

Friendly Neighbors Newsletter

Volume 13 – Issue 1 – January/February 2012

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Moscow Senior Meal Site and Senior Center

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President's Message



It's a new year, and I am honored to serve another year as your president of Friendly Neighbors. The last year was a good one for our organization; we were busy providing services to Moscow-area seniors, and our finances continued to be healthy.

In 2011, we provided a total of 8,482 meals: we delivered 2,318 to homebound seniors and served 6,164 meals at our meal site in the 1912 Center. Thanks to the budget planning of our board of directors and the careful management of our kitchen expenses by our head cook Ellen Roskovich, we remain financially healthy.

Our senior center, also in the 1912 Center, was active with over 3,600 seniors visiting the center last year to play pinochle or bridge, work on jigsaw puzzles, attend the Blind & Diabetic Support Group, play bingo, play Scrabble, use computers, borrow a book from our library, or grab a cup of coffee and socialize.

It takes many volunteers to make our organization function. Please support our organization by being a member. Dues are \$2 for the year. We plan to print the 2012 member directory in early March, so make sure your dues are paid and we have your current address and phone number to include in the directory.

We still need volunteers for the senior center and meal site. If you have time to donate to Friendly Neighbors, please let me or another board member know. The time you give will be returned in so many ways.

by *Linn Craig Lindsey*, President

Friendly Neighbors 2012 Board Members

At the December 6, 2011 Annual Meeting of Friendly Neighbors Senior Citizens, Inc., members elected officers to one-year terms and one director for a three-year term.

Here are the elected board members:

President: Linn Lindsey

Vice President: Gerald Schutz

Secretary: Jan Jensen

Treasurer: Kay Keskinen

Director: Lee Fruits (term thru 12/31/2014)

Continuing on the board are Directors Helen Sasse (term expires 12/31/2013) and Mary Wood (term expires 12/31/2012). Leonard C. Johnson continues as Immediate Past President.



HELP (DESPERATELY) WANTED

by Jan Jensen, Friendly Neighbors Secretary

Many people do not realize that the Moscow Senior Center located in the 1912 Center does not receive any funding from the City of Moscow. The only income we have is from donations (for coffee, printing, and computer help) and grants (see page 5). These funds are kept in a Continuing Education account, separate from our meal site finances.

Our lease with Heart of the Arts, Inc. for use of the kitchen and meal site allows us to use the Senior Center for free on the condition that Friendly Neighbors Senior Citizens provides hosts for the Senior Center weekdays from 9:00 AM to 4:00 PM.

As you know, the Senior Center is used by many groups and individuals for games, puzzles, meetings, and computer use. Continued availability of the Senior Center for such use is dependent on Friendly Neighbors providing Senior Center hosts. (Hosts must be members of Friendly Neighbors.)

We are in need of additional regular hosts for Monday afternoons and Tuesday and Thursday mornings as well as people who can fill in on occasion when the regularly scheduled host is away or ill.

Host duties are easy—answering the telephone, making coffee, washing coffee cups, and just being there! On some occasions you will need to open or close the building. You will be trained, so you'll know what to do.

If you are willing to be a host or an alternate host, contact a Friendly Neighbors Board Member or Jenny Sheneman in the HAI Office inside the Senior Center, or call the Senior Center at 882-1562.

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.

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important nutrition and social services for Moscow area seniors.

Besides managing the senior meal site, Friendly Neighbors operates the Moscow Senior Center, a drop-in center with various activities for seniors, located on the first floor of the 1912 Center and open from 9 am – 4 pm Monday through Friday (closed holidays).

Senior Center daily activities include:

Monday AM: Computer help

Monday PM: Jigsaw puzzles

Tuesday PM: Pinochle

Wednesday AM: Blind and Diabetic Support Group at 10:30

Wednesday PM: Word games, jigsaw puzzles, and computer help

Thursday PM: Bridge

Friday AM: Bingo

Coffee Hour Daily - 10:00 a.m.



**At the Moscow Senior Center
Coffee courtesy of Jeff Bollinger
Edward Jones Investments**

Fun Facts

Donald Duck comics were banned from Finland because he doesn't wear trousers.



Kermit the Frog is left-handed.

AARP Tax-Aide Volunteers to Help

AARP Tax-Aide helps low and moderate income taxpayers file their personal income tax returns. Volunteers are trained to assist in filing the 1040 tax form and basic schedules. Taxpayers with complex tax returns are advised to see paid tax assistance.

Tax-Aide volunteers will be in the 1912 Center, 412 East Third Street, on Wednesdays and Fridays starting Wednesday, February 1 through Friday, April 13, 9:30 AM – 2:00 PM. Walk-ins welcome. First come, first served.

Call Randy Baukol at (208) 882-5406 with questions or for more info.

Palouse Area Dementia Series

Sponsored by the Alzheimer's Association, the following series of talks is presented from 9:30 AM to 11:30 AM on Wednesdays at the Gritman Medical Center Conference Room (GMC), the Whitman Hospital and Medical Center Annex (WHMC), or Pullman Regional Hospital Conference Rooms C and D (PRH):

January 18 – GMC
“Getting Prepared for a Possible Hospital Stay”

February 22 – PRH
“Sexuality and Dementia”

March 14 – WHMC
“Wandering and Safe Return”

April 18 – GMC
“Partnering with Your Doctor”

May 23 – PRH
“Research and Technology”

June 13 – WHMC
“Improving Communication – The Key to Success”

Reminiscence Activity

contributed by Samantha Schwartz-Oscar

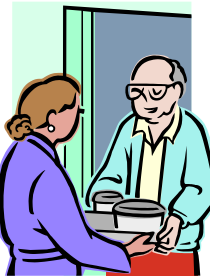
Join me for a Reminiscence/Life Review Group. We will share stories with one another, meet other seniors in the community, and have fun!

This is a 6-week group and attendance at each group is highly recommended. The dates, time, and locations of the groups will depend on the availability of those interested. This group is part of a dissertation study by a doctoral student at WSU. Participants must be 65 or older, live independently in the community, and be retired for at least one year.

Please contact Samantha Schwartz-Oscar at 608-495-0706 or e-mail her at <soscar@wsu.edu> if you are interested or have any questions. I hope to hear from you!

Home Delivery of Meals

In addition to providing congregate meals for seniors (age 60 and older) at the meal site in the 1912 Center, Friendly Neighbors also provides hot and/or frozen meals for home delivery to seniors who qualify. For information on how to qualify for delivered meals, contact Jenny Zorens at the Area Agency on Aging in Lewiston; her phone is 800-877-3206.



Tanka Verse
by Glenda Hawley

Ominous clouds
threaten to bring
late spring snow squalls.
Miniature iris unfolding
Thumbs its nose at winter.





"A Heart Healthy Breakfast"



by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the February 2012
"Senior Nutrition News"

February is American Heart Month, so treat your heart right by starting out the day with a heart-healthy breakfast. Heart disease, the leading cause of death among Americans, can be prevented by following a heart-healthy diet and maintaining a healthy body weight. Choose foods from the following groups to create tasty morning meals that promote heart health:

Whole grains: Whole grain cereals, breads, tortillas, and bagels, along with oats, are great breakfast options. Whole grain products contain fiber and vitamins and are an important part of a heart-healthy diet.

- Top whole wheat toast with peanut butter and banana slices
- Wrap scrambled egg whites and spinach into a whole wheat tortilla



Fruits and vegetables: Fruits and vegetables are packed with vitamins, minerals, antioxidants, and fiber. A diet rich in fruits and vegetables can protect against heart disease. Keep a variety of fruits and vegetables available to include in your morning meal.

- Add fruit slices to cereals, oatmeal, or yogurt
- Sauté diced potatoes, onions, bell peppers, and mushrooms with garlic, spices, and an egg white



Low fat dairy: Low fat and fat free milk, yogurt, and cottage cheese are great breakfast foods. They provide protein to help keep you full throughout the day and calcium for bone health. Following a low fat diet is key to heart health.

- Top cottage cheese with pineapple, blueberries, peaches, or cantaloupe for a tasty morning entrée or side dish

Fit and Fall-Proof Class

This free class is nationally recognized and is sponsored by the Idaho Department of Health and Welfare. Basic balance and strength training help you when you are unstable on your feet from age, medical diagnosis, or injury. The class has two series, each with two sessions each week:

1) Monday and Wednesday from 1:00 PM to 2:00 PM and 2) Tuesday and Thursday from 9:00 AM to 10:00 AM at the Gritman Community Wellness Center at 510 West Palouse River Drive, Moscow. Preregistration is not required. For more information on this class, contact Gritman Community Wellness Center at 883-9605.

SENIOR CENTER GETS NEW LOOK

by Jan Jensen, Friendly Neighbors Secretary

In December, 2011 the Friendly Neighbors Continuing Education Program received a \$2,000.00 grant from the Latah County Community Foundation to replace some of the worn and unusable furniture in the Senior Center. No time was wasted in purchasing a new desk, couch, two armchairs, and an office chair for the puzzle table from Furniture Center and Office Depot in Moscow and Model Home Furnishings in Pullman. The new furniture was chosen on the basis of its utility for seniors. The couch and chairs are high, firm, and have arms so we can get out of them! They also look much better than the previous pieces.

We bought an additional office chair for the puzzle table from the Continuing Ed treasury, so now three people can work on the puzzles together comfortably. It's much more fun when you puzzle with other people.

Many thanks to Friendly Neighbors Vice President Gerald Schutz who hauled the large pieces over from Pullman and helped unload them. Our thanks also to Michael Kostroff, HAI Executive Director Jenny Sheneman's fiancé, who purchased new throw pillows and lap rugs in colors to match the new couch and chairs.

We are grateful to the Latah County Community Foundation for recognizing the need to improve the usefulness of our center.

The goal for sprucing up the Senior Center is to maintain or increase the use of the Center by groups and individuals. So come in, sit down, and make yourself comfortable.



Celebrating a 90th Birthday



On December 15, meal site attendees were invited to join the family of Lino Condotta to celebrate Lino's 90th birthday on December 20.

Many of Lino's family members were there to surprise him with cake and cupcakes for all in attendance that day. Joining Lino's sons Harold and Marvin were daughter-in-law Terri, granddaughter Olivia, and Olivia's boyfriend Jeff. Harold came from Nashville, Tennessee, and other family came from the Seattle area.

Lino received a letter from Moscow Mayor Nancy Chaney recognizing his 90th birthday.

To learn more about
how our services
may fit your needs,
call (208) 882-6560.



Good Samaritan Society
Moscow



All faiths or beliefs are welcome.
11-G2600

Neighbor News

Helen Sasse visited her niece in San Diego starting in mid-January. As much as Helen misses her friends at the meal site, she is enjoying the sun of southern California.

Helen Dewey and **Joy Irving** are planning a trip to the Galapagos Islands in March.

Herb Utoff is taking two classes at UI this semester, "Western Landscapes" and "Winter Skills." The skills class concludes with a three-day field trip in the mountains where the students have to survive in the wilderness.

Linn Lindsey's daughter is expecting Linn's second grandchild in May.

Ernie Bunch continues to take chemotherapy for his cancer. We all appreciate it when Ernie plays his harmonica at the meal site.

Jan Jensen arranged a Scrabble tournament during the Christmas holidays. **Michael Kostroff** was the overall winner while **Jan** finished in second place.

Birthdays:

February 2: Bart Barton
February 4: Zelda Fadness
February 4: Lee Fruits

March 2: Lela Ames
March 10: Adele Wallace
March 21: Herb Utoff
March 23: Ralph Johnson



United Way

Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency beginning in 2011.



Dining Room Update

by Helen Sasse
Meal Site Arrangements Chair

It has come to my attention that the take-home containers on the dessert table are quite an expense for the meal site. If each of us could bring our own take-home containers, it could save the program significantly. Or, donations are always accepted.

Just a reminder about clearing the tables after meals--as a courtesy to diners, we should wait until everyone at a table has finished eating before we start clearing that particular table. We don't want our diners to feel rushed. We appreciate all of you who help after meals. Your cheerful help is important to the program.

It was so sad to hear of the passing of Janet McCloskey. We all extend Jim McCloskey our sincere sympathy at this difficult time.

I left in mid-January to sunny San Diego to visit my niece. I want to thank Bill Terrio for taking over for me while I am away.

Friendly Neighbors Dues

Friendly Neighbors dues for 2012 are now due. The annual dues are \$2.00 and can be paid to Karen Davis, Membership Chair, or at the meal site sign-in desk. If you are a new member, please make sure that Karen has your full name, address, and telephone number.

Senior Meal Site

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. The salad bar is available at 11:30 AM, and the main meal is served at noon.

Suggested donation for the meal is \$4.00 for seniors 60 and older; for anyone under 60 the price is a flat \$6.00. A "meal ticket" for seniors is available for \$40; the ticket is good for 11 meals.

Monthly menus are available at the meal site and on our web page.

The Importance of Walking

Walking can add minutes to your life.

This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7,000 per month.



I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing..

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word "exercise," I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they'll say, "Well, he looks good, doesn't he?"

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years,..... just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

AND MY FAVORITE....

"Every time I start thinking too much about how I look, I just find a Happy Hour, and by the time I leave, I look just fine."