

Friendly Neighbors Newsletter

Volume 17 – Issue 6 – November/December 2016

Founder – Doris D. Norman

Editor – Carrie Bitterwolf, Co-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)

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

President's Message



Hello all,

This is the last newsletter for this year. I want to thank everyone who has volunteered and made this another successful year.

However, our income has not kept up with our expenses, so some changes need to be made. The Board of Directors will be considering ways to

improve our finances for next year. We have already made some changes in the kitchen to help alleviate our food expenses.

Even though the food budget is still on track, we will be eliminating some items from the salad bar, and there may not be any take home meals. We will prioritize extra food to be used for Home Delivery of meals. If you wish to help, any donations will be appreciated. This is one area where we are short this year.

We are not going broke, but we wish to curb the tendency to end the year with a deficit. After the next Board of Directors meeting, I will report the changes at a senior luncheon.

We are pleased that Lori (our wonderful cook) has come back to work after her heart attack. She is still recovering and has weight limits for lifting. I did the best I could in the kitchen, but I couldn't replace her concentration and ability to create such great meals for all of us. WELCOME BACK, LORI!

I, also, take this opportunity to wish you all Happy Holidays in November and December.

Bill Terrio, President

Friendly Neighbors 2017 Dues

Friendly Neighbors dues for 2017 can be paid starting in mid-November. The annual dues are \$2.00 and can be paid at the meal site sign-in desk. Please complete the 2017 membership form to ensure that we have your correct name, address, telephone number, birthday (month and day), and e-mail address. Birthday is on the form so that we can recognize you on your birthday. The membership forms for 2017 are available at the meal site sign-in table and in the Senior Center.



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 the Area Agency on Aging in Lewiston by calling 800-877-3206.

Medicare Enrollment Dates

October 15 to December 7, 2016

Birthdays:

November

2 Betty Hammond
4 Tammy Lanting
5 Jaren Doherty
11 Jeanette Talbott
13 Louise Regelin
16 Barbara Townsend
24 Kit Craine
24 Maggie Flint
27 Hazel Jahr

December

1 Natalie Thomas
4 Vance Penton
5 Jane Leidenfrost
6 Leonard C. Johnson
6 Inez Vogtman
8 Martha Vogtman
9 JD Gilkey
20 Lino Condotta
21 Jim Dunn
21 Linda Steigers
22 Lola Penton
25 Lane Buck
25 Elnora Kreisher
25 Mary Ann Moser
26 Harriet Hammond
27 Alice Dean
27 Albert Konen
28 Robert Mayburry
29 Susan Burns



Chair Yoga and Open Studio

In addition to the activities for seniors offered in the Senior Center, Friendly Neighbors has added two activities that take place in the Arts Workshop in the 1912 Center (unless the space has been rented by Heart of the Arts).

Chair yoga is offered on the 1st – 4th Tuesdays from 10:30 AM to 11:15 AM, leaving ample time to attend the senior meal. Initiated by Esther Louie, these free classes are led by certified yoga instructors. Most yoga exercises are performed while seated in a chair, though a few are done while standing, using a chair for support.



An Open Studio for artists to bring their art projects to work on in the company of other artists takes place on Thursdays from 9 AM to 3:30 PM. Artists bring their own projects and supplies and can share ideas and techniques, and support and encourage each other's creative efforts. Attendance is free.



Annual Meeting on Dec 13th

The Bylaws of Friendly Neighbors Senior Citizens, Inc. provide that a business meeting of the entire membership be held annually in December. This year's meeting is scheduled for 11:45 AM on Tuesday, December 13, just prior to the serving of our regular noon meal.

The only item of business to be conducted is the election of officers and directors. President Bill Terrio has appointed a Nominating Committee with Esther Louie as the committee chair. Please contact Esther if you are willing to be nominated for any of the following positions on our Board of Directors: president, vice president, secretary, treasurer, and director.

Officers have one-year terms and directors have three-year terms. Ken Powell and Helen Dewey continue their three-year terms as directors on the board, leaving one director position open. Members of Friendly Neighbors may bring additional nominations from the floor at the 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 and to take office.

Upcoming Events

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

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

Latah AARP Chapter meets Friday, December 9 and January 20 at the Best Western Plus University Inn in Moscow. Lunch is at 11:30 AM; program at noon. Reservations are required for the lunch.

Winter Market at the 1912 Center: Saturdays, November 5 and 12, December 3 and 10.

UI Extension office offers free Lunch & Learn workshops at noon in the 2nd floor conference room of the Gritman Federal Building:

Wed, Nov 2: "Advanced SmartPhones: More Than the Basics" (note date change)

Ask Santa for an Adult Coloring Book This Year... It Will Help You Relax and Have Fun, Too!

Adult coloring books are all the rage right now. Though the first commercially successful adult coloring books were published in 2012 and 2013, the once-niche hobby has now grown into a full-on trend, with everyone from researchers at Johns Hopkins University to the editors of Yoga Journal suggesting coloring as an alternative to meditation.



Art Therapy, Adult Coloring Books and Your Mental Health

According to the American Art Therapy Association, art therapy is a mental health profession in which the process of making and creating artwork is used to "explore feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety and increase self-esteem." Yet art therapy is not only about learning and improving yourself — it's a means of personal expression, too.

It is important to note that using an adult coloring book is not exactly the same as completing an art therapy session. "Coloring itself cannot be called art therapy because art therapy relies on the relationship between the client and the therapist," says Marygrace Berberian, a certified art therapist and the Clinical Assistant Professor and Program Coordinator for the Graduate Art Therapy Program at NYU. While art therapy was first practiced in the 1940s, the first research on using coloring as therapy is generally believed to have only begun as recently as the mid 90s, according to Art Therapy: Journal of the American Art Therapy Association.

Benefits of Adult Coloring Books

Coloring offers a slew of mental benefits. "Coloring definitely has therapeutic potential to reduce anxiety, create focus or bring [about] more mindfulness," says Berberian. Groundbreaking research in 2005 proved anxiety levels dropped when subjects colored mandalas, which are round frames with geometric patterns inside. Simply doodling, though, had no effect in reducing the other subjects' stress levels.

Just like meditation, coloring also allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety. It can be particularly effective for people who aren't comfortable with more creatively expressive forms of art, says Berberian. "My experience has been that those participants who are more guarded find a lot of tranquility in coloring an image. It feels safer and it creates containment around their process," she adds.

How to Get Started

If you're dealing with significant mental or emotional issues, art therapy is going to be more effective than coloring solo. For those who just need a hobby to help them chill out, these books could be the ticket. As Berberian puts it, "I truly believe that people should be engaging in activities that make them feel restored."

Source: CNN.com 1/6/2016

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## From High School to the 50-Year Class Reunion

| 1966                                            | 2016                                                |
|-------------------------------------------------|-----------------------------------------------------|
| Long hair                                       | Longing for hair                                    |
| KEG                                             | EKG                                                 |
| Acid rock                                       | Acid reflux                                         |
| Moving to California because it's cool          | Moving to Florida because it's warm                 |
| Trying to look like Marlon Brando or Liz Taylor | Trying NOT to look like Marlon Brando or Liz Taylor |
| Seeds and stems                                 | Roughage                                            |
| Hoping for a BMW                                | Hoping for a BM                                     |
| Going to a new, hip joint                       | Getting a new hip joint                             |
| Rolling Stones                                  | Kidney stones                                       |
| Screw the system                                | Upgrade the system                                  |
| Disco                                           | Costco                                              |
| Parents begging you to get your hair cut        | Children begging you to get their heads shaved      |
| Passing the driver's test                       | Passing the vision test                             |
| Whatever                                        | Depends                                             |

## ***A Bit of Thanksgiving History...***

Source: Wikipedia

### **The First Thanksgiving Day Proclamation**

was issued by John Hanson as President of the United Colonies Continental Congress Assembled on March 16, 1776. The following year the Continental Congress issued a similar proclamation on November 1, 1777.



Continental Congress and Articles of Confederation Presidents also issued National Thanksgiving Day Proclamations in 1777, 1779, 1780, 1781, and 1782.

George Washington, the first President of the United States under the Constitution of 1787, made **First National Day of Thanksgiving Proclamation** on October 3, 1789, in New York City.

The initiative for the proclamation originally came from the House of Representatives, though support for the proclamation was hardly unanimous. Some representatives objected that such imitations of European practices would make a mockery of genuine expressions of prayer and thanksgiving, while others objected that expressions of gratitude are private matters that the federal government has no business mandating.

Nevertheless, a majority favoring a presidential proclamation prevailed, and President Washington, noting that "both Houses of Congress have by their joint Committee requested [him] 'to recommend to the People of the United States a day of public thanksgiving and prayer,'" formally declared November 26 to "be devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be."

## ***We Believe In and Give Thanks for the Four Freedoms***

### **The Four Freedoms**

were goals articulated by U.S. President Franklin D. Roosevelt on January 6, 1941 in his State of the Union address, which is known as the Four Freedoms speech. He proposed four fundamental freedoms that people "everywhere in the world" ought to enjoy: freedom of speech, freedom of faith, freedom from want, and freedom from fear.



**Freedom of worship** is the right to articulate one's opinions and ideas without fear of government retaliation or censorship. The term freedom of expression is sometimes used synonymously, but includes any act of seeking, receiving and imparting information or ideas, regardless of the medium used.

**Freedom of religion** is a principle that supports the freedom of an individual or community, in public or private, to manifest religion or belief in teaching, practice, worship, and observance. It also includes the freedom to change one's religion or belief.

**Freedom from want** is the right to an adequate standard of living. It is recognized as a human right and is understood to establish a minimum entitlement to food, clothing, and housing at an adequate level.

**Freedom from fear**, translated into world terms, means a worldwide reduction of armaments to such a point and in such a thorough fashion that no nation will be in a position to commit an act of physical aggression against any neighbor—anywhere in the world.

### **1912 Center and Senior Center Holiday closures**

The 1912 Center will be closed on Thanksgiving Day and Friday, November 25.

There is no senior meal on Thursday, November 24.

The 1912 Center will also be closed on Mondays, December 26 and January 2.

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

# “Hot Tips to Healthy Holiday Eating”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the December 2015

“Senior Nutrition News”



Holidays can be a series of disasters for people wanting to choose a healthier way of eating. To help fight the risks of eating poorly consider these common-sense rules for healthier eating during the holidays – or any time!

- **Never let yourself “starve”** – think about your hunger on a scale, and use it to figure out how hungry you really are.
- **Enjoy the conversation and the company.** Eat slowly enough to give your brain time to register that you are filling up and aren’t hungry anymore.
- **Choose your splurges carefully!** Know which events and which foods you don’t want to pass up.
- **Proteins and veggies first!** Concentrate on eating from the protein and vegetable part of the menu first to help reduce your appetite.
- **Eat what *you* decide to eat and not what other people want you to eat.** Plan ahead, if possible. Or bring a dish you know you can enjoy.
- **Practice the art of the “polite decline.”** You can still show loved ones you care, even if you don’t want to eat their fudge or other food items.
- **Leave the table before you are full.** Continue the conversation somewhere else, or help clear the table.
- **You don’t need to try everything today** – that’s what leftovers are for.
- **When you move away from the table keep right on moving.** After dinner is a great time to bundle up and take a walk around the neighborhood. Stay Active!



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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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## Calendar...

Nov 1 All Saints Day  
Nov 6 Daylight Savings Time Ends  
Nov 8 Election Day...Please Vote!  
Nov 11 Veterans' Day  
Nov 24 Thanksgiving Day  
    NO Friendly Neighbors Meal  
Nov 27 Advent Begins  
Dec 6 St. Nicholas Day  
Dec 11 Mawlid Un Nabi  
Dec 13 St. Lucia's Day  
Dec 21 Winter Solstice  
    Shortest Day of Year  
Dec 24 Hanukkah begins at sundown  
    Christmas Eve  
Dec 25 Christmas Day  
Dec 26 Boxing Day  
    Kwanza Begins  
    Christmas Day (Observed)  
Dec 31 New Year's Eve

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



**at the Moscow Senior Center**

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.

## 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, 10:00 – 12:30

Monday PM: Jigsaw puzzles

Tuesday 10:30 AM Chair Yoga, Arts Workshop

Tuesday PM: Pinochle

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

Wednesday PM: Mah jongg

Thursday 9 AM – 3:30 PM Open Studio, Arts Workshop

Thursday PM: Bridge

Friday AM: Bingo at 10:00

Daily Activities 9 AM – 4 PM Quiet socializing, coffee/tea, reading, board games, puzzles, computer use

### Tuesday and Thursday Congregate Lunch Schedule:

11:00 AM: Pastries, coffee, tea, soup

11:30 AM: Salad Bar

11:55 AM: Announcements

12:00 noon: Main entrée

**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, 2016**

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

Tuesday, November 1<sup>st</sup> WB4

Hamburger Steak  
Mashed Potatoes & Gravy  
Veggie  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by United Way

Tuesday, November 8<sup>th</sup> BIR6

Pulled BBQ Pork Sliders  
JoJo's Blood Pressure  
Veggie Clinic  
Soup  
Fruit w/Salad Bar  
Dessert Bar



Tuesday, November 15<sup>th</sup> VEG5

Spinach Lasagna  
Veggie  
Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Tuesday, November 22<sup>nd</sup> SPOL5

Roast Turkey  
Stuffing w/Gravy Board Meeting  
Green Bean Casserole 10:30 a.m.  
Soup, Fruit w/Salad Bar  
Dessert Bar

Tuesday, November 29<sup>th</sup> FF1

Baked Cod  
Rice  
Veggie  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Thursday, November 3<sup>rd</sup> WPOL10

Oven Baked Chicken  
Scalloped Potatoes  
Veggie  
Soup  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Anonymous

Thursday, November 10<sup>th</sup> WB6

Old-Fashioned Pot Roast  
Red Potatoes  
Veggie  
Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Thursday, November 17<sup>th</sup> FB5

Porcupine Meatballs Old Time Fiddlers  
Rice 11:30 a.m.  
Veggie, Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Thursday, November 24<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

**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: December, 2016**

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



Tuesday, December 6<sup>th</sup>      WPOL8

Chicken à la King over Biscuits  
 Veggie  
 Fruit Salad  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored by United Way

Tuesday, December 13<sup>th</sup>      SUB2

Sweet-n-Sour Meatballs      Blood Pressure  
 Rice      Clinic  
 Veggie, Bread      Annual  
 Soup, Fruit w/Salad Bar      Meeting  
 Dessert Bar      @ 11:50 AM

Tuesday, December 20<sup>th</sup>      FPOL10

Chicken Noodle Casserole  
 Veggie  
 Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Meal sponsored in Memory of Janet McCloskey

Tuesday, December 27<sup>th</sup>      VEG17

Baked Pasta w/Veggie  
 Bread      Board Meeting  
 Soup      10:30 a.m.  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, December 1<sup>st</sup>      FB9

Spaghetti w/Meat Sauce  
 Veggie  
 Bread  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar

Thursday, December 8<sup>th</sup>      WP4

Ham      Old Time Fiddlers  
 Au Gratin Potatoes      11:30 a.m.  
 Veggie  
 Bread  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

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

Thursday, December 15<sup>th</sup>      SUP3

Macaroni and Cheese  
 Veggie  
 Biscuits  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, December 22<sup>nd</sup>      HOLVAL2

Prime Rib Au Jus  
 Scalloped Potatoes  
 Veggie  
 Soup, Fruit w/Salad Bar  
 Dessert Bar

Thursday, December 29<sup>th</sup>      WB3

Beef Stew      Newsletter  
 Creamy Coleslaw  
 Biscuits  
 Soup  
 Fruit w/Salad Bar  
 Dessert Bar



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

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