

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message

Hi!



We had another successful year. Membership has increased by 7% this year, and that means membership has increased by 27% over two years ago.

Keep up the good work.

I want to thank Gloria Brix for stepping in and volunteering at the sign in desk.

Attendance at the 1912 Center training session has been very good. All volunteers for the Senior Center, Board of Directors, paid employees (who all attended) must attend these Anyone else interested may attend, also. The next session is February 10.

Best wishes,

Bill Ferrio

Thank You, Volunteers

Friendly Neighbors could not exist as we know it if there were not as many members who pitch in and volunteer. An average of twenty members wear volunteer hats for each meal. Members set the tables, visit Safeway to stock our free pantry and provide desserts and other items used to supplement our meals, pick up members who could not attend without a ride, serve others with trays and beverages, and clean up at the ends of each meal. There are volunteers who deliver meals to senior citizens who are unable to come to the meal site and volunteers who serve as hosts so that the Senior Center may remain open for games, puzzles, computer use, reading, and visiting with each other. A special bouquet of flowers to you all Friendly Neighbors volunteers for a job well done!





February Birthdays

2 Nadine Morton
3 Jane Jensen
4 Zelda Fadness
Lee Fruits
10 Margie St.John
Ann Hart
20 Tamra Smith
24 John Carlson

March Birthdays

6 Ken Powell
9 Pat Tavis
10 Lyn Lindsey
Helen Sasse
19 Juanita Winn
23 Ralph Johnson
Dean Stewart
26 Marilyn Henderson
29 Gretchen Stewart

Don't Forget...

DAYLIGHT SAVINGS TIME will begin sooner than you think! Don't forget to move your clocks and watches ahead by 1 hour on Sunday, March 8. If you change your watches and clocks before you go to bed, you are less apt to arrive late to meeting and appointments the next day.



Avoid the last minute rush when during **TAX TIME**. Visit an ARP trained tax specialist here at the Senior Center for help filling out and filing your tax forms. You will need to take any papers or documents that support your claims. Collect them in one place now so you have them to answer AARP representatives' questions.

Friendly Neighbors Senior Citizens, Inc. is a non-profit organization recognized by IRS as a 501(c)(3) charity under Section 170 of the Code. Donations to Friendly Neighbors are tax deductible.



MEMBERSHIP HELP NEEDED

Membership continues to climb to record levels and beyond. There are currently 116 paid members in this organization, but that means there are still 52 non-members on the meal site list.

With the assistance of Jenny and many of our members, we are able to offer services such blood pressure testing and daily activities such as computer lessons, pinochle, mahjong, bridge, bingo, puzzles, and a shelf full of fiction and nonfiction. However, many individuals who wish to participate in these activities are not yet Family Neighbors members.

WE WANT YOU to volunteer to assume the chairperson role. Karen Davis has filled this position for a long

time, and her shoes will be difficult to fill. With two or three volunteers, we may be able to complete the tasks she has so willingly completed. Please volunteer for these positions.

Secondly, WE WANT YOU to become recruiters and help us obtain lots of new members. You can do this as you eat lunch or participate in Senior Center activities. Call your friends and bring them with you to meet and enjoy your Friendly Neighbors.

Let's set a goal...How would doubling our paid membership sound to you? We can do this. The challenge is ours to meet.

**WE NEED YOU! WE WANT YOU!
TOGETHER WE CAN DO THIS!**



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**COFFEE HOUR DAILY**

**10:00 am**



**MOSCOW SENIOR CENTER**  
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SENIOR NUTRITION NEWS

by the Senior Extension Nutrition Program



Souper Nutrition

Hot soup on a cold winter day can warm the soul as well as the body. Use the following tips to boost nutrition, trim fat and salt and save time.

To boost nutrition:

- ☒ Use barley, brown rice or other grains in soups to add fiber.
- ☒ Add extra vegetables such as carrots, peas, turnips, onions, spinach and peppers for vitamins, minerals, fiber and flavor.
- ☒ Make beans and peas such as kidney beans, lentils, split peas or black beans the main ingredient in your soup to boost fiber.

To trim fat & salt you can:

- ☒ Use lean meats such as lean ham, round steak, turkey or chicken breast in place of fattier alternatives.
- ☒ Cool soups after cooking and remove the layer of fat that rises to the surface before reheating and serving the soup.
- ☒ Use non-fat, evaporated skim milk in place of heavy cream in cream soups.
- ☒ Choose low-salt canned broth or low salt canned soups in place of regular.
- ☒ Season soups with herbs such as garlic and onion powders

thyme, oregano and red pepper. Then omit or reduce the salt called for in the recipe.

A few tips for saving time:

- ☒ Use no salt added canned dry beans or peas in place of beans or peas that need to be pre-soaked or cooked for a long time.
- ☒ Cook a large batch of dried beans when you have the time. Then freeze small portions of these beans and use them to add fiber to soups you make in the future.
- ☒ Use frozen or no salt added canned pre-cut vegetables.
- ☒ Use low-sodium canned broth instead of preparing broth from scratch.
- ☒ Prepare extra soup then refrigerate or freeze leftovers in small, shallow containers to reheat on a busy day. Store in the refrigerator, if you will be eating it within 2 days. Frozen soup can be stored safely in the freezer for 2 to 3 months.

Enjoy making your healthy soup to stay warm this winter.

The Senior Extension Nutrition Program is an educational service FREE to you! This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. To find out more call 1-800-221-5689.



What you have always wanted to know about Groundhog's Day and were afraid to ask...

***February 2, 2015 will be Punxsutawney Phil's 129th prognostication!

Punxsutawney Phil is the only true weather forecasting groundhog. All others are just impostors.

Punxsutawney Phil is correct 100% of the time, of course!

There has only been *one* Punxsutawney Phil. He has been making predictions for over 125 years!

Punxsutawney Phil gets his longevity from drinking the "elixir of life," a secret recipe. Phil takes one sip every summer at the Groundhog Picnic and it magically gives him seven more years of life.

On February 2, Phil comes out of his burrow on Gobbler's Knob to predict the weather for the rest of winter.

According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.

Circle. After Phil emerges from his burrow on February 2, he speaks to the Groundhog Club president in "Groundhogese" (a language only understood by the current president of the Inner Circle).

Punxsutawney Phil was named after King Phillip. Prior to being called Phil, he was called Br'er Groundhog.



***Adapted from Punxsutawney Phil's Groundhog 'Day website.

Measles: Grandparents to the rescue

Those of us who grew up remembering Sputnik also recall polio, a frightening, debilitating disease, had just started on its path to eradication by the vaccines created by Salk and Sabin. By the time we had our own children, there were vaccines for measles, mumps, chicken pox and rubella and we saw to it that our kids were vaccinated.

Then in 1998, a British researcher published a paper that linked measles vaccine to autism. Vaccination rates that were around 91 % in Britain in 1997, dropped to around 80% just a few years later. Responsible parents caught in a crossfire between scientists and fear of autism, began to decline vaccinations for their children. Last year there were 650 cases of measles against a long term rate of about 50.

The tragedy of all of this is that the 1998 report was false. Subsequent investigations showed that the report was based on a small number of children and that some of the data was faked. Autism symptoms appear about the time children are having their first round of vaccinations. Numerous studies have now shown there is no connection between vaccination and autism.

Why is this important to you? You might remember when your children grew into their 20's and started to have children of their own, your IQ went up. You'd get calls about how to deal with this or that crisis and you were looked to for sage advice. That time has returned.

If you have grandchildren who are starting their families you have the ability to influence and guide. Unlike your children, your grandchildren have always assumed you are brilliant so you can give them the wisdom of your years and encourage them to vaccinate your great grand kids.

It will be one of the best gifts you can give them.



Some Dates to Remember...

February

- 2 Groundhog Day
- 10 Friendly Neighbors Blood Pressure Check Day
- 12 Lincoln's Birthday
- 14 Valentine's day
- 16 President's day
- 19 Chinese New Year
- 24 Friendly Neighbors Board Meeting
- 26 Old Time Fiddlers

March

- 8 Daylight Savings Time Begins
- 10 Friendly Neighbors Blood Pressure Check Day
- 16 - 20 UI Spring Break
- 17 St. Patrick's Day
- 20 Vernal Equinox (Spring Begins)
- 24 Friendly Neighbors Board Meeting
- 26 Old Time Fiddlers

Daily Activities (Each Week)

- Monday AM Computer Help
- Monday PM Jigsaw Puzzles
- Tuesday Congregate Lunch
Breakfast Pastries, Coffee
10:30 AM
Soup at 11:00 AM
Salad Bar 11:30 AM
Main Entry 12:00 NOON
Dessert Bar

- Tuesday PM Pinochle
- Wednesday PM Bridge Lessons
and Majong
- Thursday Congregate Lunch
See Tuesday's Schedule
- Thursday PM Bridge
- Friday AM Bingo at 10:00 AM

All Week Monday Through Friday

- Coffee at 10:00 AM
- Jigsaw Puzzles
- Board Games for Small Groups
- Reading
- Quiet Socializing
- See Bulletin Board for AARP
and Roadrunners' Schedules
and Special Announcements

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## *Food for Thought...*

Said the little boy, "Sometimes I drop my spoon."  
Said the little old man, "I do that, too."  
The little boy whispered, "I wet my pants."  
"I do that, too," laughed the little old man.  
Said the little boy, "I often cry."  
The old man nodded, "So do I."  
"But worst of all", said the little boy, "It seems grown-ups don't pay any attention to me,"  
And felt the warmth of a wrinkled old hand, "I know what you mean,"  
said the little old man.  
Anonymous

## ***This Newsletter Needs Your Help...***

Filling the shoes of you last editor, Kay Keskinen, will not be possible. She set a high standard for this newsletter, and it is my hope that we can meet your expectations together.

“We?” you asked. Yes, WE!

The Friendly Neighbors Newsletter is your newsletter, and your input is necessary to make it yours, How can you do this? Start with reading it from start to finish. What do you like? What don't you like? Let me know what you are thinking, so we can make this newsletter more interesting.

Everyone can be reporters. What is going on in your life you would like to share? A new grandchild? A new home or apartment? Visiting children? What do hear from our snowbirds? Where have you been or will you be traveling?

Be creative. Write short stories and poetry to share with others. Tell about something you did when you were growing up or something you enjoy doing today? Share a joke, your favorite recipes, hints for making our lives easier.

Do you have some suggestions or ideas that might make Friendly Neighbors even better than it is? On the other hand, have you some questions or concerns about some of the things we do such as the lack of hot water in the ladies restroom (The 1912 Center boiler was not working!). Do not hesitate to tell us the things we do right. Volunteer to help with some portion of our congregate meals or at the Senior Center. Don't forget to send a thank you to our excellent staff for all,they do too.

We are always looking for those special people who are willing to help in the many projects or jobs we have to do. Please consider sharing your talents and ideas with us for the newsletter., or volunteer in some other capacity. Many thanks...

*Carrie Bitterwolf*  
Your new editor

## ***Some Interesting Statistics for 2014...***

|                                                    |        |
|----------------------------------------------------|--------|
| Number of congregate meals served in 2014          | 6076   |
| Number of home delivered meals served in 2014      | 2052   |
| Total number of meals served by Friendly Neighbors | 9128   |
| Average cost per meal                              | \$7.02 |