

Friendly Neighbors Newsletter

Volume 13 – Issue 2 – March/April 2012

Founder/Publisher Emeritus – Doris D. Norman

Publisher/Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

Phone: (208) 882-1562

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

President's Message



All is going well with Friendly Neighbors, at the meal site and in the senior center. The 2012 member directory is now available at the meal site sign-in table. If we have a wrong address or phone number for you, please tell Karen Davis, Membership Chair.

Friendly Neighbors was asked to have one of its members serve on the board of Heart of the Arts, Inc. (our landlord for the 1912 Center). Given that we are currently the “major tenant” in the building, with upcoming construction projects on the horizon, our point of view about the building would add an otherwise unrepresented focus to their board. I am honored to be our representative on the HAI board and will keep you informed about any issues that could interest Friendly Neighbors.

Our meal ticket program has been in existence for a year now. It's proven to be very successful with over 150 tickets sold in the past year. For \$40, a senior can get a ticket that's good for 11 meals.

Friendly Neighbors will again have a booth at the Tuesday, June 5 Senior Fair at the Palouse Mall. We will need volunteers to help set up, sit at the table, and take down; let me know if you can help in any way.

by *Linn Craig Lindsey*, President

Hunting Down Benefits for Seniors (from *The Wall Street Journal*)

More than 2,000 federal, state, and private programs offer benefits to seniors for everything from health care to utility bills, and an online tool from the National Council on Aging can help you find them, said Rachel Louise Ensign in *The Wall Street Journal*. BenefitsCheckUp.org allows you to sort through programs and determine eligibility based on your income and location. A search on behalf of a single, 75-year-old man in Minneapolis who owns a home and has \$50,000 in annual income, for example, turns up “regular free housekeeping, a free eye exam, and transportation to daily activities, as well as a special property-tax refund from Minnesota.”

Wedding Bells for Jenny Sheneman



On Sunday, May 6, 2012 Jenny Sheneman, Executive Director of Heart of the Arts, Inc., will marry Michael Kostroff in New York City. We are excited for Jenny and Michael and wish them the best in their new life together. Jenny promises that there will be an event later in Moscow where we can meet Michael and celebrate the happy couple. Note that Jenny will return with a new last name, so you can start learning to call her “Jenny Kostroff.”

New Take-Out Containers

By Kay Keskinen, Treasurer

Friendly Neighbors is offering a new method for taking out food from the meal site, either from the purchase of an extra meal or to take leftover salad bar or dessert items. Our finances show that we spend a lot of money on four different types of hot and frozen food containers. We must continue to use high quality containers for the meals provided for home delivery, but for those who bring food home from the meal site, we have a deal for you.

For the investment of a dollar, you can use a three-compartment plastic container that has a lid (see photo at right). The container



(but NOT the lid) can be put in the microwave; please don't reheat using a high temperature. It can also go in the dishwasher, with the lid on the top level.

Once you have donated a dollar to participate, when it's time for you to take out food, you will get a clean container from the meal site staff. Take your food home in it, and when you return the container, you will receive a clean one to use. The kitchen dishwasher will sanitize the container you return, and between meal site days, it's yours to use at home.

The meal take-out containers we currently provide cost 47 cents each. By using these new containers, you will help Friendly Neighbors better keep within its budget. If this effort doesn't reduce the money we spend on take-out containers, the board will have to look at increasing the price of take-out meals. The small Styrofoam containers at the dessert table cost us six cents each, so donations for their use would be greatly appreciated, too.

If you have any questions about the new containers, please speak with Ellen Roskovich, Linn Lindsey, or me.

Senior Meal Site/Senior Center

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. The salad bar is available at 11:30 AM, and the main meal is served at noon.

Suggested donation for the meal is \$4.00 for seniors 60 and older; for anyone under 60 the price is a flat \$6.00. A "meal ticket" for seniors is available for \$40; the ticket is good for 11 meals.

Monthly menus are available at the meal site and on our web page.

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

Senior Center 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: Word games, jigsaw puzzles, and computer help

Thursday PM: Bridge

Friday AM: Bingo

Fun Facts

Ice cream is Chinese food! The device that originally made ice cream was invented in China.



In Utah, it is illegal to swear in front of a dead person.

Glaucoma Eye Drops: Suggestions on Use

Reprinted from "Gleams" January 2012 Issue
www.glaucoma.org

Eye drops for glaucoma contain medications. Bottle shapes and sizes vary as do the types of containers.



Most commercially-made eye drops deliver a drop that is bigger than the eye can hold. Because of this, it is normal for a small proportion of the drop to roll over onto your cheek. Also, different bottle types may last varying amounts of time as each may have a distinctive eye drop size.

It is difficult to squeeze just one drop from a bottle at a time. It is therefore normal for a bottle not to last as long as your pharmacy provider may think it should. If that happens, make sure you remind your pharmacy that CMS (Medicare) and many states have mandated that you are allowed extra eye drop refills.

Eye drops can be challenging to instill. Here are some tips you may find helpful.

- Before instilling drops, make sure to wash your hands. Dirty hands can result in eye infections which may be serious.
- Often, when beginning to use drops, it is hard to tell if the drop actually went in the eye or not. You might want to refrigerate your eye drop bottle - when you put the drop in, you will feel the cold drop on your eye and know that you are successful (this is not necessary to preserve the drop, but useful to help you discover if the drop actually touches your eye).
- Almost 20% of people are unable to put drops onto their own eyes for various reasons and are reliant upon others. They may have tremors, poor vision, poor coordination, or just fear. Don't feel

badly if this is you. Depending upon your situation, make sure you find a friend or family member to help you.

- If your doctor has prescribed more than one type of eye drop, wait five minutes before putting the next drop in your eye.

There are many methods for instilling drops; the following suggested method works well for many people.

1. Make sure that your eye is open. Use any finger to open your eye - most people prefer to use the first finger of their non-dominant hand (your left hand if you are right-handed).
2. Make sure the bottle is aiming downwards. (Let gravity help you.) Also, have your eye perpendicular to the bottle by having your head parallel with the floor. The easiest way to do this is to lie down or sit back in a chair. In this way, the drop will go straight down onto your eye, rather than fall on your lid or your cheek.
3. Finally, brace the thumb of your dominant hand (right hand if you are right-handed) on the first finger of the non-dominant hand. By doing this you will be able to accurately aim a drop onto your eye.

Make sure that you have a friend or your doctor watch you instill the drop in your eye. If you are having problems, ask your doctor or your doctor's technician for help.

--

Article by **Alan L. Robin, MD**, Associate Professor of Ophthalmology at Wilmer Institute and Associate Professor, International Health at Bloomberg School of Public Health, Johns Hopkins University, in Baltimore, MD.

--

Editor's (Kay's) note: I take two types of glaucoma drops each day. I thought the information on how to take eye drops was of general interest to seniors, not just to those who have glaucoma.

Upcoming Events

Friday, May 18: Latah AARP Chapter meets at the Best Western, 11:30 lunch, noon program is a wrap-up of the Idaho State Legislative session.

Tuesday, June 5: Senior Fair at the Palouse Mall. Stop by the Friendly Neighbors booth.

June 18 – June 23: North Idaho Senior Games, Lewiston. For men and women 50 years old and older, there are 14 events with competitions in age categories. Register through the WA-ID Volunteer Center.

One Liners

Contributed by Karen Davis

What is the difference between in-laws and outlaws? Outlaws are wanted.

Alcohol is a perfect solvent: It dissolves marriages, families, and careers.

A fine is a tax for doing wrong. A tax is a fine for doing well.

Archaeologist: someone whose career lies in ruins.

An archaeologist is the best husband any woman can have: The older she gets, the more interested he is in her.

There are two kinds of people who don't say much: those who are quiet and those who talk a lot.

They say that alcohol kills slowly. So what? Who's in a hurry?

My girlfriend asked me, "Do you believe in love at first sight?" I said, "At the first sight of what?"

Alcohol and calculus don't mix. Never drink and derive...

One nice thing about egotists: They don't talk about other people.

There was a man who said, "I never knew what happiness was until I got married...and then it was too late.

Before marriage, a man yearns for the woman he loves. After marriage, the 'y' becomes silent.

Neighbor News

Virginia Hays was featured in the spring issue of "Connections" published by Gritman Medical Center. Virginia lost a battle with a folding chair and fractured her pelvis and wrist. Her speedy recovery was largely due to her dedication to the exercise program in the Gritman Cardiac Gym.

Helen Sasse returned in mid-March from visiting her niece in San Diego.

Mary Ann Moser is healing from a clean fracture on her right arm when she fell on the ice. The cast should come off in early April.

Gerald Schutz recovered from breaking his leg slipping on the ice after plowing snow. When asked how he was, he replied, "Doing as well as a cantankerous old man can do."

Julia Rogers had a beautiful 86th birthday party on March 4. All but one of her family was present; that her daughter from Montana attended was a big surprise.

Donna O'Brady's son Sean visited from Shelley, Idaho where he and his wife are teachers.

Harriet Phillip had a cancerous spot on her right leg removed, they got all the cancer. She is doing well now.

Gary Deesten has started an internet business, an online auction of all types of stuff.

Ernie Bunch continues to take chemotherapy for his cancer. We all appreciate it when Ernie plays his harmonica at the meal site.

Birthdays:

April 19: Ellen Roskovich

April 20: Marvin Munn

May 31: Tim Alverson



Anniversaries:

May 5: Norma and Ralph Johnson

”Tips for Healthy Living”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the September 2011
“Senior Nutrition News”

Experts from the fields of medicine, nutrition and public health agree that eating more fruits and vegetables and participating in physical activity will benefit almost everyone. When older adults eat at least 5 cups of fruits and vegetables daily, they may:

- Get many of the vitamins, minerals and fiber the body needs to maintain good health
- Maintain regularity
- Prevent or delay the effects of chronic conditions such as obesity, hypertension and heart disease
- Add color, taste, and variety to their diets
- Maintain strong, healthy bones

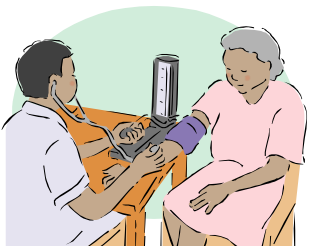


When older adults participate in at least 30 minutes of physical activity most days, they may:

- Prevent or delay the effects of chronic disease
- Feel better
- Decrease stress, anxiety and depression
- Help control weight
- Build and maintain healthy bones, muscles and joints
- Improve strength



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!

Changes to Idaho's Primary Election

Idaho's Primary Elections will be held on Tuesday, May 15, 2012. Below is information from the Idaho Secretary of State web site (<http://www.sos.idaho.gov>):

Idaho Primary Election - 2012

- Only registered Republican voters will be allowed to vote in the Republican Primary.
- Members of the Democratic, Republican, Constitution or Libertarian Parties and those who do not affiliate with any party will be permitted to vote the Democratic Ballot if they so choose.
- Those not registered with a party may do so on election day.
- The poll book and registered voter history will reflect which ballot the elector voted.

Beginning in 2011, a law went into effect that restricts an elector to voting only in the primary election of the political party for which he or she is registered, unless a party notified the Secretary of State in writing that the political party elects to allow additional voters (unaffiliated voters and/or voters registered with another party) to participate in the party's primary election. (See [Idaho Code 34-904A](#).)

On November 2, 2011, the Democratic Party exercised the option to open their primary election to include voters not affiliated with the party.

The Republican Party did not exercise the same option. Voting in the Republican Primary election will be limited to party members only.

Therefore, for the 2012 Primary Election, the only electors who can vote on the Republican Ballot are those who have affiliated, including those who affiliate on election day, with the Republican Party. Members of the Democratic, Republican, Constitution or Libertarian Parties and those who do not affiliate with any party will be permitted to vote the Democratic Ballot if they so choose. An elector can vote only one party ballot however, and the poll book and registered voter history will reflect which ballot the elector voted.

Beginning in 2012, all voters must declare an affiliation with a recognized political party or declare themselves to not be affiliated with any political party (i.e. "Unaffiliated").

If you fail to select a party, you will be automatically designated as an "unaffiliated" voter pursuant to 34-411, Idaho Code, which may affect your ability to participate in the Primary Election. However, this does not affect any other elections.

You may complete the below Party Affiliation Form and either submit it at the polls or mail it (Latah County residents) to:

Latah County Elections, 522 S. Adams, PO Box 8068, Moscow, ID 83843 (208) 883-2249

Idaho Political Party Affiliation Declaration Form			
I, being a registered voter at the address listed below, do hereby declare that I wish to affiliate with the following political party:			
<input type="checkbox"/> Democratic	<input type="checkbox"/> Republican	<input type="checkbox"/> Constitution	<input type="checkbox"/> Libertarian
I, being a registered voter at the address listed below, do hereby declare that I do not wish to be affiliated with any political party.			
<input type="checkbox"/> Unaffiliated (No party preference)			
Last Name: _____		Suffix: _____	
First Name: _____		Middle Name: _____	
Date of Birth: _____			
Residence Address: _____			
Street Address		City	Zip Code
Signature _____		Date _____	
ER-2, Approved Secretary of State, May 2011			

New Range/Ovens for Kitchen



Thanks to an Avista grant received by Heart of the Arts, Inc., a new six-burner natural gas range and a double

stack convection oven were recently purchased and installed in the 1912 Center kitchen. Since these appliances greatly benefit Friendly Neighbors, our organization helped fund part of the cost that wasn't included in the grant. Two ovens allow for two different temperatures, and the gas stove top is far more efficient. Our meals have been wonderful, but we hope they will be even better now.

**Household Downsizing
&
Organization Seminar**
Lunch is included
Friday, March 23rd
&
Friday, April 27th
Both at 11:00 AM
For more information call
208-882-9809



Good Samaritan Society®
Moscow

RSVP Appreciated



All faiths or beliefs are welcome.
11-G2600

Meal Site Entertainment

The Old Time Fiddlers entertain senior meal site attendees on the last Thursday of the month (but not in summer).



The above photo shows Ernie Bunch joining in on the harmonica at the February performance.



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.



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.