

# *Friendly Neighbors Newsletter*

Volume 18 – Issue 1 – January/February 2017

Founder – Doris D. Norman

Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

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

## President's Message



Greetings, Friendly Neighbors.

First, I want to thank everyone who helped make 2016 another successful year. In that regard, each month we averaged 26 volunteers helping at the meal site (this includes four home delivery drivers) for a total of 2,832 hours for the year for meal-related activities. Thanks also

to all the volunteers who staffed the Senior Center. Without all the volunteers, we could not be so successful.

Friendly Neighbors served 8,670 meals in 2016; that is an average of 722 meals per month. The total includes 2,161 home delivered meals. If you know of someone who could use home delivered meals, please have them contact the Area Agency on Aging in Lewiston at 800-877-3206 to see if they qualify for home delivery.

For those of you who were not at the December Annual Meeting, Kay Keskinen was presented with the Volunteer of the Year award. Kay has been our Treasurer for many years and keeps a close watch on our financial position.



She has also served as the Editor of the newsletter and has taken up the challenge again. Kay has helped me to be a better President with her helpful ideas and comments. THANK YOU KAY!

Thank you for your support in electing me your President for another year. I hope we can continue to build a great senior program. Our meal site is still strong in attendance (except for bad winter weather) and I am surprised at the number of brave souls who attend during such inclement weather.

For anyone who may be interested in volunteering at the meal site, we have two positions for which we could use help: 1) dining room set up and break down and 2) silverware wrapper. There are brief job descriptions on page 4 of this newsletter. Please see me if you are interested.

Here's to another successful year!!!

*Bill Terrio*, President

## Healthy Brains Symposium



There will be a free symposium on "Nutrition, Hydration, and Movement: Ideas for a Healthier Brain and a Younger You" on Thu, March 16, starting at 7:00 PM at the Good Samaritan Main Campus (Eisenhower Street), in their Great Room. Bring a friend to hear the three experts:

Sue Henderson – Hydrate to Health  
Gretchen Stoops – Plants that are Brain Medicine  
Denise Walts – The Importance of Movement

The symposium is sponsored by UI Family & Consumer Science Association and Dementia and Alzheimer's Wellbeing Network (DAWN).

In addition to the symposium, Sue will be speaking about hydration at the Wed, March 15 meeting of the Blind and Diabetic Support Group in the Senior Center. She will also speak briefly about hydration at the Thu, March 16 senior meal site.

## Membership Committee

Hi, I am Lane Buck, the new Membership Chair for Friendly Neighbors. I want to thank Carrie Bitterwolf for handling this job the past two years. The transition is going smoothly.

Dues are \$2 for the calendar year. If you've not paid dues yet for 2017, please complete a yellow membership form that's available at the meal site sign-in desk and pay the \$2 there. By mid-April I will provide a Membership Directory of all members whose dues are paid by April 1. I will have a draft directory available for you to review in March in case I didn't read your information correctly.

Friendly Neighbors will make a name tag for those members who want a name tag to wear at the meal site. Not all of us wear name tags, so if you don't want one, I won't make one for you. If you do want a name tag, tell Carrie or Margie at the sign-in desk and they'll make a note that you want a name tag.

Dues can be paid at any time of the year, but I'd prefer to have members join soon so the directory will be as complete as possible. If you want to check if your dues are current, there's a list at the sign-in desk of those who have paid dues for 2017.

I encourage you to join to show support for our organization and its mission.

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### Birthdays of our Members

#### February:

- 2 Nadine Morton
- 3 Jan Jensen
- 4 Zelda Fadness  
Lee Fruits
- 7 Kitty Masters  
Doris Williams
- 10 Margie St. John  
Ronald Wheeler
- 11 Ann Hart
- 18 Claudia Allen
- 21 Carroll Hughes
- 23 John Sullivan
- 24 John Carlson



#### March:

- 2 David Abrahamson
- 6 Kenneth Powell
- 10 Linn C. Lindsey  
Pat Tavis
- 11 Gary Welch
- 18 Mary Means
- 21 Herb Utoff

\*If your birthday is not shown here, please check that your dues are current.

## Meet Your Four New Board Members In Their Own Words



**Sally Johnston,**  
Secretary

I was born and raised in Boise, Idaho. At age 20 I moved to Eugene, Oregon and obtained a bachelor degree in psychology from University of Oregon. Then I married and moved to Portland. I worked in yarn stores for a few years (my grandmother taught me how to knit when I was in grade school). I love fiber arts and have done knitting, crochet, needlepoint, macramé, embroidery and weaving (I have two looms). I am also a very passionate reader with usually two books going at one time.

I went to graduate school at Portland State University and got a M.S. in Speech & Hearing Sciences. After having a daughter, I worked in the schools there as a speech-language pathologist for one year. We then moved to Moscow, and I started teaching at WSU and working in nursing homes. I have always felt compassionate about working with the elderly and learning about their lives.

Unfortunately, my first marriage ended in divorce. Soon after, I met the love of my life and remarried, obtaining another daughter in the process. Then together we had a son who started school last fall at U of I so I am an empty nester. Never being one who could sit at home, I walked into the 1912 Center, met Bill Terrio, asked about volunteer opportunities, and here I am.



**Chuck Fullkrug,**  
Director

Hi, Friendly Neighbors. My name is Charles G. Fullkrug, Jr. I was born on May 2, 1955 in St. Elizabeth Hospital in Elizabeth, New Jersey to Charles G. and Anna M. Fullkrug. I was raised in New Jersey for my first 13 years.

My dad decided to go back into the US Navy in the early part of 1967. After his basic training and tech school we moved to Oxnard, CA, where he was stationed at USNCBC (US Naval Construction Battalion Center) at Port Hueneme, CA, where I lived on and off for almost 30 years. I graduated from Camarillo High School in June, 1974 and then went to Moorpark Community College; I graduated from there in June, 1978.

In 1980 I moved to Olinda, CA, which is about 28 miles SW of Redding, for about ten years. I've been married twice; first time 1981, second time 1996 in Oxnard area. In the summer of 1997 my second wife, her son, and I moved to Clarkston, WA; I lived there until July 1998. Then I lived in Spokane, WA until June 2006. In June I moved to Moscow, Idaho. I have been sober for over 18 years. In September, 2015 I joined Friendly Neighbors.

**Steve Barr,**  
Director

I was born and raised in Moscow. My folks came to Moscow in 1947 after WWII. After the war my father finished his studies using the GI Bill and accepted a job at the University of Idaho teaching entomology.



I grew up in a ranch style home built by my grandfather, an immigrant from Denmark. So, I grew up in Moscow's first planned housing development, the University Heights (near the UI golf course and Arboretum), and attended Moscow schools.

My parents always had a garden with vegetables, fruit trees, and flowers. My mother was an oil painter, and I was influenced by her artistic talents. My interest in plants led me to get a degree in landscape architecture at the U of I.

My career took a detour when I took over the recycling center as manager of the Moscow/Pullman Recycling Centers. I then married and restored an older home with five apartments where I still live. I then acquired a

real estate license and became a realtor in Pullman for 11 years.

After fracturing numerous vertebrae in my neck and three neck surgeries, I retired from real estate. Friendly Neighbors has been most helpful, particularly since I no longer drive.

**Jon Bateman,**  
Director



I grew up on a southern Idaho dairy farm, where we grew potatoes. Hmmmmm. Potatoes plus milk equals potato soup. I went to school at Minidoka County High School and later to the College of Southern Idaho located in Twin Falls.

I went to work at the Amalgamated Sugar Company for about 12 years. Then I married, and my wife and I had four children. At that time I injured my back and, so I trained as a bench jeweler and worked there for the next 25 years. I went through a divorce and moved to Moscow from Twin Falls. I got involved with the prison ministries, and for the last eight years have been doing that.

I then worked at the Hope Center until I retired and then ended up at Friendly Neighbors where I have enjoyed all the people there. Thank you.

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"Healthy Environments for Aging  
Symposium"

The "Healthy Environments for Aging Symposium" will be held at the 1912 Center on Tuesday, March 21, 2017 from 6:30 p.m. to 8:30 p.m. The theme will be creating environments that enhance functioning in aging and dementia. Minyoung Cerruti will present ways to enhance the indoor physical environment; Anne Hanenburg, a Spokane landscape architect, will speak on how to create healing gardens and outdoor spaces. The symposium is free. Dr. Cerruti adds, "We are hoping many people would like to join us to improve the quality of the environment where we live."

## AARP Foundation Tax-Aide Program

Volunteers with AARP Foundation/Tax-Aide Program will be available to prepare tax returns free of charge this year:

**Moscow:** 1912 Center, 412 East Third Street  
Wednesdays and Fridays beginning Feb.1 and continuing until April 14  
Hours 9:30 a.m. to 2 p.m.

No appointments; first come, first served. Do expect some waiting. The AARP Tax-Aide volunteers prepare returns for low to middle income taxpayers of all ages, with emphasis on those who are age 60 and older. Membership in AARP is not required. The IRS and the AARP Foundation sponsor the program.

Volunteers are authorized to prepare basic 1040 tax returns, including: Schedules A, B, D, E, and R, along with Forms 1099-Misc, 2441, 8863, 8812, EIC, 5695. A basic Schedule C can be prepared if it does not include inventory, depreciation, employees, or losses.

Volunteers do not prepare returns for taxpayers who have complex returns, rental income, or foreign income.

What to bring with you when you come:

- A copy of last year's return.
- All tax documents.
- Driver's license or photo ID, Social Security Card for yourself and for all dependents.
- Contact Randy Baukol at 208-882-5406 or by e-mail [rvbaukol@gmail.com](mailto:rvbaukol@gmail.com) for additional information.

## Upcoming Events

More details about the events below, along with current issues of the Roadrunners and Latah AARP newsletters/flyers, Lunch & Learn schedules, Kenworthy event calendar, and more are posted on the Moscow Senior Center bulletin board.

Idaho Roadrunners has various trips planned; see the latest newsletter for information

Latah AARP Chapter meets Friday, March 17 at the Best Western Plus University Inn in Moscow. Lunch is at 11:30 AM; program at noon. Reservations are required for the lunch.

UI Extension office offers free Lunch & Learn workshops at noon on Tuesdays in the 2nd floor conference room of the Gritman Federal Building. Upcoming topics in February and March include: "Stress and Finances: How to Say Bye to Both," "Your Credit: What Does Your Creditor Know About

You?," "Downing the Debt: Learn How to Tame Debt and Tricks to Make Your Money Work Better for You," "Identity Theft: How Safe Are You?," "Making the Most of Your Time: Time Management Planning," "Rest and Replenish Your Body: How to Bring the Calm Back." (See schedule for dates)

## Donor Thank You

by Kay Keskinen, Treasurer

Friendly Neighbors relies on grants and donations from businesses and individuals in order to make ends meet. In 2016 Friendly Neighbors received \$11,185 (16% of our income) through grants and donations. I'd like to recognize and thank the many donors who have helped us financially in 2016.

They include:

Moscow Senior Citizens Club  
United Way of Latah County  
Latah County Board of Commissioners  
Anonymous  
Dementia & Alzheimer's Awareness Network (DAWN)  
Tri-State Distributors  
A. Nonny Mouse  
Ann B. Hart  
Jim McCloskey  
Anonymous  
In memory of Joanna Strobel  
Nancy Wanamaker  
Patrick and Monica McLean  
The Tavis Trust  
A Friendly Neighbor  
Karen Batroukh  
Ellen Thiem  
Latah AARP Chapter  
Spokane United Way

## Volunteers Needed

Friendly Neighbors could use volunteers for two meal site-related tasks.

One need is for someone to set up and break down the dining room for our Tue/Thu meal sites. The tables and chairs will already be set up. Tasks include putting on tablecloths, setting utensils and centerpieces on the tables, putting up the podium, microphone, and flag, and setting out a few other items. The breakdown reverses the setting up, but also includes taking down the tables and chairs.

The second task is for someone to wrap silverware for the meals. Wearing protective gloves, the volunteer wraps a knife, fork, and spoon into a napkin and encloses them with a self-sticking tab.

# “Hot Tips to Healthy Holiday Eating”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the January 2017  
“Senior Nutrition News”

## Why Should I Eat That?

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.

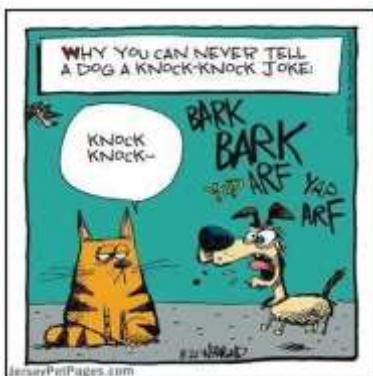


- **Why Should I Eat Protein?** Protein builds muscles, prevents muscle atrophy, maintains body tissues, regulates fluid balance, and provides the building blocks for growth. Most tissues in the body contain and need protein. Good sources of protein are meat, poultry, fish, dairy, eggs, and legumes.
- **Why Should I Eat Fat?** Fat supplies energy, helps the body to 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 Should I Eat Carbohydrates?** Carbohydrates provide the body with energy and aid in fat utilization. Every cell and reaction in the body requires energy. It is also important to get enough fiber in the diet by eating whole grain carbohydrates. Eating enough fiber and drinking water can eliminate constipation. Good sources of carbohydrates are vegetables, fruits, and grains.
- **Why Should I Drink Water?** Staying hydrated is essential. Water cleanses the whole body. It carries nutrients to the cells, waste products out of the body, aids the digestive tract in the breakdown of nutrients and even regulates body temperature.
- **What about Vitamins and Minerals?** Vitamins and minerals are found in many of the food groups, but are very high in fruits and vegetables. Almost every cell in the body requires the assistance of vitamins and minerals.



Eating to support healthy aging all comes down to eating a variety of foods and drinking plenty of water. When these nutrients are consumed, the body will be fully equipped to stay healthy.

## Humor



## Calendar...

February 1 – April 14 – AARP Tax Aide Program, Moscow, 1912 Center  
February 2 – Groundhog Day  
February 4 – Winter Market, 1912 Center  
February 5 – Super Bowl LI  
February 14 – Valentine’s Day  
February 15 – Presidents’ Day  
February 28 – Academy Awards  
March 4 – Winter Market, 1912 Center  
March 13 – Daylight Savings Time begins  
March 16 – “Healthy Brains” Symposium  
March 16 – St. Urho’s Day (Finland)  
March 17 – St. Patrick’s Day  
March 17 – Latah AARP meets, BWplusUI  
March 21 – “Healthy Environments for Aging” Symposium  
March 27 - Easter

**Coffee Hour Daily - 10:00 a.m.**



**at the Moscow Senior Center**

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



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.

## Senior Meal Site/Senior Center

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. The salad bar is available at 11:30 AM, and the main meal is served at noon.

Suggested donation for the meal is \$5.00 for seniors 60 and older; for anyone under 60 the price is \$7.00. A “meal ticket” (good for 11 meals) for seniors is available for \$50.

Monthly menus are available at the meal site and on our web page:

[//users.moscow.com/srcenter](http://users.moscow.com/srcenter)

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important nutrition and social 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 open from 9 am – 4 pm Monday through Friday (closed holidays).

### **Senior Center daily activities include:**

Monday 10 AM – 12:30 PM Computer help  
Monday PM: Jigsaw puzzles  
Tuesday 10:30 AM Chair Yoga, Arts Workshop  
Tuesday PM: Pinochle  
Wednesday AM: Blind and Diabetic Support Group at 10:30  
Wednesday PM: Mah jongg  
Thursday 9 AM – 3:30 PM Open Studio, Arts Workshop  
Thursday PM: Bridge  
Friday AM: Bingo at 10:00

Daily Activities 9 AM – 4 PM Quiet socializing, coffee/tea, reading, board games, jigsaw puzzles, computer use, free wi-fi

### **Tuesday and Thursday Congregate Lunch Schedule:**

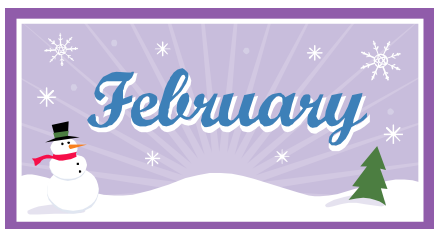
10:30 AM: Pastries, coffee, tea, soup  
11:30 AM: Salad Bar  
11:55 AM: Announcements  
12:00 noon: Main entrée

**SENIOR MEAL SITE LUNCH MENU**  
**Area Agency on Aging Senior Nutrition Program**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: February, 2017**

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon  
 Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho



Thursday, February 2<sup>nd</sup> WPOL8

Chicken à la King over Biscuits  
 Veggie  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Thursday, February 9<sup>th</sup> VEG17

Baked Pasta w/Veggies  
 Fresh Fruit  
 Veggie, Garlic Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by A. Nonny Mouse

Thursday, February 16<sup>th</sup> FP9

Roasted Honey Pork Loin  
 Au Gratin Potatoes  
 Veggie, Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

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

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

Hamburger Steaks Old Time Fiddlers  
 Mashed Potatoes w/Gravy @ 11:30 a.m.  
 Veggie  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar



Tuesday, February 7<sup>th</sup> FB4

Ground Beef Stroganoff, Noodles  
 Veggie  
 Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by a Friendly Neighbor

Tuesday, February 14<sup>th</sup> HOLVAL

Baked Salmon w/Dill Sauce  
 Brown Rice, Veggie Blood Pressure  
 Biscuits Clinic  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored in Memory of Gladys Bellinger

Tuesday, February 21<sup>st</sup> WB10

Lasagna  
 Veggie, Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, February 28<sup>th</sup> WPOL10

Oven Fried Chicken  
 Scalloped Potatoes Board Meeting  
 Veggie @ 10:30 a.m.  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

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

# SENIOR MEAL SITE LUNCH MENU

## Area Agency on Aging Senior Nutrition Program

USDA IS AN EQUAL OPPORTUNITY PROVIDER

Name of Meal Site: Moscow

Menu for the month of: March, 2017

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon  
Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho



Tuesday, March 7<sup>th</sup> VEG

Fettuccine Alfredo  
Veggie  
Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by United Way

Tuesday, March 14<sup>th</sup> WP3

Sweet-n-Dour Meatballs  
Rice, Veggie  
Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Blood Pressure  
Clinic

Tuesday, March 21<sup>st</sup> FPOL10

Chicken Noodle Casserole  
Veggie  
Biscuits  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by A. Nonny Mouse

Tuesday, March 28<sup>th</sup> WPOL4

Chicken Parmesan  
Noodles  
Veggie  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Board Meeting  
@ 10:30 a.m.

Meal sponsored by Anonymous

Thursday, March 2<sup>nd</sup> WB8

Hot Open-Face Turkey Sandwich  
Mashed Potatoes w/Gravy  
Veggie  
Soup, Fruit w/Salad Bar  
Dessert Bar

Thursday, March 9<sup>th</sup> WF1

Baked Fish  
Au Gratin Potatoes  
Veggie, Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Thursday, March 16<sup>th</sup> SB05

Corned Beef and Cabbage  
Roasted Red Potatoes  
Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar



Thursday, March 23<sup>rd</sup> WB4

Hamburger Steaks  
Mashed Potatoes w/Gravy  
Veggie  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored in memory of Richard Hart

Thursday, March 30<sup>th</sup> WP2

Pork Chops  
Scalloped Potatoes  
Veggie  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Old Time Fiddlers  
@ 11:30 a.m.

Newsletter



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