

Friendly Neighbors Newsletter

Volume 13 – Issue 5 – September/October 2012

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Moscow Senior Meal Site and Senior Center

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President's Message



This year is going well for Friendly Neighbors. Soon it will be time for our annual meeting which will be on Tuesday, December 11 at 11:45 AM. The main item of business is to elect four officers and one board member. I have appointed Mary Wood to chair the

Nominations Committee that will solicit nominees for the open positions and present a slate of candidates for members to vote on.

Please consider serving on our board of directors. It's been my honor to serve as your president for two years, and I look forward to continuing on the board as the "immediate past president." Your dues must be current in order to be nominated and/or to vote. Check with Karen Davis, Membership Committee chair, if you are not sure if your dues for 2012 are up to date.

As a non-profit organization, Friendly Neighbors relies on donations and grants for us to continue to provide services to seniors. Recently, we've received donations in memory of Doris Norman, Bob Crossin, and Karen Falke. Our thanks go to those who remember us when they are remembering those who have passed away.

by *Linn Craig Lindsey*, President

Kitchen Update

by Ellen Roskovich, Kitchen Manager

I received a question via the meal site suggestion box that's in the Great Room. Someone wanted to know why we don't have "real" mashed potatoes. I'd love to have "mashed from scratch" potatoes, but I just don't have resources to do that.

As the Kitchen Manager, my task is to keep within the financial guidelines of the Friendly Neighbors Board of Directors' annual budget, not only the line item of food expenses, but also the payroll costs. Making "real" mashed potatoes would take considerably more time, and have the added risk of carrying and emptying very heavy pots of hot water and boiled potatoes. By using "prepared" mashed potatoes, I can better keep within the budget and provide a safe kitchen.

Flu Shots at Thursday, October 4 Meal Site



Seniors can get their flu shots at the senior meal site at 11:30 AM on Thursday, October 4. Pharmacists from Rite-Aid will be there to administer the shots. If you have a Medicare card, bring it and they will bill Medicare for your shot. If you have insurance other than Medicare, they can bill your insurance provider.

Upcoming Events

Thursday, October 4: Flu shots at the senior meal site provided by Rite-Aid. Bring your Medicare or insurance card.

Friday, October 19: The Latah AARP chapter meets at the University Inn/Best Western in Moscow. Lunch is at 11:30 AM; the noon program is a candidates' forum.

Tuesday, November 6: General Election Day.

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

Dining Room News

by Helen Sasse

Friendly Neighbors Board Member

The Community Action Partnership (CAP) has changed the Congregate Meal Registration Form, and now we must completely fill out the bottom half of the form or we will not receive reimbursement for meals served to that person. This is not a drastic change; however, we must be certain all "Nutritional Health" questions are answered. CAP has assured us that this information will be kept confidential. When your registration dates comes due each year, we will hand out the new forms. If you have any questions, please ask one of the Friendly Neighbors board members.



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.

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.

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, jigsaw puzzles, and computer help

Thursday PM: Bridge

Friday AM: Bingo

Fun Facts

Baseball legend states that the silhouette on the MLB logo is of Harmon Killebrew, who played for the Senators, Twins, and Royals. He was born in Payette, Idaho.



300,000 to 1 is the chance that a fan can be hit by a baseball.



Travel with Idaho Roadrunners by Don and Eniss Smith

Need a break? Consider signing up and taking a day trip (or an overnighter) 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. Tour 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. Senior passes (purchased at National Park and Forest Service offices) allow us to visit federal parks or monuments at no additional charge.

As a non-profit organization, Idaho Roadrunners can arrange trips for less money than you would pay to plan a trip through a travel agent. We travel all over the United States and sometimes into Canada. Idaho Roadrunners owns its own buses. The price of fuel, the drivers, upkeep of the buses, and miscellaneous items are included in the trip price. We do not have restrooms on the buses, but we take rest stops in the mornings and afternoons. At these stops we have coffee, tea, and cookies.

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

Friendly Neighbors Turns 40

Next year marks the fortieth anniversary of Friendly Neighbors (formed in 1973). Please be thinking of ways we can celebrate and recognize our organization for its work for nutrition and social activities for seniors.



Read Slowly

contributed by Glenda Hawley

1. Arbitrator: A cook that leaves Arby's to work at McDonald's.
2. Avoidable: What a bullfighter tries to do.
3. Bernadette: The act of torching a mortgage.
4. Burglarize: What a crook sees with.
5. Control: A short, ugly inmate.
6. Counterfeiters: Workers who put together kitchen cabinets.
7. Eclipse: What an English barber does for a living.
8. Eyedropper: A clumsy ophthalmologist.
9. Heroes: What a guy in a boat does.
10. Left Bank: What the robber did when his bag was full of loot.
11. Misty: How golfers create divots.
12. Paradox: Two physicians.
13. Parasites: What you see from the top of the Eiffel Tower.
14. Pharmacist: A helper on the farm.
15. Polarize: What penguins see with.
16. Primate: Removing your spouse from in front of the TV.
17. Relief: What trees do in the spring.
18. Rubberneck: What you do to relax your wife.
19. Seamstress: Describes 250 pounds in a size 6.
20. Selfish: What the owner of a seafood store does.
21. Sudafed: Brought litigation against a government official.



Senior Humor

Prescription

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."

What's Your Name, Again?

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to playing cards a few times a week.

One day when playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared. Finally she said, "How soon do you need to know?"

Hard of Hearing

An old man decided his old wife was getting hard of hearing. So he called her doctor to make an appointment to have her hearing checked. The doctor said he could see her in two weeks, and meanwhile there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "I'm about 40 feet away, let's see what happens."

"Honey, what's for supper?"

No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?"

No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?"

No response.

On to the kitchen door, only 10 feet away. "Honey, what's for supper?"

No response.

So he walks right up behind her. "Honey, what's for supper?"

"For the fifth time, CHICKEN!"



Neighbor News

Eric and **Jan Jensen** went to Laguna Beach, CA in early September to attend the wedding of their son.

Barbara and Ed Townsend and nearly 40 more of their family and friends went to a Seattle Mariners game in late July.

Helen Dewey's sister Doris Oberg and Doris' daughter and son-in-law from Wisconsin visited Moscow, and they all went to the Washington coast in early September.

Gloria Brix is taking a German class at UI this fall semester.

Karon Aronson is taking two classes at UI—a poetry class and a line drawing class.

In late August **Ralph and Norma Johnson** moved in with their daughter Sandy Otto in her Moscow home.

Herb Utoff and **Karon Aronson** participated in the Pullman Lentil Festival 5K run. Herb placed third in his class, while Karon finished in under an hour.

Ernie Bunch spent some time in the hospital when he fell and got a knot on his head. Ernie continues to take chemo and is feeling “pretty good.”

Lino Condotta fell on August 20 and broke his knee. He is now recovering from surgery, and hopes to get his cast off in early October.

Lela Ames' daughter Lisa Marineau visited from Tigard, OR in mid-August.

Glenda Hawley's grandson Bryan adopted two brothers (ages 2 and 3) from Siberia, Russia where they had been in an orphanage.

Arlene Jonas' son Larry Jonas visited from San Diego, CA in late August.

Kay Keskinen won the Inland Empire Memorial horseshoe pitching tournament in Coeur d'Alene on August 11 with a 64% ringer percentage.

Birthdays:

October 5: Connie Ricketts
October 8: Kay Keskinen
October 9: Norma Johnson
October 11: Grace Heick



November 4: Tammy Lanting
November 4: Harriet Phillip
November 8: Fred Kohl
November 11: Jeanette Talbott
November 16: Barbara Townsend
November 21: Peggy Johnson

Anniversaries:

October 23: Fred and Mertia Kohl

“A Hot Time in the Old Town”

by Karen Davis

This summer brought the opportunity to return to Lander, WY, the town of my roots, for an all-school reunion and visit with friends. Then I'd be travelling to Colorado to visit first my niece, then for a long-overdue reunion with Lin and her daughter, Ida. Lin and her husband were from China, and David and I had been a friendship family for them 22 years ago. Her husband was a graduate student in the Chemistry Department. While here, they had a baby girl named Ida, for Idaho. Ida was jaundiced, and with the language disparity, they could not understand the doctors and were frightened for the baby. David and I prepared a layette for the baby and made arrangements for them to bring Ida to our house to lie in the sun in front of our picture window. Because of this, Lin called me her American mother and Ida's American grandmother. We lost track of them about 15 years ago after they were divorced and Lin returned to China, so it was a wonderful surprise to hear from her shortly before I left Moscow for Lander and to find out that she lived in Colorado.

On the first day I reached Livingston, MT, and the next day found me traveling to Lander. I arrived in the afternoon and established myself in the motel where the reunion would be held. Later I easily found my way to the old, rustic, log community center building, then drove around Lander to visit the houses where I'd lived. When I went back to the motel, I heard fire sirens and saw a huge cloud of black smoke that appeared to be coming from the community center. The desk clerk said that the

community center was engulfed in fire and could not be saved.



The next morning, I returned to the community center and found myself chatting with a young man who

eventually asked if he could interview me about my many fond memories of that old building and my feelings about having it burn to the ground. I remembered going to dances there with my father and, being too little to know how to dance, I danced by placing my feet on his shoes. The interview appeared on television that night and on several other occasions over the next few days. As I went around town, people would say "I saw you on television last night." It was all rather exciting.

The all-school reunion was held at the motel where I was staying. All five of us from my graduating class sat together and had a fond time remembering high school. I also spent an afternoon with another of my classmates, a good friend who had been unable to attend the reunion. Butch has a wonderful tenor voice and planned to be a singer when he grew up. He has written three books related to the history of Lander, and he has also become quite an artist. At the visit, he gave me one of each of his books and a handful of greeting cards made from his art work. Thinking back, this afternoon with Butch was the high point of my visit to Lander, and it let me know that I did still have some roots there.

As I traveled to Aurora, smoke from forest fires became thicker, and I became concerned about going on to Colorado Springs. I spent a few days with my niece, then did go on to Colorado Springs after all to visit Lin. Lin took me to visit the Garden of the Gods, and we ate very well while I was her guest. I also discovered quickly that I should not look at anything with interest or Lin would buy it for me! She and her husband were concerned about my health and made arrangements for me to see a Chinese acupuncturist for treatments. Lin's daughter, Ida, is a beautiful 22-year-old graduate of the University of California in Davis.

From Colorado Springs I traveled on to Gillette, WY, to spend some time with my daughter, Ruby, and her boyfriend. From Gillette I headed to Livingston, MT, where I spent several days with my

friend, Red. Red and I have taken cruises together and taught at Embellishment in Portland and at the Bead and Button Show in Milwaukee. Naturally we spent our time playing with our beads. I next spent a day with a niece in Bozeman, and from there, returned to Moscow--a very quick three weeks.

In Memoriam

Friendly Neighbors has recently experienced the passing of three of our members. We will miss them, and we are grateful for their friendships.



Dean Taylor



Bob Crossin



Ray Qualey

Dean Taylor was born September 3, 1928 in a logging camp near Winchester, Idaho. He passed away at home on July 27.

Bob Crossin was born June 9, 1926 in Winnipeg, Manitoba, Canada. He passed away in Moscow on August 10.

Ray Qualey was born November 26, 1930 in Moscow, Idaho. He passed away on August 13 in his Moscow home.

Free Events

October - Seminars on the *Warning signs of Alzheimer's Disease and Financial Planning for Long Term Care.*

November - Seminars on the *Prevention of Identity Theft and Veterans Benefits*

For more information call
208-882-6560

 **Good Samaritan Society**
Moscow

 All faiths or beliefs are welcome.
11-G2600