

Friendly Neighbors News Letter

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President's Message

- Everything Considered:

After accepting the presidency, I thought I was doing well by keeping our latest information on the bulletin board upstairs. Recently, Bill Mitchell suggested I report orally after each board meeting. Doing that has worked very well.

I am sure others have good ideas. We will listen to all of them.

Bob Leonard, President, Friendly Neighbors

Friendly Neighbors News

We have seen many changes all around us this year of 2008. We have also carefully and with much thought made changes within our own little group. We find we must be flexible as situations change around us.

We have made permanent the donation box with lock for those who prefer to make their meal donations in private. The attendants at the “donation desk” are now the “attendants at the change desk” if one needs change to make their meal donation to the box.

- **The suggested donation remains at \$4.00 for each senior 60 or over and \$6.00 for those under 60 years.**

Membership dues for belonging to the Friendly Neighbors Senior Citizens, Inc. remain at \$2.00 per year. Dues help offset the rising cost of food and other supplies. Dues are paid on an annual basis (January through December.)

from the meal site participants, we have thus far been able to keep fiscally balanced enough to continue our efforts to present tasty, nutritious, low cost meals for seniors in our community.

- *A Blue Ribbon from the County Fair*

Was awarded to **Lucille Magnuson** for her entry of the poem below:

Nature Heals

By: **Lucille Magnuson**

Drying leaves flutter down as autumn comes.
Trees look bare and cold to hear winter drums.
Spring returns to rehabilitation
As nature restores health vegetation.

Tired old dead leaves turn to nourish the earth.
And waiting bulbs spring forth with glorious birth.
Tiny seeds dropped by busy nesting birds
Start to swell, responding to robins' words.

Dry shrubs injured by winter snow and storm
Feel healing touch of sun and rain most warm.
Brown lawn begins recovery to green,
With nature's help it will soon set the scene.

Damaged branches fell healed enough to grow.
Nature has secret cures to help we know.
Centuries have taught us methods to find
Herbs that nature provides if we just mind.

When summer sun's hot healing rays we see,
We appreciate shade of the large tree.
Sun's mighty power and vitamin gift
Continues benefits and spirits lift.

Lou Stevens has had many trips to the doctor and hospital this summer. Lou wishes to thank all those who were always there for her and gave so freely of their time and effort to bring good cheer and make her life easier.

Family History Book Receives Award



By: Don & Melinda Crawford

This past summer, we submitted our Crawford Family History book ("*A History of the Family of Marshall and Rebecca [Sinclair] Crawford*") to the Texas State Genealogical Society's Writing Awards Contest for 2008 in the category "Books by Non-Professional Genealogists".

We have received a call from the award committee chairman notifying us that WE HAVE WON AN AWARD!

She wouldn't tell us if we placed first, second, or third - only that we had won an award.

And, she encouraged us to make plans to attend the Awards banquet in Abilene, Texas on October 24th.

Don and Melinda are the son and daughter-in-law of Friendly Neighbor, **Doris Norman**.



Hazel Jahr

Gritman Medical Center recognized **Hazel Jahr** as nominee the **Idaho Leader of Volunteer Excellence (L.O.V.E.) award**. She is a member of the hospital auxiliary. **Hazel** is also a Friendly Neighbor volunteer for the Moscow 1912 Building Senior Center on Friday mornings and donates her time and energy to this endeavor.



Hot Soup before your meal starts once again with the meal served October 2nd, courtesy of our Cook, Mike Linderman.



Coffee Hour

Moscow Senior Center

10:00 Monday-Wednesday-Friday

Courtesy Jeff Bollinger

Investment Representative

Edward Jones

Serving Individual Investors Since 1871



Good Samaritan Society
 MOSCOW VILLAGE
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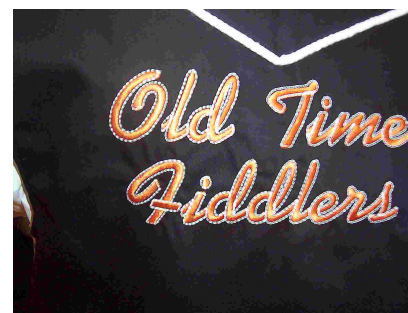
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Now in Two Locations!

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 Senior Therapies * Wellness Centers * Libraries * Nursing Scholarship
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 Believing that

"In Christ's Love, Everyone Is Someone"





**Welcome Back to the Old Time Fiddlers.
 We have missed you.**

Entertainment at the Senior Meal Site



Ernie Bunch has entertained us with his harmonica during the past summer months



Norma Johnson entertained us with music from the keyboard



Dave Sumner, son of Lou Stevens, entertained in August.



Ruby Brady, Lou Stevens' great granddaughter, entertained at the piano



Bill Mitchell entertains with music from the piano

Bingo Friday Mornings

10:00 a.m.

All About Bingo

Bette The Bard

Bingo buddies gather where they meet and greet and pay their share.
 Of two dollars stashed in the pot, all set to win, or maybe NOT!!
 In Senior Room, on Friday at precisely ten a.m. to chat
 About past week when last they met, have they come here to win? You bet!
 They pick the card that's lucky for them lately, will they win once more!
 No guarantees are promised in this game of Bingo, we begin
 To pay attention to the guy who calls the numbers, that is why
 The competition is severe, but all in fun is why we're here!
 Vern is the current caller of those numbers in the game we love!
 But Bill and Bette were those who started all this in 2002!
 With Friendly Neighbors, still here or not, do we miss them? Yes, A LOT!
 The current gang with whom we share so much then we go somewhere
 For what is known as Senior Lunch, with discount, we're a happy BUNCH!
 Now those of you who did not know that there's a real fun place to go
 On Friday mornings, please agree to join us, you'll be pleasantly
 Included by we Bingo nuts, excuses 'ifs' and 'ands' and 'buts'
 Are not accepted, there's a chair reserved for you so 'see you there!'
 • ***Blessed are they who run around in circles:
 For they shall be called wheels.***

Helen M. Pingree

Our Friendly Neighbor, **Helen Pingree**, of Moscow died August 8, 2008 at Good Samaritan Village. She was 92 years of age and had been a regular visitor at the Senior Meal Site, arriving on the Good Sam van. Helen was a quiet soul and went about her daily life with dignity and enthusiasm. We shall miss her very much.

DON'T GO THERE

Bette the Bard - 1957

**Why do we listen to gossip? So we can repeat it with glee?
Do we think with chagrin, how did it begin and how does this concern me?
Why is it some folks are so hungry for bad news, they seldom hear good,
If they do hear the latter, it still does not matter they're searching for spicier food!
Now most poisons have an antidote, so gossip must have one, too
If you're in a position were you really must listen, pretend they are talking 'bout you!
This changes the picture completely, you're cautious when you are involved
You repeat not one word of the 'stuff' you just hear,
Thus our problem of GOSSIP is solved!**

Computer Corner: Met Life (Life Advice)

If you are considering your first computer purchase, here are some things to keep in mind:

1. Computers are available in two general sizes — portable “notebooks” (also called “laptops”) or non-portable desktops.
2. If you don't need your computer for travel and space is not an issue, a desktop computer may be a better option. The

desktop's larger size makes it more comfortable to use than a laptop.

3. You also need to determine the best central processing unit (CPU) for your needs. The CPU is the computer's engine. If you choose a dual core CPU, you will be able to use two applications – typing a document while downloading digital photographs, for example – simultaneously, without the activity of one application affecting the other.
4. Random access memory – RAM – is another factor to consider. Most new computers come with a minimum of 1 GB (gigabyte) of RAM. If you will be using your computer to make home movies or create graphics, consider upping the RAM to 2 GB or more.
5. If you want to make copies of photos for friends or musical CD's, choose a read/write CD/DVD drive.
6. When you purchase a computer, certain software programs will already be loaded onto it. You'll have to purchase some programs separately. And still others are available free online – Adobe Acrobat Reader, for example, which you can use to read this newsletter online. When you sign up for eSERVICE.
7. While becoming computer-literate may seem like an inconvenience at first, you'll be surprised by how quickly you catch on. Remember, too, that learning new tasks helps keep your brain young and healthy,
8. If you are an older adult and you'd like more information on learning to use a computer, contact Kay or Doris or Scotte in the Moscow Senior Center.

Email us at:

friendly.neighbors@yahoo.com

Visit us at:

<http://users.moscow.com/srcenter>