

Friendly Neighbors Newsletter

Volume 17 — Issue 3 May/June 2016

Founder — Doris D. Norman

Editor — Carrie Bitterwolf

Associate Editor -- Kay Keskinen

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third St, Moscow ID 83843

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

President's Message



Greetings All Friendly Neighbors!

As of April 18, 2016, Friendly Neighbors has 148 paid up members! I am also thrilled to report that our Congregate Lunch participants average about 64 on Tuesdays and Thursdays. No wonder it is difficult to find a parking place nearby. You are to be congratulated on a job well done. (Paid up member are receiving membership lists in this issue of the Newsletter.)

Since our area has no Meals on Wheels program for homebound

seniors, Friendly Neighbors has volunteer drivers who take meals to these individuals in our unique Home Delivery Program. Read about this service in this Newsletter. If you know anyone who qualifies to participate in this program, encourage them to apply.

We have a new Senior Center activity! Open to all Friendly Neighbors members is the FN Open Studio Art Workshop. Read about it on page 5 of this newsletter and come join the fun!

May and June are very special months. Remember your mothers and fathers on their special days, and don't forget to raise your flag in honor of those who have given all so we can live in a free country on Memorial Day and Flag Day.

Bill Terrio



Happy Birthday

May

- 3 Jerry Weeks
- 9 Evelyn Grassl
Eleanor Olesen
Donna Ogden
- 10 Jean Keating
- 14 Christine Suquet
- 16 Karen Batroukh
- 17 Jean Rudolph
- 22 Chuck Fullkrug
- 30 Lucy Carlson
Ovita Franklin

June

- 10 Merlyn Willett
- 20 Carrie Bitterwolf
Millie Krasselt
- 24 Sandra Willett

Friendly Neighbors and Home Delivery of Meals...

In addition to providing congregate meals for seniors (age 60 and over) at the 1912 Center, Friendly Neighbors also provides hot and/or frozen meals for home delivery to seniors who qualify through the Area Agency on Aging.

Most seniors who qualify receive two hot meals and five frozen meals each week. The hot meal is usually what is served at the congregate meal site. Meals are delivered by volunteers on Tuesdays and Thursdays.

In addition to the main meal, each home delivery bag includes any or all of the following: pint of milk, fresh or canned fruit, a pastry item, a bread item, salad, another dairy product, and sometimes more.

Friendly Neighbors is NOT Meals on Wheels. Friendly Neighbors delivers meals in Moscow through its contract with Community Action Partnership. Friendly Neighbors request a \$4.00 donation for each meal provided.

For information on how to qualify for delivered meals, contact the Area Agency on Aging in Lewiston at 800-877-3206.

If you know anyone 60 or older who is homebound, please tell them about this special service.

Senior Nutrition News

April 2016 Senior Extension Nutrition Program

Brighten Up with Breakfast

Breakfast means "breaking the fast." Food is the fuel that keeps your body going. Eating breakfast energizes you, enables you to be more productive in the late morning, and helps you feel less tired throughout the day. It gives you more endurance and strength, muscle coordination, better concentration and memory, as well as better problem-solving ability.

Parts of a Good Breakfast

A good breakfast can be hot or cold. What you choose for breakfast can affect your energy level for the morning. Sugary foods (e.g. fruit, candy, soft drinks) cause a quick rise in blood sugar and a surge in energy, followed by hunger symptoms about an hour later. On the other hand, a breakfast containing a balance of carbohydrates, proteins, and fats provides a sustained release of energy, maintaining blood sugar levels and postponing hunger symptoms for several hours.

- sensible amounts of a protein-rich food (e.g. low-fat milk, yogurt, cheese or peanut butter)
- a food containing complex carbohydrates (e.g. whole-grain cereal, bread, or muffins)
- a serving of a good source of vitamin C (e.g. orange, grapefruit, or strawberries)
- a small amount of good fat (to keep you feeling full longer)

Sometimes we get up and don't feel like cooking breakfast. For those

days try a no-cook breakfast and then add a healthy beverage, such as a glass of low-fat milk or 100% fruit or vegetable juice for a complete meal.

No-Cook Breakfast Ideas

- Whole-grain cereal with low-fat milk topped with berries and banana slices.
- A fruit smoothie made with one cup of low-fat milk or half a cup of low-fat plain yogurt and a cup of fresh or frozen fruit.
- Half a cup of low-fat yogurt or cottage cheese topped with your favorite fruit and chopped walnuts or low-fat granola.
- Six whole-grain crackers topped with peanut butter or low-fat cheese.
- A fruit salad and a granola bar.
- Half a whole-wheat bagel with low-fat cream cheese and strawberry slices.
- Two celery stalks with peanut butter and raisins or other dried fruit on top.
- Hummus on a whole-wheat pita and a piece of fruit.
- Half a cup of sugar-free vanilla pudding mixed with strawberries or cherries.
- An English muffin sandwich with mustard, lean ham, and a slice of low-fat cheese.



Memories of the Lost ***Wildflowers*** by Jeanette Talbott

The first wildflowers that I remember being shown to four-year-old me was when my father pointed out low-growing cats ears amid the short grass in the house yard of my grandfather's home place. They had small white pointed petals centered with a touch of purple and little short fibers.

In March there was a search for buttercups. It was a bit of a contest to see who could bring the first one to the country schoolteacher and for the Talbotts to find one for their mother's March 4 birthday. The Nezperce word for buttercups is *icey'eyenn silu*. In translation it means Coyote's eyes.

As grass grew longer, my brother Johnny and I herded the family cows along the roadsides so the cows could enjoy the growing grass. Among the grass there were clumps of wild purple iris, sometimes called flags. When their relatively long stems were pulled out, the one tough stem could be used as a whirling propeller, which Johnny felt he had to do. If it finally broke, another had to be found immediately lest Johnny fall out of the sky. This was perhaps the



first indication that he would become an airline pilot.

After the buttercups, the lamb tongues soon followed—yellow with reddish stamens, sometimes two or rarely three flowers to a stem—just waiting to be picked after school as we went home to our families.

There were unplowed corners in fields that provided a place for yellow bells and grass widows. In places there were white trilliums and blue lupine that have multiple blue flowers on a medium tall stem. There were blue and white camas growing in damp places. The white were poisonous, we were told.

There was a big field of water hyacinth in front of the timber culture, as the accompanying picture shows my baby sister Loree standing among them. The timber culture is long gone.

Besides the flowers that are gone, there were flowers on what was once on the roadsides. There were chokecherry bushes, service berry (sometimes pronounced “sarvas berry”) and pink wild roses. The rose seedpods were a red color in the late summer and fall.

At Whelan Cemetery, on a back road between Moscow and Pullman, one can still find some of the flowers of the early Palouse country.



NEW *Friendly*
Neighbors Opens Open
Studio Art Workshop
at 1912 Center

Do you like to draw, paint with water colors or acrylics, crochet or knit, do Japanese Kumihimo bead weaving, whittle or carve wood, sew or quilt, or even color in one of the new adult coloring books? Do you like bright colors, a cheerful, encouraging social environment?

If so, come join the new Friendly Neighbors Open Studio Art Workshop which meets every Thursday in the Arts Workshop room in the 1912 Center from 9:00 am to 3:30 pm in the same room where Chair Yoga is held on Tuesdays. Come any time, stay as long as you like, and join other Friendly Neighbors for the regular congregational lunch held the same day as the Art Workshop.

You do not have to be an expert to join this friendly group. Just bring yourself and your own craft or art supplies. If you want to learn a new skill, there is a patient member of Friendly Neighbors to help you learn how to do it.



In Flanders Fields

John McCrae, 1872 - 1918

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky,
The larks, still bravely singing, fly,
Scarce heard amid the guns below.

We are the dead; short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe!
To you from failing hands we throw
The torch; be yours to hold it high!
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Special Days

May

- 1 May Day & Renaissance Fair
- 8 Mothers' Day
- 10 FN Blood Pressure Check Day
- 24 FN Board Meeting
- 26 Old Time Fiddlers
- 30 Memorial Day

June

- 14 Flag Day & FN Blood Pressure Check Day
- 19 Fathers' Day
- 28 Friendly Neighbors Board Meeting

COFFEE HOUR DAILY

10:00 am



MOSCOW SENIOR CENTER

Senior Center Activities

Monday AM Computer Help

Monday PM Jigsaw Puzzles

1st, 2nd, 3rd, and 4th Tuesdays
Chair Yoga 10:30 AM, Arts Workshop

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

Tuesday PM Pinochle

Wednesday PM Bridge Lessons and Mah jongg

Thursday 9 AM -3:30 PM FN Open Studio, Arts Workshop

Thursday Congregate Lunch
See Tuesday's Schedule

Thursday PM Bridge

Friday AM Bingo at 10:00 AM

Daily Activities 9 AM – 4 PM Coffee
Jigsaw Puzzle
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: May, 2016

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

Tuesday, May 3rd SUF4

Baked Fish
 Rice Pilaf
 Veggies
 Soup
 Fruit w/Salad Bar
 Dessert Bar

Meal sponsored in memory of Joanna Strobel

Tuesday, May 10th SB9

Pork Chinese Stir Fry
 Rice Blood Pressure
 Bread Clinic
 Soup, Fruit w/Salad Bar
 Dessert Bar

Tuesday, May 17th VEG13

Zucchini Tomato Casserole
 Fruit
 Bread
 Soup, Fruit w/Salad Bar
 Dessert Bar

Meal sponsored by Karen Batroukh

Tuesday, May 24th SPOL5

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

Tuesday, May 31st WB8

Hot Open-Face Turkey Sandwich
 Mashed Potatoes/Gravy
 Veggies
 Soup
 Fruit w/Salad Bar
 Dessert Bar

Meal sponsored by Anonymous

Thursday, May 5th SUB3

Beef Potato Pie
 Iceberg Wedge
 Fruit
 Soup
 Fruit w/Salad Bar
 Dessert Bar

Meal sponsored by Moscow Senior Citizens Club

Thursday, May 12th SPOL1

Oven Fried Chicken
 Creamed Potatoes & Peas
 Bread
 Soup, Fruit w/Salad Bar
 Dessert Bar

Thursday, May 19th SUB8

Western Ranch Meat Loaf
 Baked Potato
 Veggie
 Soup, Fruit w/Salad Bar
 Dessert Bar

Meal sponsored by United Way

Thursday, May 26th SB3

Hamburger Stroganoff
 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 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: June, 2016

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



Thursday, June 2nd FP6

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

Meal sponsored by United Way

Thursday, June 9th SUB5

BBQ Beef on a Bun
 Veggies
 Soup
 Fruit w/Salad Bar
 Dessert Bar

Thursday, June 16th SUP3

Macaroni-n-Cheese
 Veggies
 Bread
 Soup, Fruit w/Salad Bar
 Dessert Bar

Thursday, June 23rd SUB11

Old-Fashioned Mini-Burgers
 Good Ol' Potato Salad
 All the Trimmings
 Soup
 Fruit w/Salad Bar
 Dessert Bar

Thursday, June 30th FP7

German Sausage – Moscow Food Co-op
 Fries Newsletter
 Sauerkraut - Veggie
 Soup Old Time Fiddlers
 Fruit w/Salad Bar Do Not Play in
 Dessert Bar the Summer

Tuesday, June 7th SUPOL9

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

Tuesday, June 14th SUB4

Turkey Chef Salad
 Breadsticks w/Marinara Blood Pressure
 Soup Clinic
 Fruit w/Salad Bar
 Dessert Bar

Tuesday, June 21st FPOL3

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

Tuesday, June 28th SB1

Swiss Steak w/Tomato Sauce
 Mashed Potatoes Board Meeting
 Veggies 10:30 a.m.
 Soup, Fruit w/Salad Bar
 Dessert Bar

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

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