

Friendly Neighbors Newsletter

Volume 10 – Issue 6 – November/December 2009

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Moscow Senior Meal Site & Senior Center

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

President's Message, by Leonard C. Johnson

As we approach the end of another year, we of the Friendly Neighbors clan may take satisfaction in that our main operational purpose, serving meals twice weekly to senior citizens, continues to operate successfully and that overall we are keeping within the limits of our adopted fiscal budget. Apart from our food and incidentals costs, we had only two significant expenses during the year; nearly \$600 for new food storage shelving to satisfy public health agency requirements, and a bit more than \$400 for coffee carafes that was not anticipated. We're not in "fat city," but neither are we in great danger of insolvency.

As we all know, the Friendly Neighbors organization depends greatly on financial support through grants and gifts from local sources, at present primarily the Latah County Commissioners, Tri-State Distributors, and the Moscow Central Lions Club. To date we have not gotten an official response to an appeal we tendered to Wal-Mart Stores, but the year is not yet over and we are hopeful.

In order that we maintain the good will of such supporters, it is important that their officers and directors, as well as the Moscow community at large, continue to perceive us as beneficial to the community through the services we offer to Moscow's senior citizens.

Your officers and directors recently have taken steps to heighten our "visibility" to the community we aim to serve through articles and notices published in weekly and monthly special Senior Citizen oriented sections of the *Lewiston Tribune* and the *Moscow-Pullman Daily News*. Since our membership by design and intent consists of people aged 60 and over, it goes without saying that we are liable all too often to experience losses of members and participants through death, and the various disabilities that come with advancing age. Therefore, we aim through our renewed efforts in promotion and publicity to attract more new members and regular participants.

Thanks are due all of our members for continued support of our Friendly Neighbors organization, from simply being members and participating in our meals to performing the many tasks needed to keep the operation going, some visible and up-front, some quiet and mostly out of sight, but all of them important.

May your stuffing be tasty. May your turkey be plump.

May your potatoes and gravy have nary a lump.

May your yams be yummy. May your pies take the prize.

May your Thanksgiving dinner stay off of your thighs.



Have a wonderful, thankful Thanksgiving

Why It's Important to Register and Sign-In at the Meal Site **by Kay Keskinen, Friendly Neighbors Co-Treasurer/Co-Secretary**

Ever wonder why you are asked to complete a meal site registration form? Or why you're requested to sign-in when you eat at the meal site? If you've been hounded by either Nancy Nuhn or Doris Norman to do these, I'd like to explain why these steps are so crucial to the finances of Friendly Neighbors.

Friendly Neighbors Senior Citizens, Inc. is an Idaho non-profit, IRS 501c3 charitable tax-exempt corporation that has an annual contract with Community Action Partnership (CAP) to provide nutritional services to Moscow seniors aged sixty and older. Our contract requires us to provide meals to seniors, whether or not they are able to pay for all or part of the costs of the cost of meal.



Ines Gray signs in under watchful eyes of Virginia and Nancy

We ask for a suggested donation of \$4 for each meal we provide to a senior. That donation does not cover the actual costs of the meal (cost of food, equipment to prepare and serve the food, payroll costs for the cooks (salary, taxes, etc.), rent, insurance, and other overhead. As long as we comply with the requirements of CAP, CAP in turn will reimburse us for each meal we serve (or deliver) to seniors aged sixty and older. Our CAP contract for 2009 provides for a reimbursement of \$1.73 for each meal provided.

But in order to prove that we serve meals to seniors, we have to demonstrate two things:

- 1) That the person is a senior, aged 60 and older, and
- 2) That we actually provided a meal to them.

Thus, we have two documents that we ask that you sign. The first is a meal site registration form that has your name, address, contact information, and your birth date. You must sign that document, and we have you re-new your registration each year. That document proves to CAP that you are sixty or older.

The second document is a weekly sign-in form. If you are registered, your name should be on that form, so when you come to the meal site, you are asked to find your name and sign in on either the Tuesday or Thursday column. Your signature then indicates we actually provided you a meal.

Similarly, if you get a "take out" meal, we also ask that you sign your full name on the take out form. These meals also count towards our reimbursements since we provided a meal to a senior, so it's important to log those meals provided, too.

At the end of each month, we have forms to complete and send to CAP that establish to whom we served meals, the number served to each registered senior, the total meals served (or delivered), our total income for the month, and our total expenses for the month. We send back the weekly sign-in sheets and monthly summary forms. Each month Jan Jensen, RSVP volunteer and Friendly Neighbors

member, donates many hours of her time to accurately and timely complete these reports (must be sent to Lewiston by the tenth of the next month). Then some 6-8 weeks later, we receive a meal reimbursement check from CAP for that month.

The CAP reimbursement checks plus our meal site donations still do not cover our expenses. We rely on support from the Latah County Commissioners, grants from Tri-State, grants from other businesses and organizations, and contributions from individuals to supplement our income, with the hope our expenses are met.

Thus, when we miss registering a senior who eats at the meal site, we miss the CAP reimbursement for that person. Or when a registered senior doesn't sign in when eating at the meal site, we also miss that meal reimbursement. Each of these missed \$1.73 reimbursements can add up over time. The more reimbursements we miss, the more income we need to make up for the difference between our income and expenses.

So, when you are requested to register or sign-in, please do so with some understanding about how all these pieces fit together to help ensure Friendly Neighbors remains a viable and financially healthy organization.

If you have any questions about this process, please contact one of the Friendly Neighbors Co-Treasurers, Doris Norman and Kay Keskinen.

Moscow Central Lions Club Donates to Friendly Neighbors

The Moscow Central Lions Club has a long history of strengthening our community, and specifically it has been a financial donor for many years to Friendly Neighbors Senior Citizens, Inc.

At the Thursday, November 12, 2009 senior meal site, Moscow Central Lions Club President Jeff Harkins presented Friendly Neighbors President Leonard Johnson with a check for \$320 to further the work of Friendly Neighbors. Speaking to the gathered seniors, President Harkins spoke about how the missions of the two organizations were aligned and that they appreciated the work Friendly Neighbors does in the community. In turn, President Johnson thanked the Lions Club for its continued support of Friendly Neighbors and for its work in the community.



Jeff Harkins (L) and Leonard C. Johnson (R)

Since Friendly Neighbors is a 501c3 charitable non-profit organization, it relies heavily on donations from foundations, community organizations, and individuals. The Lions Club contribution is greatly appreciated. Thank you!



Bacteria in Outer Space

Dr. Ron Crawford, son of this newsletter's Publisher, Doris Norman, plays his guitar and sings on occasion at the Senior Lunch in Moscow, held at the 1912 Center. His full-time job is being a Distinguished Professor at the University of Idaho (UI) where he studies, among other things, space science research.

Dr. Crawford and his students regularly collaborate with researchers at NASA Research Centers such as the Jet Propulsion Laboratory in Pasadena, California. One of the projects directed by Professor Crawford is titled "Spacecraft Component Sterilization Using Supercritical Carbon Dioxide," and is funded by NASA. Dr. Crawford is the leader of the project, but he works

closely with colleagues including Professor Andrzej Paszczynski, a UI biochemist, and Professor Chien Wai of the UI Chemistry Department. These scientists and their students and postdoctoral associates are developing a novel sterilization technology for killing Earthly bacteria that contaminate spacecraft. The technology needs to kill these bacteria, but do so without damaging the sensitive instruments carried aboard the spacecraft. The project is specifically focused on what is called "forward contamination avoidance" in future missions to Mars where scientific objectives will include the possible detection of present or past life. We don't want to take Earth's bacteria to Mars if we are looking for Martian life. This might cause too much confusion.

Unfortunately, present sterilization techniques, such as the use of chemical disinfectants or radiation are not effective in killing certain very tough bacteria that have been observed on the surfaces of spacecraft. Thus, new techniques for sterilization that do not damage the spacecraft are needed to prevent the biological contamination of Mars and other places in our Solar System that might harbor their own life. Dr. Crawford and his colleagues have found that specially modified "supercritical carbon dioxide" appears to fit these needs. This substance acts like both a gas and a liquid and can penetrate into the nooks and crannies of

a spaceship to seek out and kill hidden bacteria. At the same time, it is kind to machines and instruments. Dr. Crawford and his co-workers hope that someday soon their technology will be used by NASA in its space exploration program as we humans search the Universe to see if we are, or are not, alone in the vastness of space.

September is National Fruits & Veggies ~ More Matters Month

In celebration of this event, a senior meal site nutrition program was held at the Moscow Senior/Community Center on September 22nd.



Mackenzie Femreite from the University of Idaho Extension and Deb Merica from Public Health-Idaho North Central District teamed with Backyard Harvest, Inc., Community Action Partnership and Area Agency on Aging to bring nutrition education to senior meal sites.

Mackenzie Femreite, a Nutrition Advisor from the University of Idaho Extension Nutrition Program, presented information on why more fruits and vegetables matters in a healthy diet. She discussed ways to include all

colors and kinds of fruits and vegetables throughout the day. Whether the fruits or veggies are frozen, fresh, canned or dried, all fruits and vegetables count toward your daily amount. Mackenzie discussed a healthy diet includes a variety of foods from all five food groups using the MyPyramid. For example, whole grains, fruits, vegetables, fat-free milk or low-fat milk products, lean meats, fish, beans, eggs and nuts, are low in saturated fats, trans fats, cholesterol, salt and added sugars. She also expanded on good food sources to get vitamins and minerals, portion control, and serving sizes.

Everyone was welcome to complimentary simple recipes and fresh locally-grown produce from Backyard Harvest, Inc.

10:00 a. m. - Coffee Hour



Moscow Senior Center
Courtesy Jeff Bollinger
Edward Jones Investments

**Suggested Donations for the
Friendly Neighbor's Senior Meal Site**

Those over age 60 -> \$4.00

Under 60 price is \$6.00

**Donations may be made at the
Donation Desk or in a secure,
slotted lock box.**

Served Tuesdays and Thursdays

11:30 A. M. for the salad bar

12:00 Noon for the meal

1912 Center Great Room – Plaza Level

412 East Third Street

Moscow, ID

New Assisted Living Options Now Available

Renovation of 3rd floor apartments at Moscow Village is complete. New Assisted Living apartments now available.

For more information call
Christie Pernsteiner at
208.882.6560

