

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



Hi, everyone.

A new year has started for Friendly Neighbors and you will notice that we have a new president. I have big shoes to fill following in the footsteps of Bill Terrio who served as our president for over 8 years. Note the

Leadership Award on page 3 that we presented Bill in recognition of his service as our leader. Thank you, Bill. Bill has volunteered to continue working with the kitchen crew.

In spite of the pandemic we had a busy 2021—serving 3,086 congregate (includes the “grab-and-go”) meals and 7,731 home delivery meals. Delivering this many meals to seniors’ homes is a difficult task, and I want to pass on a HUGE thank you to our drivers who deliver meals no matter the weather.

You will notice some changes in our procedures at our congregate meal site sign-in desk. Our senior meal program has a contract with the Area Agency on Aging to provide meals to seniors aged 60 and older. Three people from their office visited our meal site on December 7 and found that we were out of compliance with a few aspects of our contract. You may be aware that we now have a donation box on a table separate from our sign-in desk. If you wish to donate for your meal, your donation is to be confidential, we are not to know how much you donate for your meal. Thus, the separate donation box. Please bring exact change for your donation, but if you do not have exact

change, Margie or someone else at the desk can change a bill into smaller denominations. Then you use that money to confidentially insert your donation into the donation box. Please do not ask them to make change; for example: give them a \$5 bill and ask for a few dollars in return, expecting the difference to be donated. Place your donation yourself in the box marked for donations. Of course, seniors at least 60 years old do not need to donate to receive a meal.

If you bring a guest to the meal who is under 60 years old, that person must pay \$7 for the meal. There is a separate sign-in sheet for non-senior guests.

I look forward to working with the board of directors and our membership. Here is a good place to note that we have a vacancy on our board. In addition to the four officers and immediate past president on our board, we also have three directors who serve for three-year terms. Barbara Townsend’s election as secretary resulted in causing her director position to be vacant; there is one year remaining on her term. Contact me if you are interested in filling that director position for 2022.

Here’s hoping 2022 will be a good year.

John Carlson, President

Getting to Know You

In an effort for our members to get to know one another, the board of directors has chosen the second Tuesday of each month as “name badge day.” If you are a member of Friendly Neighbors who does not already have name tag, we have stick-on blank name tags at the sign-in desk. Please wear a name tag that day and get to know others at our meal site.

Friendly Neighbors Recognitions

Since 2015 Friendly Neighbors has been recognizing its members and volunteers with a "Volunteer of the Year Award." Because the pandemic kept us from meeting in person in 2020, we postponed that year's recognition until 2021.



At our Annual Meeting on December 14 we recognized Susan Daniels as our 2020 Volunteer. She volunteered in our kitchen that year when all of our meals were either grab-and-go or home delivered. Thank you, Susan!



Margie St. John was also recognized at our Annual Meeting. She earned our 2021 Volunteer award for the many years she has worked at our

meal sign-in desk. Thanks, Margie, for your dedication.



Bill Terrio served as our president for over 8 years (2013-2021). After his last term, Bill received a Leadership Award at our January 4 lunch in recognition of his many years of service. Bill's experience in food service has been especially valuable to our meal program. He

worked to receive grant funding for Friendly Neighbors, necessary income to help bridge the gap between our income and expenses. Thanks, Bill, for the many hours and services you have provided us.

Senior Activities

The non-game senior activities that closed down in March of 2020 because of COVID-19 have not started back up yet. After checking with the activity leaders, here are their updates: Esther Louie (chair yoga), Lauren Fins (dance fitness gold), and Janice Ardern (open art studio) have not set a start date for their activity because of Omicron. Note that Linn Lindsey has ended the senior support group. Esther suggests Sherry Zak's YouTube videos or "Classical Stretch" on PBS in the meantime.

The Friday mah jongg group is offering coaching to learn to play American mah jongg; stop by the Game Room anytime between 2-4 pm on a Friday.

Are you looking to get some exercise into your week? Esther Louie will be starting a walking program called "Walk With Me." You can join her indoors at the Palouse Empire Mall beginning on Wed, February 2, from 9 am to 10 am. She will bring one of her Pet Partner therapy dogs to keep you company - walk for as long or as short a time as you would like.

Esther encourages you to walk at your own pace, being sure to check with your physician before beginning any exercise program. We will follow COVID practices of mask wearing and social distancing. Please contact Esther and let her know if you are interested or if you have questions. Email: estherlouie@gmail.com. Cell phone to text or call: 509-990-3688.

If you have an idea for a senior activity, please pass along your suggestion to our board.

The Friendly Neighbors web site has a current schedule of senior activities.

Alternative Giving Market of the Palouse

Friendly Neighbors participated in the Alternative Giving Market of the Palouse (AGMP). Sharon Singleton (shown below) and Sally Amador took shifts at our table, distributed literature, and answered questions potential donors had. We thank our AGMP donors for contributing more than \$1,500 to us. We would not be able to provide our senior-related services without donations.



Annual Meeting Report

The Annual Meeting of Friendly Neighbors Senior Citizens, Inc. was held on Tuesday, December 14, 2021 at 11:45 AM in the 1912 Center Great Room.

The main item of business was to elect four officers to one-year terms and one director to a three-year term. The results of the election are as follows: President: John Carlson, Vice President: Sharon Singleton, Secretary: Barb Townsend, and Treasurer: Kay Keskinen. Sally Amador was re-elected to a three-year term as director. Win Green continues his term as director. Barb Townsend was serving as a director, so on January 1 when she accepted the office of secretary, her director position became vacant.

If you are interested in filling the last year of Barb's director position, please contact John Carlson or any other board member.

Dues for 2022 Are Due

Annual dues for Friendly Neighbors are \$2 for the calendar year, and there is a lifetime dues option for \$25. Membership is open to those aged 50 and older. A membership form is included in this newsletter on the bottom of page 5.

For \$4, members may also subscribe to six issues of this newsletter to be sent to your mailing address. If you are paying for dues and the newsletter, please make that clear on the membership form. Newsletters dating back to January of 2003 are available on our web site: <http://users.moscow.com/srcenter/newsletters.html>

Your support of Friendly Neighbors is appreciated.



Computer help is available to seniors Monday mornings from 10 am - 12:30 pm and Thursday afternoons from 12:30 – 4 pm in the Welcome Room.

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.

AARP Tax-Aide

Tax Help Available February 2 – April 15, 2022
Free tax assistance, preparation, and e-filing to be offered



The AARP Foundation is again providing free tax assistance and preparation through its Tax-Aide program. The service is

available to low to middle income taxpayers, with a special emphasis on those age 50 and older.

Appointments are required for help this season. Face masks are also required. Contact 208-310-0193 to make your appointment.

Assistance will be offered at the 1912 Center (412 East Third Street) in Moscow on Wednesdays, Thursdays, and Fridays from 9:30 AM to 2:00 PM in the Reception Gallery on the second floor.

Tax-Aide can prepare most forms including 1040 and supporting schedules, EIC, Child Tax Credit, Other Dependent Credit, Education Credits, and Schedule C if no inventory, employees, or depreciation.

Taxpayers MUST bring social security cards, photo identification, all income and expense documents, and previous years' tax returns are requested.

Birthdays of our Members

February

3 Wayne Anderson
7 Kitty Masters
10 Margie St. John
11 Mary Baker
19 Mike Helbling
24 John Carlson

March

8 Sharon Singleton
9 Pat Tavis
10 Linn C. Lindsey
31 Corinne Lyle
31 Susie South



Don't forget!

Daylight Savings Time begins Sunday, March 13 at 2:00 AM

Did You Go to School in the 1912 Center?

Mina at the 1912 Center is hoping to interview folks who attended school in this building. The interviews will join the 1912 Center archive. If you went to school here and are interested in being recorded about your time here, please either email Mina: mina1912center@gmail.com, call 208-882-1562, or stop by the Welcome Room desk any Tuesday, Wednesday, or Thursday.

Thanks,
Mina Ashkannejhad
Assistant Director, 1912 Center
mina1912Center@gmail.com

Keeping Food Safe for Older Adults

by Stephanie Smith, WSU Food Safety



Many of us may be caring for or preparing food for older adults, which can present a challenge given that older adults are at higher risk for foodborne illness. According to foodsafety.gov, adults aged 65 and older are at higher risk for foodborne illness because of changes in their body as

they age. These changes include lower amounts of acid in the stomach, retention of food for longer periods in the gastrointestinal tract, lower liver and kidney function, and chronic conditions, such as diabetes and cancer. All of these factors can contribute to increased susceptibility to disease from harmful bacteria and toxins.

According to the FDA, foods that are most likely to contain harmful bacteria are raw fruits and vegetables, and some animal products. Animal products that especially present a high risk include raw or undercooked eggs, meat, poultry, seafood, unpasteurized milk, soft cheeses, as well as deli meats and salads. The FDA recommends choosing the following safe choices for preparing and serving food for older adults:

Serve meat, poultry, and seafood that has been cooked to the correct internal temperature. Ground meats and egg dishes should be cooked to 160°F; steaks, roasts, chops, and seafood should be cooked to 145°F; and all poultry or leftovers should be cooked to 165°F. Only serve milk and cheeses which have been prepared using pasteurized milk. Fruits and vegetables should be washed thoroughly under running water before consuming. It is best to serve cooked vegetables to further reduce risk.

Sprouts are especially prone to contamination with pathogens and should not be served to older adults unless they have been cooked. Hot dogs and deli meats should be reheated to 165°F, or until they are steaming hot. Only shelf-stable (canned) pâtés or meat spreads should be served. Deli salads should be freshly prepared at home, as store bought deli salads present a higher risk. Never allow an older adult to consume raw dough as it is at risk of being contaminated with Salmonella and E. coli from the eggs and flour. Never consume dishes that may contain raw eggs such as Caesar dressing.

In addition to making safe food choices, it is imperative to always follow best practices for purchasing, preparing, and serving food. Make sure that all surfaces and utensils have been thoroughly washed in hot soapy water prior to use and in-between preparation of different foods such as meat and vegetables. Raw fruits and vegetables should be prepared prior to handling raw meat, poultry, seafood, and eggs. Always wash your hands with soap and water for 20 seconds before preparing any food. Food should always be cooked to safe temperatures and this should be verified by using a food thermometer. Make sure hot food is kept hot and cold food is kept cold. Bacteria can grow rapidly at temperatures between 40°-140°F.

When eating out, older adults should avoid any foods that contain raw meat, poultry, seafood, sprouts, or eggs. Additionally, foods should never be ordered rare. The FDA recommends asking the server if food contains uncooked eggs, sprouts, meat, poultry, or seafood, and making a different selection if it does. Safe food choices when dining out include fully cooked meat, eggs, seafood and poultry; deli meats that have been cooked until they are steaming hot; milk, cheeses and eggs that have been pasteurized; and foods that do not contain raw sprouts. Make sure that any leftovers are refrigerated within two hours after being served, or one hour if the outdoor temperature is above 90°F.

The FDA has a publication “Food Safety for Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplants, and Autoimmune Diseases” which provides helpful tips for preparing and serving food to older adults. This publication is available through the FDA’s website at bit.ly/3Hb16SK.

Smith is an assistant professor and statewide consumer food specialist for Washington State University. She can be reached at food.safety@wsu.edu.

HUMOR

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
12. I finally got eight hours of sleep. It took me three days, but whatever.
13. I run like the winded.
14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
15. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
16. I don't mean to interrupt people. I just randomly remember things and get really excited.
17. When I ask for directions, please don't use words like "east."
18. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
19. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
20. My luck is like a bald guy who just won a comb.

2022.....JOIN FRIENDLY NEIGHBORS! 2022

Please mail check and completed form to Friendly Neighbors, 412 East Third Street, Moscow, ID 83843

Annual Dues	Dues with 6 newsletters	Lifetime dues	Lifetime plus newsletters for one year
\$2.00	\$6.00	\$25.00	\$29.00

Circle dues amount above. Circle all that you participate in: *Meals Mah Jongg Chair Yoga*
Art Workshop BridgePinochle Zumba...Dance...Senior Center...Puzzles Other _____

Please print ~ Date paid _____ 20____ Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Birthday _____

E-Mail _____

Membership valid from time of payment to 12/31/2022. No dues will be prorated for any portion of the year.

EMERGENCY CONTACT: Name _____

Relationship _____ Phone # _____

Friendly Neighbors has my permission to print information in its Membership Only Directory. Please circle below any information you DO NOT want printed in the directory and INITIAL

Name Address Phone Birthday E-Mail... .Member initials _____