

Friendly Neighbors Newsletter

Volume 12 – Issue 6 – November/December 2011

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Moscow Senior Meal Site and Senior Center

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President's Message



This year as your president of Friendly Neighbors has flown by quickly. I am honored to be serving as president of this important organization serving seniors.

So many people are needed to fulfill the mission of Friendly Neighbors. With the

holiday season nearing, now is a good time to express thanks and recognize some of the many volunteers who kindly give of their time and talents. I am sure to miss some names, but here are many of the volunteers whose efforts make our meal site function: Ellen Roskovich, Bill Terrio, Helen Sasse, Jim McClosky, John Ragland, Gerald Schutz, Virginia Hays, Frankie Yockey, Connie Ricketts, Harriet Phillip, Barbara Townsend, Donna O'Brady, Karon Aronson, Herb Utoff, Jim Dunn, Leonard Johnson, Lois Gilbert, George Gilbert, Lino Condotta, Al Pepe, and more.

Our senior center requires members to oversee the center 35 hours each week. Those who have a shift include Elva Escobedo, Kay Keskinen, Bill Terrio, Bob Leonard, Mary Ann Moser, Jan Jensen, Mike and Bernita Linderman, and Ellen Roskovich.

I also want to thank the members of our board of directors. Their leadership keeps our organization on track and within our budget. Our directors are Louis Olson, Mary Wood, and

Helen Sasse. Officers are Gerald Schutz, Jan Jensen, and Kay Keskinen. I particularly want to thank Leonard C. Johnson, our immediate past president. I am following in big footprints; Leonard's service to Friendly Neighbors has been immeasurable.

I look forward to 2012 being another good year for Friendly Neighbors. We welcome seniors new to Moscow, those new to being a "senior," and seniors who are new to our organization and its services.

I wish you happy holidays and a safe and healthy new year.

by *Linn Craig Lindsey*, President



Medicare Drug Plan Enrollment Dates Changed

Don't forget! The enrollment period for Medicare Part D, the Prescription Drug Program, is now October 15 through December 7. This is earlier than in past years. For more information, contact the Senior Health Insurance Benefit Advisors (SHIBA) office at 1-800-247-4422.

Upcoming Events

Tuesday, December 6: Annual Meeting of Friendly Neighbors at the meal site that day. There will be an election for the four officer positions (president, vice president, secretary, and treasurer) that have one-year terms, and a director will be elected to a three-year term. Make sure your dues are current so that you can vote and participate in the annual meeting.

Friday, December 9: Latah AARP Chapter meets at the University Inn-Best Western in Moscow. Their meetings are lunch meetings; lunch is at 11:30 AM with a noon program. This meeting will be a holiday program. To reserve a place for the lunch, call Judy at 882-6069.

Donation Thank You by Kay Keskinen, Treasurer

Friendly Neighbors Senior Citizens, Inc. was formed as a non-profit organization in 1973. For almost forty years it has been providing important nutritional services and social activities for seniors in the Moscow area.

Friendly Neighbors relies on financial support from many organizations, businesses, and individuals to be able to remain financially healthy. The organization is recognized by the IRS as a 501(c)(3) charity, so donations may be eligible for a tax deduction.

As the treasurer, I keep a close eye on our income and expenses. We are grateful for the many who donate, and in this season of sharing, I wanted to acknowledge some of those who have donated this year:

Latah County Board of Commissioners
Moscow/Latah County United Way
Tri-State Distributors
Wal-Mart
Wysup Motors of Pullman
Mix Drinks Fundraiser
The family of Clarence Hewitt
Gifts given in memory of Betty Anderson
First Presbyterian Church of Moscow
Gifts given in memory of Ken Riersgard

Thank you!

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

Coffee Hour Daily - 10:00 a.m.



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

Fun Facts

Rudolph the red-nosed reindeer was invented for a US firm's Christmas promotion in 1938.



The first Christmas card was designed in 1843 by J.C. Horsley.

”Sugar Free” Does Not = “Carbohydrate Free”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the October 2011
“Senior Nutrition News”

Many sugar-free and reduced-sugar products crowd the shelves of grocery stores today. Should you buy these if you have diabetes? What if you are simply interested in living a healthier lifestyle?

It’s important that people with diabetes remember that “sugar free” does not mean “carbohydrate free.” Many sugar-free foods contain as many, or more, carbohydrates as “regular” versions. Your best bet is to read all food labels carefully. For people with diabetes, remember that 15 grams of carbohydrates equals 1 carbohydrate choice. It doesn’t matter, for the sake of carbohydrate counting, what form those 15 grams of carbohydrate come in— natural sugar, added sugar, grain, etc.



However, don’t dismiss sugar-free foods altogether. Most diet drinks and sodas, and sugar-free fruit juices, canned fruits, gelatin desserts, pudding, hard candies, and yogurt do contain fewer carbohydrates. It’s still important that you get into the habit of reading all labels.

Most no-sugar-added chocolate candies and ice creams offer no benefit over traditional versions. Chocolate and ice cream contain sugar because they are made from milk, which contains the natural sugar lactose. The so-called “added sugars” do not change the total carbohydrate count much, if at all. In most cases, you’re better off having a small serving of a high-quality treat that you’ll truly enjoy.

Many sugar-free foods contain more fat than their traditional counterparts do. Food manufacturers need to make up for the loss of flavor in some way, and they often choose to add more fat to meet customers’ preferences for rich-tasting foods.

Remember, portion control is paramount for anyone trying to eat a well-balanced and nutritious diet. Be sure to talk to your healthcare provider about your specific needs.

My Own Home **Contributed by Tom La Pointe**

MY OWN HOME is a grassroots membership organization based here in Moscow with the mission of providing services to make it possible for adults to stay in their own homes and remain actively engaged in the community as they age.

The organization recently hired Tom La Pointe as its inaugural executive director. Barbara Wells, chair of the board of directors for the fledgling non-profit, says La Pointe's skills and experience will help take the organization to the next level, providing service to its members and strengthening community ties.

My Own Home, with offices located at the Martin Wellness Center at 510 W. Palouse River Drive, is part of a nationwide "aging in place" movement and is based on a proven model developed by Beacon Hill Village in Boston, MA. Beacon Hill has inspired what is being called the "village movement," creating over 100 other similar organizations. My Own Home is the first "village" not only in Idaho but also in the Inland Northwest region.

Services will be provided through a combination of paid staff, volunteers, and local businesses, who have been vetted, approved, and in most cases, agreed to discount their services for members. My Own Home will function as a one-stop shopping center, where the availability of local resources and providers is consolidated into one easily accessible source.

Residents of Moscow are eligible to become members of My Own Home by paying an annual membership fee. This fee provides members with a sense of ownership and involvement in the organization and eliminates the "asking for charity" aspect of requesting services. Grant money and individual donations will be solicited so that residents who cannot afford the regular fee can join for a reduced fee.

Anyone interested in becoming a member, volunteer or preferred provider should contact MY OWN HOME at MyOwnHomeMoscow@gmail.com.

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 (412 East Third Street). The salad bar is available at 11:30 AM and the main meal 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.

Moon Mood **by Glenda Hawley**

When my thoughts fly around frantically
In the cage of my mind
Like captive wild birds,
I think about the moon;
The way shreds of clouds
Catch on its crescent points,
The way it makes shadowed lace on the lawn,
The way it rises in the darkness
Above a timbered skyline
Like a shrunken soul who is suddenly loved.
I think of the way it stirs
A poignant longing
In some deep, dimly known dimension
Of my being
That knows that somewhere, sometime
There is an inner place of complete calm.

Annual Meeting by Leonard C. Johnson Nominating Committee Chairman

The governing Bylaws of Friendly Neighbors Senior Citizens, Inc., provide that a business meeting of the entire membership be held annually in December. This year that meeting is scheduled to be convened at 11:45 AM on Tuesday, December 6, immediately prior to the serving of our regular noon meal.

The only item of business to be conducted, as far as is now known, is the election of officers and directors. A nominating committee comprised of Mary Wood, Bernice Brooks, and Leonard Johnson (Chairman), is prepared to present the following slate of candidates for the positions indicated:

- President: incumbent Linn Lindsey, to succeed himself
- Vice-President: incumbent Gerald Schutz, to succeed himself
- Secretary: incumbent Jan Jensen, to succeed herself
- Treasurer: incumbent Kay Keskinen, to succeed herself

In addition, one of the three elected director positions becomes vacant each year, and Louie Olson's term of service as a director will expire on December 31. To succeed him, Lee Fruits will be presented by the nominating committee to serve a three-year term. The continuing directors are Mary Wood and Helen Sasse.

Members of Friendly Neighbors may bring additional nominations from the floor at the annual meeting, but any member nominated in that manner must have been previously asked to serve and have consented in advance to be elected. Dues must be current in order to vote or to run for a position.

If any member wishes to have an additional item of business placed on the annual meeting agenda, I suggest that this be made known to the Board of Directors at its next regular monthly meeting on Tuesday, November 22.

Neighbor News

Helen Sasse recommends the AARP Safe Driving Class. She took the class in mid-November and found it to be very helpful and practical.

Herb Utoff won his age group in the second annual Run For Your Life event in Pullman in late October. Some runners wore Halloween costumes.

Mary Ann Moser hosted her long-lost cousin from the San Juan Islands in Washington State.

Karen Davis underwent knee surgery in early October. The surgery went so well that she was one of few who were able to leave the hospital using only a cane.

Jim McClosky reported that his wife Janet will be undergoing radiation and chemotherapy treatments for her brain cancer and lung cancer.

Ernie Bunch continues to take chemotherapy for his cancer; Ernie reports that he is as well as can be expected.

Lela Ames' daughter Julia Ames from Nassau, the Bahamas, visited in November.

Birthdays:

December 6: Leonard Johnson
December 6: Inez Vogtman
December 20: Lino Condotta
December 25: Mary Ann Moser
December 29: Doris Norman



January 1: Bernita Linderman
January 14: Gini Leppelman
January 16: Lou Stevens
January 19: Peggy Benson
January 27: Virginia Hays

Anniversaries:

November 28: Lois and George Gilbert

Dining Room News by Helen Sasse Meal Site Arrangements Chair

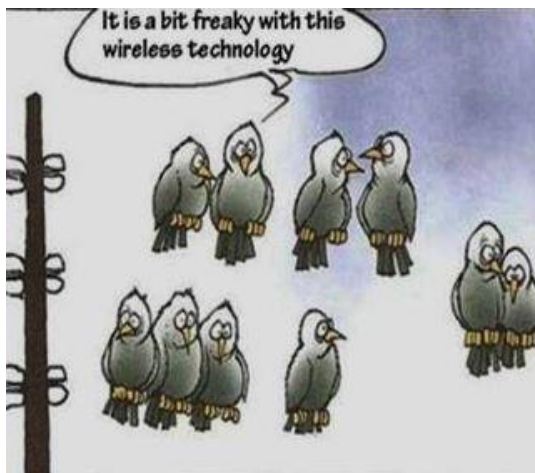
We don't often think about who sets up the Dining Room. It's a lot of work and needs to be done each meal site day. Jim McClosky and Bill Terrio perform the job regularly. They are here on time and do the job quickly and efficiently. John Ragland often helps as well. They deserve our appreciation and thanks for doing an outstanding job.

The new face you have been seeing at the sign-in desk is Connie Ricketts. She will be here with us temporarily. We welcome her help.

Don't forget to use the Suggestion Box that's on the table with the name tags located behind the salad bar. Your thoughts, likes, and dislikes are valuable to us in improving the quality of meals and service.

Friendly Neighbors 2012 Dues Are Now Due

Friendly Neighbors dues for 2012 are now due. The annual dues are \$2.00 and can be paid to Karen Davis, Membership Chair, or at the meal site sign-in desk. If you are a new member, please make sure that Karen has your full name, address, and telephone number.



Places I Have and Have Not Visited

Contributed by Karen Davis

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family, and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

And, sometimes I think I am in Vincible but life shows me I am not!

I have been in Deepsh*t many times; the older I get, the easier it is to get there.



Pets on Parade

You've probably noticed that when you pet a soft, warm cat or play fetch with a dog whose tail won't stop wagging, you relax and your heart feels a little warmer. Scientists have noticed the same thing, and they've started to explore the complex way animals affect human emotions and physiology. The resulting studies have shown that owning and handling animals significantly benefits health, and not just for the young. In fact, pets may help elderly owners live longer, healthier, and more enjoyable lives.

A study published in the Journal of the American Geriatrics Society in May of 1999 demonstrated that seniors living independently who have pets tend to have better physical health and mental well-being than those that don't. They're more active, cope better with stress, and have better overall health. A 1997 study showed that elderly pet owners had significantly lower blood pressure overall than their contemporaries without pets. In fact, an experimental residential home for the elderly called the Eden Alternative, which is filled with over 100 birds, dogs, and cats and has an outside environment with rabbits and chickens, has experienced a 15 percent lower mortality rate than traditional nursing homes over the past five years. [From the healthypet.com web site]

Below are pets of some of the Friendly Neighbors members, employees, or friends.



Jeannette Talbott's cat "Cellar Babe" got her name when she appeared in the cellar when Jeanette's two sons were excavating there. "Cellar" stayed and soon added a batch of kittens to the household. The cat

even brought "treats" such as mice, a gopher, and a snake.



Helen Sasse's grand-dog "Beethoven" is mostly corgi and about 13 years old. He has a gentle charm and loves children. Helen occasionally dog-sits, and he is always on his best behavior at her home. Give him a

dog treat and he will be your best friend.

Lee Fruits' dog "Oscar" is a therapy pet. Oscar, a spry 6 year old Schnauzer, can often be seen at local healthcare centers, Gritman Adult Day Health, Aspen Park, and the Pullman Hospital. Oscar's cheerful, calm demeanor helps patients during their stay and provides love and a welcome distraction. Oscar takes his job seriously and seems to know the days when he's going to be working.



Jan Jensen's cat "Holyfield" was adopted as an adult from the shelter in 1998,

shortly after Mike Tyson made headlines biting Alexander Holyfield's ear during a boxing match. Holyfield got his name because one of his ears is badly damaged. He is probably 15 years old now, has kidney failure which requires a special diet, but is doing well under the circumstances.

Nikoi Parfait's cat "Primus," a red Persian cat, came into her life on Christmas Eve of 1998. He could be trusted with secrets and became a great pillow pal. Nikoi misses him, but shares this poem to get you through lonely times when you miss your beloved pet:



"If tears could build a stairway
And memories a lane,
I'd walk right up to Heaven
And bring you home again."

Kay Keskinen's squirrel "Rocky" knows how to poke his head under the lid and get into the squirrel feeder for peanuts and sunflower seeds. Rocky is one of many squirrels in Kay's neighborhood who know where to go for a snack.



Mary Ann Moser's cat "Tootsie" lived to be 23 years old. Mary Ann had a cat before named Roo, so when this one, which

reminded her of Roo came along, she called this one "Roo-Toot-Tootsie" which was shortened to Tootsie. Tootsie was a great traveler, accompanying Mary Ann in her motor home.



Linn Lindsey's dog "Lily" replaces a dog that died earlier this year. The new dog, born May 2, is a coal black miniature poodle that his wife named Lilly and he added the name Ilsa,

making her Lilly Ilsa. Linn said, "I usually refer to the dog as my wife's dog and my wife refers to her as 'our' dog. I told her it would be 'our' dog if it could get big enough to retrieve a pheasant. Perhaps someday we will add a Standard Poodle to our inventory of pets and I will once more have a hunting dog, or is that just wishful thinking?"

Frankie Yockey's dog "Foxy" is a 4 year old Papillon who thinks she's a big dog that can chase cows and deer.



She loves cats, playing fetch, and cuddling with Frankie. She also sticks her tongue out at you - hmmm wonder what she is trying to say?

Fall Move-In Special

Call us today to find out more about our **Fall Move-In Special**. You won't want to miss this one.

For more information call
Christie Pernsteiner at
882.6560 or Ronda Jo Styer
at 882-9809

Moscow

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.