

# *Friendly Neighbors Newsletter*

Volume 14 – Issue 6 – November/December 2013

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Publisher/Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

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## President's Message



**HAPPY HOLIDAYS!**  
Well another year is just about over, and I feel it was a good year. Between our two free lunches, we have increased our membership by around 25. Thank you to all who helped with the lunches. Our next free lunch will likely be in early 2014.

It has been brought to my attention that the WA-ID Volunteer Center's Latah County volunteers (we at the Senior Center and meal site are major participants) donated to our county the equivalent of \$286,130 in 2012.

I want to thank everyone for their support this year. I also want to thank Ellen and her kitchen crew (Matt, Ting, and Miranda) for their attention to our needs and for helping to keep our meal costs down. Ellen does a great job seeking out bargains and preparing great meals within the guidelines we must adhere to.

Thank you to all our volunteer drivers who pick up goods at the various grocery stores and to the drivers who deliver to our Home Delivery clients.

On page 6 of this newsletter are the days we (and the building) will be closed during the upcoming holidays.

Have a MERRY CHRISTMAS and a HAPPY NEW YEAR!

*Bill Terrio*, President

## 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.



## Friendly Neighbors 2014 Dues Are Now Due

Friendly Neighbors dues for 2014 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. The blue membership forms for 2014 are available at the meal site sign-in table and in the Senior Center.

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



## Neighbor News

**Helen Dewey** traveled to Costa Rica in mid-October with family to celebrate the wedding of her granddaughter.

**Lou Stevens** is recovering at Good Sam from a fall at home. She is taking physical therapy and welcomes visitors.

**Jan Jensen** and her husband Eric are expecting the birth of a grandson in December.

**Bernice Brooks** reported that Janet George is now residing at Aspen Park, where she is taking physical therapy.

**Ida and Al Pepe** now reside at Fairview Village, where they are very happy. Ida encourages visitors.

**Harriet Phillip** is now staying at Aspen Park, where she is managing care for her spine cancer. Visitors are welcome.

**Frankie Yockey's** son Joe completed his cancer treatments and is doing well. Frankie says he could use your prayers.

**Barb and Ed Townsend, Helen Sasse, and Kay Keskinen** attended the WA-ID Volunteer Center recognition lunch at the Lewiston Community Center on November 14. Barb, Ed, Kay, and **Mary Ann Moser** earned their ten-year volunteer certificates and Helen her five-year.

**Lela Ames** is currently residing at Avalon Care Center in Pullman while she recovers from surgery.

### 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 15: Bill Olesen  
January 16: Lou Stevens  
January 19: Peggy Benson  
January 27: Virginia Hays

## 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: Mah jongg, bridge lessons, and computer help

Thursday PM: Bridge

Friday AM: Bingo at 10:00

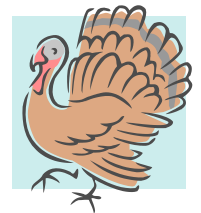
### Fun Facts

The heaviest turkey ever raised was 86 pounds, about the size of a large dog.

Turkey has more protein than chicken or beef.

At maturity, turkeys have 3,500 feathers.

Male turkeys gobble. Hens do not; they make a clucking noise.



## Donation Thank-yous

by Kay Keskinen, Treasurer

After informal beginnings in 1973, Friendly Neighbors Senior Citizens, Inc. became an Idaho non-profit organization in 1978. For 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 fiscally 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 those who have donated in the past twelve months:

Latah County Board of Commissioners  
Moscow/Latah County United Way  
Tri-State Distributors  
Ambassador Subaru  
Hearth & Home Senior Care Services  
Moscow Cares  
Shari's Restaurant  
The family of Clarence Hewitt  
Gifts given in memory of Bob Crossin  
Gifts given in memory of Henry Lawrence  
Gifts given in memory of Norm Schroder  
Gifts given in memory of Duane LeTourneau  
Gifts given in memory of Janet McCloskey  
Anonymous

Thank you!

## Annual Meeting

by Jim McCloskey  
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 10, 2013 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 Jim McCloskey and Gloria Brix will present the following slate of candidates for the positions indicated:

President: incumbent Bill Terrio, to  
succeed himself  
Vice-President: incumbent Frankie Yockey, to  
succeed herself  
Secretary: Helen Sasse  
Treasurer: incumbent Kay Keskinen, to  
succeed herself  
Board Member: Gloria Brix

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.

## You Think English is Easy?

contributed by Gloria Brix

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. The soldier decided to desert his dessert in the desert.
6. They were too close to the door to close it.

Let's face it, English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England nor French fries in France. Sweetmeats are candies, while sweetbreads, which aren't sweet, are meat. If we explore the paradoxes of English, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at a language in which your house can burn up as it burns down.

P.S. Why doesn't "Buick" rhyme with "Quick?"

# “Smart Snacking”

by Kali Gardiner, RD  
U of I Extension Nutrition Program  
Taken from the September 2013  
“Senior Nutrition News”

A balanced snack can make all the difference in how hungry you feel. All it takes is some lean protein balanced with nutrient-rich carbohydrates from whole grains, fruits or vegetables. Pack at least one super snack into your day and you'll get an energy boost, long-lasting satisfaction, and the nutrients your body needs to stay strong and healthy.

## Practical Tips for Healthy Snacking

- Choose snacks that are low in fat, added sugar, and sodium; and high in fiber, vitamins, and minerals.
- Moderation is the key. Smaller portions mean fewer calories.
- Try to avoid purchasing sweet snacks. Instead, keep alternatives like fruit, vegetable sticks, fat-free yogurt, cottage cheese, and rice cakes readily available.
- Don't skip or skimp on meals. This could cause you to consume more calories or less nutritious foods than if you had initially eaten a balanced meal.
- If you are attempting to lose weight, do not watch television, talk on the phone, or read while you are eating.
- The point is to disassociate eating from other activities so you will be conscious of the amount of food you are eating.
- Burn calories rather than adding them. Go for a brisk walk, or do some stretching exercises.
- Try air-popped popcorn as a filling, low-calorie snack. Instead of adding butter or margarine, try a tasty low-sodium or no sodium seasoning blend.
- Save part of a large meal, such as a fruit salad or raw vegetable sticks, to eat later as a snack.
- Blend fat-free yogurt, nonfat milk, and fresh fruit for a between-meal drink that is not only filling, but also rich in protein, vitamins, calcium, and other minerals.



## Volunteers Needed: Men and Women Ages 50+

Memory Study with the Department of Psychology and EECS at Washington State University

**Project:** Help increase understanding of memory disorder in older adulthood and assist in the development of smart assistive technologies to keep people living independently at home.

### Commitment:

- 30 to 40 minutes eligibility phone interview
- Two testing sessions (2.5-3 hours each), scheduling is flexible. One session must be completed at the WSU Pullman campus in the WSU smart home.

### Benefits:

- Receive a neuropsychological report about your performance on tests of attention, memory, language, and problem solving relative to others of the same age. This information may be useful in your current or future medical care

### Testing Sessions:

- Paper and pencil “brain teasers”
- Questionnaires
- Performance of everyday activities (e.g. cooking oatmeal) in the WSU smart home

**Contact: Call 509-335-4033 to participate**

## Friendly Neighbors' Halloween Free Lunch

On Thursday, October 31, 2013, Friendly Neighbors held a free lunch for seniors. Like the 40<sup>th</sup> anniversary free lunch on August 31, this one was well-attended with nearly 100 seniors present, many in costume for Halloween.

Photos (clockwise from upper left): 1) Board members Frankie, Bill, and Helen; 2) Old Time Fiddlers performing in the Great Room Balcony; 3) Donna DeBolt; 4) Bill and his coven (L-R: Shirley Carrico, Joy Irving, Glenna Taylor, Hazel Jahr, Helen Dewey, and Inez Vogtman); 5) Fern and Len Bielenberg who celebrated their 60<sup>th</sup> wedding anniversary on October 31; 6) Evelyn and Harold Grassl who celebrated their 65<sup>th</sup> wedding anniversary on November 3; 7) center: Sandra Baird's granddaughters Mila and Arkady



# “Sueños Compartidos (Shared Dreams)”

by Eric Francis, volunteer in Popayan, Colombia

If you have wanted to learn about Latin American culture and meet some of the most wonderful people (and best salsa dancers) on Earth while helping spread the English language, Sueños Compartidos may be the place for you.

Sueños Compartidos (Shared Dreams) is a program founded by Thomas Davis to bring native speakers of English to Colombia, South America. The idea of the program is to help English teachers here learn more English so they can better help their students. The group I work with here in Popayan is affiliated with the local teachers' union.



The volunteers live with local families. I live with a wonderful family in Popayan, a city of about 200,000 people with an almost perfect climate. The temperature here never drops below 50 or gets above 85, though it does get kinda toasty in the sun. It often rains fairly heavily in the afternoon, especially during October and November, but usually only for an hour or less.

This program is a great way to learn about another culture in a way that is impossible on a tour. By living for three months in Colombia you get to meet members of the community and see the way they live. It is also an inexpensive way. There is no cost to volunteer, and the housing and meals are provided by the local families (a small donation or gift at the end is typical). The volunteers are responsible for the cost of getting to and from Colombia and their personal expenses.

The work is not very taxing. I teach a two-hour class in the late afternoon every day, and there are two classes on Saturday morning, but the only other responsibility is to prepare classes. The rest of the time you are free to explore the city, learn salsa dancing, or take Spanish classes. The students, many of whom are teachers, are



very good about inviting you to their schools or homes for lunch, or suggesting other activities. A TESOL course (Teaching English to Speakers of Other Languages), which can be done online, is required.

This is a great opportunity for active retirees. I have worked with three volunteers in their late 60s or early 70s, all of whom thoroughly enjoyed their time (one was returning for a second time). None of them spoke more than very basic Spanish. While health care is fairly advanced and medication is often easier to get here, those with extensive medical needs will find life more difficult and less comfortable here.

If you would like more information, visit [www.suenoscompartidos.org](http://www.suenoscompartidos.org) or send an e-mail to [tomas.davis@hotmail.com](mailto:tomas.davis@hotmail.com)

The teachers are third from left (she's in her late 60s and from South Africa) and sixth from the left is the author (he's in his late 30s, originally from Moscow, Idaho).

## 1912 Center and Senior Center Holiday closures

The 1912 Center will be closed on Thanksgiving Day.

The 1912 Center will be closed on Christmas Day and Thursday, December 26.

The 1912 Center will be closed on New Year's Day.

Note that when the building is closed, so is the Moscow Senior Center.

There is no senior meal on Thursday, December 26.

## In Memorium



Carl Louis "Louie" Olson passed away in Moscow on October 14 at the age of 85. Louie was an active member of Friendly Neighbors, including serving as a board member. Louie was born at the Moscow home of his grandparents on July 28, 1928.



Helen E. Messenger passed away at the age of 90 in her home in Moscow on November 5. Helen was a member of Friendly Neighbors for many years, a friendly face at the meal site. She was born on June 21, 1923 in Garfield, Washington.

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Christmas and blessed  
New Year.  
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 Good Samaritan  
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Moscow

## Upcoming Events

Tuesday, December 10: Friendly Neighbors Annual Meeting/Elections.

Friday, December 13: The Latah AARP chapter meets at the University Inn/Best Western in Moscow. Lunch is at 11:30 AM; at noon is a holiday music program.

Wednesdays, Feb 26,  
March 5, and March 12:  
Mah jongg class, 6:30 –  
9:00 PM. Registration fee  
is \$20 for Moscow residents, \$22 for non-res.  
Register by Feb 14 through Moscow Parks &  
Rec, 883-7084.



## Autumn's Children

by Glenda Hawley



I wonder what the trees feel  
when their leaves lose their grip  
and with a flip  
set sail with zeal.

Red and yellow, swirl and meet.  
Achieve or flutter  
over grass and gutter,  
rejected at their feet.

With each falling leaf  
is there a flash of grief?  
Do they miss the weight  
and wonder at their fate  
or is it profound relief?

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.