

# *Friendly Neighbors Newsletter*

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Moscow Senior Meal Site and Senior Center

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## President's Message



Here we are at the end of May and we are having a very good year. We are sorry to see Ellen Roskovich leave us after working in our kitchen for over four years. We wish her well as she moves to Beaverton, OR to work with her son Anthony and his "Wood From Our Hood" business.

We have two important events coming up in June. First is the Senior Fair at the Palouse Mall on Tuesday, June 10. Be sure to visit our booth. That event is followed by our free lunch for seniors on June 17.

Please remember that the 1912 Center closes from Monday, June 30 through Monday, July 7. Our meal site moves to the Fairgrounds for July 1 and July 3. There are no activities in the senior center while the building is closed.

Our membership holds steady. We are at the highest number of members that we can remember.

We can always use volunteers at the meal site and at the senior center. Please see me if you have some time to contribute to our organization.

*Bill Terrio*, President

## Free Lunch for Seniors (60+) Tuesday, June 17

Seniors--come enjoy a free meal on Tuesday, June 17 in the Great Room of the 1912 Center. The lunch includes soup, salad bar, dessert bar, and a main course of your choice of chicken cordon bleu or grilled salmon fillet along with rice pilaf and a vegetable.

Milk, coffee, tea, and water are available.

Soup is offered at 10:30 AM, salad and dessert bars begin at 11:00 AM, and the lunch main course will be served beginning at 11:30 AM.

Please join us!

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



## Senior Fair

On Tuesday, June 10, there will be a Senior Fair at the Palouse Mall in Moscow that will have many booths with information and activities directed at senior citizens. Stop by the Friendly Neighbors' booth and pick up a ballpoint pen that doubles as an LED flashlight.

## Membership Directory

The 2014 directory of Friendly Neighbors members is available at the meal site. Note that the address for Val Steele is incorrect. If you find other errors, please give corrections to personnel at the meal site sign-in desk.

**Coffee Hour Daily - 10:00 a.m.**



**at the Moscow Senior Center  
Coffee courtesy of Clark House**

## AARP Safe Driving Class Schedule

The cost is now \$15 per person for AARP members, or \$20 for non-members. Please show your AARP card for the discount.

*Location: Gritman Conference Center*

Class day/times:

July 15 & 16 (Wed/Thu mornings, 8:30 AM to 11:30 AM), contact Doug Pals at 208-301-4479

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## Birthdays:

June 20: Ruth Smith

July 11: Ines Gray

July 15: Bernice Brooks

July 16; Gary Deesten

July 22: Ida Pepe

July 29: Bill Terrio



## Anniversaries:

June 20: Odessa and Leonard Johnson

June 21: Lola and Vance Penton (50<sup>th</sup>)

## 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](http://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: Bridge lessons & mah jongg

Thursday PM: Bridge

Friday AM: Bingo at 10:00

## Fun Facts

Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.



Americans consume about 155 million hot dogs on Independence Day alone. It is the biggest hot dog holiday of the year.

The song "Yankee Doodle" was sung originally by British officers making fun of backwoods Americans.



# Travels to Iceland

by Karen Davis

“Do you want to go see the aurora?” said my friends, Dan and Joyce Leonard. I told them I thought that would be a great adventure as I thought to myself that my smart friends were going where it is warm. After checking flight costs, Dan found that it was cheaper to go to Iceland than it was to go to Alaska or Yellow Knife, Canada.

We met one afternoon, and Dan went online and made our plane reservations, just three weeks hence. Dan then called his friend who works for Travel Iceland and through that friend made arrangements for hotels and a rental car---a 4 wheel drive diesel RAV 4 with a GPS on board. I wrote out a check to Dan to cover my share of the expenses.

We flew out of Seattle at 5 PM and arrived in Keflavik at about 7 AM the next morning. The first order of business was to find distilled water for my CPAP machine. We took a bus to downtown Reykjavik from our hotel. We hauled out my walker and started looking. It was soon apparent that we needed a pharmacy. Each time we asked we were told “just a couple of blocks that way.” Joyce could tell that I was on my last legs so she told me to sit in my walker and she would go on. When she returned, she had 2-500 ml. bottles and it cost about \$3.50 each. That was about a 2 night supply. Here, I get it by the gallon for less than \$1. That was the first of many “sticker shocks.”

Dan soon discovered that his iPad was missing as was the charger and spare batteries for his camera. We spent quite a while hunting for replacement batteries and charger, going from store to store, as directed by the helpful clerks.

Our next hotel was Hotel Laekur out in the boonies, near Hella (pronounced Hetla). The Hotel was in a building that used to be the hay barn. With the advent of the very compact round bales that are bagged and left outside, there was no longer a need for the barn. Our host, Gunnar, and his family took great care of us. The hotel provided us with gourmet dinners and magnificent breakfast buffets. If the aurora appeared during the night, we would be notified. The first night, they came ‘round and told us the aurora was there, weakly. We all bundled up and went outside to see and to take photos. Only one person got a decent photo and he got it using a 3 minute exposure, far from all lights.

We headed to Vik to check out Icelandic knit goods. I had been told about Vik by visitors to my church. Indeed, knit goods were much less money at Vik. I bought an Icelandic sweater because I had wanted one since I was a senior in college and my roommate had one!

We visited a number of museums that showed the history of the Vikings that settled the country. One in Borgarnes was called the Settlement House. It had an attached restaurant where we had dinner. Granted, we did have lobster dishes and Dan had a beer and Joyce had a coke, but the bill for the three of us was over \$150.

We saw waterfalls, we visited a greenhouse, we visited museums, we met wonderful people, and for a last fling, we went to the Blue Lagoon, a spa and soaking hot water pool. We brought our own towels. We bought the cheapest ticket and paid \$55.00 each. When we turned in our car, I carefully left my wet cat towel and a pair of hot pink pool shoes in the back! We left Iceland wanting to see and experience more. Even though it is insanely expensive, we would like to go back.

## 1912 Center Building Closure

The 1912 Center will be closing for floor maintenance.

The senior meal site will move to the Latah County Fairgrounds for the Tuesday, July 1 and Thursday, July 3 meals.

There will be no activities in the Senior Center starting on Monday, June 30 through Monday, July 7.

The building reopens on Tuesday, July 8.



# In Memorium

Ernest "Ernie" Bunch

July 2, 1924 – March 28, 2014

by Jim McCloskey



Being a fairly newcomer to the Palouse, I have only had the pleasure of knowing Ernie and his family a couple of years. I met him at the Friendly

Neighbors senior luncheons, where he shared many stories about his life with me. He lived a long, interesting life. I always enjoyed listening to him play his harmonica right up until a few weeks before his passing. Even when on full oxygen, he got up to the mike and played 4 or 5 tunes.

One of the stories I remember him telling me was how he rode a horse to school when snow was almost up to the belly of the horse. When he got off at school, the horse would go back home to the barn on his own. How Ernie got home, I don't know.

During World War II, Ernie was on a plane when the pilot became unable to fly the plane, so Ernie got on the radio for help. While the radioman talked him through it, he was able to land the plane safely. After refueling, he was told that there wasn't a pilot available. He asked how they were going to get the plane back and was told that anyone who could land the plane as well as he did, could certainly take off and return the plane to base, which he did.

Ernie was an inspiration to me and I'm sure to many others by always being cheerful even though suffering from his diabetes and cancer.

Thank you, Ernie, for your service to our country, helping to get the Friendly Neighbors started, playing with the Old Time Fiddlers, and the many other contributions to Moscow and community.

Rest in Peace, Ernie.

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



Harriet Phillip passed away on April 27 in Moscow. Born on November 4, 1921 in Belleville, Kansas, Harriet led a very busy life that included teaching Sunday School and being a leader for Cub Scouts, Blue Birds, and Camp Fire. Her ever-smiling face and generosity to Friendly Neighbors are missed.

Aileen Osterhoudt passed away on April 30. Born on April 8, 1921 to homesteader parents in Pagoda, Colorado, Aileen was known as a "go-getter" her entire life. She was proud to have celebrated her 87<sup>th</sup> birthday six years in a row. Her friends at the senior meal site miss her.



PAID ADVERTISEMENT

You're invited to  
**Two Free  
BBQs for Seniors**

Wednesday, May 21  
11 am to 2 pm  
Fairview Village Estates

Thursday, June 21st  
4 to 6 pm  
at Moscow Village

 Good Samaritan Society®  
Moscow

 All faiths or beliefs are welcome.  
11-G2600