

Friendly Neighbors Newsletter

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President's Message

Hi Everyone,

We are well into winter, and we still have had little or no snow. What's up with that?! A reflection of the change we older people have seen in our climate over the years.

In December we had our board elections for the new year. You must approve of the job your current board is doing, because you reelected all the current board members for another term. We will try to live up to your expectations.

Our kitchen staff was busy in 2025, preparing a total of 10,528 meals. A total of 5,180 of those were for our congregate meal site. They also prepared a total of 5,348 home-delivered meals. This is the first time that I remember us preparing over 10,000 total meals. A huge thanks goes to our kitchen staff for the time they spend to provide the delicious meals we enjoy each week. I am sure those who receive home-delivered meals thank them too.

Thank you all for making the "friendly" in Friendly Neighbors a reality.

John Carlson, President



Happy Valentine's Day!



Community Health Association of Spokane (CHAS) Clinic at our Meal Site

On the second Tuesday of each month a nurse and a community health worker from the CHAS Health Clinic in Moscow will come to our meal site to provide diners with the opportunity to get blood pressure tests and blood sugar tests as well as receive health education. Bring your health questions to them.

We are very grateful to have these important tests done to help seniors monitor their health.



Soup and Pie Luncheon

Mark your calendars for the Humane Society of the Palouse Soup and Pie Luncheon in the Great Room on Monday, February 16 (Presidents' Day),

11 AM–2 PM. For just \$15, enjoy delicious soup and pie and compassionate company and support a worthy cause.

AARP Tax Aide Returns to 1912 Center

Starting February 4 and running to April 10, AARP Tax Aide FREE tax help will be offered at the 1912 Center, W–F at 9:30 AM–2 PM. The service can help you prepare most forms, including 1040 and supporting schedules.

Appointments are required. Schedule an appointment for 9:30am, 10:30am, 11:30am, or 12:30pm by calling 208-717-4544. During your call you will find out how to prepare for the appointment. Next, visit the Welcome Room to pick up the packet you'll need to fill out prior to your appointment. Open to all ages.

Alternative Giving Market of the Palouse

Friendly Neighbors participated in the AGMP to highlight our programs and to also allow members of the community to donate to us through the Giving Market.



Donations were made online or at the December 10 evening event. We received a total of \$1,630 in donations: fourteen online donors contributed \$530, and fifteen donated \$1,100 that evening.

We rely on donations to meet our expenses. No senior (aged 60 and older) is denied a meal if they are unable to donate for our congregate or home-delivered meals.

Coming Up at the Moscow Public Library

Every Tuesday (10:30 AM–11:30 AM): Stop by for **Tech Help Tuesdays** for a 15-minute session with library tech support (future appointments available for larger issues). We're ready to help with your smartphone or tablet, Libby, email setup, laptops, and more! Can't make it on Tuesday? Call the Moscow Public Library at (208) 882-3925 to schedule a free personal tech appointment any time.

February 7 (10 AM–5 PM): The library celebrates **Take Your Child to the Library Day** with a scavenger hunt and to-go craft kit. The scavenger hunt sends families to all corners of the library to learn more about the services the library offers (small prize offered). The to-go craft kit is a craft booklet, which includes colored pencils and paper. Also, a button maker will be there to make some swag.

February 12 (10:30 AM–12 PM): If you are turning 65 soon or are already on Medicare and want to learn more, come join the Idaho Department of Insurance Senior Health Insurance Benefits Advisors (SHIBA) for a **Medicare Workshop** to learn unbiased Medicare benefits information about Medicare Parts A and B, Part D (prescription drug plans), Part C (Advantage Plans), and Medigap (Medicare Supplemental Insurance). This is an in-depth overview for all Medicare-eligible individuals and for those assisting family members with Medicare.

February 24 (5:30 PM–6:30 PM): The next session of **Death Café**, an informal discussion group about death

with no agenda, objectives, or themes, occurs. This is a conversation group rather than grief support or counseling. Sweet treats provided.

March 11 (1:30 PM–4 PM): **CHAS** hosts a table. Stop by to ask your local community health worker for assistance with scheduling CHAS appointments, information on community resources, and outreach supplies.

Through February 28: The **Winter Reading Program** continues at all branches of the Latah County Library District. Patrons can pick up a punch card from their local library branch and complete reading challenges for a chance to win prizes. All ages are welcome to participate.

Spanish Club: Check the library's website calendar for the next monthly Spanish Club meeting (12 noon–2 PM). This is a great opportunity for Spanish-speaking patrons in the area to build connections and strengthen bonds. Each meeting is facilitated by Becky Philips, a freelance writer on the Palouse.

Annual Meeting Report

The 2025 Annual Meeting of Friendly Neighbors Senior Citizens, Inc. was held on Tuesday, December 9, 2025, at 11:45 AM in the 1912 Center Great Room.

The main item of business was to elect four officers to one-year terms and one director to a three-year term. The results of the election are as follows: President: John Carlson; Vice President: Sharon Singleton; Secretary: Lorraine Frazier; and Treasurer: Kay Keskinen. Allen Bowles was elected to a three-year term as director. Wendy Taylor and Cindy Weiland continue their three-year terms as directors.

President John Carlson (at right) presented Friendly Neighbors member Albert Konen with the 2025 Volunteer of the Year Award. For many years Albert has stayed after our meals are over to clean up the dining area in the Great Room, often delaying his time playing pinochle. Thank you, Albert, for your dedication.



Nutrition Needs for Older Adults: Protein

Introduction

Protein is a nutrient that plays an important role in the health of older adults. It is found in every single cell in the body and is essential for life and supports good health, immunity, muscle maintenance, and physical function in older adults.

Nearly half of all protein in the body is found in muscle and muscle mass decreases with age. This decline in muscle mass, known as *sarcopenia*, may increase older adults' need for protein. Sarcopenia in older adults can lead to frailty, disability, loss of independence, and death.

How Much Is Needed?

The Recommended Dietary Allowance for older adults is the same as younger adults, though emerging research suggests older adults may require more protein. Needs are based on weight and are the same for men and women.

Food Sources of Protein

Research suggests that protein requirements may be higher in older adults. Researchers recommend that older adults consume 1.0–1.2 grams of protein per kilogram body weight (one kilogram is about 2.2 pounds). Endurance and resistance training exercises are also advised to promote muscle health. The exception to this rule is for those with kidney disease.

It's important to get the right amount of protein. Too little can cause malnutrition or muscle loss, which can lead to decreased physical function and independence and increased fall risk, hospitalization, and mortality. Too much can cause dehydration and, in those with kidney disease, further kidney damage.

In addition to eating high-protein food sources, its daily timing and distribution is important. Spread protein consumption throughout the day by eating good protein sources at each meal.

Some older adults cannot get adequate protein through food alone and may require supplementation. It is important that older adults work with their health care team to determine whether supplementation is needed.

The following strategies can help older adults optimize their intake of protein:

When Shopping

- Purchase foods naturally high in protein, like meat, lentils, and eggs
- Read food labels for protein content

During Meal Preparation

- Include high-protein foods at every meal throughout the day
- Breakfast is a good opportunity for protein through eggs and Greek yogurt
- Include meat, beans, and lentils throughout the week in menu planning

At the Table

- Offer beverages high in protein, such as milk or milk alternatives (e.g., soy milk, oat milk)
- Provide high-protein foods as snacks throughout the day

Take-Home Message:

Protein plays a vital role in the health, muscle strength, and independence of older adults. Indeed, getting adequate protein daily is of significant importance for older adults.

[Editor's note: Fuller descriptions of protein requirements and protein sources for older adults are posted on the bulletin board in the Welcome Room.]

Birthdays of Our Members

February

- 2 Diane Bussanich
- 2 Nadine Morton
- 3 Connie Elliott
- 7 Kitty Masters
- 10 Margie St. John
- 11 Ann Hart
- 12 Kelly Rohn White
- 19 Mike Helbling
- 20 Toni Meeuf
- 22 Nancy Larson-Powers
- 24 John Carlson
- 24 Janice Perry
- 27 Allen Bowles



March

- 5 Eddy Brenner
- 8 Sharon Singleton
- 10 Linn Lindsey
- 10 Sharon Royce
- 21 Maureen Laflin
- 21 Ron Meeuf
- 31 Corinne Lyle

In the Spotlight: Fit and Fall Proof

On Monday and Wednesday mornings, the mingling begins around 9:15 AM in the 1912 Center's Reception Gallery. The Idaho Department of Health and Welfare's Fit and Fall Proof, a physical activity program designed for older adults that aims to reduce the risk of falls and improve participants' general health, will soon begin. Indeed, although the class (9:30 AM–10:30 AM) is crafted to engage participants physically for about forty-five minutes, it's become so popular that many Moscow seniors arrive early to flex their socialization skills first.

The highly attended activity typically attracts twenty to thirty folks (mostly women, aged sixty-four to eighty-eight) with overflow that siphons into the hallway, so everyone has room to walk and stretch and twist their torsos. Lynn Ate, one of seven trained volunteers who alternate in leading sessions, notes that every class is unique because "each leader emphasizes different routines." A recent session began with about fifteen minutes of walking and marching the perimeter of the large room to enhance leg strength and balance by incorporating head turns, balancing on one foot, and performing knee touches, back-up steps, and foot-tapped clock positions. Followed by a series of seated chair exercises that include resistance bands targeting leg and shoulder strength/flexibility and weighted balls, routines like these guarantee reasonably challenging movements and a satisfyingly solid senior workout.



Fit and Fall Proof volunteers. Front: Brian Hart.
Back: Mary Baker, Steve Cooke, Terrie Postlewait,
Marty Stolberg, Lynn Ate, and Lee Warner.
Not pictured: Becky Barnes, David Nelson,
and Nancy Nelson.

With a commitment to conducting follow-up tests on willing seniors before they start the program and periodically afterward, the program keeps tabs on an individual's health, the class's effectiveness, and how to adjust the routines. Ate swears by cross-body exercises, noting they enhance cross-body intelligence, a marker of functional fitness.



So, if you're looking for a great workout and an enjoyable way to socialize while improving your functional fitness, come on up the stairs around 9:30 AM to the Reception Gallery on Monday and Wednesday for Fit and Fall Proof. Your body and your nerves will thank you.



Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency.

