

Friendly Neighbors Newsletter

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President's Message



HELLO AGAIN.

First, I want to thank the membership for their confidence in electing me President again. This will be my 9th term, and with the continued support of all members, we can have another successful year.

I want to thank the many members who donated their time and talents to help make

last year a great success. We cannot succeed without the many hours provided by volunteers.

Speaking of success, once again we have a new high watermark for the number of meals provided in a year. In 2018 we provided 11,450 meals, but thanks to all the hard work of our kitchen staff and volunteer drivers, we provided 11,738 last year. Of that total, 5,291 were for congregate meals and 6,447 for home-delivered meals. The pattern of decreasing numbers of congregate meals continued, but we had 654 more home-delivered meals in 2019 than in 2018.

The 2020 US Census will be coming this year and I hope everyone will be counted. (see page 4)

In December we participated in the Alternative Giving Market of the Palouse and received \$1,323 in donations, which is more than last year. My thanks to Carrie for sitting with me at our table and helping us reach a new milestone.

Sandra Baird received our Volunteer of the Year Award for her donated time for Friendly neighbors.

I also want to welcome Barbara Townsend to the Board of Directors. She was elected to a three-year term as a director, and I believe she will be great addition to our Board.

I will be having hip replacement surgery Feb. 12th and expect to be out for the rest of the month. In my absence Sharon Singleton, as Vice President, will take over my duties (with help from the membership and the Board of Directors).

Bill Terrio, President

Volunteer of the Year

Sandra Baird, Friendly Neighbors member and very active volunteer, was presented with the Friendly Neighbors Volunteer of the Year award by President Bill Terrio in December.



Not only is Sandra an active member of Friendly Neighbors, she also volunteers for the Friday Food Recovery Program.

Congratulations, Sandra, and thank you for all that you do for our community!

Friendly Neighbors Dues are Due

It's time to renew your dues (or join if you are new) to Friendly Neighbors for 2020. Dues are still only \$2 for the calendar year. You may pay your dues at the meal site sign-in desk. Complete a green membership enrollment form to ensure we have your correct contact information. A directory of members will be available later.

Meet the Friendly Neighbors Board of Directors

Friendly Neighbors Senior Citizens, Inc. is a non-profit Idaho corporation that is recognized by the IRS as a 501(c)(3) charitable organization. In 1973 Friendly Neighbors began informally with seniors who gathered and brought food to share for lunch and socializing. In 1978 the organization filed to be an Idaho corporation with a three-fold mission: 1) provide home-delivered meals to seniors, 2) operate a congregate senior meal program, and 3) offer activities for seniors to socialize, educate, and enrich their lives. Its Bylaws require a board of directors to manage the business of the organization. The board consists of four officers (one-year terms), three directors (three-year terms), and the immediate past president.

Below are the photos of the members of the 2020 board. Each donates his/her own time and effort to make the organization successful. Please take time to thank them for their work on behalf of all of us.



Top row, L-R: Bill Terrio, President, term 2020; Sharon Singleton, Vice President, term 2020; LeNelle McInturff, Secretary, term 2020; John Carlson, Treasurer, term 2020

Bottom row: L-R: Win Green, Director, term 2018-2020; Sally Amador, Director, term 2019-2021; Barbara Townsend, Director, term 2020-2022; Carrie Bitterwolf, Immediate Past President

AARP Tax Aide

Tax Help Available February 5 – April 10, 2020

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 helps low-to-middle-income taxpayers, with a special emphasis on those over age 60. They can prepare most basic returns. 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 Wednesdays and Fridays from 9:30 AM to 2:00 PM
at the 1912 Center, 412 East Third Street, Moscow

Calendar...

February

- 1 Winter Market, 1912 Center Great Room
- 5 AARP Tax Aide begins, Wed and Fri
- 12 Bus to the Coeur d'Alene Casino
- 13 Free Bingo at senior meal site
- 17 Moscow Welcome Table, Great Room
- 25 Friendly Neighbors Board meeting

March

- 7 Winter Market, 1912 Center Great Room
- 11 Bus to the Coeur d'Alene Casino
- 12 Free Bingo at senior meal site
- 16 Moscow Welcome Table, Great Room
- 20 Latah AARP meeting, UI Best Western, 11:30
- 24 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.

Birthdays of our Members

February

- 3 Jan Jensen
- 6 Beverly Williams
- 10 Margie St. John
- 11 Ann Hart
Mary Baker
- 16 Dawn Nichols
- 17 Tim Greaney



March

- 8 Sharon Singleton
- 9 Pat Tavis
- 10 Linn C. Lindsey
- 21 Herb Utoff

Why I Like Retirement

- Q: How many days in a week?
A: 6 Saturdays, 1 Sunday.
- Q: When is a retiree's bedtime?
A: Two hours after falling asleep on the couch.
- Q: Why don't seniors mind being called seniors?
A: The term comes with a 10% discount.
- Q: Among retirees, what is considered formal attire?
A: Tied shoes.

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).



“Eat Healthy This Year”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the January 2020 “Senior Nutrition News”

Maintaining a healthy diet can be hard in the winter when fruits and vegetables are not as plentiful. However, good nutrition is even more important in the winter. A balanced diet helps to maintain your immune system during peak cold and flu season. Below are tips to help you eat healthy this winter:

- **Buy Canned or Frozen Produce.** They are processed right after harvest, so are as nutritious as fresh produce that may have been stored for an extended time.
- **Take Advantage of Root Vegetables.** Root vegetables are one of the most nutrient-rich vegetables you can eat and can be stored for long periods. Carrots, beets, parsnips, turnips, radishes, and yams are a few root vegetables available from fall to spring. Root vegetables are high in vitamins A, B, and C, as well iron.
- **Add Dark, Leafy Vegetables.** Dark greens such as spinach, broccoli, kale, and chard are rich in vitamins and antioxidants.
- **Savor Citrus.** Oranges, grapefruit, pineapple, and other citrus fruits are at their peak of freshness in the winter. High in vitamin C, citrus can help you keep colds and the flu at bay. While not a citrus, kiwis are another great source of vitamin C. Grapefruit juice can interact with some medications, so check with your healthcare provider before consuming grapefruit juice.
- **More Vitamin D Rich Foods.** Winter’s shorter days bring less sunlight. Our main source of vitamin D is sunlight, so in the winter we need to get our vitamin D from other sources. Vitamin D keeps immune systems strong so you’re able to fight off viruses and bacteria that cause illness. Foods rich in vitamin D include egg yolks, seafood, healthy grains, mushrooms, and fortified milk.
- **Stay Hydrated.** Drinking plenty of fluids is important no matter what the season, but it is especially vital during the winter months. Staying hydrated helps people speed recovery from colds and flus. Warm fluids like tea can also help keep your body warm.



2020 US Census – Make Sure You Are Counted!



Between March 12 and 20, the majority of households will receive a postcard invitation to respond online to the 2020 census. Those who don’t answer will then receive the traditional paper form in the mail. If a household still does not respond, the Bureau will send a census taker to knock on that door to collect the household’s data.

People who live in areas that the Bureau has determined are most likely to lack broadband internet service will receive a traditional paper form in the first mailing. “The Census Bureau is confident that the 2020 census will be easy for everyone to participate in,” says Daniel Velez, a spokesman for the Census Bureau.

The Census Bureau has digitized the 2020 census to save money. The 2010 census, which cost \$10.2 billion, was the most expensive in history. Taking the census online — at least partially — is projected to save an estimated \$5.2 billion.

Older Americans have been more likely than other age groups to return their U.S. census forms and make sure they were counted. But as the country gears up for the 2020 census next March — the first that will be completed largely online — experts say there will be challenges in getting older people to participate.

A recent U.S. Census Bureau survey found that 56 percent of those 65 and older aren’t comfortable with an online response and prefer to fill out a paper census form. “The concerns over privacy and cybersecurity will have to be overcome, and those concerns are highest for those over 50,” says Steve Jost, a former Census Bureau official.

The stakes are high. In 2016, for example, more than 300 federally funded programs relied on census data to distribute more than \$675 billion to states and localities. That includes funds for schools, roads and hospitals as well as for programs that aid older Americans, like Medicare Part B.