

Friendly Neighbors Newsletter

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President's Message

I want to begin by expressing how appreciative I am for the great group of volunteers who work with the kitchen staff by cleaning up after congregate lunches, especially since sometimes we are messy eaters. Our best estimate

is that a little over forty people make our meal site an enjoyable venue for food and fellowship. Most of them are not often noticed, but be sure to thank those you see. I especially want to thank the vendors and those who pick up from them. Our donation table is amazing too. And I want to thank our board members, who do an amazing job making Friendly Neighbors (FN) run smoothly. As a result, it's a pleasure to serve as your president.

As most of you are probably aware, we recently hired Jenn Allred as our meal site administrator. She has jumped right in and relieved much of the paperwork that Kay has been doing.

Lately, our costs for each meal have been about \$7.50; the Region II Area Agency on Aging (AAoA) reimburses us for about half that amount. The rest comes from your donations at the meal site and other donations and grants received. With a new contract the AAoA reimbursement is increasing, and we are planning to reduce the donation suggestion to \$4.00 per meal starting July 1, 2026. A meal ticket for eleven meals will be \$40.00 instead of \$50.00.

May we all do our part in keeping the "friendly" in FN a high priority.

John Carlson, President

1912 Center Closes for Maintenance



It happens every July: the 1912 Center closes for building maintenance from Friday, June 26, through Monday, July 6. NO congregate meals that week. That week's home delivery meals will be sent out on Thursday, June 25.

There is discussion of having seniors meet for lunch on Tuesday, June 30 at a local fast-food restaurant (meals at your own expense). If that happens, information will be announced at the meal site and/or in our e-news emails that go to members only.

During the time of the building closure, NO senior activities will be held in the 1912 Center.



Contract Nuts and Bolts

For many years Friendly Neighbors Senior Citizens, Inc., a nonprofit 501(c)(3) corporation, had a contract with the Region II Area Agency on Aging (AAoA) in Lewiston to operate a senior meal site. This contract expires on June 30, 2026. We have submitted a Request for Proposal (RFP) to the Area Agency on Aging of North Idaho (AAANI) located in Coeur d'Alene to have a contract with them to provide a senior meal program starting July 1.



If our RFP is accepted, the contract with AAANI will be a little different from the one we've had with Region II. The good news is that AAANI will send us seventy more cents for each congregate meal we can verify we provided. The FN board decided to lower (effective July 1) its suggested meal donation amount from \$5 to \$4 to reflect the additional funding.

The bad news is that the AAANI, unlike the Region II AAoA, does NOT handle Medicaid home delivery clients. And since the Lewiston office will close on June 30, we have no way of getting AAoA funds for the June Medicaid meals we provide. The FN board decided to absorb any of the loss of income from the missing June Medicaid funds we would have received. We feel that our Medicaid home delivery clients need our meals, and we do not want to abandon them by not providing them meals.

In the meantime, John Carlson, FN president, is working with Medicaid so we can become a Medicaid provider. The AAANI will handle "regular" home delivery clients, but not those funded by Medicaid. Seniors on Medicaid can work with businesses to send them frozen meals (Mom's Meals, for example), but we feel our twice-weekly meal deliveries provide more than just meals. Our drivers offer a welfare check and a hot meal on Tuesdays and Thursdays along with our frozen meals. We have heard that these visits are often the only interpersonal connections these homebound seniors have. Providing delivered meals to seniors who qualify for them is our top priority.

We don't know all that will change in terms of paperwork or documentation with our new contract, but we intend to continue to provide nutritious congregate and home delivery senior meal services along with our many senior social and physical activities. If you have any questions or concerns, please contact me or any other board member.

Kay Keskinen, Friendly Neighbors Treasurer

Birthdays of Our Members

June

3 Wendy Taylor
6 Andy Barnes
10 Bill Amador
11 Marie Charles
18 Lorraine Frazier
19 Susan Petersen
20 Joe White
23 Kelli Bradley
23 Brian Leffingwell
30 Julie Thomas



July

3 Kevin Kline
10 Elizabeth Antonio
10 Judi McKetta
12 Jo Bohna
14 Len Bielenberg
22 LeNelle McInturff
24 Julie Doctor
31 Joseph Powers

Another Birthday, Another Milestone



AllPosters

Veggie Value



With the farmers market at full speed, eating more plants is easier and it's good for you!

The average adult should eat around 2 cups of fruit and 2.5 cups of vegetables each day. A tennis ball-sized apple, pear, or orange is 1 cup. You can also measure out one cup of

other fruits or vegetables in a bowl to know what it looks like.

Fresh in-season produce is a great economical way to get more plants into your diet. Try them frozen or canned in their own juices or low-salt varieties. Canned and frozen produce is processed at its peak ripeness, so either provides comparable nutritional quality to the fresh varieties.

Making plant foods the easy choice is the best way to get more of them every day. Get colorful and creative:

Fruits and vegetables are the original "fast food."

Many are ready to grab and go, while others need just a little prep.

In the morning. Try fruit on your cereal, oatmeal, or on the side. Eat the whole fruit, not just the juice. It keeps you fuller longer and you get the benefits of its fiber. Add vegetables such as spinach, broccoli, or tomatoes to omelets; avocado toast with an egg is a favorite of many!

Fruit/Vegetables for a snack. When hunger strikes, be prepared with a piece of fruit or some ready-to-eat vegetables such as carrots, celery, or broccoli.

Fruit/Vegetables for lunch. A salad is a great way to get vegetable servings. If salad is your main lunch meal, add lean protein. If it's a side, add cut raw green beans, shredded cabbage, or even salsa as your dressing. Add lettuce, tomatoes, or sliced avocado to your sandwich.

Vegetables for dinner. Fill half your plate with vegetables and the other half with protein and whole grain foods.

Fruit for dessert. A little topping of yogurt, some coconut, or maybe a bit of chocolate and a fancy serving dish make this a welcome addition to the menu.



Meet Jenn Allred, Meal Site Administrator



My name is Jenn Allred and I am the new Meal Site Administrator for Friendly Neighbors in Moscow. I have been volunteering with the home delivery program since autumn of 2023 and have enjoyed every moment. I've gradually taken on more responsibility, so this job seemed like a natural next step.

I was born in Connecticut and lived in Mississippi and Saudi Arabia

(with a lot of travel) before we settled in the San Francisco Bay Area to be near family when I was seven. I went to the University of California Santa Cruz (UCSC) and before that worked as a Montessori teacher for many years, working with infants and toddlers.

I moved to Moscow in 2010 to be with my husband. We met in the mid-90s online while he was at the University of Idaho and I was at UCSC. We married in 2013 and, while we have no children, we currently have a sixteen-year-old cat and a one-and-a-half-year-old German shepherd. They keep us busy.

I love to weave, knit, paint, garden, and read (international mysteries are my favorite). I look forward to meeting all of you, if I haven't already.

It's Weird Being the Same Age as Old People

You know you're old when the answer to the "boxers or briefs" question is "Depends."

Husband: "Why do you keep reading our marriage license?"

Wife: "I'm looking for an expiration date."

When I was young, I could walk into the grocery store with two dollars and leave with bread, eggs and butter. But these days, there are too many cameras.

"My mother always used to say, 'The older you get, the better you get, unless you're a banana.'" — Betty White as Rose in *The Golden Girls*

"I was brought up to respect my elders, so now I don't have to respect anybody." — George Burns

Brighten Up Your Breakfast



Breakfast means "breaking the fast." Food is the fuel that keeps your body going. Eating breakfast energizes you, enables you to be more productive in the late morning, and helps you feel less tired throughout the day. It gives you more endurance and strength, muscle coordination, better concentration and memory, as well as better problem-solving abilities.

A good breakfast can be hot or cold. What you choose for breakfast affects your energy level in the morning. Eating sugary foods (e.g., fruit, candy, soft drinks) causes a quick rise in blood sugar and a surge in energy, followed by hunger symptoms about an hour later. But a breakfast that contains a balance of carbohydrates, proteins, and fats provides a sustained release of energy, enabling your body to maintain blood sugar levels and postpone hunger symptoms for several hours.



Parts of a good breakfast include the following:

- Sensible amounts of a protein-rich food (e.g., low-fat milk, yogurt, cheese, or nut/seed butter)
- A food containing complex carbohydrates (e.g., whole-grain cereal, bread, or muffins)
- A serving of a good source of vitamin C (e.g., orange, grapefruit, or strawberries)
- A small amount of good fat (to keep you feeling full longer)

Sometimes, however, we get up and don't feel like cooking breakfast. For those days, try a no-cook breakfast and add a healthy beverage, such as a glass of low-fat milk or 100% fruit or vegetable juice, to make a complete meal.

No-Cook breakfast ideas include the following:

- Whole-grain cereal with low-fat milk topped with berries and banana slices
- A fruit smoothie made with one cup of low-fat milk or ½ cup low-fat plain yogurt and a cup of fresh or frozen fruit
- ½ low-fat yogurt or cottage cheese topped with your favorite fruit and chopped walnuts or low-fat granola
- Six whole-grain crackers topped with nut/seed butter or low-fat cheese
- A fruit salad and a granola bar
- Half a whole-wheat bagel with low-fat cream cheese and strawberry slices
- Two celery stalks with nut/seed butter and raisins or other dried fruit on top
- Hummus on a whole-wheat pita and a piece of fruit
- ½ cup sugar-free vanilla pudding mixed with strawberries or cherries
- An English muffin sandwich with mustard, lean ham, and a slice of low-fat cheese

