

Friendly Neighbors Newsletter

Volume 15 – Issue 5 – September/October 2014

Founder – Doris D. Norman

Publisher/Editor – Kay Keskinen, Reporter

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



Hi everyone,

This year seems to be flying by – it's almost over. This has been a good year for us. We provide a lot of meals for seniors at our Tuesday/Thursday meal site. Our income and expenses are in line with the budget. And our

membership is a little over 120, and we are still adding new members.

We have also increased the number of our Home Delivery clients, to about 12 seniors. If you know of any homebound senior who could use this service, please let us know or have them call the Area Agency on Aging in Lewiston (1-800-877-3206) to see if they qualify for delivered meals.

I take this opportunity to wish everyone a Happy Halloween and a Happy Thanksgiving! I also want to thank all the volunteers who have helped make this a great year. It takes many volunteers to provide our meals and operate the Moscow Senior Center.

I also want to thank Frankie Yockey for her service as our Vice President and welcome Carrie Bitterwolf who was appointed to be our new Vice President at our August board meeting.

See you all at lunch?

Bill Terrio, President

Flu and Pneumonia Shots at Tuesday, October 7 Meal Site



Seniors can get their flu and/or pneumonia shots at the senior meal site between 10:30 AM and noon on Tuesday, October 7.

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.

Newsletter Changeover

Carrie Bitterwolf has accepted the position of editor of this bimonthly newsletter when Kay Keskinen retires as editor after the last 2014 issue. Beginning with the January, 2015 issue, Carrie will be the one to collect news, jokes, poetry, photos, and whatever else she decides to include in the newsletter. Lynne Crawford has offered to help Carrie.

Thanks to Carrie for volunteering for this task.



Dishwasher Wanted

Friendly Neighbors has a dishwasher/kitchen helper position open. The hours are Tuesdays and Thursdays from 10 AM to 2 PM. Pay is \$8.00/hr. For more information or to apply, call Bill Terrio at 882-5525.

Upcoming Events

More details about the below events, along with the current issues of the Roadrunners and Latah AARP (and more) newsletters/flyers, are posted on the Moscow Senior Center bulletin board.

Idaho Roadrunners, various trips planned, see latest newsletter for information

Latah AARP Safe Driving Classes, all held from 8:30-11:30 AM on a Mon/Tue

- Oct 13-14, contact Elaine Broyles at 883-8612
- Nov 10-11, contact Dick Bull at 883-2420

Tue, October 14: “Lunch and Learn” series, “Medicare 101” by Tonya Steele from SHIBA, noon, free, Gritman Federal Building

Fri, October 17: The Latah AARP chapter meets at the University Inn in Moscow. Lunch is at 11:30 AM; program is a candidates’ forum at noon

Tue, October 21: “Lunch and Learn” series, “Advanced Medical Directives/Hospice” by Mickey Hale of Gentiva Hospice, noon, free, Gritman Federal Building

November 4: Idaho General Election Day

Fri, December 12: The Latah AARP chapter meets at the University Inn in Moscow. Lunch is at 11:30 AM; program is holiday music.

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



November 4: Tammy Lanting
 November 4: Harriet Phillip
 November 8: Fred Kohl
 November 11: Jeanette Talbott
 November 16: Barbara Townsend
 November 21: Peggy Johnson
 November 24: Maggie Flint
 November 27: Hazel Jahr

Anniversaries:
 October 23: Fred and Mertia Kohl
 October 31: Len and Fern Bielenberg
 November 4: Evelyn and Harold Grassl
 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: Bridge lessons & mah jongg
 Thursday PM: Bridge
 Friday AM: Bingo at 10:00

Fun Facts

The first Jack O’Lanterns were actually made from turnips.
 After Christmas, Halloween is the second highest grossing commercial holiday.
 Samhainophobia is the fear of Halloween.
 The famous magician Harry Houdini (1874-1926) died on Halloween night.



“Nutritional Buzzwords: Do They Matter?”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the August 2014
“Senior Nutrition News”

The terms on food packages can be confusing for consumers. What do some of these terms mean, and how much do they matter? We will take a look at a few:



FAT-FREE - A product must contain less than 0.5 grams of fat per serving to advertise this on the label.

Does it matter? Fat-free is not a health guarantee. Fat free foods tend to have more sugar, carbohydrates, or other ingredients added to increase shelf life, flavor, or texture, and it could be as caloric as the regular version of the product. Fat-free salad dressings tend to have more salt and non-nutritive sweetener or more sugar, while low-fat peanut butter will have more sugar. **The takeaway:** Look for fat-free or low-fat in milk, cottage cheese, chips, pudding, ice cream and microwave popcorn products.

WHOLE-GRAIN - The food contains the entire grain seed and has not been refined. **Does it matter?** The FDA recommends at least three 1-ounce equivalents of whole grain -- oatmeal, brown rice, and whole-wheat products, for instance -- a day. A serving of whole grains is 16 grams, and a day's intake should be 48 grams. Look for the Whole Grain Council stamp. If the stamp says "8g," that means the food contains at least a half-serving of whole grains. **The takeaway:** Dietary guidelines say half your grains should be whole grains. Check the ingredients list: If whole oats or whole wheat is one of the first things listed, it's a good sign.

NATURAL - What it means: The term “natural” is unregulated and can be misleading, and can mean just about anything. People think natural peanut butter means it's organic or healthier. But it often contains as much sugar and fat as the regular version. **The takeaway:** Read the label. Some "natural" peanut-butter brands, for instance, may have added sugar and palm oil and pack more saturated fat than the regular version.

CHOLESTEROL-FREE - What it means: The FDA allows this designation for foods with fewer than 2 mg of cholesterol per serving and no more than 2 grams of saturated fat per serving. Saturated fats raise LDL (the so-called bad cholesterol) and thus contribute to heart disease. **Does it matter?** Many food companies love putting “no cholesterol” on products, but cholesterol is naturally found in animal products like organ meats, dairy, eggs, and shellfish. Many products, like cereal, that say cholesterol-free wouldn't have it anyway. Don't let a product with the phrase "-free" trick you into buying it.

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## About Growing Older (from Will Rogers)

- 1) Eventually you will reach a point when you stop lying about your age and start bragging about it.
- 2) The older we get, the fewer things seem worth waiting in line for.
- 3) Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.
- 4) When you are dissatisfied and would like to go back to youth, think of Algebra.
- 5) You know you are getting old when everything either dries up or leaks.

- 6) I don't know how I got over the hill without getting to the top.
- 7) One of the many things no one tells you about aging is that it's such a nice change from being young.
- 8) One must wait until evening to see how splendid the day has been.
- 9) Long ago, when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.
- 10) If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

# “The Night Our Dog met the ‘Monster’”

by Lee Fruits

Most of you have had a dog at one time or another. You know most of the time they are very stable and predictable, but once and a while, they do something completely unexpected.

Same with humans. Take me for example. I think I'm pretty normal, quiet, calm, lovable, etc, etc. Would you ever think that something could happen that would instantly turn me into a raving monster?? Well,, you are about to find out...

Once upon a time our family included a lovely little female sheltie named Murphy. She was a really sweet little lady and of course, just as everyone's dog is, she was the smartest dog there ever was.

Murphy only had one peculiar habit. She just had to go outside about five o'clock every morning. She would invite me to do the honor by standing by my side of the bed near my head and wake me by starting out with a very quiet polite little "Woof." The Woofs would keep getting louder until I got up. Once out, she would do her business and then settle down in the ferns in front of the house and guard the fort till I went out to do my walk about seven o'clock.

So, this one morning I awakened about 4:30 to answer my own nature call. I turn the bedside light on, get up, and stagger into the bathroom. I had been setting on the throne a few minutes and was sort of in that never never land between sleep and awake. Unknown to me, the dog, apparently desperate to go outside, had quietly come into the bathroom. She gets about a foot from my face and lets out a really loud "**WOOF!!**" The next thing I remember on my way to the ceiling was I thought I heard somebody yell, and after that, on my way back down, I know I heard somebody doing a lot of loud big time cussing,, (blue flame and smoke included).

Once back down, things were very quiet, except for the dog clawing the carpet trying to get traction and get far away from that "thing" which had appeared in the bathroom. I get up and start chasing her down the hall yelling something like "Murphy, when I catch you I'm gonna rip your little fur suit clean off your miserable carcass."

I chase her thru the kitchen, the dining room, the family room, the living room. We go around this circle a couple of times then she heads back down the hall toward the bedroom. I think she thinks my wife will save her.

We get back to the bedroom where I stop at the doorway and watch dog desperately nosing her way under the covers trying get next to my wife who, by the way, now has the covers pulled up over her head, and, I suspect, for the same reason the dog is trying to get away.

I stand there for a minute, huffing and puffing while my breathing slows and heart rate goes back down. My wife slowly peeks out from under the covers and says "What the "bleep" is going on??"

I say "Ummmm, nothing." She says, "Nothing?" "Nothing??"",,, "Then what was all the yelling, the cussing, that blue light, and why,,,,, is this dog hysterical???" I say, "Welllllll, uhhhh, she might have thought a monster or something was chasing her." She says "What,, are you talking about?"

I am somewhat calmer at this point and say "Let me get her outside and I'll tell you all about it." I tried to coax the dog out from under the covers but, nope. Not having any. Didn't want anything to do with me. In fact, she was really leery of me for a day or so.

The wife says "Why don't you go back into the bathroom shut the door and I'll try to get her out." So, I did and she finally gets Murphy outside. Then I explain what happened to my wife. After all was said and done, we had a good laugh about it and everybody lived happily ever after.

Hey,, guess who always shuts the bathroom door if they get up in the middle of the night now??

And that's the truth. (Mostly)

The End

## Neighbor News

**Gary Deesten's** mother Vivian Deesten passed away at her Moscow home on July 26. Gary would frequently accompany her to the meal site.



**Lee Fruits** was honored as the "Volunteer of the Month" for September in the *Lewiston Tribune's* "Golden Times" for the pet therapy volunteering he does with his dog Oscar (photo at left).

**Grace Heick** broke her hip and is recovering in Spokane.

**Nancy Lindhorst** is now in her new home on Moscow Mountain.

**Frankie Yockey** welcomed her ninth grandchild, Alonso, who weighed 9 lb. 13 oz. He was four weeks early! Alonso, son of Frankie's son Joe, lives in Washington, DC.

During September, **Margie St. John** needed a scheduler—first she was in Eagle babysitting her granddog, then she went to Butte, MT to visit cousins, then to Enumclaw, WA with her sister, where they went on to the Olympic Peninsula and Mount St Helens.

Also traveling in September was **Jim McCloskey** who went with his two brothers and their wives to North Carolina to meet their one-year-old niece. Jim played a lot on the lake.

**Gloria Brix** is now a great-grandmother; her granddaughter Katherine gave birth to identical twin girls on August 8 in Missouri.

Pitching over 59% ringers at the Idaho State Singles Tournament held in Coeur d'Alene in August, **Kay Keskinen** became this year's Idaho women's horseshoe pitching champion.

**Lou Stevens** continues to reside as Aspen Park. She welcomes visitors.

**Rachel Pennington's** niece Witney Carson is performing on ABC's "Dancing With The Stars."

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Friendly Neighbors Senior Citizens, Inc. is pleased to have been selected by the Moscow/Latah County United Way to be a United Way agency.



Ralph Johnson was presented with a "Quilt of Valor" at an August meeting of the Blind and Diabetic Support Group. Ralph was recognized for his service in the US Army in 1944-45.



The photo on the left is of Ralph when he was stationed in Kyoto, Japan.

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