

# *Friendly Neighbors Newsletter*

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## President's Message

During the first half of this year I, along with help from other members of the Board of Directors, have written a number of funding grants, most of which have been successful in generating funding to

cover the gap between our income and costs of providing meals. I have written numerous grant request over the course of my career, but none have been as enjoyable as writing requests for Friendly Neighbors. Why is that the case you may ask? The main reason is that it is so easy to justify the need for funding. We provide such a valuable service to our community. The importance of nutritious meals and the maintenance of social relationships for seniors is well documented by research. And the success rate of our funding efforts is evidence that the foundations and agencies we seek funding from agree. If they didn't, we would not be able to provide the valuable services we do. We are very grateful for each one of them.

I hope you are enjoying the summer weather and taking advantage of the many activities our community has to offer. Let's not forget that the healthy lifestyle most of us enjoy is not automatic. It is a function of the healthy choices we make each and every day. That includes eating a healthy meal at the meal site on each Tuesday and Thursday. It will have a positive benefit on every aspect of your life.

John Carlson, President

## Help for Rising Food Costs

With rapidly increasing food prices, many are looking for ways to cut down on their expenses for food.

Friendly Neighbors provides a

congregate meal site for seniors age 60 and older on Tuesdays and Thursdays. We suggest a donation for meals provided to seniors, but any senior who requests a meal may receive one, whether or not they donate for the meals.

We have been asked to increase the frequency of these meals to three or more days a week, but because we rent our kitchen, storage, and dining spaces, we cannot expand our meal program.

There are additional options for seniors and others experiencing food insecurity.

- 1) At our lunches, we have a "bread table" that holds breads, desserts, meats, and more donated by local food businesses to give to our diners.
- 2) Check out the West Side Food Pantry at 730 W Pullman Road; they list hours open each day; call 208-596-4992 for more details.
- 3) The Moscow Food Bank is at 110 N Polk, near St. Mary's Church; it is open Tue-Fri from 2-4 PM; call 208-882-4813 for information.
- 4) The Idaho Food Bank distributes food at the Latah County Fairgrounds at 10 AM on the fourth Monday of each month.
- 5) Food Not Bombs of the Palouse distributes free food on Sunday afternoons, lately at Berman Creekside Park; call 208-352-3442 for more details.
- 6) Food Recovery lunches are available Fridays at around 1 PM which are distributed outside the 1912 Center. Bring bags to carry meals home.



## Inflation!

### Nuts and Bolts of FN Finance\$

by Kay Keskinen, Treasurer

Inflation is affecting our Friendly Neighbors members as well as our organization.

One cannot go to the grocery store or fill the car's gas tank without spending more than before. I remember pulling into the gas station in the mid-1960s and telling the attendant, "A dollar's worth of regular, please." My car got about four gallons of gas while the attendant cleaned the windshield and checked the oil.

Those days are long gone. As prices of our personal purchases have increased lately, so has the food Friendly Neighbors purchases for its senior meal program. As treasurer I want to give our members some information about how our finances work.

In January of each year the Friendly Neighbors board adopts a proposed budget for the calendar year. In January we projected a balanced annual budget of \$75,254. Our two major expense items are food and payroll. In January we guessed we'd spend \$32,000 on food and \$28,650 on payroll. At the end of each month I provide our board with a profit and loss statement. When June ended, we were halfway through the year and had spent \$21,946 on food and \$17,370 on payroll.

Let me share some information about our income. We have a multi-year contract with the Area Agency on Aging (AAoA). That contract requires us to have a congregate meal program and to offer home delivered meals to seniors. We agree that we will provide a meal to any senior aged 60 and older who wants a meal, whether or not they donate for their meal.

In return for agreeing to provide meals to seniors, AAoA will give us a subsidy to help pay for the meals we serve. This subsidy does not fully cover the total cost of the meal, but it helps such that we expect meal donations plus grants and other donations to make up the difference. Note that our subsidies can have a ceiling, which we did reach for our congregate meals by April. That is, AAoA had already given us the maximum amount in our contract by the end of March, so for the months of April, May, and June we received no subsidy for any of the meals served at our congregate site.

The IRS recognizes us as a 501(c)(3) charity, so we are eligible to apply for grants, which we have done this year (and every year). We are grateful for the grants we have already received that were requested for operating costs to purchase food.



I recently "scared" the board with a new number, the average cost of our meals so far this year. In 2021 we provided 10,817 meals; dividing our total expenses by the number of meals resulted in an average meal cost of \$6.74 (which is close to what the average has been in recent years). Then I told them that for the first six months of 2022 we served 4,975 meals at an average cost of \$9.88. Inflation is hitting us in our food budget.

I tell you this so you have an understanding of our finances, not to alarm you. We will not go broke; we have grants to help us with our rising food costs.

But I do have a favor to ask of those who attend our meal site. We only receive a subsidy for meals for which we have full verification that we are providing a meal to a senior (60 or older) who has actually eaten a meal. Thus, when we ask you to complete a "Congregate Registration Form," it's to have you confirm your birthday and other information that you are eligible for a meal. Then we chase you down at lunch to sign in that you received a meal. At the end of every month we have to complete a LOT of paperwork to receive that month's meal subsidies (congregate, home delivered, and Medicaid) from AAoA. Bill Terrio currently has been taking care of all this documentation (thanks, Bill!) and seeing that AAoA gets it at the beginning of the following month.

If we cannot confirm that you are a senior who ate a meal, we do not receive the subsidy for that meal. Each month we usually miss some pieces of documentation for a handful of diners, and then we miss out on those subsidies.

We receive no subsidy for meals provided for non-seniors, so we sell meals to those under 60 for \$7, and we pay the Idaho sales tax.

I would guess that many of you reading this are interested only in enjoying a senior lunch with friends. But if you are a member, this is your organization, you elect officers and directors to run this corporation. The board members are volunteers, no one other than our kitchen staff is paid for their work.

If you enjoy our congregate meals, please be sure to sign in for the meals you eat. If you are able to donate for your meal, we appreciate your contributions. All of these pieces come together to make our senior meal program a success. We've been providing senior meals since 1973, and we expect to be here for many more decades.

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#### 2022 Friendly Neighbors Board Members:

President: John Carlson

Vice President: Sharon Singleton

Secretary: Barb Townsend

Treasurer: Kay Keskinen

Directors: Win Green, Sally Amador, Dick Berns

Immediate Past President: Bill Terrio

## Stay Cool at the Library

Libraries are full of wonderful resources like books, DVDs, games, our hands-on voyager kits, and more, but one of our most important resources often goes unmentioned—our space. In books like *Palaces for the People* by Eric Klinenberg, the value of public library spaces is shown to be transformative and invaluable to community connection. And at this time of year, you might also want to stop by to sample our air conditioning. With time restrictions for browsing and spending time in the library lifted, an afternoon at the library can be a perfect way to spend a summer day.



While in the library, there are different spaces you can enjoy in your time here. In our periodicals corner, we have chairs set up facing our large window for natural light and dozens of magazines to browse and flip through at your own pace. Not only do we have the latest issues, but we also keep several past issues for every magazine in our collection that are also available. Just like books, you can check out magazines and take them home. With our updated check out limits, you can check out up to 6 magazines for up to 14 days.

Next to our newspapers, we have a newly installed power counter with a place to plug in phones, laptops, or other devices you may have brought with you. While it is mostly standing access right now, the library is working to bring in stools for patrons to sit, charge their devices, and enjoy the space.

Finally, our public access computers are also a great place to sit and surf the internet or utilize the many digital resources we have to offer. If a magazine that you were looking for in our periodicals corner is checked out, hop on a computer and try Flipster! Flipster is just one of the many digital resource cardholders have access to, and it is available on our website, [latahlibrary.org](http://latahlibrary.org), under the "digital library" heading in the "services" drop down menu. On Flipster, you can find some of your favorite magazines online, sort magazines by categories like Food & Cooking or Hobbies, and even print off some adult coloring pages for later with our new paisley patterns coloring book.

If you're looking for a relaxing place to just read a book, flip through the newspaper, or just enjoy some time inside and away from the heat, consider our library space!

Rebecca Rivapalacio  
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Latah County Library District  
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The next Idaho Roadrunners meeting will be on Saturday, August 13 at the Moose Lodge at 7:30 AM. Information about new Spokane events will be forthcoming: Chicago, Book of Mormon, Mannheim Steamroller, and Riverdance. They are considering a new venue and time for their monthly meetings.

Trips: Please e-mail or call Sharon (208-874-7252) to sign up on these two August trips:

"Spokane Scottish Highland Games": \$30, Saturday, August 6, bus scheduled to leave Good Sam at 8 AM

"Come From Away": \$88, Saturday, August 13, bus loads at Good Sam at 11 AM

Note that the current Roadrunners newsletter is usually posted on the Welcome Room bulletin board.



## Birthdays of our Members

### August

1 Lois Reed  
6 Linda McHargue  
12 Celia Boland  
25 Jon Bateman  
29 Tamara Conniff  
30 Susan Warren  
31 Abby Hudson  
31 Joy Irving  
31 Jim McCloskey



### September

4 Colleen Bright  
7 Holt Quinn  
7 Donna DeBolt  
10 Joanne Eastburn  
11 Fern Bielenberg  
14 Karón Aronson  
16 Gerald Schutz  
27 Ray Morris  
28 Sue Green

## “Keep It Cool with Summer Salads”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the July 2022 “Senior Nutrition News”

**Salads can provide a nutritious and refreshing meal for when it is just too hot to cook. With the amount of fresh produce available at this time of year, there are almost endless nutritious salad combinations to try. Some tips to build the ultimate summer salad add:**



- **Greens** – Get creative with your greens! Go beyond the traditional spinach and romaine, and try kale, arugula, escarole, or Swiss chard. Or for a completely different base, try making spirals or strips of zucchini.
- **Extra veggies** – Add in as many additional veggies as you like. Veggies are packed full of vitamins and minerals, and add flavor and crunch to your salad.
- **Protein** – Pick a protein or two! If you are vegetarian, or even if you’re not, try tofu, beans or soybeans on your salad for a change. Choose lean proteins like chicken, fish, or eggs. Added protein will help you stay fuller longer.
- **Healthy Fats** – Try avocado, sunflower seeds, walnuts or almonds as an interesting topping. If you are a cheese-lover, add a portion of your low-fat favorite into the mix. Remember, a serving of cheese is 1.5 ounces or about the size of four dice.
- **Fun mix-ins for texture and flavor** – Add in other items for texture and flavor. Try something sweet like sliced apple, mango chunks, strawberries, or any dried fruit. If you want a little crunch, add tortilla chips or croutons. Another option to make it a heartier salad would be to add some grains; brown rice, quinoa, or couscous all work well in a salad. Grains can round out the salad, making this meal contain all five food groups.
- **Dress it up!** – With 1-2 tablespoons of low-fat dressing. You can also make your own vinaigrette by the classic 3:1 ratio of oil to vinegar. Then just shake it up after you add your favorite herbs, chilies, salt, and/or pepper. Throw everything in a bowl, toss it together, and you have a quick-and-easy, no-cook meal.

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### Things to Ponder:

How do they get deer to cross the road only at those yellow road signs?

Can vegetarians eat animal crackers?

Why do they lock gas station bathrooms? Are they afraid someone will clean them?

If a deaf person swears, does his mother wash his hands with soap?

Don't sweat the petty things, and don't pet the sweaty things.

If man evolved from monkeys and apes, why do we still have monkeys and apes?

I went to a bookstore and asked the saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.

If one synchronized swimmer drowns, do the rest drown too?