

Friendly Neighbors Newsletter

Volume 11 – Issue 6 – November/December 2010

Founder – Doris Norman

Publisher/Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

412 East Third Street, Moscow, ID 83843

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

President's Message

by **Leonard C. Johnson, Acting President**

The end of a year is coming soon, marked by the customary festivities of Thanksgiving Day and Christmas, with their special observances and celebratory feasts. This time it also will bring to a close my two years of serving as president (and acting president) of our Friendly Neighbors organization.

I am grateful to all who have given voluntarily of their time and abilities to help in operating our meal program, maintaining Moscow's Senior Center, and overseeing our business affairs. All helpful efforts by volunteers are needed and sincerely appreciated, whether great or small.

When I assumed the office of president on January 1, 2009, one thing I knew for certain was that I knew almost nothing about the duties of the office or details of the business operations and financing of this organization. Prior to taking office, I said that I would like there to be developed written descriptions of the duties and working procedures of the principal operational offices of Friendly Neighbors, Inc., partly for my own benefit but also, and no less importantly, for the benefit of those that would be elected to these offices in the future.

Within a few weeks our very capable and well-organized treasurer, Kay Keskinen, had

composed a first draft of a comprehensive 60-page computer document, titled "Operations Manual for Officers, Directors & Committees." This will be very helpful to future officers and directors of Friendly Neighbors, Inc.

Our senior meal program is operated under binding legal contracts involving agencies of local, state, and federal governments, with detailed and complicated record keeping and reporting requirements. Few newly elected presidents will enjoy, as did I, the assistance of a treasurer as experienced, efficient, capable and just plain helpful as Kay Keskinen. Our secretary, Jan Jensen, also does a great job of carefully preparing required monthly meal site participation reports for submission to the Community Action Partnership office in Lewiston.

At the end of 2010 we can report that Friendly Neighbors is financially healthy. We expect to end the year with the largest budget balance that we've had in the past seven years. We've saved thousands of dollars these last three years by handling our own finances (we used to pay a CPA to manage our finances).

But the highlight of this fiscal year is that for the first time in many years we are under budget in food costs. Thanks to our kitchen staff that has carefully, capably, and frugally managed our food budget and kitchen expenses, we are no longer teetering towards debt.

Friendly Neighbors Annual Meeting and Elections – December 14 by Kay Keskinen, Treasurer

Friendly Neighbors Senior Citizens, Inc. (also called “Friendly Neighbors”) has an annual meeting each December in order to elect members to its board of directors to serve the following year. The board consists of eight members: president, vice president, secretary, treasurer, three directors, and the immediate past president. Each year the four officers are elected for one year terms, and one of the three directors is elected to a three-year term.

This year’s annual meeting will be on Tuesday, December 14, 2010 just prior to the noon meal. Only members of Friendly Neighbors whose dues are current are eligible to run for an office or vote.

A Nominations Committee consisting of Lee Fruits (chairman), Mary Wood, and Kay Keskinen has been soliciting nominees for the open positions. If you are interested in a position on the board, tell Leonard Johnson and you will be e-mailed the “Operations Manual” with information about that position.

Friendly Neighbors 2011 Dues are Now Due

Friendly Neighbors dues for 2011 are now due. The annual dues are \$2.00 and can be paid to Karen Davis, Membership Chair, or at the meal site sign-in desk. If you are a new member, please make sure that Karen has your full name, address, and telephone number.

Tanka Verse by Glenda Hawley

One snow flake
Followed by others
Turns a bleak Fall day
Into a wonderland.
An awesome annual miracle.

Volunteers Needed! by Jan Jensen, Secretary

Friendly Neighbors provides volunteer hosts for the Senior Center in the 1912 Center as part of our contract with Heart of the Arts when we rent space for the meal site. Hosts are on duty at the Senior Center from 9:00 AM to 4:00 PM Monday through Friday, except when the building is closed on holidays.

We are seeking more volunteer hosts who are willing to take a shift regularly and also people who are willing to fill in as host when the regular volunteer is not available. The two daily shifts for the hosts are from 9:00 AM to 12:30 PM and from 12:30 PM to 4:00 PM.

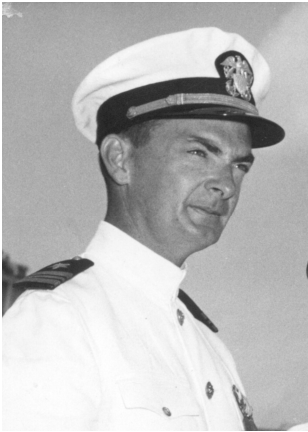
Host duties include greeting and welcoming walk-in patrons, explaining Senior Center activities and schedules to new patrons, providing meal site information, answering the telephone, making coffee or tea, washing the cups, and making sure the coffee pot is unplugged after use. The host also has a security function. His/her presence ensures the Senior Center supplies and equipment are not used or removed by unauthorized persons. On occasion the host needs to open the building in the morning or lock the building at 4:00.

Training on the host duties is provided to all volunteers, and, if a host is a registered volunteer through the WA-ID Volunteer Center, that person is covered by accident insurance while on duty. We are currently seeking volunteers for Tuesday and Thursday mornings from 9:00 AM to 11:30, at which time you could go downstairs to eat. We also need someone to fill in on Wednesday afternoons from 12:30-4:00 for January through March. Substitutes are also needed.

If you are willing to take one of these shifts or to be called as a substitute, please contact Mary Ann Moser, Leonard Johnson, or Kay Keskinen. You must be a Friendly Neighbors member to be a host.

Saluting Our Veterans

Many members of Friendly Neighbors have served our country in the military. With Veterans Day just celebrated, we continue to recognize our members who have served in the armed services.



Elbert "Bart" Barton

After graduating from college in 1942, Bart went to Officer Candidate School and was an Ensign in the Navy with the Amphibious Force on a troop transport. He served during the Korean War on three ships, later receiving

the rank of Commander. In 1960 Bart came to the UI Naval ROTC unit. He retired from the Navy in 1965..

Dean Taylor

Dean served in the Navy from 1950 – 1954, going to boot camp and engine school in San Diego. He was later based in Japan and Korea. At the time he completed his service in the Navy, Dean was an Engineman Second Class.



Fred Kohl

Fred served for over three years in the Army Air Corps in World War II. He was a P-61 pilot in the 421st Night Fighter Squadron in the Pacific Theater: New Guinea, Phillipine Islands, and Japan.



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 diabetic support group at 10:30

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

Thursday PM: Bridge

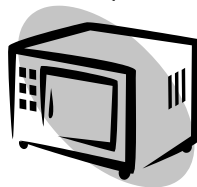
Friday AM: Bingo

Coffee Hour Daily - 10:00 a.m.



**At the Moscow Senior Center
Coffee courtesy of Jeff Bollinger
Edward Jones Investments**

Fun Facts



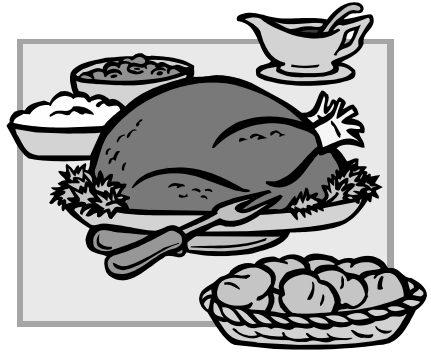
The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

Apples are 25% air.



Tips for a Healthy Thanksgiving

by Kali Gardiner, RD
U of I Extension Nutrition Program
From the November 2010
"Senior Nutrition News"



Thanksgiving is a day when most Americans overdo it with food.

Although Thanksgiving could be spent overeating and under-exercising, it does not have to be that way. Believe it or not, there are many ways to eat healthily and enjoy physical activity while still satisfying your craving for all the "trimmings."

Here are a few of those ways:

- **Drink water.** Although many people would rather drink soda, apple cider, or other sugary drinks, they are often high in empty calories. Water, on the contrary, has ZERO calories and can help keep you feeling full so you'll eat less.
- **Eat (at least some of) the healthier foods first.** By all means, don't skip the pumpkin pie or stuffing, but be sure to eat some the healthier foods on the table too, such as turkey, squash, cranberry sauce, green beans, salad, and nuts.
- **Only eat until you feel full, not stuffed.** Eat slowly; dinner should take at least 20 minutes to consume. If after 20 minutes you are still hungry, then grab a small second helping.
- **Go for a walk.** Just because Thanksgiving has traditionally been a day of gluttony does not mean that new traditions cannot be introduced. Go for a walk and enjoy the nice fall scenery. You'll feel better.

By staying active and being mindful of your eating habits on Thanksgiving you will be able to add "good health" to your list of things for which you are thankful. Thanksgiving is not just about the delicious bounty of food. It's a time to celebrate relationships with family and friends.

Thanksgiving



T is for the trust the pilgrims had so many years ago
H is for the harvest the settlers learnt to grow
A is for America, the land in which we live
N is for nature and beauty which she gives
K is for kindness, gentle words, thoughtful deeds
S is for smiles, the sunshine everyone needs
G is for gratitude... our blessings big and small
I is for ideas, letting wisdom grow tall
V is for voices, singing, laughing, always caring
I is for Indians, who taught them about sharing
N is for neighbors, across the street, over the sea
G is for giving of myself to make a better me
by Judith A. Lindberg

Most Popular Christmas Toys

The 1920s:

- 1921 Buddy L Express dump truck and Parker Brothers Wonderful Game of Oz
- 1922 Doctor Play Bag and the Tortoise and Hare game .
- 1923 Chinese Checkers game and the York Western cap gun
- 1924 Bye-Lo-Baby doll and Barney Google scooter
- 1925 Felix the Cat, and the Arcade Mack dump truck
- 1926 Peter Pan board game and Bonnie babe doll
- 1927 Spirit of St. Louis model airplane, and Tootsie Toy dollhouse
- 1928 Metalcraft Zeppelin model kit, the Yo-yo, and the Sunbeam Race pedal car
- 1929 American Flyer model train set and the Popeye Paddle and Ball toy



The 1930s:

- 1930 Rodeo Joe Krazy, the Little Orphan Annie paint box, and Mysto Magic Set
- 1931 Keystone Ride Em Steamroller and the Betty Boop doll
- 1932 Fisher Price's Granny Doodle and Flash Gordon Ray Gun
- 1933 Mickey Mouse radio and Tom Mix Straight Shooter pistol
- 1934 Lionel electric train and the Shirley Temple Doll
- 1935 Parker Brothers Monopoly board game
- 1936 Tom Mix Rocket Parachute and Baby Ruth's baseball game
- 1937 Disney's Snow White and the Seven Dwarfs tea set
- 1938 Gene Autry guitar and Fisher Price's Snoopy Sniffer
- 1939 Princess Elizabeth doll and the Daisy Red Ryder air rifle



The 1940s:

- 1940 Tootsie toy camouflage ambulance and the View Master
- 1941 Marx U.S. army airplane and the Kiddilac pedal car
- 1942 Disney Donald Duck Choo Choo and Jack Armstrong secret bomb Sight
- 1943 Gilbert Chemistry set, the Jane Russell Paper Doll, and the Buddy L fire truck
- 1944 Little Lulu doll, and the Dick Tracy junior detective kit
- 1945 Captain Midnight magnematic Code-O-Graph and the Slinky
- 1946 Disney Donald Duck camera and the Tonka toy truck
- 1948 Scrabble board game and Cootie
- 1949 Clue board game, Marx Mickey Mouse Meteor electric train



The 1950s:

- 1950 Hopalong Cassidy cap gun, Silly Putty, and Cinderella toys
- 1951 Disney Alice in Wonderland phonograph
- 1952 The Mr. Potato Head kit, Roy Rogers hat, and Howdy Doody marionette
- 1953 Superman play suit and the Wiffle Ball
- 1954 The Matchbox toys and paint by number kits
- 1955 Davy Crockett rifle and coonskin hat
- 1956 Daisy BB gun and Play Doh
- 1957 The Tic-Tac Dough game
- 1958 Hula Hoops and the Frisbee
- 1959 The Barbie doll



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.

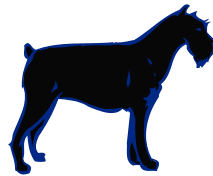
Below are entrée dishes for senior meals for the next two months (menus subject to change)

December 2010 Entrees			
Date	Tuesday	Date	Thursday
		2	Tortellini w/Alfredo Sauce
7	Stuffed Peppers	9	Fish and Chips
14	Pork Chops	16	Salisbury Steak
21	Oven Fried Chicken	23	Baked Ham
28	Lasagna	30	Roast Beef

January 2011 Entrees			
Date	Tuesday	Date	Thursday
4	Stuffed Green Peppers	6	Hawaiian Chicken
11	Salisbury Steak	13	Baked Pasta w/ Meat Sauce
18	Salmon	20	Roast Beef Stew
25	Cornish Game Hen	27	Tamale Pie

Neighbor Notes

Ollie Pratt and his son will travel together to Spokane for Thanksgiving.



Lee Fruits

and his therapy dog Oscar are featured in the winter issue of "Palouse Seniors," the quarterly senior insert to the "Daily News."

Ellen Roskovich celebrated the birth of her seventh grandchild, a grandson named Asher, born on November 6.

Virginia Hayes will be spending Thanksgiving with family in Spokane.

Ernie Bunch reports that he continues to take chemotherapy. He had a bit of skin cancer on his back, but that's been taken care of.



Birthdays:

December 6: Leonard Johnson (84)
 December 6: Inez Vogtman (93)
 December 13: Nancy Nuhn (91)
 December 20: Lino Condotta
 December 25: Mary Ann Moser (83)
 December 29: Doris Norman (82)

January 1: Bernita Linderman (71)
 January 14: Gini Leppelman (43?)
 January 16: Lou Stevens (88)
 January 19: Peggy Benson (84)
 January 27: Virginia Hays (88)



Computer Help in the Senior Center

The Moscow Senior Center has a “computer corner” with four desktop PCs for use by seniors weekdays from 9 AM to 4 PM. In addition, computer assistance is available Monday mornings and Wednesday afternoons for seniors who want help with e-mail, word processing, Internet searches, and such.

Or, perhaps you’ve received a computer error (like the below message) and want help figuring out the problem.



Computers can be a terrific tool for seniors, but if you need help, stop by and ask Kay Keskinen for assistance. Or, bring in your own laptop; the center has free Wi-Fi.

Latah County AARP Chapter

The next meeting is Friday, December 10 at the Best Western in Moscow. Lunch is served at 11:30 AM. This holiday program includes the Palouse Harmony Chorus. To reserve a place for the lunch, call Judy at 882-6069.

United Way

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.



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



Questions for Thought

1. If you shoot a mime, should you use a silencer?
2. Is there another word for synonym?
3. Why do kamikaze pilots wear helmets?
4. If a mime swears, do you wash his hands with soap?
5. If a fly had no wings would it be called a walk?
6. Why is the word “abbreviation” so long?
7. If a parsley farmer is sued, can they garnish his wages?
8. When it rains, why don’t sheep shrink?
9. If the cops arrest a mime, do they tell him he has the right to remain silent?
10. If a book about failures doesn’t sell, is it a success?
11. What do you do when you discover an endangered animal that eats only endangered plants?
12. When companies ship styrofoam, what do they pack it in?
13. Is it true cannibals don’t eat clowns because they taste funny?

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.