

Friendly Neighbors' Newsletter

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President's Message

By: Bob Newbre

On Tuesday, July 11, I was looking around the **Great Room** and noting the light attendance, I wondered where everybody was. I thought it might be an interesting thing to know. I couldn't very well ask those who weren't there where they had gone, but I did ask ***Dorothy*** to go around surveying folks about their vacation plans. Here are the responses from those who were in attendance on that day. It gives a sample of where we seniors have been or are going.

- ***Glenda Hawley*** took a seven day-cruise in May to **Alaska** and **Glacier Bay**. (**Alaska** is lovely at this time of the year -- a lot better than **Phoenix** where the temperature is in the 110's at this writing.)

- ***Karen Davis*** took a beadwork cruise in Mexico in June.

- ***Ralph and Norma Johnson*** are going to Colorado for seven days. One hundred and forty-eight people are gathering at the homestead to celebrate the grandparents' anniversary. (That's almost enough people to start their own town.)

- ***Helen Dewey*** is taking a 25 day railroad trip to Alaska. Yes, they still have Pullmans, dining cars and lounge cars on certain lines. That really brings back old memories. (At least the coal burning engines and cars with open windows are gone.)

- ***Jim Dunn*** is going to **Santa Clara, California** to visit his daughter's family. **Santa Clara's** claim to fame is that it had one of the 21 missions founded by the **Franciscans** in the 1700's. It is located on the campus of the **University of Santa Clara** where it features the Mission Church (still in use and the mission gardens still in use).

- ***Edna Holbrook*** is flying to Alaska for a 9 day visit with her son.

Tammy Lauting is also flying to **Alaska**. She will vacation in **Anchorage** where she will visit with her parents.

(**Alaska** seems to be the most popular destination in this sampling. We've had people go by boat, rail and air. Nobody driving? – Aw, leave that for the college kids.)

- ***Peggy Benson*** (brave soul) is going camping along the **Palouse River** and the **Plains Campground**. (My idea of camping these days is a stay at a **Best Western**.)

- ***Dorothy Nichols and Bob Newbre*** went to **Orlando, Florida** for a week in May. We collected State Quarters minted in **Philadelphia** for a friend who is collecting the sets of quarters from both the **Philadelphia** and the **Denver** mints. We also went to **Puerto Valareta, Mexico** for a week in June where we vacationed with the daughter and son -in-law. (I might add that **Bob** won the **Tarzan** contest vying against

three athletic young men. The young men thought it was a contest of strength; I knew it was a contest of comedy. (My prize was a bottle of **tequila** and a **t-shirt** with the resort logo.)

- ***Marshal Johnson and Opal Richardson*** are taking a trip with the **Idaho Roadrunners** to Montana and **Yellowstone** in August. That trip includes leisurely crossing the **Rockies** via Hwy12 out of **Lewiston** and spending 3 days in **Yellowstone**.

- I know this because ***Dorothy*** and ***I*** are also taking the same trip on the same **Roadrunner** bus.

- ***Doreen Steenburg*** is going to St Paul, Minnesota for her 60th high school reunion. She also has a trip to Olympia, Washington for a niece's wedding and a visit with her daughter.

- ***Francis Kalin*** will be attending a church camp at Fairlake 25 miles from Spokane.

- ***Bill and Bette Mitchell*** go to **Coeur d'Alene** every month.

- ***Oliver and Grace Pratt*** are in the Midwest for Ollie's class reunion. (Although they weren't here on July 11th to tell us about it.)

- Also, ***Bob and Lois Leonard*** and her sister ***Carol Smith*** are off to **Edwards, Washington** (near **Seattle**) for a family reunion in **Gig Harbor**.

- ***Jim and Betty Maley*** are taking the inside passage cruise to **Alaska**. When they get to **Anchorage**, they'll board a train for a trip to **Fairbanks**.

- A lot of trips involve visiting family. ***Ted and Jane Leidenfrost*** did it the other way around. They had their family visiting them here in **Moscow**. Some of their family members came from as far away as **Africa**.

(Did you know that, of the 7 continents, **Africa** has the most countries. Fifty nations call **Africa** their home continent. Nobody calls **Antarctica** their home continent except the **penguins**.)

So this is why the meal site is fairly lightly attended these days. It is also why we pray for those who are traveling -- we want them all back.

The Importance Of Walking!!! To Cheer Up Your Day.

- **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 \$5000 per month**
- **My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where she is.**
- **The only reason I would take up exercising is so that I could hear heavy breathing again.**
- **I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.**
- **I have to exercise early in the morning before my brain figures out what I'm doing.**
- **I like long walks, especially when they are taken by people who annoy me.**
- **The advantage of exercising every day is that you die healthier.**
- **If you are going to try cross-country skiing, start with a small country.**
- **.....And last but not least:
You could run this over to your friends but why not just e-mail it to them.**

Computer Corner Moves into 21st Century

The **Computer Corner** in the **Moscow Senior Center** has now moved into the 21st century with a recent donation of two brand new **Gateway emachines PCs** and matching color printers. Thanks to the generous donors **Dr. Ron and Onie Crawford**, son and daughter-in-law of RSVP volunteer **Doris Norman**, seniors who come in to the **Senior Center** now have their choices of computers that have current technology and software. We are very grateful to the **Crawfords** for their support. **Thank you, Onie and Ron!** This **Senior Center** may well be the only wireless senior center "hotspot" in the country for seniors to be able to access the internet and receive assistance to use the technology. If you'd like to "test drive" these new PCs, stop by the center when **Doris** and **Kay** are there to help: **Monday mornings until noon and Wednesday afternoons from 1-3 PM.** All assistance is free, donations are welcomed to support the center, and the coffee pot or tea pot is usually on as well.

First Step Internet donates space for the **Senior Center web site**, which can be found at <http://users.moscow.com/srcenter> The web site has the **meal site lunch menus**, **chart of weekly activities** at the center, information about the bus to the **Coeur d'Alene casino**, the recent issues of the **Friendly Neighbors Newsletters**, and more.

Don't be a senior left off the Internet **Superhighway!** -Kay Keskinen

Businesses that Support Seniors

- **Jeff Bollinger of Edward Jones Investments** at the **Eastside Marketplace in Moscow** donates the coffee for the **Moscow Senior Center**. We appreciate their support. The yellow cards placed

around the center have more information about **Jeff's** services.

- **Harry Ritchies Jewelers** in the **Palouse Mall of Moscow** provides a service for seniors; they replace watch batteries for seniors for free. Think of them when you need a "**good time.**"

- If you know of other area businesses that support seniors, please share that information with the **Friendly Neighbors** newsletter editor so that we can announce their services in future newsletter.

- **Good Samaritan Village & Fairview Estates** also contribute by placing an ad and helping with the black and white coping and compiling the **Newsletter**.

Moscow Senior Center Computer Corner

By: **Kathy Wright**

For several months, **Brain Isabelle** and I have been going to the **Moscow Senior Center** so I could learn more about how to use computers. **Brian** is a case Worker employed with **Susan Call's Case Management**. He knows most everything about computer usage. **Kay Keskinen** and **Doris Norman** (volunteers at the **Computer Corner** in the **Moscow Senior Center**) are "computer pros". They are both very friendly and helpful. It is wonderful to have the donated computers available at the **Moscow Senior Center for Senior Citizens** to use and or learn how to use. **Kay** and **Doris** are great to give their time and knowledge to help any **Senior Citizen** who is interested in learning about computers. **Seniors** who already know computer usage are also glad (I'm sure) to have the donated computers available in the **Computer Corner** of the **Moscow Senior Center**.



Ginger ten Bensel

Ginger ten Bensel, niece of **Friendly Neighbors** member **Velma Crader**, joyfully entertained the attendants at the **Friendly Neighbors' Meal Site** in June 20, 2006. She sang many songs of days gone by and new songs of the day. **Ginger** visited from her home state of **Nebraska**. She also lived in **Nashville, Tennessee**. She is a songwriter and singer, a former **Miss Rodeo Nebraska**, and has been the opening act for some of the top recording acts in the nation from **Clint Black to Chuck Berry to LeRoy Parnell** just to name a few. **Ginger** wrote the melody and lyrics for a new **Nebraska State Song**. To visit a web site on your computer and hear her sing:

I Love Nebraska just click to:

www.khastv.com Scroll to the bottom of the page and find her picture and click. To visit **Ginger's** personal home page go to: www.gingertenbensel.com.



Talk About Entertainment

Here we have **Lou Stevens, Mary Ann Moser, Bette Mitchell, Marge Sage, Clara Dockter, Barbara Mullins, and Bill Mitchell**. This group (along with other **Friendly Neighbors**) enjoys entertaining the crowd with songs and music from various sources several times monthly.



Friendly Neighbor, Ned Cantrell displays cherries which were picked at **Nelson Orchards** near **Troy, ID** on a recent outing with the **Good Sam Village** traveling group.

Attention Seniors
Construction has Started!
Moscow's newest Senior Living Community
Unique range of Senior friendly features, services & amenities
34 personalized Senior Living Twin homes



For more info: **208.882.9809**
208.882.6560

Greetings Friendly Neighbors!

Have we told you lately how much we appreciate your volunteer organization and all you do for the **Moscow** community?

Because of the **Friendly Neighbors**, many **Moscow seniors** are now able to enjoy a nutritious meal served in a lovely facility with caring and lively friends. Thank you for your service to **Moscow** and for being members of the **Retired and Senior Volunteer Program (RSVP)**.

Perhaps you may wonder what the advantages *are* of being a member of **RSVP**. Volunteering through **RSVP** gives you:
An opportunity to do something different.

- A chance to learn a new skill if you so desire, and an opportunity to continue your participation in community activities as a most needed and wanted person.
- Partial reimbursement for transportation costs
- Accident and liability insurance coverage while you volunteer
- Being part of a *national* volunteer organization!

And by allowing us to collect your **volunteer hours** we are able to give your non-profit work stations reports that can then be utilized in applying for federal, state and private grants that can “keep them going.” Volunteer hours are indications (to public and private funders) that a particular agency is worthy of financial support. So please – be sure that all hours are reported.

Last year, **56 Moscow RSVP members** volunteered **18,417 hours** in your community. During that time frame, **31 RSVP members** working through the **Friendly Neighbors** work station reported **4,194 hours!** Volunteers worked as board members, at the meal site, and delivered meals to the homebound.

Other work stations in **Moscow** include **Good Samaritan Village, Gritman Hospital and Gritman Adult Day Care, Latah Health Services, City of Moscow, Latah County Historical Society, and area public schools.**

There are several current volunteer opportunities available:

1912 Building Host/Hostess – Wednesdays and Fridays from 12:30 to 4:00 (Show off this great building to the public and refer reservation requests to the **Parks and Recreation Department**)

Drivers – Take folks to medical appointments, grocery shopping, and to other services that enable them to continue living independently.

Project Warm-Up – Knit or crochet lap robes, blankets, hats, mittens, scarves, etc. for children and adults in need. We will purchase the yarn for you if there are 5 people interested in this project!

RSVP Office Volunteer
Tuesdays and Thursdays from 10:00 to 2:00. Act as liaison for **RSVP** activities in **Moscow**. Duties include filling transportation requests (complex paperwork involved), filling special event requests, answering the phone, meeting and greeting the public, using the computer, attending the **Friendly Neighbors** meetings.

Please call **1-888-546-7787** to sign up for one of these important positions or for more information. We hope to have a volunteer staffing the **RSVP** office at the **1912 Building** on Tuesdays and Thursdays very soon. **Rick Williams**, the **Americorps VISTA** member, who has been filling that spot, has been deployed to New Hampshire to assist the flood victims there.

Thank you for all you do! You are each a blessing to your community.

Barbara R. Bush, Director, WA-ID Volunteer Center (sponsor of RSVP)