

# *Friendly Neighbors Newsletter*

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Moscow Senior Meal Site and Senior Center

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## President's Message



Hi y'all,

It's that time of year again. Winter is coming and so is a new year for Friendly Neighbors. Our Annual Meeting is scheduled for December 14. The main item of business is to elect four officers to one-year terms and one director to a three-year term. I have appointed a Nominating

Committee to solicit nominees for those five positions. Committee members are LeNelle McInturff, Marie Charles, and Lola Penton. If you wish to run for an office or would like to nominate someone (with their permission), please let one of the members know.

The Green Dragon Game Room will be open for use beginning on Friday, October 1. Join us for bingo on Fridays from 10 AM to 11 AM. The cost is \$3.00 for one card (everyone plays one card). The proceeds are paid at \$1.00 per game and \$2.00 for the last game. We do not keep any of the money, it is all paid out to winners.

Rite-Aid pharmacy will be at our meal site on Tuesday, October 19 to provide a flu clinic. Arrive a little early for lunch that day; bring your Medicare or health insurance card, and get your flu vaccine.

We had a very good turnout for the free lunch we held on August 10. I enjoyed seeing people I hadn't seen for some time and meeting folks new to our meal site.

Bill Terrio, President

## Quilt Raffle

Friendly Neighbors will be raffling a gorgeous quilt (see photo) made by a team consisting of Margie St. John, Sally Amador, Lola Penton, and Julie Rinard.

Raffle tickets are \$1 each, or six for \$5. Tickets may be purchased at the Tuesday/Thursday senior meal site.

The ticket for the lucky winner will be drawn at our senior lunch on Tuesday, November 23 when we celebrate with our Thanksgiving meal.

The quilt is quite large, easily fitting a queen or king-sized bed. It will make a lovely addition to your home or a gift to a special friend or family member.

Proceeds from the quilt raffle will be used to support the services of Friendly Neighbors. Our thanks for the many hours it took the quilting team to design and make the quilt.



**Tuesday, October 19**  
**Flu Clinic**  
**at the**  
**meal site**



## Meet Mina

My name is Mina Ashkannejhad, and I am the new Assistant Director of the 1912 Center. You can see me Tuesday - Thursday in the Welcome Center. I am excited to be learning my new job and meeting new people. Please feel free to stop by if you have any questions or if I can help you in any way.



A little bit about myself: I was born in Gillette, WY and attended college at the University of Idaho, graduating with a degree in Communication Studies. I moved to Portland after college and worked in the legal field and in sales. Following that, I lived briefly in southern Missouri before deciding to return to Moscow and make this my permanent home.

I have a bright and beautiful 10-year-old son, three dogs, a cat, a fish, and four chickens. I enjoy music and theater, and love spending time outdoors in our beautiful state. I love to travel and try to take an international trip every year. I also enjoy cooking, although according to my son, I'm not always very good at it...

If you see me around, please say hello. I look forward to helping you, and helping the 1912 Center prosper and grow.



**Winter Market**  
Saturdays  
November 6 and 13  
Great Room

## Birthdays of our Members

### October

1 Merrill Frink  
3 David Frost  
6 Richard Burns  
7 Sue Mitchell  
8 Kay Keskinen  
9 Rebecca Barnes  
9 Lynne McCreight  
11 Win Green  
13 Lucille Gormsen  
17 Lyn Crawford  
24 Carl Johnson  
25 Marcia Anderson  
29 Nancy Lindhorst  
31 Carolyn Hook



### November

2 Greg Blanchard  
6 Debbie McLaughlin  
13 Louise Regelin  
15 Sally Smithee  
16 Barbara Townsend  
19 Marie Taylor  
25 Gary Peterson  
29 Kelly Ward

## Senior Activities

Given the recent rise of the Delta variant of COVID-19, some of the senior activities have delayed their return after the pandemic shutdown.

To find the current status of an activity, one option is to check the room calendar on the 1912 Center web site: [//1912center.org](http://1912center.org) Another option is to see what the "Activities" page of the Friendly Neighbors web site indicates [//users.moscow.com/srcenter](http://users.moscow.com/srcenter) Or, you may call the Welcome Center at 208-882-1562 and ask Mina for the status of the activity.

Here is the current status of each activity:

Monday morning: Computer help is offered  
Tuesday morning: Chair yoga is delayed  
Tuesday afternoon: Pinochle is ongoing  
Wednesday afternoon: Mah jongg is ongoing  
Thursday morning: Dance Fitness is delayed  
Thursday afternoon: Bridge is ongoing  
Thursday afternoon: Computer help is offered  
Friday morning: Bingo is ongoing  
Friday afternoon: Senior Support Group is delayed

Note that the Green Dragon Game Room on the second floor is slated to open for use starting Friday, October 1. Our game activities will move then from the Fiske Room to the Game Room.

## Libraries - More Than Books!

by Mason Neil, Latah County Library District  
Moscow Branch, Outreach Specialist

As the weather turns cold and we head back inside, the Latah County Library District has many services to help you make the most of the changing season—including some non-traditional items that are available to check out and take home. While we still have books, movies, tv shows, audiobooks and more, you can also check out resources like board games and activity kits! One of our best non-traditional circulating resources is our Voyager Kit collection.

Voyager Kits are complete activity kits with everything you need to try something new. They circulate just like books—you check them out from the library, use them for the check-out period, then return them! You can check them out by placing a hold online at [latahlibrary.org](http://latahlibrary.org), or by calling 208-882-3925 and speaking to a librarian. Some of our popular options include:

- Stargazing Telescope
  - Featuring several books about stargazing and an actual telescope, this kit will help you make the most of clear fall nights as the air gets more crisp!
- Seasonal Affective Disorder Kit
  - Pardon the serious name, but this kit is lots of fun. It comes with a Verilux lamp that provides full spectrum light to address seasonal change, a DVD of yoga exercises for energy and stress relief, and other resources to help abate the worst of seasonal depression.
- Cookie Baking
  - Whether you already have your own supplies or not, the Cookie Baking Voyager Kit comes complete with colorful measuring cups and spoons, a rolling pin, many different cookie cutter shapes, and a book of cookie recipes. Perfect for an afternoon with the grandkids!

There are many other exciting Voyager Kits with everything you need for activities such as crocheting, card weaving, chess playing, bird watching, and even one for learning how to juggle!

You can place a hold on any of these kits and others by going to [latahlibrary.org](http://latahlibrary.org) and searching the catalogue for “voyager kit,” or by talking to a Latah County Library District staff member at 208-882-3925. We look forward to helping you make the most of this season!



The next Roadrunners meeting is Sat, October 9 at the Elks Lodge Golf Course; buffet breakfast is at 9 AM and meeting is at 10 AM. For information on their tours, contact Tour Director Sharon Royce at 208-874-7252.

Sharon will be at our October 5 meal site to make a presentation on the Roadrunners organization. Note that the current issue of the Roadrunners newsletter is posted on the bulletin board in the Welcome Center.

### Haiku by Jeanette Talbott

(Haiku is an informal type of linked verse written in seventeen syllables)

Shut your eyes and think  
When was that doc's appointment?  
Yesterday – Oh! No!



### November 2 – Election Day

The City of Moscow will hold an election for its mayor and three city council members on Tuesday, November 2. Four candidates have filed for the mayoral race and eight have filed for the three city council seats.

If you are registered to vote, there are three ways to vote: by absentee mailed ballot, early in person voting (which begins October 18), or at the polls on November 2. Note that there are three polling locations for the Moscow precincts: the Latah County Fairgrounds, the Hamilton Indoor Recreation Center, and the UI Student Rec Center. Check to see where you vote if you don't know your precinct polling site. Web site [//voteidaho.gov](http://voteidaho.gov) has official voting information.

If you are searching for information on the candidates, the Moscow League of Women Voters will hold a candidate forum on Zoom on Wednesday, October 20 from 7:00 – 8:30 PM.

If you have any elections-related questions, please contact the Latah County Elections Department at 208-883-2278.

# “September is Whole Grains Month”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the September 2021 “Senior Nutrition News”

**People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Whole grains have B vitamins, minerals, and fiber -- all of which are vital for health. It is recommended that at least half of all the grains eaten be whole grains.**

Whole grains include grains like wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, rye, popcorn – when these foods are eaten in their “whole” form.



## How to Identify Whole Grain Products

**Check the package label.** Many whole grain products will say something like “100% whole wheat.” You can trust these statements. But be skeptical if you see the words “whole grain” without more details, such as “crackers made with whole grain.” The product may contain only small amounts of whole grains.

**Check the ingredient list.** If the first ingredient listed contains the word “whole” (such as “whole wheat flour” or “whole oats”), it is likely that the product is predominantly whole grain. If there are two grain ingredients and only the second ingredient listed is a whole grain, the product may contain as little as 1% or as much as 49% whole grain (in other words, it could contain a little bit of whole grain, or nearly half).

The Whole Grains Council came out with 3 different Whole Grain Stamps to help consumer identify whole grain products: the 100% Stamp, the 50%+ Stamp, and the Basic Stamp.



**100% Stamp:** all its grain ingredients are whole grain. There is a minimum requirement of 16 grams – a full serving – of whole grain per labeled serving.

**50%+ Stamp:** at least half of its grain ingredients are whole grain. There is a minimum requirement of 8 gram—a half serving– of whole grain per labeled serving.

**Basic Stamp:** it contains at least 8 grams – a half serving – of whole grain, but may contain more refined grain than whole.

## ~ ~ HUMOR ~ ~

Why don't you ever see the Headline “Psychic Wins Lottery?”

Why is “abbreviated” such a long word?

Why is it that doctors call what they do “practice?”

Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?

Why is the man who Invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

