

Friendly Neighbors Newsletter

Volume 14 – Issue 5 – September/October 2013

Founder – Doris D. Norman

Publisher/Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

1912 Center, 412 East Third Street, Moscow, ID 83843

Phone: (208) 882-1562

Web Page: <http://users.moscow.com/srcenter> Email: friendly.neighbors@yahoo.com

President's Message



Good news! Our 40th anniversary lunch was such a success that we have decided to have another free lunch for seniors (60 and older). This lunch will be on Thursday, October 31 (Halloween).

Please invite your friends and neighbors to the

Halloween lunch. To accommodate the extra people, we'll start earlier that day. Soup will be available by 10:30 AM, the salad bar and dessert bar will be out by 11:00, and we'll start serving the main meal at 11:30.

I wish to thank all who made our August Anniversary Lunch such a success, especially our cook, Ellen Roskovich, who prepared such good meals (even though I didn't get to enjoy the salmon--LOL). Thanks also to those who helped set up, take down, and greet people. I believe we made people feel welcome and comfortable.

We had 7 new members sign up that day. We have increased our membership by approximately 25 this year. Thanks to everyone who helped in this endeavor.

We lost a good volunteer with the passing of Henry Lawrence. He was always so upbeat with a smile for everyone, and he was a good asset to Ellen and the kitchen staff.

That's all for now.

Bill Terrio, President

Free lunch for seniors (60+) Thursday, October 31



Seniors--come enjoy a free meal on Thursday, October 31 in the Great Room of the 1912 Center. The lunch includes soup, salad bar, dessert bar, and a main course with pizza and spaghetti.

Milk, coffee, tea, and water are available.

The lunch main course will be served beginning at 11:30 AM

This is not a trick, just a treat for those who are at least 60 years old.
Please join us!

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

Lou Stevens' son Dave and his wife Sharon visited from Kelso, WA in late August.

Karon Aronson is taking a University of Idaho class called "Science on Your Plate."

In August **Helen Sasse** visited family in Massachusetts, where she said, she "ate too much."

Lois and George Gilbert had houseguests in mid-September. Lois's sister Alice and her husband Paul visited Idaho for their first time. Idaho was the last of the "Lower 48" states that they visited.

Odessa Johnson reports that she is feeling "pretty good."

Joy Irving took classes for a week at the International Old Lacers, Inc. gathering in Salt Lake City in early August. In early September, Joy attended a cousins reunion in Ellensburg.

Norma Johnson reports that **Ralph** is taking physical therapy.

Glenna Taylor and **Helen Dewey** went to the Foxwood Tea in Newport, WA on Sept 11.

Kay Keskinen won the Inland Empire Memorial horseshoe pitching tournament in Cd'A on August 10. She pitched 92% ringers (46/50) in one game.

Hazel Jahr and **Glenna Taylor** are active volunteers at Gritman, helping at the information desk, among other tasks.

Birthdays:

October 8: Kay Keskinen
October 9: Norma Johnson
October 11: Grace Heick
October 29: Nancy Lindholt



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

Anniversaries:

November 28: Lois and George Gilbert

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

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 and computer help

Thursday PM: Bridge

Friday AM: Bingo at 10:00

Fun Facts

In the 1800s, popcorn was consumed as a breakfast cereal by Americans.



Popped popcorn comes in two basic shapes: snowflake and mushroom. Movie theaters prefer snowflake because it's bigger.

When popped, popcorn kernels can reach a height of three feet.

Friendly Neighbors Celebrates Its 40th Anniversary

On Thursday, August 1, 2013, Friendly Neighbors celebrated its founding forty years ago by hosting a free lunch for seniors. The event was well-attended, with about 120 lunches served that day. New members joined, bringing the number of current members to an all-time high of 117.

Photos: (clockwise from upper left) 1) Board members Bill, Helen, Frankie, and Jan; 2) Ernie Bunch; 3) Barbara and Ed Townsend, Virginia Hays; 4) Twins Evelyn Grassl and Ellie Olesen; 5) Group photo; 6) Ida and Al Pepe; 7) President Bill Terrio; 8) salad bar line; 9) Bart Budwig on guitar; 10) Moscow Councilor Walter Steed, Latah County Commission Chair Dave McGraw, & County Commissioner Tom Stroschein



“How the Moscow Senior Center was Initially Funded”

by Kay Keskinen with Jeanette Talbott

The Jul/Aug newsletter featured an article about the opening of the Moscow Senior Center in the 1912 Center in May, 2002. But it had taken several years of work to make the vision of a senior center come to reality.

In 2001, Friendly Neighbors worked with the group representing the interests of the developmentally challenged to get rooms in the 1912 Center remodeled for each. Both groups applied for funding from the Idaho Department of Commerce for Community Development Block Grants. On April 24, 2001 Scottie Hecht, Ernie Bunch, and Jeanette Talbott (FN president from 2000-2001) accompanied Moscow Mayor Marshall Comstock to Boise to represent Friendly Neighbors.

Mayor Comstock led the oral presentations in support of the two grants:

“I am Marshall Comstock, Mayor of the City of Moscow and I would like to introduce some members of our community: Jeanette Talbott, Scottie Hecht, Ernie Bunch, Toby Schultz, John Russell, Carol Cloud, and Dale Pernula. I would like to thank the Economic Development Council and the staff of the Department of Commerce for the opportunity to make this presentation today.

The project that I am here to speak about, the 1912 Center, is a shining example of the efforts of community members, local government, and citizens groups making positive changes for the direct benefit of many segments of our population.

Two of the segments I speak about are senior citizens and the developmentally disabled. The Moscow and Latah County citizens that make up these two diverse groups are at the heart of our community and our heritage. Both the seniors and the developmentally disabled have asked the citizens and Moscow local government for help in making them full participating members of our community.

These needs that they have expressed touched almost everyone in Moscow and Latah County, because their requests weren't for monetary support. The requests were simple... 'Please help us by integrating our groups into the community center.' They told us not to give them money or a handout, but to give them space in the 1912 Center, where they could meet as a group with common interests and common problems, to have the ability to gather in places they could call their own.”

Mayor Comstock then introduced Jeanette to tell in her own words the challenges that seniors face every day and the needs of her organization. As president of Friendly Neighbors, she spoke on our behalf:

“An increase in queries has come to the Friendly Neighbors senior group expressing an interest in Moscow as a retirement location. There are many reasons for this possible choice—one of them being a desire to be near adult children who may have an occupation here.

Moscow has much to offer. A central location in the 1912 Center would provide nearness to the library, the Historical Society, and Food Co-op, as well as several churches, restaurants, and banks. Not many blocks away there is a fine medical facility.

There is a need to provide a welcoming wedge into the community that a Senior Center can provide. It would be a 'get acquainted place' with friendly people, a chance to talk during a pleasant nutritious meal, and a chance to volunteer if they wished.

Many incoming seniors would have life stories and skills that might be more readily shared with other seniors in an inviting atmosphere. It would provide a chance to meet with people of like interests—golfers, gardeners, farmers, teachers, and all the mix of people that makes the Moscow community special. We need a place that this can happen—a senior center—an enrichment for the whole community.”

The trip to Boise was successful. Both CDBG requests were funded, and the Moscow Senior Center and Friendship Hall were remodeled to meet the groups' needs.

In an upcoming issue of the Friendly Neighbors newsletter, past president Leonard C. Johnson will share his perspectives of the work it took to get to the point of the search for funding to remodel the east side of the 1912 Center. After feasibility studies and research showed that a permanent center was needed (note that Friendly Neighbors had previously been only a twice a week meal site in the Old Post Office), it was time to apply for grants.

“Tips for Eating Right - Affordably”

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

As food prices rise, shoppers are trying to find more economical ways to buy groceries and prepare healthy meals. Tips to stretch your food dollar:

- 1. Plan Menus & Make a List.** Wandering aisles and tossing what looks good into your cart is a sure way to overspend.
- 2. Buy Store Brands.** Store brands are often 15 - 20% less expensive than national brand counterparts, while the quality of the food may match the national brand.
- 3. Compare Unit Prices.** Use the "unit price" (price per pound, ounce or pint) to compare between different brands and package sizes. Many stores show the unit Brands and package sizes. Many stores show the unit price on a shelf tag.
- 4. Read Food Labels.** Compare nutrients using the % Daily Value in the Nutrition Facts panel. 5% or less is low—try to aim low in saturated fat, trans fat, cholesterol, and sodium. 20% or more is high--try to aim high in fiber, vitamins, and minerals.
- 5. Shop the Perimeter.** Fresh produce, meats, dairy, and breads tend to be on the outer perimeter of supermarkets, so start there before hitting the inner aisles for other necessities.
- 6. Shop Seasonally.** Fresh produce often costs less when it's in season. Visit a local farmer's market or join a produce club to take advantage of seasonal fruits and vegetables. For produce not in season, frozen and canned fruits and vegetables (with little or no added salt or sugar) are a nutritious option.
- 7. Pay Attention at the Check-Out.** Make sure prices ring up as advertised or as labeled, especially for sale items.



Travel with Idaho Roadrunners

Need a break? Consider signing up and taking a trip with Idaho Roadrunners, Inc., a local travel group. 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 visited as a group. When the trips include a group meal, gratuities are paid in advance. All you have to cover are 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.

The group meets 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.

Humor

contributed by Glenda Hawley

Questions that keep me awake at night:

If man evolved from monkeys and apes, why do we still have monkeys and apes?

What if there were no hypothetical questions?

If a deaf child signs swear words, does his mother wash his hands with soap?

If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?

Is there another word for synonym?

Where do forest rangers go to "get away from it all?"

What do you do when you see an endangered animal eating an endangered plant?

If a parsley farmer is sued, can they garnish his wages?

Why do they lock gas station bathrooms? Are they afraid someone will clean them?

If a turtle doesn't have a shell, is he homeless or naked?

Can vegetarians eat animal crackers?

If the police arrest a mime, do they tell him he has the right to remain silent?

Why do they put Braille on the drive-through bank machines?

How do they get deer to cross the road only at those yellow road signs?

What was the best thing before sliced bread?

Do infants enjoy infancy as much as adults enjoy adultery?

How is it possible to have a civil war?

If one synchronized swimmer drowns, do the rest drown too?

If you ate both pasta and antipasto, would you still be hungry?

Whose cruel idea was it for the word 'lisp' to have an 's' in it?

Why are hemorrhoids called "hemorrhoids" instead of "assteroids"?

Why is it called tourist season if we can't shoot at them?

Why is there an expiration date on sour cream?

If you spin an oriental person in a circle three times, do they become disoriented?

Can an atheist get insurance against acts of god?

The Bagpiper:

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch.

I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played "Amazing Grace," the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen nothin' like that before and I've been putting in septic tanks for twenty years."

“OSCAR & ME”

by Lee Fruits



Today, Oscar is a 27 pound 7-year-old standard male Schnauzer. When Oscar came into our lives we were still grieving the loss of our last dog and were never going to get another one. That all ended one day when wife comes roaring home from town and says, “Quick, come with me.” I say “What for, where are we going?” She says “Never mind, just get in the car.” So, off we go and end up back in town at the pet store parking lot. I’m thinking “Oh no.” Once inside, she shoves this squirmy little fur ball in my face. It is a little schnauzer puppy which has that wonderful universal “new puppy smell.” Wife says “I just stopped in to see what they had.” Guess what? We got lost.

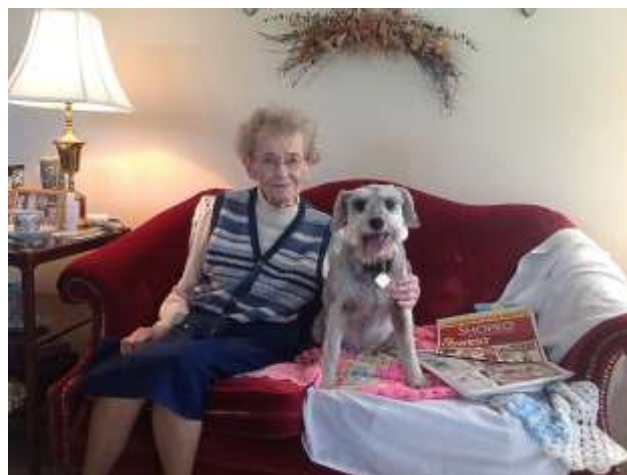


Somehow, we wind up back at the house with a new pup. Not 10 minutes have gone by when I hear this screech from the living room. I go rushing in to see what happened and there I find a very excited wife standing in the middle of the room pointing a finger at me and saying “Your new little darling (who, by the way, has diarrhea) just pooped on the carpet!!” I’m thinking “Awwwww mannnnn!” “I had forgotten about this part.” “What have we done?” Well, what we had done is stopped grieving and started to think about the future.

So, about 4 months goes by and my wife passes away. Several months after that, I’m looking for things to do when I came across an article in the *Readers Digest* about a Pet Therapy program. How animal visits can lower blood pressure and stress levels, relieve anxiety, speed up recovery and healing. Oscar has turned into a placid well-mannered little guy that loves attention. I’m thinking, “I bet Oscar could do that.” I spoke to the folks in charge of the Gritman Hospital pet therapy program in Moscow. They gave me all the information about what would need to be done to join the program in the local facilities. Such as documentation of:

- Certification by the American Kennel Club That Oscar passed their Canine Good Citizen course and testing
- Annual shot records
- Annual physical exam and statement by the vet attesting to health
- Proof of liability insurance

About 6 years ago, with these documents in hand, away we went. We visit in individual rooms spending 5 to 10 minutes, depending on where the conversation takes us and what their state of health permits. Presently, we visit patients at: Adult Day Care, Moscow; Kindred Care (Aspen Park), Moscow; Good Sam, Moscow; Bishop Place, Pullman; and Pullman Regional Hospital, Pullman.



Thanks to Oscar, this has been and continues to be a very rewarding experience.

In Memorium



Louise Pullen Fye, long-time member of Friendly Neighbors, passed away on August 5 at Good Samaritan Moscow Village. Louise was one of the first volunteers in the Moscow Senior Center, where she led "Movies with Louise" on Wednesday afternoons.

She was born July 24, 1921 in Wirt, Carter County, Oklahoma.



Henry Foley Lawrence, kitchen volunteer at the senior meal site, passed away in Moscow on September 8. Born in New York in 1956, Henry left a Wall Street career in 1994 to be a fire lookout in Montana. Since 2000 he was at Scalplock Lookout in Glacier National Park.

PAID ADVERTISEMENT

Reduced Monthly Rates are now being offered at Fairview Village Estates apartments. Please call for more information.

Call 882-9809 for more information.

 Good Samaritan Society®
Moscow

Upcoming Events

Friday, October 18, Latah County AARP: Luncheon at 11:30 AM and program at noon at the University Inn Best Western. Program includes Lee Flinn from Idaho AARP to talk about medicare and social security, and there also will be a candidates' forum for the Moscow city elections.

Thursday, October 31: Free lunch for seniors (60 and older) at the Friendly Neighbors meal site in the Great Room of the 1912 Center.

Tuesday, November 5: Election Day, Moscow city elections for mayor and three members of the city council.

Thursday, November 7: "Advance Directives Workshop" sponsored by My Own Home with speaker Sarah Rial from Circles of Caring Adult Day Health, 3:30 – 5:30 PM, location to be announced.



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 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.