

Friendly Neighbors Newsletter

Volume 11 – Issue 4 – July/August 2010

Founder – Doris Norman

Publisher/Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

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President's Message

by Leonard C. Johnson, Acting President

Recently we applied to the United Way of Moscow/Latah County for a grant of funds to assist us in meeting the costs of our senior meal service program and other expenses. I am pleased to announce that our request was approved, and next year, in 2011, our Friendly Neighbors organization is to receive the amount of two thousand dollars from United Way. It is gratifying to note that our efforts to serve senior citizens of Moscow are widely approved by individuals and organizations in the community, as demonstrated by the monetary gifts and grants we receive from various sources.

At risk of being repetitious, I wish again to express appreciation for the work of many of our members that voluntarily give of their time and labor to help carry out the many tasks, both big and small, that are required to prepare and serve meals and to maintain the Senior Center.

I encourage one or more of our members to assist with our bimonthly newsletter by being a reporter and gathering news items for inclusion in the newsletter. Kay Keskinen, our treasurer, generously and willingly assumed this responsibility, along with the duties of secretary, upon the resignation of Doris Norman. Kay contributes a great deal of time and effort to the betterment of the Moscow community through her involvement in other

organizations, in addition to all she does for us. Her Friendly Neighbors responsibilities were lightened by the recent appointment of Jan Jensen as our secretary, and it would be most appropriate for Kay to get additional newsletter help as well.

And, finally, I note that Ruben Ramirez will be moving on to other employment at the end of July. He has been a very helpful and friendly presence among us, and we will miss him in our kitchen. However, Ruben will not be far away, and has told me that he will come back to give us some help during the Thanksgiving and Christmas holidays. We wish him well, and thank him for his willing spirit and acts of kindness.

Kitchen Request

As reported in an earlier newsletter, Ellen Roskovich now prepares the menus for the senior meal site operated by Friendly Neighbors. If you have suggestions for menu items, Ellen welcomes your input. What are your favorite things to eat? What can the kitchen staff do to make your meal experience better?

Please give Ellen your comments, or drop them in the "Suggestion Box" on the card table in the Great Room.

SENIOR ACCOMMODATIONS

Contributed by
Leonard C. Johnson



**Let's put the seniors in jail
and the criminals in a
nursing home.**

This way the seniors would have access to showers, hobbies, and walks, they'd receive unlimited free prescriptions, dental and medical treatment, wheel chairs, etc. And they'd receive money instead of paying it out.

They would have constant video monitoring, so they could be helped instantly, if they fell, or needed assistance.

Bedding would be washed twice a week, and all clothing would be ironed and returned.

A guard would check on them every 20 minutes and bring their meals and snacks to their cell. They would have family visits in a suite built for that purpose.

They would have access to a library, weight room, spiritual counseling, pool, and education.

Simple clothing, shoes, slippers, PJs and legal aid would be free, on request.

Private, secure rooms for all, with an exercise outdoor yard with gardens. Each senior could have a PC, TV, radio, and daily phone calls.

There would be a board of directors to hear complaints, and the guards would have a code of conduct, to which they would strictly adhere.

The "criminals" would get cold food, be left all alone, and unsupervised.

Lights off at 8 pm, and showers once a week.

Live in a tiny room, and pay \$5,000 per month and have no hope of ever getting out.

Justice for all.

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important 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 building and is open from 9 a.m. - 4 p.m., Monday through Friday (closed holidays).

Daily activities include:

Monday AM: Computer help

Monday PM: Jigsaw puzzles

Tuesday PM: Pinochle

Wednesday AM: Blind and diabetic support group

Wednesday PM: Computer help, word games, and jigsaw puzzles

Thursday PM: Bridge

Friday AM: Bingo

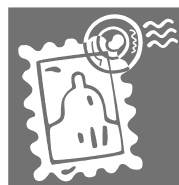
Coffee Hour - 10:00 a. m.



**Moscow Senior Center
Courtesy Jeff Bollinger
Edward Jones Investments**

Fun Facts

Mr. Potato Head © was the first toy advertised on TV..



Licking a stamp leads to the consumption of 1/10 of a calorie.



Senior Health Issues Dietary Salt Bombs

Karen Davis, M.S. in Foods and Nutrition, U of Wyoming

When we speak of dietary salt, we mean sodium. The RDA (Recommended Dietary Allowances) is less than 2,400 mg sodium per day or about 1 teaspoon of table salt.

Food	Sodium Content	Food	Sodium Content
5 Oz frozen turkey dinner	787 mg	Teriyaki Sauce, 1 Tbsp	690 mg sodium
Corn Flakes	up to 266 mg	Soy Sauce, 1 Tbsp.	1,000 mg
Raisin Bran	342mg	Ketchup, 1 Tbsp.	178 mg
V-8 Juice, 1 cup	653 mg	Sweet Relish	121 mg
Cream Style Corn, 1 cup	730 mg	Capers, 1 Tbsp	255 mg
Beef Salami, 2 slices	604 mg	Potato Chips, 1 oz.	149 mg
Chicken Noodle Soup, 1 cup	1,106 mg	Cheese Puffs, 1 oz.	258 mg
Spaghetti Sauce, ½ Cup	610 mg	Peanuts, 1 oz. dry roast	175 mg
		Peanuts, 1 oz. oil roast	91 mg
		Peanuts, 1 oz. unsalted	0 mg

There are many forms of sodium (Na) in foods and medications. Food label jargon:

Sodium Free means less than 5 mg Na/serving.

Very low sodium means less than 35 mg/serving.

Low sodium means the sodium has been decreased by 25%.

Unsalted means there is not salt added.

If you wish to reduce sodium content in your diet, avoid pre-packaged foods and partially prepared foods. Use fresh or frozen vegetables and meats, rather than canned. Watch serving size. Use spices to add flavor. The “Healthy” version often has lower sodium content than the 25% less sodium version.



by Jim DeShazer, Roadrunners President

Idaho Roadrunners is a non-profit travel club formed in 1981 and located in Moscow, Idaho. We currently have 300 plus members with 40% from Moscow, 10% from Pullman, and the remaining 50% from 19 other communities in our area as well as from Southwest Idaho, Yakima, and Spokane. Being a non-profit organization we can provide trips for less money than through a travel agent.

Anyone 21 and over can join the Roadrunners. The cost is \$10 per person per year paid to our Treasurer, Verla Mae Nearing, 330 Susan Dr., Moscow, 882-5093. As a member you will receive a monthly newsletter describing the planned trips. Planned trips can be canceled if not enough interest is generated. A member can ask a friend to join them as a guest member who will pay \$5 dues for an overnight trip or \$2 for one-day trips. Grandchildren are welcome. (cont'd)

We own two buses, an 18-passenger and a 28-passenger, which leave from Good Sam for our trips. The price of the trips includes enough money to pay for fuel, drivers, upkeep of the bus, and miscellaneous items. We do not have restrooms on the buses but we stop for restroom breaks and have coffee, tea, cocoa, and homemade cookies.

Tour Directors Don and Eniss Smith plan the tours. Trips sign-ups and payments go to them. The listing and details of the planned tours are noted on the Senior Center Bulletin Board in the 1912 Center. We take day trips and overnight trips, cruises, short trips and long trips, and theater trips. We travel throughout the US and into Canada. We review the trips at our monthly breakfast meetings, the second Saturday of the month at the Moose Lodge. Please join us on August 14th with breakfast orders starting at 7:30 am

WA –ID Volunteer Center Has Booth at Farmer’s Market by Marilyn Kurdy

Have you ever been to the Moscow Farmer’s Market? Every Saturday morning from May to October, Friendship Square comes alive with vendors offering a wide variety of fresh produce, meat, healthy nursery plants and flowers, handmade crafts, and delicious homemade baked goods directly to patrons attending the market. The City of Moscow provides entertainment from 9:30am to 11:30am in the Square next to the Moscow Hotel on Main Street. Along the wall of New St. Andrew’s Academy a long line of non-profit organizations sets up tables to advertise their services, and that is where you will find Marilyn Kurdy from the Volunteer Center, who sets up a booth on the second and fourth Saturdays of the month so that she can talk to anyone interested in volunteering in the Moscow Community.

The Farmer’s Market has become a popular Saturday morning event. Established in 1977, the fair is open from 8am to 1pm in Friendship Square between Main and Jackson Streets and in the parking lot adjacent to the Square off of Jackson Street. The fair is free to anyone who wants to browse, although no one will be able to resist purchasing some Rainier cherries, fresh lettuce, handmade jewelry, or sumptuous barbeque that can be found there. The market now accepts SNAP benefits (food stamps) for most food items and veggie seeds and starts. This summer the Farmer’s Market will offer Eat Local, Eat Well, a new program offering local, seasonal food tasting, nutrition information, weekly recipes and food demonstrations. Don’t like the downtown parking? This year, Valley Transit is offering free Saturday service beginning at 8am and running through noon that will pick up riders at various places in Moscow and transport them to and from the market. Call their offices at 883-7747 for the schedule. If you call ahead you can even reserve a special request route deviation for a pick-up and drop-off if you can’t make it to the bus stop on the route.

Does any of this sound inviting? If so, would you like to help support the Market? Since its inception the market has grown so much that the City of Moscow is looking for volunteer help. The Market Manager, Tym Park, needs assistance for two hours in the morning and one hour in the afternoon to help set out the tables, chairs, signs and tents and take them down when the market closes. Kathleen Burns, Arts Director, is working with Tym and a local person to create volunteer jobs. Marilyn Kurdy and the WA-ID Volunteer Center are working with them to help draft job descriptions and recruit volunteers. If you or anyone you know is interested in helping support this local tradition, please call Marilyn at the WA-ID Volunteer Center at 208-746-7787 or toll free at 1-888-546-7787. Or, stop by and visit with Marilyn at the Volunteer Center booth. She would love to see you!

Blind and Diabetic Support Group Leadership Change

After coordinating the Blind and Diabetic Support Group for over a decade, Clara Dockter is stepping down as its coordinator on August 1. The reins will be turned over to long-time member Margaret (Maggie) Flint.

Clara founded the group in 1998 and her leadership will be greatly missed. Thank you, Clara, for all you have done. We wish Maggie well in her new position.

The support group meets Wednesday mornings at 10:30 in the Senior Center.



Focus on Military Service

Newsletter editor Kay Keskinen would like to feature current Friendly Neighbors members who have served in the military. She'd like to run a photo of you in uniform along with information about your branch of the armed forces, where and when you served, and so forth. Kay hopes to recognize a few people in each upcoming issue. Let her know. Don't be shy!

United Way

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.



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.

Senior Meal Site

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. Salad bar is available at 11:30 AM with main meal served at noon. Suggested donation for the meal is \$4.00 for seniors 60 and older; for those under 60 the price is \$6.00.

**Here are the entrée dishes for senior meals in the next two months:
(menus subject to change)**

August 2010 Entrees			
Date	Tuesday	Date	Thursday
3	Spaghetti w/Meatballs	5	Tilapia
10	Meat Loaf	12	Brats & Sauer Kraut
17	Ham	19	Tortellini w/ Alfredo Sauce
24	Roast Beef	26	Chicken Cordon Bleu
31	Sweet & Sour Meatballs		

September 2010 Entrees			
Date	Tuesday	Date	Thursday
		2	Lasagna w/Meat
7	Stuffed Peppers	9	Hawaiian Chicken
14	Ham	16	Salisbury Steak
21	Chicken Enchilada	23	Salmon
28	Brats w/ Red Kraut	30	Roast Beef

Neighbor Notes



Dennis Nickel has been helping with Vacation Bible School at the Seventh Day Adventist Church.

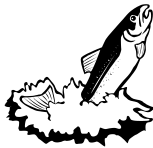
Alice Beek's daughter Dee and son-in-law Richard McCumber visited from Scottsdale, Arizona in mid-July.

Hazel Jahr won at Bingo seven (!) times on July 9.

Karen Davis and **Linda Steigers** went to Salt Lake City, Utah where Karen took a jewelry making workshop and Linda did genealogy research at the LDS Family History Library.

Jeanette Talbott, Glenda Hawley, and Karen Davis enjoy the UI Summer Theatre plays.

Jan and Eric Jensen went fishing at the Lochsa River. Jan adds that she caught the two biggest fish.



Dorothy Nichols and **Bob Newbre** went to the Bahamas and also did some parasailing at Key West, Florida.



Kay Keskinen was the overall winner in the horseshoes event at the North Idaho Senior Games held in June in Lewiston. In June she also won the NHPA "Elmer Currie Classic" horseshoe tournament in Coeur d'Alene, pitching 62% ringers.

Lee Fruits reports that he has logged at least 25 hours on his riding mower cutting grass on his three acres.

In Lewiston in early July **Lou Stevens** had extensive eye surgery on one eye. It was a reflective lens exchange replacing the old cataract. In August Lou will be visited by her son Dave Sumner and his wife Sharon along with Lou's niece June Hosseine and her daughter.

Doris Norman reports that with physical therapy she is making improvements since her stroke on January 2. She sends greetings to all her friends.

Ernie Bunch has been diagnosed with bone cancer; he has started chemo treatments in Moscow.

Betty Anderson is still in assisted living in Boise; she has trouble with her hands and cannot walk, but can stand for short periods of time. You may write to Betty c/o Jerry Adams, 3340 N. Jones Place, Boise, ID 83704

Birthdays



July 2: Ernie Bunch (86)
July 12: Joann Aldrich (73)
July 22: Ida Pepe (90)
July 23: Louis Olson (82)
August 2: Clara Dockter (89)
August 21: Al Pepe (90)
September 6: Glenna Taylor (74)
September 16: Jerry Schutz
September 10: Ollie Pratt (85)
September 19: Karen Davis (69)
September 19: Odessa Johnson (83)

Anniversaries



August 3: Ida and Al Pepe (69 years)
August 7: Elna and Bart Barton (39 years)

TWILIGHT

by Glenda Hawley

Silhouettes on an evening sky;
A lonely star once free
Is caught in the tangle of branches
Of a writhing and leafless tree

Scrabble Anyone?

Wednesday afternoons in the Senior Center provide an opportunity to play Scrabble, or maybe Quiddler (another word game). Jan Jensen is the Wednesday afternoon RSVP volunteer who leads seniors in word games.

“Zyzyva” is an allowed word?



Shown above are (L-R) Helen Sasse and Jan Jensen.

Come by for some mental exercise and a cup of coffee or tea.



Nancy Nuhn Honored



Nancy Nuhn was recently honored for the 9,700 hours she has volunteered at Gritman Medical Center. Nancy joined as a volunteer at their information desk in 1971.

She is in charge of the ladies there and also makes out the schedule of volunteers.

Also, Nancy was the first recipient of the LOVE (Leader of Volunteer Excellence) Award given by the Idaho Hospital Association.

Also a volunteer for Friendly Neighbors, Nancy began volunteering at the senior meal site when it was at the Moose Lodge, when it moved to the Old Post Office, and now you will see her at the meal site sign-in desk in the 1912 Center. Nancy's first meal site job was as a dishwasher, then she made salads, then she did the meal site setting up which led to being in charge of the dining room.

Congratulations to Nancy on this award!

New Assisted Living Options Now Available

Renovation of 3rd floor apartments at Moscow Village is complete. New Assisted Living apartments now available.

For more information call Christie Pernsteiner at 208.882.6560

