

# Friendly Neighbors Newsletter

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## President's Message



Hi everyone,

Another successful year of Friendly Neighbors is almost complete. This time of year is a good one to recognize our many volunteers and board members who contribute in many ways to our successes. Thank you!

We've had a change in our kitchen with head cook Marisa Gibler leaving in early November for another job. In her place we have hired Terry Sirk to be our head cook. Please welcome Terry in her new job. I've also hired Hannah Sirk to do our grocery shopping. The next issue of the newsletter will have information on our new hires.

Our annual business meeting will be on Tuesday, December 11. We will be electing our four officers along with one director that day. More information is on the next page.

I represented our services at the Good Samaritan Resource Fair in October, and we were represented at the December Information Fair for the U of I Retirees Association. If you have a chance to promote our meals and activities to others, please do so.

If anyone wishes to volunteer to help our organization, please see me. We can always use more volunteers.

Thank you for your support. Happy Holidays!

*Bill Terrio*, President

## New Senior Activities

### Bingo and Dance Fitness

Two new activities have been added by Friendly Neighbors for its members and other friends. First, on the second Thursday of the month there is free bingo at 10 AM at the meal site in the Great Room.

There's no fee for a bingo card; members have donated a variety of fun items as prizes. If you win a bingo game, choose your prize from a table of donated items. This event started as a pilot project in September and has been so well-received that it will be a regular activity. Come early to lunch on those days and play bingo.



The second activity is a dance activity exercise class on Thursday mornings at 10:30 in the Arts Workshop. Led by Friendly Neighbors member Lauren Fins, the class will get you having so much fun dancing that you will forget that you are exercising. The class is over by



11:15 so that you can attend the senior meal in the Great Room.

Election Information for the  
Friendly Neighbors Annual Meeting  
On Tuesday, December 11, 2018

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 11:45 AM on Tuesday, December 11, just prior to the serving of our regular noon meal.

The only item of business to be conducted is the election of four officers and one director. A Nominations Committee consisting of Sharon Singleton (chair), Win Green, and Pat Tavis has solicited nominees for the four officer positions and one director position. Officers have one-year terms, and directors have three-year terms. Director Steve Barr continues on the board until December 31, 2019, and Director Win Green continues until December 31, 2020.

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: Bill Terrio
- Vice President: Sharon Singleton
- Secretary: LeNelle McInturff
- Treasurer: Kay Keskinen
- Director: John Carlson

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**"How to Drive Safely on Winter Roads"**

condensed from aarp.org

Winter roads can be an unsafe, slippery mess. Even if you live in a warm spot, you benefit from knowing how to drive safely on winter roads for the times you visit friends or family who do inhabit four-season states.

Here are some basics to keep you safe when the roads aren't.

**Check**

Batteries weaken in cold. After three winters, yours might need replacing. Make sure windshield washer fluid and engine antifreeze levels are full.

**Be ready**

Winter gear should include battery jumper cables, snow brush/ice scraper, cat litter or sand to put under slipping wheels if you're stuck, small shovel, flashlight and batteries, phone charger, drinking water, and snacks.

**See**

Clean the inside and outside of the windshield and rear window. Defrost and deice the windshield before you drive.

**Be seen**

Keep your brake lights and turn signals as snow-free as possible. Use your headlights in daytime to make your vehicle stand out in the drab winter background.

**Go gently**

Trying to start too quickly, even with all-wheel drive or traction control, can leave you stuck in place. Abruptly changing speeds — up or down — can cause the tires to slip and spin.

**Stop properly**

Your car or truck probably has antilock brakes (ABS). They keep the wheels from skidding under hard braking. That lets you keep steering while stopping. If you were taught to pump the brakes, forget that with ABS. Safety folks preach, "Stomp, stay, steer." Stomp, hard, on the brake pedal. Stay on the pedal, hard, despite vibrations or kickback. Steer around the danger instead of crashing into it.

**Avoid skid row**

If the back end of the car or truck begins to slide sideways on a slippery surface, turn the steering wheel the same direction as the back end is moving. If it's dancing out to the left, turn the wheel to the left; if right, turn right. Otherwise you'll turn the skid into a spin. Antiskid control, common on most cars, helps, but it can't prevent all skids.

**Pack heat**

Blankets or small candles in containers can warm the inside of the car if you're stranded. If you use candles, open a window slightly. If you keep the engine running to stay warm, also open a couple of windows a bit for fresh air in case there's an exhaust-system leak that could seep into the car's interior.

## Birthdays of our Members

### December

- 1 Natalie Thomas
- 4 Vance Penton
- 5 Jack Camm
- 6 Inez Vogtman
- 8 Martha Stolberg
- 11 Karen Wardlow
- 20 Lino Condotta
- 21 Jim Dunn
- 22 Lola Penton
- 24 Michael J. Irving
- 25 Lane Buck
- 26 Al Pingree
- 27 Alice Dean
- 27 Albert Konen
- 28 Robert Mayburry
- 29 Susan C. Burns
- 30 Jan Lambert



### January

- 3 Sally Amador
- 5 Betty Sheets
- 9 Linda Dolsen
- 10 Margaret Heberly
- 11 Ruth Smith
- 13 Alma Hanson
- 13 Ron Smith
- 14 Tatiana Dreyer
- 14 Jo Heberly
- 15 Faith Mayburry
- 16 Janice Ardern
- 17 Ann Behrends
- 19 Tom Bitterwolf
- 20 Tony Singleton
- 24 Alan Chidester
- 24 Carolyn Cuddy
- 24 Sue Dunn
- 26 Barbara Morgan
- 27 Virginia Hays
- 27 Rick Ward
- 28 Peggy Swanson
- 29 David Wells
- 30 Troy Spreнке

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



## Calendar...

### December

- 1 Winter Market, 1912 Center
- 6 Alternative Giving Market of the Palouse, 4-8 pm, 1912 Center Great Room
- 8 Winter Market, 1912 Center
- 12 Bus to the Coeur d'Alene Casino
- 13 Free Bingo at senior meal site
- 18 Friendly Neighbors Board meeting
- 25 1912 Center closed for Christmas

### January

- 1 1912 Center closed for New Year's Day
- 10 Bus to the Coeur d'Alene Casino
- 11 Free Bingo at senior meal site
- 22 Friendly Neighbors Board meeting

### The bulletin board in the Senior Center

includes postings of senior-related newsletters (Roadrunners, Latah AARP, etc.) along with flyers of Lunch & Learn classes, AARP "Smart Driver" classes, and other events. "Lunch & Learn" are free classes held at noon at the Latah Fairgrounds.

### Senior Meal Program/Senior Center

Friendly Neighbors Senior Citizens, Inc. is a non-profit organization recognized by the IRS as a 501(c)(3) charity that operates a senior meal program that includes a congregate meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow along with a home delivery program through the Area II Agency on Aging.

For the congregate meals, 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.

To determine if you qualify for home-delivered meals, contact Carolyn Patterson at the A2AoA in Lewiston at (800) 877-3206.

Monthly menus are posted at the meal site and on our web page: [//users.moscow.com/srcenter](http://users.moscow.com/srcenter)

Besides managing the senior meal program, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors. It is located on the first floor of the 1912 Center and open from 9 AM – 4 PM Monday through Friday (closed holidays).

## “Pass the Cranberries, Please”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the November 2018  
“Senior Nutrition News”

**It is getting close to Thanksgiving and no Thanksgiving feast is complete without cranberry sauce!**



### Did you know:

- Cranberries are nutrient dense providing vitamins, minerals, phytonutrients, and fiber.
- One cup of raw cranberries has about 50 calories and is naturally fat free.
- Research suggests cranberries may help protect against conditions like heart disease, cancer, peptic ulcers, and bladder infections.

### Cranberry Ideas

- **Cranberry Ice!** Put cranberries in the bottom of a bundt pan, add water and freeze. The result? A decorative floating ice ring to spice up any holiday punch.
- **Make Your Own Mix.** Save some money and create your own trail mix. Combine dried cranberries, grains, nuts, and maybe even a little dark chocolate ... the possibilities are endless!
- **Healthy Snack.** Cranberries are just one of many healthy snacks. Snacks should be as nutritious as meals and include fruits and vegetables.
- **A Hearty Handful.** Toss a little extra flavor and texture atop your oatmeal or cold cereal in the morning, or grab a handful of cranberries for a quick snack!
- **Cranberries and Cookies!** Add dried cranberries to your favorite cookie recipe for a quick holiday makeover.
- **Cran-Apple Pie.** Surprise your taste buds and toss a handful of fresh or dried cranberries into your apple pie recipe before adding the top crust.

### 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 6, 2018, 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