

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



Hi everyone,

I wish to thank all the volunteers who helped me get through this term as president after Carrie resigned and the Board of Directors appointed me to complete the term. Our 2019 Annual Meeting will be at our lunch on Tuesday, December 10. More information about the meeting and election is on page 2.

Friendly Neighbors could not operate without the financial support of grants and donations. For example, the refrigerator in the downstairs storeroom was unable to maintain a safe temperature for food. We applied for and received a grant from the Lewis and Clark Valley Hospital Trust to purchase a new refrigerator.

The Alternative Giving Market of the Palouse (AGMP) is another source of funds for us. Friendly Neighbors was chosen again this year to participate for which we had to pay a \$20 fee. Please come out to support Friendly Neighbors and other area non-profit organizations on Thursday, December 5, from 4-8 PM in the 1912 Center Great Room.

Also, volunteers are critical to fulfilling the services that our organization provides. I encourage those who volunteer for us and/or other local non-profits to volunteer through the WA-ID Volunteer Center. Every 18 months that center holds a volunteer recognition event that is great fun. (See adjacent article for information about this year's event.)

This will be the last newsletter of the year, so I want to take this opportunity to wish you safe and happy holidays. I look forward to a terrific 2020!

Bill Terrio, President

Volunteers Celebrated

On October 31 the WA-ID Volunteer Center held an awards lunch to celebrate the many people who volunteer through their office. Four Moscow Friendly Neighbors attended: Chuck Fullkrug, Kay Keskinen, Ruth Smith, and Ron Smith.

In addition to the lunch and entertainment, volunteers were singled out for the total number of hours they had volunteered (4,000 and 10,000) and also for longevity of service. Bill Terrio received his 5-year certificate. Kay received her 15-year certificate which represented 11,069 hours.

A "check" was given to each county signifying the dollar value of the hours volunteered in that county in the past year. Bill is shown with the \$258,937 Latah County check to be presented to the Latah County Commissioners at a later date.



**Election Information for the
Friendly Neighbors Annual Meeting
on Tuesday, December 10, 2019**

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 10, 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 Marie Charles, Nadine Morton, and Win Green 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's term expires on December 31, 2019. Director Win Green continues on the board until December 31, 2020 and Director Sally Amador continues until December 31, 2021.

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: John Carlson
- Director: Barbara Townsend

Cowboy Poet

On September 17th, those attending the senior lunch were entertained by the Cowboy Poet--David Nordquist and Bodie Dominguez.



Birthdays of our Members

December

- 1 Natalie Thomas
- 4 Vance Penton
- 4 Kay Hudson
- 5 Jack Camm
- 6 Inez Vogtman
- 8 Martha Stolberg
- 20 Lino Condotta
- 22 Lola Penton
- 24 Michael Irvin
- 27 Alice Dean
- 27 Albert Konen
- 28 Robert Mayburry
- 29 Susan C. Burns



January

- 3 Sally Amador
- 5 Betty Sheets
- 11 Ruth Smith
- 13 Ron Smith
- 16 Janice Ardern
- 20 Tony Singleton
- 24 Alan Chidester
- 24 Sue Dunn
- 26 Barbara Morgan
- 27 Rick Ward
- 28 Peggy Swanson
- 29 Virginia Hays



Calendar...

December

- 7 Winter Market, 1912 Center Great Room
- 10 Friendly Neighbors Annual Meeting
- 11 Bus to the Coeur d'Alene Casino
- 12 Free Bingo at senior meal site
- 14 Winter Market, 1912 Center Great Room
- 16 Moscow Welcome Table, Great Room
- 17 Friendly Neighbors Board meeting
- 24-25 Christmas/Eve, 1912 Center closed

January

- 1 New Year's Day, 1912 Center Closed
- 8 Bus to the Coeur d'Alene Casino
- 9 Free Bingo at senior meal site
- 20 Moscow Welcome Table, Great Room
- 28 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.

Moscow Welcome Table



On the third Monday of each month there is a free community dinner in the Great Room of the 1912 Center. Enjoy a free gourmet dinner and connect with members of the community. Seatings are at 5:00 PM and at 6:30 PM. Call or text 208-298-9020 to make a reservation for either seating.

Walk-ins are also welcome as space is available.

All are welcome.

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).

Friendly Neighbors Dues are Due

It's time to renew your dues (or join if you are new) to Friendly Neighbors for 2020. Dues are still only \$2 for the calendar year. You may pay your dues at the meal site sign-in desk. Complete a membership enrollment form to ensure we have your correct contact information.

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 5, 2019, 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:

“Healthy Holiday Food Tips”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the December 2018 “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 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!

Have a Happy **Red & Green** Holiday!

Eating a variety of colorful fruits and vegetables each day helps maintain good health, protect against the effects of aging, and reduce the risk of cancer and heart disease. Have some fun with the red and green colors during the winter holiday season. Some quick **red** and **green** fruit/vegetable combos include:

- Red and green apple slices surrounding your favorite fruit dip like a wreath
- Cole slaw served with red apple chunks or cherry tomatoes
- Tomato soup garnished just before serving with a sprinkle of green onion stems
- Red and green grapes
- Pomegranate juice garnished with a slice of lime
- Juicy pomegranate seeds tossed atop a green salad
- Pizza with a tomato sauce topping and chopped green peppers



RED: Tomatoes Spaghetti sauce Red peppers Red onions Beets Red cabbage
Kidney beans Apples Red grapes Strawberries Cherries Cranberries
Pomegranates

GREEN: Leafy greens Asparagus Green peppers Broccoli Green beans Peas
Cabbage Brussel sprouts Zucchini Green apple Green grapes Honeydew melon
Kiwi fruit Limes