

Friendly Neighbors Newsletter

Volume 16 — Issue 6 — November/December 2015

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Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third St, Moscow ID 83843

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

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President's Message



Hi everyone;

Well, it's that time of year again. Have we a deal for you! Dues are still only two dollars (\$2.00) per year and will start being collected in November.

We have about 180 members this year, a record. Let's aim to beat that!

Election of officers for 2016 will be held on December 10th. The officers to be elected are: President, Vice President, Treasurer, Secretary and a new three year Board member. If anyone is interested in running for office, please see a member of the nominating committee (Helen Dewey, Lola Penton, Margie St. John).

I also want to thank all who have helped to make this a successful year. We have

an excellent staff in the kitchen and many volunteers who help everything run smoothly. We are fortunate to have so many members willing to share their time to make Friendly Neighbors what it is today.

I wish you all Happy Holidays in the coming months.

Bill Terrio





December

- 1 Natalie Thomas
- 2 Vance Penton
- 3 Jack Camm
Jane Leidenfrost
- 4 Leonard Johnson
Inez Voghtman
- 8 Martha Stolberg
- 10 Rita Jackshaw
- 20 Lino Condotta
- 21 Jim Dunn
Linda Steigers
- 22 Lola Penton
- 25 Cathy McGahuey
Mary Ann Moser
- 26 Harriet Hammond
- 27 Alice Dean
Albert Konen
- 28 Robert Maybury
- 30 Alan Drew

November

- 1 Betty Hammond
- 1 Tamolin Lanting
Hugh Martin
David Sweet
- 2 Jaren Doherty
James Lawrence
Dorothy Schnaible
- 11 Jeanette Talbott
- 16 Jama Sebald
Barbara Townsend
- 18 Marge Gray
- 19 Micki Simpson
- 20 Mary Topp
- 26 Gloria Talov
- 27 Hazel Jahr
- 29 Kathleen Rathbun



~~~~~  
**COFFEE HOUR DAILY**  
**10:00 am**



**MOSCOW SENIOR CENTER**  
 .....

**Quick Reminder**

**To All Coffee Drinkers:**

*Stealing Someone's Coffee  
 Is Called a Mugging...*

Submitted by One of Moscow's  
 Well Known Punster

## SENIOR NUTRITION NEWS

Senior Extension Nutrition Program



### Holiday Food Safety Questions

Holidays, with traveling, company and entertaining, often raise questions about safe food handling practices.

How can I safely transport perishable foods to a family gathering?

Plan just the right amount of perishable foods to take. That way you won't have to worry about the storage or safety of leftovers. Keep foods cold, below 40° F., in an insulated cooler with ice or gel packs. Chill the food before packing. If foods require heating, do it after arriving at your destination.

Is it safe to eat leftover food that was left out on the counter to cool at dinnertime, then forgotten until morning?

No. Bacteria exist everywhere in nature and grow rapidly when conditions are right. The food can look, smell, and even taste fine but be dangerous to eat. If food has been

in the "danger zone" between 40 and 140° F. for more than two hours, discard it. Never taste a food to see if it is spoiled.

But won't reheating a food kill bacteria? Reheating foods to 165° F. will kill bacteria. But some bacteria produce toxins that are not destroyed by cooking and can make you sick, so refrigerate leftovers promptly.

Should a large pot of soup sit on the range until it cools, or should it be refrigerated hot?

Hot food can be placed directly in the refrigerator, or the pot can be rapidly chilled in ice or cold water before refrigerating. Divide large pots into smaller portions and put into shallow containers before being refrigerated, no more than 4 inches deep, for quicker cooling. Loosely cover foods to retain moisture and prevent picking up odors from other foods.

An 8-inch pot of steaming chicken soup would take 24 hours to cool to a safe temperature in your refrigerator. This is too long. Remember the rule of 2 hours in the "danger zone."



## EVEN *MORE* SENIOR NUTRITION NEWS

### Eating Tips for the Holiday Season



With all the treats and special foods around this time of year can be a challenge. By being more mindful, you can stay focused on health, enjoy yourself and not gain extra weight.

- Set realistic goals. This is not the time of year to focus on weight loss. Try to maintain your weight over the holiday season.
- Eat 3 square meals. Physical hunger overrides common sense and willpower. Eat regular meals and snacks to keep YOU in control instead of your hunger.
- Plan in splurges. Is there something you really want? Instead of having it all the time every time, decide how you can make tradeoffs. For example, leave off a food and have some

- dessert, or have smaller portions.
- Is it a decadent day? Eat healthier and lean the day before and the day after. Also make time to get some extra exercise.
- Bring a healthy dish to parties and potlucks. Then you know there is at least one thing healthy to eat!
- Use the 3 bite rule. Taste is heightened during the first 3 bites, then dulls out. If it's not amazing after 3 bites, leave it alone. It's not worth the extra calories.
- Watch out for liquid calories. Our bodies don't register the fullness factor with liquid calories like punch or eggnog. Stay accountable and drink plenty of water.
- Steer clear of the buffet. Avoid hanging out by the food and grazing or going back. Look over the buffet before you pick up your plate. Pick a smaller portion of foods you really want. Focus on socializing instead of eating.
- Make sure to stay active. Keep up with your exercise routine and think of ways to add extra steps or movement.







## A Scary Event at Country School

By Jeanette Talbott

As a pleasant addition to our noon hour cold lunches, our teacher Miss Miller wanted to add hot soup to our sometimes hot lunches. There was no way to heat that except on top of the big jacketed wood stove. All went well until our teacher set the lidded, heated gallon soup can on a desk. The slight jar popped the lid off and showered out teacher's face with steamy potato soup. We hovering students with cups in hand were astounded and very frightened to see our teacher's face turning pink and tears coming.

Since our home was very near the school, without another thought, I ran home to my mother and breathlessly explained in a few words the happening. Mother grabbed up a few towels and hurriedly went back to the school.

Seeing her pupils' anxiety, our teacher was giving us as assuring words as possible. Mother helped blot the soup from the teacher's clothing and hair and gently touched her face. Then

mother quickly went home and called the family where the teacher was boarding. Soon a team of horses and sleigh were heard. Our teacher, more composed now, dismissed us pupils and was helped to the sleigh and on her way to comfort.

Whether she went to a doctor (which would have been seven miles away) or was healed by home remedies I don't remember. Thankfully her face was never blistered and school resumed in three days.

There was no more soup.



### Holiday Wishes

We wish for you a holiday  
That's better than your dreams,  
Filled with peace, good will and hope  
And firelight that gleams,  
Overflowing with holiday spirit  
Good food and holiday laughter;  
And when it's done,  
We hope that you  
Live happily ever after.

# Happy Holidays

## November

- 1 November Daylight Savings Ends  
All Saints' Day  
Day of the Dead
- 2 November All Souls Day
- 3 November Election Day
- 5 November Guy Fawkes Day (UK)
- 11 November Veterans' Day  
Armistice Day  
Remembrance Day  
Marine Corps Birthday  
Diwali (Hindu, Sikh)
- 17 November World Peace Day
- 26 November Thanksgiving
- 29 November Advent Begins

## December

- 6 December Hanukkah Begins  
St. Nicholas Day
- 7 December Pearl Harbor Day
- 8 December Bodhi (Buddhist)
- 10 December Human Rights Day
- 13 December Santa Lucia Day
- 14 December Hanukkah Ends
- 22 December Winter Solstice
- 24 December Mawlid Un Nabi  
(Muslim/Islamic)
- 25 December Christmas
- 26 December Boxing Day (UK)  
Kwanza Begins
- 31 December New Year's Eve
- 1 January New Year's Day  
Kwanza Ends

*Coffee DAILY at 10:00 am*

*Don't forget to set your clock BACK one hour on November 1...*



## Friendly Neighbors Activities

Monday AM Computer Help

Monday PM Jigsaw Puzzles

Tuesday Congregate Lunch

Breakfast Pastries, Coffee 10:30 AM  
Soup at 11:00 AM  
Salad Bar 11:30 AM  
Main Entry 12:00 NOON  
Dessert Bar

Tuesday AM Chair Yoga at 10:30 AM  
First and Third Tuesdays

Tuesday AM Blood Pressure Clinic  
Second Tuesday

Tuesday AM Board Meeting  
Fourth Tuesday

Tuesday PM Pinochle

Wednesday PM Bridge Lessons and  
Mah jongg

Thursday Congregate Lunch

Thursday PM Bridge

Friday AM Bingo at 10:00 AM

**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: November, 2015**

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

Tuesday, November 3<sup>rd</sup>      SB3

Ground Beef Stroganoff  
 Butter Parsley Noodles  
 Veggies  
 Soup  
 Salad Bar  
 Dessert Bar

Chair Yoga  
10:30 a.m.



Meal sponsored by Anonymous

Tuesday, November 10<sup>th</sup>      FF3

Baked Lime Tilapia  
 Rice  
 Veggies  
 Soup  
 Salad Bar  
 Dessert Bar

Blood Pressure  
Clinic

Tuesday, November 17<sup>th</sup>      FP9

Roasted Honey Pork Loin  
 Scalloped Potatoes  
 Veggies  
 Soup  
 Salad Bar  
 Dessert Bar

Chair Yoga  
10:30 a.m.

Tuesday, November 24<sup>th</sup>      WPOL2

Roast Turkey  
 Mashed Potatoes & Stuffing  
 Gravy, Veggies  
 Soup  
 Salad Bar  
 Dessert Bar

Board Meeting  
10:30 a.m.



Thursday, November 5<sup>th</sup>      SUF3

Chicken Tetrazzini  
 Bread  
 Veggies  
 Soup  
 Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Thursday, November 12<sup>th</sup>      FP8

Meatloaf  
 Mashed Potatoes/Gravy  
 Veggies  
 Soup  
 Salad Bar  
 Dessert Bar

Meal Sponsored by Anonymous

Thursday, November 19<sup>th</sup>      WP4

Ham  
 Sweet Potatoes  
 Veggie  
 Soup  
 Salad Bar  
 Dessert Bar

Thursday, November 26<sup>th</sup>

Closed  
 for  
 Thanksgiving



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](http://users.moscow.com/srcenter) or call (208) 882-1562

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Tuesday, December 1<sup>st</sup>      WB3

Beef Stew  
 Creamy Coleslaw      Chair Yoga  
 Bread      10:30 a.m.  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, December 8<sup>th</sup>      WPOL6

Old-Fashioned Chicken-n-Noodles  
 Bread      Blood Pressure  
 Veggies      Clinic  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by Anonymous

Tuesday, December 15<sup>th</sup>      WPOL4

Chicken Parmesan  
 Butter and Parsley Noodles      Chair Yoga  
 Veggies      10:30 a.m.  
 Soup, Fruit w/Salad Bar  
 Dessert

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

Tuesday, December 22<sup>nd</sup>      HOL VAL2

Prime Rib w/Au Jus  
 Mashed Potatoes/Gravy      Board Meeting  
 Veggies      10:30 a.m.  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored in Memory of Janet McCloskey

Tuesday, December 29<sup>th</sup>      FPOL5

Pineapple Chicken  
 Rice      Newsletter  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Desserts

Thursday, December 3<sup>rd</sup>      WB10

Lasagna – Meat and Veggie  
 Veggie  
 Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Thursday, December 10<sup>th</sup>      WP5

Pork Loaf  
 Mashed Potatoes & Gravy      Annual  
 Veggies      Meeting  
 Soup, Fruit w/Salad Bar      @ 11:50 AM  
 Dessert Bar

Thursday, December 17<sup>th</sup>      FP3

Black Beans and Ham on Rice  
 Cornbread  
 Veggies  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, December 24<sup>th</sup>

Closed  
 For Christmas Eve



Thursday, December 31<sup>st</sup>

Closed  
 For New Year's Eve

*Happy New Year!*

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