

# *Friendly Neighbors Newsletter*

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## President's Message



Hello y'all,

I hope everyone is staying safe and well. I know with the pandemic it is difficult right now to see friends and neighbors, but we have not had the COVID-19 cases that other cities have had because so many of us are complying with the City's face mask mandates. The Moscow City Council, as you probably

know, has extended the face mask mandate to January 5, 2021.

Your Board of Directors met on Sept. 23<sup>rd</sup> to discuss what our plans are for meals. We will continue the "grab-and-go" meals for the time being, at least through 2020, and the Senior Center will be through closed then as well. Our Annual Meeting to elect officers and a director and conduct other business will be on Tuesday, December 8. The meeting will be in the Great Room at 11:45 AM; after adjournment, you can get your "grab-and-go" meals before you leave.

I will also be appointing a Nominating Committee for the election of our four officers (one-year terms) and one director (a three-year term). Information about our annual business meeting will be in the Nov/Dec newsletter issue which comes out in late November. If you are interested in serving in one of these positions, please contact me.

We are in need of a head cook. If you know of someone interested in the position, have them contact me. We are willing to pay \$15 an hour, and with our current limited meal service we can only offer 10-12 hours of work each week.

Our September 23 board meeting was productive, but we have more decisions to make. We will take up the remaining items at our October 21 meeting of the Board of Directors.

Don't forget to vote Nov. 3<sup>rd</sup>.

Bill Terrio, President

## Daylight Savings Time Ends

Sunday, November 1



Flu Season is coming soon  
Schedule your flu shot with your primary  
physician or local pharmacy



## November Election Information

Fri, Sep 18: First group of absentee ballots mailed

Fri, Oct 9: last day to preregister to vote  
(election day registration is available)

Tue, Oct 13: Early voting begins

Sat, Oct 17: Early voting available 9 AM – 1 PM  
at Latah County Courthouse

Fri, Oct 23: Absentee ballot application deadline

Sat, Oct 24: Early voting available 9 AM – 1 PM  
at Latah County Courthouse

Fri, Oct 30: Last day to vote early at courthouse

Tue, Nov 3: Election Day, note that some polling  
places have moved or been consolidated

//VOTE411.org has candidate information

//idahovotes.gov to check on registration status, find  
your polling place, or request absentee ballot  
(Idaho Secretary of State)

Note new absentee  
ballot drop  
box at Latah  
County  
Courthouse  
parking lot

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## League of Women Voters of Moscow Virtual Candidate Forum, Oct 7

A candidate forum will be streamed live from the Moscow Council Chambers on the Moscow League's Facebook page (@moscowlwv) on Wed, October 7 from 7-9 PM. There will be no live audience participation. Questions for the candidates may be emailed in advance to <moscow.league.questions2@gmail.com>. There will be no questions taken during the event. Please indicate to which candidate or contest the question is directed.

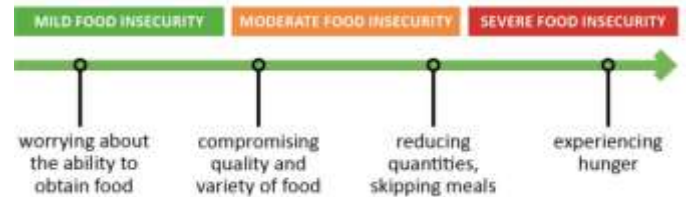
The forum will begin with candidates for the Idaho State Legislative District 5 House Seat A Dulce Kerstig-Lark (D) and Brandon Mitchell (R); District 5 House Seat B Carolyn Nilsson Troy (R), Renee Love (D) and James Hartley (C); and District 5 Senate candidates Dan Foreman (R) and David Nelson (D).

The forum will conclude with candidates for Latah County Commissioner District 2; Tom Lamar (D) and Gabriel Rench (R).

## Food Insecurity

Food insecurity is defined as the disruption of food intake or eating patterns because of lack of money and other resources. The number of households affected by food insecurity has doubled since the pandemic started. There is help available in the Moscow area if you need assistance feeding yourself or your family.

### WHAT IS FOOD INSECURITY?



One resource is the Moscow Food Bank at 110 N. Polk, near St. Mary's Church. The food bank is open 2 PM to 4 PM Tuesdays through Fridays. Parking is available at the St. Mary's Family Center. If you are on Facebook, there is more information there about the food bank.

Another is the Friday Food Recovery program that is giving away for free boxed lunches every Friday on the north side of the 1912 Center from approximately 1:20 PM until the food runs out. Bring your own bag or sack to carry the boxes of food. Food recovery volunteer Mike Helbling wrote, "Since the start of the boxed lunches, we have seen a decrease in the number of people coming to get **FREE** food. We think that maybe there are a number of seniors who are not aware of or just need a reminder of this wonderful deal. In the past four months, when we started the boxed lunches, we have been averaging 252 meals each Friday. In August we gave out 1,276 meals!" Mike adds that if you have questions, call him at 208-882-4983.

In the last senior newsletter there was an article about Food Not Bombs of the Palouse (FNBP) providing free food on Sundays from 4:45 PM to 6:30 PM at the First Presbyterian Church at 405 S. Van Buren in Moscow. They used to offer a Sunday community meal which included music, hot vegan and vegetarian food, and a myriad of groceries to take home. Note that due to COVID-19, they are currently only offering curbside pickup, but they are now adding DELIVERY. FNBP currently serves around 200 people a week on the Palouse.

Contact them at:

[foodnotbombsofthepalouse@gmail.com](mailto:foodnotbombsofthepalouse@gmail.com), or on their Facebook page (FNBPalouse) with any questions you may have.

# “Choosing Breakfast Cereals”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the September 2020 “Senior Nutrition News”

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

**When choosing a cereal read the nutrition facts label to find one where one serving contains the following:**



- 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).
- Between 10 and 25% of the Daily Value for key vitamins and minerals (e.g. iron, folate, B6 and B12).

## Other cereal tips:

- Granola & “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 cost less and are just as good are often placed on higher or lower grocery shelves.



## ~~ QUARANTINE JOKES ~~

Why did the chicken cross the road? Because the chicken behind it didn't know how to socially distance properly.

What's the best way to avoid touching your face? A glass of wine in each hand.

My husband purchased a world map and then gave me a dart and said, “Throw this and wherever it lands—that's where I'm taking you when this pandemic ends.” Turns out, we're spending two weeks behind the fridge.

After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that wasn't the reason.

Day 121 at home and the dog is looking at me like, “See? This is why I chew the furniture!”

I'm not talking to myself, I'm having a parent-teacher conference.

30 days hath September, April, June, and November, all the rest have 31, except for March which was infinite.

What types of jokes are allowed during quarantine? Inside jokes!

This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog—we laughed a lot.

# “First Halloween” by Dr. Docktor

Contributed by Karon Aronson

It was too nice a night to waste the campfire. Spent too much time and effort preparing. Should have given bigger shells to the smaller one.

The child I had the most difficulty doing right by, was the one most like myself – it was probably his first Halloween at three years old. Nervous to look at a stranger, no less one in a black feathered mask, he was dressed as a panther darting back and forth between the safety and comfort of his parents' faces and mine.

But in the frenzy of the moments, I didn't ask him his name and recognize that it was his first Halloween too – the first since I was ten when Halloweens ended. Forty years of no Halloweens was like the same as this three-year-old's first Halloween.

Oh, there were four trick-or-treat years when I wasn't on-call at the hospital. But as an alleged fellow in pediatric anesthesia at the children's' hospital in October over a decade ago, I was not asked to participate in the hospital's Halloween. There must have been one. I arrived in August, left in February, but didn't share in the plentiful harvest by the light of the moon there.

All those years in medicine. I knew everything by the book, but when confronted by this three-year -old and his mother and father, I gave him seashells and marbles too small. Those trinkets could block his trachea or bronchus if inhaled. Their natural calciferous content would make such matters worse. By the medical books, the experiences, I knew that with young'uns, Think Big!

Oh, I knew how to put the right sized endotracheal tube in the trachea of a child by one half a millimeter. Such precision on just looking into the throat under anesthesia. And never a case of post-operative croup from using a tube just a few hairs too big to cause further pain and suffering to a child.

I knew how to remove the foreign bodies, the pennies, peanuts, pop-tops, and what-nots from the respiratory tract and other orifices of young'uns. And how the trachea collapsed when an object too big lodged in their esophagus most commonly the cricoid ring.

Little did anyone know that the precision in choosing the right size tubes came from lining up little seashells collected at Jones Beach and Port Washington, Long Island. All seashells in a row, one bigger than the other.

Last night I couldn't remember whether at two or three I was picking up seashells by the sea shore. No, it was later. But there was sifting sand in the sand box, learning not to put that kind of stuff directly in the mouth. But we're in Idaho where tiny seashells are uncommon and might taste a bit salty, tempting the young'uns to put it in his mouth.

But his good parents would see to it that no harm befell the panther. Just as mine did and much more. After learning to line up seashells one bigger than the other, my Dad taught me their exact size with his carbide drill sets. That's is where the precision originated.

Oh, there still was not a plentiful harvest to share for our family. But at least there was Halloween.

## ~~ Birthdays of our Members ~~

### October

3 David Frost  
5 Anita Swayne  
6 Richard Burns  
7 Sue Mitchell  
8 Kay Keskinen  
9 Rebecca Barnes  
9 Norma Johnson  
11 Win Green  
17 Lynne Crawford  
28 Pete Black  
29 Nancy Lindhorst

### November

16 Barbara Townsend  
18 Pam Wimer  
21 Debra McKinnon  
27 Hazel Jahr



## ~~ Dates of Interest ~~

October has two full moons: October 1 will be the Harvest Moon and October 31 will be the Hunter's Moon  
Mon, October 12: Columbus Day  
Sat, October 31: Last day of Moscow Farmers Market  
Sun, November 1: Daylight Savings Time ends at 2:00 AM  
Tue, November 3: General Election Day  
Wed, November 11: Veterans Day  
Thu, November 26: Thanksgiving  
Tue, December 8: Friendly Neighbors Annual Meeting

