

# *Friendly Neighbors Newsletter*

Volume 15 – Issue 4 – July/August 2014

Founder – Doris D. Norman

Publisher/Editor – Kay Keskinen

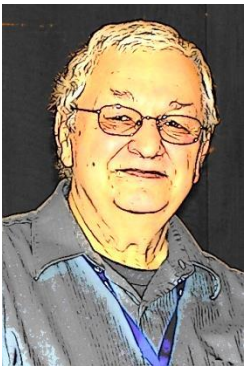
Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

Phone: (208) 882-1562

Web Page: <http://users.moscow.com/srcenter> Email: [friendly.neighbors@yahoo.com](mailto:friendly.neighbors@yahoo.com)

## President's Message



Friendly Neighbors has had a very good year so far. We are still within our proposed budget, we have had good meal site attendance, and membership is at an all-time high.

Our new cook, Lori Bryant, is working out well; she has been dependable and willing

to take suggestions for what to fix and how to fix it. If you have constructive suggestions for the meals, please let me know.

This year's Senior Fair was somewhat smaller than last year's, but we received many positive responses from the attendees and distributed numerous Friendly Neighbors handouts.

Our Board of Directors has decided to return to having one free lunch per year, in the summer to celebrate our anniversary.

I want to personally thank all the volunteers who help to make our programs successful—the many who help at the meal site, the drivers for our home-delivered meals (Mary Ann, Nancy, Paula, Kathy, and Vern), and those who volunteer in the Senior Center.

As you may or may not know, we are not serving soup at our meals during July and August, and we'll have to see how September looks as we get closer to the end of summer.

*Bill Terrio*, President

## 1912 Center Construction Project

Construction on the east side of the 1912 Center will begin on Monday, August 4, reports Jenny Kostroff, Executive Director of Heart of the Arts, Inc. Thanks to a successful grant application, funds are available to put in windows, resurface the east side of the building, and upgrade the east entry steps.

The work will affect parking at the 1912 Center, with limited parking available in the east side of the parking lot, though the three handicapped parking spots and four "regular" spots in the south end will be accessible. The work is expected to continue through the end of October. Jenny asked for our patience during this time and says the end result will be well worth the inconvenience. Contact Jenny if you have any questions or concerns.

## Newsletter Editor Wanted

Beginning in January, 2015, Kay Keskinen will retire as newsletter editor, a position she's held since 2008, and that position needs to be filled. If you are interested in putting together this bimonthly newsletter, please let President Bill Terrio know. Kay will offer free training to the new editor!

Working on the newsletter is a great opportunity to learn all that's happening in our organization and with our members.



## Membership Directory

The 2014 directory of Friendly Neighbors members is available at the meal site. Note that the phone number for Bill Terrio is incorrect (it should be 882-5525). Also, the address for Val Steele is incorrect. If you find other errors, please give corrections to personnel at the meal site sign-in desk.

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



**at the Moscow Senior Center**

## AARP Safe Driving Class Schedule

Class day/times:

September 8 & 9 (Mon/Tue mornings, 8:30 AM to 11:30 AM), contact Dick Bull at (208) 882-2420.

The cost is now \$15 per person for AARP members, or \$20 for non-members. Please show your AARP card for the discount.

*Location: Gritman Conference Center*

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**Birthdays:**

August 2: Clara Dockter  
August 8: Mertia Kohl  
August 21: Al Pepe  
August 28: Janet George  
August 31: Joy Irving  
August 31: George Gilbert  
August 31: Harold Grassl  
August 31: Jim McCloskey  
September 6: Glenna Taylor  
September 7: Donna De Bolt  
September 14: Karon Aronson  
September 16: Ed Townsend  
September 16: Gerald Schutz  
September 19: Karen Davis  
September 19: Odessa Johnson  
September 28: Frankie Yockey



**Anniversaries:**

August 3: Ida and Al Pepe  
August 7: Elna and Bart Barton

## Senior Meal Site/Senior Center

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. The salad bar is available at 11:30 AM, and the main meal is 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.

Monthly menus are available at the meal site and on our web page:  
[users.moscow.com/srcenter](http://users.moscow.com/srcenter)

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important nutrition and social 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).

Senior Center 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: Bridge lessons & mah jongg  
Thursday PM: Bridge  
Friday AM: Bingo at 10:00

## Fun Facts

Labour Day originated in Canada, stemming from an 1870's labor dispute in Toronto.



In 1887 Oregon was the first state to declare Labor Day an official holiday.

Labor Day once was the dividing line of clothing; it was a fashion faux pas to wear white after Labor Day.

# “Simple Steps to Enhance Nutrient Absorption”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the July 2014  
“Senior Nutrition News”

Most people don't realize absorption of some nutrients can be enhanced by pairing certain foods together.

Iron is one of these nutrients. So if you're eating a burger, beans or other iron-rich food, your body may not be absorbing as much of the iron as you think. Adding a vitamin-C rich food to the menu with the burger, beans or other iron rich food, such as sliced tomato or orange juice, will boost iron absorption and utilization. So does cooking in cast-iron pots and skillets.



Plant protein is less digestible than animal protein. Add a little animal protein, like milk on cereal, to makes the cereal protein more digestible - and more absorbable. Combine two proteins, like peanut butter and whole-grain bread, to give both proteins greater value.

## Nutrients: How much do you really get?

- labels may say what/how much of nutrients are in food
- how much the body can actually absorb and use is known as "bioavailability" and is affected by many things



## Iron:

- iron comes from both animal and plant foods
- iron from animal foods is more absorbable than plant foods
- vitamin C enhances iron absorption, so pairing an iron rich food with a vitamin C rich food will increase iron absorption (i.e. chili—beans + tomatoes)
- iron from animal foods helps absorption of iron in plant foods (i.e. milk + cereal)

## Dispel the Vegetarian Protein Myth

- plant proteins are less digestible, but combining 2 plant proteins (i.e. peanut butter + whole grain bread) raises the bioavailability of the protein in plant foods
- animal protein enhances bioavailability of protein in plant foods (ie.mac & cheese)
- vegans should see a registered dietitian for a basic plan to ensure they are meeting their nutritional needs

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## Great Truths About Being Old

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

# Ramblings of a Retired Mind

contributed by Leonard C. Johnson

I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one. So, I'm wearing my garage door opener.

I was thinking that women should put pictures of missing husbands on beer cans!

I was thinking about old age and decided that old age is "when you still have something on the ball, but you are just too tired to bounce it."

I thought about making a fitness movie for folks my age, and call it "Pumping Rust."

I've gotten that dreaded furniture disease. That's when your chest is falling into your drawers!

When people see a cat's litter box, they always say, "Oh, have you got a cat?" Just once I want to say, "No, it's for company!"

Employment application blanks always ask who is to be notified in case of an emergency. I think you should write, "A Good Doctor!"

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then, it dawned on me. They were cramming for their finals.

As for me, I'm just hoping God grades on the curve.

Enjoy Your Days and Love Your Life, because Life is a journey to be savored.



A penny saved is a government oversight.

The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Did you ever notice: The Roman Numerals for forty (40) are XL.

If you can smile when things go wrong, you have someone in mind to blame.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice: When you put the 2 words "The" and "IRS" together it spells "Theirs..."

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.



When you are dissatisfied and would like to go back to your youth, think of Algebra.

You know you are getting old when everything either dries up or leaks.

One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

## Meet the New Kitchen Staff

Friendly Neighbors has two new employees in our kitchen. Here are their introductions to you.

"I am Lori A. Bryant; I'm 53 years old! I was born and raised in Pullman and have been in Idaho for 25 years. I am the mother of two amazing grown children; my daughter Elisha is 34 and a pharmacist in New Mexico, and my son is 27 and a car salesman in New Mexico. I'm very proud of them.



I live in Troy with my soulmate of 15 years, David. We have two great small dogs, Piper and Minnie, and a dwarf rabbit, Finster. We love them very much. My life is very good. I'm very proud to be your cook."



"Hi, I'm Veronica Smith. I was born and raised in Moscow and graduated from Moscow Senior High School in 2013. I am a Sophomore at the University of Idaho majoring in Psychology.

I love getting to know new people, and I find human interaction and connection to be absolutely fascinating.

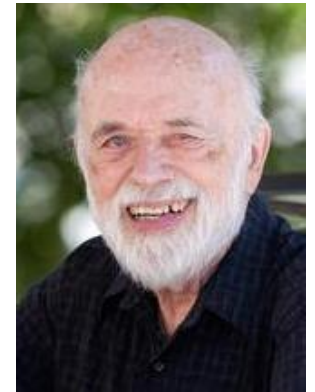
I have enjoyed working as the dishwasher thus far and have loved getting to know many of those who come to lunch. I hope to continue to meet people and learn more about everyone."

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 Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency.



## In Memorium

Dr. Robert "Bob" Leonard passed away on June 24 at his Moscow home. Born on June 7, 1924 on a goat farm in Gunnison, CO, Bob went into the Army during WW II. After retiring from the Army in the mid-1980s, Bob moved his family to Moscow where he was the doctor at the UI Student Health Center. After retiring from UI in 1991, he was very active in Friendly Neighbors, putting many miles on his car delivering meals to seniors. Bob also served as President of Friendly Neighbors.



We are grateful for Bob's contributions to Friendly Neighbors. He is missed.

PAID ADVERTISEMENT

**22st Annual  
Benefit Yard Sale**

Friday, August 8th  
8 am to 5 pm  
Saturday, August 9th  
7:00 am to 12:00 pm  
at Moscow Village

For more information call  
208-882-6560



**Good Samaritan Society**  
Moscow



All faiths or beliefs are welcome.  
11-G2600