

# Friendly Neighbors Newsletter

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Moscow Senior Meal Site & Senior Center

Web Page: <http://users.moscow.com/srcenter> – Email: [friendly.neighbors@yahoo.com](mailto:friendly.neighbors@yahoo.com)

## President's Message

The seasons roll along, and autumn is here already. No more 90 degree afternoons for about the next eight months, and we can look forward to snow and slush. So much for the Presidential weather forecasts.

We were mildly reprimanded for our response to the fire alarm that sounded while we were waiting for our noon meal to be served one day a few weeks ago. Whenever the fire alarm sounds we are to vacate the premises immediately, without hesitation, every one of us. Our kitchen staff must switch off all ovens and stove-top burners, and leave the building as well. We'll do much better next time.

I want to take this opportunity to say that I appreciate very much the many volunteers among our Friendly Neighbors members, who help in one way or another to prepare our dining room for our twice weekly gatherings, serve the meal, then clean up and store tables and chairs.

I don't wish to try to list the names of all helpful volunteers; undoubtedly I'd omit someone. But I would like to single out a few for special mention. Al Pepe and Lino Condotta scurry about from table to table, pouring milk, then quickly distribute many trays of food to those unable to go to the serving window themselves. They sort of make me think of a scene from a Japanese Kabuki theater production, doing their essential chores almost unnoticed. By the way, if another member chooses to volunteer to help them distribute food trays, Al and Lino probably would appreciate it.

Another one of our number that performs a very useful and important task is Clarence Hewitt. An amazing volume of recyclable "stuff" is generated by the many activities and events that occur in this building, in addition to our meal service. Once or twice weekly Clarence hauls used bottles, cartons, and whatever else might be recyclable to the Moscow Recycling Center. This is very helpful to our kitchen staff, and also to Jenny Sheneman and the Heart of the Arts organization.

Speaking of volunteers, it could be a good thing to have one of our members organize and conduct some group singing, or other entertaining activities while we wait for our meal to be served. We have some song books and sheets in storage, but they might need some repair and updating.

## How's Your Memory?

The minister said to the elderly man, "Now that you're retired and have the time, you ought to be thinking more about the hereafter."

"I think about it all the time," the man replied. "Every time I walk into a room, I pause and say, 'What am I here after?'"

When I realized this happened to me a lot, I figured I was sinking into Alzheimer's disease, so I researched "Memory loss" on my computer browser. I found helpful information that you might also find interesting about memory.

1. Memory loss can be treated, even reversed.
2. We produce new brain cells all the time, and new learning can occur at any age.
3. As we age, blood flow to the brain decreases and brain-rich nutrients are processed less efficiently.
4. Forgetfulness is more a slowing of memory, not a loss. (How many times have you thought of information an hour after you needed it?) If you watch Jeopardy, how often do you know the answer but the contestant gives the answer before you can?
5. The wisdom and knowledge you got from living isn't affected and neither is your common sense.

Here are things that are normal forgetting in aging.

1. Where did I leave my glasses? (or my car keys?)
2. What is that person's name whom I've known for years?
3. Oh my gosh, I forgot I had that appointment.
4. Those words are on the tip of my tongue, but they won't fall out.
5. Why did I call my grandson by his father's name?

If your memory lapses are interfering in your daily living, talk to your doctor about it.

What you can do to prevent memory loss

Exercise and take deep breaths to get more oxygen to your brain. Eat a healthy diet including lots of fruits and vegetables. (The Friendly Neighbor's salad bar is great!) Quit smoking if you have this addiction, whatever it takes. Keep stress down: it damages brain cells. Get enough good sleep.

Fun ways to spice up your memory

1. Play strategy games like chess, bridge, and Scrabble.
2. Work puzzles: crosswords, Sudoku, Crostics, etc.
3. Read challenging books and articles.
4. Learn new things: take on something that involves design and planning.

Audit a class at UI for a stimulating three hours per week without tests or grades.

5. Develop new social relationships. Invite people to your house (preparatory house cleaning will get more oxygen to your brain). Or suggest outings to interesting people. Or go on trips with the Roadrunners (Call Eniss at 882-7367 for information).

6. Start a new club up in our Senior Room.

7. Get on a computer. It's not as scary as you think. Kay and Doris will prevent the frustration of learning on your own on Monday mornings or on Wednesday afternoons in our Senior Room. Then you can find information on the Internet about anything that interests you.

The computer helped me find out that I don't have Alzheimer's disease as I feared. I'm only a victim of that common senior malady, "Old Timers." And I can do lots to help that! .....**Dorothy Nichols**

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### **The Bathtub Test**

**During a visit to the mental asylum, I asked the director, "how do you determine whether or not a patient should be institutionalized."**

**"Well," said the director, "we fill up a bathtub, then we offer a teaspoon, a teacup, and a bucket to the patient and ask him or her to empty the bathtub."**

**"Oh, I understand," I said. "A normal person would use the bucket because it's bigger than the spoon or the teacup."**

**"No." said the director, "A normal person would pull the plug. Do you want a bed near the window?"**

**ARE YOU GOING TO PASS THIS ON,**

**OR DO YOU WANT THE BED NEXT TO MINE??**

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**Devil's Tower**

### **The Idaho Roadrunners**

The Idaho Roadrunners made a trip to the Black Hills of North Dakota, Deadwood, Devil's Tower, Mt. Rushmore, Crazy Horse Monument, Yellowstone Park and more!

The four Presidents' heads at Mt. Rushmore would fit into the head of Crazy Horse. It was huge.

It was a very educational trip. We saw people climbing Devil's Tower --- Scary! We had a Chuck-Wagon dinner and show in Rapid City, South Dakota and both were very good.

We were gone nine days... there were twenty of us. ....**Helen Dewey**

## A Good-by Ode to Our Agnes Kottke

By: Bette the Bard

Dear Agnes, there's an empty spot  
Here at the meal-site, I am not  
Prepared to say goodbye before  
I emphasize all you stood for.  
Your gentle ways and kindness was  
So obvious to all of us.  
The 90 decades plus 6 more years  
We do congratulate you for.  
We love you and miss you already  
Signed lovingly from,  
Bette and Bill  
And all the Friendly Neighbors here  
We all miss you, Agnes.  
Rest in Peace.

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## Quick tips for avoiding the flu

You don't have to kiss a pig to be immunized from swine flu. A better bet is to get the swine flu vaccine which should be available in October. It is important to become obsessive about washing your hands or using the alcohol gel sanitizers at every possible opportunity. Many shopping places have sanitizing wipes for the handle of the cart. Related to the need for hand washing is the need to avoid touching your eyes, nose, or mouth because contact of the virus with those mucous membranes is the most direct way of contracting the flu. If you cough or sneeze, use a Kleenex or the inside of your elbow to catch the droplets emitted with the cough or sneeze. Then, discard the tissue and wash your hands. If you handle money, wash your hands.



This giant sunflower was a part of the table center piece at the Friendly Neighbors meal-site recently and was donated by Grace Heick. The brown coffee cup in the background gives an indication of it's actual size. Each of the sunflowers on the tables were certainly a beautiful sight to behold.

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Recent entertainment at the Senior Meal-Site has been provided by pianist Peggy Flaherty; Bill Mitchell on the piano; Ernie Bunch with his harmonica; guitarist & singer Doc Ron Crawford; and the Old Time Fiddlers. Our diners have certainly enjoyed each and every one of these performers and say "Thank You" to all of them.

## Coffee Hour in Moscow Senior Center Courtesy Jeff Bollinger



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### Suggested Donations for the

### Friendly Neighbor's Meal-Site

Those over age 60 → \$4.00  
Under 60 → \$6.00

**Donations may be made at the  
Donation Desk or in a secure,  
slotted lock box.**

**Tuesday & Thursday**

**11:30 A. M. for your salad**

**12:00 Noon for the dinner meal**

**1912 Great Room – Plaza Level**

**412 East Third Street**

**Moscow, ID**