

# Friendly Neighbors' Newsletter

November/December 2004

Volume 5 ~ Issue 6

Editor/Publisher ~ Doris Norman

Reporter ~ Vivian Hofmann

## President's Message

Dear Friendly Neighbors,

If you haven't noticed, **Thanksgiving** is just around the corner! That means the end of our fiscal year is about six weeks away and it's time to start wrapping up 2004 and begin planning for 2005.

So far as 2004 is concerned, the **Board of Directors** reviewed the first 9 months of our meal site operation at the October board meeting. I'm pleased to report that we are doing well financially and are on track to surpass the number of congregate and home delivered meals provided in 2003.

Our annual meeting is scheduled for 11:30 am, **Thursday, December 16**. At that time we will hear financial and other reports relating to **Friendly Neighbors** and elect board members for 2005. I'm in the process of appointing a nominating committee. If you are asked to serve, please consider the opportunity to assist **Friendly Neighbors**.

As you may have noticed, there has been a change in our kitchen staff. **Teresa Beplate** is no longer with us and **Leslie Leeper** is the new assistant cook. **Leslie** lives in **Moscow** and is a member of **Friendly Neighbors** and familiar with our operation. **Welcome, Leslie!**

Join me in thanking the **Moscow Central Lions Club** for their generous donation of

\$400.00 for our meal site budget. I was pleased that **Mark Boehne**, president of the **Lions Club**, could be with us on November 4 to present the check to me. Thanks, too, to everyone who took part in the **Lions** mini-affle for a turkey that day. **Edy Yon**, one of our newest members, was the winner of a 13 lb frozen bird. I hope that additional **Friendly Neighbor** won items at the main raffle drawing on November 13.

One of our members, **Doreen Steenberg**, has graciously donated a second beautiful Afghan as a raffle prize, with the stipulation that all the proceeds go to **Friendly Neighbors**. We will be selling tickets (1 ticket/\$1 ~ 6 tickets/\$5) until **December 9** when the winning name will be drawn. Please keep in mind that the Afghan would be a wonderful gift for someone on your **Christmas** list. Thanks, **Doreen**, for your generosity.

And speaking of generosity, **THANKS** to **Betty G. and Jim Maley** who are providing a **Thanksgiving** dinner with all the trimmings on Tuesday, November 23!

In closing, I thank all of the wonderful volunteers who have helped me in so many ways this year. I've enjoyed the opportunity to get to know and work with so many generous, thoughtful people. **You are truly Friendly Neighbors.**

**Happy Holidays!**  
**Duane LeTourneau**



**Lions Club President Mark Boehne  
& Duane LeTourneau**



**Edythann Yon is the happy winner of the  
Lions Club Thanksgiving Turkey**

### **RSVP**

#### **Presidential Lifetime Service Awards**

**Ernie Bunch, Neva Farnam, Nancy Nuhn Mike Linderman, and Virgie Read** were among those honored at the November 4, 2004, RSVP Annual Recognition Event held in Lewiston, Idaho.

The above-mentioned members of **Friendly Neighbors** received the **Presidential Lifetime Service Award** from the **President's Council on Service and Civic Participation**. Each has given **4,000+** hours of volunteer service to others,

demonstrating the outstanding character of America, and thus, helping strengthen our country.

Each received a letter of congratulations from The White House; signed by **George Bush, U. S. A. President**.

### **Computers, Coffee, and Conversation**

One of the many features available to seniors at the **Moscow Senior Center** is the access to computers. The computers can be used during hours the senior center is open; in addition, twice a week there are **RSVP** volunteers there to help with computer questions and instruction, as well as provide coffee and conversation.

The computer assistance is available **Mondays from 9:30 AM to noon** and also on Wednesdays from **1 - 3 PM**. Bring your computer questions or problems to **Doris Norman** and **Kay Keskinen** to get some helpful and friendly assistance. Computer instruction is on a one-to-one basis; there are no formal classes, but rather individualized help on whatever issues there are. With the holiday season just around the corner, now is a good time to work on letters to include in **Christmas** cards. **Doris and Kay** can help with word processing, e-mail, Internet access, Internet searches, and more, providing coffee and conversation to accompany their technical knowledge.

Whether you're new to computers or more experienced, visit the **Senior Center** for computer assistance and enjoy a cup of coffee and pleasant conversation while you're there.



## **Ode To A Cup of Soup**

*By: Dorothy Nichols*

Do you remember in *Alice in Wonderland* the song “*Soup of the evening, beautiful soup*”? As I remember, the *Mock Turtle* sang it, and I think of that when I come into the **1912 Building** on a frosty day and get a piping hot cup of the delicious soup prepared by our cook.

I have also learned that soup is more than just body warming food. An article in the *Journal of Nutrition* told about other profound benefits.

A study was conducted by a physician specializing in nutrition and inflammatory responses at the *Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston*. The study fed 12 healthy volunteers – six men and six women – two bowls of vegetable soup every day for six weeks. Blood Sugars were taken before starting, and on the 7<sup>th</sup> and 14<sup>th</sup> days. On the 7<sup>th</sup> day levels of vitamin C in their blood had increased 27% in the man and 22% in the women. These increased levels of vitamin C remained elevated for the remainder of the study.

Stress molecules in the blood decreased. Uric acid (which causes gout) decreased 28% in women. This chemical has also been associated with heart problems. Three other stress molecules were also found to be significantly decreased.

I don't know if I would want to have 17 ounces of soup every day, but I wouldn't mind having the benefits of half that amount.

Incidentally, the antioxidant-rich gazpacho soup they used contained tomatoes, cucumbers, green pepper, olive oil, onions, and garlic.

The following recipe comes from my own cookbook: (All ingredients are finely chopped)  
Makes 6 servings.

1 C. Pealed Tomatoes

2 C. Tomato Juice

½ C. Green Pepper

½ C. Celery

¼ C. Onion

2 t. Parsley

1 t. Chives

1 Clove Garlic

2 – 3 T. Wine Vinegar

2 T. Olive Oil

1 t. Salt

¼ t. Pepper

½ t. Worcestershire Sauce.

The recipe made me wonder if drinking V8 (a comparable vegetable cocktail) would give comparable benefits - because this drink contains most of those ingredients.

Anyway, throughout winter, you'll find heart-warming and body warming hot soup waiting for you at the **Friendly Neighbors' Mealsite** in the **1912 Building** Tuesdays and

Thursdays at no extra charge.

**COME AND ENJOY...**



**Coming to Moscow Summer  
2004**

**In-Patient/Out-Patient Therapy  
Center**

**We also offer:**

◆ **Apartments**

◆ **Duplexes**

◆ **Assisted Living**

◆ **Nursing**

**Please call 882-6560 for  
information**

**This is from the May 2004  
Reader's Digest. Source is unknown**

**-Kay Keskinen  
Spell Czech**

Eye halve a spelling chequer. It came  
with my pea sea.

It plainly marques four my revue miss  
steaks eye kin knot sea.

Eye strike a key and type a word and  
weight four it two say

Weather eye am wrong oar write. It  
shows me strait a weigh.

As soon as a mist ache is maid, it nose  
bee fore two long

And eye can put the error rite. Its  
rarely ever wrong.

Eye have run this poem threw it, I am  
shore your pleased two no.

Its letter perfect in it's weigh. My  
chequer tolled me sew.

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**Thank You ~ Neighbors and Friends  
of Moscow Senior Center**

The many **Friendly Neighbors** and  
other neighbors from Moscow and the  
**Latah County** area who visit the  
**Moscow Senior Center** on the ground  
floor (parking lot level) of the **1912  
Building** wish to extend a very large  
**THANK YOU** to the following people  
who have been most generous in  
helping make the **Center** a success...

- The City of Moscow**
- Friendly Neighbors' Board**
- Jeff Bollinger**  
Investment Representative

for Edward Jones

- Alternative Nursing Services, Inc**

- ♣**The volunteers who keep the  
Center open 9 a.m. to 4 p.m. five  
days a week:**

- Kay Keskinen**
  - Doris Norman**
  - Bernita & Mike Linderman**
  - Leonard & Odessa Johnson**
  - Bob & Lois Leonard**
  - Mary Ann Moser**
  - Louise Fye**
  - Dorothy Nichols**
  - Bob Newbre**
  - Bill & Betty Mitchell**
  - Patsy**
  - Clara Dockter**
  - Hanna Reese**
  - Barbara Mullins**
  - Jeanette Montague**
  - Rowena Hulce**
  - Scotte Hecht & Jesse Flowers**  
for computer maintenance
  - Betty G. & Jim Maley**  
for contributions
  - Al Pepe**  
for building key board shelves
  - Linda Pike ~ RSVP**
  - Joyce Reese ~ RSVP**
  - AARP**
  - Moscow Good Samaritan Village**  
for providing copies of the newsletter
- There have been many others along  
the way, and we give **Thanks** to all  
ever involved in helping with the:

**Moscow Senior Center**

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