

# *Friendly Neighbors Newsletter*

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## **President's Message**

Hi everyone,  
It looks like fall is just around the corner. I have always liked Moscow because of the distinctive four seasons that we have. Spring, with its beautiful green fields, summer with its

warmth and turning of the fields to a golden color, fall with its cooler weather and crisp nights (and hunting season) and finally, winter with its rain or snow. They all have both good and not so good characteristics. The older I get the less I like the high temperatures of the summer and the snow and cold of the winter.

But if we are willing to adapt to the changing climate as we get older, we can more fully enjoy those aspects of life that we cannot control, like the weather. Friendly Neighbors attempts to help in that regard by providing nutritious meals and indoor activities that can minimize the negative effects of extreme heat or extreme cold. Games include mah jongg, pinochle, and bridge. These indoor activities can stimulate your brain, minimize your exposure to the extremes of climate, and provide a positive social environment, all at the same time. We also have picture puzzles to work on and a small book library.

Also, the Area Agency on Aging has been invited to have their quarterly district training meeting at our meal site on Thursday, October 6, 2022. They will share a meal with us and have the training session following. It is a great opportunity to show off the qualities that make our meal site one of the best in our district.

May you all have a great fall.

John Carlson, President

## **Flu Shot Clinic – Tuesday, October 4**

A pharmacist from Rite Aid will be at our October 4 meal site to provide flu and pneumonia vaccines. If the new COVID booster that targets the original virus and the BA.4 and BA.5 variants is available then, those vaccinations will also be given.



Bring your identification and insurance cards. Be sure to wear a blouse or shirt that can have the sleeves rolled up high.



## **Palouse Fiddlers**



The Palouse Fiddlers (formerly the Old Time Fiddlers) perform occasionally at our senior meals. Their next performances are scheduled for Thursday, October 27 and Thursday, December 29. No dates in 2023 have been scheduled yet. Check the senior menus for their performance dates.

Fiddlers leader Gary Potratz reports that they are looking for new members who play acoustical instruments. They have open jams every second Sunday of the month from 1-3 PM at Circles of Care in Pullman, 558 Bishop Blvd. If you're interested in joining this group, call Gary at 208-310-9280.

## Emergency Supply List

FEMA web site: //ready.gov/kit

### Recommended Items to Include in a Basic Emergency Supply Kit:

Water (one gallon per person per day for several days, for drinking and sanitation)

Food (at least a several-day supply of non-perishable food)

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert



Flashlight

First-Aid kit

Extra batteries (AA, AAA, etc.)

Whistle (to signal for help)

Dust mask (to help filter contaminated air)

Plastic sheeting and duct tape (to shelter in place)

Moist towelettes, garbage bags, and plastic ties (for personal sanitation)

Wrench or pliers (to turn off utilities)

Manual can opener (for canned food)

Local maps

Cell phone with charger and backup battery



### Additional emergency supplies:

Consider adding the following items to your emergency supply kit based on your individual needs:

Masks (for everyone age 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces

Prescription medications (an emergency may make it difficult to fill a prescription. Organize and protect your prescriptions, OTC drugs, and vitamins

Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids, or laxatives

Prescription eyeglasses and contact lens solution

Infant formula, bottles, diapers, wipes, and diaper rash cream

Pet food and extra water for your pet

Cash or traveler's checks

Important family documents such as copies of insurance policies, identification and bank account records saved electronically in a waterproof, portable container

Sleeping bag or warm blanket for each person

Complete change of clothing appropriate for your climate and sturdy shoes

Fire extinguisher

Matches in a waterproof container

Feminine supplies and personal hygiene items

Mess kits, paper cups, plates, paper towels, and plastic utensils

Paper and pencil

Books, games, puzzles, or other activities for children

### Maintaining your kit:

After assembling your kit remember to maintain it so it's ready when needed:

Keep canned food in a cool, dry place

Store boxed food in tightly closed plastic or metal containers

Replace expired items as needed

Re-think your needs every year and update your kit as your family's needs change

### Kit storage locations:

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

**Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

**Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water, and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.

**Car:** In case you are stranded, keep a kit of emergency supplies [in your car](#).

### How to carry your emergency kit items

A hands-free backpack is the perfect gear to store your emergency supply kit items. That backpack allows your hands to be free (you may be exiting with a cane, holding the leash of a dog, or holding on to someone), and the weight in the backpack can be adjusted so it's evenly distributed. You likely will be leaving briskly, so balance will be important. An emergency is not a good time for falls.



## Accessibility in the Library

Reading is for everyone and nothing should stop you from enjoying your favorite book! Sometimes, however, there are things that can stand in the way. This is where the Moscow Public Library and the Idaho Talking Book Service can help. Accessibility is about making information available and understandable to all users. This includes people who may have low vision, blindness, low mobility, or another physical, perceptual, or learning disability.

At the Moscow Public Library, there are many options in our collection for patrons that may need accessible materials. Available for check out in our library, we have large print materials, audiobooks, and DVDS for the blind and visually impaired, which are movies that include visual descriptions in English. We also have some assistive technologies that are available upon request at our circulation desk for in-library use.

These include a large print, high contrast keyboard designed to aid visually impaired patrons when typing on the computer, an electronic magnifier for patrons to magnify books or other print text to a larger size, and an IntelliKeys keyboard, which is an alternative keyboard with larger buttons designed for individuals with low mobility or low vision. For more information on accessibility and accessible resources at the library, visit [//latahlibrary.org/accessibility](http://latahlibrary.org/accessibility).

Another option available to community members is the Idaho Talking Book Service (TBS), which is a service for Idaho residents who are unable to read standard print sizes. The Idaho TBS is a free service that provides registered users with audiobooks, magazines, and playback equipment mailed directly to the user. The TBS catalog has over 115,000 audiobooks to choose from! This service is provided by the Idaho Commission for Libraries, the National Library Service for the Blind and Print Disabled, and the Institute of Museum and Library Services. For an application or more information on the Idaho Talking Book Service, visit [libraries.idaho.gov/tbs](http://libraries.idaho.gov/tbs) or stop by the circulation desk at the Moscow Public Library!

Finally, the Braille and Audio Reading Download (BARD) is another free service that connects individuals with low vision, blindness, or other disabilities to accessible reading material. With BARD and the BARD Mobile app, users can download books, magazines, and other materials directly to their personal device. To sign up for BARD, participants must be registered users of the Talking Book Service. For more information on the BARD program, visit [//libraries.idaho.gov/tbs/bard](http://libraries.idaho.gov/tbs/bard).

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## Nominations for FN Board of Directors

The Annual Meeting of Friendly Neighbors Senior Citizens, Inc. is held in December just prior to one of our lunches. The main item of business is to elect four officers (president, vice president, secretary, and treasurer) and one director to serve on our board of directors to manage our non-profit corporation. Officers have one-year terms while directors have three-year terms. We have three directors, with one term expiring each year. The immediate past president also serves on the board.

John Carlson appointed a Nominations Committee consisting of Sharon Singleton and Win Green. If you are interested in serving on the board, please let Sharon or Win know. These positions are all volunteer; the only paid employees we have are the kitchen staff.

The November/December newsletter will include the names of those willing to be nominated along with the date of the Annual Meeting. The terms for directors Win Green and Sally Amador do not expire this year.

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**2022 Friendly Neighbors Board Members:**

President: John Carlson  
Vice President: Sharon Singleton  
Secretary: Barb Townsend  
Treasurer: Kay Keskinen  
Directors: Win Green, Sally Amador, Dick Berns  
Immediate Past President: Bill Terrio

## Birthdays of our Members

### October

6 Richard Burns  
8 Kay Keskinen  
9 Rebecca Barnes  
9 Lynne McCreight  
11 Win Green  
17 Lynne Crawford  
22 Klarine Jensen  
24 Carl Johnson  
25 Marcia Anderson  
28 Pete Black  
29 Nancy Lindhorst  
31 Carolyn Hook  
31 Linda Kim



### November

2 Greg Blanchard  
8 Jim Redding  
13 Louise Regelin  
15 Jo Ann Penna  
15 Sally Smithee  
16 Barbara Townsend  
18 Anna Lee Syms  
24 Donna Miller  
29 Kelly Ward

# “The Eight Best Superfoods for Seniors”

Taken from the “National Council on Aging” web site //ncoa.org of April 5, 2022

- Older adults have unique nutrition needs, making it essential for them to eat a wide variety of healthy foods.
- What are superfoods? The term refers to whole, minimally processed foods that are nutrient dense. Most superfoods are plant-based, but not all.
- Making superfoods a regular part of their diet can help seniors maintain strong bones and prevent chronic disease.

What's one of the secrets to aging well? It starts with the foods we put on our plate every day. A balanced diet, filled with superfoods, can help older adults maintain healthy cognitive function and strong bones, and even prevent chronic disease. Superfoods should be a staple of any [healthy meal plan for seniors](#).

## **What is a superfood?**

[Superfoods](#) are not a distinct food category on their own. Rather, this heroic-sounding name simply describes whole, minimally processed foods that are nutrient dense. Generally, superfoods contain healthy fats, vitamins, minerals, antioxidants, and other compounds found to promote good health and prevent illness and disease. While most are plant-based, certain fish and dairy products may also be considered superfoods.

## **Are there anti-aging superfoods?**

What foods are [superfoods](#)? There are many—but here are some superfoods known to contribute to healthy aging.

### **1. Dark leafy greens**

Dark-colored [leafy greens](#) like kale and spinach are rich in carotenoids, which have been shown to protect the eyes against oxidative damage. Spinach is also loaded with vitamins A and C, which help protect the heart and moderate blood pressure levels. Vitamin K is another leafy-green nutrient, found to play a major role in preventing [osteoporosis](#). Leafy greens are delicious in a salad, in a sandwich, or sautéed with a splash of healthy oil.

### **2. Cruciferous vegetables**

This veggie family includes broccoli, cabbage, Brussels sprouts, and turnips—all of which are great sources of fiber, vitamins, and cancer-preventing phytochemicals. Cruciferous vegetables are tasty and extremely versatile. Toss them in soups, pasta dishes, and casseroles; steam them; or stir-fry them with seasoning and some olive oil.

### **3. Blueberries**

In an [interview](#) with *U.S. News & World Report*, Reema Kanda, a registered dietitian nutritionist with the Hoag Orthopedic Institute in Irvine, California, says studies show that blueberries have positive neurocognitive effects in both animals and humans. As a result, Kanda says, they may help delay age-related cognitive decline.

### **4. Nuts and seeds**

From almonds and pecans to hazelnuts and pistachios, nuts are packed with antioxidants, fiber, and plant protein. They also contain monounsaturated fats, which are thought to help lower heart disease risk. As long as the older adult has no known allergies, nuts make a delicious standalone snack. They can also be blended into pestos or used as a scrumptious salad topper. Note that nuts and seeds are high in fat and calories, so it's best to limit them to a small handful each day.

### **5. Eggs**

Eggs have been a source of dietary controversy over the years due to cholesterol found in the yolk. However, skipping the yolk could deprive older adults of key nutrients such as vitamin B12, vitamin D, and selenium. Egg yolks also contain choline, a nutrient and neurotransmitter responsible for regulating mood and memory.

### **6. Salmon**

Fatty fish (e.g., salmon, herring, mackerel, trout, and tuna steak) is an excellent source of protein—a nutrient vital to maintaining muscle mass in older adults. It's also loaded with omega-3 fatty acids, which can help reduce the risk of heart disease. A great way to enjoy a fresh fish filet is to lightly season it, bake it, and serve with a side of cruciferous veggies.

### **7. Plain Greek yogurt**

When it comes to protein, Greek yogurt delivers. Just one cup has 17 grams of protein as well as 20% of the daily recommended intake of calcium. Why else is Greek yogurt considered one of the best superfoods for seniors? It contains probiotics, which help us maintain gut health. [Probiotics](#) have been shown to aid in digestion, boost immune function, and even prevent infection.

### **8. Avocados**

Avocado is a nutritional powerhouse, loaded with nourishing fats, antioxidants, and other nutrients that support head-to-toe health. This creamy-textured fruit is delicious in guacamole or spread on toast. If someone doesn't like the taste of avocado, consider blending it into a fruit smoothie for a subtle nutritional boost.