

Friendly Neighbors Newsletter

Volume 12 – Issue 1 – January/February 2011

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Moscow Senior Meal Site and Senior Center

412 East Third Street, Moscow, ID 83843

Web Page: <http://users.moscow.com/srcenter> Email: friendly.neighbors@yahoo.com

President's Message

This is my first attempt at leading the Friendly Neighbors, and I am honored to have been elected President of the group. I have been in the professional purchasing area at the University of Idaho and have done some part-time teaching at both UI and WSU. I am retired from the investment advising business, having worked with a financial services subsidiary of Sterling Savings Bank and also with Waddell & Reed.

Now I am looking forward to serving Friendly Neighbors Senior Citizens in Moscow. The former President of Friendly Neighbors, Leonard C. Johnson, handed over the reins of a healthy organization and he is to be congratulated for his efforts. My experience with Friendly Neighbors has been gratifying thus far.

I have been pleasantly surprised with the tasty meals produced in our kitchen. My congratulations go to Ellen Roskovich and her kitchen staff in preparing the professional quality meals we have experienced. To feed as many people as we prepare meals for has to be challenging.

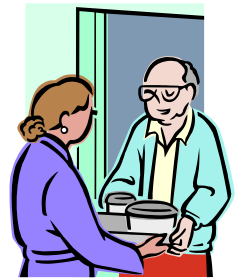
As mentioned in last year's issue 4 of this newsletter, we became a United Way agency in 2011. We are now receiving funds from United Way, and we recently received the first quarterly income payment. A large thank you is owed to the United Way organization.

The Bela Jazz Ensemble has volunteered to perform at the Friendly Neighbors meal site on Thursday, February 10. They entertained us last February when they were preparing for the University of Idaho Jazz Festival. I am eagerly anticipating their repeat performance.

by Linn Lindsey, President

Home Delivery of Meals

In addition to providing congregate meals for seniors (age 60 and older) at the meal site in the 1912 Center, Friendly Neighbors also provides hot and/or frozen meals for home delivery to seniors who qualify. For information on how to qualify for delivered meals, contact Jenny Zorens at the Area Agency on Aging in Lewiston; her phone is 800-877-3206.



How Many Meals in 2010?

by Kay Keskinen, Treasurer

The key mission of Friendly Neighbors is to provide congregate and home-delivered meals to seniors age 60 and older. In 2010 we provided a total of 9,108 meals, of which 6,347 were congregate meals (6,007 to seniors, 340 to people younger than 60), and 2,761 (1,002 hot and 1,759 frozen) meals were delivered to the homes of seniors. The 9,108 meals represent 657 more than the 8,451 provided in 2009.

Circuit Breaker Deadline

April 15, 2011

**Contributed by Cammie Villabol
Latah County Assessor's Office**

It is time to sign up for the 2011 State Property Tax Reduction Program. Assessor Patrick J. Vaughan reminds the public that the deadline for applications is Friday, April 15, 2011. No applications will be accepted after this date.

If your 2010 income minus medical and funeral expenses does not exceed \$28,000 and you are a widow or widower, or are 65 years old or older, or are disabled, you may qualify for this exemption. Only the income of the applicant and spouse will be considered.

To make application, property owners should bring a copy of their 2010 federal tax returns, all 1099 forms including Social Security, and proof of funeral expenses and all medical expenses not reimbursed by Medicare or insurance to the Assessor's office in the Latah County Courthouse. The office is open Monday through Friday, 8 a.m. to 5 p.m.

Winter Sunset by Glenda Hawley

The winter sun "offs" itself
Below the horizon
Turning the barren trees to
Silhouettes of black lace
Superimposed on a peach-colored
background.

A solitary dark cloud overhead
Has a soft pink underbelly
Belying its threatening impression.

Even as I write this,
The color fades and the
Black curtain falls on the theater
Of this winter day.
The performance, now over,
And all nature applauds.

AARP Tax-Aide Volunteers to Help

IRS-certified AARP Tax-Aide volunteers will be available in Moscow and Troy to prepare and electronically file federal and state tax returns. This free service will be available at two locations:

Moscow at the 1912 Center, 412 E. 3rd. St. on Wednesdays and Fridays from Feb. 9 through April 13, from 9:30 a.m. to 2 p.m.

Appointments are not necessary – first come, first served.

Volunteers also will be available **in Troy by appointment at the Troy City Hall conference room, 517 S. Main St., from Feb. 10 through Feb. 24, from 10 a.m. to 1 p.m.** Please call 208-596-1278 to make your appointment for tax assistance in Troy.

The AARP Tax-Aide volunteers prepare returns for low to middle income taxpayers of all ages, and with emphasis on those who are age 60 and older. Membership in AARP is not required. The program is sponsored by the IRS and the AARP Foundation.

Volunteers are authorized to prepare most basic returns. They do not prepare returns for taxpayers who have income from rental property or for taxpayers having complicated business returns.

What to bring with you when you come:

- A copy of last year's return;
- W-2 forms from each employer;
- Unemployment compensation statements;
- 1099 forms showing income received from Social Security, pension, interest, dividends, capital gains, scholarships, and broker transactions;
- Documents showing date of purchase and purchase price for assets sold in 2010;
- Dependent care provider information if you paid for dependent care while you worked;
- Social Security Card for yourself and for all dependents.

Free Community Dinner

On every second Thursday of the month, the First United Methodist Church offers a free (yes, free!) evening meal from 6 to 7 PM. All are welcome. The church is at 322 East Third Street; please use the Third Street entrance.

Upcoming meal dates are Thursday, February 10, Thursday, March 10, and Thursday, April 14. Mark your calendars for these free evening meals.

Blind and Diabetic Support Group

The support group for seniors who experience blindness, eye diseases, or diabetes meets every Wednesday at 10:30 AM in the Moscow Senior Center. Maggie Flint is the group's coordinator. Most weeks they have a guest speaker. The programs scheduled for the month of February are as follows:

- February 2 ~ Plough Shears: Web French and family
- February 9 ~ Kelly Armstrong and friend, Gritman Wellness Center
- February 16 ~ Skip and Carol Frink: Missionary work abroad
- February 23 ~ Birthdays and brainstorming

Dues for Friendly Neighbors

Annual dues for Friendly Neighbors are \$2 and run from January through December. If you've not yet paid your dues for 2011, please pay dues to Karen Davis, Membership Chair. She can usually be found at the meal site.

Latah County AARP Chapter

The next meeting is Friday, March 18 at the Best Western in Moscow. Lunch is served at 11:30 AM. To reserve a place for the lunch, call Judy at 882-6069.

Spotted on a Bumper Sticker:

Honk if you love Jesus.

Text if you want to meet Him.

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important services for Moscow area seniors.

Besides managing the senior meal site, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors, located on the first floor of the 1912 Center and is open from 9 am – 4 pm Monday through Friday (closed holidays).

Daily activities include:

Monday AM: Computer help

Monday PM: Jigsaw puzzles

Tuesday PM: Pinochle

Wednesday AM: Blind and diabetic support group at 10:30

Wednesday PM: Computer help, word games, and jigsaw puzzles

Thursday PM: Bridge

Friday AM: Bingo

Coffee Hour Daily - 10:00 a.m.



At the Moscow Senior Center
Coffee courtesy of Jeff Bollinger
Edward Jones Investments

Fun Facts

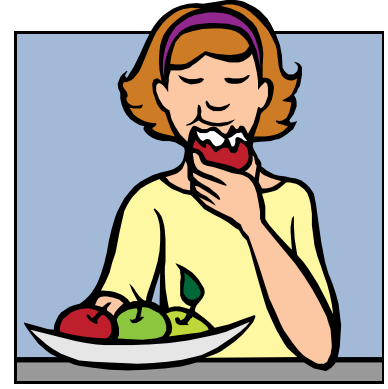
Frank Baum imagined the name for Oz in "The Wizard of Oz," when he looked at his filing cabinet and saw A-N and O-Z, hence "Oz."

The Lewis & Clark Highway (US Hwy 12) is the shortest route (2,500 miles) from the Midwest (Detroit, MI) to the Pacific Coast (Aberdeen, WA) and the longest highway within a national forest in the nation.



"Why Would I Eat That?"

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the January 2011
"Senior Nutrition News"



Many changes that come with aging can impair the health of older adults. It is very important to eat a variety of foods to get the nutrients needed to help with the body's daily functions. Here are some food categories to be sure to consume:

Why Eat Protein? Protein builds muscles, prevents muscle atrophy, maintains body tissues, regulates fluid balance and provides the building blocks for growth. It is also utilized as energy and to fight against illness. Most tissues in the body contain and need protein. Good sources of protein are meat, poultry, fish, dairy, legumes and grains.

Why Eat Fat? Fat supplies energy, helps the body utilize other necessary nutrients and provides insulation to protect organs and the body from extreme temperatures. Incorporating healthy fats in the diet will aid in brain and eye health. Healthy sources of fat include fish, nuts, avocado, and vegetable oils.

Why Eat Carbohydrates? Every cell and reaction in the body requires energy, and carbohydrates provide the body with energy and aid in fat utilization. In addition, whole grain carbohydrates, along with plenty of water, provide the necessary fiber to eliminate constipation. Good sources of carbohydrates are vegetables, fruits, and grains.

Why Drink Water? Many older adults do not feel thirsty or notice dry mouth, but staying hydrated is essential. Water cleanses the whole body. It carries nutrients to the cells and waste products out of the body through urine and sweat. It aids the digestive tract in the breakdown of nutrients and even regulates body temperature.

What about Vitamins and Minerals? Almost every cell in the body requires the assistance of vitamins and minerals. Vitamins and minerals are found in many of the food groups and are very high in fruits and vegetables.

Eating to support healthy aging all comes down to eating a variety of foods and drinking plenty of water. When nutrients are provided, the body can be fully equipped to fight illnesses and utilize energy to make it through the day.

Coffee Humor



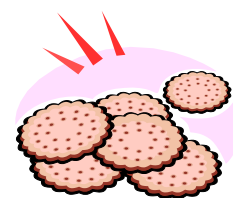
A grandmother was surprised by her 7 year-old grandson one morning. He had made her coffee. She drank what was the worst cup of coffee in her life. When she got to the bottom, there were three of those little green army men in the cup. She said, "Honey, what are these army men doing in my coffee?" Her grandson said, "Grandma, it says on TV 'The best part of waking up is soldiers in your cup.'"

Nutrition Notes

by Karen Davis, M.S. in Foods and Nutrition, U of Wyoming

Human beings are mammals, and mammals like to bulk up in preparation for surviving a long, cold, hard winter. When we try to stay slim, we are fighting the way Mother Nature wired us. In response to this internal drive, we eat high calorie, high fat, and high sodium foods. This is a list of the 9 most fattening foods of winter with less fattening suggestions to try, taken from WebMD.com web site.

- 1. Macaroni and cheese.** This is an all-time favorite comfort food, but a 12-ounce serving of Stouffer's mac and cheese has 529 Calories and 25.7 grams of fat, 10.6 of which are saturated. To slim it down, use low-fat cheese and low fat milk, and improve the nutritional value by adding vegetables.
- 2. Cream-based soups, bisques and chowders.** A 1-cup serving of Chili's New England Clam Chowder has 940 Calories, 65 g fat (34g of which are saturated), and 1,200 mg of sodium. Substitute broth-based soups and select low sodium varieties.
- 3. Cream and cheese-based casseroles.** These, too, are loaded with total and saturated fat. Try oven-roasting vegetables rather than burying them in sauce.
- 4. Cheesecake treats.** You can be looking at over 1,000 Calories per slice of cheesecake, and those calories come from a lot of fat and saturated fat. Instead, try a low fat ice cream cone to cut the Calories by about 150 Calories, or suck on a peppermint for a mere 20 Calories.
- 5. Chili and stews loaded with ground beef, sausage, and/or cheese.** At Chili's a bowl of cheese chili has 500 Calories, at Wendy's 220 Cal. Make your own w/lean ground meats or go to Wendy's.
- 6. Pie topped with whipped cream or ice cream.** Crusts and topping contain a lot of fat and a large portion of the fat is saturated. If you want pie, skip the crust and topping.
- 7. Fried side dishes .** A side of fries at McDonald's has 570 Calories. Half of a deep fat fried "blossom" onion has 1,355 Calories. These foods are usually eaten IN ADDITION to a main entrée. Instead, have a side salad and skip the fried side dish, or look for something with vegetables that isn't fried.
- 8. Cookies.** One 2 ½ inch cookie contains 200-250 Calories, and who can eat just one cookie? Saucer-sized cookies have 550-600 Calories. Take a 100-Calorie cookie snack with you or split the cookies. Yeah, sure!
- 9. Creamy pot pies with top and bottom crusts.** A single portion pot pie may contain nearly 800 Calories. Instead, have a roasted chicken breast with a whole-wheat roll for a fraction of the Calories.



Fit and Fall-Proof Class

This free class is nationally recognized and is sponsored by the Idaho Department of Health and Welfare. Basic balance and strength training help you when you are unstable on your feet from age, medical diagnosis, or injury. The class meets every week on Tuesday and Thursday from 9:00 AM to 10:00 AM at the Gritman Community Wellness Center at 510 West Palouse River Drive, Moscow. Preregistration is not required. For more information on this class, contact Odette Engan, coordinator, Gritman Community Wellness Center at 883-9605.

Senior Meal Site

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. Salad bar is available at 11:30 AM with main meal served at noon. Suggested donation for the meal is \$4.00 for seniors 60 and older; for those under 60 the price is \$6.00.

Below are entrée dishes for senior meals for the next two months (menus subject to change)

February 2011 Entrees			
Date	Tuesday	Date	Thursday
1	Sweet and Sour Meatballs	3	Cheese Omelet
8	Ham	10	Meat Loaf
15	Roast Turkey	17	Spaghetti w/Meatballs
22	Tilapia	24	Roast Pork

March 2011 Entrees			
Date	Tuesday	Date	Thursday
1	Chicken Tetrizzini w/Pasta	3	Pot Roast
8	Liver or Hamburger Steak w/Onions	10	Baked Chicken
15	Fish and Chips	17	Corned Beef and Cabbage
22	Lasagna	24	Chicken Cordon Bleu
29	Beef Stroganoff w/Noodles	31	Pork Chops

Neighbor Notes



Clara Dockter spent a week in Coeur d'Alene with her son while he was undergoing knee replacement surgery in January.

Clara also reported that **Edward Johnson** is still very ill; he is at Aspen Park Healthcare.

Marvin Rudd sent a card to Friendly Neighbors thanking us for all the cards he's received. His hip is mending well, and he misses lunch with all of us.

Dorothy Nichols recently re-covered two of the damaged card tables used for playing pinochle and bridge in the Senior Center. Thanks, Dorothy! In addition, Friendly Neighbors Continuing Education funds were used to buy two new card tables and a set of four chairs.

Ernie Bunch reports that he continues to take chemotherapy. He still enjoys playing his harmonica with the Old Time Fiddlers.



Hazel Jahr was (again!) a big winner at bingo, this time on January 14.

Birthdays:

February 2: Bart Barton (90)
February 4: Lee Fruits (74)

March 2: Lela Ames (79)
March 23: Ralph Johnson (90)



Anniversaries:

February 6: Barbara and Ed Townsend (51 years)

Retirement Lunch for Bernita and Mike Linderman



The Tuesday, January 4, 2011 senior lunch was in honor of Bernita and Mike Linderman, two who have given many hours of volunteer time to Friendly Neighbors. After many years Mike retired as the cook for the senior meals.

Jenny Sheneman, Heart of the Arts, Inc. Executive Director, presented Mike with an engraved multi-function pocket knife and Bernita with an engraved mug for her hot chocolate.

Thank you, Mike and Bernita!



United Way

Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency beginning in 2011.



New Assisted Living Options Now Available

Renovation of 3rd floor apartments at Moscow Village is complete. New Assisted Living apartments now available.

For more information call
Christie Pernsteiner at
208.882.6560



Reasons Why the English Language Is Hard to Learn

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. There was a row among the oarsmen about how to row.
12. They were too close to the door to close it.
13. The buck does funny things when the does are present.
14. To help with planting, the farmer taught his sow to sow.

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.