

Friendly Neighbors Newsletter

Volume 24 – Issue 5 – September/October 2023

Editor – Kay Keskinen

Founder – Doris D. Norman

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

Phone: (208) 882-1562 (Welcome Room and Kitchen)

E-mail: friendly.neighbors@yahoo.com

Web Page: <http://users.moscow.com/srcenter> Blog: <http://moscowseniors.blogspot.com>



President's Message

Hi everyone,

It looks like our hot summer has come to a quick end. As I write this I am watching the rain fall and the temperature is in the mid-50s. As I get older I find that weather

changes affect me more than when I was younger. At the same time, I realize that I have more control over my exposure to these changes. I guess the bottom line is to enjoy the life we have regardless of the things around us that we cannot change, the weather being one of them.

On Thursday the 21st of September we had cake and ice cream to celebrate 50 years of providing meals to Moscow area seniors. It is well documented that providing a site for senior meals and delivering meals to home-bound seniors results in a healthier lifestyle for those who take advantage of the services that Friendly Neighbors provides. You can tell your friends that if they want a more enjoyable lifestyle they will find it by joining you for lunch on Tuesdays and Thursdays at the 1912 Center. They may also want to join in some of the other activities provided.

A nominations committee consisting of Sharon Singleton and Win Green is looking for potential board members. If you have an interest in being on the board of FN let them know. Elections will be in December at our Annual Meeting. Also, if you have any suggestions that you think will improve the services we provide let a board member know. I hope you are enjoying the meals being on plates instead of trays.

John Carlson, President

Flu Shot Clinic – Tuesday, October 3

A pharmacist from Rite Aid will be at our October 3 meal site to provide the flu vaccine. If the new COVID booster 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.

Medicare Enrollment Event



Representatives from SHIBA (Senior Health Insurance Benefits Advisors) will return to the 1912 Center on October 24 to help seniors make good Medicare choices during the Medicare Open Enrollment period of October 15 through December 7.

SHIBA is part of the state of Idaho's Department of Insurance. They provide free unbiased Medicare education and information for beneficiaries, families, and caregivers.

Learn why you should review your Medicare plan every year. What could change?

- Premiums
- Co-Pays/Co-Ins
- Covered Drugs
- Pharmacy Networks
- Provider Networks
- Extra Benefits

Three SHIBA counselors will be available on October 24 from 9:30 am to 3:00 pm to help you. You MUST schedule your appointment first by calling the SHIBA office at 1-800-247-4422. Give them your name and zip code; ask for an in-person Moscow appointment.

Everybody Reads at the Library

Every fall, the Latah County Library District partners with other libraries around the Palouse and Lewis-Clark Valley to put together the annual Everybody Reads program. Everybody Reads is a program that aims to “build a shared reading experience around a single book to foster curiosity, spark discussion and celebrate a love of story and community engagement.” Since 2000, partner libraries have hosted an author every year to discuss a highlighted book with our communities. Some of the authors that have been a part of Everybody Reads in the past are Anthony Doerr, Emily Ruskovich, and C.J. Box.



This year, our featured author is JoAnne Tompkins, who will be visiting local libraries between November 7th and 10th to discuss her debut book “What Comes After.” Published in 2021, “What Comes After” is a suspense-filled novel set in coastal Washington that follows the community fallout after two boys’ shocking deaths. This unforgettable story paints a vivid picture of human connection and the kindness of strangers after an unspeakable tragedy.

Tompkins will be visiting the Moscow Public Library for a book discussion on Wednesday, November 8th at 12 p.m. This lunchtime book talk will be held in the Brink Room and light refreshments will be served. For those who can’t make the discussion in the afternoon, there are also several evening programs at surrounding libraries as well, including Neill Public Library on November 8th and Lewiston City Library on November 9th. For more information, including book discussion questions and the full program schedule, visit [//everybody-reads.org](http://everybody-reads.org).

In addition to the annual Everybody Reads program, there will also be another author visit in early November to the Latah County Library District. Local author Rosalie Spielman will be coming to both the Moscow Public Library and the Troy Community Library to talk about the latest book in her Hometown Mysteries series, “Murder Comes Home.” Books in the Hometown Mysteries series are set in the fictional town of New Oslo, which is inspired by Troy, and follow retired US Army officer Tessa Treslow after she moves back home after retirement. For more details about these and other upcoming programs, visit [//latahlibrary.org/events-calendar](http://latahlibrary.org/events-calendar).

Rebecca Rivapalacio
Adult Services Manager
Latah County Library District
rebeccar@latahlibrary.org

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 term for director Win Green expires at the end of this year.

~ ~ ~ ~ ~

2023 Friendly Neighbors Board Members:

- President: John Carlson
- Vice President: Sharon Singleton
- Secretary: Toni Meeuf
- Treasurer: Kay Keskinen
- Directors: Win Green, Sally Amador, Ron Meeuf
- Immediate Past President: Bill Terrio

Chair Yoga Returns to Weekly

Esther Louie and Becky Barnes will be offering chair yoga on a weekly basis starting in October. For a while this Friendly Neighbors sponsored activity was only on the 1st and 3rd Tuesdays. Participants missed it being weekly, so we are pleased that this popular activity will be weekly.

Chair yoga is held Tuesdays from 10:30 AM to 11:30 AM in the Lecompte Auditorium on the second floor of the 1912 Center.



Birthdays of our Members

October

1 Sonny Crawford
5 Charles Guess
6 Dick Berns
6 Irene Fracz
7 Sue Mitchell
8 Kay Keskinen
9 Rebecca Barnes
9 Lynne McCreight
10 Glenn Lyon
10 Steve Merriam
11 Win Green
17 Lynne Crawford
19 Debbie Montoya
19 Becky Phillips
20 Suzie Trail
24 Carl Johnson
25 Marcia Anderson
28 Pete Black
29 Nancy Lindhorst
31 Carolyn Hook



November

2 Greg Blanchard
4 Tammy Lanting
8 Jim Redding
15 Jo Ann Penna
15 Bill Anderson
15 Sally Smithee
16 Ginger Hunter
16 Barbara Townsend
18 Pam Wimer
24 Donna Miller
29 Kelly Ward

Newsletter

New Newsletter Editor Found

After many years as newsletter editor, I am stepping down from that position after this year's Nov/Dec issue. The bimonthly newsletter has been published since 2000, with Doris Norman serving as its first editor.

The Friendly Neighbors' contract with the Area Agency on Aging (AAoA) requires Friendly Neighbors to provide nutrition education. The newsletter is the main way we do that, keeping us in compliance with our contract.

Friendly Neighbors member Lori Vermaas has stepped forward and offered to be the next newsletter editor. Thanks, Lori! She is the UI Extension publications editor, so she is well-qualified to put together our bimonthly newsletters. I'll work with her on the remaining issue of this year so that the transition will be seamless.

If you have news of interest to our members that could go in the newsletter, please forward them on to Lori. Her e-mail address is velachuy@yahoo.com.

Kay Keskinen, Newsletter Editor

Senior Meal Program/Senior Activities

Friendly Neighbors Senior Citizens, Inc. is a non-profit organization recognized by the IRS as a 501(c)(3) charity. It 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 \$4.00 for seniors 60 and older; for anyone under 60 the price is \$7.00.



To determine if you qualify for home-delivered meals, contact the Area Agency on Aging 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 provides activities for seniors. One does not need to be a member in order to participate in these free activities. Below is a list of the activities we sponsor; all activities are led by a member of Friendly Neighbors.

Monday: Computer Help 10AM – 12:30PM

Tuesday: Chair Yoga 10:30 – 11:30AM

Tuesday: Pinochle 1 - 4PM

Wednesday: Mah Jongg 1 - 4 PM

Thursday: Open Art Studio 12:30 – 4PM

Thursday: Bridge 12:45 - 4 PM

Friday: Bingo 10 -11AM

Friday: Dance Fitness Gold
(usually 1st & 3rd Fridays)

Friday: Mah Jongg 1 - 4 PM

All game activities are held in the Green Dragon Game Room on the second floor. Chair yoga is in the Lecompte Auditorium. Art Studio and Dance Fitness are held in the Arts Workshop. Computer help is in the Welcome Room.

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.

