

Friendly Neighbors Newsletter

Volume 14 – Issue 3 – May/June 2013

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Moscow Senior Meal Site and Senior Center

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President's Message



G'day everyone! I hope all is well. Things are looking pretty good at our meal site and the Senior Center. Thanks to all the volunteers who make this happen.

As you are aware, this is our 40th anniversary year, and, to celebrate, we are having

a free meal on Thursday, August 1st for any and all seniors (at least 60 years old). Please pass the news along to any friends, neighbors, acquaintances, or family. We want this to be great success and hopefully get some new members.

I also want to thank the kitchen crew for all their efforts in serving such good meals. The meals are approved by the Senior Nutrition Program that provides the meal plans. Ellen and her staff do a really good job planning and preparing those meals.

The FN Board of Directors has approved our having a table at the Palouse Mall Senior Fair on Tuesday, June 11. If someone could make us a nice sign to hang from the front of the table, please let any Board member know.

Thanks should also go to the people and food establishments that donate food for our meals, desserts, and take home goods. We really appreciate these donations; they help keep our food expenses down.

Our biggest news is our Thursday, August 1 free anniversary lunch, and we are delighted

that Brian Gill has agreed to entertain at the lunch starting at 11:30 A.M.

I also need to inform you that the 1912 Center will be closed from Sat., June 29 through Mon., July 8 for floor maintenance. We will move to the Fairgrounds for the Tuesday, July 2 meal, and there will be no meal on the 4th of July.

**DON'T FORGET
THURSDAY, AUGUST 1st
FOR OUR FREE
ANNIVERSARY LUNCH**

SPREAD THE WORD!!!

Best Regards,

Bill Terrio, President



**If you are 60 or older,
there really is a free lunch!**

Seniors--come enjoy a free meal on Thursday, August 1 and help us celebrate our 40th anniversary. The lunch includes soup, salad bar, dessert bar, and a main course with your entrée choice of either salmon fillet or chicken cordon bleu. Milk, coffee, tea, and water are available. The lunch main course will be served between 11:30 AM and 1:00 PM.

Neighbor News

Karon Aronson and **Herb Uttoff** completed the UI classes they took last semester; Karon's class was on companion animal diseases, and Herb's class was disc golf.

Family and friends of **Ellie and Bill Olesen** packed the Great Room in April to celebrate the Olesen's 65th wedding anniversary.

Jim McCloskey reports that **Ernie Bunch** has been residing at Aspen Park; Ernie hopes to be home by late May.

Long-time member **Lou Stevens** suggested that we have a "Hat Day" at the senior meal site; those who had a fancy or unusual hat could wear it that day. Lou also proposed a "T-shirt Day" at the meal site when the weather turns hot in the summer.

Birthdays:

June 8: Lois Gilbert
June 20: Ruth Smith



July 2: Ernie Bunch
July 11: Ines Gray
July 15: Bernice Brooks
July 22: Ida Pepe
July 23: Louis Olson
July 29: Bill Terrio

Anniversaries:

June 21: Lola and Vance Penton (49th)

Senior Fair

On Tuesday, June 11 the Senior Fair will be held from 10 AM to 4 PM at the Palouse Mall in Moscow. In addition to the many booths with information and services related to seniors, there are workshops and door prizes. Be sure to stop by the Friendly Neighbors booth.

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



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:
users.moscow.com/srcenter

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

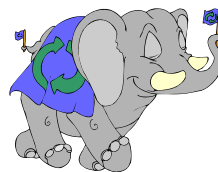
Wednesday AM: Blind and Diabetic Support Group at 10:30

Wednesday PM: Mah jongg and computer help

Thursday PM: Bridge

Friday AM: Bingo at 10:00

Fun Facts



Elephants are the only mammals that can't jump.

The fingerprints of koala bears are virtually indistinguishable from those of humans, so much so that they could be confused at a crime scene.

Friendly Neighbors Dues/Directory

It's not too late to pay Friendly Neighbors dues for 2013. Annual dues are \$2.00 and can be paid to Karen Davis, Membership Chair, or at the meal site sign-in desk. The 2013 member directory was distributed in April; if you did not receive your directory, it is waiting for you at the meal site sign-in table.

Travel with Idaho Roadrunners

Need a break? Consider signing up and taking a trip with Idaho Roadrunners, Inc., a local travel group. Anyone over 21 years of age can join. Dues of \$10 a year cover insurance and monthly newsletters that list planned trips. Trip prices include the motels and any attractions visited as a group.

The group meets for breakfast the second Saturday of each month at the Moose Lodge in Moscow, at about 8 a.m. Tour directors are Don and Eniss Smith. They can be reached at 208-882-7367.

Editor's note: Roadrunners newsletters are posted on the bulletin board in the Senior Center.

Dining Room News

by Helen Sasse
Friendly Neighbors Meal Site Coordinator

Some questions have arisen recently about food items on the bread and dessert tables. The items on both of these tables are donations from local food-related businesses. Lately we have been receiving fewer items. This may reflect the needs of other community organizations who also receive donations from those businesses. Several local residents also donate items as well; some donors have large gardens and donate fresh vegetables. All this is greatly appreciated and adds to the items we are able to provide to our diners.

The donation money for the bread table is used for expenses related to printing our newsletter.

Lewis-Clark Senior Games

The 2013 Lewis-Clark Senior Games (formerly North Idaho Senior Games) will be held June 19 - 22 at venues in Lewiston and Clarkston. Senior women and men (age 50 and older) have 13 events from which to choose, with gold, silver, and bronze medals awarded in all age groups.



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

The Lewis-Clark Senior Games are a social and recreational, yet competitive experience. The games encourage better health and fitness in 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, or by mail, or online. Registration is due by June 10.

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

1912 Center Closure

Jenny Kostroff, Heart of the Arts Executive Director, reports that the 1912 Center will be closed for floor maintenance from Saturday, June 29 through Monday, July 8.

During this time, the Moscow Senior Center will be closed and the Tuesday, July 2 senior meal site will be at the Latah County Fairgrounds. There will be no meal site on Thursday, July 4, Independence Day. The 1912 Center will re-open on Tuesday, July 9.

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.

Friendly Neighbors History

by Jeanette Talbott

I have directories of officers, board members, and committee members from 1998 and 1999. I thought you might be interested in seeing who our leaders were then.

Friendly Neighbors/Nutrition Site Council Officers – 1998

President: Dorothy Burlison

Vice President: Lorraine Frazier

Secretary: Lou Stevens

Treasurer: Ida Pepe

Liaison Person: Jeanette Talbott

Board Members: Ernie Bunch, Bob Crossin, Jack Frazier, Maxine Hanson, Scotte Hecht, Nancy Nuhn, and Al Pepe

Committees:

LCSC Senior Nutrition Advisory Committee: Bob Crossin

Master of Ceremonies: Judson Smith

Membership: Vivian Hofmann

Table Decorations: Vivian Hofmann

Greeters: Mary Ellen Bottjer

Entertainment: Ernie Bunch

Nutrition Education: Nancy Nuhn

Bookkeeper: Arlyne Gilbertson

Friendly Neighbors/Nutrition Site Council Officers – 1999

President: Scotte Hecht

Vice President: Lorraine Frazier

Secretary: Louise Fye

Treasurer: Ida Pepe

Liaison Person: Jeanette Talbott

Board Members: Ernie Bunch, Bob Crossin, Jack Frazier, Fred Kohl, Dorothy Nichols, Doris Norman, Nancy Nuhn, and Al Pepe

Committees:

LCSC Senior Nutrition Advisory Committee: Bob Crossin

Master of Ceremonies: Judson Smith

Membership: Vivian Hofmann and Mary Ellen Bottjer

Table Decorations: Vivian Hofmann

Greeters: Bea Bunch

Entertainment: Lou Stevens and Lorraine Frazier

Nutrition Education: Nancy Nuhn

Publicity: Dorothy Nichols

Bookkeeper: Arlyne Gilbertson

Breaking News!

On May 21 reporter Mary Tatko and photographer Barry Kough from the *Lewiston Tribune* visited the Friendly Neighbors senior meal site to write a story on our organization for the Monday, June 3, edition of "The Golden Times," the monthly senior-related insert in the *Tribune*.

Look for the story in that issue of "The Golden Times."

Humor

Aphorisms of the Year... (contributed by Glenda Hawley)

It's not whether you win or lose, but how you place the blame.
You are not drunk if you can lie on the floor without holding on.
We have enough "youth." How about a fountain of "smart?"
The original point and click interface was a Smith & Wesson.
A fool and his money can throw one heck of a party
When blondes have more fun, do they know it?
Five days a week my body is a temple. The other two it's an amusement park.
Learn from your parents' mistakes—use birth control.
Money isn't everything, but it sure keeps the kids in touch.
Don't Drink and Drive, You might hit a bump and spill something.
If at first you don't succeed, skydiving is not for you.
Reality is only an illusion that occurs due to a lack of alcohol.
We are born naked, wet and hungry. Then things get worse.
Red meat is not bad for you. Fuzzy green meat is bad for you.
Ninety-nine percent of all lawyers give the rest a bad name.
Xerox and Wurlitzer will merge to produce reproductive organs.
Alabama state motto: At least we're not Mississippi.
Artificial intelligence is no match for natural stupidity.
The latest survey shows that three out of four people make up 75% of the population.
"You know why a banana is like a politician?"
"He comes in and first he is green, then he turns yellow, and then he's rotten."
"I think Congressmen should wear uniforms, you know, like NASCAR drivers, so we could identify their corporate sponsors."
The reason politicians try so hard to get re-elected is that they would 'hate' to have to make a living under the laws they've passed.



Words at Play

Did you hear about the guy whose whole left side was cut off?

He's all right now.

I wondered why the baseball was getting closer.

Then it hit me.

I'm reading a book about anti-gravity.

It's impossible to put down.

I couldn't quite remember how to throw a boomerang.

But eventually it came back to me.

I used to have a fear of hurdles.

But I got over it.

Police were called to a day care where a 3-year-old was resisting a rest.

Show me a piano falling down a mine shaft, and I'll show you A-flat minor.

Small babies may be delivered by storks, but the heavier ones need a crane.

There was a big paddle sale at the boat store. It was quite the oar deal.

A new type of broom came out. It's sweeping the nation.

“Being an Older, Safer Driver”

from *Berkeley Wellness*, October 2012



Many people look forward to retiring and having more time for family, hobbies and relaxation. But as you get older, should you also consider retiring from driving?

A study in the journal *Neuropsychology* has confirmed that older drivers—even if they’re healthy—tend to make more errors that can put themselves, and others, at risk. In the study, Australians (age 70 to 88) drove city and suburban streets accompanied by an instructor and backseat observer.

The older the participants, the more mistakes they made—from failing to check blind spots and veering across lanes to not using turn signals and braking suddenly without cause. Nearly one in six drivers performed so poorly that the instructor had to intervene to prevent a possible accident.

How much this increases actual accidents is less clear. The Insurance Institute for Highway Safety reports that crash rates per mile do increase for people over age 70 and especially after 80.

But the statistics can be misleading, since older people tend to drive more on streets with intersections (not highways), where there are more accidents. Moreover, crashes involving older people are more likely to be reported, partly because older people are more likely to be injured. In fact, what is certain is that older people are more likely to suffer serious injuries and die in crashes than younger ones.

Twilight driving dilemmas

Driving safely requires good vision, hearing and mobility, along with quick thinking, all of which can diminish with age. Changes in eyesight can make it harder to see, especially if there is glare from bright sunlight or from oncoming headlights at night.

It may take you longer to read traffic and street signs. If you have hearing problems, you may not respond in time to sirens or horns. Reaction times may slow, so you’re not able to make quick decisions. If you have stiff joints and/or weak muscles, you may be less agile in turning your head to back up or check for traffic.

Medical conditions including cataracts and sleep apnea and medications that many older people take can also impair driving ability, as, of course, can cognitive problems. In particular, older people are more likely to be involved in crashes when merging and overtaking another vehicle and at intersections (where they may drive too slowly, increasing the risk of being hit by another vehicle).

They have more issues yielding the right-of-way, perhaps because they misjudge whether there is enough time to proceed or because they may fail to see the other vehicle. And as a recent study from the University of Massachusetts, Amherst suggested, over the years drivers may also simply develop unsafe habits—such as focusing only on what’s ahead of them.

Assessing your driving skills

Many states require older drivers to renew their licenses more frequently (as little as every two years) and often in person; some require a road test and/or other additional screening. California is one of a few states looking into tiered screening approaches in which drivers are given cognitive, vision and road-knowledge tests and are observed for physical limitations. If they fail, they must take an on-road test.

If you're concerned about your driving skills, there are also self-assessment tools that ask questions and provide feedback about abilities. Or, simply ask yourself some basic questions:

- Do you rely on mirrors when merging or changing lanes instead of fully turning to check blind spots?
- Do you have trouble seeing pedestrians or cars at night?
- Do you ever have trouble braking?
- Do you react slowly to a siren or flashing emergency lights on the road?
- Are you receiving frequent traffic tickets?
- Do drivers frequently honk at you?
- Have you been involved in any crashes or near-misses in the past two years?

All of these are red flags.

For help, check out the AARP Driver Safety courses or the AAA Foundation for Traffic Safety.

In Memorium



Scotte Hecht, past president and long-time member of Friendly Neighbors, passed away on April 1 at the age of 90 at Gritman Medical Center. Born in Coldwater, Kansas on January 28, 1923, Scotte first moved to Moscow with his wife Louise in 1967 to work at the University of Idaho. He

and Louise left the area but returned in 1978 and remained in Moscow.

Scotte served as a bos'n mate in the US Navy during WWII. For 39 months he served on the USS Steele, a destroyer escort in the Pacific. Scotte would say that they put enough water under her keel to have gone around the world 5.7 times.

As president of Friendly Neighbors, Scotte was instrumental in our successful move in 2002 from the Old Post Office to the 1912 Center. He wrote needs assessment studies to show the importance of a permanent site for a senior center and a meal site with a full kitchen.

PAID ADVERTISEMENT

Free Barbecue for Seniors:

All seniors age 55 and older are invited to a home-cooked barbecue meal free of charge

Thursday, June 20
4-6 PM

Good Samaritan
Moscow Village
(Eisenhower Street)



PAID ADVERTISEMENT

CREEKSIDE SENIORS

A 55+ COMMUNITY

Single Level Cottage Style Apartments

Pets Welcome!

2 Bedrooms
\$306 / \$430 / \$566

Monday to Friday, 1 to 4 or
by Appointment

Call for Details and
Availability

208-883-9713

Creekside Seniors
1227 Creekside Lane
Moscow ID 83843



* Income and Age (55+)
Restrictions Apply



Friendly Neighbors in Renaissance Fair Parade



Photo courtesy of Linda Steigers

Pictured above are Friendly Neighbors Vice President Frankie Yockey and President Bill Terrio marching in the Renaissance Fair parade. They represented Friendly Neighbors as part of a group of other area organizations that are also celebrating their 40th anniversaries.