

Friendly Neighbors Newsletter

Volume 11 – Issue 5 – September/October 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

Autumn is in the air, with very welcome cooler weather. And soon we'll be coping with winter. But that's better than a lot of alternatives.

In the meantime, we're going to have to deal with the mess and confusion of continuing work on the 1912 Center improvements and modernization project. Contracts have been awarded for construction of a retaining wall along the north side of the parking lot, plus additional parking spaces on the west side, and other improvements. Several months will be required to complete this work, possibly until sometime in January.

While this is going on, fewer parking spaces will be available for patrons of our noon meals. You may need to rely more on bus transportation or shared rides. Perhaps some of our members who own automobiles would volunteer to provide rides to others on a regular basis. And we may suggest, through the office of the school principal, that Moscow High School students be asked not to park their cars on the streets immediately adjacent to the 1912 Center before noon on Tuesdays and Thursdays. Other suggestions for coping with this temporary inconvenience will be welcomed.

Christmas Day this year falls on a Saturday. Therefore we likely will not cancel one of our meals during either the week before Christmas or the week after, as sometimes is done. Our

customary especially festive Christmas dinner could be served on either Tuesday, December 21 or Thursday, December 23, and our kitchen staff would like to know whether our regular patrons prefer one or the other of these dates for the Christmas Dinner.

Speaking of December, our annual business and election meeting likely will be held on Tuesday, December 14. It is not too soon to begin considering whom we shall elect to serve in the several offices to be filled--President, Vice-President, Secretary, Treasurer, and one Director. A nominating committee will be appointed in October.

Kitchen Report

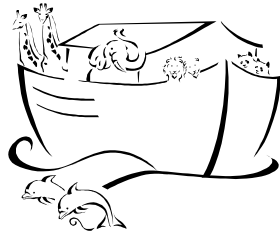
by Ellen A. Roskovich

I want to thank everyone who participated in the recent kitchen survey. Your comments were very helpful for planning our future meals for your enjoyment. However, some of you expressed dietary concerns, especially regarding sodium content of the meals. **We do not add salt** when cooking; however, many prepared foods are high in sodium. If any of you have special concerns regarding calories, sodium and sugar, please let me know. All products used in the kitchen come with a complete analysis on the packaging, and I would be more than happy to share this information with you. Also, don't forget that we have a suggestion box available at the meal site. It is very important to me that you let us know how we can better serve you.

Learning a Thing or Two from Noah

Contributed by
Glenda Hawley

Learning is always a possibility, no matter what age and in all places. Let us look at the things to be learned from the accounting of Noah's Ark.



1. Plan ahead. It wasn't raining when Noah built the ark.
2. Stay fit. When you are 600 years old, someone might ask you to do something REALLY big.
3. Don't listen to critics – do what has to be done.
4. Build on the high ground.
5. For safety's sake, travel in pairs.
6. Two heads are better than one.
7. Speed isn't always an advantage. The cheetahs were on board, but so were the snails.
8. If you can't fight or flee – float!
9. Take care of your animals as if they were the last ones on earth!
10. Don't forget that we're all in the same boat.
11. When the doo-doo gets really deep, don't sit there and complain – shovel!
12. Stay below deck during the storm.
13. Remember that the ark was built by amateurs and the Titanic was built by "professionals."
14. If you have to start over, have a friend by your side.
15. Remember that the woodpecker's INSIDE are often a bigger threat than the storm outside.
16. Don't miss the boat.
17. No matter how bleak it looks, there's always a rainbow on the other side.

by Carol Rawlings
First Christian Church, Kent

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.



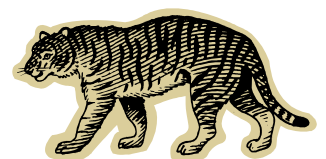
**At the Moscow Senior Center
Coffee courtesy of Jeff Bollinger
Edward Jones Investments**

Fun Facts



The longest interstate route is I-90 from Seattle, WA to Boston, MA 3,020.54 miles.

Tigers have striped skin, not just striped fur..



Fruits & Veggies: Fresh, Frozen, & Canned

by Mackenzie Femreite, Nutrition Advisor
U of I Extension Nutrition Program



The thought that fresh fruits and vegetables are always better than frozen or canned is a myth.

Without a doubt, vegetables and fruits straight from your home garden or local farmer's market are great. Your local grocer provides a variety of fresh fruits and vegetables. The less time spent traveling from the field or garden to your plate, the more nutritious the produce will be. Many of us are not lucky enough to have locally grown fresh produce available year round.

On the other hand, frozen and canned fruits and vegetables are often processed immediately after they are harvested, resulting in little or no loss in nutrient value, assuming they are stored correctly and eaten during their recommended shelf life. One disadvantage to some canned fruits and vegetables is that many have added sugar and salt, so be sure to choose the no-salt variety, and make sure to read the labels before buying. Fruits packed in their own juices are the best choices to limit sugar from heavy packing syrups.

Keep your cooking time to a minimum to maintain as much of the nutrient content as possible in your produce. Generally, it is best to steam or microwave veggies for short periods. Use lower temperatures and cook with small amounts of water to retain water-soluble vitamins.

Fruits and vegetables are low in calories and high in fiber, vitamins and minerals, and other plant chemicals (phytochemicals), which may reduce the risk for many chronic diseases. Another benefit is that fruits and vegetables can help with weight maintenance as they can help you to feel full.

The bottom line is that increased consumption of fruits and vegetables is encouraged for good health. Buy and use a combination of fresh, frozen, and canned to ensure that you have produce readily available, and remember to eat fresh produce soon after purchasing.

Source: Kali Gardiner Senior Nutrition Newsletter September 2010

Sweet Mango-Berry Salsa

2 medium-size ripe mangos, peeled and pitted	2 Tbsp. fresh mint leaves
2 cups strawberries, hulls removed	1 Tbsp. sugar
2 tsp. lemon juice	½ tsp. salt (optional)

Chop the mangos and strawberries into a ¼ inch dice. Finely chop the mint and add it to the mangos and strawberries. Stir in the sugar, lemon juice, and salt, until well blended. Cover and refrigerate for 1 hour. This makes a delicious topper for pancakes or ice cream.

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.

**Here are the entrée dishes for senior meals in the next two months:
(menus subject to change)**

October 2010 Entrees			
Date	Tuesday	Date	Thursday
5	Turkey	7	Spaghetti w/Meat Sauce
12	Roast Pork	14	Oven Fried Chicken
19	Stuffed Cabbage	21	Pork Chops
26	Hamburgers	28	Ham

November 2010 Entrees			
Date	Tuesday	Date	Thursday
2	Roast Beef	4	Liver and Onions
9	Tilapia	11	Meat Loaf
16	Chicken Cordon Bleu	18	Beef Stroganoff w/Noodles
23	Turkey and Dressing	25	Closed for Thanksgiving
30	Roast Pork		

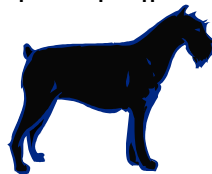
**Tanka Verse
by Glenda Hawley**

Brilliant evening star
perched on a branch
In a turquoise sky.
Is it there just
to move my heart to wonder?

Neighbor Notes

Grace Heick will have a big family dinner to celebrate her 90th birthday which is on October 11. Grace's family moved to Moscow from Plummer when she was a child so that all of their children could attend the University of Idaho.

Lee Fruits and his therapy dog Oscar continue to spend his weekends at Gritman Adult Day Park, and more to cheer the Oscar's good nature.



Lee Fruits's granddaughters (who are also **Jeanette Talbott's** great-granddaughters) Anna and Christina from Grays River, WA visited in September and enjoyed eating at the senior meal site on September 14.

Inez Vogtman's son and his wife and daughter from Minnesota visited in late September. Inez noted that all of her six sons were here in one place at the same time.

Ernie Bunch reports that he continues to take chemotherapy and he's feeling pretty good, but tires easily.

Helen Sasse will travel to Massachusetts and Florida visiting family in late September to early October.

Birthdays:

October 8: Kay Keskinen
October 9: Norma Johnson (88)
October 11: Grace Heick (90)
November 4: Tammy Lanting (60)
November 8: Fred Kohl (87)
November 11: Jeanette Talbott (93)
November 16: Barbara Townsend
November 26: Ray Qualey (80)



Anniversaries:

October 23: Mertia and Fred Kohl (62)

Saluting Our Veterans

Many members of Friendly Neighbors have served our country in the military. With Veterans Day on November 11, now is a good time to recognize those who have served in our armed services.



Ed Townsend

Ed was a PFC in the US Army. He served from 1954 to 1956 and was stationed in Fort Ord and Korea.



Nancy Nuhn

Nancy was a major in the Women's Army Corps. First a volunteer with the Aircraft Warning Service, she later became a member of the first OCS class in the WAAC. She served from 1942 to 1951 in such places as Iowa, Indiana, New York, and Kentucky.

Ralph Johnson

Ralph served in the US Army during 1944-45. This picture was taken when he was stationed in Kyoto, Japan.



Al Pepe

Al, a Technician Fifth Grade and recipient of the Bronze Star, was in the US Army from 1944 to 1946. He was in the 263rd Combat Engineers with the 63rd Division. Landing in southern France, he went from there to Germany.



Mike Linderman

Mike joined the National Guard while a junior in high school. During the Cuban missile crisis he was stationed at Fort Ord. Mike spent ten years in the Guard, from 1961-1971.



Bob Newbre

Bob served in the US Army during the Vietnam War. He learned Russian in the Army Language School and was assigned to Satcom, a branch of Military Intelligence where he verified satellite data in North Vietnam.



Helen Sasse

Helen was a Captain in the US Air Force Nurse Corps, serving from 1958 to 1963. She also went to Flight School at Gunter AFB. Helen was stationed in Illinois, Spain, and Morocco.



Lee Fruits

In 1954, Lee joined the US Air Force at the age of 17. He stayed in the Air Force for 21 years which included tours in Italy, Okinawa, Thailand, Vietnam, and places within the

US, including the Pentagon.

Bob Leonard

Bob was a private in the US Army Specialized Training Program for pre-medical studies in the mid-1940s at the University of Cincinnati, in Cincinnati, Ohio.



Scotte Hecht

Scotte served as a bos'n mate in the US Navy during WWII. For 39 months he served on the USS Steele, a destroyer escort in the Pacific. Scotte adds that they put enough water under her keel to

have gone around the world 5.7 times.



Leonard Johnson

Leonard first served as a radio operator in the US Naval Reserve in December, 1944. In 1945-46 he was part of the Japan Occupation Force. Recalled to active duty in 1952, he served two years at the Naval Communications Station in Guam.

Jerry Schutz

Jerry was in the US Army from 1954-1962, stationed in Korea as a Supply Sergeant to the 125th Infantry. From 1970-1990 he was in the US Coast Guard as a constructor on the west coast. Jerry also was a bandsman playing the sax, clarinet, oboe, and flute.



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



Good Samaritan Society
MOSCOW VILLAGE

Clara Dockter Recognized



Clara Dockter was recently honored for her many years of leadership and service to the Blind and Diabetic Support Group of Moscow. She's shown here when she was presented with a cake at the August 11 support group meeting.

Grace Heick



Grace Heick is shown above with just a small sample of the many flowers she grows and shares with Friendly Neighbors. Grace's green thumb helps "grace" our tables in the summer months. Thank you, Grace!

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.

AARP Safe Driving Class Schedule

Location: Gritman Conference Center

Class day/times:

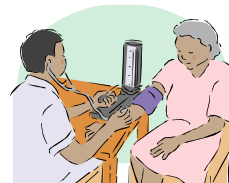
- October 20 & 21 (Wed/Thu evenings, 5:30 PM to 9:30 PM)
- November 15 & 16 (Mon/Tue mornings, 8:30 AM to 12:30 PM)

Remember! You must attend both sessions, a total of 8 hours!

For information and to sign-up, contact Gritman Education at 883-2232 or e-mail [education@gritman.org]

The next meeting of the Latah County chapter of AARP is Friday, October 15 at the Best Western in Moscow. Lunch is served at 11:30 AM and a Candidates Forum program begins around noon. To reserve a place for the lunch call Judy at 882-6069.

Blood Pressure Checks



Every second Tuesday of the month Gritman Medical Center provides a nurse to measure blood pressure at the senior meal site. Come a little early to the meal site and stop at the table by the elevator to have your blood pressure tested. Small booklets are provided for you to log the results.

Thanks for Gritman for providing this important service!

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.