

Friendly Neighbors Newsletter

Volume 24 – Issue 6 – November/December 2023

Editor – Kay Keskinen, Reporter – Lori Vermaas

Founder – Doris D. Norman

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

Phone: (208) 882-1562 (Welcome Room and Kitchen)

Email: friendly.neighbors@yahoo.com

Web Page: <http://users.moscow.com/srcenter> Blog: <http://moscowseniors.blogspot.com>



President's Message

Hi everyone,
This is Thanksgiving month and we have so much to be thankful for. Most recently we can be thankful that our natural gas has been restored. Most of us were likely affected to some degree

by the November outage. 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 Friendly Neighbors Senior Citizens, Inc. I especially want to thank Win Green for his six years serving as director on the Friendly Neighbors board. I also want to thank Bill Terrio for his time as meal site coordinator. And let's not forget to thank all the volunteers FN relies on throughout the year. Without our volunteers we would not be able to provide the services we offer.

Our Annual Meeting and its elections are coming up on Tuesday, December 12. The slate of officers and board members suggested by the Nominations Committee appears on page 2 of this newsletter. We will also be presenting a Volunteer of the Year Award to a deserving FN member.

As a result of the increased cost of our meals, our suggested donation will go from \$4.00 to \$5.00 per meal beginning in 2024. That's still a great bargain for one of the best senior meals in the region.

Hope you had an enjoyable Thanksgiving. We have so much to be thankful for.

John Carlson, President

Alternative Giving Market of the Palouse (AGMP)

Friendly Neighbors Senior Citizens, Inc. is one of more than thirty nonprofits 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 nonprofits.



Online giving for the AGMP runs from November 24 through December 16 at the AGMP web site <https://www.agmpalouse.org/>

with the in-person event on Saturday, December 12, from 5–8 PM in the main hall 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 fruitcakes, consider giving them a donation to a non-profit that matches their interests. Each organization provides gift cards to recipients. Of course, a donation benefitting the services of Friendly Neighbors is highly recommended!

Fun Facts

Friendly Neighbors celebrated its 50th anniversary in 2023. We have provided Moscow area seniors with meals for a half century. In the past ten years (2013–2022), we have provided 100,467 meals, and we are on track to provide 10,000 meals in 2023.



Let's keep it going for another fifty years!

Meet Tyler Smith

Friendly Neighbors has hired Tyler Smith to be our meal site coordinator. He had quite the challenging first day of work: on Thursday, November 9, the natural gas outage affected the 1912 Center and its kitchen. He and the kitchen staff stepped up and provided a delicious, hot meal on the (heated) second floor.



When asked to share something about himself, Tyler wrote, "I am twenty-five years old. I grew up in Coeur d'Alene and moved to Moscow with my now wife in 2019. I have been working in restaurants since I was fourteen. Before starting my own food truck last summer, I was most recently head chef at Maialina Pizzeria in Moscow."

Tyler added, "I am also a musician who plays guitar in a metal band in my spare time. I'm looking forward to being more involved with the community and offering a helping hand to Friendly Neighbors and their amazing senior meals program."

Welcome, Tyler!

Tyler provided the following **Daily Meal Schedule**:

- 10:00 – Coffee, tea, snack tray, juice
- 10:30 – Soup, Jello/Pudding
- 11:00 – Pie/Cakes (if available)
- 11:30 – Salad Bar
- 12:00 – Main Meal

The 1912 Center opens at 9 AM, so only kitchen staff and authorized volunteers should be on the premises before then.

Need Assistance for Vision or Hearing?

The Moscow Central Lions Club is proud to offer support to local individuals in need of sight or hearing assistance. Those who would like to request financial assistance (up to \$150) should contact the Disability Action Center office in Moscow. That agency handles all applications for the Moscow club.



The Disability Action Center is located at 505 North Main Street in Moscow; or call them at 208-883-0523.

Election Information for the Friendly Neighbors Annual Meeting on Tuesday, December 12, 2023

The Bylaws of Friendly Neighbors Senior Citizens require that a business meeting of the entire membership be held annually in December. This year's meeting is scheduled for Tuesday, December 12, 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 Win Green's term expires on December 31, 2023. Director Sally Amador serves on the board until December 31, 2024, and the term for Director Ron Meeuf ends December 31, 2025.

Members of Friendly Neighbors may bring additional nominations from the floor at the meeting, but any member nominated 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: Wendy Taylor

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Dues for 2024

It's soon time to renew your 2024 dues for Friendly Neighbors. Beginning in December 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 let us know if any of your contact information has changed.) Our bimonthly newsletters are posted on our website

<http://users.moscow.com/srcenter/>

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 fifty years of age or older. Note that the lower-end age cutoff to join Friendly Neighbors is fifty while the meal site senior age starts at sixty. The 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 sixty or older. Anyone under sixty who wants to eat at our meal site must pay the meal cost of \$7.

Fit and Fall Proof Opportunity

Looking for a way to support senior health and make new friends? Become an exercise leader for Fit and Fall Proof, a community exercise program for seniors organized through the Public Health District of North Central Idaho. Volunteers receive free training, do not need to have an exercise background, and can work as little as one hour per week. Other benefits/perks:

- Help prevent falls
- Many locations/times available
- Improve independence
- Participate in something positive/productive

Support your and others' health and fitness by contacting Kate Wilson, the program coordinator, at 208-799-0379.

Birthdays of our Members

December

- 1 Natalie Thomas
- 3 Laurie McLaughlin
- 4 Vance Penton
- 5 Claire Chin
- 8 Martha Stolberg
- 9 J. D. Gilkey
- 10 Vicki Leffingwell
- 20 Lori Vermaas
- 21 Jim Dunn
- 22 Lola Penton
- 24 Michael Irvin
- 26 Dave Baird
- 27 Alice Dean
- 27 Albert Konen
- 28 David Jordan
- 28 Robert Mayburry
- 29 Susan C. Burns
- 31 Betty Susa



January

- 2 Susan Irvin
- 3 Sally Amador
- 8 Olga Felix
- 14 Dot Bissell
- 14 Dorothy Brandt
- 15 Lee Medema
- 18 Jodi Anderson
- 19 Georga Smith
- 20 Floyd Penna
- 20 Tony Singleton
- 21 Les Baldik
- 23 Kate Pesho
- 24 Alan Chidester
- 24 Sue Dunn
- 28 Peggy Swanson
- 30 Debbie Hedden-Nicely
- 30 Troy Sprenke

Let's Talk About It at the Moscow Public Library

"Let's Talk About It" is a book discussion series that began in 1985. Different and more in depth than a traditional book club, the program brings together Idaho community members and humanities scholars who discuss books that connect to a larger, overarching theme. The Moscow Public Library will host three sessions in 2024. The sessions focus on the theme of "Tough Paradise," which explores the different ways that people respond to the Idaho landscape as well as the relationship between people and place. Idaho State University Professor Susan Swetnam has contributed a unique essay that explores this theme. It will be available to all participants.



The first "Let's Talk About It" session will be held at the Moscow Public Library on Tuesday, January 9, 2024, at 2:00 PM. During this session, participants will discuss the book *Buffalo Coat* by Carol Ryrie Brink with scholar Alexandra Teague. Teague is currently a creative writing and poetry professor at the University of Idaho. Registration for this session opens December 1, 2023, and will remain open until the session fills. In addition to the "Tough Paradise" theme, registrants will also be guaranteed a copy of *Buffalo Coat* to check out on their library account.

The remaining two sessions of "Let's Talk About It" will also be held at the Moscow Public Library. On Tuesday, February 13, 2024, at 5:30 PM, University of Idaho Professor Ron McFarland will lead the discussion of *Hole in the Sky* by William Kittredge and on Tuesday, March 12, 2024 (time to be determined), Moscow Poet Laureate Stacy Boe Miller will lead the discussion of *Housekeeping* by Marilynne Robinson. Registration for the final sessions opens individually on January 2 and February 1, respectively.

For more information about "Let's Talk About It" and to register for upcoming sessions, visit web site

<https://www.latahlibrary.org/LTAI/>

This program would not be possible without the generous support of the Idaho Commission for Libraries and our sponsors, Idaho Humanities Council, Institute of Museum and Library Services, and the National Endowment for the Humanities.

Rebecca Rivapalacio
Adult Services Manager
Latah County Library District
rebeccar@latahlibrary.org

Dinner Boxes Provided by Venture Church

Venture Church in Moscow will provide Christmas Dinner boxes on Sunday, December 10. If you, or anyone you know, would benefit from extra food this holiday season, please share this information.

To receive a free dinner box, register by Sunday, December 3, at 8:00 PM and then pick it up in their drive-through on December 10 between 6 and 8 PM.* Venture Church is located at 1016 South Mountain View Road in Moscow. Scan the QR code (see above) or go to this website to register:



<https://ourventure.churchcenter.com/registrations/events/2012439>

*Note, participants **do need to register beforehand** to receive a box.

Options for Food Insecurity

The **Idaho Foodbank** distributes food on the fourth Monday of the month at the Latah County Fairgrounds. Distribution begins at 10 AM and lasts until the last box is handed out.

The food is free—with minimal documentation or eligibility requirements.

Questions? Call the Idaho Foodbank at 208-746-2288 or check out their website at <https://idahofoodbank.org/>

On Friday afternoons at 1 PM **Food Recovery** distribution occurs in the Arts Room of the 1912 Center in Moscow. The menu varies each week.

Bring containers to receive the food to take home; arrive before 1 PM to sign in.

The **Moscow Food Bank** at 110 North Polk Street is open from 2 to 4 PM Tuesdays through Fridays.

The **West Side Food Pantry** is located at 730 West Pullman Road in Moscow. It is available to anyone who needs food to feed themselves or their families. Hours vary depending on volunteers' schedules. Check their Facebook page for weekly hours and updates.

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“Healthy Holiday Eating for Older Adults”

from “Senior Nutrition News” December 2022 by Kali Gardiner

The holiday season tempts us with a lot of different food choices, some beneficial, some not so much. The following tips can help you to make healthier ones as the days grow shorter.



- **Make eating a social event:** Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or states.
- **Drink plenty of liquids:** You may not always feel thirsty when your body needs fluids, and that is why it's important to drink beverages throughout the day. Enjoy water, milk, or 100% juice. You can also include warm beverages such as tea during the cold winter months.
- **Add a touch of spice:** Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.
- **Make the most of your food choices:** Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need. Be sure to include plenty of fruits, vegetables, whole grains, lean protein choices, and low-fat dairy.
- **Be mindful of your nutrient needs:** You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and protein. Read the Nutrition Facts label on packaged foods and speak with your healthcare provider about alternative strategies, like using supplements.
- **Keep food safe:** Refer to the "use by" dates to gauge a product's freshness and discard any food past its use by date. Canned or frozen foods store well if shopping trips are difficult.

The benefits of healthy eating add up over time, bite by bite.

Things You Learn If You Live Long Enough

I choked on a carrot this morning, and all I could think of was, "I'll bet a doughnut wouldn't have done this to me."
 It only takes one slow-walking person in the grocery store to destroy the illusion that I'm a nice person.
 It turns out that when asked who your favorite child is, you're supposed to pick out one of your own. I know that now.
 One thing no one ever talks about, when it comes to being an older adult, is how much time we devote to keeping a cardboard box because it is, you know, a really good box.
 I can't believe I forgot to go to the gym today. That's seven years in a row now.
 If you dropped something when you were younger, you just picked it up. When you're older and you drop something, you stare at it for just a bit, contemplating if you actually need it anymore.
 I like to make lists. I also like to leave them lying on the kitchen counter and then guess what's on the list when I am at the store.
 Ask your doctor if a drug with thirty-two pages of side effects is bad for you.
 As I watch this generation try to rewrite history, one thing I am sure of is that it will be misspelled and have no punctuation.
 I asked a supermarket employee where the canned peaches were. He said, "I'll see," and walked away. I asked another, and he also said, "I'll see," and walked away. In the end, I gave up and found them myself, in Aisle C.
 I told my physical therapist that I broke my arm in two places. He told me to stop going to those places.
 When I was a kid, I used to watch the *Wizard of Oz* and wonder how someone could talk if they didn't have a brain. Then I got Facebook.
 A guy walks into a lumberyard and asks for some two-by-fours. The clerk asks, "How long do you need them?" The guy answers, "A long time. We're gonna build a house."

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2024 JOIN FRIENDLY NEIGHBORS! 2024

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 _____

Email _____

Membership valid from time of payment to 12/31/2024. 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 it.

Name Address Phone Birthday Email... Member initials _____