

Friendly Neighbors Newsletter

Volume 21 – Issue 6 – November/December 2020

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President's Message



Happy Holidays, everyone,
Lots of things are in process, so in order to keep you up-to-date, let me share what has happened or will be happening.

The Friendly Neighbors Bylaws require us to have our annual business meeting in December, but with Idaho still in Stage 2 of the "Stay Healthy Order," we cannot congregate in groups

larger than 10. So, in order to allow us to complete our annual business (elections and amendments to our Bylaws) we will be handling the business at our Tuesday, December 8, 2020 noon "grab-and-go" meal distribution.

Win Green and Sharon Singleton, both members of our Board of Directors, will be distributing ballots for the elections and five amendments to our Bylaws. The Board of Directors has proposed five amendments to the Bylaws, but only the vote of the membership can actually change them. It was felt that these changes could help our organization move forward. Details of the nominees and amendments are on pages 2-3 of this newsletter.

If you want to vote on these items, then you should come to the grab-and-go distribution area and receive your ballots (one for election and one for Bylaws), mark your ballots, and return them to either Sharon or Win before you leave. You do not need to get a to-go meal to vote, but your 2020 or 2021 Friendly Neighbors dues need to have been paid in order to vote.

Win and Sharon will be available to distribute and collect ballots from 11:45 AM to 12:45 PM on Tuesday, December 8 to allow time for people to arrive and vote. They will also accept dues payments then, too.

One amendment the board proposes is a Lifetime Membership for a one-time dues payment of \$25. You may continue to pay annual dues of \$2.

Because we have many members who do not have an e-mail address or access to the Internet, the board voted to provide a snail-mailed newsletter for a year (six issues) for \$4. Note these new options are on the membership form included at the end of this newsletter.

We are still in the process of trying to find a new head cook. In the meantime, Yoshimi, Summer, Susan (Summer's mother), and I are doing our best to provide your meals. I really appreciate Susan stepping in to help.

I would like to thank the Board of Directors for their assistance this hectic year, surely one we won't forget for a long time. I also want to thank LeNelle McInturff for her service as Secretary; we are sorry to see her leave the Board of Directors.

Thank you to all the volunteers who have made our jobs a lot easier. Without their time and effort we could not have had such a good year.

We plan to stay with the Grab & Go meals until further notice. COVID cases continue to escalate in Idaho, and Governor Little declared to put Stage 2 back in effect.

Looking forward to a better year, I remain

Bill Terrio, President

**Election Information for the
Friendly Neighbors Annual Meeting
on Tuesday, December 8, 2020**

The Bylaws of Friendly Neighbors Senior Citizens, Inc. require that a business meeting of the membership be held annually in December. This year's meeting is scheduled for Tuesday, December 8 during the distribution of the grab-and-go meals at the 1912 Center.

There will be two main items of business to be conducted at the meeting: 1) vote on five proposed amendments to our Bylaws and 2) election of four officers and one director to our Board of Directors.

Nominees have been solicited for the four officer positions and one director position. Officers have one-year terms, and directors have three-year terms. Director Win Green's term expires on December 31, 2020. Director Sally Amador serves until December 31, 2021, and Director Barbara Townsend serves until December 31, 2022.

Dues must be current in order to vote, to run for a position, and to take office.

Nominees are as follows:

President: Bill Terrio
Vice President: Sharon Singleton
Secretary: Kay Keskinen
Treasurer: John Carlson
Director: Win Green

Every few years the Bylaws are reviewed to see if any changes need to be made. The board has found five areas that they think need updating. Below are the three proposed amendments:

Article III: Membership

Current article:

Membership in Friendly Neighbors shall be open to any person 55 years of age or older.

Proposed article (changes underlined):

Membership in Friendly Neighbors shall be open to any person 50 years of age or older.

Reason for change:

To attract new members and replenish our active volunteer ranks

Article V: Dues

Current article:

Membership dues for Friendly Neighbors shall be \$2.00 per fiscal year.

Proposed article (changes underlined):

Membership dues for Friendly Neighbors shall be \$2.00 per fiscal year or \$25.00 for a lifetime membership.

Reason for change:

Some members have requested a lifetime membership option to be paid once. Members can still choose to renew their membership one year at a time at the \$2.00 annual membership rate.

**Article VII: Officers and Duties of Officers
Duties of Officers**

Current Treasurer duties:

The Treasurer shall keep an accurate financial record of all transactions of Friendly Neighbors and shall receive and disburse funds as directed by the Board of Directors. Two (2) signatures shall be required on all checks. Officers authorized to sign checks shall be the President and/or the Treasurer and two other elected officers.

Proposed Treasurer duties (changes underlined)

The Treasurer shall keep an accurate financial record of all transactions of Friendly Neighbors and shall receive and disburse funds as directed by the Board of Directors. Two (2) signatures shall be required on all checks. Officers authorized to sign checks shall be the President, the Treasurer, and two other Board Members or a Friendly Neighbors member appointed by the President.

Reason for change:

To ensure purchases and payments can be completed efficiently and conveniently without delay

**Article VIII: Board of Directors
Paragraph 3**

Current paragraph:

The President shall have the authority to call Special Meetings as necessary, provided that all Board Members are notified at least two (2) days prior to the Special Meeting. A quorum of the Board shall consist of not less than four (4) members, one of whom shall be the President or the Vice President acting in his/her stead.

Proposed paragraph (changes underlined)

The President or two members of the Board shall have the authority to call Special Meetings as necessary, provided that all Board Members are notified at least two (2) days prior to the Special Meeting. A quorum of the Board shall consist of not less than four (4) members, one of whom shall be the President or the Vice President acting in his/her stead.

Reason for change:

To increase efficiency and flexibility in case the President is not available or is otherwise unable to respond to a situation that requires immediate consideration

Article IX: Committees

Current article:

Standing Committees shall include the Executive Committee, Membership Committee, Nominating Committee, the Menu Review Committee, and the Meal Site Budget/Finance Committee.

Proposed article (changes marked by ~~drawing a line through text~~):

Standing Committees shall include the Executive Committee, Membership Committee, Nominating Committee, ~~the Menu Review Committee~~, and the Meal Site Budget/Finance Committee.

Reason for change:

The Menu Review Committee is no longer needed. Menus are prepared by the head cook and submitted to a dietician at the Area Agency on Aging for review.

If you have questions about any of the proposed Bylaws amendments, please contact any Friendly Neighbors board member to get more information.

At the “grab-and-go” Annual Meeting there will be ballots printed for the five Bylaws amendments. They may be considered separately; that is, you may vote Yes or No on each of the five; or there is a “Vote for all” option to help speed the process.

“Healthy Holiday Food Tips”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the December 2019 “Senior Nutrition News”

This time of year can be a challenge with so many treats and special foods readily available. By being more mindful, you can stay focused on health, enjoy yourself, and not gain extra weight. Take advantage of these ideas for healthier versions of popular holiday foods:

- Make mashed potatoes with skim milk and low-fat and low-sodium broth.
- Try mashed sweet potatoes
- Try a vegetable or fruit-based stuffing
- Remove the skin from turkey or poultry
- Prepare a baked ham without a glaze
- Prepare gravy with low-fat, low-sodium broth
- Enjoy a fruit and vegetable platter as an appetizer
- Choose unsalted nuts
- Top your fruit crisp with oatmeal
- Make a crustless sweet potato or pumpkin pie and use evaporated skim milk and egg whites or egg substitute
- Make chocolate pudding with skim milk
- Make cakes and other baked goods with unsweetened applesauce in place of oil or butter
- Choose reduced-fat eggnog



Coronavirus humor:

Coronavirus horoscopes: Capricorn: You'll be spending time in your home. Aquarius: You'll be spending time in your home. Pisces: You'll be spending time in your home. Etc.

“Grandpa, tell us a story about the olden days.” “Back before the great toilet paper war of 2020, we had so much toilet paper that we used to hang it off the houses and trees of our enemies.”

If there was a drink that described 2020, it would be colonoscopy prep.

Quarantine has turned us all into dogs. We roam the house all day looking for food. We are told “no” if we get too close to strangers. We get really excited about car rides. And we lie on the couch all day.

What You Need to Know About the Coronavirus

High-risk individuals should practice precautions as COVID-19 circulates

by Rachel Nania, Updated November 18, 2020

condensed from aarp.org

Latest Updates:

- Pharmaceutical companies [Pfizer/BioNTech](#) plan to submit their coronavirus vaccine candidate to the U.S. Food and Drug Administration (FDA) for emergency use authorization (EUA) “within days” after the vaccine met all of its safety and efficacy endpoints in its phase 3 clinical trial, the companies announced on Nov. 18. The two-dose vaccine was found to be 95 percent effective against COVID-19 beginning 28 days after the first dose, and efficacy was “consistent across age, gender, race and ethnicity demographics,” including in adults 65 years and older (where the vaccine was found to be 94 percent effective), the companies said in a news release. No serious safety concerns were observed.
- The FDA on Nov. 17 authorized [first coronavirus test for at-home use](#), called the Lucira COVID-19 All-In-One Test Kit. Using a self-collected nasal swab sample, it delivers results in 30 minutes or less and is available by prescription only for people 14 and older. The new test is different from previously authorized at-home tests, which required the user to send a sample to a lab for results. With the Lucira COVID-19 test, results can be read directly from a light-up display that shows whether a person is positive or negative for a coronavirus infection.
- Early data from [Moderna’s](#) phase 3 clinical trial show its vaccine is nearly 95 percent effective at preventing COVID-19, the company said on Nov. 16. The news came one week after Pfizer announced its vaccine candidate was found to be 90 percent effective at preventing COVID-19 in an interim analysis.. Both vaccines use mRNA technology and are two out of four vaccine candidates in late-stage clinical trials in the U.S.
- The CDC now says that [cloth face masks help protect the wearer from coronavirus infections](#), in addition to helping protect others from being infected by the wearer. “The community benefit of masking for SARS-CoV-2 control is due to the combination of these effects; individual prevention benefit increases with increasing numbers of people using masks consistently and correctly,” according to the CDC.
- The FDA has approved the antiviral drug [remdesivir](#) for use in adult and pediatric patients 12 and older for the treatment of COVID-19 requiring hospitalization. This is the first drug that the FDA has approved to treat COVID-19. Previously, remdesivir was granted emergency use authorization (EUA), which is different from formal approval.
- The CDC on Oct. 21 updated its definition of [what counts as close contact](#) to an individual who has COVID-19. Now, close contact is defined as being within 6 feet of someone for 15 minutes or more over a 24-hour period. Anyone who has come into close contact with a person who has COVID-19 is advised to quarantine for two weeks.
- The FDA has granted [emergency use authorization \(EUA\) for bamlanivimab](#) to treat mild to moderate cases of COVID-19 in non-hospitalized patients 12 and older. The monoclonal antibody therapy, which involves a laboratory-made protein that works by blocking the coronavirus from attaching to and entering cells, is made by Eli Lilly. Bamlanivimab has been shown in early testing to be effective in reducing COVID-related hospitalizations in high-risk patients including those 65 and older and those with chronic medical conditions. The drug, which is not approved to treat hospitalized patients, is administered intravenously in a single dose. An EUA is an expedited approval issued to combat a health crisis; it is not the same as full FDA approval.
- The Centers for Medicare & Medicaid Services (CMS) [announced a new rule](#) that will allow the agency to cover the cost of any coronavirus vaccine that is authorized by the FDA through an emergency use authorization or full approval. The news comes as [four promising vaccine candidates](#) continue to progress in phase 3 clinical trials in the U.S.



~~ Birthdays of our Members ~~

~~ Dates of Interest ~~

December

- 1 Lynn Ate
- 4 Vance Penton
- 5 Claire Chin
- 5 Anne Ordway
- 6 Donna DeBolt
- 6 Charlene Krumpke
- 8 Martha Stolberg
- 20 Donna Odgen
- 22 Lola Penton
- 27 Susan Petersen
- 28 Robert Mayburry
- 29 Susan C. Burns

January

- 3 Sally Amador
- 11 Ruth A. Smith
- 13 Ron L. Smith
- 14 Roberta Lewis
- 16 Janice Ardern
- 20 Tony Singleton
- 23 Kate Pesho
- 27 Rick Ward
- 30 Troy Sprenke



- Sat, December 5, Winter Market, 1912 Center
- Mon, December 7, Pearl Harbor Remembrance
- Tue, December 8, Friendly Neighbors Annual Meeting
- Thu, December 10, Hanukkah begins at sundown
- Sat, December 12, Winter Market, 1912 Center
- Thu-Fri, December 24-25, 1912 Center closed
- Fri, December 25, Christmas
- Fri, January 1, 1912 Center Closed
- Mon, January 18, Martin Luther King, Jr. Day
- Wed, January 20, Inauguration Day

Friendly Neighbors dues for 2021 can now be paid. If you have not yet paid your dues, please use the form below to join or renew for 2021. Note the two new options: 1) for an additional \$4 you will receive all six yearly newsletters mailed to you, and 2) the Lifetime Member dues option of \$25 (assuming the Bylaw amendment passes).

JOIN FRIENDLY NEIGHBORS! 2021

Please mail check and completed form to Friendly Neighbors, 412 East Third Street, Moscow, ID 83843

Annual Dues	Dues with 6 newsletters	Lifetime dues	Lifetime plus newsletters for one year
\$2.00	\$6.00	\$25.00	\$29.00

Circle dues amount above. Circle all that you participate in: *Meals Mah Jongg Chair Yoga Art Workshop BridgePinochle Zumba...Dance...Senior Center...Puzzles Other*_____

Please print ~ Date paid _____ 20____ Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Birthday _____

E-Mail _____

Membership valid from time of payment to 12/31/2021. No dues will be prorated for any portion of the year.

EMERGENCY CONTACT: Name _____

Relationship _____ Phone # _____

Friendly Neighbors has my permission to print information in its Membership Only Directory. Please circle below any information you DO NOT want printed in the directory and INITIAL

Name _____ Address _____ Phone _____ Birthday _____ E-Mail... _____ Member initials _____