

Friendly Neighbors Newsletter

Volume 14 – Issue 1 – January/February 2013

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Moscow Senior Meal Site and Senior Center

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President's Message



Greetings Friendly Neighbors:

First, I thank you for your supporting me as your new President. I hope we can have a good year, and with your cooperation I know we will accomplish this.

Our ranks have dwindled the past couple of years, so I encourage you to bring in new members. I'm sure there must be other seniors out there that could benefit from our services.

I also want to thank those who have been bringing their own containers to take leftovers and/or goodies home. When you bring your own containers, we save money since we don't have to buy so many Styrofoam or clam shell containers. Also, thanks to those who have been using the plastic bags instead of the clam shells since this also saves us money. Don't forget that we have for the low, low price of one dollar, plastic food containers with three-compartments; get yours at the sign-in table. I feel this is going to be a trying year because our main food supplier has told us of increases in food costs and limited quantities of some items.

Thank you in advance for your cooperation.

Bill Terrio, President

Friendly Neighbors Turns 40!

(and we STILL need help setting up tables)

by Kay Keskinen, Editor

Friendly Neighbors began informally in 1973 to provide nutrition services to Moscow area seniors. Ernie Bunch took the lead in 1978 to formally structure the organization by incorporating it as a non-profit. Later the organization was recognized by the IRS as a 501c3 charity.

I plan to celebrate the fortieth anniversary of Friendly Neighbors by including a "look back" article in each of this year's newsletter issues. This issue includes an article on page 3 that featured Ernie in a story written by Vera White for the "Slice of Life" section of the "Moscow-Pullman Daily News" on January 5-6, 2002.

Friendly Neighbors owes so much to Ernie for his work to organize us and keep us going through tight budgets and meal site moves. I found the article interesting in that some things did not change over time: Ernie reported in that 2002 story that they "always need volunteers to set up tables." So, what's new?

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.

Sympathy/Get Well Cards

by Helen Sasse

Friendly Neighbors Meal Site Coordinator

It has come to my attention that we have missed opportunities to send sympathy or get well cards. I apologize for any missed cards. Many of us are new to the Moscow area, and we are not aware when members are ill or have passed away. We may or may not see it in the newspaper, or we may not connect an obituary to a family in Friendly Neighbors.

Please tell us if you know of a current member who is ill or has passed away as this may be the only way we learn of these events.

The policy set by our board of directors is to send get well cards only to members on the current Friendly Neighbors Membership List or the Congregate Meal Sign-in List. Sympathy cards are sent to 1) members in the event of the passing of an immediate family member and 2) to the immediate family of anyone on the membership or meal site sign-in lists who passes away. Immediate family includes parents, spouse, children, brothers, and sisters.

So, please help us know when it's time to send a card. Telling one of the volunteers at the meal site sign-in table will help us get cards out.

See Something, Say Something!

by Jenny Kostroff

Executive Director, Heart of the Arts, Inc.

In the name of looking out for each other, be sure to alert us if you see someone take a tumble or get hurt at the 1912 Center. You can let the folks at the meal site sign-in table know or report it to the 1912 Center management office. Thank you!

Latah AARP Chapter

The Latah AARP chapter meets next on Friday, March 15 at the University Inn/Best Western in Moscow. Lunch is at 11:30 AM; the noon program is "Ten Warning Signs of Dementia" with speaker Barbara Mahoney.

Senior Meal Site/Senior Center

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.

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 (first and third Wednesdays)

Wednesday PM: Word games, mahjong, and computer help

Thursday PM: Bridge

Friday AM: Bingo at 10:00

Fun Facts

The reason firehouses have circular stairways is from the days of yore when the engines were pulled by horses. The horses were stabled on the ground floor and figured out how to walk up straight staircases.

Pearls melt in vinegar.



Friendly Neighbors 2013 Dues Are Now Due

Friendly Neighbors dues for 2013 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. An updated membership directory will be published in early April.

Blind and Diabetic Support Group

The chairperson of the Blind and Diabetic Support Group Maggie Flint is turning the reins over to Luella Frey to preside over the group that now meets the first and third Wednesdays of each month at 10:30 AM in the Moscow Senior Center. You do not need to have vision or diabetes issues to participate in these very informative meetings. Guest speakers have presented on a variety of topics, including eye health, assistive devices for vision loss, and more. Participants from the Idaho Commission for the Blind and the Disability Action Center often attend. The group was featured on a KLEW-TV news program last October.

Thanks go to Maggie for her leadership. We wish Luella's well as she guides this important group.

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 seek paid tax assistance.

Tax-Aide volunteers will be in the 1912 Center, 412 East Third Street, on Wednesdays and Fridays starting Wednesday, February 6 through Friday, April 12, 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.

The following article is reprinted unedited and with permission of the "Moscow-Pullman Daily News." It initially appeared in the "Slice of Life" section of the "Daily News" on January 5-6, 2002.

Lunch Bunch

As neighbors go, they don't get much friendlier than Moscow's Ernest Bunch

By Vera White, staff writer

Providing senior meal sites has been a top priority for Ernest Bunch for almost 25 years.

The Moscow man shows no signs of slowing.

Since 1978, Bunch has been instrumental in making sure seniors receive nutritional meals several times a week.

"It started when I had to retire early and was looking for something to do," said the 77-year-old former Washington State University maintenance man. "I wasn't a senior, but a friend of mine asked if I would help out her daughter who was having a hard time getting the program going."

The young woman was a coordinator for the Area Agency on Aging. With the help of Bunch, she started serving meals to seniors upstairs at Moscow's Moose Lodge. They formed a nonprofit organization and called it Friendly Neighbors, with Bunch serving as its first president.

The meal site moved to the Moscow Community Center on Oct. 24, 1981, a day Bunch remembers with pride.

"I was made honorary mayor for the day when they dedicated that place," he said.

The title was well deserved.

"(The city) gave us three months to raise approximately \$80,000 to do the facility," Bunch recalled. "I don't think they thought we could do it."

Do it they did. In addition to grants totaling about \$10,000 and help from local businesses, seniors went door-to-door throughout the city soliciting donations.

"They didn't miss very many doors," Bunch said. "They did a beautiful job of it."

Last October, the Friendly Neighbors lunch site moved to the 1912 Center, in what they hope will be a permanent home.

"It's real nice and the best place yet," Bunch said.

Bunch has served as president of Friendly Neighbors "off and on for quite a few years," including this past one. He turned over the gavel to Dorothy Nichols last week, but will remain on the board of directors.

"I urge people to support her (Nichols)," he said. "If she gets the help I have, she will get along just fine."

With the help of the Area Agency on Aging, who contracts with Lewis-Clark State College for the meals, Friendly Neighbors serves noon meals every Tuesday and Thursday. The cost is \$2.50 per person, but no one is turned away for lack of funds.

"Reservations aren't required unless you're planning on bringing a lot of people," Bunch said. "If there is food left over, we put it in containers so people can take it home."

Friendly Neighbors also delivers meals to shut-ins and takes frozen packages to people who request them.

Bunch estimates more than a dozen people are served off-site each of the two days. Eligibility status for free food is determined by a visit to the home.

Friendly Neighbors, with a membership of between 70 and 80 people, operate the meal site with an approximate \$25,000 annual budget.

"We never turn people away because they can't afford it so we generally go over budget," Bunch lamented. "But we always seem to make up the money some way."

The project receives financial assistance from local organizations such as the Moose Lodge, which gives \$500 every year. The Friendly Neighbors annual membership fee of \$2 doesn't generate a lot of cash, but members do fund-raisers throughout the year such as white-elephant sales at the luncheons. In addition to a variety of commodities, Friendly Neighbors receives money for each fed person.

"We need to have more people come," Bunch said "We've got a nice big place now and it's beautiful."

In addition to the cook's salary, Friendly Neighbors must raise money for rent and liability insurance.

"We ran \$5,000 over budget last year but we've made that up," Bunch said. "We're working already for the new year because we know we're going to run over budget."

Bunch and crew always need volunteers to set up tables and clean the floor after meals.

"There are always different things that need to be done and we can't afford to hire it out," he said.

Bunch also delights in providing luncheon entertainment. A longtime member of the Old Time Fiddlers, he has been responsible for bringing in that group for frequent appearances.

"We always have the biggest crowds when the fiddlers are there," said Bunch.

"I accompany them on guitar and solo on the harmonica. It makes for a good program. People love it and it breaks up the fiddling."

In addition to his work with Area Agency on Aging and Friendly Neighbors, Bunch served on the advisory council of Community Action Agency. Still finding himself with time on his hands, Bunch launched a lone effort three years ago to save Moscow's old Sunset Cemetery, which had been in disarray after Latah County took it over for back taxes.

"My son is buried there and I got disgusted when I went out to his grave and fell after getting tangled up in the weeds," he said.

Bunch purchased the cemetery and formed a nonprofit organization called the Sunset Perpetual Care Company. He still takes care of much of the maintenance.

"It's taken a few years to get it back in shape, but it's looking pretty nice," he said.

"Being active keeps me younger and takes my mind off the back pain when it gets to aching."

Bunch, who was raised on a farm between Palouse and Garfield, has lived in Moscow since he returned from military duty in 1945. He married wife, Beatrice, when he was 17 and worked in logging camps to earn a living.

"I had to lie about my age," he chuckled. "When it caught up with me, I would have to move on to another camp."

The couple has two daughters, Pamela Bunch and Frances Bowles, five grandchildren and eight great grandchildren.

Through the years, Bunch has gained a reputation as a man dedicated to his community -- especially seniors. It's difficult to take him seriously when he says early retirement slowed him down.

"I do a lot because it breaks the monotony of being retired for so long -- it keeps me younger to get involved in community things," he said.

The biggest plus, however, is the people he meets.

"I've made an awful lot of friends and they let me know it," he said. "That's what makes me feel really good."

For more about Friendly Neighbors, call Bunch at (208) 882-3398.

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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 beginning in 2011.



# Humor

## How the Internet Was Started

In ancient Israel, it came to pass that a trader by the name of Abraham Com did take unto himself a young wife by the name of Dot.

And Dot Com was a comely woman, broad of shoulder and long of leg.

Indeed, she was often called Amazon Dot Com.

And she said unto Abraham, her husband, "Why dost thou travel so far from town to town with thy goods when thou canst trade without ever leaving thy tent?"

And Abraham did look at her as though she were several saddle bags short of a camel load, but simply said, "How, dear?"

And Dot replied, "I will place drums in all the towns and drums in between to send messages saying what you have for sale, and they will reply telling you who hath the best price. And the sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS)."

Abraham thought long and decided he would let Dot have her way with the drums. And the drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without ever having to move from his tent.

To prevent neighboring countries from overhearing what the drums were saying, Dot devised a system that only she and the drummers knew. It was known as Must Send Drum Over Sound (MSDOS), and she also developed a language to transmit ideas and pictures - Hebrew To The People (HTTP).

And the young men did take to Dot Com's trading as doth the greedy horsefly take to camel dung. They were called Nomadic Ecclesiastical Rich Dominican Sybarites, or NERDS.

And lo, the land was so feverish with joy at the new riches and the deafening sound of drums that no one noticed that the real riches were going to that enterprising drum dealer, Brother William of Gates, who bought off every drum maker in the land. And indeed did insist on drums to be made that would work only with Brother Gates' drum heads and drumsticks.

And Dot did say, "Oh, Abraham, what we have started is being taken over by others." And Abraham looked out over the Bay of Ezekiel, or eBay as it came to be known. He said, "We need a name that reflects what we are."

And Dot replied, "Young Ambitious Hebrew Owner Operators." "YAHOO," said Abraham. And because it was Dot's idea, they named it YAHOO Dot Com.

Abraham's cousin, Joshua, being the young Gregarious Energetic Educated Kid (GEEK) that he was, soon started using Dot's drums to locate things around the countryside. It soon became known as God's Own Official Guide to Locating Everything (GOOGLE).

That is how it all began.

And that's the truth.



## “Tips for a Healthy Heart”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the February 2013  
“Senior Nutrition News”



A proper diet and regular physical activity can be the key to a healthy heart. This Valentine’s Day, indulge in these tips for a healthy heart:

- ♥ **Go fish** – did you know for ideal health you should eat fish (particularly oily fish such as salmon, mackerel or tuna) twice a week?
- ♥ **Take a walk** – walking is free, and costs nothing to get started. Walking for as little as 30 minutes a day provides heart-health benefits.
- ♥ **Instead of frying foods**, which adds unnecessary fats and calories – use cooking methods that add little or no fat, like stir-frying, roasting, grilling or steaming.
- ♥ **Try something new** – dare yourself to try a new fruit or vegetable. Many grocery stores have free recipe cards in the produce section or look online for tips on preparing your new food.
- ♥ **Stay hydrated** – staying properly hydrated helps you feel (and look) better and water is a great alternative to high-calorie, sugar-sweetened drinks.
- ♥ **Make a change** – pick a small thing you can change about your daily diet – start buying skim milk, order the nonfat latte or add extra veggies to your dinner plate.
- ♥ **Snacking isn’t bad**, if done in moderation, and eating a little throughout the day can actually keep you from overdoing it at meal times.
- ♥ **Use low-fat or no-fat ingredients** in your favorite recipes. These substitutions can help cut down on saturated fats, *trans* fats & cholesterol, while noticing little, if any, difference in taste.
- ♥ **Whether cooking or making dressings, use the oils that are lowest in saturated fats, *trans* fats and cholesterol** – such as canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil and sunflower oil – but use them sparingly, because they contain 120 calories per tablespoon.

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Excerpts from the book *1,000 Unforgettable Senior Moments*:

And Is Colonel Pants Well?

Theodore Roosevelt prided himself on his memory for names and faces, although he was just as vulnerable to senior moments as anyone else. At a White House dinner one evening, he stood shaking hands with a long line of visitors. When it was the turn of a man from New York who specialized in custom-made shirts, the haberdasher asked, “Do you remember me, Mr. President? I made your shirts.” “Major Schurtz?” boomed the Roosevelt, who had known the man for years. “Why, of course, I remember, Major! And how are all the boys of the old regiment?”

Strike that Last Remark from the Record:

In 2004 Australian judge Dean Mildren declared he was “absolutely staggered” that a notorious burglar had been freed on bail for the third time in a year, even after flagrantly ignoring a court-imposed curfew. Mildren demanded to know the identity of the idiot jurist. He was quietly reminded that he was the idiot.

## Neighbor News

**Norma and Ralph Johnson** had all their grandkids home for Christmas.

**Gary Deesten's** father "Bud" Deesten passed away on December 28.

**Jim McCloskey** reports that his house in Seattle finally sold!

**Ernie Bunch** continues to take chemotherapy on a seven-week protocol.

Pete Lanting, husband of **Verna Lanting** and father to **Tammy Lanting**, passed away on December 10.

**Barbara and Ed Townsend** are celebrating their January wedding anniversary on a cruise in the Hawaiian islands.

**Lou Stevens** celebrated her 90<sup>th</sup> birthday in January. She received many birthday cards and was surprised more than once with a party.

**Helen Dewey** went to Lake Havasu, Arizona in late January for a balloon festival. Later she visited her sister-in-law and her family in Yuma.

In late January there was an open house at the Best Western to celebrate **Virginia Hayes's** 90<sup>th</sup> birthday.

**Helen Sasse** is spending part of the winter visiting her niece in San Diego.

**Ida and Al Pepe's** son-in-law Joe Bockino passed away on January 21.

**Mary Ann Moser** is up and around with a cane after the hip fracture she had in early November.

On January 3 when the temperature dropped to 7 degrees, **Judy Cornish** was overheard exclaiming, "Where's a good hot flash when you need it?"



## Birthdays:

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



March 2: Lela Ames  
March 21: Herb Utoff  
March 23: Ralph Johnson

## New Officers/Director Elected



Officers and one board director were elected at the December annual meeting of Friendly Neighbors Senior Citizens, Inc. Pictured at left is Bill Terrio, the newly elected president for 2013. Bill is joined by new vice president Frankie

Yockey and director Bernice Brooks. Re-elected for one year terms are secretary Jan Jensen and treasurer Kay Keskinen. Continuing as directors (who have three-year terms) are Lee Fruits and Helen Sasse. The board meets regularly on the fourth Tuesday of each month at 10:30 AM in the Moscow Senior Center.

## Numbers from 2012

by Kay Keskinen, Treasurer

In 2012, Friendly Neighbors spent \$56,796.12 for its senior nutrition program and had income of \$55,961.67. With those funds we provided a total of 8,207 meals, of which 2,354 were home-delivered meals to seniors who qualify through the Area Agency on Aging; the remaining 5,853 meals were served at our congregate meal site.

Less than 40% of our income, \$21,800, came from seniors who contribute for their meals. Obviously we need grants, additional donations, and financial help to meet our expenses in order to remain financially viable.

Please consider making a donation to Friendly Neighbors so that we can continue to provide critical nutrition services to Moscow area seniors.