

# *Friendly Neighbors Newsletter*

Volume 15 – Issue 2 – March/April 2014

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Moscow Senior Meal Site and Senior Center

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## President's Message



Hi, Friendly Neighbors!

Here we are at the end of March and we have over 100 members who have paid their dues for 2014.

I think we will have another good year. We are already planning for the Senior Fair to be held at the Palouse Mall on Tuesday, June 10.

We purchased some Flashlight pens for giveaways at our booth at the Fair.

Ellen Roskovich, our head cook, has given us notice that she will be leaving the job. We are truly sorry that Ellen will be leaving us. She has constantly watched over our expenses for meals and prepared meals that are good for us and delicious. She will even prepare a substitute meal for those with dietary or religious restrictions. Her soups are always very good. She has trained the kitchen assistants quite well, and they get things done in good order. She also takes time to purchase some goods or food locally if the price is right. We hope Ellen enjoys her retirement, but we surely will miss her. (Or maybe she is planning to get involved in Oregon?)

We are currently in the process of finding a replacement who is as good as Ellen. We are looking for someone with at least six months of Kitchen Management or Supervisory Experience who also has a current Food

Handler Certificate. The job has been posted with the Idaho Department of Labor.

Y'all have a good Holiday season in April.

*Bill Terrio*, President

## Friendly Neighbors Dues/Directory

Friendly Neighbors dues for 2014 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 check at the meal site sign-in desk that we have 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 and distributed in April.

## 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.



## Neighbor News

In mid-February **Glenda Hawley** had hip replacement surgery. She is doing very well and plans to have the other hip done later.

**Carrie Bitterwolf** spent five weeks in Iowa in January-February, during the heart of all the "Polar Vortex" storms. She is happy to be back.

**Gloria Brix** spent time in March visiting her daughter in North Carolina.

Past Friendly Neighbors President **Bob Leonard** has a form of lymphoma cancer and is undergoing further testing before treatment. He is taking physical therapy at Good Sam.

**Donna DeBolt** received an interesting letter in the mail. The letter requested a copy of her death certificate. Donna said that she was dead tired from shoveling snow, but not dead.

**Nancy Lindhorst's** home burned down while she was returning from a trip to Seattle to remove a tumor. Her classmates from the Moscow HS Class of 1963 have set up an account at Sterling Bank for friends to donate to her. Nancy wanted to thank her friends for all that they have done.

**Ernie Bunch** broke his collarbone on March 10 and is recovering at Aspen Park. Visitors are welcome.

Meal site volunteer **Rachel Pennington's** niece Witney Carson is a professional dancer who is appearing on the current season of "Dancing with the Stars." Witney is paired with pop star Cody Simpson. If you watch DWTS, you may see Rachel in the audience cheering on her niece.

### Birthdays:

April 5: Helen Dewey  
April 8: Aileen Osterhoudt  
April 16: Sandra Baird  
April 18: Gloria Brix  
April 19: Ellen Roskovich  
April 20: Marvin Munn

May 9: Ellie Olesen  
May 9: Evelyn Grassl  
May 30: Oveta Franklin

### Anniversaries:

May 5: Norma and Ralph Johnson



## 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:  
[users.moscow.com/srcenter](http://users.moscow.com/srcenter)

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: Mah jongg and bridge lessons

Thursday PM: Bridge

Friday AM: Bingo at 10:00

## Fun Facts

The average pizzeria uses roughly 55 pizza boxes per day.

We consume around 251,770,000 pounds of pepperoni every year.



36 percent of all pizzas ordered are topped with pepperoni.

94 percent of Americans eat pizza regularly.

## Upcoming Events

Wed & Fri through April 11: AARP Tax-Aide from 9:30 AM to 2:00 PM in the Great Room of the 1912 Center

\*Free Dementia series by Circles of Caring Adult Day Health and Inland NW Alzheimer's Association, all held from 9:30-11:30 am

- Apr 9 "Dementia and Challenging Family Situations" (at Good Sam, Moscow)
- May 14: "Wandering: Keeping Them Safe" (at Whitman Hospital, Colfax)

\*May 16: The Latah AARP chapter meets at the University Inn in Moscow. Lunch is at 11:30 AM; program, "Idaho State Legislature," is at noon.

May 20: Idaho Primary Elections Day

June 10: Senior Fair at the Palouse Mall

\*June 12: "Who Gets Grandma's Yellow Pie Plate?" with Karen Richel of the UI's Extension office, sponsored by My Own Home.

\*More details about these events, along with the current issues of the Roadrunners, Latah AARP, and My Own Home newsletters (and more), are posted on the Moscow Senior Center bulletin board.

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



**at the Moscow Senior Center  
Coffee courtesy of Clark House**

Thank You

My most heartfelt thanks to all of you who sent cards, attended the Memorial Service for my son, Steve, or personally expressed condolences. It is a comfort to know you care and share a part of my grief. It has been a difficult time for me, but knowing that I have kind friends who are supportive means much to me. I am deeply grateful to all of you.

Helen Sasse



## 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.

Some of the upcoming trips planned are these:

Sat, April 26: Superpops Video Games Live

Thu, May 8: Wicked

Tue-Wed, May 21-22: Snake River/Copper Creek

Sun, June 8: Lily Tomlin

Sun-Thu, June 1-5, San Juan Islands/Friday Harbor

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.*

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## AARP Safe Driving Class Schedule

The cost is now \$15 per person for AARP members, or \$20 for non-members. Please show your AARP card for the discount.

*Location: Gritman Conference Center*

Class day/times:

- May 5 & 6 (Mon/Tue mornings, 8:30 AM to 11:30 AM), contact Elaine Broyles at 883-8612
- July 15 & 16 (Wed/Thu mornings, 8:30 AM to 11:30 AM), contact Doug Pals at 208-301-4479

Remember! You must attend both 2-day sessions.

# “Eating Right for Older Adults”

by Kali Gardiner, RD

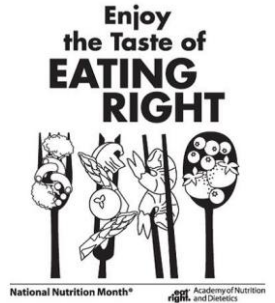
U of I Extension Nutrition Program

Taken from the March 2014

“Senior Nutrition News”

National Nutrition Month® is celebrated each year in March. This year’s theme "Enjoy the Taste of Eating Right" encourages everyone to eat nutrient rich foods that provide the most nutrition per calorie. You can do this by choosing the most nutritionally packed foods from each of the 5 MyPlate food groups every day. Nutrient rich foods and beverages provide vitamins, minerals, and other essential nutrients that offer health benefits with relatively few calories.

Include foods like vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, fat-free or low-fat dairy, beans, nuts, and seeds in the appropriate amounts. Try these tips to enjoy the taste of eating right.



**Make half your plate fruits and vegetables.** Eat a variety of fruit & vegetables. Fresh, dried, frozen, and canned all count. Choose “reduced sodium,” “no-salt-added,” canned in water, or 100% juice.

**Make at least half your grains whole.** Choose 100% whole-grain breads, cereals, crackers, pasta, and brown rice. Also, look for fiber-rich cereals to help stay regular.

**Switch to fat-free or low-fat milk, yogurt, and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy. Include 3 servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

**Vary your protein choices.** Each week, include seafood, nuts, beans and peas, as well as lean meat, poultry and eggs.

**Enjoy your food but eat less.** Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl, and glass. Cook more often at home, where you are in control of what’s in your food.



**Be physically active your way.** Choose activities that you like, and start by doing what you can. Every bit adds up, and health benefits increase as you spend more time being active. If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

## GEEZER TEST! ARE YOU “OLDER THAN DIRT?”

1. Where did headlight dimmer switches used to be located?

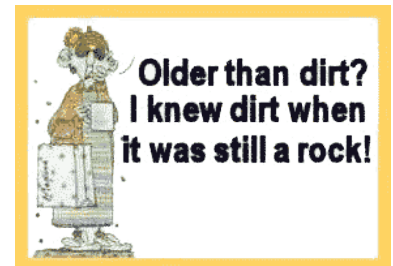
- a. On the floor shift knob, b. On the floor, left of the clutch, c. Next to the horn

2. The bottle top of a Royal Crown Cola bottle has holes in it. For what was it used?

- a. Capture lightning bugs, b. To sprinkle clothes before ironing, c. Large salt shaker

3. Why was having milk delivered a problem in northern winters?

- a. Cows got cold and wouldn’t produce, b. Ice on highways forced delivery by dog sled  
c. Milkmen left deliveries outside doors and milk would freeze, expanding and pushing up the cardboard bottle top.



**4. What was the popular chewing gum named for a game of chance?**

- a. Blackjack, b. Gin, c. Craps

**5. What method did women adopt to look as if they were wearing stockings when none was available due to rationing during WW II?**

- a. Suntan, b. Leg painting, c. Wearing slacks

**6. What postwar car turned automotive design on its ear when you couldn't tell whether it was coming or going?**

- a. Studebaker, b. Nash Metro, c. Tucker

**7. Which was a popular candy when you were a kid?**

- a. Strips of dried peanut butter, b. Chocolate-licorice bars, c. Wax coke-shaped bottles with colored sugar water inside

**8. How was Butch wax used?**

- a. To stiffen hair cut into a flattop so it stood up, b. To make floors shiny and prevent scuffing  
c. On the wheels of roller skates to prevent rust

**9. Before inline skates, how did you keep your roller skates attached to your shoes?**

- a. With clamps, tightened by a skate key, b. Woven straps that crossed the foot, c. Long pieces of string or twine

**10. As a kid, what was considered the best way to reach a decision?**

- a. Consider all the facts, b. Ask Mom, c. Eeny-meeny-miney-mo

**11. What was the worst thing you could catch from the opposite sex?**

- a. A cold, b. VD, c. Cooties

**12. "I'll be down to get you in a \_\_\_\_\_, Honey?"**

- a. SUV, b. Taxi, c. Streetcar

**13. What was the name of Caroline Kennedy's pet pony?**

- a. Old Blue, b. Paint, c. Macaroni

**14. What was a Duck-and-Cover Drill?**

- a. Part of the game of hide and seek, b. What you did when your mom called you in to do chores  
c. Hiding under your desk, covering your head with your arms in an A bomb drill

**15. What was the name of the Indian Princess on the Howdy Doody show?**

- a. Princess Summerfallwinterspring, b. Princess Sacajewea, c. Princess Moonshadow

**16. What did all really savvy students do when mimeographed tests were handed out in school?**

- a. Immediately sniffed the purple ink, as this was believed to get you "high"  
b. Made paper airplanes to see who could sail theirs out the window  
c. Wrote another pupils name on the top, to avoid failure

**17. Why did your mom shop in stores that gave Green Stamps with purchases?**

- a. To keep you out of mischief licking the backs, which tasted like bubble gum  
b. They could be put in special books and redeemed for various household items  
c. They were given to the kids to be used as stick on tattoos

**18. "Praise the Lord, and pass the \_\_\_\_\_?"**

- a. Meatballs, b. Dames, c. Ammunition

**19. What was the name of the group who made the song "The Gypsy" a hit in the US?**

- a. The Ink Spots, b. The Supremes, c. The Esquires

**20. Who left his heart in San Francisco?**

- a. Tony Bennett, b. Zavier Cugat, c. George Gershwin



[Answers on next page]

**Fit and Fall Proof Class** – Don't forget about this free class that is nationally recognized and sponsored by the Idaho Department of Health and Welfare. The class has two series, each with two sessions each week:  
1) Monday and Wednesday from 1:00 PM to 2:00 PM and 2) Tuesday and Thursday from 9:00 AM to 10:00 AM at the Gritman Community Wellness Center at 510 West Palouse River Drive, Moscow. Preregistration is not required. For more information on this class, contact Gritman Community Wellness Center at 883-9605.

## ANSWERS

1. b) On the floor, left of the clutch. Hand controls, popular in Europe, took till the '60s to catch on.
2. b) To sprinkle clothes before ironing. Who had a steam iron?
3. c) Cold weather caused the milk to freeze and expand, popping the bottle top.
4. a) Blackjack Gum.
5. b) Special makeup was applied followed by drawing a seam down the back of the leg with eyebrow pencil.
6. a) 1946 Studebaker.
7. c) Wax coke bottles containing super-sweet colored water.
8. a) Wax for your flat top (butch) haircut.
9. a) With clamps, tightened by a skate key, which you wore on a shoestring around your neck.
10. c) Eeny-meeny-miney-mo.
11. c) Cooties.
12. b) Taxi. Better be ready by half-past eight!
13. c) Macaroni.
14. c) Hiding under your desk, covering your head with your arms in an A-bomb drill.
15. a) Princess Summerfallwinterspring
16. a) Immediately sniffed the purple ink to get "high."
17. b) Put in a special stamp book, they could be traded for household items at the Green Stamp store.
18. c) Ammunition, and we'll all be free.
19. a) The all male, all black group, The Inkspots.
20. a) Tony Bennett and he sounds just as good today.

## SCORING

**17 — 20 correct:** You are not only older than dirt, but obviously gifted with mind bloat. Now if you could only find your glasses.

**12 — 16 correct:** Not quite dirt yet, but your mind is definitely muddy.

**0 — 11 correct:** You are a sad excuse of a geezer. Redeem yourself by declaring to everyone that the world is going to hell in a handbasket.

## Reporters Wanted



▶ Wanted: Reporters for this bimonthly newsletter. Want to collect the "Neighbor News?" Or maybe pen a column that features a Friendly Neighbors member? How about a column that suggests books for seniors? Or maybe you'd like to write about travel, hobbies, food?

If you are interested in helping with this newsletter, please contact Kay or Bill.



## In Memorium



Sam Fleener passed away on January 24 at his home, the home he built with his own hands. Born in Moscow on July 3, 1925, Sam met his future wife Frances over a slice of chocolate crème pie in 1949. A member of Friendly Neighbors, Sam will be missed.

PAID ADVERTISEMENT

**Reduced Monthly Rates**  
at  
Fairview Village Estates apartments.  
Please call for more information.  
**Call 882-9809 for more information.**



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



## A "Check" for \$286,130.00

At the March 18 senior meal site, Bill Terrio, President of Friendly Neighbors, presented Dave McGraw, Chair of the Latah County Board of Commissioners, with a "check" for \$286,130. That dollar amount represents the value of the more than 13,000 hours volunteers in Latah County donated in 2012 with their volunteer work through the WA-ID Volunteer Center.



L-R: Bill Terrio and Dave McGraw

Commission Chair McGraw thanked the many county volunteers who make important contributions through their efforts. He said he would proudly display the check in his office.

## Meal Site "Crooner"



On March 18, the senior meal site attendees were treated to the smooth vocals of Edmund Brown, grandson of Gloria Brix. Edmund is a high school junior; Gloria hopes that he can entertain us again in the summer.

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.