

# *Friendly Neighbors Newsletter*

Volume 18 – Issue 6 – November/December 2017

Founder – Doris D. Norman

Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

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## President's Message



Hi Members all;

Another great year is ending. Membership remains up and growing thanks to members who keep bringing in friends.

It's that time of year when our Annual Meeting will be held (Dec. 12<sup>th</sup>) to elect board members for next

year. The officers to be elected are President, Vice President, Secretary, and Treasurer along with one 3-year Director. The report from the Nominating Committee is elsewhere in this newsletter. Also at our Annual Meeting we will recognize our Volunteer of the Year; shhhh, it's a surprise.

Don't forget the Alternative Giving Market of the Palouse on December 7<sup>th</sup> from 4-8 pm in the Great Room of the 1912 Center. The Market is a terrific time to acquaint yourself with other community non-profits. We will have a table at the Market to explain the services we offer and how donations to us benefit Moscow area seniors.

Hoping for another successful year next year.

HAPPY HOLIDAYS EVERYONE!

*Bill Terrio*, President



## Friendly Neighbors 2018 Dues

Friendly Neighbors dues for 2018 can be paid now. Annual dues are \$2.00 and can be paid at the meal site sign-in desk. Please complete the membership form to ensure that we have your correct name, address, telephone number, birthday, and e-mail address. Birthday is on the form so that we can acknowledge your birthday in the newsletter and at the meal site. The membership forms for 2018 are available at the meal site sign-in desk and the Senior Center.

## Meet the New Kitchen Employee

In Her Own Words



### **Marisa Gibler** **Assistant Cook**

I was born and raised in the Pacific Northwest – Alaska, Seattle, and then Idaho. There are many lunch attendees I already know from the past 17 years I've spent in Moscow. You may have met me at the Latah

County Fairgrounds on Election Day, especially if you live in precinct 14! I am currently President of the Board at the Unitarian Universalist Church across the street from the 1912 Center and recognize many lunch-goers from both my congregation and from volunteer work with Family Promise. I enjoy knitting, reading, art, and playing board games with my husband and two kids.

Thank you for welcoming me so enthusiastically to your organization – I look forward to seeing you every week!

## Birthdays of our Members

### December

- 1 Natalie Thomas
- 2 Jean Zenzie
- 4 Vance Penton
- 5 Jack Camm
- 6 Myrna Oakley
- 6 Inez Vogtman
- 8 Martha Stolberg
- 9 JD Gilkey
- 11 Karen Wardlow
- 16 Bettie McLeod
- 20 Lino Condotta
- 21 Jim Dunn
- 22 Lola Penton
- 25 Lane Buck
- 27 Alice Dean
- 27 Albert Konen
- 28 Robert Mayburry
- 29 Susan C. Burns
- 30 Jan Lambert



### January

- 3 Sally Amador
- 6 Jeanna Hawley
- 9 Linda Dolsen
- 10 Margaret Heberly
- 11 Ruth Smith
- 13 Ron Smith
- 14 Tatiana Dreyer
- 14 Valda R. Steele
- 15 Faith Mayburry
- 16 Janice Ardern
- 17 Ann Behrends
- 19 Tom Bitterwolf
- 20 Tony Singleton
- 24 Alan Chidester
- 24 Sue Dunn
- 26 Laura Miller
- 26 Barbara Morgan
- 27 Virginia Hays
- 28 Peggy Swanson
- 30 Troy Sprenke

\*If your birthday is not shown here, please check that your dues are current.

**Neighbors**  
Feeding Neighbors



## Call for Volunteers

by Cynthia Mika, Food Recovery Program

*[Editor's note: You may already be familiar with the "recovered" food that is distributed on Friday afternoons in the 1912 Center. This program will soon be expanding, and Cynthia needs more volunteers to make the program successful.]*

Sodexo, the dining services on the University of Idaho campus, is willing to donate prepared food from its dining hall and packaged items from its convenience stores. The focus for redistribution will be school children and low-income housing residents in Potlatch and Moscow, including seniors at two or more housing locations.

Sodexo staff will store food in their refrigerator for volunteers to repackage and transport to recipients each weekday. Volunteers will be needed for both repackaging (an hour or two in the morning) and transporting (a quick afternoon pick-up and delivery in Moscow), although not necessarily will the same person perform both activities. I hope to develop enough of a list that volunteers will work only one day a month, although it may be one day a week, and that there will always be substitutes available.

If you or people you know might be interested in volunteering, please contact me to let me know the days and times you or they would be available. It would be most helpful to have the name, telephone number, and email address from each potential volunteer. I can be reached at 208-882-1862 or [cynthia.mika@gmail.com](mailto:cynthia.mika@gmail.com).

If you are a volunteer, I encourage you to register as a volunteer with the Washington-Idaho Volunteer Center, Inc. (See article on page 4.) There are a number of benefits, including excess liability and accident insurance.

This won't begin until I get a volunteer list together and the folks I'm working with at UI Extension have some other information about supplies. I'm super excited about how generous Sodexo is and the possibility of helping people in Latah County.

Election Information for the  
Friendly Neighbors Annual Meeting  
On Tuesday, December 12, 2017

The Bylaws of Friendly Neighbors Senior Citizens, Inc. require that a business meeting of the entire membership be held annually in December. This year's meeting is scheduled for 11:50 AM on Tuesday, December 12, 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. A Nominations Committee consisting of Esther Louie (chair), Barbara Morgan, and LeNelle McInturff has solicited nominees for the four officer positions and one director position. Officers have one-year terms, and directors have three-year terms. Director Jon Bateman continues on the board until December 31, 2018 and Director Steve Barr continues until December 31, 2019.

Members of Friendly Neighbors may bring additional nominations from the floor at the meeting, but any member nominated in that manner must have consented to be elected in advance. Dues must be current in order to vote, and to run for a position, and to take office.

- Nominees are as follows:
- President: William E. (Bill) Terrio
  - Vice President: Carrie Bitterwolf
  - Secretary: Sharon Singleton
  - Treasurer: Kay Keskinen
  - Director: Win Green



**EATING IN THE FIFTIES**

Pasta had not been invented. It was macaroni or spaghetti.  
 Curry was a surname.  
 A take-away was a mathematical problem.  
 Pizza? Sounds like a leaning tower somewhere.  
 Bananas and oranges only appeared at Christmas time.  
 All chips were plain.  
 Oil was for lubricating, fat was for cooking.  
 Tea was made in a teapot using tea leaves and never green.  
 Cubed sugar was regarded as posh.  
 Chickens didn't have fingers in those days.  
 None of us had ever heard of yogurt.  
 Healthy food consisted of anything edible.  
 Cooking outside was called camping.  
 Seaweed was not a recognized food.  
 'Kebab' was not even a word, never mind a food.  
 Sugar enjoyed a good press in those days, and was regarded as being white gold.  
 Prunes were medicinal.  
 Surprisingly muesli was readily available. It was called cattle feed.  
 Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.  
 Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.  
 The one thing that we never ever had on/at our table in the fifties ... was *elbows, hats and cell phones.*



**Definition of an Elder**  
Contributed by Glenda Hawley

An Elder is a person  
 Who is still growing  
 Still a learner,  
 Still with potential and  
 Whose life continues  
 To have within it promise for, and  
 Connection to the future.

An Elder is still in pursuit of  
 Happiness, joy and pleasure,  
 And her or his birthright to these  
 Remains intact.  
 Moreover, an Elder is a person  
 Who deserves respect and honor and  
 Whose work it is to synthesize wisdom  
 From long life experience and  
 Formulate this into a legacy for  
 future generations.

From The Live Oak Project

The WA-ID Volunteer Center's mission is to help people of all ages find a volunteer opportunity that is meaningful to them and then provide those volunteers with support while they are actively engaged in helping to provide services to those in need within the community. If you choose to become a member of the WA-ID Volunteer Center, you receive many benefits, all of which are FREE to you!

- ❖ Members who are 55+ years of age also become part of RSVP (Retired Senior Volunteer Program) and will be participating in *National Service* through Senior Corps.
- ❖ Ability to learn about multiple volunteer opportunities that are available to you, without having to “beat the bushes” to find the right opportunity. We listen to you and offer volunteer opportunities that fit your schedule, your skills, and your goals.
- ❖ Covered by *Excess* liability and accident insurance which covers you while you are in the act of volunteering at a WA-ID Volunteer Center workstation.
- ❖ Receive an invitation to the Volunteer Recognition event the WA-ID Volunteer Center hosts every other year, which honors all WA-ID Volunteer Center members in our community! Enjoy a festive atmosphere with like-minded people, good food, entertainment, and door prizes. Learn what other volunteers are doing to help our community.
- ❖ You, or the agency you volunteer for, report your hours to the Volunteer Center on a monthly basis and your volunteer hours are tracked in a database. This permanent record of your volunteer efforts enables the Volunteer Center to generate reports that:
  - May be used by the agency you serve in attaining grants from many different sources. Volunteer hours show prospective grantors that the agency is well supported by the community and that they are worthy of financial support. Agencies can then accomplish more of the good work they are already doing. The Volunteer Center can provide a concise report to agencies, documenting all of the reported volunteer hours for any given period of time. This information is also very valuable to the agency to meet reporting requirements.
  - Verify “years of service” (5, 10, 15, 20 & 25 year) and allow you to be honored with an award certificate during our bi-annual Volunteer Recognition event.
  - Allow volunteers with 4,000+ lifetime hours to be nationally recognized with the Presidential Lifetime Service Award, signed by the president of the United States.

If you are currently volunteering, or interested in learning more about the volunteer opportunities available to you, you benefit from being a member of the WA-ID Volunteer Center! The WA-ID Volunteer Center's Volunteer Coordinator, Susan Harris, will be in Moscow on Tuesdays. Give her a call @ 208-746-7787 to become a member, to get your questions answered, or to make an appointment to meet with her in person. The WA-ID Volunteer Center staff wants to thank you for everything you do to make our community a wonderful place to live!

# “10 Tips for Healthy Holiday Eating”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the December 2016  
“Senior Nutrition News”

Holidays are a time for gatherings with family and friends. They are also a time when tempting treats are everywhere you turn. To stay on the “healthy track” consider these tips:

- 1. Eat what you love and leave what you like.** You don't have to eat everything that is put in front of you. Make careful choices and stick with the foods you enjoy most. Don't select foods that aren't your favorite just because they are there.
- 2. Focus on those you are with at gatherings, not the food.**
- 3. Eat five a day.** Choose appetizers, snacks, and meals that will help you meet the recommended guideline of five or more servings of veggies and fruits a day.
- 4. Fill up on fiber.** Besides fruits and veggies, choose snacks and appetizers that contain whole grains or ones with legumes.
- 5. Don't forget to exercise.** Burning off extra calories can be the key to keeping off weight during the holidays. Plan a brisk walk after meals, park further away from stores when you go shopping, or walk around the mall before you begin to shop.
- 6. Follow the three-bite rule.** People seem to most enjoy the first and last bites of what they eat, so put a bite in between and call it good after three.
- 7. Listen to your body and eat only when you are hungry.** Don't just eat because food is near.
- 8. Drink water.** Staying hydrated during the hustle and bustle will help you feel your best and will also help you not feel so hungry when you get to the table.
- 9. Be flexible in your diet.** One “bad” meal should not leave you feeling guilty. Try to balance your calories over the period of a few days.
- 10. Get plenty of rest.** Adequate amount of sleep helps to minimize the stress associated with the holiday.



## Alternative Giving Market of the Palouse

Giving residents of the Palouse meaningful alternatives to holiday gift giving and opportunities to support local nonprofits

**Thursday, December 7, 2017, from 4-8 PM in the Great Room of the 1912 Center**

Support Friendly Neighbors senior meal program by buying a gift card that is a tax-deductible donation to help fund our work:

**\$5** (provides a meal to a homebound senior)

**\$35** (delivers a week's worth of meals to a homebound senior on Medicaid)

**\$50** (provides 11 meals for a senior unable to donate for meals)

**\$100** (sponsors a meal with recognition, ex "Meal sponsored by..." or "in memory of...")

Or, **any donation amount** supports our important work

## Calendar...

December is Bingo Month

### December

- 2 Winter Market, 1912 Center Great Room
- 7 Alternative Giving Market, 4-8 PM
- 7 Light Up the Night Holiday Parade, 7 PM
- 7 Pearl Harbor Remembrance Day
- 9 Winter Market, 1912 Center Great Room
- 12 Friendly Neighbors Annual Meeting
- 12 First Night of Hanukkah
- 19 Last Night of Hanukkah
- 21 December Solstice
- 25 Christmas
- 26 Friendly Neighbors Board meeting

January is National Blood Donor Month

### January

- 1 Happy New Year!
- 3 Fruitcake Toss Day
- 13 Friday the 13<sup>th</sup>
- 18 Winnie the Pooh Day
- 21 Idaho Human Rights Day
- 23 Friendly Neighbors Board meeting

**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 \$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.

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 10 AM – 12:30 PM Computer help
- 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, TV, jigsaw puzzles, computer use, free wi-fi

### Tuesday and Thursday Congregate Lunch Schedule:

- 10:30 AM: Pastries, coffee, tea, soup
- 11:30 AM: Salad Bar
- 11:55 AM: Announcements
- 12:00 noon: Entrée

# SENIOR MEAL SITE LUNCH MENU

## Area Agency on Aging Senior Nutrition Program

USDA IS AN EQUAL OPPORTUNITY PROVIDER

Name of Meal Site: Moscow

Menu for the month of: December, 2017

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon  
Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, December 5<sup>th</sup> WPOL10

Oven Fried Chicken  
Au Gratin Potatoes  
Veggie Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by United Way

Thursday, December 7<sup>th</sup> WP2

Pork Chops  
Stuffing & Gravy  
Veggie, Bread  
Soup, Fruit w/Salad Bar  
Dessert Bar

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

Tuesday, December 12<sup>th</sup> WF3

Tuna Tetrazzini Blood Pressure  
Veggie Clinic  
Bread  
Soup, Fruit w/Salad Bar **Annual Meeting**  
Dessert Bar **at 11:50 AM**

Thursday, December 14<sup>th</sup> WB4

Hamburger Steaks  
Mashed Potatoes & Gravy Old Time Fiddlers  
Veggie, Bread @ 11:30 a.m.  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by Anonymous

Tuesday, December 19<sup>th</sup> FPOL3

Teriyaki Chicken  
Rice  
Veggie  
Soup, Bread  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored in memory of Richard Hart

Thursday, December 21<sup>st</sup> FB8

Prime Rib w/Au Jus  
Mashed Potatoes & Gravy  
Veggie  
Soup, Bread  
Fruit w/Salad Bar  
Dessert Bar

Meal sponsored in memory of Janet McCloskey

Tuesday, December 26<sup>th</sup> SPOL6

BBQ Chicken Sliders  
Tater Tots Board Meeting  
Veggie 10:30 a.m.  
Soup, Fruit w/Salad Bar  
Dessert Bar

Meal sponsored by A. Nonny Mouse

Thursday, December 28<sup>th</sup> VEG13

Zucchini Tomato Casserole  
Fruit  
Soup, Bread  
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

Meal Site and Menu Information on the web at: [users.moscow.com/srcenter](http://users.moscow.com/srcenter) or call (208) 882-1562

# SENIOR MEAL SITE LUNCH MENU

## Area Agency on Aging Senior Nutrition Program

USDA IS AN EQUAL OPPORTUNITY PROVIDER

Name of Meal Site: Moscow

Menu for the month of: January, 2018

Soup available at 10:30 AM, Salad bar available at 11:30 AM, Main entrée served at noon

Lunch held in the Great Room of the 1912 Center, 412 East Third Street, Moscow, Idaho

Tuesday, January 2<sup>nd</sup> WB10

Lasagna – Meat & Veggie

Garlic Bread

Veggie

Soup, Fruit w/Salad Bar

Dessert Bar

Meal sponsored by United Way

Tuesday, January 9<sup>th</sup> FB9

Spaghetti w/Meat Sauce

Bread

Veggie

Soup

Fruit w/Salad Bar

Dessert Bar

Blood Pressure  
Clinic

Tuesday, January 16<sup>th</sup> WP3

Sweet-n-Sour Chicken

White Rice

Veggie

Soup, Fruit w/Salad Bar

Dessert Bar

Tuesday, January 23<sup>rd</sup> VEG1

Vegetarian Chili

Cornbread

Veggie

Soup, Fruit w/Salad Bar

Dessert Bar

Board Meeting  
@ 10:30 a.m.

Tuesday, January 30<sup>th</sup> WF1

Baked Fish

Au Gratin Potatoes

Veggie

Soup

Fruit w/Salad Bar

Dessert Bar

Meal sponsored by Anonymous

Thursday, January 4<sup>th</sup> WPOL6

Old Fashioned Chicken and Noodles

Biscuits

Veggie

Soup

Fruit w/Salad Bar

Dessert Bar

Thursday, January 11<sup>th</sup> FP6

Pork Chops

Mashed Potatoes w/Gravy

Veggie

Soup, Fruit w/Salad Bar

Dessert Bar

Meal sponsored in memory of Helen Dewey

Thursday, January 18<sup>th</sup> FP2

Baked Ham

Scalloped Potatoes

Veggie

Soup

Fruit w/Salad Bar

Dessert Bar

Thursday, January 25<sup>th</sup> WPOL4

Chicken Parmesan

Butter Noodles

Soup

Fruit w/Salad Bar

Dessert Bar

Old Time Fiddlers  
@ 11:30 a.m.

Newsletter



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