

Friendly Neighbors Newsletter

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President's Message

Hi everyone,
The end of the year is almost upon us. It seems like each year passes by more quickly the older I get. Since it is Thanksgiving month, it's a good time to think of the many blessings

we enjoy. The fact that you are reading this suggests that you are in relatively good health. Be thankful! We can also be thankful for the great kitchen staff and volunteers who make our nutritious senior lunches each week. They do a great job!

Our Elections and Annual Meeting occur on Tuesday, December 9. We will also present a Volunteer of the Year Award to a deserving Friendly Neighbors (FN) member. The slate of officers and board members suggested by the nominations committee appears elsewhere in the newsletter.

The Pullman senior lunch program has lost funding for their Tuesday lunches. They have asked if they could join us for lunches on Tuesday. The FN board is looking at the options available to us to make this happen.

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

John Carlson, President



Alternative Giving Market of the Palouse (AGMP)

Friendly Neighbors (FN) Senior Citizens, Inc. is one of more than thirty nonprofits participating in this year's AGMP fundraiser. The AGMP mission 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 28 through December 12 at the AGMP web site, <https://www.agmpalouse.org/>, with the in-person event on Wednesday, December 10, 5–8 PM in the 1912 Center Great Room. Each participating nonprofit has a 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. To volunteer to represent FN at our AGMP table, contact Sharon Singleton.

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 FN is highly recommended!

1912 Center Holiday Closures

Please note that the 1912 Center is closed for Thanksgiving on November 27, December 24–25, and on Thursday, January 1. This means that **no senior meal will be served on Thanksgiving, nor on Thursday, December 25, nor on Thursday, January 1.** Plan accordingly.



Coming Up at the Moscow Public Library

The library is closed December 24, 25, 31, and January 1 in observance of the holidays.

December 4: **Craft Lounge** teaches participants how to create tissue votives, small jars or glass candleholders decorated with layers of tissue paper and glue which create a beautiful stained-glass effect.

December 10: CHAS is **at the Library**; stop by to ask your local Community Health Worker for assistance in scheduling CHAS appointments and with providing information on available community resources for a variety of needs and outreach supplies.

December 12: **Trivia Night** is held after hours. Attendees compete individually or in teams of up to four for a first, second, and third-place prize. Questions posed include a variety of categories, including history, science, and pop culture. The evening also features a few winter- and holiday-themed questions. Light refreshments will be served.

December is the second month that we'll try out **Tech Help Tuesdays**, recurring allotted time specifically for assisting patrons with small tech issues with computers, smart phones, and other technological devices. The help occurs Tuesday mornings between 10:30 AM and 11:30 AM. This does **not** replace our system of scheduling tech help appointments; you can still schedule appointments either by visiting the circulation desk or by calling (208) 882-3925.

Tuesday Teabirds book club is doing something special in December: a Holiday Book Exchange. Participants gift wrap a book that's personally meaningful to them and exchange it with another book club member. We'll have time to discuss the books we've traded away, chat with other participants, and enjoy light refreshments.

Repair Café occurs January 11, 1–4 PM at the 1912 Center. Volunteer experts help attendees repair books, clothing, jewelry, appliances, bicycles, and other items. Although it's not guaranteed that the experts will fix every item, it's a good first stop. Sponsored by Friends of the Moscow Library; light refreshments provided.

Daniel Hart
Adult Services Manager
Latah County Library District
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Birthdays of our Members

December

3 Karen Lemmon
4 Vance Penton
5 Claire Chin
8 Martha Stolberg
10 Vicki Leffingwell
12 Joy Lunsford
19 Laura Aichele
20 Lori Vermaas
22 Lola Penton
22 Richard Taylor
25 Christine Triffet
26 Dave Baird
27 Alice Dean
27 Albert Konen
28 Robert Mayburry
31 Karen Silcox
31 Betty Susa

January

3 Sally Amador
8 Mike Trevisan
11 Carol Frink
17 Kim Reed
19 Georga Smith
20 Floyd Penna
20 Tony Singleton
21 Les Baldik
22 Linda Arndt
23 Kate Pesho
24 Betty Brood
28 Peggy Swanson
29 Gail Eckwright
30 Troy Sprenke



HA HA HO HOs

What does Santa use to clean his sleigh? **Comet**

What is green, white, and red all over? **A sunburnt elf**

Where do snowmen keep their money? **In a snowbank**

What nationality is Santa Claus? **North Polish**

What goes "oh, oh, oh"? **Santa walking backward**

Which of Santa's reindeers has bad manners? **Rude-olph**

What do you get if Santa goes down the chimney when a fire is lit? **Crisp Cringle**

In the Spotlight: Food Recovery



One of the best parts about being a food recovery volunteer, notes Ann Hart, one of the founders of the activity, is that she gets to help others. “People are SO grateful,” which makes all the extra time and effort that goes into serving it every Friday in the 1912 Center Arts Room so satisfying. Indeed, that’s always been the goal, starting with its early beginnings in August 2016 when Cynthia Mika learned that leftover food from the Friday catered lunch for Schweitzer Engineering (SEL) employees was being thrown away. Cynthia worked with Jenny Kostroff, executive director of Heart of the Arts, Inc., to find a place to distribute the recovered food in the 1912 Center. Jenny offered to provide space for free on Fridays for the food distribution. Soon after the distribution began, Ann and others (including some from the Friendly Neighbors mah jongg group) joined in, creating a food recovery service that has slowly grown from serving only seniors to one for “anyone who’s hungry.”

The service, which from January through October 31 of this year has served over 5,605 meals, depends on a network of volunteers who pick up the food from seven different buildings at Schweitzer (in Moscow and Pullman), transport it, serve it (wearing gloves and a mask), clean up the food recovery room, and afterward distribute any remaining food to other food recovery sites in town. The number of volunteers varied over the years, starting out with four (Ann, Esther Louie, Cynthia, and Mike Helbling) and growing to fourteen currently which, according to Mike, is plenty for now.

Given that it’s catered from area restaurants in Spokane, Coeur d’Alene, and Lewiston, to name a few, the food is of gourmet quality and comes already cooked/prepared. Portobello mushrooms, stuffed peppers, and chicken fajitas are not uncommon items. Generally, little food remains after a session, but recently the group hauled in twenty-three pans of rice. And sometimes the volunteers need to make space for two or three stacks of amply supplied potato salad trays.



Even with the occasional overload of recovered food, usually “nothing goes to waste,” says Ann. And that “is a good thing. That’s what everybody wanted. That was the goal—to feed [as many people as we can] and not throw anything in the dumpsters.”

So come and help keep Moscow’s dumpsters from filling up with uneaten food. Volunteers serve the recovered food every Friday (except for holidays) around 1PM in the Arts Room. The food is free, but to be able to receive it, patrons must add their name to a signup sheet located outside the Arts Room door (available at 12:30 PM); indicate how many meals they will pick up (some pick up food for more than one person, like neighbors or they have large families); and wear a mask when in the actual food line. Donations to help cover volunteers’ costs are welcome but not required.

The website for information on the current week’s food is <https://moscowfoodrecovery.com>.



**Election Information for the
Friendly Neighbors Annual Meeting
on Tuesday, December 9, 2025**

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 9, 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 has solicited nominees for the four officers and one director. Officers have one-year terms and directors have three-year terms. Director Allen Bowles' term expires December 31, 2025. Director Wendy Taylor's term ends December 31, 2026. Director Cindy Weiland's term ends December 31, 2027.

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: Lorraine Frazier
Treasurer: Kay Keskinen
Director: Alan Bowles (3-yr term)

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**Dues for 2026**

It's time to renew your 2026 dues for Friendly Neighbors. Beginning on December 2 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. For \$5 more, we will snail mail six issues of the newsletter to you. Membership is open to anyone fifty years of age or older. Note that the minimum age to join FN 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.

**Season's Greetings to Breakfast!**

As the holidays approach, it's easy to forget to try to eat well and/or healthy. One way to nourish yourself well through this period is to eat a light and healthy breakfast. Possible options include the following:



**Oatmeal with fruit and nuts**

**Avocado toast with eggs**

**Greek yogurt with granola and berries**

**Scrambled eggs with spinach (other veggies, like broccoli, mushrooms, and/or peppers)**

**Fruit smoothies**

**Breakfast burritos**

**Whole-grain muffins (bran, apple, and/or blueberry and alternative sweeteners, like monk fruit or date puree)**



Or mix and match parts or all of some of these. By having a little bit of something in the morning, you'll start out ready for the festivities and possibly avoid overindulging as much. Bon appétit!

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Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency.



Friendly Neighbors Senior Citizens, Inc. is a non-profit organization, recognized by the IRS as a 501(c)(3) charity. Donations to Friendly Neighbors are deductible under Section 170 of the Code.