

Friendly Neighbors Newsletter

Volume 15 – Issue 1 – January/February 2014

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Moscow Senior Meal Site and Senior Center

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President's Message



First, let me thank you for your support as President. We had a good year in 2013, and I hope, with your continued assistance, to have another good year in 2014.

The main mission of our organization is to feed seniors, and in 2013 we provided a total of 8,855 meals (5,992 at the meal site and 2,863 delivered to homebound seniors). The 2013 total is up from the 8,207 meals we provided in 2012. Please pass the word that we offer home-delivered meals to seniors who qualify through the Area Agency on Aging in Lewiston.

We will be having another free lunch for seniors on Thursday, February 13. Let your friends and neighbors know and invite them to come and enjoy good food and company.

The Board of Directors has approved the purchase of another coffee maker so we don't run out of coffee, especially at our free lunches. If we continue to increase our attendance at lunch, the new coffee maker will come in real handy.

I want to thank Jan Jensen for her three years of service as our secretary. I welcome Helen Sasse as our new secretary and Gloria Brix as our new director.

Bill Terrio, President

Free lunch for seniors (60+) Thursday, February 13



Seniors--come enjoy a free meal on Thursday, February 13 in the Great Room of the 1912 Center. The lunch includes soup, salad bar, dessert bar, and a main course of "Surf 'n Turf" (roast beef and seafood fettuccini).

Milk, coffee, tea, and water are available.

Soup is available at 10:30 AM, salad and dessert bars begin at 11:00 AM, and the lunch main course will be served beginning at 11:30 AM.

Please join us!

Friendly Neighbors 2014 Dues Are Now Due

Friendly Neighbors dues for 2014 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. The blue membership forms for 2014 are available at the meal site sign-in table and in the Senior Center.

Neighbor News

Over the Christmas holiday, **Ellen Roskovich** visited “the kids” in Beaverton, OR.

Lou Stevens is now at home after recovering from a fall. She spent Christmas with her son and his family in Kelso, WA.

Helen Sasse received a mah jongg set from Santa.

Lino Condotta’s son, Marvin, and Marvin’s wife were in Moscow to celebrate Lino’s 92nd birthday.

Ruth Smith spent Christmas with her son Alan.

Nancy Lindhorst spent time with her sons Shawn and Britt over Christmas.

Rolly Reid is moving to Naples, FL at the end of January.

Sandra Baird will be taking a master gardener’s class that runs through the spring. Also taking classes are **Herb Utoff** and **Karon Aronson**. Herb is taking “Jazz Dancing” and “Hip Hop,” while Karon is taking “Zumba.”

Ernie Bunch is no longer taking chemotherapy. He continues to play his harmonica at the meal site.

Harriet Phillip is now living at the Good Sam Village; she welcomes visitors.

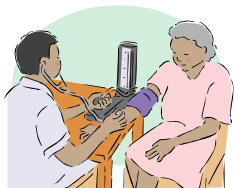
Birthdays:

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

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



Blood Pressure Checks



Every second Tuesday of the month Gritman Medical Center provides a nurse to measure blood pressure at the senior meal site. Come a little early to

the meal site and have your blood pressure tested. Small booklets are provided for you to log the results. Thanks to Gritman for providing this important service!

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:
users.moscow.com/srcenter

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: Mah jongg and bridge lessons

Thursday PM: Bridge

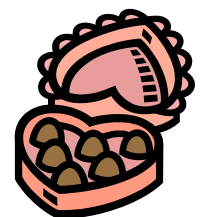
Friday AM: Bingo at 10:00

Fun Facts

More than 36 million heart-shaped boxes of chocolate are sold for Valentine’s Day each year.

Richard Cadbury invented the first Valentine’s Day candy box in the late 1800s.

Teachers will receive the most Valentine’s Day cards, followed by children, mothers, wives, sweethearts and pets.



“Circuit Breaker” Program May Reduce Property Taxes for Seniors

by Patrick Vaughan, Latah County Assessor

Happy New Year! It’s a new year, which means Idaho’s “Circuit Breaker” program application window is now open until April 15th. You can apply in your local County Assessor’s Office.

“Circuit Breaker” is the nickname for Idaho’s program that can reduce property taxes for senior citizens or disabled homeowners who are on a fixed income.

To be eligible a property owner must reside in the home they own as their primary residence, and meet one of the following criteria: must be 65 or older, or a widow or widower, or disabled. If you qualify under any one of these criteria, you can apply.

A sliding scale income test determines if a property owner qualifies for property tax reduction and how much.

If you have the income documentation, the application process can usually be completed in 20 minutes or less. Stop by your friendly Assessor’s Office in the Courthouse, or give us a call at 883-5710 and ask for Cammie Villabol, or email assessor@latah.id.us

We can tell you what documentation you need to bring, or send you a brochure with more information.

Driving an Arthritis-Friendly Vehicle

from Johns Hopkins Health Bookstore
contributed by Karen Davis

Pain, fatigue, reduced joint range of motion, loss of muscle strength -- experiencing any one of these arthritis-related symptoms can make driving a challenging proposition. In fact, according to a recent study in the *American Journal of Occupational Therapy*, many drivers with arthritis report that symptoms affect their ability to perform even the most basic driving maneuvers, such as steering, checking blind spots, reversing and responding to sudden changes.

Fortunately, in most cases, there's no need to give up the car keys if you have arthritis. By purchasing a vehicle with arthritis-friendly features or by making adaptations, you'll be able to maintain your independence without putting your safety or that of others at risk.

Buying a new car. If you are ready to purchase a new vehicle, here are some important arthritis-friendly features to keep in mind:

- Automatic transmission
- Remote key and starter
- Running boards and assist handles on sport utility vehicles and vans
- Adjustable steering wheel (up and down and telescoping)
- Fully adjustable seats (height, distance from pedals, tilt, and lumbar support)
- Adjustable pedals
- Padded steering wheel
- Easy-to-grasp controls within easy reach
- Dashboard-mounted and push-button ignition switch
- Seat belts that are easy to reach, lock and release
- Cruise control
- Easy-to-use door handles
- Easy-to-adjust mirrors and sun visors
- Easy-to-access trunk or rear door
- Shorter turning radius for ease in maneuvering

And don't be afraid to discuss your driving difficulties with your physician or to seek the services of a rehabilitation specialist. Some people with arthritis fear that admitting their physical limitations behind the wheel will ultimately cost them their driver's license.

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“FN-FN” -- Friendly Neighbors Financial News

by Kay Keskinen, Treasurer

Happy New Year! I wanted to update the membership about our finances, especially that we have three accounts designed for different things: nutrition (the meal site), newsletter, and senior center. Funds for the three accounts must be kept separate.

Nutrition. Most of my attention is with the nutrition account, since it is a much larger account than the others--its budget will be just under \$70,000 for 2014. I ensure that money is spent according to the budget prepared by the board, that bills are paid on time, and that all income is deposited and recorded, as directed by our Bylaws.

Newsletter. We print 120 7-8 page bimonthly newsletters, which are distributed at the meal site, available on our web site, and mailed to our county commissioners, Moscow city councilors/mayor, state legislators, and a few others. The newsletter is supported by the donations for the extra bread and produce items that are available at the meal site. Funds are used for ink cartridges (for the computer printers and copier), paper, envelopes, and stamps.

Senior Center. If you step inside the senior center, you will notice these: sofa, desk, end tables, chairs, several card tables with folding chairs, pillows, TV, VCR/DVD player, shelves with books, four computers, three printers, copier, refrigerator, microwave, dishes/utensils, coffee pot, paper towels, coffee, tea, creamer, dish and hand soap, jig saw puzzle table, desk chairs (4 for PCs, 3 for puzzle table), filing cabinets, and more.

All of those items are owned by Friendly Neighbors, either purchased by grants and donations or donated directly to us. We have donation jars to help defray costs for computers, printers, paper/ink used, coffee, tea, towels, supplies, and maintenance. But, unfortunately, we get very few donations to support the expenses of this space.

In 2013 we spent over \$700 just on ink cartridges! We print a lot—menus, newsletters, meal site sign-in forms, flyers, internal documents, and more. Then there are those who print/copy for personal use. But very few of them pay the requested ten cents a page.

Please Donate. As your treasurer, I am happy to accept donations to support the senior center.

Donations are welcome in the form of cash or check, ink cartridges (see me for the cartridge numbers), rolls of paper towels, cans of coffee, creamer, coffee filters (#4), reams of paper, and more.

Take-Out Containers

When I became treasurer in 2008, we were nearly broke and sinking, with not enough money to pay the next month's expenses. The years of 2009 and 2010 were not much better, but we stayed even and in the black. One expense I noticed was one that the meal site attendees could help with—take-out containers. During our “lean” years, whenever I saw a styrofoam food container go out the door I saw dollar signs, money that could be better spent.



In those days Friendly Neighbors spent approximately \$2,250 on food containers in a year. As treasurer, I wanted to spend our money more wisely. So we began the dollar donation take-out program, where for a dollar you could have a three-compartment plastic container with a lid to use for take-out food (and use at home). That program was a big hit! The next year our expenses for food containers dropped to \$1,308. Now that I have tallied our expenses for 2013, I am even more impressed--last year we spent only \$980 on food containers (including for home delivery clients).

So, thank you all for allowing the board to spend your money on items other than food containers. Please continue to use your own food containers when possible. The plastic containers are still available for a dollar at the meal site sign-in desk.

AARP Tax-Aide Program

Volunteers with AARP Foundation/Tax-Aide Program will be available to prepare tax returns free of charge at the 1912 Center in Moscow Wednesdays and Fridays beginning February 5 and continuing through April 11. Hours are 9:30 a.m. to 2 p.m. No appointment is necessary, first-come, first-served. Do expect some waiting.

The AARP Tax-Aide volunteers prepare returns for low to middle income taxpayers of all ages, with emphasis on those who are age 60 and older.

Contact Randy Baukol at (208) 882-5406 or by e-mail rvbaukol@gmail.com for additional information.

“New Year’s Resolutions”

by Kali Gardiner, RD
 U of I Extension Nutrition Program
 Taken from the January 2014
 “Senior Nutrition News”

Another year has started and with it come New Year’s resolutions. To make this year different here are some tips to help you keep your New Year’s resolutions.



14 Health Tips for 2014

- **Eat breakfast.** The best way to start your morning and the new year is with a healthy breakfast.
- **Make half your plate fruits and veggies.** Fruits and veggies add color to your plate plus vitamins and minerals.
- **Watch portion sizes.** Use measuring cups to measure out food.
- **Be active.** Take a walk around the block or walk around your house every day. Start a new activity like yoga or water aerobics.
- **Fix healthy snacks.** Try low fat cheese and crackers or low fat yogurt with fruit.
- **Get to know food labels.** Look at food labels on items before you buy them at grocery stores.
- **Follow food safety guidelines.** Make sure not to cross-contaminate between raw meats and vegetables.
- **Get cooking.** Try out some new recipes.
- **Dine out without hurting your goals.** Plan ahead. Choose carefully and ask questions.
- **Drink more water!** Have a water bottle at your side so you drink more during the day.
- **Schedule regular checkups.** It is important to see your doctor annually.
- **Participate in cognitive health activities.** Start a language class, book club, or play brain games.
- **Make your home safer.** Make sure that there are no cords to trip over, that you have good lighting, and that rugs’ edges are taped down so you don’t trip over them.
- **Smile!** Try to stay positive throughout the year.

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## Haiku

by Jeanette Talbott

(Haiku is an informal type of linked verse written in seventeen syllables)

Sweet Slumber we need  
 But three o’clock awakening  
 Makes night seem long

I just had my purse  
 Where is it now in hiding?  
 My patience leaves me!

Shut your eyes and think  
 When was that doc’s appointment?  
 Yesterday – Oh! No!

The needle refuses thread  
 How can I darn my holey sock  
 Finally persistence pays

Men talk about farming  
 Now women do likewise  
 A new partnership

Thursday night potluck  
 A gathering of congenial kin  
 Calls for rhubarb pie

# Funny Pages

## NUDITY

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mom, that lady isn't wearing a seat belt!"

## OPINIONS

On the first day of school, a first-grader handed his teacher a note from his mother. It read, "The opinions expressed by this child are not necessarily those of his parents..."

## KETCHUP

A woman was trying hard to get the ketchup out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "Mommy can't come to the phone to talk to you right now, she's hitting the bottle."



## POLICE # 1

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, "Are you a cop?" "Yes," I answered and continued writing the report. "My mother said if I ever needed help I should ask the police. Is that right?" "Yes, that's right," I told her. "Well, then," she said as she extended her foot toward me, "would you please tie my shoe?"

## POLICE #2



It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. "Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"

## ELDERLY

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

## DRESS-UP

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" "You know that it always gives you a headache the next morning."

## DEATH

While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers, and with sonorous dignity intoned his version of what he thought his father always said: "Glory be unto the Father, and unto the Son, and into the hole he goes."

## BIBLE

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. "Mama, look what I found," the boy called out. "What have you got there, dear?" With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

## In Memorium



Everett Flint passed away on December 22 at Gritman Medical Center in Moscow. Born in Grangeville on October 5, 1932, Everett had a long career as a groundskeeper at UI. He and his wife Margaret have been active members of Friendly Neighbors for many years.

PAID ADVERTISEMENT

*Reduced Monthly Rates*  
at  
Fairview Village Estates apartments.  
Please call for more information.  
**Call 882-9809 for more information.**

 Good Samaritan Society  
Moscow

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



## Upcoming Events

\*Free Dementia series by Circles of Caring Adult Day Health and Inland NW Alzheimer's Association, all held from 9:30-11:30 am:

- Feb. 12 "Middle Stage Caregiving"
- Mar. 12 "Taking Care of Yourself as a Caregiver"

\*University of Idaho Extension "Lunch & Learn" series, free, Gritman Federal Building, all held from noon to 1 pm

Personal Finances:

- Feb. 4 "Responsible Couponing"

Personal Well-Being:

- Feb. 18 "Time Management"
- Mar. 4 "Stress & Finances"
- Mar. 18 "Feeding Your Body"

Future series include "Personal Life Planning" and "Personal & Professional Leadership."

Friday, March 21: The Latah AARP chapter meets at the University Inn in Moscow. Lunch is at 11:30 AM, program is at noon.

\*More details about these events, along with the current issues of the Roadrunners, Latah AARP, and My Own Home newsletters (and more), are posted on the Moscow Senior Center bulletin board.

## Winter Oneness

by Glenda Hawley



As the wind searches for a place to pile high the drifts of snow, it sets free one crumpled maple leaf that toboggans crazily across the sparkling sea of white. Focusing on this winter scene, my mind merges into oneness with this wondrous winter day.

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.