

Friendly Neighbors Newsletter

Volume 9 – Issue 4 – July/August 2009

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Reporter – Kay Keskinen

Moscow Senior Meal Site & Senior Center

Web Page: <http://users.moscow.com/srcenter> – email: friendly.neighbors@yahoo.com



County Commissioner Jennifer Barrett, Friendly Neighbors President Leonard Johnson, and Moscow Mayor Nancy Chaney at the June 24 RSVP Awards

President's Message

Leonard Johnson

Summer is here, seriously, and we're half-way through 2009. Our meal site operation is progressing quite smoothly, with the helping hands of many willing volunteers.

Overall, we are operating within our overall budget. Doris and Kay, our co-secretary/treasurer team, do an excellent job of preparing accurate reports on the number of meals served in the designated categories and submitting them in a proper and timely manner to the Community Action Partnership office at Lewiston. The careful work of the ladies at the sign-in table is also vitally important in this regard.

However, our patronage numbers are declining. Surely there are many residents age 60 and older in the Moscow area community who could benefit from participation in our twice-weekly meal service, as well as activities of the Senior Center. Invite your friends to visit, to enjoy our meals, to become members and add to the enjoyment of our gatherings.

Our lower level food storage facility has been very much improved, with new metal shelves installed as required by our district public health inspector, and a general cleaning up and removal of trash. In this we were aided materially by our landlord, the Heart of the Arts, Inc. At the request of Director Jenny Sheneman they also purchased two units of steel shelving and made them available for our use. Many thanks are due our head cook, Mike Linderman, for the extra hours of voluntary work he contributed to get this job done.

A new refrigerator has been obtained for the Senior Center, a donated gift made easier by a generous price reduction offered by Don Frei, manager of the Howard Hughes appliance store.

Our Board of Directors has approved a statement of purpose and procedure for a Menu Review and Nutrition Committee. This committee, by meeting with our head cook in connection with his quarterly preparation of meal menus, will provide a channel of communication through which Friendly Neighbors members and meal site patrons can offer comments and suggestions, anonymously if desired ---- even complaints, if any (perish the thought) ---- regarding the meals being served; their content, how they are prepared and served, et cetera. Comments and suggestions may be submitted through a "Suggestion Box" that continues to be available, placed on a table at the back of our dining room.

Moscow Event Honors RSVP Volunteers

The many Moscow area RSVP (Retired Senior Volunteer Program) workers were honored for their years and accumulated hours of service at the 1912 Center Great Room on Wednesday, June 24, 2009. Staff from the WA ID Volunteer Center in Lewiston arranged the awards event and served the guests pie and ice cream.

Volunteer Coordinators Adrienne Bennett and Marilyn Kurdy presented the following awards:

15 years of service: Leonard C. Johnson, Alfred Pepe, Ida Pepe, and Marjorie Anderson

10 years of service: Evelyn Grassl, Harold Grassl, Bernita Linderman, Bud McGraw, Dorothy Nichols, Oliver Pratt, Anita Walser, Eleanor Olesen, and William Olesen

5 years of service: Leslie Coleman, Kay Keskinen, Bob Newbre, Barbara Townsend, and Ed Townsend.



Mary Ann Moser received the President's Call to Service Award for reaching 4,000 hours of volunteering. That award comes with a letter from the US President, a certificate, and a medal. (See photo at left)

Latah County Commissioner Jennifer Barrett and Moscow Mayor Nancy Chaney were also in attendance. Adrienne presented Mayor Chaney with a "check" for the value of the 24,677.75 hours of service the RSVP volunteers gave Moscow organizations in 2008. The "check" amount was for \$499,432.17!

Moscow Volunteer Medals at North Idaho Senior Games



In June of each year, Lewiston hosts the North Idaho Senior Games, a variety of sports activities for seniors 50 years and older. This past June Moscow Friendly Neighbor and RSVP volunteer Kay Keskinen participated in the horseshoe singles event and won a gold medal for her age group along with being the overall winner of the horseshoe pitchers. Keskinen noted that she pitched against people from Idaho, Washington, and Oregon, and she encourages other seniors to participate next year. Besides

horseshoes, other sports include a run/walk, bowling, archery, cycling, golf, pickleball, tennis, and more.

HELP FOR MEDICARE BENEFICIARIES!

By Tonya Steele

Each state around the country has a Senior Health Insurance Program (SHIP) office. The office in Idaho is called **SHIBA** which stands for Senior Health Insurance Benefits Advisors. And that is exactly what we do! We help people with Medicare questions and issues that come up from time-to-time. SHIBA provides **FREE** and **fair** advice that **simplifies the choices** for **Medicare** coverage. SHIBA counselors can help explain the difference between Medicare Advantage Plans and Medicare Supplements as well as how Medicare drug coverage works with all of these programs. We also can help you to find programs that will help you to pay for Medicare.

For instance: If you have Medicare, you may be able to **Spend Less** and **Save More** on your **premiums** and **prescriptions**. If your income is less than \$1821/ month (couple) or \$1353/month (single) you may be able to get **Extra Help**. If your income is less than \$1639/month (couple) \$1218/month (single) than you may be able to get a **Medicare Savings Program**. For more information or a confidential appointment call: Regional SHIBA Office: 800-488-5725

Belated Celebration

Mary Ann, Bette and Doris
Are December birthday Gals,
So we're having special day for us
To just educate all our 'Pals'
Regarding what we want to mention
Just in case nobody knows
Our lack of desired attention
With close to those Holiday shows
Disturbs us because we're neglected
Well that's how we fell, but alas!
You know now so you are expected
To not let our special days pass
Without any sign of just caring
To just say 'hello' or 'congrat'
Cause friendship is reason for sharing
It's reason's as simple as that!
So from now on do remember
We have birthdays in December!
Mary Ann – Dec.25th
Bette – Dec 26th

Doris – Dec 29th – When is yours?
Bette the Bard {06-01-'09}

Moscow Senior Meal Site
412 East Third Street

1912 Center – Plaza Great Room
Noon Meal for Seniors
On Tuesdays and Thursdays

Salad Bar Served and Dessert Bar
Served – 11:30 A.M.
Dinner Served – 12:00 Noon

Senior Donation: \$4.00 per person
Under 60 welcome, too: \$6.00

Stop in and enjoy a delicious meal
and fellowship with many friends.

Harriet Phillips and Virginia Hayes



Friendly Neighbors' Senior Meal Site once again met at the Fairgrounds for the meals of July 14 and 16. Meanwhile, back at the 1912 Center, the Great Room's beautiful flooring received a needed refurbishing. Both meals at the Fairgrounds were excellent and enjoyed by all those in attendance.

Above is an overview of people who had begun to sign in with the 'Donation Ladies' in attendance.



Tammy Lanting, having had recent treatment for breast cancer, wishes to let all know that she is making good recovery and is pleased that her hair is growing again. She thanks everyone for their prayers and caring thoughts during this episode in her life.



BINGO! On Friday mornings – 10:00 am – Moscow Senior Center – 1912 Center is one of the more popular of weekly events sponsored for Friendly Neighbors and guests. Drop by and join this fascinating group of gamers!!






Sisters: **Kate & Grace Saunders** entertained with guitar and singing folk music at the Moscow Senior Meal Site on July 23, 2009. Katie is a dance instructor for Moscow's Festival Dance Performing Art Association including Irish Step Dance. Grace is a high school senior (home schooling) who also takes classes in ballet for Festival Dance. They will return soon with more of their excellent music.

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All faiths or beliefs are welcome. 08-G0745



WeGotCoffee.com

Coffee Hour in Moscow Senior Center

10:00 A. M.

Courtesy Jeff Bollinger

Edward Jones Investments