

Friendly Neighbors Newsletter

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Moscow Senior Meal Site and Senior Center

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President's Message



It's been my honor to be the President of Friendly Neighbors as I consider the members as my friends. Our finances are in an acceptable condition, and the kitchen staff is doing a wonderful job of providing delicious and affordable meals to area seniors.

The available meal-tickets have been well received. Seniors receive eleven meals for the normal cost of ten meals. Also, the new, reusable, carry-out containers help with leftovers and also help to keep our costs down.

The upcoming business meeting on December 11th will allow us to vote on new officers for 2013 and one new board member for 2013-2015. I have held the office of President for the past two years, and it appears to be time for someone else to take the reins. I look forward to serving on the board as the Immediate Past President. I will also continue my participation as a member of this wonderful organization. The coming years will be ones of great success for Friendly Neighbors.

In this season of thankfulness, I want to thank the many people who keep our organization functioning smoothly. I am grateful to have worked with so many generous people. I wish you all a happy and healthy 2013.

by *Linn Craig Lindsey*, President

Learn to Play Mahjong

by Jan Jensen, Secretary

In addition to the word games we play on Wednesday afternoons in the Senior Center, we are learning to play the Chinese game of mahjong (or mah jongg) that dates back to Confucius and 500 BC. Three women who have played since they were children volunteer their time to teach seniors at 1 PM on Wednesdays. The game is somewhat like rummy, with tiles instead of cards.



There are many versions of the game, and we play an American version that has jokers and beginning moves called the "Charleston."

Please join us if you are interested in learning to play or just want to see the game.



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.

Dining Room News

by Helen Sasse
Friendly Neighbors Board Member

Please be patient when the kitchen workers are loading the items for the salad bar. The new sneeze guard for the salad bar is much wider than the previous one, so it cannot fit into the kitchen. Matt and Ting now have to load the salad bar outside of the kitchen. Please remember to wait until they have completely finished loading the salad bar before lining up. They can do their job more efficiently without any distractions.

We appreciate all those who help with cleanup following the meal. Please feel free to help if you are able; we especially need help lifting the heavy tables and chairs.

Everyone is allowed a cup of soup. The cook plans on a certain amount of soup for each meal. If there is any soup left after everyone has had their turn, you may take another cup. Please wait until everyone has a chance to get their first helping before you take seconds of soup (and of the salad and dessert bars, too).

For your convenience we now have sandwich sized plastic bags on the dessert table to use for take home items. The bags will save us money since they are cheaper than the Styrofoam containers. Or, bring your own containers for take-home items. Don't forget, we have plastic food containers with three compartments and a lid that can be purchased for \$1 at the meal site sign-in table and reused at each meal.

Upcoming Events

Tuesday, December 11: Friendly Neighbors Annual Meeting/Elections.

Friday, December 14: The Latah AARP chapter meets at the University Inn/Best Western in Moscow. Lunch is at 11:30 AM; the noon program is a holiday program.

There will not be a senior meal site on the holidays of Tuesday, December 25 or on Tuesday, January 1.

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, mahjong, and computer help

Thursday PM: Bridge

Friday AM: Bingo

Fun Facts

The world's largest Christmas present was the Statue of Liberty. The French gave it to the US in 1886. It is 46.5 meters high and weighs 225 tons.



It can take up to 15 years to grow an average-sized tree of 6-7 feet or as little as 4 years, but the average growing time is 7.

Donation Thank You's

by Kay Keskinen, Treasurer

Friendly Neighbors Senior Citizens, Inc. was formed as a non-profit organization in 1973. For almost forty years it has been providing important nutritional services and social activities for seniors in the Moscow area.

Friendly Neighbors relies on financial support from many organizations, businesses, and individuals to be able to remain financially healthy. The organization is recognized by the IRS as a 501(c)(3) charity, so donations may be eligible for a tax deduction.

As the treasurer, I keep a close eye on our income and expenses. We are grateful for the many who donate, and in this season of sharing, I wanted to acknowledge some of those who have donated to us in the past twelve months:

Latah County Board of Commissioners
Moscow/Latah County United Way
Latah County Community Foundation
Wal-Mart
Ambassador Subaru
Tri-State Distributors
The family of Clarence Hewitt
The family of Bob Crossin
Gifts given in memory of Doris Norman
Gifts given in memory of Karen Falke
Gifts given in memory of Bob Crossin
Anonymous, and various other individuals

Thank you!

Annual Meeting

by Mary Wood

Nominating Committee Chairman

The Bylaws of Friendly Neighbors Senior Citizens, Inc. provide that a business meeting of the entire membership be held annually in December. This year the meeting is scheduled to be convened at 11:45 AM on Tuesday, December 11, 2012 immediately prior to the serving of our regular noon meal.

The only item of business to be conducted is the election of officers and directors. The

nominating committee comprised of Mary Wood (Chairman), Bernice Brooks, and Leonard Johnson will present the following slate of candidates for the positions indicated:

President: Bill Terrio
Vice-President: Frankie Yockey
Secretary: incumbent Jan Jensen, to succeed herself
Treasurer: incumbent Kay Keskinen, to succeed herself
Board Member: Bernice Brooks

Members of Friendly Neighbors may bring additional nominations from the floor at the annual meeting, but any member nominated in that manner must have been previously asked to serve and have consented in advance to be elected. Dues must be current in order to vote or to run for a position.



Travel with Idaho Roadrunners

by Don and Eniss Smith

Need a break? Consider signing up and taking a trip with Idaho Roadrunners, Inc., a local travel group you might enjoy. 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 we visit as a group. When Idaho Roadrunners trips include a group meal, gratuities are paid in advance. All you would have to cover would be your dinners and lunches. Our directors try to choose motels that have a free continental breakfast. Trips leave from the Good Samaritan parking area, which means no driving and no parking for you.

We meet for breakfast the second Saturday of each month at the Moose Lodge in Moscow, at about 8 a.m. Our 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.

Operator!

by Lou Stevens

Growing up in Missouri, times were hard, and the telephone was a luxury. We didn't have one, but used a neighbor's occasionally.

My earliest recollection of the telephone was that it was like a two-piece candlestick. You lifted the receiver and waited for an operator to place your local or long distance call.



Later a one-piece telephone was introduced which sat on a base. Then later another model was available which had a dial with numbers 0-9 on it. The zero was dialed to reach the operator who could connect you to an information operator for numbers not in the directory or to take a report of trouble on the line. No direct dial yet!



When dialing arrived, the operator's job changed. The switchboards had ten cords and ten slots for paper tickets written for calls and placed in a

slot, then timed on when the connection began and timed off when it ended. A light came on to indicate the call had ended. The call ticket was sent to a sorting desk to calculate the billing for the call.

Operators' hours varied with shifts that ran from 7 AM to 4 PM, 8 AM to 5 PM, and sometimes there were split shifts, such as working from 8 AM to noon, then later returning for the last four hours of the shift, maybe from 4 PM to 8 PM. Holiday work was scheduled by seniority.

Later, key pulsing replaced dialing since it was much faster. Keys and buttons were pressed to set up calls. Everyone wore a headset even at desks.

The repair department in the telephone plant took trouble calls, men worked test boards, and the installers worked outside.

Weekly work schedules were posted for the selection of hours by seniority for long distance work. Those with seniority took the shifts with better hours, while those less senior got evening hours and split shifts.

I worked at a telephone company for 33 years, in cities such as Portland, Oregon, Kansas City, Missouri, and then Moscow. I saw a lot of changes in telephone technology during those years, both in the telephone instrument and in the placement of long distance calls. My last position was in the plant, where the hours were regular. I answered the 411 telephone repair calls and enjoyed helping people.

My Favorite Author

by Ida Pepe

About a month ago I received a book from my very favorite author, Dean Koontz. I was so thrilled to receive his latest book, *Apocalypse*, which by the way is going to be a movie, and although I had written to him not too long ago and not even expecting to hear from him, here he'd taken the time to send me this book inscribed to me from "My Apocalyptic friend." I have an extensive library of all his paperbacks since I wouldn't have space for all of them otherwise. I decided to write back and thank him. He sends out newsletters four times a year, and I've saved all of them. Guess you'd think I'm crazy, but I've re-read most of his books at least twice, some even three times. I guess I really like this author.

Friendly Neighbors 2013 Dues Are Now Due

Friendly Neighbors dues for 2013 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.

Humor

It's the Door!

Ever walk into a room with some purpose in mind, only to completely forget what that purpose was? Turns out, doors themselves are to blame for these strange memory lapses.

Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an event boundary in the mind, separating one set of thoughts and memories from the next.

Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale.

It's not aging, it's the darn door!

That should make you feel better. . .

Car Trouble

Wife: "There's trouble with the car. It has water in the carburetor."

Husband: "Water in the carburetor? That's ridiculous."

Wife: "I tell you the car has water in the carburetor."

Husband: "You don't even know what a carburetor is. I'll check it out. Where's the car?"

Wife: "In the pool."

Wedding Bells

Attending a wedding for the first time, a little girl asked "Why is the bride dressed in white?"

"Because white is the color of happiness," her mother explained. "And today is the happiest day of her life."

The child thought for a moment, then asked, "So why is the groom wearing black?"

Nursing Home Tour

A man was touring a nursing home with the head administrator, when he asked a question, "What criteria do you use to determine when a person has lost his faculties enough to require institutionalization?"

"Well, we have a simple test," said the administrator. "We put them in a room with a bathtub full of water, give them a teaspoon, a teacup, and a bucket, and tell them to empty the tub."

"I see," said the man, "a rational person would use the bucket, so that the job would get done quicker."

"No," said the administrator, "a rational person would pull the plug. Would you prefer a bed near the wall or near the window?"



“Watch the Toppings for a Healthy Salad”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the October 2012
“Senior Nutrition News”

Salads are a great way to get a variety of nutrients and to increase your vegetable & fruit intake, but it is easy to get a lot of fat and calories depending on the toppings that are added. Here are some tips to building a healthful salad:



- **Start with nutrient rich greens.**
Choose darker colored lettuce choices such as: romaine, red leaf, spinach, kale, Swiss chard, etc. By just choosing darker colored choices you will get a boost of vitamins, minerals, and phytonutrients.
- **Add a wide variety of other vegetables to your salad:** tomatoes, shredded carrots, cabbage, cauliflower, broccoli, sliced bell peppers, cucumbers, snap peas, and squash will all add a nutrient boost. Also consider adding beans to boost the fiber and to add bulk and texture.
- **Experiment with adding fruit.**
- **When you do add cheese, do so in moderation.** Keep it to an ounce or less. Consider using strong flavored cheeses such as blue cheese, parmesan, or sharp cheddar where a little goes a long way.
- **Nuts** are a good addition to any diet, but are very high in calories, so watch portions—again no more than an ounce.
- **Make the salad a meal by adding lean meat or fish.** Baked or grilled chicken, plain tuna, or canned salmon for the healthy omega-3s are all great choices.
- **Don't pour on lots of high calorie salad dressing.** You can easily double or triple the number of calories in a salad just by using a high calorie dressing.
- **Don't use a lot of high calorie, low nutrient toppings** such as croutons, fried tortilla strips, bacon bits or processed meats.

Neighbor News

Harriet Phillip went to Riverton, WY for Thanksgiving.

Lino Condotta reports that he is “back to normal” after he fell in August and broke his knee. His son Marvin and Marvin’s wife visited over Thanksgiving.

Ruth Smith spent Thanksgiving in Troy with her son Alan.

Ralph Johnson had hand surgery for carpal tunnel, but his hand wasn’t working quite right. He had a follow-up appointment on November 27 and hopes the doctors can figure it out.

Gary Deesten spent Thanksgiving in Spokane with family.

Clara Dockter spends every week or so with her son in St. Maries. Clara adds that her son Michael, who lives in Troy, had knee surgery recently.

Ernie Bunch says he is doing “pretty fair.” He’s holding his own in spite of his cancer and continues to take chemotherapy.

Arlene Jonas was joined by her son Mark from Anchorage, Alaska for Thanksgiving.

Mary Ann Moser fractured her hip in early November. She is recovering at Aspen Park and welcomes visitors.

Birthdays:

December 6: Leonard Johnson
December 6: Inez Vogtman
December 20: Lino Condotta
December 21: Linda Steigers
December 25: Mary Ann Moser

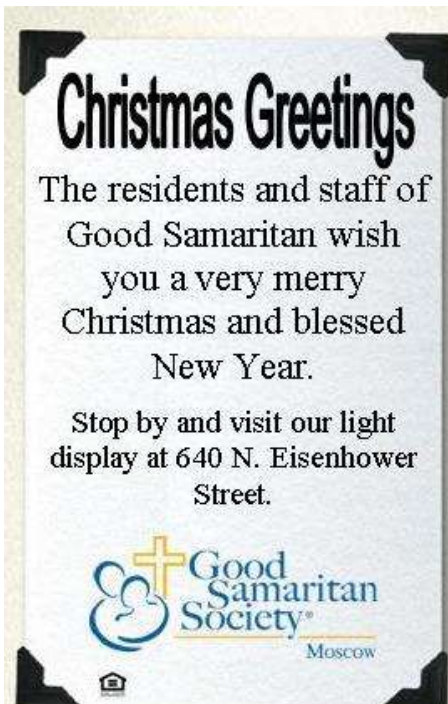


January 14: Gini Leppelman
January 16: Lou Stevens
January 19: Peggy Benson
January 27: Virginia Hays

A Gift to the Senior Center



Ting Proctor, a kitchen worker for the senior meal site, recently took a few weeks of her time to make a beautiful blue afghan for use in the Senior Center. Thank you, Ting!



In Memoriam

Friendly Neighbors has recently experienced the passing of one of our members. We will miss Marie, and we are grateful for her friendship.



L. Marie Broenneke was born in Potlatch, Idaho on August 18, 1929. She passed away on October 20, 2012 at Gritman Medical Center in Moscow.