially in streamlining the home delivered meal processes. I am hopeful we can find a suitable replacement for her.

Also, two of our home delivered meal drivers are going to retire after volunteering with us for over 8 years, so we need to find more volunteers to deliver HD meals.

It's that time of year when we need to be thinking about electing four officers and one director for next year. In this regard, I have appointed the following to serve on the Nominating Committee: Sharon Singleton, Win Green, and Pat Tavis. If someone wants to run for an office, let a committee member know. The Annual Meeting (for 2019 elections) will be Tuesday, December 11, 2018 at 11:45 AM.

If anyone wishes to volunteer to help our organization, please see me. We have a current need for someone to wrap silverware, which usually takes about an hour to an hour and a half once a week.

Thank you for your support.

*Bill Terrio*, President



## Eat Smart Idaho

### Free Nutrition Series

Join Eat Smart Idaho for a free series of six weekly nutrition classes led by Jessica Brierly, Community Nutrition Adviser at the University of Idaho Extension. Each class will discuss a different topic followed by a nutritious snack and a gift.

The classes begin on Thursday, September 27 and run through Thursday, November 1. The one-hour classes start at 1 PM in the Fiske Room of the 1912 Center. Class topics are:

- Session 1: Choosing to Move More Throughout the Day
- Session 2: Choosing More Fruits and Vegetables
- Session 3: Fix it Safe
- Session 4: Plan: Know What's for Dinner
- Session 5: Shop: Get the Best for Less
- Session 6: Shop for Value, Check the Facts

A graduation certificate will be presented upon completion.

If you have any questions, contact Jessica by e-mail at [jbrierly@uiaho.edu](mailto:jbrierly@uiaho.edu) or telephone at 208-883-2267.

# Disaster Preparedness: Are You Ready?

by Julie Christianson, Contract & Fiscal Specialist, Community Action Partnership

Everyone should be prepared for a natural disaster or emergency, but this becomes even more important as we age. Age can bring with it decreased mobility, fewer resources, and greater isolation from a support network. Here are a few ideas to help prepare.

## 1. Make A Plan

- a. In an emergency, where would you go? Do you have a place to stay short term? What about long term?
- b. Are there medical needs that need to be met?
- c. Whom would you contact for help? eg, daughter, grandson, neighbor, friend, etc.?
- d. Do your neighbors know that you may need assistance during an emergency?
- e. Do you have pets to consider? Can you take them with you? Need a pet carrier?

## 2. Create a 72-hour Emergency "Go Bag" backpack

a. Acquire a backpack to hold the items in the list below. A backpack allows hands to be free and weight to be distributed evenly.

b. Some items to include:

- First Aid kit
- Blanket
- Flashlight w/ extra batteries
- Emergency alert radio
- Eyeglasses, contact lens solution
- Medications
- Mess kit/small cook stove
- Heat source (hand, toe warmers)
- Matches placed inside in a waterproof container
- Can opener (manual)
- Change of clothes
- Ziploc bag containing:
  - Copies of identification, Medicare, etc.
  - Copies of important documents
  - Emergency contact list (names, phone numbers)
  - Medical conditions and medicine list
  - Cash (credit cards may not work)
  - Paper, pencil, books
- Non-perishable food (including for pets):
  - Good protein sources (eg, tuna, protein bars)
  - Easy open containers for food (pouches)
  - Consider weight when packing cans (cans are heavy)
- Water – 1 gallon per person for three days, to be carried separately



## 3. Share and Review your Plan

- a. Make sure all your emergency contacts are aware of your plan.
- b. Keep your neighbors aware of what assistance you may need from them.

Examine the contents of your "Go Bag" backpack every six months to refresh medications and food stored in them. Don't forget to take your cell phone and charger when exiting.

## Birthdays of our Members

### October

- 6 Keith Behrends
- 8 Kay Keskinen
- 11 Win Green
- 17 Mary Blanton
- 17 Lynne Crawford
- 18 Verna Lanting
- 20 Diana Welch
- 29 Nancy Lindhorst



### November

- 2 Betty Hammond
- 4 Tammy Lanting
- 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.



Friendly Neighbors is now one of the charitable non-profits to which Amazon customers may select to have 0.5% of their purchase total donated. There is no additional cost to the customer; there are over a million charities to support.

To have part of your purchases donated, log on through //smile.amazon.com. Our web site and blog both have links to take you directly to that web site with a "cookie" indicating you are choosing Friendly Neighbors as your charity.



## Mah Jongg Class

Instructor Lauren Fins is offering a mah jongg class over three evenings in late October. The registration fee is \$30; the class will be held in the Fiske Room of the 1912 Center. More information is on the class flyer posted on the Senior Center bulletin board. Register by October 8 by e-mailing <lfins@uidaho.edu>.



## Calendar...

### October

- 8 Columbus Day
- 10 Bus to the Coeur d'Alene Casino
- 11 Free Bingo at senior meal site
- 16 Flu Shot Clinic, meal site
- 23 Friendly Neighbors Board meeting
- 23-24 AARP Smart Driver Class
- 27 Last day of Farmers Market, downtown Moscow

### November

- 3 Winter Market, 1912 Center
- 4 Daylight Savings Time ends
- 6 Election Day
- 8 Free Bingo at senior meal site
- 10 Winter Market, 1912 Center
- 13-14 AARP Smart Driver Class
- 14 Bus to the Coeur d'Alene Casino
- 22 Thanksgiving, 1912 Center closed
- 27 Friendly Neighbors Board meeting

### The bulletin board in the Senior Center

includes postings of senior-related newsletters (Roadrunners, Latah AARP, etc.) along with flyers of Lunch & Learn classes, AARP "Smart Driver" classes, and other events. "Lunch & Learn" are free classes held at noon at the Latah Fairgrounds.

## Senior Meal Program/Senior Center

Friendly Neighbors Senior Citizens, Inc. is a non-profit organization recognized by the IRS as a 501(c)(3) charity that operates a senior meal program that includes a congregate meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow along with a home delivery program through the Area II Agency on Aging.

For the congregate meals, 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.

To determine if you qualify for home-delivered meals, contact Stephanie Boden at the A2AoA in Lewiston at (800) 877-3206.

Monthly menus are posted at the meal site and on our web page: //users.moscow.com/srcenter

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

## “Tips to Make Better Beverage Choices”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the August 2018  
“Senior Nutrition News”

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients, but too much fat and too many calories. Here are some tips to help you make better beverage choices.

- **Drink water instead of sugary drinks.** Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.
- **Water is usually easy on the wallet.** You can save money by drinking water from the tap at home or when eating out.
- **Manage your calories.** Drink water with and between your meals. People take in about 400 calories per day as beverages — drinking water can help you manage your calories.
- **Make water, low-fat or fat-free milk, or 100% juice the easy go to option in your home.** However, it is recommended to limit 100% juice to no more than 8 ounces each day.
- **Don't forget dairy.** When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same amount of key nutrients such as calcium, vitamin D, and potassium, but the number of calories and amount of fat are very different between whole, 2%, 1%, and fat free milk.
- **Water on the go.** Water is always convenient. Fill a clean, reusable water bottle to quench your thirst throughout the day. Reusable bottles are also easy on the environment.
- **Check the facts.** Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.



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.

### “Flu Vaccine Clinic”

Rite-Aid pharmacy personnel will be at our meal site on Tuesday, October 16 from 10:45 AM to 12:30 to administer flu and pneumonia shots. Bring your insurance card. The flu season will be here soon; seniors especially should receive the flu vaccine. It takes about two weeks after a vaccination for antibodies to develop to help prevent the flu.

