

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message

I am looking forward to fall. I think it is just around the corner. I have always liked Moscow because of the four seasons' climate 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 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.

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 (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, bridge, bingo. These indoor activities stimulate your brain, minimize your exposure to the extremes of climate, and provide a positive social environment, all at the same time. Some also offer jig saw puzzles you can work on and a small book library.

Our head cook, Greg, is having shoulder surgery in October and will be out for a couple of months. A temporary cook will be hired to fill in. We hope Greg's surgery is successful and he will return shortly.

We have board elections coming up at our annual meeting in December. A nominations committee, consisting of Sharon Singleton and Cindy Weiland, will be looking for nominations for our four officers and one director. If you have an interest in being on the board of FN let them know. Also, if you have any suggestions that you think will improve the services we provide, let a

board member know or drop a note in the suggestion box.

Have a great fall!

John Carlson, President



Flu Shot Clinic – Tuesday, October 7

A pharmacist from Hodgins Drug in Moscow will be at our October 7th 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.

Bring your identification and insurance cards. The personnel at Hodgins have an enrollment form you need to fill out and they want a copy of your insurance card (e.g., Medicare). Wear a blouse or shirt with sleeves that roll up to your shoulder.



Adult Events at the Moscow Public Library



Our next **Friends of the Library Book Sale** is Saturday, August 20, at the fairgrounds. The Friends of the Library's storage units are close to overflowing, so there will be lots of great books to choose from!

On Saturday, August 27, we host a **Sourdough Baking Class** in the Brink Room of the Moscow branch. Although the class is currently full, there's a waitlist in case any of the current participants drop out. We'll likely offer the course again in the future, given its popularity.

Our recurring **Craft Lounge** features some cute but spooky seasonally appropriate crafts in October, including an adorable "pet ghost" and a glittery potion bottle.

We celebrate **Banned Books Week** between October 5 and October 11. Our main program is a screening of the 2025 documentary, *The Librarians*, in collaboration with the Kenworthy Performing Arts Center. The documentary discusses the recent wave of censorship attempts and book bans in school and public libraries. Admission is free with concessions available for purchase.

Our next **Repair Café** takes place October 12. This is a great opportunity to bring in damaged clothing, jewelry, books, simple appliances, and/or dull knives and connect with someone who has the skills necessary to repair them, saving you a bit of money in the process.

Dementia Caregiver Workbook

Friendly Neighbors received copies of the Idaho Department of Health & Welfare booklet: "Navigating Dementia – Workbook for Family Caregivers." This workbook was developed for Idahoans caring for a person with memory loss and is a great guide for caregivers on this challenging journey. The workbook has helpful local resources, phone numbers, websites, and tip sheets!



We distributed copies of the free workbook at our meal site, but we still have several available. If you'd like one, or know of someone who could use it, ask at our meal site or arrange for Kay Keskinen to leave you a copy.

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 from 10 AM to 4 PM on Wednesday, October 22, and again on Thursday, November 13, from noon to 4:30 PM 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 two 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 with you to your appointment your Medicare card and a list of your prescriptions and their dosages.

Additionally, on Thursday, October 23, Janine will do a short presentation just before our main meal to provide a quick "what you need to know" about the changes to Medicare this year.

Clocks Turn Back One Hour to Standard Time Sunday, November 2 at 2 AM



Elder Outreach from the Area Agency on Aging

Suzi Linder, Elder Outreach Coordinator from the Area Agency on Aging office in Lewiston, will have a table at our Tuesday, September 30, meal site to share information and resources. Her focus will be

- educating older adults about Medicare fraud, scams, and abuse;
- providing tools to help them protect their personal information; and
- offering outreach and support tailored to your site's needs.

Suzi replaces Mandi Murt, whom many of you may remember from her AAoA site visits to Moscow. Stop by Suzi's table to get information about the many services her office provides.



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
19 Becky Phillips
20 Cynthia Magnuson
20 Suzie Trail
22 Dennis Mulalley
25 Marcia Anderson
29 Nancy Lindhorst
31 Carolyn Hook



November

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

Words of Wisdom from Children

Never trust a dog to watch your food. Patrick, age 10
When your dad is made and asks you, "Do I look stupid?" don't answer him. Michael, 14
Never tell your mom her diet's not working. Michael, 14
Stay away from prunes. Randy, 9
Never pee on an electric fence. Robert, 13
Don't squat with your spurs on. Noronha, 13
Don't pull dad's finger when he tells you to. Emily, 10
When your mom is mad at your dad, don't let her brush your hair. Taylia, 11
Never hold a dust buster and a cat at the same time. Kyoyo, 9
Don't sneeze in front of mom when you are eating crackers. Mitchell, 12
Puppies even have bad breath after eating a tic tac. Andrew, 9
You cannot hide a piece of broccoli in a glad of milk. Amir, 9
Don't wear polka dot underwear under white shorts. Kellie, 11
If you want a kitten, start out by asking for a horse. Naomi, 15
Felt markers are not good to use as lipstick. Lauren, 9
When you get a bad grade in school, show it to your mom when she's on the phone. Alysha, 13
Never try to baptize a cat. Eileen, 8



October Is National Apple Month

Apples are in season, affordable, and a great snack or addition to your meals.

The benefits of apples include that they are

- delicious;
- easy to carry for snacking;
- packed full of important nutrients, such as fiber;
- low in calories (about 80 calories per tennis ball-sized apple); and
- inexpensive.



Did you know?

- Apples have 4 grams of fiber. They contain both soluble and insoluble fiber, which lowers cholesterol levels and increases digestive health.
- It is best to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin and increases the amount of fiber you get.
- The top producer of apples is our neighbor Washington State. Sixty percent of apples produced in the United States comes from there. Idaho ranks tenth.
- An average apple tree produces around 840 pounds of apples per year.
- There are more than 7,500 varieties of apples worldwide.
- Apple varieties have different qualities (sweet, tart, soft and smooth, or crisp and crunchy), depending on the one you choose:
 - Jonathans are tart, great for baking or eating.
 - Honeycrisps are sweet, crisp, and delicious for eating.
 - Galas are sweet, making them good for eating by themselves or in salads.
 - Granny Smith apples are tart and great for baking.

Kali Gardiner, RDN, LD
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Friendly Neighbors Board of Directors:

President: John Carlson
Vice President: Sharon Singleton
Secretary: Lorraine Frazier
Treasurer: Kay Keskinen
Directors: Allen Bowles, Wendy Taylor, and Cindy Weiland
Past President: Bill Terrio

An Apple a Day

Keeps anyone away—if you throw it hard enough.

Where do apples go on vacation? *Fuji.*

Who's an apple's favorite relative? *Granny Smith.*

How do you make an apple turnover? *Roll it down a hill.*

How do you make a baby apple go to sleep? *You Rockit.*

Why did the apple cry? *Its peelings were hurt.*

What's worse than finding a worm in your apple?
Finding half of a worm in your apple.

What kind of workouts do apples prefer? *Core workouts.*

Why did the apple stop running? *It was out of juice.*

What do you call an apple with gas? *A tooty fruity.*

What do you tell someone who is afraid to plant apple trees? *Grow a pear.*



I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.