

Friendly Neighbors' Newsletter

March/April 2006

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Doris Norman: Publisher/Editor

President's message

We received \$80.00 from **Virgie's** family to commemorate her at **Friendly Neighbors**. After some discussion, the Board decided to establish a **Virgie Read Memorial Fund** to be spent on items helpful to **Friendly Neighbors** members and which would further **Friendly Neighbors** goals. We also received another \$10.00 donation which we put in **Virgie's** fund. In order to memorialize **Virgie** in the **Great Room** where we "meet, greet and eat (to use **Jim Maley's** words) and where she did her volunteer work at the donation table, we have placed a small blue plaque in the **Great Room** showcase to remember **Virgie** and acknowledge her fund. For details on how this fund has been used so far, see **Dorothy Nichol's** article in this newsletter.

Speaking of the donation table, I would like to thank the ladies who volunteer to take our money (for **Friendly Neighbors**, of course) **Virginia Hays, Carol Smith, and Nancy Nuhn**. **Nancy** also keeps track of the members' volunteer hours for the folks who keep track of these numbers from several sources to show to the government entities which allocate funds in support of volunteer programs. (Like this sentence, when you get involved with anything the government does, the process gets complicated.)

When we were told that we had to go to a **\$3.00** donation, this dried up a source of spare change for me. (I put my change in a jar and when there is a tidy sum, I put it in my travel account at the bank.) Now the donation taking ladies graciously trade the

change they accumulate to me in exchange for my hard Yankee dollars. However, **Jim Maley** also wants that change, so . . .

I told you that this subject would come up again. **Every Thursday** the towels and aprons used in the kitchen are picked up after the meal by a volunteer who takes them home and launders them. The volunteer then returns the clean laundry to the kitchen staff before the Tuesday meal. We ask volunteers to do this chore for one month (usually four times). We still need volunteers **for June, July, August, October, November and December**. If you would like to volunteer for one of these months, please give your name and phone number (so I can call to remind you that your month is coming up) to **Bob Newbre, Oliver Pratt, or Dorothy Nichols**. I gratefully thank the six ladies (**Lou Stevens, Dorothy Nichols, Barb Townsend, Betty G. Maley, Betty Anderson, and Doreen Steenberg**) who have already volunteered for laundry duty this year.

Lois Granlund has been very busy scheduling entertainment during our lunches on Tuesdays and Thursdays. For a pictorial story by **Doris Norman** on these presentations, look for **Doris'** article and pictures in the ensuing pages.

I didn't know just how much I didn't know about this organization until I became president. I sincerely want to thank all those who are kindly explaining all these mysteries to me.

Bob Newbre, President

A Yankee In England – By: Karen Murray

Karen Murray

No matter where you look in **England** you are surrounded by history, from prehistoric monoliths, earth works and **Roman** roads and villas to bombed out churches from **World War II**.

I had the thrill of spending 6 months in **Portsmouth**, on the south coast of **England**, where my daughter and son-in-law live. There is so much I could write about that it is hard to know where to start. I will give you a brief history of **Portsmouth** and then spend more time on **WW II**.

The first permanent settlements, in what is now **Portsmouth**, were established by farmers, between 6500 BC and 4500 BC, after the climate warmed up from the last ice age. There is evidence of 3 early settlements on **Portsea Island** where the city is located. These 3 eventually became the 4 towns of: old **Portsmouth, Portsea, Landport** and **Southsea**. By 1840 these towns merged into one. **Portsmouth** now covers the entire island.

The **Roman** conquest began in **43 AD** and they were in **England** for 500 Yrs. The **Romans** brought roads, drainage of land, writing, fruit trees, coins, glass windows and of course, taxes.

Portsmouth has been extremely important since the age of the **Romans** because of its sheltered harbor and mild climate. There is a long history of fortification and ship building. During the time of **Henry the VIII**, the area was transformed with the building of forts and dockyards. You can see historic ships in the dockyards, including **Henry's Mary Rose** which was sunk by the **French** as he watched from shore. The ship was raised in 1982 and its remains are now kept in a climate controlled museum. Two other beautifully preserved ships, the **HMS Victory, Lord Nelson's** flag ship built in the 1700's, and **HMS Warrior**, the first steam and sail ship, built in 1860, are also open to the public.

Portsmouth was a prime target in **WW II** because of the ship building and Navy base. Between July 1940 and July 1944 there were 1581 air raid warnings in **Portsmouth** and the city was attacked 67 times. Most of the children were sent into the countryside for protection. Nine hundred and thirty civilians were killed in the bombing with another 2,827 wounded. A total of 6,978 buildings were destroyed and another 48,354 were damaged. On January 10th, 1941, the **German Luftwaffe** dropped 25,000 fire bombs and high explosives on the city. A lady I got to know told me about hiding in the fortified tunnels on **Portsdown Hill**, just north of the city, as a child. She remembers that for the children, the exploding bombs were very exciting and says it looked like a fireworks show. Later she and others were sent to the **West Country** for the rest of the war. There is a very good **D-Day** museum on the seafront that is a must see for any visitor interested in the city's wartime history.

Portsmouth remains very much a blue collar town and while there isn't much ship building these days, there is still a large naval base plus an active commercial fleet. I can stand at the window of my daughter 7th floor flat (apartment) and see ships and ferries from all over the world sailing into and out of the harbor. There are also hundreds of small private crafts of all sorts. I think there are as many boats as cars in **England**.

If you enjoy history, cathedrals, art, fossil-hunting, picture perfect thatch roofed cottages beautiful sea shore and countryside; it is only minutes away in Portsmouth.

Clara Doherty Dockter

Blind Support Group of Moscow

Clara Doherty Dockter, 84, began the Blind Support Group of Moscow after her second husband, *Ted*, was confirmed legally blind. At the time there was no support group for the blind or diabetic in *Moscow*. This was 1998 and *Clara* saw a real need for this type of community service. *Clara* asked her pastor (Pastor Dean Stewart, of *Moscow's* Emmanuel Lutheran Church) and he did not know of a support group for the blind and suggested the church form one and asked *Clara* to start it.

Clara wasted no time in organizing the *Blindness Support Group (BSG) of Moscow*. The first meeting was held November 3, 1998 in the church library and four people showed up. "We had eight at one meeting, and then we lost several weeks because of the holidays and bad weather, and at the last one I was there by myself," *Clara* reminisced.

The organized meetings, still being conducted and organized by *Clara*, features weekly speakers. Through the assistance of several local doctors – including optometrist and endocrinologist in *Moscow and Pullman* numerous topics are discussed during the *BSG* meetings, including diabetic retinopathy – a general term for all disorders of the retina caused by diabetes – a disease that can lead to vision loss or blindness, and in addition macular degeneration - an age-related disease affecting a small spot in the central area of the retina. These are just a small number of the major topics of concern during the meetings. There is also a lot of camaraderie and good natured fun.

Clara experienced the effects of diabetes as a degenerative condition through her husband, *Ted*. Over the last couple of years of his life he was diagnosed with diabetes and started to lose his eyesight. *Clara* just happened to be familiar with diabetic diets and the physical effects due to her catering to about 10 diabetics at the senior center when she cooked meals. She knew how to take care of his physical needs but felt at loss when confronted with some of the emotional aspect of the disease.

So, even though things went well for *Ted* as far as his ability to function with daily requirements, *Clara* still felt the need for a support group. *Clara* talked to the Idaho Commission for the Blind and Visually Impaired (ICBVI) representative in Lewiston. The Lewiston office was thrilled and said the commission would support her. The nearest such support group prior to her starting was located in *Grangeville*. Credentials for running the *BSG* were enhanced with diabetic classes taken at *Gritman Medical Center*. The Hospital staff has supplied her with educational materials which are easily obtainable at the meeting and the *Moscow Senior Center*.

In the fall of 1998, she organized *Blindness Support Group (BSG)* which meets every Wednesday, except the second Wednesday of the month, at 10:30 A. M. at *Moscow's* 1912 Building Senior Center. Transportation is available upon request by calling *Retired Senior Volunteer Program (RSVP)* at (208) 882-4906 or *Clara* at (208) 883-0911.

The Arts and Your Mind

The arts help you expand your mind and hour horizons. Keep your brain fit and focused by engaging in some of these activities.

- Pursue a hobby or interest that requires counting or measuring, such as woodworking or needlework.
- Join a book club at your library or nearby bookstore.
- Take a class at a community college.
- Play board and card games with friends or family members.
- Do word puzzles and word searches.
- Spend a day at an art gallery or museum.
- Attend theater productions in your community.

For more information, call the national Institute on Aging Information Center: **1-800-222-2225**

Or visit their Web site: www.nia.nih.gov

Blood Pressure Day

Ursula Hitch visits the meal site from **Gritman Hospital** on the second Tuesday each month.

Virgie Read Memorial

By: Dorothy Nichol

A memorial fund has been established for **Virgie Read** by her son, **John**, because she loved the **Friendly Neighbors** and the **Senior Center** so much.

We don't need any large items at present, so we're using money in the fund for small items we need. So far we have bought **kitchen supplies**, towels, wash cloths, and hot pads; **pinochle cards** for the Tuesday group, **bridge cards** for the Thursday group; and **bingo supplies** for the Friday group. A memorial plaque for **Virgie** will be displayed in the display case at the foot of the stairs in the **Great Room**.

If you can think of any other needs for **Friendly Neighbors** or the **Senior Center**, please let me know. You can also give **Ida Pepe**, our treasurer, donations to the fund.

Friendly Neighbors' Entertainment

Lois Granlund, Programs Chairman

Ron Crawford entertained **March 9, 2006** with classic songs of days past and originals from his personally written lyrics.

Bella Enclave – Students from **Logos School & Montrose Academy** **Friendly Neighbors** enjoyed their joyful songs on **February 9, 2006**

Eric Larsen, president of the **Palouse Country Cowboy Poetry Association**, presented **Cowboy Poetry** songs when he entertained the **Friendly Neighbors** **February 2006**

The Kings Heirs

Entertained in February 2006 with their amazing Gospel singing.

Marge Sage plays piano for the enjoyment of the Friendly Neighbors.

Bill Mitchell also provides piano music for the pleasure of the Friendly Neighbors attending the Senior Meal Site on Tuesdays & Thursday each week.

Our own **Lou Stevens** plays piano & guitar and sings her special songs, and **Ernie Bunch** plays his guitar and harmonica with the *Old Time Fiddlers* on the last Thursday of each month.

Rhythm Rangers

Of Lewiston/Clarkston and Deary entertain on February 16, 2006

Contributed by Vivian Hofmann

“I do not know why days are sad
Why life must bring care,
I only know that God above
Is ever watching there.
And sometimes when my heart can't
smile
The dark road I trod,
I always find my way at last
Because there is a God.”

National Pie Day – March 14, 2006

Lou Stevens had the foresight to remember **National Pie Day**, which was celebrated at the **Moscow Senior Meal Site** recently. **Thank you, Lou**, for planning this occasion for us.

Also, **Many THANK YOU'S** to the following that brought a pie to help celebrate: **Harriet Phillip, Lois Granlund, Julia Rogers, Lou Stevens, Doris Norman, Virginia Hays, Lois & Bob Leonard, Karen Davis, and Bob & Dorothy Nichols.**

Computer Instruction: by Grace Heick

I've recently had occasion to avail my self of the services of Doris Norman and Kay Keskinen at our computer assistance center, and I want you to know what a pleasant experience it had been. These two ladies are there to help us in any way they can. I've just barely began to learn about operating a computer so my questions are very simple, but Doris is patience personified. Time after time she helps me through a sequence and her kind words encourage me.

People ask if there is a charge for this service. The answer is, “No”, but it is permissible to donate something so that the can replace paper and other supplies.

If you have a computer question, stop by on Monday 9:30 a.m. to noon and on Wednesday from 1 to 3 p.m. Each week I look at my calendar and hope I have a day when I can stop by. It's fun to learn new skills. **Grace Heick**

Registration Desk

Among others, Ida Pepe, Virginia Hays, and Carol Smith, are volunteers at the registration desk to help members and guests sign. They also take the donations for meals. These donations of \$3.00 for age over 60 years and \$5.00 for those under 60 help keep our *Friendly Neighbors' Meal Site* in operation.

Thank you to all the ladies who volunteer in this position from time to time.

Construction Under Way for Good Samaritan Senior Housing

Moscow, Idaho (January 4, 2006) –

Five Twinhomes and a 28-unit apartment building (**The Lodge**) at **Fairview Village Estates**, a senior living community operated by **Moscow Good Samaritan Village**, are well on their way to completion as construction progresses at the estates.

Four of the Twinhomes have foundations, footings, frames and roofs. Two of these are within 60 days of completion. The fifth Twinhome has its foundation and footings. There will be 17 Twinhome units with 34 personalized homes when construction is finished. **The Lodge**, the 28-unit senior living apartment building, has its foundation, footings and framing for the first floor completed. Framing of the second story has begun.

“Construction is moving along as planned, and we are excited to see this housing become a reality for our community. Our first occupant is expected to move in the first of April,” **Administrator Tim A. Schneider** says.

The Twinhomes and apartment building will be located on more than 12 acres of land off **Fairview Drive** in **Moscow**. **Fairview Village Estates** is open to individuals **55 years-of-age and older**. The first occupant of each Twinhome chooses the floor plan, color scheme and additional features, and each Twinhome takes several months to build. Three floor plans are available for the Twinhome, with optional porches and patios. They have been carefully designed to offer many useful features – a two-car garage; a walk-in closet; a gas fireplace; a

laundry alcove; French doors; and appliances such as stove tops, wall ovens, elevated dishwasher, and a large refrigerator. Other options include a sink in the mud room, garage doors with windows, heated flooring in the kitchen and bathroom, solar tubes, floor outlets, power for a hot tub on the patio and a rear dormer.

Amenities for the senior housing include a library, wellness center, scheduled transportation, basic cable television, building repair and maintenance, appliance repair, scheduled activities, walking paths and beautiful landscaping. Occupants must pay an admission fee with two refundable options, as well as a monthly maintenance fee.

Occupants also have the option of paying fees for other services at Fairview, such as meals, beauty salon services, senior therapy, wellness center programs, assisted living and skilled nursing.

The Good Samaritan Village is located on 22 beautifully landscaped areas at the foot of **Moscow Mountain**. **The Village** offers houses, duplexes, apartments, assisted living apartments, a complete nursing care center and an Alzheimer's unit. **Moscow Good Samaritan Village** is the only facility in its area to offer a full continuum of care. **The Evangelical Lutheran Good Samaritan Society**, which opened the **Moscow Good Samaritan Village** in 1976, is the nation's largest not-for-profit provider of long-term care and senior services. **The Society**, founded in 1922, owns and operates more than 240 long-term health care centers and retirement living centers. **The Society's** mission is to share **God's love** in word and deed by providing shelter and supportive services to older persons and others in need, believing that....

“In Christ's Love, Everyone Is Someone.”

For further information, contact:

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