

Friendly Neighbors Newsletter

Volume 14 – Issue 2 – March/April 2013

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Publisher/Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

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President's Message



Greetings Friendly Neighbors:

Our organization continues to run smoothly. I am so grateful for the many volunteers who make the weekly meal site work and the volunteers who keep our senior center open.

We can always use more volunteers, either at the meal site or senior center. Please see me if you are interested in helping our organization.

The federal budget “sequester” may affect us. We receive senior nutrition program funding, and the sequester cutbacks mean Idaho will lose \$202,000 in senior nutrition support. We do not know yet what that means to us. Our board of directors will continue to strive to keep us financially healthy.

Our kitchen had a “surprise” health inspection at our March 19 meal site. The improvements we made last year to our equipment resulted in zero violations! Congratulations to head cook Ellen Roskovich for all her good work. And thank you for the donations that allowed us to purchase equipment that met health standards.

The 2013 member directory comes out in April; please check that we have your information correct, and that your dues are current.

Thank you in advance for your cooperation.

Bill Terrio, President

Friendly Neighbors Turns 40!

by Kay Keskinen, Editor

Friendly Neighbors began informally in 1973 to provide nutrition services to Moscow area seniors. Ernie Bunch took the lead in 1978 to formalize the organization by incorporating it as a non-profit. The organization was later recognized by the IRS as a 501c3 charity.

I plan to celebrate the 40th anniversary of Friendly Neighbors by including a “look back” article in each of this year’s issues. This issue includes an article by Jeanette Talbott about our early history. Thank you, Jeanette, for sharing your memories.

Home Delivery of Meals



In addition to providing congregate meals for seniors (age 60 and older) at the meal site in the 1912 Center, Friendly Neighbors also provides hot and/or frozen meals for home delivery to seniors who qualify. For

information on how to qualify for delivered meals, contact Jenny Zorens at the Area Agency on Aging in Lewiston; her phone is 800-877-3206.

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Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency.



## Neighbor News

**Joy Irving** was recently honored with the University of Idaho Jim Lyle Award, an award that recognizes the outstanding contributions of someone who has shown long-term dedication and service to the university and/or the Alumni Association through volunteerism. Joy, a 1964 UI grad, has put more than 2,000 volunteer hours into the Margaret Ritchie School of Family and Consumer Sciences. She also serves annually as a judge in U-Idaho food and nutrition classes. Congratulations, Joy!

**Mary Ann Moser** reports that “they let me out” after the surgery for her fractured hip. She is now getting around very well.

**Nila Hall** is going to Gritman for exercises in walking and working with weights.

**Linn Lindsey’s** manx cat named Maxine K. Shagnasty passed away at the age of 17.

**Herb Utoff** is happy to see warm weather since that means he is out and about on his Yamaha V-Star 1100 motorcycle.

**Jim McCloskey** is volunteering at the Habitat for Humanity store on North Main in Moscow.

**Lou Stevens** still participates in the Old Time Fiddlers playing the piano and singing.

**Helen Dewey** and **Glenna Taylor** enjoy bingo in Princeton on Mondays.

**Ellen Roskovich** has a new granddaughter.

### Birthdays:

April 19: Ellen Roskovich

April 20: Marvin Munn

### Anniversary:

May 5: Norma and Ralph Johnson



## Latah AARP Chapter

The Latah AARP chapter meets next on Friday, May 24 at the University Inn/Best Western in Moscow. Lunch is at 11:30 AM; the noon program is a wrap-up of the Idaho State Legislative session with our district legislators. To reserve a place at the lunch, call Judy at 882-6069.

## 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, mah jongg, and computer help

Thursday PM: Bridge

Friday AM: Bingo at 10:00



## Fun Facts

Polar bears are left handed.

Every day more money is printed for Monopoly than for the US Treasury.

Snails can sleep for 3 years without eating.



## Friendly Neighbors Dues/Directory

Friendly Neighbors dues for 2013 are now due. The annual dues are \$2.00 and can be paid to Karen Davis, Membership Chair, or at the meal site sign-in desk. If you are a new member, please make sure that Karen has your full name, address, and telephone number. If you are a continuing member, please check that the information we have for you is correct. An updated membership directory will be published in early April.

## Blind and Diabetic Support Group

Each Wednesday morning at 10:30, the Blind and Diabetic Support Group meets in the Moscow Senior Center. Here are their program topics for the April meetings:

- 3 – Brent Bradbury, Habitat for Humanity
- 10 – Krista Kramer, Disability Action Center
- 17 – Gail Worthington, Idaho Commission for the Blind and Visually Impaired
- 24 – Birthdays for April

## Travel with Idaho Roadrunners

Need a break? Consider signing up and taking a trip with Idaho Roadrunners, Inc., a local travel group. Anyone over 21 years of age can join. Dues of \$10 a year cover insurance and monthly newsletters that list planned trips. Trip prices include the motels and any attractions visited as a group. When the trips include a group meal, gratuities are paid in advance. All you have to cover are your dinners and lunches. Tour directors try to choose motels that have a free continental breakfast. Trips leave from the Good Samaritan parking area, which means no driving and no parking for you.

The group meets for breakfast the second Saturday of each month at the Moose Lodge in Moscow, at about 8 a.m. Tour directors are Don and Eniss Smith. They can be reached at 208-882-7367.

*Editor's note: Roadrunners newsletters are posted on the bulletin board in the Senior Center.*

## Parks & Recreation Activities

The Moscow Parks & Rec summer brochure includes these activities of interest to seniors:

*Interested in learning to play mah jongg?*

Lauren Fins will lead a beginner's class in mah jongg on three Wednesdays: April 24, May 1, and May 8,



from 6:30 PM – 9:00 PM. In the course of three sessions, you will learn how to play the American version of the game, including the rules, how to set up, deal, play, and win the game. The registration fee (\$28 for Moscow residents, \$30 for non-res) includes an instruction booklet and the official play card. Pre-register by April 8 through Parks & Rec.

*Want to learn to pitch horseshoes?*

There will be a free horseshoe pitching clinic for adults on Tuesday, May 14, at 6:00 PM in Ghormley Park. Even though the clinic is free, please pre-register through Parks & Rec.

*Summer Horseshoe Pitching Leagues*

Starting in May and running through July are a horseshoe doubles league on Tuesday evenings and a singles league on Wednesday evenings. See the Parks & Rec brochure for registration fees and additional information.

## To Those I Love

Author unknown, submitted by Bill Terrio

When I am gone, just release me, let me go—  
So I can move into my afterglow.  
You mustn't tie me down with tears.  
Let's be happy that we had so many years.  
I gave you my love, you can only guess  
How much you gave me in happiness.  
I thank you for the love you each have shown.  
But now it's time I traveled on alone.  
So grieve for me a while, if grieve you must,  
Then let your grief be comforted with trust.  
It's only for a while that we must part,  
So bless the memories within your heart.  
And then, when you must come this way alone,  
I'll greet you with a smile and a "Welcome Home."

# 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, the 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.

# Humor

## Grandparents

1. She was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye.
2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 80. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"
3. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"
4. A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"
5. My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.
6. A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."
7. I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colors yourself!"
8. When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."
9. When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6."
10. A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said.. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."
11. Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."
12. A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."
13. A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."
14. Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!
15. My Grandparents are funny, when they bend over, you hear gas leaks and they blame their dog.





## “Planning Healthy Meals for 1 or 2”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the April 2012  
“Senior Nutrition News”

It can be hard to get motivated when cooking for just 1 or 2 people. Get the most value for your time and money if you are cooking for 2, or just you!

Cook once, eat twice

- Plan two meals from the same entrée
- Separate out extra food **before** serving
- Eat extras in 3-4 days or freeze

Should you buy in bulk?

- May be half the cost, but just as expensive if you toss half!
- Repackage meat in smaller servings and freeze

Consider individually packaged servings of items: String cheese; wrapped cheese slices; single containers of tuna, soup or fruit; individual cartons of yogurt

Buy a smaller number of servings from the meat counter or salad bar:

- Enjoy one pork chop, chicken breast, or single salmon filet
- Purchase and individual salad or small amounts of fruits/vegetables

Buy fruit at varying stages of ripeness: some to eat now and some to ripen later

- Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, and plums continue to ripen after purchase

Buy frozen vegetables in bags: Make the amount you need

- Toss into soups, casseroles, salads and thaw in strainer under cool running water for salads
- Taste and nutrition is comparable to fresh and often lower in salt than canned

Can-do canned foods

- Nutrition is comparable to fresh/frozen
- Rinse to reduce sodium or choose low sodium versions
- Remove from can when storing unused portions.
- Check the “use by date” on cans for best safety/quality; after can is opened, use within 3-4 days



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Humor: How much is your donation?



A driver was stuck in a traffic jam on the highway outside Washington, DC. Nothing was moving. Suddenly, a man knocks on the window.

The driver rolls down the window and asks, "What's going on?"

"Terrorists have kidnapped the entire U.S. Congress, and they're demanding a \$10 million dollar ransom. Otherwise, they are going to douse them all in gasoline and set them on fire. We are going from car to car, collecting donations."

"How much is everyone giving, on average?" the driver asks.

The man replies, "About two gallons."

## Meet the Friendly Neighbors President and Vice President

In their own words



**Bill Terrio**  
**President**

I was born in Cambridge, MA on July 29, 1939 and am one of seven children. I went to a public school the first three years and then a parochial school for three years. We then moved to Berlin, MA and lived on

forty acres of land. We grew our own vegetables and raised 6,000 chickens until the barn burned down. While living in the country, I worked on a milk route on weekends and in the summer on a turkey farm; I also worked as a supervisor in a plastics factory.

During my senior year my mother died (1957) and I fell from second in my class to fifth, but was still a graduation speaker. I attended Boston University for a year and a half.

I worked for Howard Johnson's for 12 years and became a manager. However, the stores they gave were two losing ones which they closed down. In the meantime, I went to work for a motor hotel as a night auditor and then front desk clerk. I was also working part-time as a waiter in Boston for another Howard Johnson's.

I then had the opportunity to find my true calling when I went to work for a bank in Boston in the Pension Department. We processed all data connected with Pension, Profit Sharing and 401k Plans. I eventually became supervisor of the department.

My father and stepmother decided to move to Florida where I obtained employment with a private firm processing the same work for much better pay. I also became a Certified Employee Specialist.

While in Florida I was briefly married. I then moved to Buena Vista, CO and worked for

several restaurants. I also spent one miserable season doing housekeeping for a ski resort. However, the bottom fell out of that business and I moved to New Hampshire.

In NH, I worked as a waiter, night watchman, sales clerk for Filene's Department Store, and for a grocery store as a cashier, lead, movie clerk, and finally as assistant bookkeeper. I retired from this position in 2002 and occasionally have worked for a short time in other ways.

Then I decided to move to Idaho to be near my sister Judi who teaches at UI. And she is responsible for my being in Friendly Neighbors; so if you have any complaints in that regard, take it up with her.



**Frankie Yockey**  
**Vice President**

I am currently retired and living in Troy, Idaho, very near the Spring Valley reservoir between Troy and Deary. I have lived here for the past 31 years and am only the second owner of my home. I proudly display the original

homestead grant on my wall.

I was born in Pocatello, Idaho and began a gypsy life in the middle of fourth grade. My father was an air traffic controller so we moved frequently so he could get promotions. I've lived in California (twice), Nevada, Oregon, and Utah and attended eight schools by the time I graduated high school. At the end of my sophomore year of college, I married a career Navy man and continued my gypsy life living in Japan (twice) for seven years, California, Guam and then back to Idaho. While in Japan I taught English to elementary students in a Japanese school and co-authored an English textbook for university engineering students. I took advantage of the location and traveled extensively throughout the Far East.

In 1977 I returned to Idaho and built a home in Troy. In 1982 I married my second husband,

moved to Spring Valley and began raising cattle and working at the University of Idaho.

The University of Idaho is my alma mater where I completed my bachelors, masters and PhD (ABD). Having all my degrees from the same school occurred since I was always working while pursuing my education. I retired from UI after thirty years. My degrees are all business and administration. My first six years at UI I was the Assistant to the Director of the UI Foundation, Ernest Hartung, and I traveled frequently to help raise money for the University. My last 18 years at UI I taught college courses and was in charge of the UI tutoring program as the Assistant Director of the Tutoring and Academic Assistance Center. I miss working with the students so I still substitute teach periodically at the Troy high school/junior high and also work with the WSU Veterinary school helping to improve communications skills for their students.

Country living and animals of all kinds are my favorite things as well as travel and sharing time with the good people of Friendly Neighbors. I am truly enjoying my single independent life and look forward to more future adventures and new friendships.

### In Memorium



Friendly Neighbors member Norman "Doc" Schroder was born November 12, 1928 in Spokane, Washington. He passed away at his Moscow home on January 29.



Long-time Friendly Neighbors member and 2007 president Oliver "Ollie" Pratt was born in Clarissa, Minnesota on September 10, 1925. He passed away at Gritman Medical Center in Moscow on February 18.

### Helen's Winter Travels by Helen Sasse

My trip to San Diego in January and February was a treat, and I enjoyed visiting with my family, but it was great to get back to Moscow. The weather there was cooler than is usual, and it even got down to freezing one night. However, there still were many warm afternoons with blue skies and lots of sunshine.

We visited Anza-Borrego State Park, the second largest park (it's a desert park) in the continental US. The land is arid with many types of exotic cacti. There are instructional programs, hikes, desert gardens, and a very interesting visitor center with information on Native American culture which is just fascinating.

We also visited an exhibit of Juan Cabrillo, the first European to explore the coast of California in 1542. A replica of the ship he used is being constructed to be as historically accurate as possible.

And of course, we visited Balboa Park which is the gem of San Diego. It has 15 museums, landscaped gardens, and the San Diego Zoo. The buildings are lovely and reflect California's early history. My favorite exhibit was the Botanical Building with an exhibit of a variety of orchids.

The restaurants in that area are fabulous, and I tried many new types of food. All delicious.

Spring Move-in special. Receive up to \$2,000 toward your downsizing and/or origination costs when you move into an apartment at either campus.

**Call 882-6560 for more information.**

Good Samaritan Society  
Moscow

The advertisement is a vertical rectangular card with a light beige background and a dark border. It features a house icon on the left and a cross icon above the text "Good Samaritan Society".