

# Friendly Neighbors Newsletter

## May/June 2008

Volume 9 ~ Issue 3

Editor/Publisher: Doris Norman

Reporter: Kay Keskinen

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### President Message: by: Bob Leonard

**Mike** is a well-known member of our staff... dedicated to his job. He prepares and serves our nutritious and enjoyable meals. I consider him a workaholic.

**Mike**, and at times **Bernita**, works many hours preparing some of our meals and cleaning up afterwards with pay for only two hours per meal day. The rest is donated volunteer time... All of **Bernita's** work is volunteered.

### World Cruise

Thank you for your support of my **World Cruise**... whether it was clothing or jewelry that I borrowed; tooth brush and Band-Aids that I carried with me; advice and hints that helped me out on my trip of a lifetime.

**I have so many wonderful memories Panama Canal, Sydney Harbor, America Samoa, Hong Kong at night, shopping in Stanley Market; the pyramids and camel ride in Egypt.**

Your cards came at just the right time to perk me up (I was sick from January 22 'til now) and to keep me going.

The **P&O** line, ship **Aurora** was very, very **British** and only 10 **Americans** aboard so we received a lot of attention.

A big interest was shown in our coming presidential election and super delegates (what ever they are?.)

The service was the best including high tea with white gloves at 4pm every day. As soon as I get well I'm ready to go again... anyone want to join me?

**Have passport will travel:**  
**Betty Anderson**

### Decoding Food Claims

Are you eating as healthy as you think?

**Many foods sound healthy, but what do the claims really mean?**

**Here's a list of common food-packaging terms and the definitions to help you shop smart.**

- Fat-free. Less than 0.5 grams of fat per serving.
- Light. Compared to the original product, one-third fewer calories or 5-% less fat.
- Low fat. 3 grams or less of fat per serving.
- Low-calorie. 40 calories or less per serving.
- Low-sodium. Less than 140 mg of sodium per serving.
- Sugar-free. Less than 0.5 grams of sugar per serving.

**Take time to read the entire Nutrition Label of the foods you choose, paying close attention to the serving size of each portion.**

Source: U.S. Food and Drug Administration ([www.fda.gov](http://www.fda.gov))



**The Old Time Fiddlers**

All **Friendly Neighbors** who visit the meal site wish to say a special.... **"Thank You"** to each member of the **Old Time Fiddlers** who have joined us on the last Thursday of each month at 11:30 A.M. during those cold winter months just passed.

The **Fiddlers** will be taking the summer off from **the Friendly Neighbors Meal Site** during the months of June, July, and August; however, they will return with more delightful music and entertainment in the fall beginning in **September**.



**Brave – Scared – Goose**

**On Mother's Day** while setting up for a wedding reception, I walked into the janitorial closet and got quite a surprise...a **Canadian Goose** was sitting in the corner hissing at me! It was a windy day and he or she must have slipped when standing on the top of our chimney and fell three floors down.

**The goose** had pecked out a piece of insulation that closed off the shaft off from the closet so just his/her head could come through. Our brave Building Supervisor **Robby Valliere** and a police officer (who was enjoying the interesting call during his Sunday shift!) broke out the other piece of foam and when the goose charged them, caught it in a box and took it to release outside of town. Such excitement for a Sunday morning!

**-Jenny Sheneman**



**Ron Crawford      Don Crawford**  
**Don Crawford Graduate Faculty Mentoring Award**

During the **College of Graduate Studies** – Awards Presented at the 2008 Research Expo, **Ronald L. Crawford** (Microbiology, Molecular Biology and Biochemistry) was presented this year's College of Ag and Life Sciences' **Don Crawford Graduate Faculty Mentoring Award**... named in honor of his brother, **Donald L. Crawford**, upon his retirement in 2006.

**Ron and Don Crawford** are the sons of **Doris Norman** of our **Friendly Neighbors** origination.

## MOTHER

Up at dawn the day to greet,  
All her many tasks to meet,  
Modest home her castle dear—  
Always filled with warmth and cheer.

Tiny hands for her would reach,  
With a smile she would love and teach,  
Guiding on to Church and school,  
Sharing with a Golden Rule.

Now let's give her proper praise,  
Finding purest prose and phrase,  
And a son to really say—  
Love to Mother everyday.

**Lucille Rudd Magnuson**

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## Computer Confusion

Why can I not catch on to stuff that this  
machine offers? Enough  
Of hem and hawing in attempt to  
understand all this, I meant  
To really buckle down and pray  
that I would get it right today  
But alas, alack, my brain (that's  
eighty-four) can't handle strain  
When, once more, I take on the  
task that I do dread, why me? I ask  
Why is it only I who does prefer old  
things, (the way it was)  
Before technology did raise it's ugly  
head, "those were the days"  
We seniors, those of us who can't  
accept computers, how we rant.

**Bette (The Bard) Mitchell**

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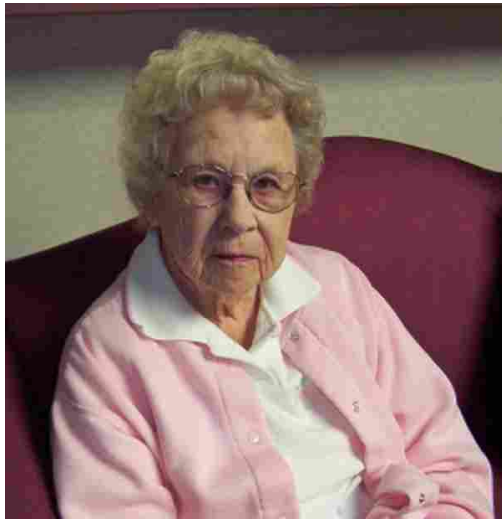
**Coffee for the 1912 Building  
Senior Center provided by Jeff Bollinger of  
Edward Jones Investments**

## A Credit For Our Editor

Dear Friendly Neighbors please join the  
chorus  
Of this attempt at a rhyme for our Doris  
She, whom we name in the current  
newsletter,  
Always responsible and getting better  
With each new issue, always here for us  
Bi-monthly, at meal site, of course it is  
Doris!  
Camera in hand, and with stern  
demeanor  
When she is seeking a subject, I've  
seen her  
Pursue a person for an interview, so  
start rehearse  
'Cause next may be you!  
She'll fuss with your hairdo and all this  
because  
She wants your picture and orders you  
"Pause  
For just a moment, I must get this shot"  
It does not matter if 'ready or not'  
So do not argue with Doris about  
All the preparation, 'cause she has the  
clout  
To get her own way in the midst of the  
fuss  
Remember dear senior she does it for  
us!

**Bette Ruth (Bette the Bard) Mitchell**  
(04-02-2008)



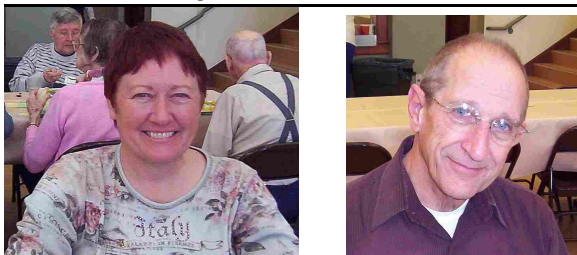


**Dorothy Roberts**

Long time member of **Friendly Neighbors** Senior Citizens group is moving from Moscow in June to live in **Boise, Idaho**. This change will enable **Dorothy** to be near her family. One of her many plans for the future is to take this opportunity to spoil her great grandchildren.

**Dorothy** has been an active and reliable member of **Friendly Neighbors**, and she will be greatly missed by her many friends.

**Dorothy** as also spent many years and hours of her volunteer time as a Pink Lady at **Gritman Hospital of Moscow**.



**Tammy Lanting & Lee Fruits**

Pictured above you will find two familiar faces. These two comedians are our beloved MC's for 2008. They always find many interesting, varied and strange facts and stories to share with those in attendance at the Moscow Senior Meal Site during the time they are making and asking for announcements.

They fairly and impartially call table numbers to invite us to collect our meal in an orderly and dignified fashion.

**"Thank You," Tammy and Lee.**



**Vivian Hofmann**

**Vivian** lived a long and beautiful life. She was always first in line to offer care and assistance to family and friends. She was born February 24, 1913 and died at 95 years of age on May 9, 2008 at **Moscow Good Samaritan Village** where she had made her home since 2001.

**Vivian** was one of the original members of the **Friendly Neighbors Senior Citizens**. She volunteered in many areas of need at the Meal Site. She was on the original committee appointed to compile and print this newsletter. She was the reporter who did the interviews and wrote the interesting articles about other **Friendly Neighbors**. All will miss her presence and caring attitude



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## Computer Corner Update

The **Moscow Senior Center** has several PCs for use by seniors along with volunteers who are available to help other seniors with questions about using computers. **Doris Norman** and **Kay Keskinen** are in the **Senior Center** Monday mornings from 9:30 - noon and Wednesday afternoons from 1-3 PM to provide computer help. In addition, **Scotte Hecht** is available most mornings to help with e-mail.

If you already have a laptop computer, the **1912 Center** is a public wi-fi hot spot, so bring in your laptop and hop onto the Internet; help is also available if you bring in your own computer.

These services are provided by **RSVP volunteers** only to seniors (55+). There is no charge for the computer use or assistance, but donations are always appreciated to help pay for supplies such as printer ink and paper.

### **Are you RICH?**

**If you ever want to feel RICH, just count all the things you have that money can't buy!**

### **About growing older...**

- Eventually you will reach a point when you stop lying about your age and start bragging about it.
- When you are dissatisfied and would like to go back to your youth, think of Algebra.
- You know you are getting old when everything either dries up or leaks.



## FRIENDLY NEIGHBORS'

### MOSCOW SENIOR MEAL SITE

Is the Place to be each Tuesday & Thursday of the week (except holidays). It is situated on the Plaza Floor (Great Room) of the 1912 Building, 412 East Third Street, Moscow Idaho.

There you will find good fellowship with friends of years gone by and new friends to encounter and become acquainted.

#### The suggested donation

- Seniors (60+): \$4.00
- Those under age 60: \$6.00

Along with the main course, there is a Salad Bar and a Dessert Bar – all you can eat!

During those cold winter months there is additionally

- Soup of the Day for when you first come in out of the cold! October through March

#### Stress Busters:

**Pep Talk:** by Glenda Hawley, Moscow, ID  
For me, different situations require different methods of stress busting. I first determine whether I have any control over the out come. If I do, I make plans toward a resolution. If I don't, I notice what kind of inner dialogue I'm having. If it's negative and useless (it usually is), I try to recognize it as a self-defeating approach and adopt a more positive outlook. I also rely on little things to help me deal with stress, like changing my clothes as soon as I get home from work to tell my mind that I'm leaving all the workplace stuff behind. Taking these steps helps me not to stress out over situations or resent others. Source:

- Body and Soul Magazine  
<bodyandsoulmag.com>