

Friendly Neighbors' Newsletter

May/June 2006

Issue 3 ~ Volume 7

Publisher/Editor: Doris Norman

President's Message ~ May/June, 2006

First of all, I've changed the *May board meeting* from the 23rd to the 30th. There are two reasons for this. The primary reason is that **Dorothy and I** are going to (probably by the time you read this, the verb should be "are in" or "went to") **Florida** for a week and a day and won't get back until the 22nd. I need a little more time to get an agenda put together and printed at the *UPS* store. They give us a discount if we do our printing on a Thursday. So once a month, I print everything I need to -- my agenda, the budget, the minutes, and the menus.

Now, there aren't a whole lot of Thursdays between the 22nd and the 23rd -- so that's why I pushed the board meeting back a week. The other reason was one of convenience. **Randy Harper of LCSC** wanted to attend our board meeting, but couldn't make it on the 23rd. So I told the lady in his office that I'd push it back to the 30th.

At the last **board meeting**, I asked the members for input on evaluating the cooking staff. I was looking for general guidelines since personnel cannot be discussed in an open meeting -- like our **board meetings** are. After hearing **Mike Linderman's State of the Kitchen Address**, the **board** advised the evaluation committee to consider maintaining the current kitchen staff, to consider awarding a raise of no more than 50 cents an hour, and to consider

holding another review in three month's time with the possibility of another 50 cents an hour raise. After having its executive session, the committee adopted all three suggestions.

The surveys that **Dorothy Nichols** had you fill out on your recommendations for the kitchen are in, summarized, and forwarded to **Mike and his crew**. Be assured that those recommendations which reflect majority opinion will receive due consideration for implementation. (Just to get my two cents' worth in, I personally really like the salad bar style approach that we've been treated to for the past months. *Keep it up.*)

Congratulations and a pat on the back to **Jim Maley** for his appointment to the **AAA Latah Advisory Commission**. He replaces **Ernie Bunch** who also deserves a pat on the back and a "**Thank you.**"

Jim says that this appointment commits him to attend two meetings a year in **Lewiston** which, he assures me, with everything else he's doing, two meetings a year is just about right.

Lee Fruits asked for a clarification on birthday celebrations. The policy in place is that birthdays and anniversaries are acknowledged when the *Old Time Fiddlers* are here to play the customary *Happy Birthday (Anniversary)* song. However, other individual announcements are at the mercy of time and our MCs **Ollie and Lee**. It was also noted that store-bought cakes (its

the law that they can't be home made) would be accepted at any time (especially if they're chocolate on chocolate, says me).

Virginia Hayes wanted to know about the policy regarding those get well cards we all willingly sign at the donation table. After consideration, the **board** decided to continue sending cards to those who are grieving a loss, to those who are in the hospital, and to those who have a prolonged illness keeping them at home.

Finally, **Dorothy Nichols** announced that membership has risen to **152**. She also adds, and rightly so, that this is due in no small part to **Mike and his crew** for the meals they serve and the fruit and vegetable platters they provide. (It's nice that **Dorothy and I** can so readily agree on important things like the salad bar style fruits and veggies.) **Bob Newbre, President**

National Volunteer Week Recognition ~ Dorothy Nichols

Lewis and Clark Senior Nutrition recently sent attractive “**One Person Makes A Difference**” pin tributes for our volunteers who have given so generously of their time and efforts.

Accompanying the pins was the following poem:

*We think you're terrific for your efforts
each day,
And the care and commitment you always
display.
We're grateful to know we can count on
you.*

Please accept our thanks for all that you
give!

**We make a living by what we do, but
me make a life by what we give.**

–**Winston Churchill**

Satisfaction Survey Results

The **votes** are in on our **2006 Satisfaction Survey**. See how your preferences compare with the others:

•**Programs.** 26 were satisfied; 3 wanted more activities; 2 wanted fewer. Favorite activities were musical programs of any kind, especially the **Old Time Fiddlers**. School choral groups were well liked, and a few said participation by us, such as sing-alongs, were enjoyed. We are thankful to our pianists that give us background music for our chatting. One said he enjoyed the **MC's** jokes and stories

•**Suggestions for programs** included the Celtic music group, “Potato Heads;” speakers on topics of interest to seniors, the “Pots and Pans Band”; more sing-alongs, and “Funny Hat Day.” One member suggested we contact the U.I music department for students who want opportunities to perform.

•**Favorite meals.** Chicken, oven roasted or fried, was the all-out favorite with 14 votes. Others included meat loaf (10), lasagna (9), ham with au gratin potatoes or macaroni and cheese (7), beef stroganoff (5), pot roast (4), Salisbury steak (4), pork chops or roast pork (4), German sausage with kraut (3), sweet-sour pork (3), and with one vote, chicken fried steak, fish, and chicken pot pie.

•**Favorite sides** mentioned were the salad bar (6), the fruit bar (5), carrot/raisin salad (4), green salads (4), and the cold weather soups (4).

•**Least favorite foods:** Tater tots got a loud “thumbs down!” along with fish and chicken nuggets. Several mentioned that the beef was often tough, and **Mike** says he's going to get it from a different source, cut it differently, or cook it differently. Other least favorites with a few votes are pork, meat

loaf, broccoli, sweet-sour pork, lasagna, chicken, German sausage, and spaghetti, which only proves that we have a difference of opinion.

- **Dishes our members would like to see served** include rice pudding, real mashed potatoes, biscuits and gravy, casserole dishes, steak and potatoes, knackwurst, and turnips (another difference of opinion!).
- **Ways to increase enjoyment** at the meal site were “**more special day celebrations**”, and more welcome to newcomers. (Let’s all contribute to that by asking newcomers where they are from and invite them to the activities at the **Senior Center**.)
- **There were many interesting comments** in the **Suggestions** section: The fruit and vegetable tables are great, splendid, much appreciated. Our cooks are doing a great job! Sometimes the meals are very high carb, all the same color, or all soft. Even so the meals are tasty. The beef is often tough. You don’t have to have salad and the salad bar. “*We appreciate getting leftovers for \$1.00. It gives us another meal very inexpensively.*”
- One suggestion was given that we’re going to act on: “**Give more time for slow eaters**”. We feel rushed when the chairs are being folded up, and we don’t have time to visit after the meals. **The Board** is going to discuss letting bus riders and slow eaters get into the serving line earlier. ♥ *Dorothy Nichols*

**THE HARDEST YEARS IN LIFE
ARE THOSE BETWEEN TEN
AND SEVENTY.**

**MY MIND WORKS LIKE LIGHTENING → ⚡
ONE FLASH AND IT IS GONE.**

**Brain cells come and brain cells go,
but fat cells live forever.**

Noah's Ark

Everything I need to know about life, I learned from Noah's Ark.

- **One: Don't miss the boat.**
- **Two: Remember that we are all in the same boat.**
- **Three: Plan ahead. It wasn't raining when Noah built the Ark.**
- **Four: Stay fit. When you're 600 years old, someone may ask you to do something really big.**
- **Five: Don't listen to critics; just get on with the job that needs to be done.**
- **Six: Build your future on high ground.**
- **Seven: For safety's sake, travel in pairs.**
- **Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.**
- **Nine: When you're stressed, float a while.**
- **Ten: Remember, the Ark was built by amateurs; the Titanic by professionals.**
- **Eleven: No matter the storm, there's always a rainbow waiting...eventually.**

Life is not measured by the breaths we take, but by the moments that take our breath.

I wish you a day of ordinary miracles . . . A fresh pot of coffee you didn't make yourself. . . An unexpected phone call from an old friend. . . Green traffic lights on your way to work. . . The fastest line at the grocery store. . . A good sing-along song on the radio. . . Your keys right where you left them. . . A smile from a stranger. . . A beautiful autumn day.



Marjorie McBride

We extend our heart felt “Thanks” to **Marjorie** and others for the beautiful flowers and various decorations we have on our dinning tables each **Tuesday and Thursday** at the **Friendly Neighbors’ Meal Site** in the **Great Room** on the **Plaza** of the **Moscow 1912 Center**. If you are not already joining us for these **delicious meals**, you are sincerely invited to do so.

- Seniors 60 & over: Each meal is a suggested **\$3.00** donation.
- Persons under 60: Each meal is a suggested **\$5.00** donation.

The Puppeteers Entertaining



The Puppeteers entertained at the Friendly Neighbors’ Meal Site in April.



Jeff Bollinger, Investment Representative of Edward Jones (Eastside Market Place, Moscow, Idaho), provides the coffee served in the Moscow Senior Center

Model Home Now Open

Attention Seniors

Moscow's Newest Senior Living Community

Fairview Village Estates
A Good Samaritan Senior Living Community

34 unit Senior Living Twinhomes
28 Senior Apartments

Unique Range of senior friendly features, services and amenities.

More Info: 208.882.9809

Good Samaritan Village and Fairview Village Estates contribute to the Friendly Neighbors’ Newsletter with photocopying and assembly of pages.



Kay Keskinen upgrading donated computers in the Continuing Education Computer Corner

Continuing Education Computer Corner

Here's the latest news from the **Computer Corner** in the **Moscow Senior Center**. There are four Windows PCs for use by seniors (55+) whenever the center is open. Twice a week there are volunteers at the Senior Center who are available to help with computer questions or help in learning about using computers. **On Mondays from 9:30 AM to 12 Noon and on Wednesdays from 1-3 PM Doris Norman and Kay Keskinen** are in the center to help. Some of the common computer tasks they help with are **surfing the web, e-mail, word processing, and such**. Lately they've been helping to **track packages** seniors have sent or are expecting to receive, and they've also assisted seniors with the **new airline e-tickets (confirmation e-mails, boarding passes, checking flights, etc.)**.

There are no formal computer classes, just drop in with your questions and see how helpful the "**computer day care**" can be.

The center has benefited from a new **flatbed scanner** donated by **Dorothy Nichols**; *thank you, Dorothy*. The computers are supported by donations, and all donations are appreciated. Others provide **technical support**, for which the center is also grateful.

The **1912 Center** has **free, public wireless connectivity**, which many seniors access with their laptops. Stop by with or without your own laptop and get your computer questions answered or problems solved. **Have a cup of coffee or tea** and enjoy the friendly atmosphere of the **Moscow Senior Center**. -Kay Keskinen

New Latah County History Project in the Making

I have come out of retirement (**UI Ag Communications, 1975-2002**) to serve a year as the new **AmeriCorps*VISTA Program Developer** in this region. My project, **Creative, Inc.**, will use **University of Idaho** students to interact with our community's older citizens to prepare diaries, scrapbooks, stories, personal histories, or memoirs of historic or private experiences. The project will also recruit assistance from students to compile histories of all **Latah County churches** and assemble into a directory for use within the **Latah County Library System**.

For these projects I am enlisting assistance from educators at the **University of Idaho** who have students that desire a service learning experience with our county's residents.

Supervision of the **Latah County AmeriCorps*VISTA** position is through the **Community Action Partnership/Area Agency on Aging in Lewiston**. Please contact me for further information:

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