

# *Friendly Neighbors Newsletter*

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## President's Message

Hi everyone,

As I write, the outside temperature is expected to be in the mid-90s for several more days. Several places offer refuge: the 1912 Center (the Great Room for senior meals

T/TH and/or other rooms for activities provided by Friendly Neighbors); Hamilton Indoor Recreation Center; and the local library. One advantage of being in our age group is that most of us can choose to stay inside, out of the heat. It's great to live where in another month or so the hot days will be over.

Due to a number of issues and a new baby, we lost several of our kitchen personnel. Thanks to the heroic efforts led by Sharon, we replaced them. Our new cook is Kathleen and Julie is our new dishwasher. We are happy to have them as part of the kitchen crew. They round out the kitchen crew that includes Yoshimi and Wendy (who volunteers).

It has been over a year that we have not had to put away tables and chairs after our meals. I hope you are enjoying staying longer and not having to lug them around. Our ultimate goal is to make your mealtime as enjoyable as possible. Let us know if you have any ideas that will improve our service. We can do a show-and-tell time if you have something you wish to share. Let Sharon know if you want to participate in it.

John Carlson, President

## Meet Our New Cook:

**Kathleen Harsch**

(in her own words)

I grew up with my four siblings in a small California farming town called Guadalupe. We lived in a house that was on a dairy farm.

I married young, at 17, then finished high school. Most of my culinary training was on-the-job at the Golden Tee in Morro Bay

where I was the assistant chef. After a year, the chef left and I became the chef. I took cake-decorating and dessert-making classes and became a baker.

I divorced and achieved two medical degrees and moved to LA, where I worked in hospitals and ran my own catering business. This year my eldest daughter Kandi brought me from California to live in Moscow with her and her husband. I have three children and four beautiful grandchildren. I love to garden; when I lived in Pismo Beach I raised monarch butterflies.



## Meet Our New

**Dishwasher:**

**Julie Rinard**

(in her own words)

Julie Rinard has been a local gal since the 1960s. She married Jerry Rinard, former Frito chip guy. They raised two daughters, Christie and Lori Eacker, and one

grandson, Tyler. Tyler made us great-grandparents with his girl Mikayla along with a great little boy named Sawyer. I really love all things quilting. I have a large, longarm quilting machine. I particularly enjoy quilting quilt tops for others.



## Never Stop Learning at the Moscow Public Library



While public libraries are often known for their wide selection of books from fiction to memoirs and travel guides, the library is home to many more resources and services for those with a lifelong love of learning. From those looking to sharpen their technology skills to others wanting to learn a new language, the library offers a variety of resources online or in person.

Tech-Talk is an online database specifically designed to help with understanding the digital basics. Tech-Talk's module on Using Email, for example, is full of helpful tips, like how to use Gmail and print email attachments. To access Tech-Talk and all of its webinars, visit the Digital Resources page on the library's website and click on the Tech-Talk tile. For more hands-on assistance, schedule a Tech Help Appointment by calling the library at 208-882-3925. These are one-on-one meetings with Tech Help specialists to help you set up new devices, access digital materials, or resolve other tech-related requests.

Two new digital resources available for all patrons include Mango Languages, an online language learning resource that can be accessed online from the Digital Resources page or through the Mango mobile application. Users can learn a variety of languages through its self-paced courses, including Spanish, Dutch, Cherokee and many more. In addition to that, library patrons also have access to Hoopla. By creating an account with Hoopla, patrons can check out movies, music, and TV shows as well as a selection of eBooks and audiobooks.

Finally, the library houses a large collection of Great Courses, which provide educational instruction from a variety of experts. Some of the subjects covered include geology, anatomy, and the history of philosophy. The courses are not only available for checkout in person, but also via online using a Hoopla account.

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## Research Participants Needed for Stroke Study

The robotics lab at the University of Idaho's Engineering Department is looking for up to thirty participants who have had a stroke more than six months ago and have some residual impairment affecting arm or hand function for a research study called "Improving Arm Function after Stroke Using Wearable Exoskeletons." The project is planned to run through January 18, 2025, but they're hoping to collect as much of the data as possible this summer.



Compensation is provided (\$50). For registration and exclusion criteria, a one-page poster and trifold pamphlets are available in the office. Or contact Joel Perry (principal investigator) at 208-885-2144. The survey can also be reached [here](#).

## Birthdays of our Members

### August

- 1 Lois Reed
- 5 Terry Gray
- 6 Linda McHargue
- 7 Miriam McBride
- 8 Kathryn Cree
- 12 Celia Boland
- 13 Connie Cohen
- 17 Rich Wekerle
- 29 Tammy Conniff
- 30 Susan Warren
- 31 Abby Hudson
- 31 Joy Irving
- 31 Jim McCloskey



### September

- 10 Rose Vanderhaak
- 16 Ed Townsend
- 23 Diane Evans
- 27 Ray Morris
- 28 Dianne Cole
- 28 Sue Green

## In the Spotlight: Bridge

Even a ghost can win a card game. That's what happened at a recent Thursday gathering of the bridge group.

But don't let the presence of a ghost (a partnerless player) nor the game's sophistication scare you off. Either just might hook you.

Indeed, bridge is a challenging, trick-taking, partner-based, fifty-two-card game whose complexities often confound the most experienced players. Yet for devotees, that's the allure. As longtime player and billionaire Warren Buffet has waxed (philosophically), "the more you know, the more you understand what you don't really understand."



Although variations have been developed over the centuries, the game basically involves one partnership trying to keep a second from fulfilling a contract (a prediction of the number of tricks a partnership expects to win per deal). Highest card wins a trick. Players tally points at the end of each deal and their final total ultimately identifies the overall winner.



Those drawn to it love to learn—actually, they have an appreciation for learning and the humility it involves. Larry Kirkland, the Friendly Neighbors' bridge activity host, loves the logic, quick thinking, patience, concentration, and partnership skills it tasks. "It's never boring. I'm constantly learning." A retired engineer, he enjoys the mental workout of calculating seemingly infinite card combinations, activity that inspired tennis legend and bridge enthusiast Martina Navratilova to label it a "cerebral sport."

Although its heyday in the United States occurred in the 1930s and 40s, bridge remains a popular card game, engaging 15–25 million US players, most of them fifty years of age or older (by contrast, poker attracts about 60 million). Playing the game particularly benefits older players, according to researchers. Given that successful play relies on memory, visualization, and sequencing—as well as working with a partner—it can help to improve cognitive performance, possibly even slowing down the onset of symptoms of dementia or other cognitive decline.

Larry got involved in the group in 2001 or 2002, at the behest of his mother. "She asked me to help fill a table. Back then, the group used to have eight tables going." Today, the group sports about three, filled mostly with regulars (average age around eighty), though some of the players are relatively newbies. Larry thinks online gaming accounts for some of the decline.

As one by one each player tosses a card and adjusts its orientation on a table, any deal can look pretty intimidating to an outsider. That is, until someone offers you a snickerdoodle cookie and David (today's ghost),



cheekily reminds, "we don't know what we're doing either." So, if you're a curious soul who likes hanging out with friendly folks and challenging your mind, come and help to fill a table or two (and keep the ghosts at bay) by playing bridge in the Green Dragon Game Room in the 1912 Center on Thursday afternoons. Snickerdoodle cookies optional.



## Eating When It's Hot Outside

Gosh, it's hot. One way to stay cool is to hydrate and hang out in the shade or in air-conditioned rooms. Another is to eat smart. That can be harder to do when you're hot, but that's not a good way to take care of yourself, especially as you get older. For what's left of this hot summer, nourish yourself and reduce your body temperature better by eating more foods that are high in water content. Snacks include



**Melons.** Watermelon is 92% water; cantaloupe and honeydew, about 90%. Add yogurt (75%-88% water) for a protein-packed treat.  
**Berries.** These yummy treats are also alkaline and antioxidant.  
**Peaches.** Along with being 89% water, the stone fruit is a source of vitamins C and A and potassium.  
**Cucumbers.** At 96%, it is the water-content king of foods. Delicious eaten by themselves or added to food or blended in a drink.  
**Cruciferous veggies.** Broccoli, cauliflower, and cabbage are excellent water sources. Steam them for maximum hydration.  
**Zucchini.** At 94% water content, eat them raw, roasted, grilled or spiraled into a pasta substitute.

For a fuller meal, combine some of these food items in cold chicken salad, cucumber feta salad, or a cold turkey wrap

## Exercising When It's Hot Outside

It's often difficult to stay active when it's hot outside. But it's important to stick with it, especially since safe exercise options for older folks are available.

**Walking.** Walk in the morning, when it's cooler. Go with a friend, not only for safety reasons (walking alone is risky, if you overheat) but also for the social stimulation it provides. Wear a hat and protective clothing if possible and don't forget the sunscreen! Another option is to walk indoors, in air-conditioned comfort, like in the mall.

**Swimming or other aqua aerobics.** Water is cooling, but it also helps you to keep your balance more easily. Moving around better will make you feel like you're actually getting a workout.

**Ballroom dancing.** This will up your social contact too.

**Tai chi and/or yoga.** Builds flexibility and improves balance.

Above all, keep moving and just be safe about it. Sustained movement is what benefits health the most.



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.

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

