

Friendly Neighbors Newsletter

Volume 20 – Issue 5 – September/October 2019

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Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

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President's Message



Greetings and salutations!
It's getting to be that time of year again---nominations and elections to our board of directors. The election and Annual Meeting will be on Tuesday, December 10 in the Great Room at 11:45 AM. After I appoint the Nominating Committee members, anyone who wishes to run for an office should let one of the

committee members know.

I recently represented Friendly Neighbors at the Young Professionals Community Involvement Fair where there were several inquiries about our organization.



As of August 31, 2019, we are again operating in the black, thanks to the generous donations and grants we received.

Our Thursday lunches still have a low attendance. Please invite or bring a guest to lunch. Remember, we also provide home delivery of meals to those who qualify through the Area Agency on Aging.

I leave you with this thought from Bill Keane: "Yesterday is history. Tomorrow is a mystery. Today is a gift of God, that's why we call it the present."

Bill Terrio, President

Flu Shot Clinic, October 15

Flu and pneumonia shots will be available at the senior lunch on Tuesday, October 15. 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.



Moscow
Welcome
Table

Welcomes you!

Please join us for a free dinner
and connect with your
community each month!

Served the 3rd Monday of every month

At the 1912 Center, 412 E. Third St. in the Great Room

Seatings from 5:30pm-7:00pm

First dinner August 19th

Come enjoy fine dining with your neighbors.

All are welcome.

Birthdays of our Members

October

- 2 Rosa Roman
- 2 Anne Salisbury
- 3 David Frost
- 7 Sue Mitchell
- 8 Kay Keskinen
- 8 Mary Ann Tapp
- 9 Norma Johnson
- 11 Win Green
- 18 Verna Lanting
- 23 Noreen Love
- 28 Pete Black
- 29 Nancy Lindhorst



November

- 4 Tammy Lanting
- 4 Eileen Smith
- 5 Marilyn Carcich
- 6 Debbie McLaughlin
- 13 Louise Regelin
- 15 Sally Smithee
- 16 Barbara Townsend
- 18 Pam Wimer
- 27 Hazel Jahr
- 29 Kelly Ward

*If your birthday is not shown here, please check that your dues are current (or you may have requested that we not publish your birthday)

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 Board Members

- President: Bill Terrio
- Vice President: Sharon Singleton
- Secretary: LeNelle McInturff
- Treasurer: John Carlson
- Directors: Steve Barr (term ends 12/31/2019)
- Win Green (term ends 12/31/2020)
- Sally Amador (term ends 12/31/2021)
- Immediate Past President: Carrie Bitterwolf

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.

Calendar...

October

- 9 Bus to the Coeur d'Alene Casino
- 10 Free Bingo at senior meal site
- 14 Columbus Day
- 21 Moscow Welcome Table, Great Room, 5:30 PM
- 22 Friendly Neighbors Board meeting

November

- 3 Daylight Savings Time Ends
- 5 Election Day (city council)
- 13 Bus to the Coeur d'Alene Casino
- 14 Free Bingo at senior meal site
- 18 Moscow Welcome Table, Great Room, 5:30 PM
- 26 Friendly Neighbors Board meeting
- 28 1912 Center closed for Thanksgiving

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 Carolyn Patterson 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](http://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).

“Don’t Give Your Social Security Number at These Places!”

by Clark Howard, June 10, 2019 from web site //aarp.org

When should you give your Social Security number and when should you not?

My rule on giving out my Social Security number is that I don’t do it, unless I know it’s absolutely, positively required for what I’m doing.

Companies and institutions ask for our Social Security numbers like they’re handing out a piece of candy. Unfortunately, they do a mediocre to terrible job of securing the number, depending on the industry.

Kiplinger magazine once ran a list of the 10 worst places to give out your Social Security number.



Here are the places you shouldn’t give out your Social Security number

Topping the list is **any college or university**. I recall when Social Security numbers were used as your student ID number and they were posted everywhere on campus. I even had a professor who posted grades outside his office by Social Security number.

The second worst place to give out your Social Security number is in the **banking industry**. Unfortunately, there’s no way around this one; if you want to open an account, you have no choice but to divulge the digits.

Making four separate entries on the list are **hospitals, medical businesses, health insurers and medical offices**. These kinds of places always want your Social Security number and I always leave it blank. Their thinking is if you don’t pay, they want to be able to turn you over to a collection agency. But their security is like Swiss cheese with holes, and medical identity theft is huge problem.

I recently had a diagnostic test and was handed pre-printed forms where my Social Security number was printed in four places. I have no idea how they got it. Anybody who sees my records now has access to my Social Security number.

Other places where you shouldn’t give out your number include **government at all levels and volunteer charity organizations**. When it comes to the latter, the non-profits need to run background checks on you. But they vary greatly in level of sophistication and your info may not be properly secured.

You know the conclusion to this story. **Freeze your credit** and you won’t have to worry about the fact that your number is floating around all over the place!

How to handle medical industry requests for Social Security info

Theft of personal info from doctor’s offices, labs, medical centers, et al. is a huge problem, according to the Federal Trade Commission. What info can the thieves get from medical records? Social Security numbers, your date of birth, maybe a digital image of your driver’s license, and maybe even your checking account information.

The info is being used by criminals in two ways.

First, they’re creating false identities to apply for credit accounts. Second, they’re creating false identities and seeking medical care in your name.

In the latter example, they basically create a clone of your identity, but with their picture on your ID cards. Then you get the bills and your medical records show an illness you don’t have! Not to mention the fact that collectors start coming after you for unpaid balance bills!

The reality? The medical industry needs to improve the job it does handling your info. Until they do that, follow these rules:

1. **Do not give a doctor’s office, hospital, lab, or any medical facility your Social Security number on any form.** You can leave it blank or use a “dummy” number from the list here.

Some examples of how to create a dummy number:

- Make the AREA, GROUP, or SERIAL all zeroes (e.g, 000-45-6789, 123-00-6789, 123-45-0000)
- Make the AREA number 666 (it will never be issued)
- Make the AREA number 900-999 (not valid SSNs, but were used for program purposes when state aid to the aged, blind and disabled was converted to a federal program administered by SSA)

2. **Do not give your driver’s license when they ask for picture ID. Give any other form of picture ID.** I use my military ID because it doesn’t have as much info on it.

By taking these basic precautions, you can reduce the possibility that you’ll become an identity theft victim.

Do you have questions about your social security number and identity theft? Call our Consumer Action Center at 404-892-8227 to get free help Monday-Thursday 10am-7pm ET and Friday 10am-4pm ET!



“Practice Portion Control”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the September 2019 “Senior Nutrition News”

Eating a small portion of food can alleviate hunger between meals without spoiling your appetite for the next meal. Pay attention to portion size because many people eat enough for several servings. Examples of appropriate portion sizes are four to six crackers, one regular size muffin or a piece of fruit.

To limit the amount of food or drink consumed:

- Choose a small-size snack, and avoid “super,” “mega” and other oversized items.
- Serve foods on the smallest plate, bowl, cup or container possible.
- Share a large meal or snack with a friend, or save some of it for later.



Try single serving packs, either the ones from the grocery store or packs that you make up yourself in zip lock bags. These are easy to carry and may keep you from over-eating the junk food that you really want. Be aware, however, that many of the 100-calorie snack packs available at the grocery store are not nutritious.

If you buy a large package, divide the food into several small bags or containers. Usually you will eat more if you eat straight from a larger package or bowl.



Don’t let a snack replace a meal. If a snack sometimes takes the place of a meal, however, choose meal-type food (e.g. a sandwich, a hearty salad, or a small entrée) instead of foods that are low in important nutrients.

Snacking does not cause weight gain. You gain weight by consuming more calories per day than you use for energy. Most extra calories usually come from eating large portion sizes, sweet, and salty snacks, regular soft drinks, and food purchased away from home. When you eat high-calorie items, balance them with plenty of low-calorie foods such as fruits and vegetables.



Idaho Food Bank Comes to Moscow Twice Monthly

The Idaho Food Bank comes to the Moscow Food Bank on the second Tuesday of each month and the fourth Wednesday of each month. Food can be picked up at the food bank at 110 N Polk in Moscow from 2-4 PM those days. The Moscow Food Bank is open Tuesday through Friday from 2-4 PM. The Moscow Food Bank is open to all.

