

Friendly Neighbors Newsletter

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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)

E-mail: friendly.neighbors@yahoo.com

Web Page: <http://users.moscow.com/srcenter> Blog: <http://moscowseniors.blogspot.com>

President's Message



Hi everyone,

My health has not been good lately, with the left side of my back giving me problems. I recently had an MRI and learned that I have spinal stenosis. My doctor will work with me to find the best course of treatment.

In the meantime, I am very pleased that so many volunteers have stepped

forward to help in my absence.

However, we continue to need members' help. We are still adding members, which is good. Our home delivery program is the largest it has ever been. In the first four months of 2018 we provided 782 more home-delivered meals than we did in the first four months of 2017. We are having to store more frozen meals and are running out of freezer space. I am working with Jenny Kostroff, of the 1912 Center, to find a good solution for our need for more freezer space. If you have any ideas, let us know.

The Senior Fair will be held on Tuesday, June 5, at the Palouse Mall. We will have a booth there to showcase our services to area seniors. Stop by to say Hi and check out the senior-related information at the other booths.

Our meal site will move to the Latah County Fairgrounds for the first two lunches in July.

The 1912 Center will be closed from Monday, July 2 through Monday, July 9 for building maintenance.

Thank you all for your hard work and dedication to our mission to feed seniors.

Hope to see you soon.

Bill Terrio, President

Volunteering 10,000+ Hours

Many of the Friendly Neighbors volunteers volunteer through the WA-ID Volunteer Center in Lewiston. Each year the center celebrates volunteers who have reached milestones in terms of hours donated (4,000 and 10,000) and years of service (5, 10, 15, etc.).

Among the area volunteers recognized on April 26 was Friendly Neighbor member and Treasurer Kay Keskinen, who was honored for the 10,033 hours she accumulated from 2003 through 2017.



(Kay is fourth from the left)

In addition, a representative from each county received a "check" for the value of volunteer hours for their county in 2017. Kay accepted a "check" for \$225,706 on behalf of Latah County.



(Pictured above right: Cathy Robinson, Executive Director of the WA-ID Volunteer Center; Kay; and Susan Harris, Volunteer Coordinator)

Learn How to Play Mah Jongg

Mah Jongg, a game that was invented in China in the mid-to late 1800s, is similar to gin rummy. But, instead of using cards, Mah Jongg is played with rectangular



tiles that make pleasant clicking sounds as the tiles are mixed and dealt. The game requires both skill and luck and is flexible enough to be played with 2 to 5 players. During the three sessions of the class, you will learn how to play the American version of the game, including the rules of play, how to set up the game, and how to deal, play, and win.

Class dates and times:

Monday, June 18, 1:00 - 3:30 p.m.

Friday, June 22, 1:00 - 3:30 p.m.

Monday, June 25, 1:00 - 3:30 p.m.

Location: All classes will be held in the Senior Center located in the 1912 Center.

Registration: To register for the **free** class, put your name and contact information on the sign-up sheet located on the bulletin board in the Senior Center. Or e-mail instructor Lauren Fins at lfins@uidaho.edu. Registration closes on June 15 and is limited to 8 students, so reserve your space now.

Alpha Gamma Delta Sorority Donation

In February the Alpha Gamma Delta sorority contacted Friendly Neighbors. They were celebrating their 60th anniversary with a reunion and wanted a service project related to seniors and food. Bill Terrio and Jenny Kostroff attended their reunion and returned with two carloads of donated food for the 1912 Center's "Little Free Pantry."



Thank you, AGD!

Moscow Food Bank



Steve Barr, Friendly Neighbors board member, wanted to make sure that members knew about the services of the St. Mary's Food Bank which include twice monthly visits from the Idaho Food Bank.

The Idaho Food Bank stops at the St. Mary's Food Bank on the second Tuesday of the month and the fourth Wednesday of the month. They often bring produce and milk products.

Among the regular types of food items, individuals may receive bags of fruit (lately it's bags of onions and potatoes to distribute as well). They usually also have a milk product, either a half-gallon of organic milk or a package of yogurt.

The St. Mary's Food Bank is located at 110 North Polk St. in Moscow. Enter using the wheelchair ramp off the alley around back. Parking is available at the St. Mary's Family Center. Hours are Tuesdays through Fridays from 2-4 PM.

All are welcome, just sign in. You are requested to make just one trip each month, but they won't turn you away if you require more visits.

Funding Lost

Friendly Neighbors Treasurer Kay Keskinen informed the board of directors and the members that the senior nutrition program that Friendly Neighbors is part of (Community Action Partnership and Area Agency on Aging) is running out of funds, meaning that we will lose about half the support we would normally expect to receive from them. If we continue to provide the same number of meals, that loss will come to approximately \$2,800 for the mid-May to June 30 period. (This cutback is only through June 30.) Please note that there will NOT be a reduction in our nutrition services, but if you've wanted to donate to Friendly Neighbors, now would be a good time.

Senior Fair

Tuesday, June 5, 2018

10 AM – 3 PM Palouse Mall

Birthdays of our Members

June

1 Steve Gill
1 Myron Schreck
10 Bill Amador
11 Marie Charles
12 Wendy Mitchell
20 Carrie Bitterwolf
24 David Hanson



July

1 Barb Shaw
6 Esther Louie
10 Bettie Groetsema
11 Ines Gray
14 Len Bielenberg
16 Gary Deesten
17 Becky MacLeod
22 Louise Brown
22 Theresa Hanford
22 Lenelle McInturff
22 Ida Pepe
23 Herb Hess
27 Doris Williams
29 Bill Terrio
29 Tom Trail
30 Carol Bauman
31 De Bush
31 Dana Dolsen

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



The 20th Annual Lewis-Clark Summer Games will be held at various venues in Lewiston from June 16-23. Events are for those at least 40 years old. Activities include archery, bowling, cycling, pickleball, swimming, tennis, track and field, among others. Registration deadline is June 15.

Website www.lewisclarkgames.org has more information, or call the WA-ID Volunteer Center at 208-746-7787.

Calendar...

June

11 1912 Center closed for roof maintenance
12-13 AARP Safe Driving Class
14 Flag Day
16-23 Lewis-Clark Summer Senior Games
23 Hot Dogs & Rods, car show and senior BBQ, Good Samaritan Moscow Village, 11 AM – 2 PM
26 Friendly Neighbors Board meeting

July

2-9 1912 Center closed for maintenance
3 Senior Meal served at Latah Fairgrounds
4 Independence Day
5 Senior Meal served at Latah Fairgrounds
10-11 AARP Safe Driving Class
19-21 Rendezvous in the Park, Moscow
24 Friendly Neighbors Board meeting

The bulletin board in the Senior Center

includes postings of senior-related newsletters (Roadrunners, Latah AARP, etc.) along with flyers of Lunch & Learn classes and other events. "Lunch & Learn" are free classes held at noon at the Latah Fairgrounds.

Senior Meal Program/Senior Center

Friendly Neighbors Senior Citizens, Inc. is a non-profit organization recognized by the IRS as a 501(c)(3) charity that operates a senior meal program that includes a congregate meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow along with a home delivery program through the Area II Agency on Aging.

For the congregate meals, 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.

To determine if you qualify for home delivered meals, contact Stephanie Boden at the A2AoA in Lewiston at (800) 877-3206.

Monthly menus are posted at the meal site and on our web page: [//users.moscow.com/srcenter](http://users.moscow.com/srcenter)

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

“Tips for Stocking a Nutrient Rich Pantry”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the April 2018
“Senior Nutrition News”

If you keep nutrient-rich foods and drinks on hand, it is easier to put tasty, healthy meals on the table. Here are some ways to make healthy eating the easy option.

1. Keep whole grains in the cupboard. Choose foods that say “100% whole grain” or foods that list a whole grain as the first ingredient on the Nutrition Facts panel. Shop sales and in bulk for whole-grain cereals, oatmeal, brown rice, whole-grain pasta, barley and other grains. Look for recipes on www.wholegrainscouncil.org



2. Vary the vegetables in the fridge and freezer. During certain times fresh vegetables can be hard to find or they may cost more. Frozen and canned are great options, but choose those with no salt added or reduced sodium varieties. Buy a large bag of frozen broccoli. Take out just enough for your meal. Reseal the bag and put it back in the freezer. For more veggie tips and recipes, go to www.fruitsandveggiesmorematters.org

3. Focus on fruits. Fruits come in a variety of forms. You can get fresh, frozen, dried, canned or 100% juice. With the weather warming up a large variety of fruits will be coming into season and becoming better buys. When purchasing canned fruit look for fruit canned in its own juice or in 100% fruit juice.



4. Stock the fridge with calcium-rich foods. It’s super simple to get 3 dairy servings every day. Drink a glass of milk with every meal. Not a milk drinker? Yogurt and cheese are other food sources of calcium. Fat-free or low-fat types are the healthiest choices. Need some more recipes ideas? Try www.mealsmatter.org

5. Go with lean proteins. Keep lean ground beef, fish fillets, skinless chicken breasts, pork loin and other lean meat choices in your fridge or freezer. Stock the cupboard with tuna, beans, peanut butter and nuts. Remember, eggs are a lean protein and a real nutrition bargain! Find recipes and tips at www.incredibleegg.org

1912 Center Building Closures

Warm weather brings opportunities for maintenance and repairs. The 1912 Center (including the meal site and senior center) will be closed on these following dates:

- **Monday, June 11** – roofing materials are being delivered, building closed for safety
- **Monday, July 2 through Monday, July 9** – building closed for floor maintenance in the Great Room and recarpeting of the Senior Center

The Tuesday, July 3 and Thursday, July 5 senior meals will be held at the Latah County Fairgrounds