

# ***Friendly Neighbors Newsletter***

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Editor – Lori Vermaas    Reporter – 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)

Email: [friendly.neighbors@yahoo.com](mailto:friendly.neighbors@yahoo.com)

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



## **President's Message**

As I sit typing this letter it's raining outside and I am grateful that the crops and gardens that have been planted are getting a much-needed watering. I am also thankful that we have one of the best senior meal sites in the

region. We can be proud of ours for many reasons. The soup is good, and our salad bar and main courses so healthy and nutritious. All of this doesn't happen by chance. We are blessed with three kitchen employees and two kitchen volunteers who are expert and dedicated. They put in many hours preparing and serving the meals and keeping all the dishes, utensils, and kitchen area in spotless condition.

We also have a great group of volunteers (a little over forty of them) who work with the kitchen staff by cleaning up after us. Most are not often noticed but be sure to thank those you see. Thanks also to the vendors and those who pick up from them. Our donation table is amazing. With careful planning, a person can significantly minimize their food budget by combining their weekly meals and freebie items.

To make all this happen requires a significant budget. Each meal costs around \$9.00, and the Area Agency on Aging reimburses us at less than half that amount. The rest comes from meal site donations and other donations and grants received. A major task of the Friendly Neighbors board of directors is generating the means of covering this gap. Up to this point they have done a remarkable job.

May we all do our part in keeping the "friendly" in Friendly Neighbors a high priority.

John Carlson, President

## **1912 Center Closes for Maintenance**



It happens every July: the 1912 Center closes for building maintenance from Monday, June 30, through Monday, July 7. NO congregate meals that week. That week's home delivery meals will be sent out on Thursday, June 26.

There is discussion of having seniors meet for lunch on Tuesday, July 1, at a local fast-food restaurant (meals at your

own expense). If that happens, information will be announced at the meal site and/or in our e-news emails that go to members only.

During the time of the building closure, NO senior activities will be held in the 1912 Center.



## Adult Events at the Moscow Public Library

Adults have a lot to look forward to this June and July at the library! **Summer Reading**, the annual all-ages reading challenge, kicks off on **June 2**, with several adult take-home activities to enjoy as well as engaging events to attend. Take-home activity distribution is every other week, starting Monday, **June 9**. To learn more about Summer Reading and the season's events, visit the library's website at [latahlibrary.org](http://latahlibrary.org) or any of our social media platforms.

On the first Thursday of every month, the monthly **Craft Lounge** occurs at 5:30 p.m. Create a guided craft or just work on a personal project with friends. Refreshments and all materials are provided. Upcoming Craft Lounges are on **June 5** and **July 3**.

Several Book Clubs for adults are available throughout the summer, including the **Tuesday Teabirds Book Club**, the **Night Owls Book Club**, and the **Silent Book Club**. The Teabirds meet on **June 10** to discuss *Vera Wong's Unsolicited Advice for Murderers* by Jesse Q. Sutanto; the Night Owls meet on **June 18** to discuss *Intermezzo* by Sally Rooney; and finally, the Silent Book Club meets on **June 14**. Silent Book Club does not assign a reading; attendees simply come together and read their books beside friends.

**Plant Swap** occurs on **June 7** from 11 a.m. to 1 p.m. on the library's grounds. The swap is perfect for anyone with too many plants at home or those who want a greater variety of plants in their yard or home. All plants are welcome, whether houseplants, seedlings, or other outdoor yard plants.

Finally, on **July 13** from 1 p.m. to 4 p.m., we host the quarterly **Repair Café** at the 1912 Center, located at 412 East Third Street. Community members are invited to bring their broken objects and a can-do spirit! Volunteer experts share their skills with visitors to repair books, clothing and textiles, jewelry, small household appliances, toys, and other items.

For the most up-to-date information about all library events, visit the Events Calendar on the library's website or call 208-882-3925 any time during the Moscow Library's open hours.

Rebecca Rivapalacio  
Adult Services Manager  
Latah County Library District  
[rebeccar@latahlibrary.org](mailto:rebeccar@latahlibrary.org)

## Volunteerism Is Good for You



Offering your time and resources to help out others not only benefits others, it gifts you too. Various recent studies show that kindness benefits everyone. Every two years from 1996 to 2014, four British well-being researchers took data from nearly 70,000 participants about their volunteering habits, mental health, levels of stress, and daily mood. The results, published in [2020](#) in the *Journal of Happiness Studies*, found that people who volunteer are happier than those who do not, which also improves mental health over time. Even more, ongoing studies from the Longitudinal Study of Aging find that volunteers have lower mortality rates and improved well-being, regardless of age, gender, or physical health. And Harvard Health notes in 2025 that for females experience lower levels of depression while for adults over fifty volunteering reduces stress levels and blood pressure, all of which can lower the risk of heart disease.

In addition to the health boon, though, is the social payoff. Volunteering helps build relationships with people you might have otherwise never met and provides leadership and life skills by pushing you outside your comfort zone. The senior center offers some opportunities (check in the main office if you want to create your own senior activity—maybe quilt making?), or consider spending an hour of your week building a relationship with more isolated fellow seniors—offer a ride to events at the 1912 Center or lead a building tour. Too, you might donate time with Experience Corps, an AARP program that pairs retirees with youth who need help reading, or at Gritman you might offer company to a patient. For sure, you can get creative anywhere, including at home—maybe volunteer to read stories to your grandchildren regularly. It may just brighten both of your days!



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## Birthdays of Our Members

### June

3 Wendy Taylor  
6 Andy Barnes  
10 Bill Amador  
11 Marie Charles  
14 Larry Kirkland  
18 Lorraine Frazier  
19 Susan Petersen  
20 Joe White  
23 Kelli Bradley  
23 Brian Leffingwell  
30 Julie Thomas



### July

3 Kevin Kline  
4 Evelyn Anguiano  
12 Jo Bohna  
13 Lori Mulalley  
14 Len Bielenberg  
15 Kerry El-Mansouri  
19 Annette Trimble  
22 LeNelle McInturff  
27 Sharon Hayden  
29 Virginia Elliott  
29 Bill Terrio  
31 Joseph Powers



## Eat in Season

Now that it's farmers market season, it's the perfect time to start eating in season. With so many delicious options, you'll have a great time and your body and pocketbook will love you too, says the American Heart Association:

**More nutrition.** In-season tomatoes and other veggies and fruits tend to be richer in color and flavor, meaning higher vitamin levels and/or antioxidant content.

**More variety.** As the seasons progress, different foods appear, providing you with a wider variety of nutrients.

**Supports local growers.** Consulting with them also provides a social opportunity and possibly informs you about foods you never thought to try before.

**Less expense.** Because of the law of supply and demand, in-season food tends to be cheaper.

Be made of the "ripe stuff." Eat in season. Regarding in-season fruits and vegetables, because they are nutrient-dense, try to eat some of each every day. Ideally, eat 1.5–2 cups of fruit and 3–4 cups of vegetables each day.

To find out what's in season, visit <https://www.seasonalfoodguide.org/>. Bon appetit!





## In the Spotlight: Bingo



A small cage filled with coded ping pong–like balls briskly rotates, rattling and sputtering out a ball one by one onto a flume. “G50,” says Bill Terrio, the caller, announcing the first of many bingo number callouts to the Bingo senior activity group, which meets every Friday morning for an hour, starting at 10 a.m.

Started in 2002 by Friendly Neighbors, the game Moscow seniors enjoy on Fridays originated in the eighteenth century in Italy. Using a shutter bingo card, players slide a colored window over a matching number to track their progress, which eventually creates a variety of patterns.

When a player’s markings match the preannounced game pattern, they yell out “Bingo!” declaring theirs a winning card.



“We play a variety of game patterns, but my favorite is Checkers Board,” Bill says, referring to a combination where players try to fill in every other square on their card. Other patterns might include Blackout (every number covered), Outside Edge (all numbers along a card’s four edges), or perhaps one of the more whimsical ones, Hot Dog (the silhouette of a frankfurter in a bun). Winners get to call the next game’s pattern, based on Bingo Lingo, a game resource.

“The games pay out \$1 per game except for the last game, which pays out \$2 until all the funds are paid out. We do not keep any of the funds,” says Bill. Although you can’t win a huge amount here on Friday mornings (the most Bill won once was \$5 and he recalls that the most someone won was \$8), it’s not unusual to (nearly) break even by game’s end.

But the purse doesn’t really matter because the fun and easy-to-play game gives everyone ample opportunity to banter and joke with one another in between games. And maybe make a friend. Usually eight to twelve players participate weekly, creating just the right atmosphere for “a bit of socializing, [usually] before the games start,” which, Bill notes, “is good for the members and myself.”

At \$3 a card, and with players playing only one card, the social opportunity Bingo Friday provides is a great bargain. So, if you’re looking for an easy and inexpensive social opportunity, plus the chance to win a few extra bucks, give Bingo a try on Friday mornings at 10 in the Green Dragon Game Room. It’s always a great day to get the chance to yell out “Bingo!”

