

# *Friendly Neighbors Newsletter*

Volume 12 – Issue 4 – July/August 2011

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Moscow Senior Meal Site and Senior Center

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## President's Message



Friendly Neighbors Senior Citizens is currently seeking volunteers to serve at our Meal Site to setup and return tables and chairs for our meals in the Great Room at the 1912 Center in Moscow.

If members are aware of local entertainers that could

be included in a meal site entertainment schedule, please contact either the President or a Board member. Additionally, if presenters are available for information and services that would benefit the membership, please forward those names and phone numbers as well.

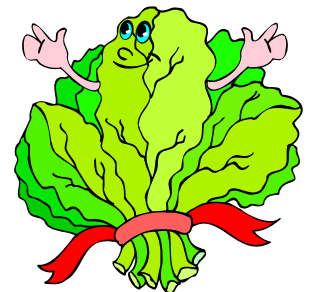
The New Meal Ticket has been well received by the members for use in paying for meals at the 1912 Center. The ticket is deigned to prepay for eleven meals at the normal cost of ten meals. A person would prepay \$40 for 11 meals. The meal ticket can be used for multiple people and makes meal paying more convenient for everyone.

I have been pleased with the tasty meals produced in our kitchen area. My congratulations go to Ellen and her kitchen staff in preparing the professional quality meals we have experienced at the 1912 Center. To feed as many people as we do is a challenging endeavor and I thank everyone involved.

by Linn Lindsey, President

## Backyard Harvest at the Moscow Meal Site

On the third Tuesday of the months of August and September (August 16 and September 20), Mackenzie Femreite from Backyard Harvest will be bringing fresh vegetables to our senior meal site. These veggies will be distributed at no charge to seniors. Kenzie started bringing veggies at our July 19 meal.



There were lots of good choices, including lettuce and bok choy.

Kenzie arrives before the noon meal, but she leaves by 12:30 PM.

## 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.

## Meet the Friendly Neighbors Board of Directors

This issue of the newsletter includes the final in a series of articles that feature members of the Friendly Neighbors Board. This issue highlights the three Directors: Mary Wood, Louis Olson, and Helen Sasse. The Mar/Apr edition introduced President Linn Lindsey, Vice President Gerald Schutz, and Past President Leonard Johnson. The Jul/Aug issue presented Secretary Jan Jensen and Treasurer Kay Keskinen.

Each person was invited to provide some background about him or herself. **The autobiographies begin on page 6 of this newsletter.**

## Upcoming Events

Thanks to the generosity of Clara Dockter's family, Friendly Neighbors will enjoy a special 90<sup>th</sup> birthday dessert on **Tuesday, August 2**. Clara's son Mike telephoned to make the arrangements, and sons Greg, Vince, and Pat as well as other family members will be on hand for the birthday cake to follow the meal.

**Tuesday, August 16**, Backyard Harvest brings vegetables to the senior meal site.

**Wednesday, August 17**, WA-ID Volunteer Center Recognition Event to honor the Moscow area volunteers with the WA-ID Volunteer Center. This will be an ice cream social from 1-3 PM in the Great Room of the 1912 Center in Moscow.



**Tuesday, September 20**, Backyard Harvest brings vegetables to the senior meal site.

**The Latah AARP Chapter** does not meet in the summer; their next meeting is scheduled for Friday, September 9.

**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 and open from 9 am – 4 pm 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 at 10:30

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

**Thursday PM:** Bridge

**Friday AM:** Bingo

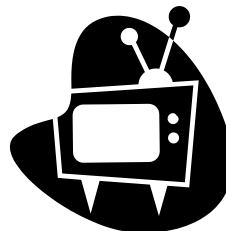
## Coffee Hour Daily - 10:00 a.m.



**At the Moscow Senior Center**  
**Coffee courtesy of Jeff Bollinger**  
**Edward Jones Investments**

## Fun Facts

The first football player on a Wheaties box was Walter Payton of Columbia.



The Andy Griffith Show was the first spin-off in TV history. It was spun-off from The Danny Thomas Show.

# ”From Pyramid to Plate – What’s Changed?”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the July 2011  
“Senior Nutrition News”

Have you heard? The official US food symbol is now MyPlate, replacing the complex and confusing MyPyramid. Most nutrition experts agree the new shape is better because it shows what a healthy meal looks like. The new divided plate includes sections for vegetables, fruits, grains, and foods high in protein.

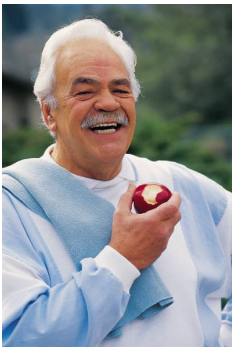


Just by looking at the icon, you know right away that vegetables and fruits should take up half the plate (with the veggie portion being a bit bigger), grains and protein foods should take up the other half (with more grains on this side), along with a helping of a dairy food (like low-fat cheese or yogurt) at each meal. MyPlate features selected messages to help consumers focus on key behaviors including:

- fill half your plate with vegetables and fruits
- make at least half the grains you serve whole grains, like oatmeal and brown rice
- serve fat-free or low-fat (1%) milk and water rather than sugary drinks
- when buying pre-packaged foods, choose ones low in sodium
- enjoy your food, but eat less – don't serve oversized portions

Oils provide important nutrients and are recommended in small amounts but aren't included on the MyPlate icon because dietary guidelines recommend limiting oils, solid fats, and foods with added sugars. These foods provide what are considered “empty” calories because they add calories and have little or no nutritional value.

Exercise is no longer included as part of the symbol, but it's still an important component of a healthy lifestyle.



The goal is to think of the plate as an entire day's worth of eating: so, throughout the day, try to make half of what you eat vegetables and fruits, and the other half of what you eat grains and protein foods. An occasional treat is fine, but be careful to limit the amount of “empty” calories you eat.

## Scientific Conversions

contributed by Leonard C. Johnson

1. Ratio of an igloo's circumference to its diameter = Eskimo Pi
2. 2000 pounds of Chinese soup = Won ton
3. 1 millionth of a mouthwash = 1 microscope
4. Time between slipping on a peel and smacking the pavement = 1 bananosecond
5. Weight an evangelist carries with God = 1 billigram
6. Time it takes to sail 220 yards at 1 nautical mile per hour = Knotfurlong
7. 16.5 feet in the Twilight Zone = 1 Rod Sterling
8. Half of a large intestine = 1 semicolon
9. 1,000,000 aches = 1 megahurtz
10. Basic unit of laryngitis = 1 hoarsepower
11. Shortest distance between two jokes = A straight line
12. 453.6 graham crackers = 1 pound cake
13. 1 million-million microphones = 1 megaphone
14. 2 million bicycles = 2 megacycles
15. 365.25 days = 1 unicycle
16. 2000 mockingbirds = 2 kilomockingbirds
17. 52 cards = 1 decacards
18. 1 kilogram of falling figs = 1 FigNewton
19. 1000 milliliters of wet socks = 1 literhosen
20. 1 millionth of a fish = 1 microfiche
21. 1 trillion pins = 1 terrapin
22. 10 rations = 1 decoration
23. 100 rations = 1 C-ration
24. 2 monograms = 1 diagram
25. 4 nickels = 2 paradigms
26. 2.4 statute miles of intravenous surgical tubing at Yale University Hospital = 1 IV League
27. 100 Senators = Not 1 decision

## 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 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.

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

August 2011 Entrees			
Date	Tuesday	Date	Thursday
2	Hamburgers	4	Chicken a la King
9	Beef Stew w/Noodles	11	Tamale Pie
16	Ham	18	Stuffed Green Peppers
23	Frittata/Quiche	25	Meatloaf
30	South Philly Cheesesteak		

September 2011 Entrees			
Date	Tuesday	Date	Thursday
		1	Polynesian Fish
6	Combo Italiano w/ Meat Balls	8	Pork Chops
13	Salisbury Steak	15	Cincinnati Chili
20	BBQ Ribs	22	Turkey w/Stuffing
27	Sweet and Sour Meatballs	29	Chicken Parmesan w/ Pasta

## Herb Uthoff, Multi-Medalist at North Idaho Senior Games

by Herb Uthoff



I had the pleasure of participating in the 2011 North Idaho Senior Games in Lewiston in June, and it was a great experience. It gave me a chance to revisit my youth, when I ran track in junior high and senior high school.

I was able to compete in five track events, ranging from the 50 meter dash to the 1600 meter run, and I took home three golds and two silvers. The full array of track events was available, from various running distances to javelin, shot-put, and even a softball throw.

Along with the competition, a very enjoyable part of the event was the camaraderie. It was great meeting new people and making new friends, and good sportsmanship prevailed alongside friendly competition. It will be fun to see them all next year, to improve on personal times, and to try new events.

The Senior Games ran from June 13-18, with opportunities to compete in bowling, tennis, pickleball, horseshoes, swimming, and even pinochle, among many others. It was capped off by a delicious dinner on the last day of competition, highlighted by a band, guest speakers, and an awards ceremony.

I would highly recommend anyone interested to check them out and participate. All ages from 50+ are accepted, there's room for everyone. There were 80-year-olds, men and women, putting the younger guys to shame in swimming and the track and field. You don't have to be an expert or only 51 years old to meet new people and to have a lot of fun!

The only bad part of the games was that they had to end, and that we had to say good-bye to my new friends—but next year will come before we know it!

## Neighbor Notes



**Virginia Hays** was at Lake Pend Oreille in July visiting family and riding a ski-doo.

**Donna O'Brady's** middle son Sean from Shelley, ID visited in July.

**Mary Ann Moser** enjoys being an usher at the Lewiston Civic Theatre. She got to see "Beauty and the Beast."

**Louis Olson's** daughter Linda from Puyallup, WA visited in July.

**Mertia and Fred Kohl** had a great-granddaughter Claire born on July 12. Grandson Brian, who will be married in September, broke his arm playing soccer.

**Bill Terrio** is the new Monday afternoon Senior Center room volunteer. He replaces **Leonard C. Johnson** who had that shift since the building opened almost ten years ago. Leonard, your commitment to Friendly Neighbors is greatly appreciated.

**Adele Wallace** reports that she has her very first great-grandson, Boe Michael. Boe and his family visited Adele from Olympia in late July.

**Odessa Johnson** appreciates the many expressions of concern and encouragement that have been sent her way, as she is trying to cope with a severe bout of sciatic pain.

### Birthdays:

**August 2: Clara Dockter**

**August 8: Mertia Kohl**

**August 21: Al Pepe**

**August 25: Patty Wade**

**August 31: Joy Irving**

**September 3: Dean Taylor**

**September 6: Glenna Taylor**

**September 16: Jerry Schutz**

**September 10: Ollie Pratt**

**September 19: Karen Davis**

**September 19: Odessa Johnson**

**September 28: Frankie Yockey**



### Anniversaries:

**August 3: Ida and Al Pepe (70 years)**

**August 7: Elna and Bart Barton (40 years)**

## Meet the Friendly Neighbors Officers/Board Members In their own words



**Mary Wood**  
**Director**

I was born and raised in Peninsula, Ohio and am a spoiled rotten only child.

I attended school in Peninsula, graduating in 1967. I attended Sterling College in Sterling, Kansas for one year (who knew that I would work for Sterling Savings Bank many years later) and finished my college career at the University of Akron.

I studied to be a secondary school teacher but soon discovered that teaching was not what I wanted to do. My very first job was in the business office of Alside, Inc., a manufacturer of aluminum and steel siding.

I was active in the community while I lived in Ohio. It was hard not to be as there were only 300 residents in town. I was a Zoning Clerk for Boston Township. This was at an interesting time in Boston Township's history because at that time, the National Park Service created the *Cuyahoga Valley National Park* in effect taking 83 percent of the tax base of the Township. The National Park is still there today as is Boston Township. I still own property there and all of my remaining family still lives there.

I moved to Palm Springs, California in 1978 and began working for an interior design firm. In 1981 I met Charlie Wood, and in 1982 we were married and moved to Yucca Valley, CA where I took a job with Bank of Yucca Valley. I worked for that bank for fourteen years.

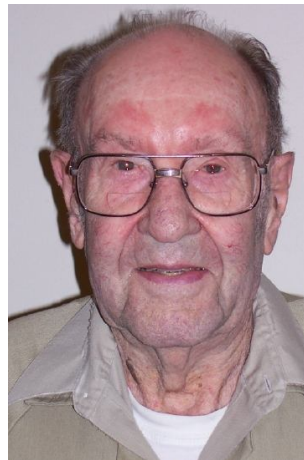
I like to say that I "married a package deal" when I married Charlie. I have four beautiful "daughters by marriage." We also have nine grandchildren and four great-grandchildren.

Two of the daughters are in southern California and two are in Illinois.

Chance brought us to Troy in 1988. We had been vacationing in Montana and stopped on the way home to visit an old friend of Charlie's who lived in Troy. We continued visiting over the next ten years before finally moving here. It has been a wonderful move for us as we love the area and the people we have met.

On May 1, 2000 I went to work at Sterling Savings Bank and have been there ever since.

Linda Pike first approached me about RSVP which led to involvement with Friendly Neighbors. I had met Doris Norman earlier at Good Samaritan Village, and she encouraged me to become involved. I am now serving my second term on the Board of Directors and find it challenging and fulfilling.



**Louis Olson**  
**Director**

Carl Louis "Louie" Olson, in his third year as a Director, has lived in or near Moscow his entire life.

Born just east of Moscow in 1928, Louie grew up with his three younger siblings on his grandfather's 120-acre farm. He worked on the farm while attending Moscow High School, caring for 500 chickens, 50 hogs and 13 cows each morning before heading to school. He also worked part time at Lane's grocery store for two years in high school

While at Moscow High, Louie played trumpet in the pep band and was the band president until his graduation in 1947. He also sat in with the University of Idaho band and would go on to form his own band.

By age 20, he was already managing 14 men farming 1,220 acres spread out down Estes Road in Idaho and Washington. A year after

graduating, in 1948, he married Patricia O'Donnell, whom he first met in the seventh grade. The two were married for 56 years until Patricia's death in 2004. They had three children — Linda, Nancy and Wayne — and six grandchildren.

They also had 39 "adopted" children — students who rented the couple's two apartments over the years, apartments Louie still rents out.

In the 1970s, Louie went into the carpet-cleaning business, starting Olson's Bestway Carpet Cleaning and running it for 17 years. At one point Olson's got a large contract from Washington State University, one that required the company to clean more than five acres worth of carpet.

After he retired and Patricia left *the Idahonian* (now *Moscow-Pullman Daily News*) after 23 years, the two spent much of their remaining time together traveling, journeying to destinations like Jamaica, Germany, Norway, Sweden, and the Mediterranean as well as much of Canada and the United States.

In the past few years, Louie has helped with the Kiwanis Pancake Feed each spring and has been involved with Moscow Jaycees. He has been active in Kiwanis since the 1970s.

**Helen Sasse  
Director**



My name is Helen Sasse and I sit at the desk and greet all of you as you enter the meal site. I moved to Moscow seven years ago. I have two sons and two grandchildren here and another son with two grandchildren in Massachusetts.

I was born and raised in a small town in southeastern Massachusetts. I attended Nursing School there as well. On turning twenty-one I entered the USAF Nurse Corps

and stayed there until I married. I served in Alabama, Illinois, Morocco, and Spain. I enjoyed my time in the service and enjoyed traveling and the military lifestyle. My tours in Spain and Morocco were especially fascinating. I got to do a lot of flying as a passenger on military aircraft which were not anywhere near as comfortable as civilian aircraft. I attended Flight School for nurses at Gunter AFB in Alabama.

After marriage we lived in San Francisco, Sacramento, New Jersey, and Newcastle, CA. California was especially enjoyable. I liked the mild climate and nearness to San Francisco and the Lake Tahoe area. I got a chance to take some glider lessons there, but never did solo. Also did some skiing in the Lake Tahoe area. Following my divorce I moved back to Massachusetts with my sons and worked in a fairly large hospital there. Most of my Nursing experience was in hospitals, and that is what gave me the most satisfaction. I also worked in nursing homes and did some Community Nursing. I obtained a Certificate in Gerontology while in Massachusetts.

Reading has always been a hobby for me. I belong to a book club here. I'm also interested in family history and like working on Ancestry.com. I love movies, do a little flower gardening, love Scrabble, and like to travel when I am able.

Friendly Neighbors has been a gratifying experience for me. I have met many people and enjoy working at the meal site.

**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



Good Samaritan Society  
MOSCOW VILLAGE