

Friendly Neighbors' Newsletter

Volume 6/Issue 3
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President's Message

Now Hear This! The month of May (the 8th) was Mothers' Day. I want to wish all the mothers a very happy Mothers' Day.

As for the 50 cent increase in the donation cost of meals, we will not have a clear picture until the end of the year, to see if we will be in the RED or BLACK, because of the government cuts. Thank you very much for your continued support.

The following is five (5) tips against Identity Theft.:

- 1. Keep only essentials in your wallet or purse: Your Social Security Card, Passport, Birth Certificate should be in a lock box or safety deposit box.
- 2. Monitor your credit card activity: Just review your statement every month and report any fraudulent charges before you pay your bill.
- 3. Buy a paper shredder and USE it: The best way to get rid of papers.
- 4. Mail your bill payments from a secure location. In other words, not from any drop box on the street.
- 5. Monitor your Credit Report: Your Credit Report can be done by phone, this a good indicator of activity in your financial reports.
- In closing, Identity thieves rob more than 500,00 Americans every years. So just be on the safe side.

Thank you, Jim Maley, President

* PUT THIS ON YOUR WALL

● Laundry Volunteers

- May ~ Betty Anderson
- June 1st – 16 ~ Doris Norman
- June 17 – 31 ~ Lou Stevens
- July ~ Betty Gibb
- August ~ Lois Granland
- Sept ~ Betty Mitchell
- Oct ~ Duane & Phyllis LeTourneau

Any time the above cannot do the laundry at the times listed, please notify me!

Jim Maley, President

The Moscow Senior Center

has four computers available for use by senior citizens. These PCs can be used whenever the Senior Center is open (M-F from 9 AM to 4 PM, except for holidays), and assistance with computers is available Monday mornings from 9:30 to 12 noon and again on Wednesday afternoons from 1-3 PM. Doris Norman and Kay Keskinen will be glad to help you with e-mail, Internet searches, word processing, surfing the web, and such. The 1912 Center is a wireless hot-spot, so seniors with laptops that have wireless Internet access can bring them to the center and receive speedy access to the Internet.

The Continuing Education sub-committee of Friendly Neighbors now has a computer loan program that allows seniors who would like to try out a computer in their home for up to six months to use one of the extra PCs that the center has. Contact one of the members of the sub-committee, Scottie Hecht, Doris, or Kay, if you're interested in trying out a PC for a while.

E-mail is a great way to keep in touch with family, so if you'd like to learn how e-mail works, stop by. Doris and Kay can help you set up a free e-mail account, such as Yahoo, so you can get started right away. *Kay Keskinen*

BINGO

Bill and Bette Mitchell are the congenial hosts for the Friday morning **LET'S PLAY BINGO** in The Moscow Senior Center.

The games begin at 10 o'clock A. M. and run until 11 o'clock A. M. The participation fee is \$2.00 per person and awards from this fund is used to return winnings to the players.

There are refreshments and fun to share. Currently the Bingo players average 10 to 12 each Friday morning and much fun and fellowship is enjoyed by all attending.

Comfortable and nice places to play Bingo have recently decreased in Moscow, and those who enjoy the fun of numbers and bingo should join this merry crowd at the very pleasant Moscow Senior Center.

Those interested in the trip to the *Worley Casino* each 2nd Wednesday of the month, should contact Bill & Bette Mitchell at 883-8654. The van trip is free and leaves from Rosaures parking lot at 8:30 a. m.

Blind & Visually Impaired Support Group Meeting

Clara Dockter is the inspirational leader of the *Support Group for the Blind & Visually Impaired*, which has been meeting in the Moscow Senior Center on each Wednesday morning (except the 2nd Wednesday) since 1998. All who are interested are invited to attend.

They have speakers (including Dr. Stephen Hunter), educational movies and written material regarding blindness and diabetes.

Clara also presents reports on current and comportsments medical developments in the area of blindness and diabetes.

The meetings begin at 10:30 a. m. and end by Noon. The group also enjoys refreshments, social time, sing-alongs, fellowship and organ music.

Clara is supported by the Commission for The Blind and Visually Impaired located in Boise, Idaho.

Knit & Crochet Lap Robes

by: Ida Pepe

Some time ago RSVP asked for volunteers to make lap robes for the seniors in the Latah County nursing homes, Gritman Daycare and other needy seniors in Latah County. When announcement was made at the Meal Site, several made many lap robes, which have been distributed. We are looking for volunteers to get busy again. Lap robes in constant demand. We are also in need of yarn. If you would like to donate yarn, it will most appreciated. Let's get busy, it fun and they are SO appreciated by the recipients.

[*I never think of the future - it comes soon enough.](#)

[*If I had only known, I would have been a locksmith.](#)

[*If you are out to describe the truth, leave elegance to the tailor.](#)

[*Imagination is more important than](#)

[knowledge...](#) **Albert Einstein**

Letter to the Editor: by: Pat Garrett

Dear Senior Friends:

I have the most exciting news to share with you! My friend, Ellie and I call it our "Computer Day Care". The place I'm speaking of is the 1912 Center. On the East side of the building, you will see a big sign that says RSVP & Moscow Senior Center in the windows, and this is the room you're looking for.

I have to back up a bit and tell you how I ended up there the first time. I made the decision to buy a computer, one that could travel with me, one I could watch movies on and listen to music, in other words, I wanted a state of the art computer that had all the bells and whistles. I found the one I wanted with a big screen and proceeded to purchase same. What a mistake; I spent way more money than I should have. I had the computer but realized I only knew how to use one tenth of its capability! I started to look for someone to help me.

Now this takes a good deal of looking. People who know computers aren't particularly thrilled about helping a 70 year old grandmother learn all the ins and outs of working a computer, especially when their first grader knows more about computers than Gramma does. Classes were my next option: they go fast in class, too, or else they start at one of the things I already know, parking is difficult, and they cost money.

Lo and Behold! The Senior Center has the answer! I was reading the *Moscow Parks & Recreation* brochure one day and they had a time scheduled (Mondays from 10 to 12 and Wednesday from 1:00 to 3:00) for seniors who want to learn about computers!

They have four computers all set up and

any Senior Citizen can use them! Not only can you use them but have two of the most patient women who teach one problem at a time. I have seen them teach people how to write E-mail, set up their own account, check the market for stock quotes, put pictures in a file, find pictures you thought you lost, how to protect your computer with free spy ware, how to download programs, and many other things that would take you hours to read in a book, find the tutorial, then figure it out. They also have a computer they will lend you! I mean, you get to take it home and try it. You can come to the center for a lesson and then go back home and see if you can do it. A lot of people are hesitant to buy a computer until they get a chance to use one. It is wonderful to be able to communicate with your kids and grandkids, as people don't write letters anymore, they write and send E-mail.

Another great advantage of the 1912 Building is the wireless service they are hooked up to from First Step. It is so fast; when I need to download something, I go there and do it in 10 minutes instead of the 45 to 60 it takes on my dial-up service, It is a great advantage to have Doris and Kay at my beck and call, there is so much I don't know, they have helped me step by step. I have never seen either one of them lose their patience.

My friend Ellie and I enjoy our time at "Computer Day Care" as we pack our laptops and head to the 1912 Center for learning, laughing, good company and coffee, too. At no charge! We hope you enjoy the knowledge and skill of these two special computer aces as much as Ellie and I have!

Friendly Neighbors' Meal Site
It's More Than Just A Meal

If you don't like eating alone, visiting the Moscow Friendly Neighbors may be your answer. Noon meals are prepared on site and served to people 60 years of age or more in an atmosphere where friends meet friends, people make new friends, and people renew old acquaintances from years past.

Meals are priced to accommodate the fixed and often limited income of Senior Citizens. Participants are asked to donate \$3.00 per meal.

Join us on Tuesdays and Thursdays at noon in the 1912 Center Great Room on the Plaza floor of the building

~ 412 East Third Street ~

Meals also delivered to qualified homebound ~ Call 882-1562



Photo © by: Kay Keskinen

Paid advertisement



**New In-Patient/Out-Patient
Therapy Center
With Speech, Occupational,
and Physical Therapies**

Specializing in Senior Therapy

NOW OPEN

**Please call 882-6560
for information**

Dear John,

**I have been unable to sleep
since I broke off our
engagement.**

**Won't you forgive and forget?
Your absence is breaking my
heart.**

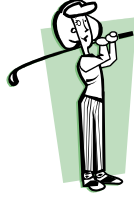
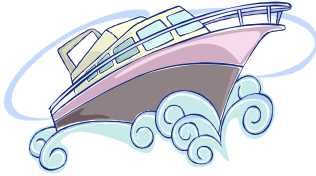
**I was a fool, nobody can take
your place. I love you.**

All my love,

Judi xxxxx000xxxx

**P.S. Congratulations on winning this
week's lottery.**

Senior Programs from Moscow Parks and Recreation



Hell's Canyon Jet Boat Trip

Experience the first dramatic 43 miles of the Snake River to the official entrance of Hell's Canyon National Recreation Area. Observe Ancient Indian petroglyph's, watch birds and wild life and tour the interpretative center. This trip will take place on Friday, June 17. We will leave at 10:00 a.m. From the Hamilton Indoor Recreation Center and return at approximately 5:00 p.m. Registration ends on June 7, so register today to reserve your spot on the bus. The cost is \$80 for city residents and \$81 for county residents. Price includes an all you can eat chicken BBQ lunch served on the river front, transportation, and all fees and sales tax for the boat trip.

Miniature Golf

Get ready for an afternoon spent outdoors and enjoy a game of golf with fellow Senior Citizens in Lewiston. This fun filled day of miniature golf is going to be an experience to remember, as we play on a course that has an actual grass green and eighteen holes! We will leave the Hamilton Indoor Recreation Center at 1:00 p.m. And return after the game is complete. The cost if \$9 for city residents and \$10 for County residents. Cost includes transportation, equipment rental, and golfing fees. Registration is open until July 15, or until the van is full.



Calling all Senior Artists

Here is a great opportunity for you to get your works of art displayed! All of the public can see your artwork being displayed in the front window at the Moscow Chamber of Commerce. This is a great opportunity to get in touch with your creative abilities and enjoy creating you own works of art for others to enjoy. Art needs to be dropped off at the Hamilton Indoor Recreation Center Between August 1 and August 17. The display dates at the Chamber of Commerce is August 22 - September 1. Program is free.

Walking Club

It is easy to see why walking is the number one exercise that senior citizens participate in! Walking relieves tension, keeps the body energized, and enhances a person's general attitude toward life. Come to the Hamilton Indoor Recreation Center on Monday's, Wednesday's and Friday's from 10:00 a.m. To 10:30 a.m. To participate in the Walking Club! This is a free program.



We love you

Ralph and Irma



Our long time friends and members of *Moscow Friendly Neighbors* recently moved from our *Paradise Valley* to the far away place of *Salem, Oregon*.

THE PARTING

by: Ralph Zeigler ~ Cowboy Poet

Farewell good neighbors, goodbye good friends
As our association here comes to an end
We return to the valley once held dear to me
With its giant mountains, and near to the sea
We shall never forget our sojourn here
Nor all of the people we shall always hold dear
Fate stamps its shadow on every life
So we are departing, me and my wife
We shall miss you, we revere you so much
God grant that some how we will keep in touch

May luck bring you all the things you lack
May the winds of fortune be at your back
Farewell good neighbors, goodbye good friends
As our associations comes to an end.

Letter From Irma

May 10, 2005

Hello my friends:

Well here we are in Salem and its raining and has been since we got here. Ralph said it rains everyday from September to the Fourth of July. That's why Oregon is so green. Ralph says to "keep Oregon green and don't tell them anything". After all, he lived here 40 or 50 years so he should know.

We haven't gotten acquainted yet with too many people; we've been so busy unpacking and moving in. It's been pretty hectic around here.

I found a picture of us two, so if you want to put it in your newsletter you can, then everyone can have a picture of us.

Salem is bigger than Moscow and it's divided into north and south. I just hope they don't have a civil war. If they do we'll have to fight on the south side. I've always lived in northern Idaho most of my life so it won't be easy fighting on the south.

Ralph says, "Hi" to everyone.

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Terrace Lake
Salem, Oregon 97306
Irma Zeigler

Page Last