

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



Friendly Neighbors needs your help! In 2018 we served 5658 congregate meals, 512 fewer meals than we served in 2017. This year the number of participants coming to lunch continues to fall. Some days there have been fewer than 40 seniors at lunch! Our lunches are nutritious and

delicious, and there is always room for one more at our tables.

Since Wednesday, June 5, is the last school day for students in Moscow Public Schools, we will not have to compete for parking close to the 1912 Center from June 6 through the summer. Bring your friends and other senior citizens to enjoy our congregate lunches and activities at the 1912 Center Senior Center where it is always cool during hot summer months.

Construction and renovations on the second floor of the 1912 Center will soon be under way. Stop in to visit Jenny Kostroff, Heart of the Arts Executive Director of the 1912, to learn of the latest plans for the building. Ask to go on a tour and watch the changes occur. Show the City of Moscow and our donors how important the 1912 Center and Senior Center with all the Friendly Neighbors activities are to our community. You will be glad you did!

Don't forget, the 1912 Center and Senior Center will be CLOSED for eight days, from Monday, July 1 through Monday, July 8. There will be no senior activities or congregate meals. Seniors who receive home delivered meals will receive meals for

that week during the last week of June. Our regular schedule will again commence on Tuesday, July 9. Enjoy a happy end of Spring and beginning of Summer!

Carrie Bitterwolf, President

New Head Cook for Friendly Neighbors



Rebecca Robb has been selected as the head cook for the Friendly Neighbors kitchen team consisting of Yoshimi Heinlein and Summer Stevens. Rebecca was asked to share some information about herself.

"Hi, I am Rebecca. I have been married for seven months to my amazing husband and best friend Bryan. I have two boys ages 26 and 15 and a 2 ½ year old granddaughter. I've lived in Moscow for nine years and have been cooking in various settings for 16 years. Not only do I cook for all of you here at the Friendly Neighbors senior meal site, but I also cook at Good Samaritan Village where I have worked for almost three years.

I started cooking as a little girl helping my mom in the kitchen when she would make donuts and cinnamon rolls. Then in my 20s, my oldest sister and her husband managed a year 'round (cont'd)

campground in McCall, Idaho. She would have to cook for groups that rented the facilities. When some of the groups were as large as 300 people, she would employ me to help.

From there my cooking experience broadened and I worked in my first care facility and later moved to Moscow where I accepted a position cooking at a fraternity.

One experience after another has led me to where I am now living life and loving what I do.”

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“3M Gives” Grant Awarded



3M retiree Jim McCloskey applied for a “3M Gives” Foundation grant that is available to those retirees who volunteer in their communities. Jim has been a long-time active volunteer for our organization, so earlier this year he applied for foundation funds. In April the Foundation sent a \$500 check to Friendly Neighbors recognizing Jim’s continued commitment to the Moscow community. Jim is shown here presenting the award to Carrie Bitterwolf, Friendly Neighbors president.

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Birthdays of our Members

June

- 10 Bill Amador
- 10 June Vereecke
- 10 Merlyn Willett
- 11 Marie Charles
- 20 Carrie Bitterwolf

July

- 13 Steve Meyer
- 14 Len Bielenberg
- 19 Ruby Valentine
- 22 Theresa Hanford
- 22 LeNelle McInturff
- 29 Bill Terrio
- 31 De Bush



Project Warm-Up

by Cathy Robinson, WA-ID Volunteer Center Executive Director

The WA-ID Volunteer Center has a program called Project Warmup which utilizes volunteers to knit, crochet, or loom cold-weather items (e.g. hats, scarves, mittens and blankets) that are then donated to people in need. The yarn is provided free of charge to the over-60 Project Warmup volunteers, and they make beautiful, functional, and warm items with it.



Currently, the 60 Project Warmup volunteers are mostly located in the LC Valley, and the items are primarily donated to people within the LC Valley. But the Volunteer Center is changing that! A new group has

recently begun meeting Thursday afternoons in the Arts Workshop in the 1912 Center. This is a social group of knitters and crocheters who make cold weather items for people in need; the items from this group will be donated to people who live in Latah County.

If you have the skills necessary (or wish to learn how to knit/crochet/loom) and want to get involved with this program, come to the Arts Workshop on Thursdays from 1-3 p.m. If you have questions about the program, call Susan @ the WA-ID Volunteer Center: 208-746-7787. Meet new friends and help your community! We'll see you there!

It Happens Every July

The 1912 Center will be closed from Monday, July 1 through Monday, July 8! There will be NO congregate meals during that time. The Senior Center will be closed; there will be no activities in the 1912 Center during those days.

Calendar...

June

- 4 Senior Fair, 10 AM - 3 PM, Palouse Mall
- 12 Bus to the Coeur d'Alene Casino
- 13 Free Bingo at senior meal site
- 25 Friendly Neighbors Board meeting

July

- 1-8 1912 Center closed for building maintenance
- 2 & 4, no congregate senior meal
- 10 Bus to the Coeur d'Alene Casino
- 11 Free Bingo at senior meal site
- 18-20 Rendezvous in the Park, East City Park
- 23 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, AARP "Smart Driver" classes, and other events. "Lunch & Learn" are free classes held at noon at the Latah Fairgrounds.

PALOUSE SENIOR FAIR
PALOUSE MALL
TUESDAY, JUNE 4
FROM 10 AM – 3 PM

Stop by the Friendly Neighbors booth

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.

Idaho Gives!

by Jenny Kostroff

Heart of the Arts, Inc. Executive Director



Heart of the Arts, Inc. participated in the one-day "Idaho Gives" fundraiser for non-profits. It is my sincere pleasure to let you know the

fantastic news about our donations. We had an incredible turnout online and in-person in support of the 1912 Center, which included many donors who are members of Friendly Neighbors. How successful were we? I'm so excited to tell you!!

In one day we raised \$11,279 from 211 donors!!! That ALONE is impressive! (To compare, last year we raised \$7,011.72 from 135 donors. Can you believe the difference this year?) I am so humbled by the incredible generosity of our friends and our friends of friends to achieve this fundraising number for a one-day fundraising event. This put us in third place in the medium non-profit category for the number of donors, which was another \$1,000 for the 1912 Center!!

But that is not all I have to report. We met our matching goal, so we earned another \$5,000 on the giving day, from our generous anonymous donor, to use for the second-floor renovations (scheduled to begin in early 2020!).

And then, donors from all across our great nation also gave on the giving day, so **WE WON THE NIFTY 50!!!!** We had 44 states in the US represented. The second-place position had 43 states, so every donor mattered to get the \$500 prize for the 1912 Center. This place in Moscow, Idaho is yours, too, and I will happily take any of you on a tour upstairs when you visit. It would be my pleasure to show you what gifts of support are doing to save this old high school building for future generations to enjoy.

To add up all the funds raised in one day: we had \$11,279 in donations, a \$5,000 match, and \$1,500 in prize money for a **grand total of \$17,779 raised in one day for the 1912 Center's second floor renovation!!!** What a great day for our community center!

If you missed donating on the day of "Idaho Gives," it's not too late to write a check for a \$19 donation. Stop by my office located inside the Senior Center for more information about donating to support the renovations.

“Eating Right for Older Adults”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the April 2019 “Senior Nutrition News”

Planning Healthy Meals for 1 or 2

It can be hard to get motivated when cooking for just 1 or 2 people. Get the most value for your time & money if you are cooking for 2, or just you!

Cook once, eat twice

- Plan two meals from the same entrée
- Separate out extra food **before** serving
- Eat extras in 3-4 days or freeze

Should you buy in bulk?

- May be half the cost, but just as expensive if you toss half!
- Repackage meat in smaller servings and freeze

Consider individually packaged servings of items: String cheese, wrapped cheese slices, single containers of tuna, soup or fruit, individual cartons of yogurt

Buy a smaller number of servings from the meat counter or salad bar:

- Enjoy one pork chop, chicken breast, or a single salmon fillet
- Purchase an individual salad or small amounts of fruits/vegetables

Buy fruit at varying stages of ripeness: some to eat now and some to ripen for later

- Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, and plums continue to ripen after purchase

Buy frozen vegetables in bags: Make the amount you need

- Toss into soups, casseroles, and salads and then thaw in strainer under cool running water for salads
- Taste and nutrition in frozen vegetables are comparable to fresh and often lower in salt than canned

Can-do canned foods

- Nutrition is comparable to fresh/frozen
- Rinse to reduce sodium or choose low sodium versions
- Remove from can when storing unused portions



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## 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 Carolyn Patterson 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).