

Friendly Neighbors Newsletter

Volume 11 – Issue 2 – March/April 2010

Founder/Publisher – Doris Norman

Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

Web Page: <http://users.moscow.com/srcenter> Email: friendly.neighbors@yahoo.com

Acting President's Message

by Leonard C. Johnson

We're about one-fourth of the way into 2010, and the operations of our Friendly Neighbors club appear to be progressing fairly smoothly, with the voluntary help of many of our members. I have a feeling that I am seeing more people coming to take part in our noon meal service, people that I haven't seen before, although I don't have any firm records to back up this feeling. If true, this may be a result of a new Publicity and Promotion Project that Sec'y-Treasurer Kay Keskinen and Board Member Mary Wood have been carrying out from a Moscow City Community Development grant.

We have recently been favored with two very welcome cash donations, two hundred dollars given anonymously by one of our members, and a gift of one hundred dollars from the Palouse Promenaders. (Our menu also indicates donations for meal sponsorships.)

The City of Moscow has applied for an Idaho Community Development Block Grant, in the amount of a little more than \$145,000. This grant, along with local cash and in-kind contributions, will be used to finance improvements to the utility of the 1912 Center and replacement of certain essential equipment at a total anticipated cost of about \$223,000.

More specifically, excavating dirt and constructing an extensive retaining wall along the north side of this property, plus more

paving will result in additional on-site parking space. And in the kitchen, the stove, grill, oven, freezers, and refrigerators are to be replaced with new, commercial-grade, energy-efficient models.

I am quite confident that the requested funds will be granted, but do not know when the work will begin. Very likely we will experience some disruptions and temporary inconveniences, especially in connection with the parking lot improvements, but after the project has been completed I'm sure we will be well pleased with the results.

Friendly Neighbors Membership by Treasurer Kay Keskinen

Join the Friendly Neighbors Senior Citizens, Inc. organization for only \$2 in annual dues. Karen Davis, Membership Committee chair, would be happy to collect your dues for 2010, if you haven't already paid them. Karen will get you a membership card and a nifty name tag to wear at the meal site.

As a member, you are eligible to vote at the membership meetings, serve on the board of directors, and serve on a committee. The current board of directors consists of:

Officers (one-year terms, expire 12/31/2010):

President: Vacant

Vice President: Leonard Johnson

Secretary: Doris Norman

Treasurer: Kay Keskinen

Directors (three-year rotating terms):

Louis Olson, Ida Pepe, & Mary Wood

Memories are Made of This by Dorothy Nichols

Twenty years ago a friend of mine in Missouri gave me a rainbow-colored afghan that gives me a feeling of warmth and pleasure every time I use it. It brings back memories of sharing thoughts and cups of coffee with Betty.

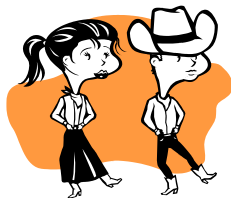
Other memories of friends come to mind. There is Marian's passion for marrying cunning stuffed animals with bricks to make useful doorstops. I have one of them that prevents errant breezes from slamming my laundry room door closed when I have windows open. (You'll see a big dog with a brick in it made by Marian up in the Senior Room.) But I most remember her through a ceramic statue with a clothespin attached to it that holds my recipe cards out of harm's way when I'm cooking.

Anita was a bridge-playing friend with a lively sense of humor. After she could no longer drive, we took her to our area card games. In appreciation she gave me a rustic ornamental birdhouse that reminds me of her every time I see it.

Before we moved here, we started a square dance group that still dances every Saturday night after 20 years. When we told them we were moving to Idaho, the group gave us a lovely clock that now graces our dining room. Looking at it, I remember the people and the pleasurable times we had with them.

My mother's hobby was painting china and she had real talent for it. As I look at the exquisite pieces she gave me, I remember her. I'll pass on the pieces to my children some day and they can also remember her through her artistry.

The former owners of our house had no interest in gardening. After moving here, I quickly joined two garden groups, and many of my new friends gave me flower gifts for my bare beds. Mary started me off with hosta, Pink

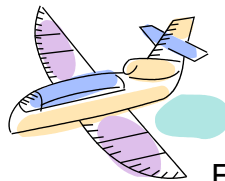


Panda strawberries, and geraniums. Hilda gave me peonies that grow more breathtakingly beautiful every year, and Marlene's irises draw raves from visitors constantly. These and many other flowers remind me of my gardener friends and their wonderful gardens.

We leave a little reminder of ourselves every time we give people something from our lives, and these memories of us live on with them. I'm a garden writer and I delight in sharing ideas and techniques I've developed or tried. Many of my readers have told me how my articles have helped them make better gardens, so I hope I am remembered for these bits of myself that I have shared.

If this idea of immortality appeals to you, there's a saying that has inspired me: "Practice random kindness and senseless acts of beauty." It's wonderful, how much good happens when we use that idea and make memories that live on after us.

Dorothy Nichols, former President of Friendly Neighbors, is the author of *Garden Adventures*; her web site is <http://www.agarden.us>



Travels with Lou by Lou Stevens

Friendly Neighbors member Lou Stevens recently visited her son Dave Summer and family in Kelso, WA. She extended the visit to Portland, OR, spending some time with friends, cousins, and grandchildren. Lou reported that plane travel through Portland and Boise was pleasant with exceptional courtesy and assistance by airline personnel.

Fun Fact

Each king in a deck of playing cards represents a great king from history.

Spades: King David; Clubs: Alexander the Great; Hearts: Charlemagne; and Diamonds: Julius Caesar



Food for Thought

by Mackenzie Femreite, Nutrition Advisor
U of I Extension Nutrition Program

Fresh, locally-grown produce direct from the grower to you!

A new program is starting up this season to provide older adults with better access to fresh, locally-grown fruits and veggies. Soggy Bottom Farm, located just 3-miles east of Moscow, is offering a limited number of weekly farm shares to adults 65 years and older at reduced rates or in exchange for volunteering with Backyard Harvest—a local non-profit that gets fresh foods to our neighbors in need. Here are some of the details:

Reduced cost shares

Pay just \$125 at the beginning of the season and receive 25 weeks of fresh, seasonal fruits and veggies. Fresh eggs are also available on a weekly basis at \$2 dozen/\$1 half dozen. Weekly payment plans of \$5 are also available, though you need to commit to the entire season. SNAP benefits are also accepted.

Work shares

Volunteer at least 5 hours a month with Backyard Harvest and receive a weekly share of produce in exchange. There are lots of different volunteer opportunities from helping Backyard Harvest staff pick cherries in July to helping them prepare their annual mailing in October. We will help you work out times and activities that work with your schedule and interests.

Once the season starts in late May/early June shares can be picked up on Wednesdays in two locations:

Moscow | 933 E. 7th St. (on the bus route) | 4-7pm
Pullman | Pullman Farmer's Market | 4-6pm

There is a free home delivery option for those facing significant challenges to picking up their shares.

If you are interested contact Marci at
outreach@backyardharvest.org or
208-596-6304.

WA-ID Volunteer Center

by Marilyn Kurdy, WA-ID Center in Lewiston

Margaret Mead said once; "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

The WA-ID Volunteer Center matches volunteers of all ages with meaningful opportunities that meet community needs. We act as a volunteer clearing-house by sending individual volunteers to organizations such as the Twin County United Way or the various meal sites and food banks in our service area to perform specific jobs for which the organization would otherwise have to pay. Our mandate states that we cannot be paid for our work; otherwise it would not be considered true volunteerism, and we cannot displace a paid worker.

Our volunteers serve the non-profit community in Asotin and Garfield counties of Washington and Region II of Idaho (Nez Perce, Latah, Lewis, Clearwater and Idaho counties).

The Retired and Senior Volunteer Program (RSVP) was created in 1969 by an amendment to the Older American's Act and launched in 1971 after the White House Conference on Aging determined that seniors were, and still are, a great source of volunteer help. Our agency began as a stand-alone RSVP program in 1983. In 1994, the Corporation for National Service was created to bring together federal volunteer programs under one agency. The Corporation for National Service also funds VISTA, the Foster Grandparent Program, and the Senior Companion Program.

From 1983 until 2001, this RSVP office was sponsored by the Valley Christian Aid Network. In 2001, we re-organized as a separate non-profit entity called the Washington-Idaho Volunteer Center, Incorporated, which took over sponsorship of the RSVP as well as sponsoring SHIBA, America Reads and Project Warm-Up.

(continued on next page)

The WA-ID Volunteer Center, Inc. is a Hands on Network Center, the only such center in the entire state of Idaho and, as such, is a part of the Disney Give-a-Day; Get-a-Day program.

Almost 800 area volunteers work at a variety of non-profit agencies, municipalities, and health care organizations in the seven counties served by our Volunteer Center.

Our funding comes from the federal government, the State of Washington, Nez Perce County, Twin County United Way, the Washington State Insurance Commissioner's Office, Clearwater County, the City of Moscow, Moscow/Latah United Way, the Valley Christian Aid Network, and various fund-raising events.

How can you help?

Friendly Neighbors volunteers may also become our volunteers. Volunteers join by completing an enrollment application; they are assigned to various volunteer opportunities, according to the individual's skills and interests, or they may work strictly with the Friendly Neighbors. All we ask is that volunteers submit their volunteer hours each month so that we can recognize their service to the community. Each year we recognize volunteers for their service at local events by handing out service awards for 5, 10, 15, or even more years of service. The volunteers who have served more than 4,000 hours receive the Presidential Service Award signed by the President of the United States. And, because we want to ensure our volunteers' safety, when you become our member and work for a job station with which we have a signed agreement, you are covered for excess liability and medical insurance.

If there is any way we can serve you better, or if you have any questions, please call us toll-free at 1-888-546-7787.

Volunteering is our business and business is very, very good because volunteerism is the recipe for a healthy community!

Some Telephone History from Lou Stevens

After having dug to a depth of 1,000 meters last year, Scottish scientists found traces of copper wire dating back 1,000 years and came to the conclusion that their ancestors already had a telephone network more than 1,000 years ago.



Not to be outdone by the Scots, in the weeks that followed, English scientists dug to a depth of 2,000 meters and, shortly after, headlines in the UK newspapers read, "English archaeologists have found traces of 2,000 year old copper wire and have concluded that their ancestors already had an advanced high-tech communications network a thousand years earlier than the Scots."

One week later, Texas newspapers reported the following: "After digging as deep as 5,000 meters in West Texas, scientists have found absolutely nothing. They have therefore concluded that 5,000 years ago Texas inhabitants were already using wireless technology."

Poem by Ralph Zeigler 12/14/09

Gone are the days I walked six miles or more
Gone are the days that I drove to the store
Gone is the brain that once was so clear
It's time I gave up the gin and the beer
Such are the drinks I once held so dear
Memories of teeth replaced long ago
Click in my head dentures move to and fro
Gone is the hair once sprinkled with snow
Gone are the days of "Ho, ho ho!"
Gone are the days of party and sin
I'm still a good man for the shape that I'm in.

- - **HUMOR** - -

**You know you're getting older
when Happy Hour is a nap**

**The more you complain, the
longer God makes you live**

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 those under 60 the price is \$6.00.

Here are the entrée dishes for senior meals in the next two months: (menus subject to change)

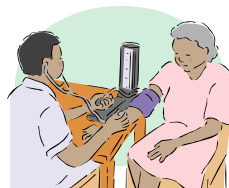
April 2010 Entrees			
Date	Tuesday	Date	Thursday
		1	Beef Roast
6	Fish	8	Turkey
13	Spaghetti	15	Ham
20	Brats with Sauer Kraut	22	Oven Fried Chicken
27	Meat Loaf	29	Pork Roast

May 2010 Entrees			
Date	Tuesday	Date	Thursday
4	Sweet and Sour Meat Balls	6	Lasagna w/ Meat Sauce
11	Pork Roast	13	Hamburger Steak
18	Chicken	20	Roast Beef
25	Turkey	27	Pit Ham

The Moscow Senior Center, located on the ground floor of the 1912 Center, offers many scheduled activities. Or, just drop in to enjoy a cup of coffee or tea, visit with friends, watch TV, read, work on a jigsaw puzzle, play cards, or use the public wi-fi with your laptop.

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.

Blood Pressure Checks



Every second Tuesday of the month Gritman Medical Center provides a nurse to measure blood pressure at the senior meal site. Come a

little early to the meal site and stop at the table by the elevator to have your blood pressure tested. Small booklets are provided for you to log the results.

Thanks for Gritman for providing this important service!

Letter from a Reader

Editor: I thank you and Karen Davis for the very important information in the last newsletter about the hidden sugar that is in our foods. The chart made me look at the foods I was eating. I thought I was eating a good yogurt; it was low-fat with active cultures. But in that six ounce container there were 35 grams of sugar! At 4.2 grams of sugar in a teaspoon, I was eating almost nine teaspoons of sugar in that small yogurt container. I changed yogurts thanks to your helpful information.

Name withheld, Moscow, Idaho

Fit and Fall-Proof Exercise Classes for Seniors

Gritman Community Wellness Center
510 W. Palouse River Drive
Moscow, Idaho

Classes are FREE!
Mondays & Wednesdays
1:00 PM – 2:00 PM

Tuesdays and Thursdays
9:00 AM – 10:00 AM
10:00 AM – 11:00 AM

Phone: (208) 883-9605

In Memoriam ~ Grace Pratt



Grace M. Pratt of Moscow passed away Thursday evening, January 21 at Gritman Medical Center in Moscow. She was 87.

Grace was born March 26, 1922 at Chicago, Ill., to Lewis J. and Marie C. Gilbert. She grew up and attended school there, graduating from high school in Chicago. She joined the United States Marine Corps Women's Reserve and served at Camp LeJeune, N.C., and at San Diego, Calif., prior to her discharge in 1944. She went to work as a telephone operator with AT&T in Chicago, and later for General Telephone in Moscow where she retired in the late 1960s. On December 16, 1964 she married Oliver H. Pratt at Coeur d'Alene.

She is survived by her husband, Oliver, at their home in Moscow. A memorial service was held on January 26, 2010 at Concordia Lutheran Church in Pullman, WA.

Thank You from Pratt Family

Oliver Pratt and family would like to thank everyone for their generosity in the giving of meals, charitable contributions, and time spent sharing memories of Grace. Your kindness has been a comfort to her family.

**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



MOSCOW VILLAGE

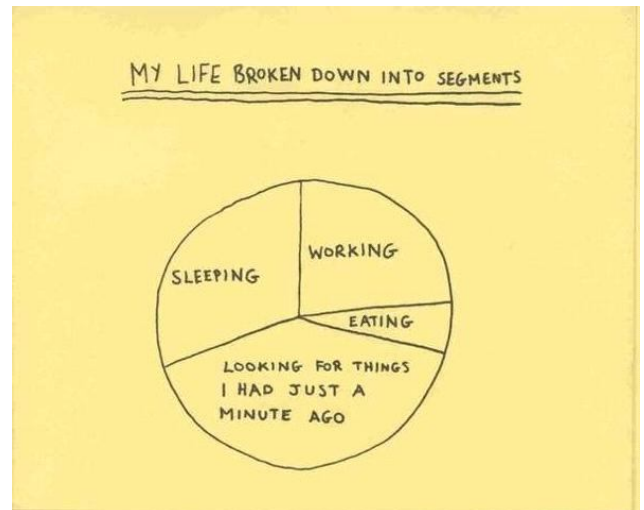


Photo courtesy of Giselle Nance

Bella Performs

The Bella Jazz Ensemble entertained the Friendly Neighbors at their meal site on February 23. The ensemble consists of junior and senior high students from area schools (including Moscow, Logos, Montrose, and homeschooling). The group, led by Leslie Wilson, was preparing for competition in the annual University of Idaho Jazz Festival.

The "Pie Chart" of a Senior's Life



Coffee Hour - 10:00 a. m.



**Moscow Senior Center
Courtesy Jeff Bollinger
Edward Jones Investments**