

# *Friendly Neighbors Newsletter*

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Moscow Senior Meal Site and Senior Center

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## President's Message



A volunteer is a person who freely offers to take part in an enterprise or undertake a task, and Friendly Neighbors thrives because of its many selfless volunteers.

Eighteen volunteers keep the Senior Center up and running Monday through Friday. Another six pick

up and take care of donations for the Free Food Table at our meal site. Twenty-five set up and take down the meal site, and about ten others do special reports and tasks. A few members serve in several volunteer positions at the same time! There is not room here to name all of our volunteers, but I want to thank you for making Friendly Neighbors special.

Three individuals deserve to be singled out for the hundreds of hours they have dedicated to us as volunteers. Bill Terrio has served as Friendly Neighbors President for the past six years. He has also served as Kitchen Manager and been our representative to many organizations and activities. Linn Lindsey served on the Board of Directors for eight years, two of them as Friendly Neighbors President. Kay Keskinen is retiring as Friendly Neighbors Treasurer after over eleven years of exemplary work in that position. We cannot thank these three individuals enough for all they have given and continue to give to Friendly Neighbors.

Please consider volunteering to help Friendly Neighbors serve the senior citizens of Moscow. We need you, and you might actually have fun!

Carrie Bitterwolf, President

## Volunteer of the Year Award

At the December Annual Meeting of Friendly Neighbors then-President Bill Terrio presented long-time member Jan Jensen with the 2018 Volunteer of the Year Award.



Jan joined Friendly Neighbors soon after her retirement in 2006 and quickly became active in the organization. For twelve years Jan has been the Wednesday afternoon volunteer in the Senior Center. She was secretary from 2010-2013, and since 2009 she has completed the monthly nutrition reports required for our senior meal program. Jan was instrumental in the \$2,000 grant which resulted in new furniture for the Senior Center that replaced hand-me-down furniture (sofa, chairs, desk, etc.)

Congratulations, Jan!

## Meet Your New Board Members

At the December Annual Meeting of Friendly Neighbors, the following were elected to the Board of Directors: President: Carrie Bitterwolf, Vice President: Sharon Singleton, Secretary: LeNelle McInturff, Treasurer: Kay Keskinen, and Director: John Carlson (2019-2021). Continuing on the board are directors Steve Barr (2017-2019) and Win Green (2018-2020). Below are photos and bios of those who are new to the board or new to their position on the board.



**Caroline (Carrie) Bitterwolf** has been coming to Friendly Neighbors for nearly five years (she learned about it from Margie St. John, Barbara Townsend, and Nancy Lindhorst). Carrie was born and raised in Iowa City, Iowa. She has lived

in Moscow in the same home for 30 years. She has also lived in New Orleans, Orlando, Annapolis, Shreveport, and the U. S. Naval Training Center, Bainbridge, MA. Her educational background includes a B.S. in Education from the Centenary College of Louisiana, an M.A. in math education from the University of Maryland, and a Ph.D. from the University of Idaho in Curriculum and Instruction.

Carrie retired from classroom teaching in 2005. Her hobbies include reading, theater (plays and opera), swimming exercise, Friendly Neighbors, and genealogy. She met her spouse at a college dance. They have two daughters (Heidi and Katharine) and four grandchildren (Jessica & Joshua and Alexandria & Jasken {Jazz}). Their pets include two dachshunds (Fritz and Willie) and two cats (Mardi Gras and Lagniappe {Lanyap}). Carrie belongs to the Red Hat Society, the Rotary, and AARP. She is also a 50-year member of both Alpha Xi Delta Fraternity and the Order of Eastern Star.



**Sharon Singleton** has been coming to the Friendly Neighbors meal site for over two years, having heard about it from her mother, Harriet Phillip. She was born in Belleville, KS and raised in Alliance, NE. She has lived in Moscow for 18 years. Other places she

has lived are VA, GA, TN, Pullman (for 20 years), and England for three months. Her educational background includes high school and some computer classes. Occupations she has had are secretary and bookkeeper for the U.S. government in D.C. (Agriculture), VA (Naval Weapons Laboratory in Dahlgren), and GSA in GA, as well as being a beautician during high school. Next followed self-employment with rentals in Pullman; Daylight Donuts in Pullman, Moscow, and Colfax; and Pizza Perfection in Moscow. Her final job was as a supervisor at WSU (Student Advising and Learning Center), retiring in 2006.



### **LeNelle McInturff**

“I want to thank everyone who supported me as a candidate for secretary in the Friendly Neighbors election in December. I look forward to an interesting year learning more about the extensive activities of this organization.

“I am a native of Latah County who graduated from Moscow High School. I was transplanted to Southern California for a few years before moving back here with my family forty-five years ago. I worked part-time as a substitute rural mail carrier for USPS in Moscow for five years before going to work full-time at the University of Idaho in 1981. I retired from my position as administrative assistant in the Department of Chemistry in 2009 and worked part-time as an editorial assistant for three years after that. While working at UI, I took

college courses over the years and finished a BA in English in 2011. In retirement I enjoy gardening, traveling, reading, crocheting, working crossword and jigsaw puzzles, playing cards, and volunteering with several local non-profits. My daughters and son-in-law live in the Portland-Vancouver area, so I have made many trips along the Columbia River and love to get to the Oregon Coast. My trip of a lifetime was with a tour group in 2016 to Peru that included a visit to Machu Picchu and the Galapagos Islands of Ecuador.”



**John Carlson** has been coming to Friendly Neighbors for over four years. He was born in Chewelah WA and raised on a farm near Addy, WA. John has lived in Moscow

for 48 years and also lived in Pullman, Colville, and for a very short time in Olympia (1-1/2 years when he worked for the Department of Natural Resources). His educational background includes a B.S. (Forest Management); M.A., and a PhD. (Sociology).

John’s work life includes being a professor at the University of Idaho (teaching research methods in the Department of Ag Econ & Rural Sociology). Mostly he did research on soil erosion in the Palouse. Farmers are doing things differently than they used to due to the research in John’s department. He retired in 1999. His hobbies are hunting and woodworking (he made cabinets, remodeled his home, and did contract work for local people after retirement). He is married to Lucy (once his next-door neighbor) and they have three children, eight grandchildren, and three great grandchildren. He is active in the Living Faith Fellowship, Latah County Farm Bureau, and Board of Palouse Care Network.



**Sally Amador** has been coming to Friendly Neighbors for a year (she heard about it from friends, Win and Sue Green). She was born and raised in Three Rivers, MI and has lived in Moscow for three years. Sally has

moved from Honolulu, San Francisco, Oregon, Maryland, Washington, Idaho, Michigan, and then back to Idaho (and is never moving again!!). Sally received her education at the University of Michigan, Western Michigan University, and Bronson Methodist Hospital (School of Nursing). She was a Registered Nurse (ER, OB, and Nurse Manager). Though she retired as a nurse 15 years ago, she hasn’t retired from volunteering.

Sally’s hobbies include quilting, gardening, and reading. She met her spouse (Bill Amador) through a friend in Honolulu; they have twin daughters (one lives in Moscow and the other in Louisville, KY), three granddaughters (two live in Moscow), and one grandson who is a wild land fire fighter in Lowman, ID. Sally belongs to the Palouse Patchers, Moscow Garden Club, Red Cross as Blood Drive Coordinator, and the Disaster Assistance Team; she is active in her church and a Deacon.



### Membership Dues and Directory

The new Membership Chairperson is **Sally Amador**, who is coming out of retirement to re-learn the Excel software so that she can continue the efficient system that Sharon Singleton used to keep the membership information accurate.

Sally will be in Maui until March 14 so that will be the cut-off date for paying dues in time to be in the new directory. The new directory will be printed by March 26 and be distributed at the meal site to currently-paid members. Carrie will have a draft of the directory, so please check that we have your information recorded correctly.

Please pay your dues and support Friendly Neighbors!

## Update on the Board of Directors

Following the December Annual Meeting of Friendly Neighbors, there have been a few changes to the Board of Directors. At the January 22 Board of Directors meeting, John Carlson was appointed to fill the vacancy in the office of treasurer that resulted from the retirement of Kay Keskinen. John will fill the remainder of Kay's one-year term, which expires on December 31. That opened up John's director position, which the board filled at that meeting by approving Sally Amador to complete the remainder of John's three-term, which expires December 31, 2021.

Thus, here are the members of the Board of Directors, as of February 1, 2019:

President: Carrie Bitterwolf  
Vice President: Sharon Singleton  
Secretary: LeNelle McInturff  
Treasurer: John Carlson  
Director: Steve Barr  
Director: Win Green  
Director: Sally Amador  
Immediate Past President: Bill Terrio

## Meet the New Head Cook



**Terry Sirk** joined the kitchen staff in October, replacing Marisa Gibler as our head cook. Terry was asked to introduce herself in the newsletter. Below is her information.

"Hi, my name is Terry Sirk. I've

been happily married for 38 years. We have three wonderful kids. Our youngest daughter will be married this summer. Our other two kids are both U of I graduates.

"My hobby is working in my garden. It is mainly a flower garden with a few vegetables and herbs scattered within. I really like watching the

birds and butterflies when they come to enjoy my garden.

"I've been cooking professionally for over ten years. I have had the pleasure of preparing meals for people of all ages. I always strive to prepare a quality, nutritious meal that the majority of people will enjoy eating. I appreciate the opportunity to cook for you!"

## Numbers, Numbers, Numbers!

Friendly Neighbors reached a milestone in 2018, and you should know about it.

Thanks to the hard work of our lead cooks, Marisa Gibler and Terry Sirk, and the leadership of Bill Terrio as Kitchen Manager and President, our organization provided more meals in 2018 than we have ever before in our history!

This past year our kitchen staff made 11,450 meals: 5,657 at our congregate meal site and 5,793 delivered to home-bound seniors. This total surpasses the benchmark 9,442 we provided in 2015. And the record in 2018 is due to the nearly 2,000 more home-delivered meals than we provided in past years.

Preparing hot and frozen meals for home delivery has required a huge effort from our kitchen staff. Their hard work and dedication are greatly appreciated.

We operate on a tight budget, so every dollar counts when it comes to income for a non-profit charity. When our kitchen staff can provide so many more meals and keep costs down, it helps us stay financially healthy. Congratulations to us!

Kay Keskinen, past Treasurer

## Fun Facts

Movie trailers originally played after the movie, hence the name. The first trailer appeared in 1912.

Sloths have more neck bones than giraffes do. A giraffe has seven vertebrae in its neck while a sloth has ten.



## Birthdays of our Members

### February:

- 2 Nadine Morton
- 3 Allan Gilder  
Jan Jensen  
Karen Lewis
- 4 Zelda Fadness  
Lee Fruits
- 7 Kitty Masters
- 9 Beverly Williams
- 10 Margie St. John
- 11 Mary Baker  
Ann Hart  
Beverly Williams
- 14 Debby Davis
- 16 Dawn Nichols
- 18 Sharon Knight
- 21 Carroll Hughes
- 23 John Sullivan
- 24 John Carlson
- 28 Diane Romain



### March:

- 2 David Abrahamson
- 8 Sharon Singleton  
Singer G. L. Yan
- 9 Karen Frenzel  
Pat Tavis
- 10 Linn C. Lindsey
- 16 Edward A. Broemmeling
- 17 Juanita Fox
- 18 Mary Means
- 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.

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.

## Calendar...

### February

- 2 Winter Market, 1912 Center
- 6 AARP Tax Aide begins, 1912 Center
- 13 Bus to the Coeur d'Alene Casino
- 14 Free Bingo at senior meal site
- 18 Presidents' Day
- 21 Medicare 101 Class, 6-8 PM, Fairgrounds
- 26 Friendly Neighbors Board meeting

### March

- 2 Winter Market, 1912 Center
- 4 Idaho Day: Idaho Territory created by President Lincoln in 1863
- 11 Daylight Savings Time begins
- 13 Bus to the Coeur d'Alene Casino
- 14 Free Bingo at senior meal site
- 15 Latah AARP meeting, 11:30 AM, UIBW
- 26 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, AARP "Smart Driver" classes, and other events. "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 II 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 Carolyn Patterson at the A2AoA in Lewiston at (800) 877-3206.

Monthly menus are posted at the meal site and on our web page: [//users.moscow.com/srcenter](http://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. It is located on the first floor of the 1912 Center and open from 9 AM – 4 PM Monday through Friday (closed holidays).

## “Souper Nutrition”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the January 2019  
“Senior Nutrition News”

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 whole grains 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 you reheat and serve 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-salted broth/soup.
- Season soups with herbs such as garlic and onion powders, thyme, oregano, and red pepper. Also leave out 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 later.
- 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.**

## AARP Tax Aide

Tax Help Available February 6 – April 12, 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, Moscow