

Friendly Neighbors' Newsletter

Volume 6/Issue 2

Publisher/Editor ~ Doris Norman

Reporter ~ Vivian Hofmann

March/April 2005

President's Message

Greetings to all our Friendly Neighbors! Three months of the year 2005 have flown past so quickly; however, there have been many a good time had at our **Senior Meal Site**, with visiting, good eating, and entertainment.

For the Month of **March**, we have enjoyed **Saint Patrick's Day** with our corned beef and cabbage festival. We have celebrated the **Resurrection** with our **Easter Hat Parade Day**. Everyone wearing a hat and participating in the **Easter Parade** were awarded prizes of chocolate **Easter Eggs** for their colorful and enjoyable collection of "traditional" **Easter Hats**.

Our numbers in attendance have fallen a little during the last month or so. This is probably due in part to the shortage of flu vaccine and someone left a window open and **IN FLU ENZA**.

The new and increased **\$3.00 donation fee** has been accepted and acknowledge with grace.

Let us all remember to attend our **meal site** each **Tuesday** and **Thursday** and meet with our old friends of precious gold and make new friends of platinum and silver.

~ THANK YOU ~

I want to thank all **Friendly Neighbors'** Members who fixed the desserts for the **Celebration of the Life of Ernest W. Wycoff** held at the **Eagles Lodge** on March 17, 2005. The ladies at the **Eagles** said most all of the desserts came from **Friendly Neighbors**.

Jim Maley, President

Update from the Computer Corner

The computer corner of the **Moscow Senior Center** has been very busy lately. Besides the new and returning students who come to get assistance with computer questions, we have some new computer equipment. We now have four PCs that can connect to the Internet at high speeds (many times faster than phone dial-up) and we have a new **flatbed scanner**.

Our thanks to **Tanya and Ken Denison** for donating their Micron PC, to **Lon Pedersen** for donating a scanner, and to **Dorothy Nichols** for donating a cordless, rechargeable mouse. That new Micron and the other Micron donated a few months ago connect to the

Internet with wireless network cards. **The 1912 Center** is now a public wireless "hot spot." The **scanner** means that documents, photos, magazines, certificates, etc can be scanned (sort of like a copier machine) and have that image made into a digital file so it can be stored on a computer, sent in an e-mail, or put into a newsletter. If you want to see how the scanner works, stop by when **Doris or Kay** can show you how to use it.

With the two recently donated Micron PCs, we now have a Compaq PC that we are not using, so we are considering starting a **PC loan program** where a senior can have the use of a PC (with monitor, mouse, and keyboard) for a few months to try it out and see how it all works. After the tryout period, the senior would return the PC back to the **Senior Center** for use by another senior and then, if the test period went well, the senior might want to buy a PC of his/her own. Let us know if you'd like the use of a PC for a while to try one out.

The PCs in the **Senior Center** are available for use whenever the center is open (9 AM to 4 PM, M-F). Twice a week **Doris and Kay** are there to help with computer questions; they are there **Monday mornings** 9 – 12 AM and from 1 - 3 PM on **Wednesday afternoons**. There's no need to make an appointment. Some days are busier than others, but the two women will work to get everyone some help.

The two "**How to Buy on eBay**" for seniors classes were successful, and a class on **how to sell on eBay** is in the planning. Another **digital photography class** is also being considered, so stop by the **Senior Center** to check for sign-up sheets for upcoming classes.

With many seniors now getting **laptop or notebook computers**, and with the **1912 Center** now a **wireless hot-spot**, it's much easier for seniors to get help when they can bring in their own laptops. We've now had a few seniors do that, and it's an easy way to directly help them, especially with **e-mail**, since there are so many different ways to use e-mail.

If you don't have a PC at home, we encourage you to stop by the **Senior Center** and use one of the four PCs there. We can get you set up with a free e-mail account (such as Yahoo) and teach you how to e-mail friends and family, do Internet searches, and surf the Internet (access web pages).

Come catch the Internet wave!

**-Kay Keskinen
RSVP Volunteer**



Our New Neighbors Marian & Bill Turner



Marian and Bill Turner moved into apartment 409 of **Good Samaritan Village** on December 15, 2004. They had formerly lived in **Lewiston, Idaho** for more than 25 years. **Marian** was born and raised in **Montanan** and **Bill** in **Kansas**.

Marian and Bill were married in 1936 in **California**. They have one son, Dr. William J. Turner, a professor at **WSU**.

Marian is an accomplished artist, and **Bill** is a retired floor covering contractor. **Marian and Bill** are free thinking realists and enjoy nature and good music... especially **Irish Songs**.

Are you flying somewhere?

After doing some research I thought some **Friendly Neighbors** would like to know what I found out about arrangements to **fly out of Spokane**.

If you don't want to drive, you can take a **bus** to the **Spokane airport**. There are two bus companies that will take you there, but oddly enough, only one that will bring you back.

§**Wheatland Express** 334-2200

www.wheatlandexpress.com/mos_air2.htm has shuttle service from **Best Western University Inn** to the

Spokane airport that leaves at 3:35 am (arrives at the airport at 5:30 am), 9:35 am (arrives there at 11:30 am) and 4:00 pm (arrives there at 6:00 pm.) They have return trips from the airport to **Moscow** at 8:30am (arrives here at 10:25 am), 2:00 pm (arrives here at 3:55 pm), and 7:00 pm (arrives here at 8:55 pm). The trips cost \$35.00 each way and reservations are recommended.

§**Northwestern Trailways** (800) 366-3830

www.northwesterntrailways.com has shuttle service from **Moscow** to the airport leaving from the **Royal Motor Inn, 120 W. 6th (at Jackson St.)** at 6:45 am and arriving at the airport at 8:35 am, and leaving here at 2:25 pm and getting there at 4:45 pm. The trip costs \$26.00 and they don't mention reservations. For some reason they don't have a return bus. (They must have the impression that while many people leave **Moscow**, few return.) You can, however, get the **Wheatland bus** back here.

If you decide to drive to **Spokane** to catch your flight, there are two places to park your car while you are gone. The **Spokane airport** has five lots. The lot across from the terminal costs \$8.50 per day (\$59.50 per week) and the others range in price down to the **North Shuttle Lot** in the south 40 that has a free shuttle to the terminal and costs \$5.25 per day or \$31.50 per week. You'll find this information and a map at:

www.spokaneairports.net/parking.htm/

There is a lower cost alternative to parking at the airport. **PARK 'N JET** is a parking service that will shuttle you to and from the airport from its lot any time, day or night. It is at **5602 W. Sunset Hwy** in **Spokane** and it costs \$6.00 per day for less than a week or \$4.80 a day for a week or more. Go to their website at: www.diamondparking.com for directions to find them.

Flying out of the **Moscow/Pullman airport** can add a considerable amount to your travel cost, but check with your travel agent to see if it would be more economical and convenient for you. I inquired about **taking a cab** to the airport, and was told it costs **\$125.00**. **Whew!**

Save this information for the next time you want to fly somewhere. I hope it makes your trip more convenient.

~ **Dorothy Nichols** ~

THANK YOU

Edward Jones & Company is most generous in donating the coffee for our **Moscow Senior Center Cyber Cafe.**

Community-Eldering Institute

Eldering Discussion Groups

The Community-Eldering Institute (CEI) is a non-profit organization founded by individuals who desired to support the development of community-elders in our society. Their purpose is to:

- Promote activities that empower individuals and groups to re-conceptualize the aging process and to develop the skills for conscious and successful living.
- Be pathfinders for developing and living Community-Eldering in our region.
- Give voice to Elders and a place for them to continue their contemplative inquiries.
- Support and promote the assets and positive aspects of aging. The Institute focuses on establishing elder-friendly communities, lifelong learning and development centers, and increased prospects for meaningful volunteering and post-retirement employment opportunities.

The Community-Eldering Institute sponsors Spiritual Eldering Discussion (SED) Groups throughout our region. The concept of these discussion groups is taken from the Spiritual Eldering Institute. It is an opportunity for adults to meet together on a regular basis to address spiritual and personal growth issues in the second half of life from a place of spiritual maturity and wisdom.

The groups meet to listen, reflect and bring life experiences to issues at hand. Most groups meet either monthly for two hours or twice a month for ninety minutes. **There is no charge for these groups.** If the members of the Moscow Senior Center want to convene a discussion group, free facilitation and support is available through CEI.

It is recommended that persons wishing to participate in a discussion group read *"From Age-ing To Sage-ing"* by Zalman Schachter-Shalomi. Some groups are also using the *"Spiritual Eldering® Workbook"* as a discussion guide. There are three videos available to promote discussion on eldering topics.

According to David Bash, CEI Executive Director, there are approximately 28 people involved in the three discussion groups that started in February & March 2004. Ideally, groups include eight to ten members. Bash said that there is no cost involved other than time and attention. Currently there are discussion groups in:

- **Pullman, Washington**
- **Clarkston, Washington**

▪ Orofino, Idaho

Shared goals for these groups include:

- Freedom to be who you are
- Openness to new ideas and valuing differences
- Positive attitudes
- Honesty
- Lightness of Spirit and FUN!

All groups have open memberships as they pursue their study of becoming an Elder. If more people demonstrate an interest, new groups can be formed.

Bash shared the Institute vision for *Enriching Life For All Ages*.

They train and connect LinkAge Volunteers with seniors and family caregivers to develop healthy, supportive and mutually rewarding friendships. They support the Sage-ing® concept through their Spiritual Eldering Discussion Groups and plan to bring nationally certified Sage-ing Circles® and Sage-ing Centers® to our Community. Information on the Spiritual Eldering Institute can be found at their website: www.spiritualeldering.org

For more information about the LinkAge Program or its discussion groups you may contact Mr. Bash at the North-central Idaho Area Agency on Aging.

Telephone (208) 743-5580 or (800) 877-3206.

His e-mail address is: d.bash@acomunityactionpartnership.org

Paid advertisement



**New In-Patient/Out-Patient
Therapy Center
With Speech, Occupational,
and Physical Therapies**

Specializing in Senior Therapy

NOW OPEN

**Please call 882-6560
for information**



Senior Recreation Programs

Hell's Canyon Jet Boat Trip

Experience 43 miles of the Snake River. See Cache Creek Ranch, observe Ancient Indian petroglyphs, watch birds and wildlife and tour the interpretive center. Includes an all you can eat lunch served on the river front, transportation, and all fees and sales tax for the boat trip.

Picnic & Potluck in the Park

Senior Citizens are invited to join us at Hordemann's Pond the first Friday of each month to have a picnic in the park. A supervisor from the Parks and Recreation Department will be there cooking hamburgers and providing games to play after lunch.

Physical Activity: The Fountain of Youth

Karen White PhD, is a physical therapist and researcher in physical activity and aging populations. Karen will be giving a workshop for Senior Citizens on Tuesday, May 10, 2005 at 11:30 am in the Great Room of the 1912 Center. The workshop will cover the importance of exercise and physical activity for bones, and suggestions for independence and lifestyle changes that can contribute to your overall health.

Walking Club

It is easy to see why walking is the number one exercise that senior citizens participate in! When walking with friends you will also be taking part in social activity! Come to the Hamilton Indoor Recreation Center and walk in an indoor environment where you will be safe from unpredictable weather, sidewalk hazards, and stray animals! Be sure to bring your friends!

Out To Lunch Bunch

Join your friends and come along for the "Out to Lunch Bunch"! We will be meeting the last Wednesday of each month and enjoy a delicious meal at a local restaurant. This is a great chance to try new restaurants in town, mingle with old friends, and meet new ones!



For more information about dates, times, and cost of activities please contact Moscow Parks and Recreation at 883-7085 or 883-7084. Check out our brochure for more exciting programs offered for senior citizens!

Recreation Activities for Senior Citizens

There are many new and exciting programs planned for senior citizens this coming spring and summer. Please look through the Parks and Recreation brochure that will be delivered on April 1, for information on these classes, trips, and outings. If you would be interested in teaching a class to senior citizens please contact the Moscow Parks and Recreation department at 883-7085 or 883-7084. If you look through our brochure and do not see anything that you are interested in, please let us know how we can serve you better.

There has been some interest in a digital photography class, and if you would like to learn more about digital photography please sign up at the Senior Center. A sign up sheet will be posted on the bulletin board. Moscow Parks & Recreation