

# ***Friendly Neighbors Newsletter***

Volume 17 — Issue 2 — March/April 2016

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Moscow Senior Meal Site and Senior Center

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## **President's Message**



Greetings All Friendly Neighbors!

Thank you for your cooperation in helping us to implement new serving procedures for our salad bar. We have heard many positive comments about how they have decreased the serving line and increased access to salads for all.

Are you aware that Friendly Neighbors has over one hundred paid members this year and that we are averaging over sixty diners at our Tuesday and Thursday congregate meals? Numbers are higher on Chair Yoga Tuesdays, and it is not unusual to have over seventy individuals present when the Old Time Fiddlers play on the last Thursday of the month (but not in summer).

While our numbers continue to grow, over one-third of last year's members have not yet paid their 2016 dues! Even though our two dollar annual membership dues are not required for participation in Friendly Neighbors activities and meals, they help support those activities. If you have not paid your dues, please do so.

Our 2016 Membership Directory will be printed and distributed by mid-April. Please check at the meal site sign-in table to see if your dues are current and if we have your correct information (name, address, phone, birthday, and e-mail address).

**Bill Terrio**





## *Happy Birthday*

### March

- 10 Linn Lindsey
- 16 Ken Powell
- 18 Mary Means
- 21 Herb Uthoff
- 23 Ralph Johnson
- 26 Marilyn Henderson

### April

- 1 Monica McLean
- 2 Jane Hess
- 5 Helen Dewey
- 9 Jerry Dean, Sr.
- 14 Lauren Fins
- 16 Sandra Baird
- 17 Arlene Jonas
- 18 Gloria Brix
- 20 Marvin Munn
- 22 Bernard Austin
- 23 Helen Tribble  
Bob Tunnicliff
- 27 David Ball

## *Springtime*

A little Madness in the Spring  
Is wholesome even for the King.  
Emily Dickinson

In the spring a young man's fancy  
lightly turns to thoughts of love.  
Alfred, Lord Tennyson

Spring, the sweet spring is the year's  
pleasant king;  
Then blooms each thing, then maids  
dance in a ring,  
Cold doth not sting, the pretty birds  
do sing.  
Cuckoo, jug-jug, pu-we, to-witta-woo!  
Thomas Nashe

The first day of spring is one thing,  
and the first spring day is another.  
The difference between them is  
sometimes as great as a month.  
Henry Van Dyke



### **DAYLIGHT SAVINGS TIME:**

Don't forget to move your clocks and watches ahead by 1 hour on Sunday, March 13. Change your watches and clocks before you go to bed on Saturday so you don't arrive late to meetings and appointments the next day.

## Tips to Avoid Weight Gain

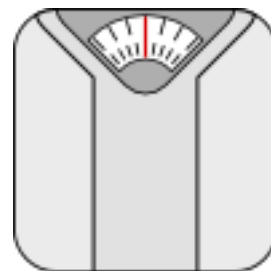
In addition to limiting the most fattening foods, follow these tips to avoid weight gain:

- Drink plenty of water between meals and at mealtimes.
- Eat tomato-based and broth-based soups and stews that contain lots of vegetables and are low in sodium. Broth-based soup eaten as an appetizer can fill you up so that you eat fewer calories during the meal.
- Eat plenty of lean protein to feel full and satisfied.
- Use only lean meats in soups, casseroles & other dishes, and limit portion sizes.
- Replace high-fat ingredients with spices and peppers to add pizzazz to your food without the fat and calories.
- Use low-fat milk or fat-free half-and-half instead of cream in recipes.
- Replace each whole egg in a recipe with 2 egg whites.
- Stick to your routine. If you splurge on comfort foods at a special meal or party, get right back on track with healthy eating the next day.
- Get at least 30 minutes of physical activity every day to stay fit and to keep your metabolism perking. Exercise is

a great non-food way to reduce stress.

- Get plenty of natural sunlight. Winter's shorter days and longer nights may bring on fatigue, depression, and cravings for sweets and starches. Take a walk outside to lift your mood and to give your body a chance to produce vitamin D. This may take as little as 15 minutes of sun exposure on arms and face twice a week.
- It is easier to keep your weight stable than to lose weight. You can lose weight, or at least maintain your weight, by eating 100 calories less than your body burns each day. On the other hand, you will gain about 10 pounds in a year by eating 100 extra calories per day.

Nutrition Assistance Program (SNAP). This material was funded by USDA's Supplemental SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number.





## **Latah County Chapter**

## **AARP Foundation Tax-Aide**

Volunteers with AARP Foundation/ Tax-Aide Program will be available to prepare tax returns free of charge at the 1912 Center Great Room in Moscow Wednesdays and Fridays February 3 until April 15, 9:30 am to 2:00 pm.

No appointments are needed; first come, first served. Do expect some waiting. The AARP Tax-Aide volunteers prepare returns for low to middle income taxpayers of all ages, with emphasis on those who are age 60 and older. Membership in AARP is not required. The IRS and the AARP Foundation sponsor the program.

Volunteers are authorized to prepare basic 1040 tax returns including: Schedules A, B, D, E, and R, along with Forms 1099-Misc, 2441, 8863, 8812, EIC, and 5695. A basic Schedule C can be prepared if it does not include inventory, depreciation, employees, or losses.

Volunteers do not prepare returns for taxpayers who have complex returns, rental income, or foreign income.

When you come, bring: A copy of last year's return; all tax documents; driver's license; social security cards for yourself and all dependents.

Contact Randy Baukol at 208-882-5406 or email [rvbaukol@gmail.com](mailto:rvbaukol@gmail.com) for additional information.



## **<<<BEWARE...IRS SCAM>>>**

There have been reports of individuals in this area receiving phone calls from the IRS about unpaid or overdue taxes. These calls are a SCAM. IRS personnel do not communicate by telephone. It only communicates by mail. Hang up on any calls you might receive from the IRS. Also, remember to never give out your social security, PIN, or other personal identification numbers, and delete any e-mail you may receive that you do not recognize.



## Bite Into a Healthy Lifestyle

National Nutrition Month is celebrated each year in March. This year's theme "Bite Into a Healthy Lifestyle" encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

A healthy eating plan doesn't have to be complicated. Adopt a plan that provides the nutrients you need without too many calories. Follow these tips to Bite Into a Healthy Lifestyle:

**Make half your plate fruits and vegetables.** Eat a variety of fruit & vegetables. Fresh, dried, frozen and canned all count. Choose "reduced sodium", "no-salt-added", canned in water or 100% juice.

**Make at least half your grains whole.** Choose 100% whole-grain

breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

**Switch to fat-free or low-fat milk, yogurt and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy. Include 3 servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

**Vary your protein choices.** Each week, include seafood, nuts, beans and peas, as well as lean meat, poultry and eggs.

**Enjoy your food but eat less.** Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass. Cook more often at home, where you are in control of what's in your food.

**Be physically active your way.** Choose activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

**SENIOR NUTRITION NEWS** March 2015

## Special Days

### *March*

8 FN Blood Pressure Check Day  
13 Daylight Savings Time Begins  
13-18 University of Idaho Spring Break  
17 St. Patrick's Day  
20 Spring Begins; Palm Sunday  
22 Friendly Neighbors Board Meeting  
23 Purim Begins  
25 Good Friday  
27 Easter  
31 Old Time Fiddlers

### *April*

1 April Fools Day  
12 FN Blood Pressure Check Day  
15 Emancipation Day  
18 Federal Income Taxes Due  
22 Earth Day  
23-30 Passover  
26 Friendly Neighbors Board Meeting  
28 Old Time Fiddlers  
29 Arbor Day

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**COFFEE HOUR DAILY**  
**10:00 am**



**MOSCOW SENIOR CENTER.**  
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## Senior Center Activities

**Monday AM** Computer Help

**Monday PM** Jigsaw Puzzles

**1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Tuesdays**  
Chair Yoga 10:30 AM in Arts Room

**Tuesday Congregate Lunch**  
Pastries and Coffee 10:30 AM  
Salad Bar 11:30 AM  
Main Entry 12:00 NOON  
Soup and Dessert Bar

**Tuesday PM** Pinochle

**Wednesday PM** Bridge Lessons and  
Mah jongg

**Thursday Congregate Lunch**  
See Tuesday's Lunch Schedule

**Thursday PM** Bridge

**Friday AM** Bingo at 10:00 AM

**Daily Activities 10 AM – 4 PM**  
Coffee, Jigsaw Puzzles,  
Board Games for Small Groups,  
Reading, Quiet Socializing  
Bulletin Board Announcements

**AAoA SENIOR NUTRITION PROGRAM**  
**SENIOR MEAL SITE LUNCH MENU**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: March, 2016**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, March 1<sup>st</sup> FPOL3

Chicken Teriyaki  
 Rice Chair Yoga  
 Veggies 10:30 a.m.  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored in memory of Joanna Strobel

Tuesday, March 8<sup>th</sup> FB4

Ground Beef Stroganoff  
 Bread Blood Pressure  
 Veggies Clinic  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Tuesday, March 15<sup>th</sup> SP5

BBQ Riblet  
 Mashed Potatoes Chair Yoga  
 Baked Beans 10:30 a.m.  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Tuesday, March 22<sup>nd</sup> WP3

Sweet and Sour Pork  
 Rice Board Meeting  
 Veggies 10:30 a.m.  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Tuesday, March 29<sup>th</sup> SB05

Meatballs w/Brown Gravy  
 Mashed Potatoes  
 Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar



Thursday, March 3<sup>rd</sup> FP6

Pork Chops  
 Scalloped Potatoes  
 Veggies  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Thursday, March 10<sup>th</sup> SUPOL5

Baked Chicken  
 Au Gratin Potatoes  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, March 17<sup>th</sup> SB05

Corned Beef  
 Red Potatoes  
 Cabbage  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar



Thursday, March 24<sup>th</sup> SF1

Lemon Pepper Cod  
 Roasted Red Potatoes  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, March 31<sup>st</sup> WPOL4

Chicken Parmesan  
 Butter Noodles Old Time Fiddlers  
 Veggies 11:30 a.m.  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar



If you have dietary or religious restrictions to our entrée, we can provide an alternative. Tell us about it when you sign-in.

All Meals are served with Milk and Butter

Menus are subject to Change

Meal Site and Menu Information on the web at: [users.moscow.com/srcenter](http://users.moscow.com/srcenter) or call (208) 882-1562

**AAoA SENIOR NUTRITION PROGRAM**  
**SENIOR MEAL SITE LUNCH MENU**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: April, 2016**

Meals served at noon in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho



Tuesday, April 5<sup>th</sup> SB0

Tator Tot Casserole  
 Cold Veggie Salad  
 Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored in memory of Joanna Strobel

Thursday, April 7<sup>th</sup> BIR6

Pulled BBQ Chicken Sliders  
 Red Cabbage, Cranberry, Apple Slaw  
 Potato Wedges  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Tuesday, April 12<sup>th</sup> SUB7

Stuffed Peppers  
 Raw Veggie Cup Blood Pressure  
 Muffins Clinic  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Thursday, April 14<sup>th</sup> SUP4

Pork Chops  
 Dressing/Gravy  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Tuesday, April 19<sup>th</sup> SUPOL7

Chicken Fajitas  
 Refried Beans  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, April 21<sup>st</sup> SB2

Salisbury Steak  
 Mashed Potatoes/Gravy  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Tuesday, April 26<sup>th</sup> SP1

Sweet 'n Sour Pork  
 Rice Board Meeting  
 Veggies 10:30 a.m.  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by DAWN  
 (Dementia & Alzheimer's Wellbeing Network)

Thursday, April 28<sup>th</sup> SUB9

Hamburger Steaks w/Gravy Old Time Fiddlers  
 Au Gratin Potatoes 11:30 a.m.  
 Chuckwagon Beans  
 Soup Newsletter  
 Fruit w/Salad Bar  
 Dessert Bar



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