

Friendly Neighbors Newsletter

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President's Message

Hi everyone,
We had a great fall but it seems like I went to sleep one night and woke up the next morning and it was winter. And I like winter less each year as I get older. But this

is Thanksgiving month and we have so much to be thankful for. We can definitely be thankful for the science of modern medicine. Without it, many, if not most of us, would not be alive. We can also be thankful that we live in a free country which provides most of the necessities we need to live a comfortable life.

We are also thankful for the wonderful services, especially the meals, provided by the Friendly Neighbors Senior Citizens, Inc. We have one of the best meal sites in the region. One reason for our meal site popularity is the free food table resulting from the donations of several of our local businesses.

However, when something is free there are those who try to take advantage of the system. We have had people going into the coolers in the basement and taking the food donations. Even going into the kitchen coolers and taking food. Our cooks, who do an amazing job keeping our costs down, have first priority on the donations as they use some to complement our meals. Please stay out of the basement and kitchen areas unless you have the authority to be there.

Also, on meal days, we will be accessing the donation table by table numbers starting at 11:00 am. Let's continue to make Friendly Neighbors a

pleasant meal site which provides everyone with equal opportunity to enjoy the many benefits we provide.

May you have an enjoyable Thanksgiving, for which we have much to be thankful.

John Carlson, President



Medicare Open Enrollment

Closes December 7

The Medicare open enrollment period for 2023 closes on December 7.

If you have questions about Medicare, one resource is the Senior Health Insurance Benefits Advisors



(SHIBA) that is part of the Idaho Department of Insurance. The office closest to us is in Coeur d'Alene. The Medicare Help Line can be reached by calling 800-247-4422. SHIBA often holds workshops to help people with Medicare, Medicare Fraud, and Medicare Tools.

There is a link to the SHIBA web site on our web site, or go directly to <https://doi.idaho.gov/shiba/> for their information.

Library Book Clubs

While a cold, snowy winter is often the best time to snuggle up with a warm blanket and good book, it's also a great time to read with friends! Reading books together is a great way to create a community and find new, interesting books that you may not have picked up on your own.



At the Moscow Public Library, there is an adult book club called the Tuesday Teabirds Book Club that meets on the second Tuesday of every month at 2 p.m. Each meeting is full of lively discussion, hot tea, and delicious snacks. Each book that is selected has been voted on by book club participants, so everyone in attendance can get a say in what book the club will read. The book that is going to be discussed in January is *Rules for Visiting* by Jessica Francis Kane, with February and March titles being *When No One is Watching* by Alyssa Cole and *Klara and the Sun* by Kazuo Ishiguro, respectively.

If you love good conversation and good books, or just a nice cup of tea, then join us for the next meeting of Tuesday Teabirds Book Club! No registration required! To learn more about this book club, email adultservices@latahlibrary.org or check the online events calendar at [//latahlibrary.org/events-calendar](http://latahlibrary.org/events-calendar) to find out the date of the next meeting.

Perhaps the book selections of the Tuesday Teabirds Book Club aren't to your taste, maybe you need another meeting time, or if you're just looking for more opportunities to read with others, then there are even more book club options at other public libraries nearby! The Neill Public Library hosts the Grand Avenue Book Club monthly at 7 p.m. in Pullman, and the Lewiston City Library holds their Coffee & Books meetings on the first Friday of every month at 10 a.m. in Lewiston.

If all of these book clubs sound like fun and now you're itching to start your own, then you're in luck! With only your library card, you can check out Book Club Kits at the Moscow Public Library! Book Club Kits can be checked out for six weeks at a time and each kit has six copies of the same book that can be shared with your new book club or friend group. To learn more, visit [//latahlibrary.org/book-club-kits](http://latahlibrary.org/book-club-kits) and start your own book club today!

Rebecca Rivapalacio
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Election Information for the Friendly Neighbors Annual Meeting on Tuesday, December 13, 2022

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 Tuesday, December 13 at 11:45 AM, 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 Win Green and Sharon Singleton has solicited nominees for the four officers and one director position. Officers have one-year terms, and directors have three-year terms. Director Dick Berns' term expires on December 31, 2022. Director Win Green serves on the board until December 31, 2023 and the term for Director Sally Amador runs to December 31, 2024.

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: Toni Meeuf
Treasurer: Kay Keskinen
Director: Ron Meeuf

Dues for 2023

It's time to renew your 2023 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. Add \$4 to have six issues of the newsletter snail-mailed to you.

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

- 1 Natalie Thomas
- 4 Vance Penton
- 5 Claire Chin
- 8 Martha Stolberg
- 12 Sherla Francis
- 21 Jim Dunn
- 22 Lola Penton
- 22 Richard Taylor
- 24 Michael Irvin
- 25 Dortha Headrick
- 26 Dave Baird
- 27 Alice Dean
- 27 Albert Konen
- 28 David Jordan
- 28 Robert Mayburry
- 29 Susan C. Burns
- 30 Alan Drew
- 31 Betty Susa



I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.

January

- 2 Susan Irvin
- 3 Sally Amador
- 11 Ruth A. Smith
- 13 Alma Hanson
- 13 Ron L. Smith
- 17 Kim Reed
- 18 Jodi Anderson
- 20 Tony Singleton
- 21 Les Baldik
- 23 Kate Pesho
- 24 Alan Chidester
- 24 Sue Dunn
- 28 Peggy Swanson
- 27 Albert Konen
- 28 Peggy Swanson

Open Art Studio Begins Thursday, December 1st



Janice Ardern is bringing back the Open Art Studio activity sponsored by Friendly Neighbors. The activity will be on the first and third

Thursdays of the month from 12:30 PM to 4:00 PM in the Arts Workshop.

Bring whatever creative project you want to start or continue to work on (bring all your own craft or art supplies) to the studio and enjoy being with other artists as you work.

If you have any questions about the art studio, call Janice at 208-310-4454.

A Little Poem For Seniors, so true it hurts!

Another year has passed And we're all a little older.
Last summer felt hotter And winter seems much colder.
There was a time not long ago When life was quite a blast.
Now I fully understand About 'Living in the Past'
We used to go to weddings, Football games and lunches..
Now we go to funeral homes And after-funeral brunches.
We used to go out dining, And couldn't get our fill.
Now we ask for doggie bags, Come home and take a pill.
We used to often travel To places near and far.
Now we get sore asses From riding in the car.
We used to go to nightclubs And drink a little booze.
Now we stay home at night And watch the evening news.
That, my friend is how life is, And now my tale is told.

So, enjoy each day and live it up...

Incredible

Before you're too damned old!

Holiday Closures

The 1912 Center will be closed for Thanksgiving on Thursday, November 24. The building will be open on Friday the 25th, but no senior activities are planned for that Friday.

The 1912 Center will be closed on Monday, December 26 and on Monday, January 2. There will be no senior activities on those days.

“My Favorite Christmas or Holiday Gift”

Sharon Singleton: My brother and I had been opening our gifts under the tree early and wrapping them back up (with no one knowing we were doing this, or so we thought). At about the age of 10, he and I found only two gifts under the tree and we proceeded to open them only to find out that they were wooden boxes, nailed shut!! From experience, I can tell you that you cannot rewrap a wooden box without tearing the paper.

Janice Ardern, age 30, A sewing box my dad made out of wood, with legs and a top you open to put your crafts in for storage.

Susan Burns, age 5: I got a stuffed monkey and a beautiful dress my mother made.

Sandra Baird, about 50: My son bought me a Cheyenne Tipi because he knew that's what I really wanted.

Linn Lindsey, age 17: When my mother agreed to split the cost of a new '67 Impala Super Sport. I ordered it direct from the factory and took delivery of it in November, 1966.



Jenny Kostroff, young kid: A handmade dollhouse that “Santa” made and left under the Christmas tree. I still have that house!

Bill Terrio, age 18: Ice skates, best part was that the ice rink was just at the end of my street.

Nadine Morton, age 8: Ice skates. I loved ice and roller skating for many years after that.



Sally Smithee, age 79: Lifting chair from son Dale – it has saved me!

Nancy Lindhorst, age 7: My first doll – blonde-haired.

Twyla Melson, age 10: Little suitcase to take to sleepovers and hot curlers.

Kathryn Yunk, age 6: A walking doll that was taller than I was.

Margie St. John: Any Christmas I can spend with my daughters and my grandkids.

Troy Sprenke, age 40: Wristwatch from oldest son.



Ray, age 7 or 8: A cork gun.

Peggy, pre-teen: My first wristwatch, I felt very grown up.

Kay Keskinen, age 6: a Dale Evans wristwatch. (I still have it.)

Tracy Larson, varied ages: nativity sets, since I collect them, so my kids look high and low for unique ones.

Susan R. Peterson, age 9: I had asked for a bride doll, and on Christmas morning I opened my package and there was the most beautiful doll in a wedding dress--veil, little pearl earrings--just beautiful.

Leo Conniff, age 3: A stuffed dog named Redsy, because he was red. It was my favorite childhood toy.

Most Popular Christmas Toys

The 1940s:

- 1940 Tootsie toy camouflage ambulance and the View Master
- 1941 Marx U.S. army airplane and the Kiddillac pedal car
- 1942 Disney Donald Duck Choo Choo and Jack Armstrong secret bomb Sight
- 1943 Gilbert Chemistry set, the Jane Russell Paper Doll, and the Buddy L fire truck
- 1944 Little Lulu doll, and the Dick Tracy junior detective kit
- 1945 Captain Midnight magnematic Code-O-Graph and the Slinky
- 1946 Disney Donald Duck camera and Lionel trains
- 1947 Tonka toy truck
- 1948 Scrabble board game and Cootie
- 1949 Clue board game, Marx Mickey Mouse Meteor electric train



The 1950s:

- 1950 Hopalong Cassidy cap gun, Silly Putty, and Cinderella toys
- 1951 Disney Alice in Wonderland phonograph
- 1952 The Mr. Potato Head kit, Roy Rogers hat, and Howdy Doody marionette
- 1953 Superman play suit and the Wiffle Ball
- 1954 The Matchbox toys and paint by number kits
- 1955 Davy Crockett rifle and coonskin hat
- 1956 Daisy BB gun and Play Doh
- 1957 The Tic-Tac Dough game
- 1958 Hula Hoops and the Frisbee
- 1959 The Barbie doll



“Healthy Holiday Charcuterie Boards”

From “Senior Nutrition News” December 2021 by Kali Gardiner

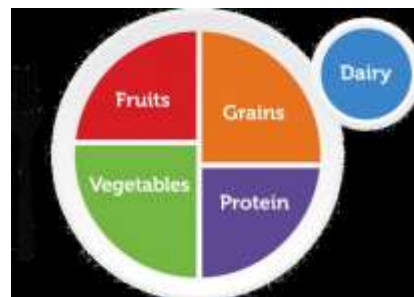


Charcuterie (pronounced shar-koo-tuh-ree) boards are a nice way to display a variety of healthy food items at your next holiday get together. If you aren't familiar with this fad, it is a tray loaded with finger foods that are commonly eaten as appetizers.

Use a platter, serving tray, or even a cutting board for displaying your chosen foods. When thinking about what to put on your charcuterie board, consider a variety of colors, textures, and flavors. Add foods that are sweet, savory, and spicy.

Use the five food groups on MyPlate as the basis of your display (fruit, vegetable, grain, protein, and dairy). The healthiest boards will contain fresh fruits and veggies, which are a good source of vitamins, minerals, and dietary fiber. Choose smaller amounts of meats and higher fat foods and fill in the gaps with nuts and hummus. Choose whole grains, such as whole-grain crackers, along with some lower fat cheese options. See the list below for ideas:

- Veggies: Cucumber slices, cherry tomatoes, mini peppers, sugar snap peas
- Fruits: Grapes, strawberries, raspberries, blackberries, dates, dried apricots
- Cheeses: Fresh mozzarella (soft), brie, cheddar (semi-hard), gouda, Havarti
- Meats: Roll some deli meats such as turkey and ham, or try some turkey summer sausage
- Nuts: Almonds, cashews, pistachios
- Breads: Whole wheat crackers, baguette slices, pretzels
- Pickled Elements: Olives, pickles, pepperoncinis
- Spreads: Olive oil, stone ground mustard, hummus



Safe Food Handling Instructions:

- Be sure to wash and slice all fruits and veggies.
- Store perishable ingredients in the refrigerator until you are ready to serve.

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Thanksgiving Delights

On Thanksgiving Day we're thankful for
Our blessings all year through,
For family we dearly love,
For good friends, old and new.

For sun to light and warm our days,
For stars that glow at night,
For trees of green and skies of blue,
And puffy clouds of white.

We're grateful for our eyes that see
The beauty all around,
For arms to hug, and legs to walk,
And ears to hear each sound.

The list of all we're grateful for
Would fill a great big book;
Our thankful hearts find new delights
Everywhere we look!

by Joanna Fuchs

“Why English Is Hard to Learn”

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*,
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,
But though we say *mother*, we never say *methren*.
Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine . . . *she*, *shis*, and *shim*!



— Anonymous