



FRIENDLY NEIGHBORS' NEWSLETTER



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PRESIDENT'S MESSAGE

Get acquainted with our new cooks.

Sandy Hobbs is our new Cook-Manager. She lives in *Troy* and has been married to her husband, **Bob**, who is a disabled veteran, for 45 years. They were childhood sweethearts and married when she was 15. Their first child was born when she was 21 and they had two daughters. Her youngest daughter is a baker at *Safeway* and the older one lives in *Arizona*. She dearly loves her 12 grandbabies, from three to 21 years old, and you can swap grandchildren pictures with her any time.

Sandy loves to cook and she has experience in small restaurants and at *Tidyman's* deli. She cans and bakes a lot at home. Her favorite dishes are ham, turkey, dressing, and bean soup. She invented a dish she calls bean dumplings. Ask her to put it on the monthly menus some time. She also enjoys making deserts and cobblers.

I asked her how she liked being our cook so far and she says she loves it! "Everyone has been so kind to me and they all make my job here easier."

Wendy Blanchard, our Assistant Cook lives in *Moscow* and has been married to her husband, **Greg**, for 13 years. They met working at the **WSU** food service, where he was her boss. He now manages the **Rotunda** dining center on campus.

Wendy worked in various cooking jobs on the **WSU** campus since before she married **Greg**. She has two children and three grandchildren, from one to five years old, if you can believe it from looking at her. She grew up in *Alamo, California* in the *San Francisco Bay* area and graduated from *Diablo Valley College* with a degree in child development.

She likes animals, knitting, and TV soaps. Her favorite dishes are steak, baked potatoes and green salad, and she enjoys baking cakes and cookies.

Wendy is one of triplets and has two other sisters. The five girls are close and she's looking forward to their getting together here on *Memorial* weekend.

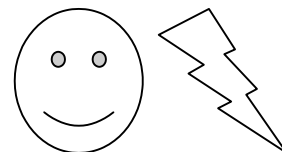
Welcome our new cooks, and don't forget to compliment them when the luncheon is especially good!

Our Birthday Celebrating Neighbors

June: _____ July: _____

Pat Connett~6th
Olinda Britton~28th
Bob Crossin~9th
Larry Kirkland~14th
Bob Leonard~7th
Virgie Read ~16th
Kirk Rush~21st
Chuck Walton~8th

Betty Dahl~17th
Lois Kirkland~6th
Mildred Prater~3rd
Ida Pepe~22nd



Best Wishes and Congratulations on another year completed and celebrated.

Open The Door

Close that door that shuts away the cold rain
 Open that bright door to May days again.
 Look on the right side of this door ahead
 Where sunshine is warming tools in the shed
 Hoes are ho-hoeing impatiently there
 As rakes are sharpening teeth to prepare.
 Shovels and weeders are dancing with joy
 Waiting for talents they soon will employ.
 Through this gay door we can look for more
 sun

To put winter blahs and gloom on the run.

Printed with permission

Lucille Magnuson

Lucille is having continued problems.
 Lets send cards and keep her in our prayers.
 Vivian Hofmann

Friendly Neighbors New "Kazoo Kuzins"

By: Lou Stevens

For those who say they cannot sing, carry-a-tune, or lift one's spirits through song, they are missing a form of joy~ a lilting melody if only with a KAZOO. Just grab onto the tune and hum on the **Kazoo**.

Bill Mitchell keeps us on key with the piano. Something comes out you never thought could happen.

Chuck Walton, Bette Mitchell, Jeanette Talbott, Julia Rogers, Lou Stevens, Irma Zeigler, Ralph Zeigler, and Doris Norman would welcome anyone to join us occasionally in concert. There are no practices or rehearsals required.

Let Lou Stevens know if you are interested and for the price of one dollar for the **Kazoo** one will be picked up for you to have one of your very own.



Hummmmmmmmm!!



Our Honored Neighbor



Agnes Kottke

By: Vivian Hofmann

Agnes (Pavel) Kottke was born in **Petersburg, Virginia**. She was three years old when she came with her family to the **Moscow** region. Her family lived in **Deary** and **Plaouse** before moving to **Moscow**. She went to school in **Moscow** and graduated from the **1912 Building** where **the Friendly Neighbors** now meet.

Agnes married Dan Kottke in 1933. To this union a girl and a boy were born. Her daughter Dorothy lives in **Genesee** and her son Eddie in **Moscow**. Agnes was always interested in the **Latah County Fair** and has a shoebox full of awards and ribbons earned from producing prize winning garden produce and baking blue ribbon bakery products.

She is a long time member of **Friendly Neighbors** and of the **United Church of Moscow**. We appreciate Agnes and thank her for her steady attendance and years of service.

The best thing about spring ~ it comes when it is most needed!



GOOD SAMARITAN VILLAGE **WELLNESS CENTER**

On May 1, 2003, the *Good Samaritan Village* celebrated six months of operation for our **Wellness Center**. During these six months, we have had 3,098 visits to the center. Our enrollment consists of 39 residents, 31 staff members and 11 community members. The *Wellness Center* consists of five *strength fitness* machines, two *Nu-Step* machines and one *treadmill*.

Karen Johnson serves as the **Wellness Center** Coordinator. She helps train the members on the equipment and develop a fitness program that fits each individual need. She has mentioned that residents are getting more than exercise from the *Wellness Center*. Residents are able to socialize and interact with others. They also gain confidence and independence. Resident Gerry Hagedorn claims that the *Wellness Center* has “made a new man out of me!”

Studies have shown the numerous benefits of exercise for seniors: increase in bone density, enhanced digestion and quality of sleep, reduced risk of depression, falls and osteoporosis, and a decrease in body fat.

To become participants in the **Wellness Program**, individuals need to provide the facility with a doctor’s release and fill out a liability form. The cost is \$12 per month, with the first three months paid in advance, plus a \$10 fee for the orientation program, which includes equipment training

The Good Samaritan Village encourages all seniors to visit our facility anytime for a tour of the **Wellness Center** and facility. For more information, please call Christie McCarty at:

(208) 882-6560.

Moscow Valley Transit

Don LaPoint & Darlene Burke visited the Friendly Neighbors’ Meal Site and presented information on future plans for expanded transportation by **Valley Transit** in the city limits of **Moscow**. **Valley Transit’s “Dial-A-Ride”** combines the services of a bus and a taxi. Through advance notice, Door-to-Door service is available upon request.

The vans are ADA accessible including wheelchairs. 24-hour advance notice is required due to high demand for their services. Scheduling hours are 6:00 a.m. to 6:00 p.m., Monday through Friday.

First pickups begin at 7:00 a.m. with last drop-off at 5:00 p.m.

Fares: \$1.50 one-way. Passes are available for \$30.00 for 30 trips.

Eventually, **Valley Transit** plans to have regular bus routes in the **City of Moscow**, with regular pick-up and destination points. Input from the citizens of **Moscow** is needed in the planning process of establishing these regularly maintained routes.

If you wish to contact **Valley Transit** for input toward This planning phase or to have a van ride to your next appointment you may call locally at **(208) 883-7747** for more information.

“Thank You“ to our Many Volunteers

There aren’t enough words in the Dictionary to say a proper:

“THANK YOU”

to the many volunteers who help keep our Friendly Neighbors’ Meal Site up and operating week after week and year after year. Our volunteers are too many to list by name, one by one. Nevertheless, you each know who you are and this “Thank You” is for you.