

# ***Friendly Neighbors Newsletter***

Volume 17 — Issue 1 — January/February 2016

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Editor — Carrie Bitterwolf

Moscow Senior Meal Site and Senior Center  
1912 Center, 412 East Third St, Moscow, ID 83843

Web Page: <http://users.moscow.com/srcenter> Email: [friendly.neighbors@yahoo.com](mailto:friendly.neighbors@yahoo.com)

## **President's Message**



Happy New Year One and All!

Election of officers for 2016 were held at the Annual Meeting on December 10<sup>th</sup>. The officers elected to one-year terms were:

President Bill Terrio, Vice President Carrie

Bitterwolf, Treasurer Kay Keskinen, Secretary Lynne Crawford, and new three-year Board Director Helen Dewey.

Continuing to serve on the Board for 2016 are Past President Linn Lindsey and Directors Gloria Brix and Ken Powell. My thanks to Bernice Brooks for serving on the Board for the past three years and to Helen Sasse for serving as our secretary for the past two years. We appreciate all you have done and will continue to do for Friendly Neighbors through your continued active participation.

At our Annual Meeting I had the pleasure of presenting the 2015 Volunteer of the Year Award to Jim McCloskey. In addition to the many hours that Jim donates to our organization, he also volunteers for others in our community. Thank you, Jim, for the time and effort you provide to Friendly Neighbors.



L-R: Jim McCloskey and Bill Terrio

Dues are still only two dollars (\$2.00) per year and we already have over sixty paid members for 2016. Last year we set a record with 180 paid members. We have lost several members as they have passed on. Let's honor their memories by continuing to support Friendly Neighbors.

I wish you all a New Year full of happiness, health, and good times.

## **Bill Terrio**





**Happy  
Birthday!**

January

- 2 Dennis Smith
- 9 Linda Dolsen
- 11 Ronald Smith
- 13 Ruth A. Smith
- 14 Valda Steele
- 16 Donna Powell  
Jama Sebald
- 17 Ann Behrends
- 19 Tom Bitterwolf  
Floyd Davis
- 22 Sandy Otto
- 24 Judy Becker  
Alan Chidester  
Sue Dunn
- 25 Carol Kampenhout
- 26 Laura Miller
- 27 Virginia Hays
- 28 Peggy Swanson
- 31 Bill Stroebel

February

- 2 Nadine Morton
- 3 Jan Jensen
- 4 Zelda Fadness  
Lee Fruits
- 10 Margie St. John  
Jean Shelley
- 11 Ann Hart
- 16 Dawn Nichols
- 20 Tamra Smith
- 24 John Carlson

**COFFEE HOUR DAILY**

**10:00 am**



**MOSCOW SENIOR CENTER**



Dust of Snow

by Robert Frost

The way a crow  
Shook down on me  
The dust of snow  
From a hemlock tree

Has given my heart  
A change of mood  
And saved some part  
Of a day I had rued.





## **Safety Hint**

From Arlene Cowin

*I realized, to my chagrine that I had just almost tripped over a cord to our CD player yesterday !!! I had been telling other people for years how a cord across the floor was a safety hazard.*

*Some of the Older (and Newer) homes have plug-ins in inconvenient areas. For example, Ted placed several plug-ins in the area he built onto our home. However, the older section of the house has the older style plug-ins. Whenever possible, I try to use the newer plug-ins which meant I had just plugged in the CD player and had to pull it across the room. That meant that I almost tripped on it.*

*Idea: If you have to use a cord that goes across a floor, be sure to put a Heavy Rug or Mat over it, so no one trips.*

## **YOU GOTTA LAUGH**

December 2015 AARP Bulletin

(Your editor is known for being forgetful and for procrastinating, either of which could be the reason for this late article... Hope you enjoy it anyway!)

**Q: What's the difference between the government and the Mafia?**

**A: Only one of them is organized.**

**Q: Did you hear about the guy who got run over by a boat in Venice?**

**A: Yeah—he's gondola better place.**

**Q: Why is Christmas like a day at the office?**

**A: Because you do all the work, and the fat guy in the suit gets all the credit.**



**Patient: "Doctor, Doctor, I'm scared of Santa."**

**Doctor: "You're suffering from Claustrophobia."**



## NUTRITION NEWS

Senior Extension Nutrition Program

### Heart Smart Tips

February is American Heart Month. This month keep your heart pumping strong with these easy to do heart healthy tips:

- ♥ Add some fiber to your breakfast. Foods high in fiber are associated with a lower risk of heart disease. Try some oatmeal with fruit and to start your heart on the right beat.
- ♥ Eat your fruit with the peel on! This also provides extra fiber to your diet. Try some apples, pears or peaches for a sweet treat that your heart will love!
- ♥ Include some berries in your smoothie - they give your heart a healthy punch!
- ♥ Say no to trans and saturated fats! Read food labels to choose foods lower in these fats, and help your heart think smart.
- ♥ Change your grains (bread, crackers, pasta and tortillas) to 100%

whole grains and give your heart fiber power!

- ♥ Add some beans to your dinner - they are good for your heart because of the fiber they contain.
- ♥ Add a handful of nuts in your salad, low fat yogurt, or as a little snack. Nuts are packed with heart-healthy fats, protein, and disease-fighting vitamins and minerals that will help your heart think smart.
- ♥ Your heart is a muscle and loves a good workout. It needs exercise every day to be strong. Improve the health of your heart, lungs and circulatory system by doing activities that increase your heart rate and breathing for an extended period of time. Start with as little as 5 minutes at a time and work your way up to 30 minutes most days of the week. Check with your health care provider prior to starting.

Nutrition Assistance Program (SNAP). This material was funded by USDA's Supplemental SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number





## The BEAR Story

By Jeanette Talbott

“Here’s the yellow bowl you said you couldn’t find after it was left full in the spring water. It was taken off and licked clean by that bear, I’d guess,” the brush piler said as he handed me the bowl. “I’m just sure that bears can read,” he continued, “I’ve seen where they have pawed around in boxes of mixed canned goods and only toothed open the evaporated milk cans.” I was not comforted by these bear facts and watched him stride along his way, leaving me in the raggedy tent with something more worrisome than supper to think about.

I was a newly married 20-year-old and an Idaho logging camp was proving to be a very different world from the one I was used to. One early morning, we heard something large tasting the garbage just outside the tent flap. The thump of two persons jumping out of bed sent that something plunging away. In spite of soothing words from my husband, I began to suspect there

was a ferocious bear behind every bush.

Two days later as I was coaxing the dirt out of the tent and off the raised porch, I looked toward the small gurgly creek that ran a few yards away. In plain sight, not even behind a bush, was a black bear with a three cornered tear in his glossy hide. As I watched, he turned in my direction. The hair on the back of my neck prickled.

What should I do? Run to where the camp site was? No, that’s too far! Besides, the bear was coming slowly toward me. Should I jump in bed, cover up, and play dead? Small protection it seemed. I felt as stiff as the broom I held.

All of a sudden, the bear lifted his furry face and, I think, saw me for the first time. With a whifly snort, he hurtled about and plunged through the brush. I unfolded my hands from the broom, went inside, and thought about my future in that tent.

## NEW YEAR’S RESOLUTIONS...

*Now is the accepted time to make your annual good resolutions. Next week you can begin paving hell with them as usual.*

*Samuel Clemens*



## Special Days

### January and February Holidays

1 January	New Year's Day
	Kwanza Ends
6 January	Epiphany
7 January	Orthodox Christmas
14 January	Orthodox New Year
18 January	Human Rights Day
	Martin Luther King Jr. Day
25 January	Tu Bishvat
2 February	Groundhog Day
8 February	Chinese New Year
9 February	Mardi Gras
10 February	Ash Wednesday
12 February	Lincoln's Birthday
14 February	Valentine's Day
15 February	President's Day
22 February	Washington's Birthday



## Friendly Neighbors Activities

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 Entrée 12:00 NOON  
 Dessert Bar

Tuesday AM Chair Yoga at 10:30 AM  
First and Third Tuesdays

Tuesday AM Blood Pressure Clinic  
Second Tuesday

Tuesday AM Board Meeting  
Fourth Tuesday

Tuesday PM Pinochle

Wednesday PM Bridge Lessons and  
Mah jongg

Thursday Congregate Lunch  
Fourth Thursday Old Time Fiddlers

Thursday PM Bridge

Friday AM Bingo at 10:00 AM

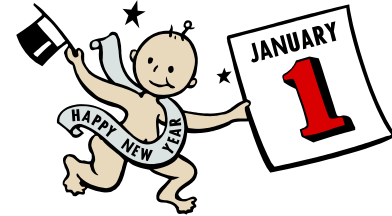
*Coffee DAILY in the Senior Center at 10*

**AAoA SENIOR NUTRITION PROGRAM**  
**SENIOR MEAL SITE LUNCH MENU**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: January, 2016**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho



Tuesday, January 5<sup>th</sup> WB9

Meatballs in Tomato Sauce  
Mashed Potatoes *Chair Yoga*  
Veggies *10:30 a.m.*  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored in memory of Richard Hart

Thursday, January 7<sup>th</sup> WPOL8

Turkey ala King over Biscuits  
Veggies  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by United Way

Tuesday, January 12<sup>th</sup> WP3

Sweet and Sour Pork  
Rice *Blood Pressure*  
Veggies *Clinic*  
Soup, Salad Bar  
Dessert Bar

Meal sponsored by Anonymous

Thursday, January 14<sup>th</sup> WB8

Hot Roast Beef Sandwich  
Mashed Potatoes/Gravy  
Veggies  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Tuesday, January 19<sup>th</sup> WPOL6

Old-Fashioned Chicken and Noodles  
Veggies *Chair Yoga*  
Soup *10:30 a.m.*  
Fruit w/Salad Bar  
Dessert Bar

Thursday, January 21<sup>st</sup> VEG17

Baked Penne w/Veggies  
Bread  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Tuesday, January 26<sup>th</sup> WB10

Meat and Veggie Lasagna  
Garlic Bread *Board Meeting*  
Veggies *10:30 a.m.*  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored in memory of Gladys Bellinger

Thursday, January 28<sup>th</sup> WP2

Pork Chops *Old Time Fiddlers*  
Scalloped Potatoes *11:30 a.m.*  
Veggies  
Soup  
Fruit w/Salad Bar  
Dessert Bar



If you have dietary or religious restrictions to our entrée, we can provide an alternative. Tell us about it when you sign-in.

All Meals are served with Milk and Butter

Menus are subject to Change

Meal Site and Menu Information on the web at: [users.moscow.com/srcenter](http://users.moscow.com/srcenter) or call (208) 882-1562

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**SENIOR MEAL SITE LUNCH MENU**  
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**Name of Meal Site: Moscow**

**Menu for the month of: February, 2016**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, February 2<sup>nd</sup> SUB2

Sweet and Sour Meatballs  
Rice Chair Yoga  
Veggies 10:30 a.m.  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Tuesday, February 9<sup>th</sup> FP3

Black Beans and Ham  
Rice, Corn Bread Blood Pressure  
Veggies Clinic  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Tuesday, February 16<sup>th</sup> WF1

Baked Fish Fillet w/Tartar  
Au Gratin Potatoes Chair Yoga  
Veggies 10:30 a.m.  
Soup  
Fruit w/Salad Bar  
Dessert

Meal sponsored by DAWN  
(Dementia & Alzheimer's Wellbeing Network)

Tuesday, February 23<sup>rd</sup> WB4

Hamburger Steaks  
Mashed Potatoes/Gravy Board Meeting  
Veggie 10:30 a.m.  
Soup  
Fruit w/Salad Bar  
Dessert Bar



Thursday, February 4<sup>th</sup> VEG7

Veggie Burger with Mushroom Gravy  
Tater Tots  
Veggies  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by United Way

Thursday, February 11<sup>th</sup> WPOL5

Chicken Cacciatore  
Butter Noodles  
Veggies  
Soup  
Fruit w/Salad Bar  
Dessert Bar



Thursday, February 18<sup>th</sup> WPOL10

Oven Fried Chicken  
Stuffing  
Veggies  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Thursday, February 25<sup>th</sup> FB9

Spaghetti  
Garlic Bread Old Time Fiddlers  
Veggies 11:30 a.m.  
Soup  
Fruit w/Salad Bar Newsletter  
Dessert Bar



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