

# *Friendly Neighbors Newsletter*

Volume 15 – Issue 6 – November/December 2014

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Moscow Senior Meal Site and Senior Center

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## President's Message



Hi everyone,

The year is drawing to a close and 2014 has been a good one. If we all work together, next year can also be a very good year.

I want to thank everyone for their help and support this past year. It takes many volunteers and many, many

volunteer hours for the meal site and the senior center to run smoothly. Your service is greatly appreciated.

It's also time to renew dues at the low, low price of \$2 for the year. If you pay your 2015 dues by the end of December, you will receive a raffle ticket. At the Tuesday, January 6, meal we will draw three tickets: grand prize is a meal ticket for 11 lunches; second prize is a ticket for six lunches; and third prize is a ticket for four meals. Hang on to your raffle ticket.

Our annual business meeting is Thursday, December 11 at the meal site; we will elect four officers and one director.

Be sure to be here for our special Christmas meal on December 23<sup>rd</sup> -- PRIME RIB!

The meal site and senior center will be closed some days during the holidays. See the box on page 6 for the closures.

Everyone have enjoyable Holidays.

*Bill Terrio*, President

## Home Delivery of Meals

In addition to providing congregate meals for seniors (age 60 and older) at the meal site in the 1912 Center, Friendly Neighbors also provides hot and/or frozen meals for home



delivery to seniors who qualify. For information on how to qualify for delivered meals, contact Jenny Zorens at the Area Agency on Aging in Lewiston; her phone is 800-877-3206.

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## Friendly Neighbors 2015 Dues Are Now Due

Friendly Neighbors dues for 2015 are now due. The annual dues are \$2.00 and can be paid to Karen Davis, Membership Chair, or at the meal site sign-in desk. Please complete the 2015 membership form to ensure that we have your correct name, address, telephone number, and birthday (month and day). Birthday was added to the form so that we can recognize you on your birthday. The yellow membership forms for 2015 are available at the meal site sign-in table and in the Senior Center.

Medicare Enrollment Dates

October 15 to December 7, 2014

## Neighbor News

Lou Stevens is staying with her son in Kelso, WA from early November to mid-January.

Isabel Miller will be "snowbirding" in Kauai, Hawaii from early December until the end of March.

Gloria Brix visited family in North Carolina; she is proud of her grandson, who was chosen to be in the North Carolina state chorus.

Linn Lindsey damaged his knee on September 1, but his knee is doing better now without surgery.

Jeanette Talbott is home now after recovering at Aspen Park from breaking her leg while working in her backyard. She was able to go home for the day on November 11 to celebrate her 97<sup>th</sup> birthday.

The Friendly Neighbors senior meal site was featured in a KLEW-TV news broadcast on November 11. The story included on-air interviews with Bill Terrio and Ida Pepe. The video can be seen on the klewv.com web site.

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



**at the Moscow Senior Center**

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**Birthdays:**

December 4: Vance Penton  
December 5: Jane Leidenfrost  
December 6: Leonard Johnson  
December 6: Inez Vogtman  
December 10: Rita Jacksha  
December 20: Lino Condotta  
December 21: Linda Steigers  
December 22: Lola Penton  
December 25: Cathy McGahuey  
December 25: Mary Ann Moser  
December 27: Al Konen



January 14: Valda Steele  
January 15: Bill Olesen  
January 16: Lou Stevens  
January 19: Peggy Benson  
January 24: Alan Chidester  
January 26: Laura Miller  
January 27: Virginia Hays

## 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 \$4.00 for seniors 60 and older; for anyone under 60 the price is \$6.00. A "meal ticket" (good for 11 meals) for seniors is available for \$40.

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 AM: Computer help

Monday PM: Jigsaw puzzles

Tuesday PM: Pinochle

Wednesday AM: Blind and Diabetic Support Group at 10:30

Wednesday PM: Bridge lessons & mah jongg

Thursday PM: Bridge

Friday AM: Bingo at 10:00

## Fun Facts

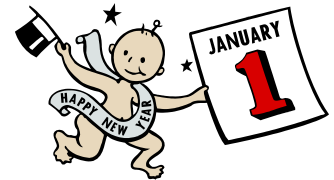
Forty-five percent of Americans make New Year's resolutions.

Ring in the New Year dates back 4,000

years to Babylonians, who celebrated it at the first full moon after the spring equinox.

About a million people gather in New York City's Time Square to watch the ball drop.

According to statistics from the National Insurance Crime Bureau, vehicles are stolen on New Year's Day more than on any other holiday.



**Donation Thank-yous**  
by Kay Keskinen, Treasurer

After informal beginnings in 1973, Friendly Neighbors Senior Citizens, Inc. became an Idaho non-profit organization in 1978. For 41 years it has been providing important nutritional services and social activities for seniors in the Moscow area.

Friendly Neighbors relies on financial support from organizations, businesses, and individuals to be fiscally healthy. The organization is recognized by the IRS as a 501(c)(3) charity, so donations may be eligible for a tax deduction.

As the treasurer, I keep a close eye on our income and expenses. We are grateful for the many who donate, and in this season of sharing, I wanted to acknowledge those who have donated in the past twelve months:

- Anonymous (several such donors)
- Dementia & Alzheimer's Wellbeing Network
- Gifts given in memory of Richard Hart
- Gifts given in memory of Bob Leonard
- Gifts given in memory of Ernie Bunch
- Gifts given in memory of Harriet Phillip
- Gifts given in memory of Janet McCloskey
- Good Samaritan Society
- Latah County Board of Commissioners
- Moscow Building Supply
- Moscow Cares
- Moscow Giving Circle
- Moscow/Latah County United Way
- My Own Home
- Palouse Center for Conflict Management
- Lysa Salsbury
- Spokane United Way
- Ellen Thiem
- Kim Thompson
- Tri-State Distributors

Thank you!

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.

**Annual Meeting on Dec 11th**  
by Linn Lindsey  
Nominating Committee Chairman

The Bylaws of Friendly Neighbors Senior Citizens, Inc. provide that a business meeting of the entire membership be held annually in December. This year the meeting is scheduled to be convened at 11:45 AM on Thursday, December 11, 2014, immediately prior to the serving of our regular noon meal.

The only item of business to be conducted is the election of officers and directors. The nominating committee comprised of Linn Lindsey, Margie St. John, and Bill Terrio will present the following slate of candidates:

- President: incumbent Bill Terrio, to succeed himself
- Vice-President: incumbent Carrie Bitterwolf, to succeed herself
- Secretary: incumbent Helen Sasse, to succeed herself
- Treasurer: incumbent Kay Keskinen, to succeed herself
- Board Member: Ken Powell

Officers have one-year terms, while directors have three-year terms. Bernice Brooks and Gloria Brix will continue their three-year terms as directors on the board. Members of Friendly Neighbors may bring additional nominations from the floor at the annual meeting, but any member nominated in that manner must have been previously asked to serve and have consented in advance to be elected. Dues must be current in order to vote or to run for a position.

**Tanka Verse**  
by Glenda Hawley



One snowflake  
Followed by others  
Turns a bleak Fall day  
Into a wonderland.  
An awesome annual miracle.

## What You Should Know and Do This Flu Season If You Are 65 Years and Older

Article below is from the CDC web site [www.cdc.org](http://www.cdc.org)



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults. During most seasons, it's estimated that 90 percent of seasonal flu-related deaths and between 50 and 60 percent of seasonal flu-related hospitalizations in the United States occur in people 65 years and older (Kostova/Reed models). This is because human immune defenses become weaker with age. So influenza can be a very serious disease for people 65 and older.

Actions To Take This Flu Season:

### 1. Get Your Flu Shot

The best way to prevent the flu is with a flu vaccine. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine soon after it becomes available in your community, ideally by October. Vaccination is especially important for people 65 years and older because they are at high risk for complications from flu.

A flu vaccine protects against the flu viruses that research indicates will be most common during the upcoming season. (See Vaccine Virus Selection for this season's exact vaccine composition.) The vaccine has been updated for this season and immunity wanes over a year, so you should get vaccinated this year even if you were vaccinated last season. Immunity sets in about two weeks after vaccination.

People 65 years and older have two flu shots available to choose from - a regular dose flu vaccine and a newer flu vaccine designed for people 65 and older with a higher dose. The high dose vaccine is associated with a stronger immune response to vaccination (higher antibody production). Whether or not the improved immune response translated into greater protection against flu disease has been

the topic of ongoing research. A recent study published in *The New England Journal of Medicine* indicated that the high-dose vaccine was 24.2% more effective in preventing flu in adults 65 years of age and older relative to a standard-dose vaccine. (The confidence interval for this result was 9.7% to 36.5%). The CDC and its Advisory Committee on Immunization Practices have not expressed a preference for either vaccine. These new findings will be considered along with other available data in ACIP's future policy deliberations.

**2. Practice good health habits** including covering coughs, washing hands often, and avoiding people who are sick.

**3. Seek medical advice quickly if you develop flu symptoms** to see whether you might need medical evaluation or treatment with antiviral drugs. It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and have a greater chance of getting serious flu complications, like people 65 and older.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

## Upcoming Events

More details about the below events, along with the current issues of the Roadrunners and Latah AARP (and more) newsletters/flyers, are posted on the Moscow Senior Center bulletin board.

Idaho Roadrunners, various trips planned, see latest newsletter for information

Friday, December 12 and January 16: The Latah AARP chapter meets at the University Inn in Moscow. Lunch is at 11:30 AM; program at noon.

Winter Market at the 1912 Center: Saturday, December 6 and 13.





# “Healthy Eating During the Holidays”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the December 2013  
“Senior Nutrition News”

Traditional holiday foods are not known for their low calories or healthy ingredients. There are ways to eat healthier and still enjoy traditional foods. Substituting healthier ingredients in high calorie recipes can lower the fat, salt and sugar.

- Try to use more fresh fruits & vegetables. Serve fresh fruits as appetizers or with salads or desserts. Include vegetables in as ingredients for dips, soups or cooked dishes. Substitute dried fruits for candy.
- Reduce salt and sodium by using mixtures of herbs and spices instead of salt, onion, garlic powder and garlic salt. For recipes in which salt is only providing taste, reduce the amount or omit completely.
- Reduce total fat by using evaporated skim milk for cream when mixing whipped topping. The evaporated milk, mixing bowl and beaters must be well chilled for milk to whip. Substituting plain low-fat or nonfat yogurt for sour cream in baking recipes or sauces will lower the fat content. Alternatives to frying include: roasting, baking, braising, stewing, poaching, grilling, broiling, sautéing, stir-frying or microwaving.
- Choose healthier oils like: corn, soybean, safflower, canola, sunflower, cottonseed, sesame seed, peanut or olive. Reduce saturated fat by removing the skin from poultry products, using leaner cuts and cutting away visible fat.
- Use whole grains, such as whole-wheat breads and cereals to increase your intake of dietary fiber.
- Reduce the amount of food you eat. Enjoy high calorie foods but eat smaller portions. Many favorite recipes can be modified to make them more nutrient-dense and lower in fat by reducing or substituting ingredients that are more healthful. Remember, recipes are only guidelines for preparing food. Do not be afraid to experiment!



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## Oxymorons

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| <ol style="list-style-type: none"> <li>1. Is it good if a vacuum really sucks?</li> <li>2. Why is the third hand on a watch called the second hand?</li> <li>3. If a word is misspelled in the dictionary, how would we ever know?</li> <li>4. Why do we say something is out of whack? What is a whack?</li> <li>5. Why do "slow down" and "slow up" mean the same thing?</li> <li>6. Why do "fat chance" and "slim chance" mean the same thing?</li> <li>7. Why do "tug" boats push their barges?</li> <li>8. Why are they called "stands" when they are made for sitting?</li> <li>9. Why is it called "after dark" when it really is "after light?"</li> </ol> | <ol style="list-style-type: none"> <li>10. Why are a "wise man" and a "wise guy" opposites?</li> <li>11. Why is "phonics" not spelled the way it sounds?</li> <li>12. Why is bra singular and panties plural?</li> <li>13. How come abbreviated is such a long word?</li> <li>14. Why do we wash bath towels? Aren't we clean when we use them?</li> <li>15. Why doesn't glue stick to the inside of the bottle?</li> <li>16. Why do they call it a TV set when you only have one?</li> <li>17. Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks?</li> <li>18. Why do we drive on a parkway and park on a driveway?</li> </ol> |
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## Daylight Saving Time

The idea of daylight savings time originated with New Zealander George Vernon Hudson, who was an entomologist. The longer summer hours and his shift work allowed him more time to collect insects, and he valued after hours daylight. He presented a paper in 1895 proposing a two-hour daylight-savings time shift during the summer. William Willet, an English builder and outdoorsman, also came up with the idea of "saving daylight" when he noticed how many Londoners slept through a large part of a summer's day.



Germany and Austria-Hungary were the first to use DST beginning on April 30, 1916 as a way to conserve coal during war time. Other countries followed with the U.S. adopting DST in 1918.

DST was mostly abandoned after the war but implemented again during WW II in 1942 by President Franklin Roosevelt, who called it "War Time." From 1945 to 1966 there was no federal law regarding DST, so localities could choose whether or not to adopt DST and even when it began and ended. The Uniform Time Act of 1966 resulted from the transportation industry finding the lack of consistency confusing. The Act was implemented in 1967, though a state could be exempted as long as the entire state went along. DST began the last Sunday in April and ended on the last Sunday in October.

The energy crisis of the 1970s initiated discussions of extended months or year-round DST. In 1986 the Act was amended to run from the first Sunday in April through the last Sunday in October; those dates held from 1987 to 2006.

The Energy Policy Act of 2005 changed the DST dates once again; now it began on the second Sunday in March and ended on the first Sunday in November. And that's when we now "spring forward" and "fall back."

## Christmas in Korea 1953

Jeanette Talbott shared this Christmas meal menu of her brother Loyal Fleener who served in Korea at that time.



## What Happened to Armistice Day?

November 11 is celebrated as Veterans Day in the United States, but for many years November 11 was celebrated as "Armistice Day." Why and when was the change made?

World War I, known as "The Great War," ended officially on June 26, 1919 with the signing of the Treaty of Versailles. But fighting actually had ended seven months earlier in 1918, when an armistice, or temporary cessation of fighting, went into effect on the eleventh hour of the eleventh day of the eleventh month.

In 1919 President Wilson declared November 11 to be the first commemoration of Armistice Day, a day primarily set aside to honor the veterans of WW I. By 1954 the US had experienced military actions in WW II and Korea, and those veterans also needed to be honored. So, in 1954 President Eisenhower signed the first "Veterans Day Proclamation," which changed Armistice Day to Veterans Day.

### 1912 Center and Senior Center Holiday closures

The 1912 Center will be closed on Thanksgiving Day and Friday, November 28.

The 1912 Center will be closed on Christmas Day and Friday, December 26.

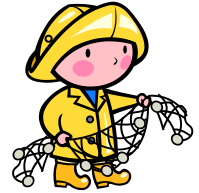
The 1912 Center will be closed on New Year's Day.

Note that when the building is closed, so is the Moscow Senior Center.

There is no senior meal on Thursday, November 27, Thursday, December 25, or Thursday, January 1.

## “My Job Search”

1. My first job was working in an Orange Juice factory, but I got canned. Couldn't concentrate.
2. Then I worked in the woods as a Lumberjack, but just couldn't hack it, so they gave me the axe.
3. After that, I tried being a Tailor, but wasn't suited for it -- mainly because it was a sew-sew job.
4. Next, I tried working in a Muffler Factory, but that was too exhausting.
5. Then, tried being a Chef - figured it would add a little spice to my life, but just didn't have the thyme.
6. Next, I attempted being a Deli Worker, but any way I sliced it.... couldn't cut the mustard.
7. My best job was a Musician, but eventually found I wasn't noteworthy.
8. I studied a long time to become a Doctor, but didn't have any patience.
9. Next, was a job in a Shoe Factory. Tried hard but just didn't fit in.
10. I became a Professional Fisherman, but discovered I couldn't live on my net income.
11. Managed to get a good job working for a Pool Maintenance Company, but the work was just too draining.
12. So then I got a job in a Workout Center, but they said I wasn't fit for the job.
13. After many years of trying to find steady work, I finally got a job as a Historian - until I realized there was no future in it.
14. My last job was working in Starbucks, but had to quit because it was the same old grind.
15. *SO, I TRIED RETIREMENT AND I FOUND I'M PERFECT FOR THE JOB!*



## City Bench Dedication



On September 26 a bench in East City Park was dedicated in honor of Ellen Roskovich and her late husband Don (aka “Pops”). Many Friendly Neighbors members attended the ceremony recognizing the Roskovichs’ service feeding and nurturing the community. For nearly 30 years Ellen and Pops operated Gambino’s Restaurant. From January of 2010 through May of 2014 Ellen worked in our senior meal site kitchen and prepared an estimated 38,461 meals for seniors.





## Good Sam Funds Lunch



Good Samaritan Society funded the November 11 meal site through a grant that provides

funds to support the region's senior meal programs. Good Samaritan Society Community Relations Director Jan Ahles presented Friendly Neighbors president Bill Terrio with a check. In addition to the financial donation, Good Sam also provided nurses who administered blood pressure and blood glucose tests at the meal site.

## Meet Our New Kitchen Worker

Friendly Neighbors has a new assistant cook, Diane Strunk, whose first day of work was September 30. Here is her introduction to you.

"I am Diane Strunk. I have lived in Moscow for over 30 years. Three of my daughters live in the area as well. It is wonderful to have my children living so close. We spend much of our time together. My fiancé, John, is the love of my life. We will be getting married next July. I enjoy art, sewing, gardening, camping, boating, and especially cooking. This job is the perfect job for me."



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 Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency.



## Meal Site Entertainment

During the month of October, seniors at the meal site were treated to musical



entertainment. On October 7 John Keskinen (at left) of Springfield, Oregon sang and played guitar.

On October 30 the Old Time Fiddlers (below) played for the seniors.



PAID ADVERTISEMENT



*Christmas greetings.*

Our residents and staff wish you a very Merry Christmas and blessed New Year.

Stop by Moscow Village throughout the whole month of December to enjoy our outside Christmas light display.



MOSCOW VILLAGE  
 FAIRVIEW VILLAGE ESTATES



All faiths or beliefs are welcome. 14-G1760