

Friendly Neighbors Newsletter

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President's Message



Hi y'all:

This is my last President's article; my first one appeared in the Jan/Feb 2013 issue. It has been a pleasure to serve as your president for so many years. However, my health and sanity require that I stop, so I will not be running for re-election at our Annual Meeting.

I want to thank all those who helped make my tenure a success. Our Board of Directors has been especially helpful in keeping my eye on the ball.

At our Annual Meeting on December 14th, besides the election of officers and one board member for next year, I will be presenting the Volunteer of the Year awards for 2020 and 2021. We couldn't meet in person for our Annual Meeting in December of 2020, so we were unable to present the award. The awards go to very deserving individuals who have gone above and beyond in their service to our organization.

Please don't forget about the Alternative Giving Market of the Palouse (article on the right). Our finances rely on donations to help us to provide our needed services, so please consider supporting us at the AGMP.

Wishing you all safe and Happy Holidays.

Bill Terrio, President

Alternative Giving Market of the Palouse (AGMP)

Friendly Neighbors Senior Citizens, Inc. is one of many local non-profits participating in this year's AGMP

fundraiser. The mission of the AGMP is to give residents of the Palouse a meaningful alternative to holiday gift giving and an opportunity to support local non-profits.

Online giving for the AGMP begins on November 26 with the in-person event on Saturday, December 11 from 10 am to 2 pm in the large event room at the Latah County Fairgrounds. Each participating non-profit will have space to showcase their organization and highlight the various services they offer. Friendly Neighbors will be there to explain our senior meal program and various senior-related activities.

If your friends and family already have enough socks or fruit cakes, consider giving them a donation to a non-profit that matches their interests. Each

organization provides gift cards to give the recipient. Ours (shown at right) was designed by Marissa Gibler, our former head cook. Of course, a donation benefitting the services of Friendly Neighbors is highly recommended!



Dues for 2022

It's time to renew your 2022 dues for Friendly Neighbors. Stop by the meal site sign-in desk to complete the membership form and pay the \$2 annual dues. (If you have paid the Lifetime dues of \$25, you do not need to renew, but do let us know if any of your contact information has changed.) Our bimonthly newsletters are posted to our web site, and copies are available at the meal site. To have six issues of the newsletter snail-mailed to you, add \$4.

Membership is open to anyone 50 or older. Note that the age cutoff to join Friendly Neighbors is 50 while the meal site senior age is 60. This age difference has caused some confusion. The Senior Nutrition Program we participate in for our congregate and home-delivered meals requires a senior to be 60 or older. Anyone who is under 60 and wants to eat at our meal site must pay the meal cost of \$7.

Birthdays of our Members

December

4 Donna Bowles
4 Vance Penton
4 Renee Peterson
5 Claire Chin
7 Donna DeBolt
7 Larry French
8 Martha Stolberg
21 Jim Dunn
22 Lola Penton
24 Michael Irvin
26 Dave Baird
27 Alice Dean
27 John Garland
27 Albert Konen
28 Robert Mayburry
29 Susan C. Burns
30 Alan Drew

January

3 Sally Amador
11 Carol Frink
11 Ruth A. Smith
13 Ron L. Smith
16 Janice Ardern
17 Kim Reed
20 Tony Singleton
24 Alan Chidester
24 Sue Dunn
28 Peggy Swanson
30 Troy Spreнке



Senior Activities

Given the continuing rise of the Delta variant of COVID-19, some of the senior activities have delayed their return since the pandemic shutdown.

The open art studio, chair yoga, dance fitness gold, and senior support group have not begun in 2021 but plan to begin in 2022. Janice Ardern reports that the art studio will begin on Thursday, January 13. The "game" activities of pinochle, mah jongg, bridge, and bingo are ongoing and meet in the second floor Green Dragon Game Room. Check the "Activities" page of our web site to see the status of each activity at [//users.moscow.com/srcenter](https://users.moscow.com/srcenter). Or you may call the Welcome Room at 208-882-1562 and ask Mina about the status of an activity.

Election Information for the Friendly Neighbors Annual Meeting on Tuesday, December 14, 2021

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 14, just prior to our meal.

The only item of business to be conducted is the election of four officers and one director. A Nominations Committee consisting of LeNelle McInturff, Marie Charles, and Lola Penton has solicited nominees for the four officers and one director position. Officers have one-year terms, and directors have three-year terms. Director Sally Amador's term expires on December 31, 2021. Director Win Green continues on the board until December 31, 2023 and the term for Director Barb Townsend runs until December 31, 2022.

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, to run for a position, and to take office.

Nominees are as follows:

President: John Carlson
Vice President: Sharon Singleton
Secretary: Barb Townsend
Treasurer: Kay Keskinen
Director: Sally Amador

Note that if Barb Townsend is elected secretary, when she takes office as secretary on January 1, 2022 then her position as director will become vacant. Our Bylaws indicate that any vacancy is filled by the president with approval of the board. The president will then ask for members who are interested in filling the remainder of Barb's term as director (until December 31, 2022).

The Candle on the Mantel

by Karón S. Aronson, at age 7

The candle on the mantel was such a pretty sight.
My mother Martha let me light it but only for one
night.

'Twas the night before Christmas
and it wouldn't have been a pretty twilight,
if she hadn't put a brass plate underneath it,
As it burned throughout the night.

Free Lunch on Tuesday, Dec 28!

Courtesy of the Barr family of Moscow, our Tuesday, December 28 congregate meal will be **free to seniors aged 60 and older**. The Barrs will be donating \$4 for each congregate and home-delivered meal that Friendly Neighbors provides to seniors that day. Mark your calendars for December 28 and enjoy a meal of baked salmon, rice, broccoli, and all the “usual” trimmings of soup, salad bar, and dessert. Our thanks to the Barr family for their generous support of our senior meal program.



Winter Market
Saturdays
December 4 and 11
Great Room
1912 Center

Picking up Library Materials via Curbside Hold Pickup at the Moscow Public Library

Whether you're concerned about public health, wanting to avoid noisy construction (yes, the library is being renovated right now!), or just don't want to come into the library, picking up library materials via our curbside holds service can be an easy-to-use resource for you. Here's how to get started:

Begin by placing a hold on the materials you'd like to check out. You can do this at valnet.org, or by calling the library at 208-882-3925. Any circulating item can be put on hold, from books to movies, magazines and books on CD, or even items from our curiosity collection like our Juggling Voyager Kit. As long as you can put a hold on it to be picked up at the Moscow Public Library, it's eligible for curbside pickup. If you typically use another branch of the Latah County Library District, such as Potlatch or Genesee, you can still use Moscow's curbside holds service—just specify that you want your items sent to the Moscow branch when placing your hold.

After you've put your item(s) on hold, wait to receive your notice that the item is ready. Depending on your personal settings, you might get a call, text, or email. Once your item is ready, you can schedule your curbside pickup appointment by phone or online at [//valnet.org](http://valnet.org). If using the website, you'll log in to your account using your library card number as your username, and your last name with the first letter capitalized as your password. Once you've clicked on “My Account,” you'll see a tab on the left that says “my curbside pickups.” This is where you can schedule your pickup for any Tuesday from 11 am - 1 pm. Pick a time within that window that works for you, and all materials that are ready for you will be brought to you at the staff entrance of the library—the blue door just off of Second Street. Just ring the doorbell or give us a call to let us know you're here.

If this process sounds complicated, it doesn't have to be! Library staff are available to help you at any point during this process—just call 208-882-3925 and let us know how we can help. You can find more information about curbside holds by visiting our website at [//www.latahlibrary.org/covid-19/curbside-hold-pickup](http://www.latahlibrary.org/covid-19/curbside-hold-pickup).

Mason Neil
Latah County Library District Outreach Coordinator
208-882-3925 ext. 117

“Healthy Eating and Fitness Tips for the Holidays”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the December 2020 “Senior Nutrition News”

This time of year can be challenging with treats and special foods constantly around. Here are some tips that can help you manage these challenges during this holiday season:



- Don't skip meals to save up for a feast. You will be really hungry and more likely to overeat.
- Start with vegetables to take the edge off your appetite.
- No food should be on the naughty list. Choose the dishes you really love that you can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving. If you plan for it, no food needs to be on the naughty list.
- When celebrating, have a small plate of the foods you like best and then move away from the food table.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Keep Moving. Being active can help make up for eating more than usual and help reduce stress during the holidays. Get moving with friends and family, such as taking a walk after a holiday meal.
- Aim for 7 to 8 hours of sleep per night.
- Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun of the season, it's easier to focus less on the food.

~ ~ Ladies Who Laugh ~ ~

Today I was in a shoe store that sells only shoes, nothing else. A young woman with a tattoo and green hair walked over to me and asked, "What brings you in today?" I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat?" I just say, "No, it's for company!" Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Have you ever noticed: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he knows when he's really in trouble.

Did you ever notice that when you put the two words "The" and "IRS" together, it spells "Theirs."

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me.

I want people to know why I look this way.

I've traveled a long way and a lot of the roads were not paved.

Ah! Being young is beautiful, but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

May you always have:

Love to share. cash to spare, tires with air, and friends who care.