

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



Hi everyone;

First, I want to thank the membership for their confidence in electing me President again. Without your support, this organization could not exist. The many volunteers have made it a lot easier to manage our operations. Thank you all.

In 2017, we provided 9,366 meals; Of those, 6,169 were served at our meal site and 3,197 were home-delivered. The delivered meals include 1,218 to Medicaid clients. These numbers represent an increase from the 8,670 total meals in 2016, of which the biggest increase was Medicaid which went from 248 in 2016 to 1,218.

We have some temporary changes in our kitchen staff due to our head cook Lori Bryant being on leave for several months while she recovers from surgery. More information is in a separate article in this newsletter.

More than \$1,000 was donated to us through the Alternative Giving Market of the Palouse fundraiser. A total amount of \$32,456 was raised for all 32 AGMP non-profits. I think this made it worth our investment in the program.

As many of you already know, Win and Sue Green and Tony and Sharon Singleton were named Volunteers of the Year for the many projects that they have taken on vigorously in their first year as members. Congratulations to the Greens and the Singletons!

I also want to thank the Board of Directors for their continued support. Thank you to Chuck Fullkrug for filling in for a director who moved away. I believe

Win Green will make a great addition to the Board this year. Also thank you to Jon Bateman for filling in for another director who resigned for health reasons.

I also want to thank new member Gexin Li, known as "Singer," for signing up with the WA-ID Volunteer Center and offering to help us where needed.

Don't forget to pay your dues for 2018 if you want to be a member and be included in the printed membership directory.

Here's to a happy, healthy, and prosperous NEW YEAR to all!

Bill Terrio, President



L-R: Sue Green, Bill Terrio, Win Green



L-R: Tony Singleton, Bill Terrio, Sharon Singleton

Friendly Neighbors 2018 Dues

Friendly Neighbors dues for 2018 can be paid now. Annual dues are \$2.00 and can be paid at the meal site sign-in desk. Please complete the membership form to ensure that we have your correct name, address, telephone number, birthday, and e-mail address. Birthday is on the form so that we can acknowledge your birthday in the newsletter and at the meal site. The membership forms for 2018 are available at the meal site sign-in desk and the Senior Center.

Please complete your membership by March 1 so that a directory of members can be printed and distributed by mid-March.

Changes in Kitchen Staff

Lori Bryant, our head cook, will be taking a leave of absence for several months starting January 30 for surgery and recovery. During Lori's absence, Marisa Gibler will take over her head cook duties temporarily. We have hired Yoshimi Heinlein to handle Marisa's assistant cook duties while Lori is away. We wish Lori a speedy recovery. And, please welcome Yoshimi; she is already doing an excellent job.

Meet the New Kitchen Employee In Her Own Words

Yoshimi Heinlein **Assistant Cook**



Hello! My name is Yoshimi. I just started to work as an assistant cook in January. I came to the USA from Japan for school in 2000, and I've been in Moscow since 2003. I've worked at the local bakery and grocery store as a deli cook

before. I love cooking, baking, and eating healthy food. I'm really thankful to work with wonderful coworkers and meeting people at the 1912 Center.

Newsletter Changes

Sharon Singleton, Secretary

Change is happening at Friendly Neighbors!!

We are encouraging members to read online the current issue (and past issues) of the newsletter and menus to save us printing costs.

Our bimonthly newsletter will be reduced to two double-sided pages (4 pages of information). A few copies will still be printed for the members who do not have access to a computer. Don't forget that members are welcome to use the computers in the Senior Center.

The menus will no longer be included in the newsletter. A few will be printed and posted in the Senior Center and at the Great Room meal site. And, of course, the menus are always online. Our web address is in the newsletter masthead, and you can find our web site by Googling "Friendly Neighbors, Moscow, Idaho."

Your Friendly Neighbors Board is making other changes, too. If you have given us your email address, you will occasionally receive emails from Friendly Neighbors to help keep you better informed of events of interest often announced at a Tuesday or Thursday lunch.

Friendly Neighbors also has a blog now which is updated frequently. Use this web address to view the blog:

<http://moscowseniors.blogspot.com>

One other change is our newly-adopted "Welcome Letter." Whenever a new member joins, s/he will receive by email a lengthy "welcome letter" to give them better knowledge of how the meal site works...such as "don't take a piece of pie until they are all put on the table." ☺ You can view this welcome letter on the blog mentioned above.

The Art of Falling Safely

Simple Rules for Hitting the Ground as Safely as Possible (*AARP The Magazine*, Dec/Jan 2018)

It was nearly 30 years ago that Mrs. Fletcher from the LifeCall commercials first uttered her plaintive cry: "I've fallen, and I can't get up!"

Back then, it was campy and funny. But in the intervening years, chances are that you, and

(Cont'd)

perhaps some of your loved ones, have taken some nasty spills. It's not just the elderly, though, who end up on the ground.

A study in the *Journal of Allied Health* showed that 50- to 60-year-olds fall more than older folks. We're more active, and that puts us more at risk of falling. Also, the Centers for Disease Control and Prevention found that people are more likely to suffer a traumatic brain injury from falling than from any other cause.

And we're all going to fall down: The world is full of banana peels. So while avoiding a fall is job one, knowing how to take a fall when it's inevitable is a crucial skill.

"Be smooth, don't panic, stay loose," says Alexa Marcigliano, who is really good at falling down. A professional stuntwoman, she's taken serious spills in shows such as *Orange Is the New Black* and *Blindspot*. Here's her four-point plan for a safe crash landing.

- Step 1: Stay bent
- Step 2: Protect Your Head
- Step 3: Land on the Meat
- Step 4: Keep Falling

(Full article posted on Senior Center bulletin board)

Birthdays of our Members

February:

- 2 Nadine Morton
- 3 Jan Jensen
- 4 Zelda Fadness
Lee Fruits
- 7 Kitty Masters
- 8 Li "Singer" Gexin
- 9 Karen Frenzel
Beverly Williams
- 10 Margie St. John
- 11 Ann Hart
- 16 Dawn Nichols
- 18 Sharon Knight
- 21 Carroll Hughes
- 23 John Sullivan
- 24 John Carlson



March:

- 2 David Abrahamson
- 8 Sharon Singleton
- 10 Linn C. Lindsey
- 20 Diane Baumgart
- 21 Herb Utoff
- 26 Marilyn Henderson
- 28 Angela Harper

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

Calendar...

February

- 1 UI Extension: "Building Your Credit Score" 6-7pm, free, pizza included, Latah Fairgrounds
- 2 AARP Tax Aide begins, 1912 Center
- 3 Winter Market, 1912 Center Great Room
- 13 Lunch & Learn: "Take Care of You" 12-1pm
- 15 Community Health & Wellness Fair, 11am-5pm, Latah County Fairgrounds
- 27 Lunch & Learn: "Insurance Secrets" 12-1pm
- 27 Friendly Neighbors Board meeting

March

- 3 Winter Market, 1912 Center, Great Room
- 13 Lunch & Learn: "Identity Theft, part 1" 12-1pm
- 27 Lunch & Learn: "Identity Theft, part 2" 12-1pm
- 27 Friendly Neighbors Board meeting

The bulletin board in the Senior Center

includes postings of senior-related newsletters (Roadrunners, Latah AARP, etc.) along with flyers of Lunch & Learn classes and other events. The UI Extension evening classes are free, but one needs to pre-register. "Lunch & Learn" are free classes held at noon at the Latah Fairgrounds.

Senior Meal Program/Senior Center

Friendly Neighbors Senior Citizens, Inc. is a non-profit organization recognized by the IRS as a 501(c)(3) charity that operates a senior meal program that includes a congregate meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow along with a home delivery program through the Area Agency on Aging.

For the congregate meals, 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.

To determine if you qualify for home delivered meals, contact Stephanie Boden at the AAoA in Lewiston at (800) 877-3206.

Monthly menus are posted at the meal site and on our web page: //users.moscow.com/srcenter

Besides managing the senior meal program, 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).

“Tips for a More Healthful New Year”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the January 2018
“Senior Nutrition News”

As January begins, many people set goals to improve their health, and often that involves eating a more healthful diet. You can enjoy your meals while making small adjustments to the amounts of food on your plate. Here are some tips that might work for you and help you meet your health goals for the new year:



- **Take your time.** Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you’ve had enough. Remember, your brain needs at least 20 minutes to get the message that your stomach is full.
- **Use a smaller plate.** Use a smaller plate at meals to help with portion control.
- **If you eat out, choose more healthful options.** Check and compare nutrition information about the foods you are eating. Many fast-food restaurants and chain restaurants post nutrition facts on their menus. Better yet, preparing food at home makes controlling what is in your meals easier to do.
- **Satisfy your sweet tooth in a healthful way.** Indulge in a naturally sweet dessert – fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top them with cinnamon.
- **Choose to eat some foods more or less often.** Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.
- **Find out what you need** at: www.choosemyplate.gov
- **Sip smarter.** Drink water or other calorie-free beverages or fat-free milk when you are thirsty.
- **Compare foods.** Compare Nutrition Facts labels at the grocery store to make healthy food choices.
- **Make treats “treats,” not everyday foods.** Have a smaller piece, and limit sweet treats to special occasions.



AARP Tax Aide

Tax Help Available February 2 – April 13, 2018

The AARP Tax Aide program offers free tax preparation assistance and e-filing, along with question and answer information during the coming tax season. The Tax Aide program is a program to help low to middle income taxpayers, with a special emphasis on those over age 60. They can prepare most basic returns including Schedules A, B, C, EIC, R, child tax credit, education credits, and ACA. Those seeking assistance must bring photo identification, social security cards for all household members, last year’s tax returns, and all applicable documents. Appointments are not accepted.

Moscow Tax Aide hours are 9:30 AM to 2:00 PM on Wednesdays and Fridays
at the 1912 Center, 412 East Third Street