

# Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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## **(Acting) President's Message**

**by Leonard C. Johnson, Vice President**

We find Friendly Neighbors now in an unprecedented situation, without an elected president, our Past President now elected as Vice President and performing the role of Acting President. Nevertheless, the purposes and programs of the Friendly Neighbors organization proceed.

A month ago, as 2009 was drawing to its end, the officers of our club were becoming greatly concerned about the state of our finances. Facing large food bills, it began to appear that we might not be able to meet our January payroll obligations in addition to paying an insurance premium and other fees that come due in January.

To our great relief, an anonymous donor gave us a thousand dollar gift in December, and the Wal-Mart Corporation responded to our long-standing request for financial support with a thousand dollar charitable grant.

But we continue to be concerned about the costs of maintaining our vital meal service operation. Increasing our meal site income by gaining more participants would be helpful, and I encourage all of you to invite friends and neighbors who are not now members and patrons to come and join our group, to take advantage of our meal service and the Senior Center.

The City of Moscow, through its Community Grant Program, awarded us five hundred dollars to support our proposed Publicity and Promotion Project, intended to increase community awareness of the Friendly Neighbors organization. We hope this will result in greater membership and meal site patronage numbers. Kay Keskinen and Mary Wood are working on this project.

We will greatly miss (while hoping for not very long) the presence of Doris Norman in our midst, and the substantial secretarial service she has provided in compiling and submitting required monthly reports, editing our newsletter, and in other ways helping to keep Friendly Neighbors operating. Fortunately, Jan Jenson donates many hours each month by compiling accurate records of meal service participation, essential to meeting our monthly reporting obligations to our sponsoring partner, the State Agency on Aging.

I am especially pleased with the addition of Ellen Roskovich, an experienced cook, to our kitchen staff. Ellen is already working well with our chef Mike Linderman, and she has also taken a shift volunteering in the Senior Center.

**AARP Tax-Aide Program 2010**  
**Wednesdays and Fridays**  
**February 10 to April 14 ~ 10 a.m. to 3 p.m.**

Volunteers will begin preparing and e-filing federal and state income taxes for middle to low income taxpayers, with emphasis on those over 60, on February 10, at the 1912 Center (located at 412 East Third Street) in Moscow. No appointments are necessary. Don't delay, wait times are often shorter before April. Tax-Aide preparers will be in the Great Room unless otherwise noted.

Among the forms that AARP Tax-Aide can prepare are the following: Forms 1040EZ, 1040A, 1040 as well as Schedules 1, 2, 3 EIC, A, B, R, V, ES, and more. The AARP Tax-Aide program is the nation's largest volunteer-run tax assistance and preparation service, preparing tax returns and answering questions free of charge. Last year, AARP tax-aide volunteers in Moscow helped nearly 200 people.

More information about the Tax-Aide Program is available on the Latah AARP web site: <http://community.palouse.net/latahaarp>

**Senior Health Issues**  
**Sugar in Foods**  
**Karen Davis, M.S. in Foods and Nutrition, U of Wyoming**

A while back I told you about hidden sugar in foods. The information was presented in grams and Louis Olson suggested that teaspoons would have more meaning to people. These are not necessarily the same foods I told you about before, but the information is in teaspoons.

<b>Beverages</b>	<b>Teaspoons Sugar</b>	<b>Fruit</b>	<b>tsp. sugar</b>
Coke, 12 Oz.	10 tsp	Small bunch grapes	5 tsp
Coke, bottle	16 1/2 tsp	Cantaloupe, 1/4	2 1/2 - 3
Mt. Dew, bottle	19 1/2 tsp	Orange	5 1/2 tsp
Red Bull, can	6 3/4 tsp	Apple	5 1/2 tsp
Snapple Tea, bottle	14 1/2 tsp	Banana	4 1/2 tsp
Minute Maid Lemonade, glass	6 1/2 tsp	Strawberries, bowl	1 1/2 tsp
Minute Maid lemonade, bottle	16 1/2 tsp	Watermelon, sm. Wedge	4 1/2 tsp
Minute Maid OJ, glass	6 tsp	Pineapple 1/8	2 1/2 tsp
Minute Maid OJ, bottle	12 tsp	<b>Vegetables</b>	
Capri Sun Pouch	4 1/2 tsp	Baby Carrots, about 6	1 tsp
Starbucks Latte	11 3/4 tsp	Sweet Corn, 1/2 ear	1 1/4 tsp
McDonalds Milk Shake	28 tsp	<b>Cereals</b>	
McFlurry	18 1/4 tsp	Cheerios, 1 cup	< 1 tsp
<b>Snacks</b>		Special K, 1 cup	1 tsp
3 Chips Ahoy cookies	3 tsp	Trix, 1 cup	3 tsp
4 Oreos	3 1/2 tsp	<b>Miscellaneous</b>	
regular Snickers Bar	7 1/2 tsp	Ketchup, 1 Tbsp	1 tsp
giant Snickers Bar	13 1/2 tsp	Thous Isld Dressing (2 T)	1.25 tsp
Skittles, bag	12 tsp	Prego Spagh Sauce(1/2 Cup)	1.75 tsp
Starburst, pack	8 1/2 tsp	Eggo Waffle	1 tsp
Haagen-Das Sorbet 1/2 cup	6 1/2 tsp	Syrup	7 1/2 tsp
Haagen-Das Sorbet Pint	27 tsp		
Regular Jello 1/2 cup	4 1/2 tsp		
Cinnabon	13 3/4 tsp		

Until next time,  
 Karen Davis

# TREASURY NOTES

by Kay Keskinen, Friendly Neighbors Co-Treasurer



**The work of Friendly Neighbors – 2009** In 2009, Friendly Neighbors served 8,451 meals. Of those, 5,868 were to seniors at the meal site, 2,221 were delivered to seniors in their homes, and the remaining 362 were served to non-senior guests at our meal site.

**If we divided our total expenses for the year by the number of meals provided, the cost of each meal comes out to \$6.01.** Virtually all of our expenses are related to providing meals to seniors, whether it's the cost of buying the food, the payroll, insurance, rent, equipment, or supplies. Even the Styrofoam take-out containers cost; the large Styrofoam containers are a dime apiece, and the smaller take-out ones are a nickel each. Take a look around the meal site sometime and see just how many containers we go through.

If Friendly Neighbors is to continue to provide meals to seniors, we must be able to meet our expenses with enough income to pay its bills. We provide donation cans to help with additional income for related costs. So, if you use a Styrofoam container, please make a donation to support the added cost. You may “nickel and dime” the donations, or add a dollar every so often if you frequently use the take-out containers.

As Leonard wrote in his “Acting President’s Message” on page 1, we barely made it financially through this past year. We ended the year ahead by just \$285. Had we not received the anonymous donation and the grants from Wal-Mart and the city, we would have ended the year over \$2,000 in debt, unable to pay our end-of-year expenses—annual insurance, rent, or payroll.

Please support our organization when you are able to. Thank you!

## Quiz: How Old Are You Really?

From the following list of 25 items, count all the ones that you actually remember -- not the ones you were told about! How to score yourself is at the end.

1. Blackjack chewing gum
2. Wax Coke-shaped bottles with colored sugar-water
3. Candy cigarettes
4. Soda-pop machines that dispensed bottles
5. Party Lines
6. Coffee shops with tableside jukeboxes
7. P. F. Flyers
8. Home milk delivery in glass bottles with cardboard stoppers
9. Butch wax
10. Telephone numbers with a word prefix (eg, Olive – 6933)
11. Peashooters
12. 45-RPM records and 78-RPM records
13. S&H Green Stamps
14. Hi-fi systems
15. Howdy Doody
16. Metal ice trays with lever
17. Mimeograph paper
18. Blue flashbulbs
19. TV test patterns
20. Roller skate keys
21. Cork popguns
22. Drive-in theaters
23. Studebakers
24. Newsreels before the movie
25. Washtub wringers

If you remembered:

- 0 - 5 = You're still young                      6 - 10 = You are getting older  
11 - 15 = Don't tell your age                      16 - 25 = You're older than you think!

Be sure to pass this along -- especially to all your friends with really good memories.

## Friendly Neighbors Meal Site and Senior Center

### **The Friendly Neighbors organization operates a senior meal site twice a week**

(Tuesdays and Thursdays, except for holidays) in the Great Room of the 1912 Center located at 412 East Third Street in Moscow. Lunches are served at noon, with a salad bar available at 11:30 AM. Soup is served as well in the winter months. And, there's a dessert bar!

Suggested donation price for seniors (age 60 and up) is \$4.00; the price for a meal for those under 60 is \$6.00. Meals can be arranged for home delivery by contacting the Area Agency on Aging in Lewiston at 800-877-3206.

Our menus are always available at the meal site. Alternative Nursing Services (ANS) sponsors our menu in the *Lewiston Tribune's* "Golden Times" monthly (first Monday of the month) senior insert. We are very grateful to ANS for sponsoring the printing of our menu in the *Tribune*.

Here are the entrée dishes for senior meals in the next two months:  
(menus subject to change)

February 2010 Entrees			
Date	Tuesday	Date	Thursday
2	Meat Loaf	4	Stuffed Cabbage
9	Ham	11	Lasagna
16	Roast Beef	18	Chicken
23	Macaroni/Franks	25	Roast Pork

March 2010 Entrees			
Date	Tuesday	Date	Thursday
2	Chicken Pot Pie	4	Beef Stroganoff
9	Chicken Cordon Bleu	11	Turkey
16	Corned Beef/Cabbage	18	Salisbury Steak
23	Hamburgers	25	Ham
30	Oven Baked Chicken		

**The Moscow Senior Center**, located on the ground floor of the 1912 Center, offers many scheduled activities. Or just drop-in to enjoy a cup of coffee or tea, visit with friends, watch TV, read, work on a jigsaw puzzle, play cards, or use the public wi-fi with your laptop.

**Regularly scheduled activities are** computer help Monday mornings and Wednesday afternoons (there are four PCs for use by seniors); pinochle on Tuesday afternoons; blind and diabetes support group Wednesday mornings (except not the second Wednesday of the month); Scrabble and other word games on Wednesday afternoons; bridge on Thursday and Friday afternoons; and bingo on Friday mornings.

## New Lead Cook Joins Meal Site Kitchen Staff



The New Year brought an addition to the staff that prepare and serve the meals at the Friendly Neighbors senior meal site. Chef Mike Linderman welcomed Ellen Roskovich as his new lead cook. Ellen joined Mike and kitchen helper Randy Heilman (in photo at left) to provide the meals served and delivered to Moscow area seniors.

(Not pictured are kitchen helper Kim Thompson and kitchen "background" volunteer Bernita Linderman.)

You may recognize Ellen from the many years she and her husband Don ("Pops") Roskovich owned and operated Gambino's Italian Restaurant in Moscow.. Combining Mike's many years as a cook with Ellen's, our kitchen now has more than forty years of cooking experience.

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## Diabetes and Blind Support Group

For many years, Clara Dockter has led the Wednesday morning support group for those interested in issues relating to diabetes and blindness. This active group meets weekly to learn from guest speakers, meet one another, and discuss common interests. This photo was taken at their January 6<sup>th</sup> meeting; Clara is shown standing on the right.



## Funnies:

It's hard to be nostalgic when you can't remember anything.

I get plenty of exercise -- jumping to conclusions, pushing my luck, and dodging deadlines.

Young at heart -- slightly older in other places.

I know it all -- I just can't remember it all at once.

Why isn't phonetic spelled the way it sounds?

Why are there interstate highways in Hawaii?

Why do we drive on parkways and park on driveways?

Why is it that when you transport something by car, it's called a shipment. But when you transport something by ship, it's called cargo?

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. Please remember Friendly Neighbors when you are making donations to community organizations. Without support from grants and donations, Friendly Neighbors would not be able to meet its mission of serving Moscow seniors.

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## **10:00 a. m. - Coffee Hour**



**Moscow Senior Center**  
**Courtesy Jeff Bollinger**  
**Edward Jones Investments**

## **New Assisted Living Options Now Available**

Renovation of 3rd floor apartments at Moscow Village is complete. New Assisted Living apartments now available.

For more information call  
Christie Pernsteiner at  
208.882.6560

