

# FRIENDLY NEIGHBORS' NEWSLETTER

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## APRIL, 2003 PRESIDENT'S MESSAGE

Officially it is now Spring, although you can't always prove it by looking at the thermometer.

Give some thought to energizing yourself by getting in better physical shape. I hate to exercise, but this winter I've been mall walking for an hour on Monday, Wednesday and Friday. Walking is great exercise for the little bit of effort needed. It lowers your blood pressure, firms your body, strengthens your heart, and brightens your spirits. I even took off five pounds I don't need

With better weather, I plan to walk outside, from my house to town and back. This will be even more interesting than mall walking because I'll see what is blooming in everyone's front yard. It's better if you talk a friend into walking with you.

If you don't especially like to walk, Gritman has a directed exercise program, and Latah Health has a pool exercise program that many of our seniors enjoy. It feels good to know that you're making your body healthier.

Remember that April is "Bring a guest to lunch" month. Last year I invited seniors I barely knew who had never come to Friendly Neighbors before. We got acquainted that way, and several of them are now regulars at our meal site.

An organization either grows or it declines, and Friendly Neighbors is definitely growing with your help. Think now of someone you can invite. If you bring in enough people you may even win a free month's worth of lunches for the most invited guests.

~ Happy Springtime! ~ Dorothy Nichols

## Pike Law Offices

**Pike Law Offices** offers free legal advice to members of **Friendly Neighbors** at the meal site once per month on an as needed basis. The service is provided on the 2nd **Tuesday** of each month from 10:00 a.m. until noon. Those needing advice should sign up one or two weeks in advance. Please give your name, address, phone number and a brief description of the type of advice needed. Place this information in a sealed envelope and give it to **Duane LeTourneau** who will deliver the information. The initial consultation is free but a charge will be made for follow up advice or drafting of documents.

## April and May Birthday Celebrations

### April:

Betty Gibb  
Ted Dockter  
Earl Lyon  
Donald Nelson  
Don Oleson  
Laura Clark  
Lois Leonard  
Vern Pelton  
Amelia Turk

### May:

Pat Hungerford  
Rowena Hulce  
Ken Hungerford  
Phyllis LeTourneau  
Glenda Hawley  
Mary Warren

A HAΠITΨ BIPTHΔAΨ TO AΛΛ

## Check This Out:



- **Main squeeze: 90 percent of Americans have orange juice at breakfast at least once every week.**
- **Walking on snow burns about twice as many calories as walking on a hard, dry surface at the same speed.**
- **At any moment, 50 percent of American women are on a weight-loss diet.**



**Julia Rogers ~ Our Neighbor**

**Julia Rogers** is a loyal member of the **Moscow Friendly Neighbors**.

She was born and raised in **Spokane, Washington**. She grew up singing. When she was seventeen she sang at the **Post Street Theatre**, on the radio, and for our soldiers at the **U.S.O.**

**Julia** married **Elmer Rogers** in 1947. They lived in **Priest River** for eighteen years, and later in **Deary** for twelve years, then moved to **Moscow**.

**Julia and Elmer** had four children: **Andy** and **Don** both of **Moscow** and two daughters, **Theresa** in **Port Angeles, Washington** and **Mary** of **Anchorage, Alaska**.

**Julia** loves to travel. She has spent a lot of time on trips with the **Roadrunners**, flying to visit her daughters and families, going on mountain and lake trips with her sons and families. Picking huckleberries was one of her favorite pastimes. She paints ~ usually outdoor scenes with animals. Growing Flowers is passion with her. You can be sure that every inch of soil in her window boxes has a seed or a plant.

By: Vivian Hofmann

**Julia** spent twelve years at the **University of Idaho Wallace Complex** food service. She was salad supervisor.

She sings with **Friendly Neighbors Chorale**, and we certainly hope to hear them entertain again soon.

**Our Neighbors**

**~Lucille Magnuson~**

Lucille Magnuson is glad to be home again. She would greatly appreciate a few telephone calls cars or visits. We all miss Lucille, with her friendly smile and excellent piano playing.

**~Clarence & Evelyn Johnson~**

**Clarence and Evelyn Johnson** are truly missed at our **Senior Meal Site**. They are now residing in the **Good Samaritan Retirement Village**. **Evelyn** lives on the third floor in the **Village Apartments** and **Clarence** resides in the Special Care Unit.



**The End For Now!**

Doris Norman ~ Publisher/Editor