

Friendly Neighbors Newsletter

Volume 18 – Issue 2 – March/April 2017

Founder – Doris D. Norman

Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

Phone: (208) 882-1562 (Senior Center and Kitchen)

Web Page: <http://users.moscow.com/srcenter> Email: friendly.neighbors@yahoo.com

President's Message



Greetings.

Hopefully the winter weather is about over (but one never knows about Mother Nature).

I want to thank Win Green for taking on the Winco run on Thursday mornings. I also want to thank Monica McLean for accepting the silverware wrapping duty. Both are doing excellent work for all of us.

We have more volunteers now helping with breaking down the meal site. Several new members are volunteering and I certainly appreciate their help.



We almost didn't have corned beef for St. Patrick's Day; but Lori (our wonderful cook) called the nutritionist and explained that she had approved a 2 oz. portion in the last two years. The nutritionist changed her mind.

The new free hot food from the Food Recovery Program seems to be a big hit. This happens on Fridays (when possible) from 1 to 2 PM in the Arts Workshop. You must bring your own containers, and program volunteers will serve you. Please be sure to say thank you to the ladies (Cynthia, Esther, Ann, and Louise) who bring and serve the food.

Best to you all.

Bill Terrio, President

Member Dues and Directory

by Lane Buck, Membership Chair

Annual dues for Friendly Neighbors continue to be \$2 for the calendar year. A directory of current members will be available to all members by mid-April. (We wait for the winter "snow birds" to return before we go to print.) If you have not yet paid your dues, please do so at the meal site sign-in desk or complete a yellow membership form that's on the bulletin board in the senior center and pay your \$2 to any board member.

If you have already paid your 2017 dues, please stop by the meal site sign-in desk to check the latest draft of the directory to ensure that your information is correct.

Only one edition of the directory will be printed, so please check that your dues have been paid and your information is correct.

Volunteer Opportunities

In addition to the many ways volunteers are utilized on behalf of Friendly Neighbors, Moscow has other ample ways to volunteer one's time.

One option is to volunteer for the Kenworthy Performing Arts Centre as a ticket taker for their movies. Each Monday morning an e-mail is sent to volunteers that lists the opportunities for the week. The first one to reply for an opening is given the "job." One needs to show up at least 20 minutes prior to the event, take tickets in the lobby, assist patrons with any questions, and then once the trailers for the film start, one can slip into a theatre seat and enjoy the movie for free.

If you are interested in volunteering at the Kenworthy, e-mail kpac@moscow.com or call Operations Director Jamie Hill at 882-4127.

Birthdays of our Members

April

1 Monica McLean
5 Helen Dewey
6 Gene Mulalley
9 Jerry Dean, Sr.
9 Linda Martin
14 Lauren Fins
15 Gloria Fischer
16 Sandra Baird
20 Marvin Munn
22 Bernard Austin
22 Sally Johnston
23 Helen Tribble
27 David Ball



May

2 Jackie Coleman
6 Richard Tavis
9 Evelyn Grassl
9 Ellie Olesen
14 Jo Heberly
14 Christine Suquet
16 Karen Batroukh
17 Jean Rudolph
19 Tina Sanberg
22 Chuck Fullkrug
26 Glenda Hawley
30 Lucy Carlson

*If your birthday is not shown here, please check that your dues are current.

Upcoming Events

More details about the events below, along with current issues of the Roadrunners and Latah AARP newsletters/flyers, Lunch & Learn schedules, Kenworthy event calendar, and more are posted on the Moscow Senior Center bulletin board.

Idaho Roadrunners has various trips planned; see the latest newsletter for information.

Horseshoe pitching clinic, free, Tuesday, May 16, at 6 PM, Ghormley Park, register through Moscow Parks & Rec, flyer is posted on the bulletin board.

Latah AARP Chapter meets Friday, May 19 at the Best Western Plus University Inn in Moscow. Lunch is at 11:30 AM; reservations are required for the lunch. The noon program is an update from the Idaho State Legislators.

UI Extension office free Lunch & Learn workshops return in September.

50 Ways to Live a Longer, Healthier Life

From the *AARP Bulletin*, March 2017

The editors at AARP have filtered through numerous medical journals and studies to identify the best actions you can take to achieve a longer, fuller life. We know there are no guarantees. But genetics account for just 25 percent of a person's longevity. The rest is up to you. With this collection of some of the most important longevity findings, you'll have the road map you need to get to 80, 90, 100 or beyond.

[Editor's Note: The full article with all 50 ways is posted on the Senior Center bulletin board.]

1. Frozen is fine

You can eat a balanced diet even when fresh fruits and vegetables are out of season because frozen can be as good as or better than for life-extending nutrients. British scientists found that fresh fruit can lose nutrients after three days of refrigeration, while frozen fruits don't suffer the same fate. Another study similarly found that frozen blueberries contained more vitamin C than fresh ones.

9. Go green

If coffee's not your thing, green tea also has proven longevity cred, likely because it contains powerful antioxidants known as catechins that may help combat diabetes and heart disease. In a large study of more than 40,000 Japanese men and women, drinking five or more cups of green tea a day was associated with a 12 percent decrease in mortality among men and a 23 percent decrease among women.

13. Drink whole milk

You've been told forever to drink low-fat or skim milk, or go for fat-free yogurt. But research published in the journal *Circulation* in 2016 concluded that those who consumed the most dairy fat had a 50 percent lower risk of developing diabetes, a disease that can shorten your life by eight to 10 years on average.

15. Say yes to that extra cup

Coffee does more than help you wake up; it also reduces your risk of stroke, diabetes and some cancers. And in a 2015 study published in the journal *Circulation*, Harvard researchers discovered that "people who drank three to five cups of coffee per day had about a 15 percent lower [risk of premature] mortality compared to people who didn't drink coffee," says coauthor Walter Willett, M.D. Mind you, a cup is 8 ounces, so your 16-ounce Starbucks grande is really two cups by that measure.

Meet the Four Continuing Board Members, In Their Own Words



Bill Terrio President

I was born in Cambridge, MA on July 29, 1939 and am one of seven children. I went to a public school the first three years and then a parochial school for three years. We then moved to Berlin, MA and lived on forty acres of

land. We grew our own vegetables and raised 6,000 chickens until the barn burned down. While living in the country, I worked on a milk route on weekends and in the summer on a turkey farm; I also worked as a supervisor in a plastics factory.

During my senior year my mother died (1957) and I fell from second in my class to fifth, but was still a graduation speaker. I attended Boston University for a year and a half.

I worked for Howard Johnson's for 12 years and became a manager. However, the stores they gave were two losers which they closed down. Next, I went to work for a motor hotel as a night auditor and then front desk clerk. I was also working part-time as a waiter in Boston for another Howard Johnson's.

I then had the opportunity to find my true calling when I went to work for a bank in Boston in the Pension Department. We processed all data connected with Pension, Profit Sharing and 401k Plans. I eventually became supervisor of the department.

My father and stepmother decided to move to Florida where I obtained employment with a private firm processing the same work for much better pay. I also became a Certified Employee Specialist.

While in Florida I was briefly married. I then moved to Buena Vista, CO and worked for several restaurants. I also spent one miserable season doing housekeeping for a ski resort. However, the bottom fell out of that business and I moved to New Hampshire.

In NH, I worked as a waiter, night watchman, sales clerk for Filene's Department Store, and for a grocery store as a cashier, lead, movie clerk, and finally as assistant bookkeeper. I retired from this position in 2002 and occasionally have worked for a short time in other ways.

Then I decided to move to Idaho to be near my sister Judi who teaches at UI. And she is responsible for my being in Friendly Neighbors; so if you have any complaints in that regard, take it up with her.



Carrie Bitterwolf Vice President

Carrie Bitterwolf was born in Iowa City, Iowa, and attended Centenary College of Louisiana where she met and married her husband Tom Bitterwolf. They lived in New Orleans, LA;

Morgantown, WV; Bainbridge Naval Training Base, MD; Orlando, FL; and Annapolis, MD; before moving to Moscow, Idaho almost 30 years ago.

Carrie taught grades pre-kindergarten through ninth grade for about 30 years, as well as a UIdaho course, Chemistry for Elementary Teachers. She earned a BS in Education from Centenary College, an MEd in Mathematics Education from the University of Maryland, and a PhD from the University of Idaho. She claims that teaching Reading and Study Skills to middle-schoolers was one of her favorite assignments. She earned her National Board Certification as part of first cadre of the National Board for Professional Teaching Standards. She served on the NBPTS Board of Directors and held many positions in professional and other organizations.

Carrie and Tom have two daughters, Heidi and Kate, four grandchildren, two grand-dogs, and two grand-cats. They have been adopted by a peahen (lady peacock), too.

In her free time Carrie enjoys reading, coloring, music, American History, and attending the theater and opera. She has become active in

Friendly Neighbors because she believes in serving and advocating for senior citizens. Loving and caring people are her favorite part of FN, and they bring joy and energy to her life.



**Kay Keskinen
Treasurer**

Kay has been a volunteer in the senior center since September, 2003. After she retired from the University of Idaho in 2003, she went shopping for a place to volunteer. Stopping by the

Senior Center one afternoon, she spotted a notice on the bulletin board that said computer help would not be available for some time since volunteer Doris Norman was recovering from surgery.

Having worked for more than 31 years at UI designing administrative computer systems, managing their database and security teams, and also teaching computer science classes part-time, Kay thought helping seniors with computers would be the ideal match. She then met Doris, and they became a team for more than six years, working together to improve the “computer corner” and Doris teaching Kay about the behind-the-scenes work of Friendly Neighbors.

Kay was raised in a small town in Minnesota where her grandparents had emigrated from Finland. Her undergraduate college work at the University of Minnesota (Morris campus) included a major in math and minors in nuclear physics and psychology. She also did graduate work in math at Minnesota State Univ. and UI.

Kay’s parents lived at a lake in Minnesota and, with not much to do in the summers (besides mowing grass!), she learned to pitch horseshoes. She is a two-time Idaho state women’s horseshoe pitching champion who’s currently ranked #53 among the top 100 women pitchers in the country.

Now in her tenth year as Treasurer of Friendly Neighbors, Kay also is the chair of the Kenworthy Film Committee and volunteers as a small claims mediator at the Latah County Courthouse.



**Linn Lindsey
Past President**

I am honored to have served as both President and Past President of Friendly Neighbors. My family consists of my wife, my two adult children, and my wife's three adult children. We have eleven

grandchildren between us, two boys and nine girls. All the grandchildren are located nearby in Coeur d'Alene, Lewiston and Clarkson.

Educationally, I have a Bachelor's Degree in Business and Applied Science (Engineering), a Master's of Business Administration, and a PhD in Education with a Minor in Business.

In 1989 I was diagnosed with Multiple Sclerosis and it has been an ongoing challenge. I now walk with either a walking stick or a wheeled walker and I use hand-controls in my automobile. My spiritual faith has strengthened me for the task of living with MS. I attend the Crossing Church and have recently started also attending the Seventh Day Adventist church.

The problems caused by the MS required me to sell my motorcycles and stop playing guitar. I am hopeful that emerging treatments for the MS may allow me to resume my hobbies of motorcycling and guitar playing. Additionally, I am now learning to play the card game, bridge.

I have lived in the Northwest most of my life. I was born in Omak, WA and spent my early years in Kellogg, ID and Coeur d'Alene, ID.

I went to a technical school in Denver, CO named National Electronics Institute. After leaving there, I came to the University of Idaho in 1968 to study engineering.

My work background includes 17 years for the University of Idaho Purchasing Department, followed by 10 years of doing financial services for brokerages and a subsidiary of Sterling Savings Bank. I’m now retired from my occupations of purchasing and providing financial services. My newfound interest is assisting Friendly Neighbors.

“Put Your Best Fork Forward”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the March 2017
“Senior Nutrition News”



National Nutrition Month® is celebrated each year in March. This year’s theme is “*Put Your Best Fork Forward.*” The following tips can help you “put your best fork forward” to improve your health:

- **Eating right doesn’t have to be complicated.** Use MyPlate as your guide to healthy eating. Go to www.choosemyplate.gov to find a meal plan that is right for you.
- **Balancing physical activity and a healthful diet is the best recipe** for managing weight and promoting overall health and fitness.
- **Think nutrient-rich rather than “good” or “bad” foods.** The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories.
- **Look at the big picture: No single food or meal makes or breaks a healthful diet.** All foods can fit into a healthful diet when consumed in moderation or appropriate portions.
- **Don’t fall prey to food myths and misinformation that can harm rather than benefit your health.** There is no superfood. Fad diets do not work long term because they don’t teach new long term eating habits and may even require you to give up your favorite foods.
- **Read food labels to get nutrition facts that help you make smart food choices quickly and easily.** Percent Daily Values (DV’s) on the nutrition label are a quick way to help you evaluate a particular food. 5% or less is low – aim for low fat, saturated fat, cholesterol and sodium. 20% or more is high – aim high in vitamins, minerals and fiber.
- **Find healthy fats when making food choices.** By choosing polyunsaturated or monounsaturated fats such as olive, canola, and soybean oils, you can keep your saturated fats, trans fats, and cholesterol low.



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## Humor

### THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.

### SUCCESS:

- At age 4 success is . . . Not piddling in your pants.
- At age 12 success is . . . Having friends.
- At age 17 success is . . . Having a driver's license.
- At age 35 success is . . . Having money.
- At age 50 success is . . . Having money.
- At age 70 success is . . . Having a driver's license.
- At age 75 success is . . . Having friends.
- At age 80 success is . . . Not piddling in your pants.

## Calendar...

February 1 – April 14 – AARP Tax Aide Program, Moscow, 1912 Center

April is Senior Hunger Awareness Month!

### April

1 April Fools Day  
9 Palm Sunday  
10-18 Passover  
16 Easter  
17 Emancipation Day (observed)  
18 Federal Income Taxes Due  
22 Earth Day  
23-29 National Volunteer Week  
25 Friendly Neighbors Board meeting  
28 Arbor Day

### May

5 Cinco de Mayo  
14 Mother's Day  
23 Friendly Neighbors Board meeting  
27 Ramadan  
29 Memorial Day

**Coffee Hour Daily - 10:00 a.m.**



**at the Moscow Senior Center**

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.

## Senior Meal Site/Senior Center

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. 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.

Monthly menus are available at the meal site and on our web page:

[//users.moscow.com/srcenter](http://users.moscow.com/srcenter)

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important nutrition and social services for Moscow area seniors.

Besides managing the senior meal site, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors, located on the first floor of the 1912 Center and open from 9 am – 4 pm Monday through Friday (closed holidays).

### Senior Center daily activities include:

Monday 10 AM – 12:30 PM Computer help  
Monday PM: Jigsaw puzzles  
Tuesday 10:30 AM Chair Yoga, Arts Workshop  
Tuesday PM: Pinochle  
Wednesday AM: Blind and Diabetic Support Group at 10:30  
Wednesday PM: Mah jongg  
Thursday 9 AM – 3:30 PM Open Studio, Arts Workshop  
Thursday PM: Bridge  
Friday AM: Bingo at 10:00

Daily Activities 9 AM – 4 PM Quiet socializing, coffee/tea, reading, board games, TV, jigsaw puzzles, computer use, free wi-fi

### Tuesday and Thursday Congregate Lunch Schedule:

10:30 AM: Pastries, coffee, tea, soup  
11:30 AM: Salad Bar  
11:55 AM: Announcements  
12:00 noon: Entrée

# SENIOR MEAL SITE LUNCH MENU

## Area Agency on Aging Senior Nutrition Program

USDA IS AN EQUAL OPPORTUNITY PROVIDER

Name of Meal Site: Moscow

Menu for the month of: April, 2017

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon  
Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho



Tuesday, April 4<sup>th</sup> SUB2

Sweet and Sour Meatballs  
Butter Parsley Noodles  
Veggie  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by United Way

Tuesday, April 11<sup>th</sup> SB9

Chicken Chinese Stir Fry  
Rice Blood Pressure  
Cucumbers in Vinegar, Fruit Clinic  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by A. Nonny Mouse

Tuesday, April 18<sup>th</sup> SB0

Tater Tot Casserole  
Veggie, Fruit  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Tuesday, April 25<sup>th</sup> SUP3

Macaroni-n-Cheese  
Bread Board Meeting  
Veggie 10:30 a.m.  
Soup, Fruit w/Salad Bar  
Dessert Bar

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

Thursday, April 6<sup>th</sup> SUB5

Prime Rib Dips w/Au Jus  
Creamy Coleslaw  
Veggie  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored in memory of Karen Falke

Thursday, April 13<sup>th</sup> FP9

Roasted Pork Loin  
Scalloped Potatoes  
Veggie  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Thursday, April 20<sup>th</sup> SUPOL1

Oven Fried Chicken  
Potato Salad  
Veggie, Sliced Tomatoes  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Anonymous

Thursday, April 27<sup>th</sup> SUB9

Hamburger Steaks Old Time Fiddlers  
Mashed Potatoes w/Gravy @ 11:30 a.m.  
Veggie  
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



**SENIOR MEAL SITE LUNCH MENU**  
**Area Agency on Aging Senior Nutrition Program**  
**USDA IS AN EQUAL OPPORTUNITY PROVIDER**

**Name of Meal Site: Moscow**

**Menu for the month of: May, 2017**

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon  
 Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, May 2<sup>nd</sup> FPOL3

Chicken Teriyaki  
 Fried Rice  
 Veggie  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Tuesday, May 9<sup>th</sup> VEG4

Broccoli and Cheese Casserole  
 Brown Rice Blood Pressure  
 Steamed Carrots Clinic  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Tuesday, May 16<sup>th</sup> SB1

Swiss Steak w/Tomato Sauce  
 Mashed Potatoes, Biscuit  
 Veggie  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by A. Nonny Mouse

Tuesday, May 23<sup>rd</sup> SUF5

Baked Fish  
 Au Gratin Potatoes Board Meeting  
 Veggie @ 10:30 a.m.  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, May 30<sup>th</sup> SUPOL9

Chicken Salad Stuffed Tomatoes  
 Cold Broccoli Salad  
 Bread  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Thursday, May 4<sup>th</sup> SUP4

Pork Chops  
 Mashed Potatoes w/Gravy  
 Veggie  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, May 11<sup>th</sup> SUB1

Meatloaf  
 Mashed Potatoes w/Gravy  
 Veggie, Biscuits  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Thursday, May 18<sup>th</sup> SP1

Sweet-n-Sour Pork  
 Butter Noodles  
 Veggie  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, May 25<sup>th</sup> SUB11

Old-Fashioned Mini Burgers  
 Lettuce, Tomato, Onion Old Time Fiddlers  
 Soup @ 11:30 a.m.  
 Fruit w/Salad Bar  
 Dessert Bar Newsletter



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

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