

Friendly Neighbors Newsletter

Volume 11 – Issue 3 – May/June 2010

Founder – Doris Norman

Publisher/Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

Web Page: <http://users.moscow.com/srcenter> Email: friendly.neighbors@yahoo.com

President's Message

by Leonard C. Johnson, Acting President

For the past several weeks we have been enjoying having Ellen Roskovich working in our kitchen, helping prepare and serve our noon meals. A stroke of good fortune brought to us a woman that likes to cook and also has many years' experience in actually operating a restaurant here in Moscow. Moreover, Ellen has stated more than once her belief that our meal program is a very valuable service for senior citizens of our community, and her desire to help make it successful.

In order to make better use of Ellen's knowledge and experience, our Board of Directors has decided to assign to her responsibility for certain key aspects of our meal service program. She is now responsible for choosing the items to be included in our meal menus, and also for all purchases of food and other kitchen supplies.

Mike Linderman continues to give valuable service to our meal program, doing the usual necessary kitchen tasks.

Jan Jensen has agreed to serve on our board of directors as our Secretary to serve the remainder of Doris Norman's one-year term, and has been duly so appointed by the Board. This will relieve Kay Keskinen of some of her multitude of vitally important tasks.

We recently have made application to United Way of Moscow/Latah County for a grant of money to help support our meal service program. This is the first time we have appealed to United Way for support. Also, we have repeated our annual request to the Latah

County Board of Commissioners for a grant of funds. Last year we were given \$4,500 by the County, and we are asking for a like amount this year.

Friendly Neighbors Volunteers by Kay Keskinen, Treasurer

Looking for a meaningful place to volunteer?

Each month nearly 30 volunteers altogether contribute more than 400 hours to make our twice-a-week meal site succeed. Early each Tuesday and Thursday morning volunteers arrive to prepare food, set up the tables and table settings, make coffee, prepare sign-in table with cash box and forms, greet arrivals, take donations, serve milk and food, deliver trays to those unable to go through food line, emcee the lunch, and then undo all the tables, chairs, and items brought out for the meal, and clean up the dishes and kitchen.

Yet another set of volunteers staff the Senior Center weekdays from 9 AM to 4 PM. For that, one volunteer takes the morning shift and another takes the afternoon shift. At least ten volunteers are needed to operate the center.

Many of these volunteers are part of the national program called RSVP – Retired Senior Volunteer Program. Each month they log their volunteer hours (and miles) and submit them to the WA-ID Volunteer Center in Lewiston.

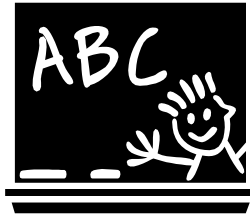
If you're interested in an opportunity to be a regular volunteer, or to fill-in, just ask.

Senior Alphabet

Author unknown

A,B,C,D...

A for arthritis,
B for bad back,
C is for chest pains.
Perhaps cardiac?



D is for dental replacements and decline,
E is for eyesight--can't read that top line?
F is for fissures and fluid retention
G is for gas (which I'd rather not mention.)

H high blood pressure (I'd rather have low)
I for incisions with scars you can show.
J is for joints, that now fail to flex
L for libido--what happened to sex?

Wait! I forgot about K!

K is for my knees that crack when they're bent
(Please forgive me, my Memory ain't worth a cent) ?

N for neurosis, pinched nerves and stiff neck
O is for osteo- and all bones that crack.

P for prescriptions, I have quite a few
Give me another pill; I'll be good as new!
Q is for queasiness. Wine or flu?
R is for reflux-- one meal turns into two

S is for sleepless nights, counting my fears?
T for tinnitus--I hear bells in my ears.
U is for urinary: difficulties with flow
V is for vertigo, that's "dizzy", you know.

W is worry, now what's going 'round?
X is for X ray-- and what might be found.
Y for another year I've left behind
Z is for zest that I still have my mind!

Have survived all the symptoms my body's
deployed,
And kept twenty-six doctors gainfully
employed!

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important 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 building and is open from 9 a.m. - 4 p.m., Monday through Friday (closed holidays).

Daily activities include:

Monday AM: Computer help

Monday PM: Jigsaw puzzles

Tuesday PM: Pinochle

Wednesday AM: Blind and diabetes support group

Wednesday PM: Computer help, word games, and jigsaw puzzles

Thursday PM: Bridge

Friday AM: Bingo

Friday PM: Bridge instruction

Coffee Hour - 10:00 a. m.



Moscow Senior Center
Courtesy Jeff Bollinger
Edward Jones Investments

Fun Facts

There are 293 ways to make change for a dollar.



Idaho has 3,100 miles of rivers - more than any other state.

How Much to Eat Each Day?

by Mackenzie Femreite, Nutrition Advisor
U of I Extension Nutrition Program



“How much should I eat each day?” a question I get asked quite often.

The answer can be found in your lifestyle. According to the MyPyramid (use to be called the Food Guide Pyramid, but it has been updated to the MyPyramid) we need to look at your age and physical activity level to see how many calories you are allotted to have each day.

– Remember this is just a guideline.

Males			
Activity Levels	Sedentary	Moderately Active	Active
Age	Calorie Levels		
61-65	2000	2400	2600
66-70	2000	2200	2600
71-75	2000	2200	2600
76 & up	2000	2200	2400

Females			
Activity Levels	Sedentary < 30 minutes	Mod. Active > 30 min	Active > 60 min
Age	Calorie Levels		
61-65	1600	1800	2000
66-70	1600	1800	2000
71-75	1600	1800	2000
76 & up	1600	1800	2000

Once you have your calorie level, the MyPyramid breaks your calories into the five food groups, oils, and discretionary calorie allowance.

Calorie Level	1600	1800	2000	2200	2400	2600
Grains	5 oz	6 oz	6 oz	7 oz	8 oz	9 oz
Vegetables	2 cups	2 ½ cups	2 ½ cups	3 cups	3 cups	3 ½ cups
Fruits	1 ½ cups	1 ½ cups	2 cups	2 cups	2 cups	2 cups
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Meat & Beans	5 oz	5 oz	5 ½ oz	6 oz	6 ½ oz	6 ½ oz
Oils	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp
Discretionary calories	132	195	267	290	362	410

Continued on next page

What counts as a food equivalent for ‘a cup’ or an ‘ounce’? Find out below.

Grains 1 oz =	Vegetables 1 cup =	Fruits 1 cup =	Milk 1 cup =	Meat & Beans 1 oz =
1 slice of bread	3 spears broccoli	32 grapes	1 cup low fat milk	1 egg
1 pancake	2 cup salad	1 small apple	8 oz yogurt	12 almonds
1 small muffin	2 med carrots	1 cup applesauce	2 cup cottage cheese	24 pistachios
1 mini bagel	1 sweet potato	8 strawberries	1 cup pudding	1 T peanut butter
½ cup oatmeal	1 large tomato	1 c pineapple	1 ½ oz hard cheese	1 oz meat
5 crackers	1 cup red pepper	½ c dried fruit		2 T hummus
½ cup pasta	1 cup cauliflower	Med pear		¼ cup beans

If you are a visual person, like me, it is easy to remember:

- 3 oz of meat = deck of cards
- 1 cup= the size of your fist
- 1 medium fruit = a tennis ball
- 1 ½ oz of cheese = 6 dice



Now it's time to meal plan!

Resource: MyPyramid.gov (May 11, 2010)

AARP Safe Driving Class Schedule

Location: Gritman Conference Center

Class day/times:



- June 21 & 22 (Mon/Tue mornings, 8:30 AM to 12:30 PM)
- September 18 (Saturday, all day, 8:30 AM to 5:30 PM)

Remember! You must attend both sessions, **a total of 8 hours!**

For information and sign-up contact: August C. Leavitt at Gritman Education – 883-2232 or e-mail him at [a^ugust.levitt@gritman.org]



Senior Fair – Tuesday, June 1 by Leonard C. Johnson

There will be a Senior Fair at the Palouse Mall in Moscow from 10 AM to 5 PM on Tuesday, June 1, 2010. Activities include:

- Workshops
- Booths
- Vendors
- Information
- Door Prizes

We will have a Friendly Neighbors information table set up there, and I would like to have one or two members, in addition to myself, volunteer to sit at the table for a few of those seven hours. I could take the 10 a.m. to 1 p.m. shift, or whatever time period would be more convenient for other "sitters," and return at the end of the day to gather up our display materials.



© DaveCarpenter

"And just when I had begun to understand Medicare, Part D."

Senior Meal Site

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. Salad bar is available at 11:30 AM with main meal served at noon. Suggested donation for the meal is \$4.00 for seniors 60 and older; for those under 60 the price is \$6.00.

**Here are the entrée dishes for senior meals in the next two months:
(menus subject to change)**

June 2010 Entrees			
Date	Tuesday	Date	Thursday
1	Roast Pork	3	Pit Ham
8	Chicken	10	Pork Chops
15	Spaghetti	17	Stuffed Peppers
22	Meat Loaf	24	Chicken Cordon Bleu
29	* Cold Plate		

* meal served at Latah Fairgrounds

July 2010 Entrees			
Date	Tuesday	Date	Thursday
		1	* BBQ Beef on Bun
6	Roast Pork	8	Pit Ham
13	Chicken	15	Roast Beef
20	Lasagna w/ Meat Sauce	22	Sweet/Sour Meat Balls
27	Turkey	29	Beef Stroganoff

* meal served at Latah Fairgrounds

The Moscow Senior Center, located on the ground floor of the 1912 Center, offers many scheduled activities. Or, just drop in to enjoy a cup of coffee or tea, visit with friends, watch TV, read, work on a jigsaw puzzle, play cards, or use the public wi-fi with your laptop.



North Idaho Senior Games

The WA-ID Volunteer Center in Lewiston is again hosting the North Idaho Senior Games. The 2010 events, for those 50 and older, will be held from Monday, June 7 through Saturday, June 12 in Lewiston. The games include:

- Golf
- Archery
- Horseshoes
- Tennis
- Bowling
- Track and Field
- And many more



The web site <www.northidahoseniorgames.org> has registration information, or call the WA-ID Volunteer Center in Lewiston toll-free at 1-888-546-7787.



A Portrait

An elderly woman decided to have her portrait painted. She told the artist, "Paint me with

diamond earrings, a diamond necklace, emerald bracelets, a ruby brooch, and gold Rolex watch."



"But you are not wearing any of those things," replied the artist.

"I know," the woman said. "It's just in case I should die before my husband. I'm sure he will remarry right away, and I want his new wife to go crazy looking for all of that jewelry."

Five Generations



Friendly Neighbor Peggy Benson recently celebrated five generations of her family. Shown above are Peggy (seated), her son Keith Schott, Keith's daughter Brandi Greenwalt, Brandi's son Justin Hall, and Justin's son Quin Hall.

Congratulations to Peggy on such a fine family!

New Assisted Living Options Now Available

Renovation of 3rd floor apartments at Moscow Village is complete. New Assisted Living apartments now available.

For more information call Christie Pernsteiner at 208.882.6560

