

Friendly Neighbors Newsletter

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President's Message

Hi everyone,

I am looking forward to fall which officially started September 22. This summer has been too hot for me. I am looking forward to lower temperatures.

If we are willing to adapt to the changing climate as we get older, we can more fully enjoy uncontrollable aspects of life, like the weather. Friendly Neighbors (FN) attempts to help in that regard by providing nutritious meals and indoor activities that minimize the negative effects of extreme heat or cold. Games include mah jongg, pinochle, and bridge. Indoor activities stimulate the brain, minimize exposure to climate extremes, and provide a positive social environment.

After months of paperwork, we have been approved as a Medicaid meal provider. Special thanks to Kay and Jenn for their heavy involvement in making this happen. I am sure our Medicaid recipients will appreciate it, too.

Board elections are coming up at our annual meeting in December. A nominations committee, consisting of Win Green and Kay Keskinen, are looking for officer and director nominations. If you are interested, let them know. Also, if you have any suggestions for ways to improve the services we provide, let a board member know or drop a note in the suggestion box.

Finally, Rosauers Pharmacy will be at our October 27 meal site to hold a flu shot clinic. Note that the CHAS Clinic in Moscow has been short on staff, so they won't be returning until at least next January to provide blood pressure tests. Have a great fall!

John Carlson, President

Flu Clinic

A pharmacist from the Rosauers pharmacy in Moscow will be at our Tuesday, October 27 meal site starting at 10 AM to provide the flu vaccine. If the new COVID booster is also available, those vaccinations will also be given.



There will be a sign-up form available before that time. Bring your identification and insurance cards. They want a copy of your insurance card (e.g., Medicare). Wear a blouse or shirt with sleeves that roll up to your shoulder.

Daylight Savings Time Ends November 1



Don't forget to set your clocks back one hour before you go to bed on Halloween night. Fall back, gain an hour of sleep, and return to standard time on Sunday, November 1.



Choosing Breakfast Cereals



Cereal is a quick, easy, and nutritious way to start the day. Generally, a one-ounce serving of hot or cold breakfast cereal should contain:

- 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)

In ready-to-eat breakfast cereal, a one-ounce serving is 1 cup flakes or rounds or 1¼ cup puffed cereal. A one-ounce serving of a cooked cereal is ½ cup.

Other tips:

- Granola and “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, mix it with one that is to give you a flavor you like and the nutrients you need.
- 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 and look down: More expensive brands are at “eye-level” in the grocery aisle or at a level that makes them easy to see, grab, and toss in the cart. Store brands that may be cheaper and just as good are often placed on higher or lower grocery shelves.

Practice Portion Control

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 other container possible.

- Share a large meal or snack with a friend or save some of it for later.

Other tips:

- Try single-serving packs, either the ones from the grocery store or packs that you make up yourself in ziplock bags. These are easy to carry and may keep you from overeating the junk food that you really want.
- 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 low in important nutrients.
- Consuming more calories per day than you use for energy causes weight gain. 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.

Birthdays of Our Members

October

6 Dick Berns
8 Kay Keskinen
9 Rebecca Barnes
10 Del Arndt
10 Steve Merriam
11 Win Green
12 Maureen Egan
17 Lynne Crawford
20 Suzie Trail
22 Alfred Allen
29 Nancy Lindhorst
30 Deborah Gates
31 Carolyn Hook



November

2 Greg Blanchard
4 Tammy Lanting
8 Jim Redding
14 Jack Conley
15 Jo Ann Penna
15 Sally Smithee
16 Ginger Hunter
16 Barbara Townsend
20 Juliana Tomlinson
24 Donna Rae Miller
25 Gary Peterson
27 Cindy Weiland
29 Kelly Ward

Medicare Enrollment Event

Medicare counselor Janine Wilson from the Idaho Department of Insurance SHIBA (Senior Health Insurance Benefits Advisors) will be at the 1912 Center on October 21 from 12:30 PM to 2:30 PM; October 22, 9:30 AM to 11:30 AM; November 17, 10 AM to 2:30 PM; November 19, from 12:30 PM to 2:30 PM (all in the Fiske Room) to help seniors make good Medicare choices during the Medicare Open Enrollment period of October 15–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

SHIBA counselors will be available in the Fiske Room of the 1912 Center on those dates and times 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. Bring to your appointment your Medicare card and a list of your prescriptions and their dosages.

Market Days Closing and Opening



Oh boo! The last day of the Moscow Farmers Market downtown is Halloween, Saturday, October 31.

But the Winter Market season, hosted by the 1912 Center, begins soon afterward:

November 7 and 14
December 5 and 12
February 6, 2027
March 6, 2027

Halloween Hilarity

Skeletons cracking jokes:

Why did the skeleton go to the bar?
He ordered a beer and a mop.

Why are skeletons so calm?
Because nothing ever gets under their skin.

What is a skeleton's favorite instrument?
The trom-bone.

How did the skeleton know it was going to rain?
He could feel it in his bones.

Vampires and other monsters have a sense of humor too:

Why did the vampire read the newspaper?
He heard it had great circulation.

Why do vampires have a hard time making friends?
Because they are a pain in the neck.

What health insurance do Halloween creatures use?
Medi-scare.

Why don't mummies take vacations?
Because they are afraid to unwind.

And some classic and spooky puns:

Why do they put fences around cemeteries?
Because people are dying to get in.

Why do cemeteries contain the best stories?
Because they have so many plots.

What do ghosts order at the bar?
Boos.

HAPPY HALLOWEEN!



Breast Cancer Is a Senior Issue



October is breast cancer awareness month, but sometimes seniors mistakenly assume it is a younger woman's issue. Actually, the risk of developing breast cancer increases with age. According to the American Cancer Society (ACS), the median age of diagnosis for breast cancer in women is 62 years: 31% of all diagnosed cases involve senior women aged 60–69, 21% of those are aged 70–79, and 10% are 80 and above (with the last having the highest percentage of death rates at 27%). These statistics highlight the critical need for awareness among those in their 60s and beyond.

Be extra vigilant. Early detection can lead to better outcomes and treatments. However, for some seniors, detection is more complicated, especially for those who live in areas where access to routine testing is limited. Although Medicare covers mammograms for most seniors over 65 in the United States, out-of-pocket charges or financial challenges may also prevent regular check-ups. If this describes your health care situation, you'll need to be especially proactive by regularly conducting self-examinations and seeking out community services or clinics that offer discounted or free tests. Doing so might just save you from a late diagnosis down the road.

Symptoms to watch out for. The most typical symptom of breast cancer is lumps in the breast or beneath the arm. Although not every lump indicates cancer, see a doctor if you detect one. Changes in the appearance or sensations of the breast are also significant, like the breast becoming larger or smaller, as well as consistent pain. Other indicators to check include skin changes on the breast, such as redness, dimpling, or puckering.



Preventive measures. Routine screenings offered within the healthcare system are especially crucial. Mammograms are essentially X-rays of the breasts and are the most effective tool in early breast cancer detection. Women aged 55 and older should get mammograms every two years or choose to continue yearly screenings. As always, discuss the best strategy with your healthcare provider.

Stay active and eat healthy. In addition to medical screenings, maintain a balanced diet, get regular exercise, and limit alcohol intake to reduce your risk.



Awareness is your strongest ally. Recognizing the significance of breast cancer, especially as we age, gives us the knowledge that allows us to make informed decisions, take proactive measures, and thus create a healthier tomorrow.

