

# Friendly Neighbors News Letter

Volume 5 ~ Issue 4

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~ Duane LeTourneau, Dorothy Nichols, Mike Linderman,  
Ida Pepe, Bette Mitchell, Clara Dockter, Kay Keskinen, Louise Fye

**Dear Friendly Neighbors,**

The **Board of Directors** reviewed our first 6 months of operation at their regular meeting on Tuesday, July 27. During the period from January 1 to June 30, we served or delivered **4,390** congregate (1912 Center) and home delivered meals to seniors (those over age 60). If we continue at this pace for the remainder of the year, we will surpass the totals of meals served in 2003. The board review also showed that we continue to operate in line with the budget adopted at our January meeting. In addition, **Lou Stevens**, chair of the **Membership Committee**, reported that, as of July 1, **151** individuals had paid **Friendly Neighbors** dues.

In early April those attending the meal site and those receiving home delivered meals were asked to complete **Satisfaction Surveys** that were then forwarded to the **Senior Nutrition Program (SNP)** at **Lewis-Clark State College**. We recently received summary sheets compiled from these forms. The results of both surveys were reviewed by the board at the July 27 meeting.

While the summary sheets of the **Satisfaction Surveys** will be made available to all who attend the meal site or receive home delivered meals, I would like to highlight some of the results. I am pleased to report that there was a high degree of satisfaction in almost every category for both surveys.

I was especially pleased that

Our role as **Friendly Neighbors**. Many indicated that reasons for attending the meal site included items such as "Enjoy the people", "For the fellowship", "Meet friends there", and "Go to meet people". There was also a high degree (94%) of satisfaction with the meals served at the site and 99% of those responding felt that the suggested donation is a good value for food and services delivered. My thanks to the staff and the **MANY** volunteers who helped make these results possible.

I am sorry to report that **Max Gash**, our excellent assistant cook, is leaving the area shortly. His last day with us will be Thursday, August 5. **Max** is headed to **Bethlehem, PA**, to apprentice with the **Touchstone Theatre Company** for 9 months. In his words, "The apprenticeship involves a lot of outreach into the community, building ensemble theatre, performing, and finally creating my own solo show". **Max** has been a joy to know and work with. We will miss his sense of humor and smile that has brightened the kitchen area for the past several months. Join me in wishing **Max** God Speed and All the Best in his future endeavors!

I am pleased by the way that attendance has held up this summer. It's a good time of the year to meet friends in a cool environment and enjoy a meal together. And, in case you haven't realized it as yet, **Moscow** will be back in business shortly. Classes at the **University of Idaho** begin on Monday,

August 23. That means that vehicles of all kinds will be rolling into town in the next few weeks. Enjoy the summer while it lasts!

Please contact me if you have comments, questions, or suggestions about the operation of the **meal site**. And don't forget the **Suggestion Box** if you want to let me or someone else know of a concern.

Sincerely,  
**Duane LeTourneau**

### Our Honored Neighbor

#### Dorothy Roberts

By: Vivian Hofmann



**Dorothy Roberts** was born and raised in **Minnesota**. She was an elementary school teacher in **Minnesota** and **Washington**.

In 1949 she married **Boyd Roberts** and they made their home in **Moscow**. They had two children, **Kristin**, who lives out of **Nampa, Idaho**, and **Greg** who lives in **Dallas, Texas**. **Dorothy** has two granddaughters and a grandson.

**Boyd** and **Dorothy** had a 5<sup>th</sup>-Wheel trailer and did a lot of camping on the **St. Joe** and the **Clearwater Rivers**.

**Dorothy** and **Boyd** moved to **Good Samaritan Village** in 1996. **Boyd** passed away in 1997.

**Dorothy** continues to live in her duplex by **Hordeman Pond**. Volunteering at **Gritman Hospital** keeps her busy.

**Dorothy** enjoys the meals and seeing and visiting her friends at the **Friendly Neighbors** luncheons.

### Computer Assistance

By: Kay Keskinen

In addition to the computer assistance offered Monday mornings at the **Moscow Senior Center**, since June 9th help has been available also on Wednesday afternoons from 1 - 3 PM. Because Monday mornings

were getting busy, students were waiting in line for assistance or to get on the Internet, **Doris and Kay** added to their schedule the additional time slot to assist seniors who couldn't always come in to the **Senior Center** on Monday mornings. Their assistance is not formal classes, but rather they assist seniors with whatever specific questions they have or guidance they request. Some of the types of help they have provided are with e-mail, word processing, editing tools such as cut-and-paste, saving documents to a hard drive or a floppy disk, the Internet, how to search the Internet with various search engines, helping with spreadsheets (such as **Excel**), and more. In addition, for those seniors who are concerned about **viruses or spy ware**, **Doris and Kay** can help seniors find good free software such as **AVG** and **Ad Aware** to help protect personal computers.

**First Step Internet of Moscow** provides a free Internet dial up account for the Senior Center as well as storage space for a web page for the Senior Center. As much as this is appreciated, the computers in the Senior Center are too busy for just one dial up account. **The City of Moscow** is working on another way to speed up access to the **Internet** for the computers in the **Senior Center**.

We are hopeful that by this **Fall** not only can more computers access the **Internet** at one time, their **Internet connections** will be much faster. We will keep you informed as progress is being made on the Internet access.

The assistance provided by **Doris and Kay** is for senior citizens only. They are available to help with specific questions or to talk in general about computers; or stop by the **Senior Center** to have a cup of coffee. Even if you've never touched a **computer**, if you want to learn, stop by and they can give you a demonstration of some of the things for which you might want to use a computer. Their help is free, part of the **RSVP** program, but donations are welcome to support the costs of the computers (such as for the printers which always seem to need more ink).

### Entertainment News

By: Bette Mitchell

The following Friendly Neighbors entertained at an impromptu Sing-A-Long on June 20, 2004. The fun-filled activity prompted a suggestion that we do this once each month.

#### Participating were:

**Betty Gibb & Jim Maley**

**Irma & Ralph Zeigler**

**Julia Rogers**

**Lou Stephens**

**Margie Sage**

**Chuck Walton**

**Karen Davis**

**Bette Mitchell**

**With Bill Mitchell at the piano.**

Shall we dub ourselves 'The Singing, Swinging Seniors'?

### Fun & Entertainment in the Moscow Senior Center

#### Like to play pinochle?

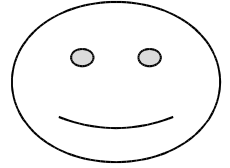
By: Ida Pepe

Why don't you join us every Tuesday from 1:00 to 3:30 p. m. at the **Moscow Senior Center** after the **Friendly Neighbors** meal? Have lots of fun, make new friends and for a relaxing afternoon, we have:

**'air conditioning'.**

See **Al Pepe** or **Bob Leonard** for particulars.

Happiness is "a friendly game  
of cards among friends"



#### Jig Saw Mania

#### Puzzle, Puzzles and still More Puzzles

By: Mike Linderman

We have a **puzzle** in progress at all times. We have a large supply of **puzzles** on hand, something for everybody. **Puzzles** with from 500 to 1000 pieces. We also have **puzzles** on hand for people to borrow and take home to put together. Then they may be returned when they are finished.

Since we have a **puzzle** going together at all times, people come along; put a piece or two in place and go on their way. At times there are several people standing around helping others to put in pieces and just visiting around the **puzzle** table.

Almost every morning **Mike and Bernita Linderman** are working on a **puzzle**. They can complete a **puzzle** every three weeks, more or less, depending on the size and complexity of the picture. Some are very easy; some are very hard; some are just so, so.

**Puzzles** come with many different scenes and objects. Many natural pictures from around the world are included. People stop to look, commenting they have been there, or they know the place where the picture was taken and made into a cut **puzzle**. Most are real places around the world: mountains, harbors, lighthouses and places of interest. Some are pictures painted by famous artists; for instance **Norman Rockwell** and many other artists.

Stop by and let the '**Puzzle Fever**' strike you. It is never fatal, but extremely contagious. It is a good way to spend a few minutes to hours putting **jigsaw puzzles** together. It is a good place to sit and visit

over a **puzzle** and enjoy the company along with a cup of coffee or tea. See you there.

**WARNING:** It is habit forming. It is a very good way to enjoy good company and also relieve stress; a place to unwind. Although ‘**Puzzle Fever**’ is extremely addictive, it is never fatal.

Come on in to the **Moscow Senior Center** and join your friends, working on **puzzles** and discussing old time story telling, or even politics up to a certain point.

See You Soon ~ **Mike Linderman**

### Support Group for Blindness & Diabetes

By: **Clara Dockter**

The **Support Group** meets every Wednesday except the 2<sup>nd</sup> Wednesday, at 10:30 a. m. in the **Moscow Senior Center**. We have speakers and advisers, and **Dr. Stephen Hunter** is with us on the 3<sup>rd</sup> Wednesday of each month.

All are welcome to come to any of our meetings. August 25, 2004, we have a group from **Russia** who will be with us and will be working with the **Seniors** to help them and especially the sight impaired. They are also students at the University of Idaho.

### BINGO ~ A Poem ~ by Bette Mitchell

Come one; come all

We'll have a **Ball**

At Friday morning **Bingo Bash**

It doesn't take a lot of cash

Two dollars in the basket will

Take care of **Bingo**; called by **Bill**

**Bette** serves coffee, cookies and

Whatever else she has on hand

Are you wanting something fun to do

On **Friday** mornings don't feel down

Hop in your car and come to town

Get ready, set and then begin

To come and play; perhaps you'll win!

### Bridge – a Mind Stretcher

By: **Dorothy Nichols**

I learned to play **bridge** in college and continued it with friends for a couple of years, but then let it drop in favor of many other occupations and activities, just as many people did.

There is new interest in **bridge** these days, especially among seniors, because it is a wonderful activity to exercise your mind while you are socializing with compatible people. I was even happy to read that a junior high school teacher was using **bridge** to stimulate the skills of the students in her math class.

Many people played **bridge** “many years ago,” and some of them are rediscovering the joy and stimulation of the game. They hesitate to just start playing again, so a “**brush up**” course in **bridge** is a good re-entry for them.

Two years ago we set up beginning **bridge** lessons in the **Moscow Senior Center**, and this year we have an **Intermediate Bridge** class on Friday afternoons for those who want to upgrade their **bridge** skills. Talented **Lee Richardson**, who has umpteen **bridge Master Points** and even wrote a book on the game, teaches the class. I play with a **bridge** foursome on Tuesday afternoons in the **Moscow Senior Center**, and I organize tables of four advanced **bridge** players to play on Thursday afternoons there. For information on any of these groups contact me, **Dorothy Nichols, 882-6784**.

In addition there is a **Senior Citizens bridge and pinochle** group that plays on Saturday afternoons at the **Latah County Fairgrounds** building.

If you are interested in playing there, call **Ruth Hoffman**, who will set up the **bridge** tables in September, at **883-1135**.

Two other **bridge** opportunities are available in **Moscow**. **Library Bridge** is a fundraiser for the library in which couples arrange to play at each other's houses. It's a great way to meet others, especially for newcomers to town. For further information call **Dorothy Burlison, 882-3891** or **Shirley Bikki, 882-1696**.

A duplicate **bridge** group meets at **Stookey's Feed and Garden** store, 211 West D Street on Tuesday evenings, 7:15 to about 10:30. **Pete Pluhta, 334-3245** said that couples or even singles are welcome to come and play with them.

So you can see that anyone who wants to play **bridge** has a lot of opportunities to do so in **Moscow**.

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### Classic Movies in the Afternoon

By: Louise Fye

On Wednesday afternoons from 12:30 p.m. until 4 p.m., **Louise Fye** is **RSVP** volunteer in charge of the **Moscow Senior Center**. She has many *Classic Hollywood Movies* to show and share with any and all who are interested in such cultural entertainment when movies were made so differently than they are today.

Other Wednesday afternoons the **Soaring Eagles Camping Club** meets in the **Center** for lunch, a meeting, and card playing afterwards. Join **Louise** there and enjoy movies and discussing the art of camping.

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### A Poem by: Vern Pelton

#### Are You Lonesome Tonight?

Are you lonesome tonight, does your tummy feel tight?

Are you taking Mylanta and Tums?

Does your memory stray to that past summer day,

When you had all your teeth and good gums?

Is your hair getting thinner, are your eyes growing dim?

It's hysterectomy for her and prostate for him.

Does you back give you pain and your knees predict

rain? Tell me dear, are you lonesome tonight?

Is your blood pressure up or you cholesterol down?

Are you eating your low fat cuisine?

And all that oat bran and fruit, Metamucil to boot.

To keep you going like a well oiled machine.

If it's hockey or baseball—he sure knows the score,

Yeah – he knows were it's at, but forgets what it's for.

Well, you gall bladder's gone and his gout lingers on.

When you're hungry ` he's not, if you feel cold, he feels hot.

When you turn out the light, he turns left, you turn right,

And you're treated to a symphonic snore.

He once was so romantic, witty and smart.

How'd he turn out to be such a cranky sort.

So, don't' take any bets, this is as good as it gets.

Tell me Dear, are you lonesome tonight?

## Moscow Senior Center

### Web Page

#### **Moscow Senior Center's Web Page**

By: **Kay Keskinen**, can be accessed at:  
**users.moscow.com/srcenter**

There are copies of the **Friendly Neighbors Newsletters** for the past six issues available on this Internet site. If you missed an issue and want to catch up, you can read it there, or you can print a copy for yourself.

The **Newsletter** is in **PDF format** and easily read and printed.

**Kay Keskinen** is available on line at:  
**users.moscow.com/srcenter**.

There you will also find a current copy of the ***Friendly Neighbors News Letter*** covering the preceding six issues. These are in **PDF format** and easily read or copied if you are interested in a copy of a back issue.