

# *Friendly Neighbors Newsletter*

Volume 12 – Issue 2 – March/April 2011

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Moscow Senior Meal Site and Senior Center

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## President's Message



My first three months as President of Friendly Neighbors have gone well. Our new head cook, Ellen Roskovich, is trying new dishes as well as old standbys. She is also keeping the food expenses within the planned budget. On March 7 we purchased a new

double door, energy-efficient commercial freezer to replace a very old chest freezer and a very old upright freezer (both highly inefficient). We should be using far less electricity now, which should make our landlord, Heart of the Arts, very pleased. Below I am outlining three areas of special interest. I'd appreciate your feedback on them.

**2011 Senior Fair:** The annual Senior Fair, which is sponsored by the *Moscow-Pullman Daily News* and Gritman Medical Center, will be on Tuesday, June 7 at the Palouse Mall in Moscow. In addition to many other booths and activities by businesses and other senior organizations, Friendly Neighbors will have a booth, and we could use some help with it - volunteers are needed to set up the booth that day, to sit at the booth, and to take down the booth. We also need senior-related printed materials to distribute. Contact me if you can help with any part of the fair booth.

**We Need Volunteers:** Friendly Neighbors is currently seeking volunteers to help at our

Tuesday and Thursday meals. Even if you only have an hour to help, please let me or Helen Sasse (Meal Site Chair) know. We could also use a few more volunteers to manage the Senior Center, or be a substitute when someone needs to be gone. Again, please contact me if you're interested.

**New Meal Ticket: Buy 10 Meals, Get 1 Free:** Your Board of Directors has developed a new meal ticket for use at the 1912 Center meal site. For the suggested donation cost of \$40 for ten meals, with this meal ticket you get an eleventh meal free. In other words, a person would pre-pay (or pre-donate) \$40 and get 11 meals, bringing the average to \$3.64. The tickets are transferable but non-refundable. The ticket can be used for multiple people at the same meal. And, you don't have to remember to bring it with you. We keep it for you at the meal site, and it'll be there when you come to eat.

*by Linn Lindsey, President*

## Dues and Membership Directory

Annual dues for Friendly Neighbors are \$2; dues run from January 1 to December 31. If you have not paid your dues for 2011, please give your dues and member information (name, address, and phone) to Membership Chair Karen Davis or the sign-in desk personnel. An updated membership directory will be printed in April. If you have moved or have a new telephone number, be sure that the information has been updated for the directory.

## Meet the Friendly Neighbors Board of Directors

This issue of the newsletter marks the start of a series of articles that feature members of the Friendly Neighbors Board. This issue highlights President Linn Lindsey, Vice President Gerald Schutz, and Past President Leonard Johnson. The May/June issue will present the secretary and treasurer, while the July/August issue will showcase the three directors.

Each person was invited to provide some background about himself. **Their autobiographies begin on page 7 of this newsletter.**

## Community Dinners

Here are some of the Moscow churches and area agencies that provide senior and/or community meals.

The **First United Methodist Church** offers a free evening meal on the second Thursday of the month from 6 – 7 PM. All are welcome. The church is at 322 East Third Street.

The **First Presbyterian Church** offers a “Wednesday Supper Fellowship” dinner Wednesday evenings from 6 – 7 PM. All are welcome; free will donations are accepted. The church is at 405 South Van Buren Street. The dinners align with the school calendar, the last dinner this spring is on Wed, April 27, 2011.

The **Friendly Senior Citizens of Troy** provides a senior dinner on the last Wednesday of the month. Meals are at noon at the Troy Lutheran Church social hall. Suggested donation is \$3 for seniors.

The **Potlatch Senior Citizens Center** has senior dinners at noon on Tuesdays and Fridays at the I.O.O.F./Rebecca Hall on Pine Street. For more information call 875-1071.

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.

## Upcoming Events

**Friday, May 20: Latah AARP Chapter** meets at the Best Western in Moscow. The program will be a wrap-up of the Idaho State Legislative session by the District 6 legislators. Lunch is served at 11:30 AM. To reserve a place for the lunch, call Judy at 882-6069.

**Wednesday, May 25: Free Barbecue for Seniors** at Fairview Village Estates, Moscow, 11 AM – 2 PM, in honor of National Older Americans Month in May. The meal is free for anyone 55 or older.

**Tuesday, June 7: Palouse Senior Fair,** Palouse Mall. The fair features a full day of vendors, information, and workshops at the Palouse Mall. Stop by the Friendly Neighbors booth.

**Mon, June 13 – Sat, June 18: North Idaho Senior Games** in Lewiston, 17 events for men and women 50 or older. For information, call the WA-ID Volunteer Center in Lewiston at 888-546-7787.

## Senior Texting Funnies

Since more and more seniors are texting and tweeting, there appears to be a need for a STC (Senior Texting Code).

**ATD:** At The Doctor's  
**BYOT:** Bring Your Own Teeth  
**CBM:** Covered By Medicare  
**CUATSC:** See You At The Senior Center  
**FWIW:** Forgot Where I Was  
**FYI:** Found Your Insulin  
**GGPBL:** Gotta Go, Pacemaker Battery Low!  
**IMHO:** Is My Hearing-Aid On?  
**LMDO:** Laughing My Dentures Out  
**LOL:** Living On Lipitor  
**LWO:** Lawrence Welk's On  
**ROFL... CGU:** Rolling On The Floor  
Laughing... And Can't Get Up  
**TTYL:** Talk To You Louder  
**WAITT:** Who Am I Talking To?  
**WWNO:** Walker Wheels Need Oil

## In Memory of Clarence Hewitt



Clarence Hewitt, long-time Friendly Neighbors member and meal site volunteer, passed away on January 24. Born on October 19, 1936 in New Deal, MT, Clarence moved with his family wherever where his father's construction jobs took them. Clarence worked for many years at the Weyerhaeuser sawmill in Springfield, OR, the Portland Cement Plant, and Potlatch mills in Potlatch and Lewiston. Later he was a custodian at UI and the Palouse Mall. Clarence's family calls him "the glue that held the family together." Volunteering at the senior meal site brought Clarence much joy.

In his memory, and to recognize how important Friendly Neighbors was to Clarence, his sister Stella and brothers Charles and Ray stopped by the Senior Center on March 7 to present to a \$1,000 donation to Friendly Neighbors President Linn Lindsey. Friendly Neighbors is very grateful to the Hewitt family (brothers Charles and Ray; sisters Stella, Eleanor, Mary Ann, and Sundae; niece Darlene; and nephew Donald) for this very generous donation. Clarence is deeply missed.

### Poem by Ruthie Schaublin

The long cold winter's gone at last  
I see a Robin in the tree,  
A new life is beginning  
For the world and you and me.

Let's hope it brings some happiness,  
May true lovers never part...  
Keep a twinkle in your eye  
And may a song live in your heart.

(Ruthie, friend of Lou Stevens, lived in Portland, OR and recently passed away at the age of 89)

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

### 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:** Computer help, word games, and jigsaw puzzles

**Thursday PM:** Bridge

**Friday AM:** Bingo

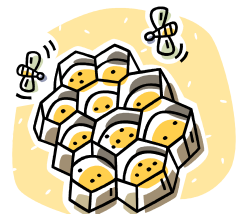
### Coffee Hour Daily - 10:00 a.m.



At the Moscow Senior Center  
Coffee courtesy of Jeff Bollinger  
Edward Jones Investments

### Fun Facts

Honeybees never sleep.

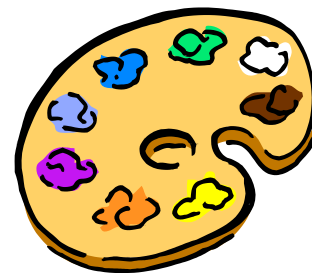


An apple, potato, and onion all taste the same if you eat them with your nose plugged.

# "Eat Right with Color"

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the March 2011  
"Senior Nutrition News"

National Nutrition Month® is celebrated each year in March. The focus is on the importance of making informed food choices and developing sound eating and physical activity habits. This year the theme, "Eat Right with Color," encourages you to include a variety of foods & colors in every meal, every day. A colorful meal is not only visually appealing, but also has a variety of nutrients & flavors. To help you "Eat Right with Color" choose fruits & veggies of all colors.



**Green** produce is antioxidant rich, promotes healthy vision & reduces cancer risks.

- **Fruits:** avocado, apples, grapes, honeydew, kiwi and lime
- **Vegetables:** artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange and deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- **Fruits:** apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- **Vegetables:** carrots, yellow pepper, yellow corn and sweet potatoes

**Purple and blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

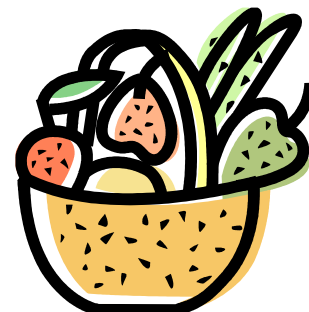
- **Fruits:** blackberries, blueberries, plums, raisins
- **Vegetables:** eggplant, purple cabbage, purple-fleshed potato

**Red** may help maintain a healthy heart, vision, immunity & reduce cancer risks.

- **Fruits:** cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- **Vegetables:** beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan and brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- **Fruits:** banana, brown pear, dates and white peaches
- **Vegetables:** cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn



# Friendly Neighbors Early History (1973-2000)

by Jeanette Talbott, March, 2000

**In July or August of 1973**, a group of about twenty seniors got together twice a week at the Moose Lodge for a noon meal of food and fellowship. Cora Knott was the first cook. Rent was \$250 a month. Meal donation per person was \$1.00. Ernest Bunch took a very active interest in the group and with his help and enthusiasm, the attendance grew to fifty or sixty. Besides the good meal, a drawing card was entertainment. Youthful dance groups, Idaho Old Time Fiddlers, and individuals shared their talents. Minutes from these more informal meetings were not recorded or have been lost.

In order to become a non-profit organization a name had to be chosen. **The name “Friendly Neighbors Senior Citizens,” suggested by Mabel Tarbox, was chosen.** Officers in 1978 were Ernest Bunch, president; Harry Larson, vice president; Alma Mortenson, secretary and treasurer; Cora Knott, Beatrice Bunch, and Ethel Johnson, board of directors.

The organization was eligible for commodities soon after it was organized. Transportation by bus through funds from the Area Agency on Aging helped the attendance. Though Friendly Neighbors were grateful for the use of the Moose Lodge, there were some difficulties with access. Stairs from the front were hard to climb and the back door at ground level was inconvenient and not wheelchair accessible. A search was made for other suitable spaces. Many sites were considered, including the vacated Penney’s building on Main Street. Most rents were prohibitive or parking space too limited.

**About this time the Old Post Office on Washington and Third, which had stood vacant for some time, became a topic of community interest.** Representatives from Friendly Neighbors went to the city council with a plan to save the building so that the seniors could have a permanent place to have their congregate meals.

**After much discussion the council agreed that if the seniors could raise \$80,000 in three months their petition would be considered.** This challenge swept the seniors into action. Ernest Bunch remembers going door to door explaining the need. Robert and Lillian Otness were very supportive. Clifford Ott and Alvin Hofmann organized a paper drive. Everyone did their part through private pledges, various kinds of fund raisers, and help from business donors. Grants from the Area Agency on Aging to equip a kitchen brought the total raised to very close to the \$80,000 amount. The city then matched with \$80,000 and more, and the renovation of the main floor went forward.

**On October 24, 1981 the building was reopened. In a letter signed by Moscow Mayor Don Mackin, Ernest Bunch, president of Friendly Neighbors, was named honorary mayor for the day as a tribute for the contribution he made with Friendly Neighbors to the community.**

In 1993 further renovation of the Old Post Office (by now called the Community Center) made it necessary for the Friendly Neighbors to find a temporary meeting place. The Elks offered the dining room and kitchen. Again there were problems with parking and ease of entering the building – and attendance declined. After a major renovation to the new Community Center that changed the kitchen area from the south end of the dining area to the north end and the installation of an elevator, Friendly Neighbors were permitted use of the building again.

By March of 2000 Friendly Neighbors served meals to 60 or 70 people on Tuesdays and Thursdays. Attendance the last Thursday of each month, when the Idaho Old Time Fiddlers played, often rose to 80 or 90.

## 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.

**Below are entrée dishes for senior meals for the next two months (menus subject to change)**

April 2011 Entrees			
Date	Tuesday	Date	Thursday
5	Stuffed Cabbage	7	Sweet and Sour Meatballs
12	Macaroni and Cheese	14	Salisbury Steak
19	BBQ Pork Ribs	21	Cheese Omelet
26	Beef Stew	28	Ham

May 2011 Entrees			
Date	Tuesday	Date	Thursday
3	Stuffed Green Peppers	5	Tilapia
10	Meatloaf	12	Baked Chicken
17	Spaghetti & Meatballs	19	Tamale Pie
24	Chicken Tetrizzini w/Pasta	26	Pot Roast
31	Hamburgers		

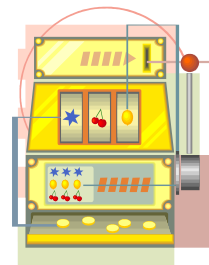
## Neighbor Notes



**Ollie Pratt** hopes to go his all-school reunion this July in Clarissa, Minnesota.

**Lois and Bob Leonard** now have their grandson Karl living with them.

**Helen Dewey** went on a Roadrunners trip in March to Death Valley, Phoenix, and Las Vegas.



**Harriet Phillip and Bob Crossin** made a trip to Yuma, AZ in early March.

**Louis Olson** moved a few months ago to Good Sam, room 317. Stop by and say Hi!

**Karen Davis** may have a special beading project coming up. Ask her about it.

**Betty Squires** recently spent a week in Florida..

**Betty and Jim Maley** have moved to Fairview Estates. Come by and see them!

Friendly Neighbors thanks **Milly Krasselt, RN at Gritman**, for doing the blood pressures tests at our senior meal site on the second Tuesday of the month.



Birthdays:

**April 2: Betty Maley-Gibb (81)**

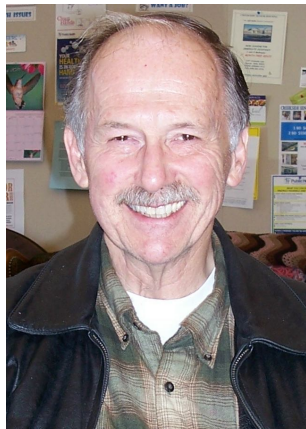
**April 18: Lois Leonard (90)**

**April 19: Ellen Roskovich (68)**

Anniversaries:

**May 5: Norma and Ralph Johnson (47 years)**

## Meet the Friendly Neighbors Officers/Board Members In their own words



**Linn Lindsey**  
**President**

I am honored to be the President of Friendly Neighbors Senior Citizens. My family consists of my wife, my two adult children, and my wife's three adult children. We have eleven grandchildren

between us consisting of two boys and nine girls. All the grandchildren are located nearby in Coeur d'Alene, Lewiston and Clarkson.

Educationally, I have a Bachelor's Degree in Business and Applied Science (Engineering), a Master's of Business Administration (MBA), and a PhD in Education with a Minor in Business.

In 1989 I was diagnosed with Multiple Sclerosis and it has been an ongoing challenge. I now walk with either a walking stick or a wheeled walker and I use hand-controls in my automobile. My spiritual faith has strengthened me for the task of living with MS. I attend the Crossing Church (a fundamental Bible believing church) and have recently started also attending the Seventh Day Adventist church.

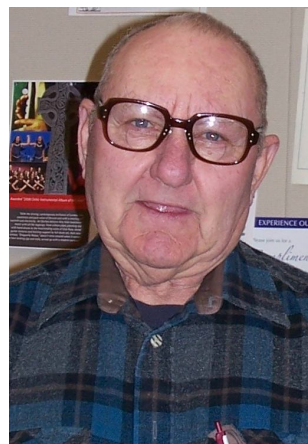
The problems caused by the MS required me to sell my motorcycles and stop playing guitar. I am hopeful that emerging treatments for the MS may allow me to resume my hobbies of motorcycling and guitar playing. Additionally, I am now learning to play the card game, bridge.

I have lived in the Northwest most of my life. I was born in Omak, WA and spent my early years in Kellogg, ID and Coeur d'Alene, ID. I went to a technical school in Denver, CO named National Electronics Institute. After

leaving there I came to the University of Idaho in 1968 to study engineering.

My work background includes 17 years for the University of Idaho Purchasing Department, followed by 10 years of doing financial services for brokerages and a subsidiary of Sterling Savings Bank.

I'm now retired from my occupations of purchasing and providing financial services. My newfound interest is assisting Friendly Neighbors.



**Gerald Schutz**  
**Vice President**

I was born 16 September 1933 at Mobridge, South Dakota; was raised in Mobridge and grandparents' farm "part time" located at Tolstoy, SD. Parents both worked for the

Milwaukee Railroad. Mother was administrator of the Milwaukee Railroad Hospital, and father was a fireman "engineer."

Attended Mobridge city schools, graduating in 1951. Played in the band, worked as a printers devil at the *Mobridge Tribune*, serving an apprenticeship in the print shop; similar to a shop class.

Attended Northern State College two years. Was drafted towards the end of the Korean War and served in the 25<sup>th</sup> Infantry Division in Korea – as a survey clerk, eventually a supply sergeant for Division HQ. Released in Nov 1953. Back to civilian life.

Settled in Whittier, CA. Attended University of California, at Long Beach. Received a Bachelor's Degree in Business and Industrial Management while I was employed by Douglas Aircraft as a weight and balance engineer for 5 years. Left the airframe business and became

a heating and air conditioning contractor in CA and owned that business for 15 years.

Married Lillian White on New Year's Eve in 1958. Move to Moscow, ID in 1968. Worked at WSU for 17 years as a senior maintenance mechanic. While employed at WSU also attended college again. Graduated with a Bachelor's of Science degree in construction engineering management in 1978.

Social activities include past Governor of Moose Lodge, past State President of the Idaho State Eagles. I am enjoying my part-time retirement in Moscow and my time serving on the board of directors of Friendly Neighbors and serving the community.



**Leonard C. Johnson  
Immediate Past  
President**

I was born in Rhinelander, Wis., youngest of three. The death of my mother, when I was 2 ½, scattered us to live with relatives in three different states. My childhood years were

spent on the Minnesota farm of my grandparents, and at age 14 I joined my father and brother in a southern Wisconsin community, where for the next four years (skipping high school), I lived with several farm families as a hired hand for room and board and a bit of spending money; and where I met Odessa, who in due time would become my wife.

Shortly before my 18th birthday I got a job near my sister's home in Chicago as a tool crib attendant in a defense plant (60c/hour), and at age 18 joined the Navy. It was my good fortune to be sent to radioman school after boot camp, and especially that during my final week of school the atomic bombs ended our war with Japan.

The following years took me to the Univ. of Wisconsin, two years of active naval service in Guam (accompanied by my wife and 3-yr old son), then Purdue University and the Univ. of Illinois for advanced degrees in soil science.

Employment in the U. S. Dept. of Agriculture followed, researching ways to reduce soil erosion in the Palouse region through changes in cropping systems and better management of land surfaces, while affiliated with Washington State Univ.; then back home to Wisconsin, employed by the University of Wisconsin and the Wisconsin State Board of Soil Conservation Districts, busily involved with educational, bureaucratic and legislative aspects of soil and water conservation, and natural resource conservation and management generally.

Wedged in among all this has been a lot of involvement with church-related activities and professional associations, and too many times being elected to an office of leadership in one or more of them, at the same time. It took much too long to learn to say "NO" convincingly. Favorite leisure (?) time activities are reading and touring America by automobile.

**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



**United Way**

Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by

the Moscow/Latah County United Way to be a United Way agency beginning in 2011.

