

Friendly Neighbors Newsletter

Volume 13 – Issue 3 – May/June 2012

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Moscow Senior Meal Site and Senior Center

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President's Message



I am honored to be the President of Friendly Neighbors as I consider all the members as my friends. Our finances are in an acceptable condition, and the kitchen staff is doing a wonderful job of delivering delicious and affordable meals to our members.

The available meal-tickets have been well received. People are allowed eleven meals for the normal donation amount of ten meals. Also, the new carry-out containers are helping people transport fresh meals while saving Friendly Neighbors the cost of the containers.

We are always looking for members who have the skills and desire to assist at the meal site. Some of the tasks include setup and breakdown of tables and chairs. People interested in assisting should speak to the people at the sign-in table. Additionally, advise those people if the address and phone number information listed for you in our member directory is incorrect.

by *Linn Craig Lindsey*, President

→ **Don't Forget:** The meal site moves to the Latah Fairgrounds on Tue, July 3 and Thu, July 5. The 1912 Center is closed all that week for floor maintenance. Senior Center activities are canceled that week.

Kitchen Update

by Ellen Roskovich, Kitchen Manager

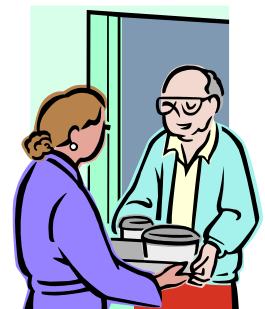
Bill Terrio and I attended a food show in Spokane on May 9. In addition to the many samples of foods we were able to taste, we scoured the various vendors searching for new foods and sales on foods to save Friendly Neighbors money and enhance our meals.

I've ordered new foods, some are low in sodium and some are also gluten-free. It's my goal to provide you with nutritious, quality meals that fit within the Friendly Neighbors budget. I am open to new ideas for foods, so please share your food preferences with me.

Home Delivery of Meals

In addition to providing congregate meals for seniors (age 60 and older) at the meal site in the 1912 Center, Friendly Neighbors also provides hot and/or frozen meals for home delivery to Moscow seniors who qualify.

For information on how to qualify for delivered meals, contact Rachelle at the Area Agency on Aging in Lewiston; her phone is 800-877-3206.



Remembering Doris Norman

by Mary Wood,
Friendly Neighbors Board Member

We lost a friend on April 30, 2012. We all know Doris' many contributions to Friendly Neighbors.* She never stopped learning and never expected anyone else to stop learning, either.

What I will remember most about Doris is her positive attitude, her friendship, and her continuing support of me. She encouraged me to get involved and to give back.

One of my fondest memories of Doris is when she "adopted" me so I could sit at her family's table at a noon lunch at the Senior Center.

To her family, I send my most sincere sympathy. You were her great pride.

Doris will be missed - her memory will be with me always.

*Doris founded the Friendly Neighbors Newsletter in 2000 and served as its editor for ten years. For many years she did ALL of the required paperwork for our monthly senior nutrition program reports to CAP. Along with Scotte Hecht, Doris initiated the "computer corner" in the Senior Center, and for many years Doris volunteered within the Senior Center and helped seniors learn how to use computers. She also printed the monthly meal site menus. She served as our secretary for two years and was on the Continuing Education Committee for six years. Doris received the "President's Call to Service Award" several years ago for accumulating over 4,000 hours of volunteer time.

Senior Moments:

Having suffered serious deafness for a number of years, an elderly gentleman went to see a consultant who prescribed the latest thing in aids which gave him almost perfect hearing. Returning to the clinic a few months later, the specialist said, "Your family must be really pleased that you can hear again." The gentleman replied, "Oh I haven't told them yet - I just sit around and listen to the conversations. I've changed my will three times!"

Senior Meal Site/Senior Center

Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow. The salad bar is available at 11:30 AM, and the main meal is served at noon.

Suggested donation for the meal is \$4.00 for seniors 60 and older; for anyone under 60 the price is a flat \$6.00. A "meal ticket" for seniors is available for \$40; the ticket is good for 11 meals.

Monthly menus are available at the meal site and on our web page.

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important nutrition and social 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 and open from 9 am – 4 pm Monday through Friday (closed holidays).

Senior Center daily activities include:

Monday AM: Computer help

Monday PM: Jigsaw puzzles

Tuesday PM: Pinochle

Wednesday AM: Blind and Diabetic Support Group at 10:30

Wednesday PM: Word games, jigsaw puzzles, and computer help

Thursday PM: Bridge

Friday AM: Bingo

Fun Facts



Fishing is the biggest participant sport in the world.

The city with the most Rolls Royces per capita is Hong Kong.

Senior Fair

The 2012 Senior Fair will be held on Tuesday, June 5 from 10 AM to 4 PM at the Palouse Mall in Moscow. There will be workshops, vendors, and door prizes. Friendly Neighbors will have a booth with information about our senior services.

The workshop schedule is as follows:

- 10-11 AM: "Fit and Fall Proof," Idaho's class to protect yourself from falls
- 11-noon: "Identity Theft: How to Avoid It and What to Do If It Happens"
- Noon – 1 PM: "Cooking with Grains and Greens"
- 1-2 PM: "Advocating for Yourself"
- 2-3 PM: "What's New with Medicare?"
- 3-4 PM: "SAIL—Stay Active and Independent for Life"

Paraprosdokians

(Winston Churchill loved them).....
are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected, frequently humorous. Enjoy !!

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up, we only learn how to act in public.
6. War does not determine who is right - only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
9. To steal ideas from one person is plagiarism. To steal from many is research.
10. Buses stop in bus stations. Trains stop in train stations. On my desk is a work station.
11. I thought I wanted a career. Turns out I just wanted paychecks.

12. In filling out an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'

13. I didn't say it was your fault, I said I was blaming you.

14. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.

15. A clear conscience is the sign of a fuzzy memory.

16. You do not need a parachute to skydive. You only need a parachute to skydive twice.

17. Money can't buy happiness, but it sure makes misery easier to live with.

18. There's a fine line between cuddling and holding someone down so they can't get away.

19. I used to be indecisive. Now I'm not so sure.

20. You're never too old to learn something stupid.

21. To be sure of hitting the target, shoot first and call whatever you hit the target.

22. Nostalgia isn't what it used to be.

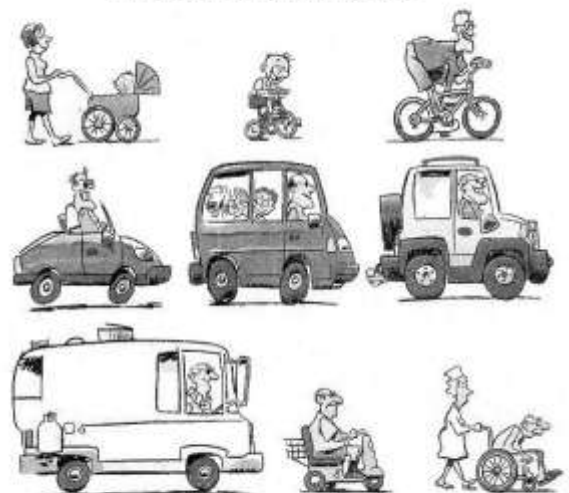
23. Change is inevitable, except from a vending machine.

24. Where there's a will, there are relatives.

And mine is.....

I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

The Wheels of Life



Neighbor News

Mary Ann Moser plans to go on a San Juan Islands Roadrunners boat trip in June.

Dean Taylor's sister and sister-in-law from Homedale visited in May.

Lou Stevens' son Dave from Kelso, WA and Dave's children Robin and Phillip visited for a week around Mother's Day. Lou's family joined her at the meal site on May 10.

Linn Lindsey attended his college roommate's retirement party in early May. The roommate was the deputy chief of the Seattle Fire Dept.

Norm Schroder is recovering from double pneumonia.

Herb Uttoff ran in the 10K Sea Port River Run in Clarkston and Lewiston.

Ernie Bunch continues to take chemotherapy. It's always a treat when Ernie plays his harmonica at the meal site.

Lois Gilbert's younger brother Allan from Akron, OH plans to visit in late June.

Karen Davis reports that she will attend her Lander, Wyoming 53rd high school reunion in early June.

Frankie Yockey and Joy Irving will be traveling in Europe for most of the month of June. They plan to visit Spain, Italy, Portugal, Morocco, and Amsterdam.

Kay Keskinen was named the Volunteer of the Month for May by the WA-ID Volunteer Center in Lewiston.

Birthdays:

June 8: Lois Gilbert
June 9: Bob Crossin
June 20: Ruth Smith

July 2: Ernie Bunch
July 15: Bernice Brooks
July 23: Louis Olson

July 11: Ines Gray
July 22: Ida Pepe
July 29: Bill Terrio



North Idaho Senior Games

The 2012 North Idaho Senior Games will be held June 18 - 23 at venues in Lewiston and Clarkston. Senior women and men (age 50 and older) have 14 events from which to choose, with gold, silver, and bronze medals awarded in all age groups.



Events include track and field, archery, horseshoes, 5K run/walk, bowling, tennis, swimming, and more.

The North Idaho Senior Games is a social and recreational, yet competitive experience. The games encourage better health and fitness of men and women age 50 and better. The level of competitiveness is up to you!

The WA-ID Volunteer Center manages the games and registration. Participants may register in person at the WA-ID Volunteer Center at 1424 Main Street in Lewiston, by mail, or online. Registration is due by June 4.

For more information, call Cathy Robinson at 208-746-7787.



Meet the Husband Party

All are invited to Jenny Kostroff's "Meet the Husband" party on Sunday, June 3, 2012

from 2 to 5 PM in the Great Room of the 1912 Center. Jenny (Executive Director of Heart of the Arts, Inc.) and Michael Kostroff were married on May 6; Michael will continue to live wherever his work as a professional actor takes him, so this is a wonderful occasion to drop in and introduce yourself to Michael while he is in Moscow.

OLD

by Sam Fleener

It is cold and snowing, feeling blue, maybe it's just the day.
Growing old is not for the weak, you must be strong they say.
My hair is the first to go on top, the rest is turning white.
Next my eyes are growing dim; I'll need glasses to make it right.

My teeth are going one by one; until they are in a glass at night.
Speak up, speak up, my hearing, I can hear but just not quite.
I'm getting old and slow, 'watch your step,' I hope I'm not going lame.
Trying to do all the things I used to do, just isn't the same.

So it is a cane I will need and lots of people to pay.
False teeth and hearing aids I will need some day, I say
My hair is almost gone, so a comb I can omit.
It will take all of this and a little more to keep me feeling fit.

I try my best to stay alive and do what I'm supposed to do.
It's better than the alternative; wouldn't you say that's true?
One thing that really makes me mad; I don't know who to blame.
I know a lot of people; I just can't remember their name.



As They Grow Old:

Old accountants never die, they just lose their balance.

Old actors never die, they just drop apart.

Old bankers never die, they just lose interest.

Old basketball players never die, they just go on dribbling.

Old beekeepers never die, they just buzz off.

Old cashiers never die, they just check out.

“Benefits of Locally Grown Produce”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the May 2012

“Senior Nutrition News”

- **Local food travels fewer miles to land on your plate:**

"Local food" does not have a specific definition, but these foods have been grown within a 100-mile radius (some even say up to 225 miles). The farther that food travels, the more energy and gasoline must be used to get the food to your plate. Buying local will save energy costs and valuable non-renewable resources.



- **Local food tastes better:** The crops are picked at their peak freshness. Food from far away is older, has traveled long distances in trucks or planes, is jostled around in the shipping process, and has sat in warehouses and supermarket shelves before it finally gets to your table. Local food tastes better because it is fresher and has been grown or created with the consumer in mind.
- **Local produce is more nutritious:** The less time that passes between farm and table, the fewer nutrients fresh produce will lose. Locally grown fruits and vegetables contain more nutrients because they are picked at their peak freshness, transported shorter distances, and sold directly to the consumer.
- **Local produce stays fresh longer:** Since the produce was picked the day before, it will last longer in your refrigerator (if you can hold off from devouring it!).
- **Local produce is safe:** Local farmers are not anonymous, and they take their responsibility to the consumer seriously.
- **Local food connects you to the land through the farmers who grow your food:** There is something exciting about engaging in a time-honored connection between eater and grower. Talking to the very farmer who grew and picked your food gives insight into the relationship between the seasons, the land, and your food.



- **Buy seasonal. Buy local as much as possible.** Your local farmer's market is an excellent place to start!

Parking Lot Improvements



Parking at the 1912 Center is being improved by a project begun in mid-April.

This project will add more parking spaces to the west end of the facility (10 spots plus a handicapped spot). It will place bike racks at both ends of the building and add a set of stairs from the west side of the 1912 Center down to Adams Street. Lastly, it will create a proper sidewalk at the east end entryway.

A celebration of the project completion will be a part of the Sunday, July 29 Latah County Historical Society's Ice Cream Social event.



In Memoriam

Friendly Neighbors has recently experienced the passing of three of our members. We will miss them, and we are grateful for their friendships.



Donna O'Brady



Doris Norman



Alice Beek

Donna O'Brady was born October 11, 1933 in Lewiston, Idaho. She passed away at her home on April 23.

Doris Norman was born December 29, 1928 in Santa Anna, Texas. She passed away at Good Samaritan Village on April 30, 2012.

Alice Beek was born June 15, 1922 in Glendive, Montana. She passed away at her Moscow home on May 12, 2012.

Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency beginning in 2011.



Friendly Neighbors Senior Citizens, Inc. is a non-profit organization, recognized by the IRS as a 501(c)(3) charity. Donations to Friendly Neighbors are deductible under Section 170 of the Code.