

Friendly Neighbors Newsletter

Volume 12 – Issue 5 – September/October 2011

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Moscow Senior Meal Site and Senior Center

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President's Message



We have some new kitchen staff to assist with the preparation of the delicious meals we enjoy. Also, volunteers are always welcome to serve at our meal site for setup and take-down of tables and chairs at the 1912 Center in Moscow, Idaho.

If members are aware of local entertainers that could be included in a meal site entertainment schedule, please contact either the President or a Friendly Neighbors board member. Additionally, if presenters are available for information and services that would benefit the membership, please forward those names and phone numbers as well.

As usual I have been pleased with the tasty meals produced in our kitchen area. My congratulations go to Ellen and her kitchen staff in preparing the professional quality meals we have experienced at the 1912 Center. To feed as many people as we prepare meals for is a challenging endeavor and I thank everyone involved.

by *Linn Craig Lindsey*, President

Medicare Drug Plan Enrollment Dates Changed

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.



Flu Shots at Thursday, October 6 Meal Site

You can get your flu shot at the senior meal site at 11:30 AM on Thursday, October 6. 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. Or, if you don't have insurance, the flu shot costs \$27.99.

The pharmacists will also bring the pneumovax vaccine to help prevent pneumonia which also can be billed to Medicare or your insurance.

Upcoming Events

Friday, October 21: 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 include a Moscow city council candidates forum. To reserve a place for lunch, call Judy at 882-6069.

Tuesday, November 8: Moscow City Elections, there are four candidates filed for three city council positions. Polls are open from 8 AM to 8 PM. **Vote!**

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.

Presidential Birthday Cards

If a family member is looking for a special card for an elder, you might consider a card signed by the President of the United States.

Here are the details:

Requirements:

- Recipient must be a US citizen.
- Must be 80 years of age or older

Information needed:

- Name of honoree
- Title: Mr., Mrs., Ms., Miss
- Address of honoree
- Date of birth (month, day, year)
- Requestor's name & daytime phone number

Mail request to:

The White House
Attn: Greetings Office
Washington, D.C. 20502-0039

Be sure to mail your request at least six weeks before the desired date.

The card will be sent about 14 days before the requested birthday.

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: 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



Peanuts are one of the ingredients in dynamite.

The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off!

”Choosing Breakfast Cereals”

by Kali Gardiner, RD
U of I Extension Nutrition Program
Taken from the September 2011
“Food For Thought”

Cereal is a quick, easy, nutritious way to start the day. Research has shown that eating healthy cereal is associated with higher intakes of fiber and calcium as well as with lower blood cholesterol and a lower body mass index (BMI). Although a bowl of cereal is a simple breakfast, it really can have many nutritional benefits.



What a Breakfast Cereal Should Provide:

When choosing a cereal it should be nutrient dense, made from whole grains and with little or no added sugar. In general look for hot or cold breakfast cereals that a one ounce serving contains:

- 100 to 200 calories
- At least 3 grams of fiber, but preferably 5 grams or more
- 8 grams of sugar or less
- Less than 3 grams of fat, and no trans fat
- 10 to 25% of your daily requirement of vitamins and minerals (e.g. iron, folate, B6 and B12).

Healthy types of cold cereals include:

- toasted oats
- whole grain flakes
- bran flakes
- shredded wheat

Cereal is quick and easy to prepare, which makes it a great option for busy families, and it is something that children can prepare. If your favorite cereal is not the most nutritious choice, then try mixing it with one that is. When combined they will give you the flavor you like and the nutrients you need.

Cooked cereals are also a great choice. There are many types of cooked cereal including oatmeal, cream of wheat and grits.

To add flavor and nutrition to cooked cereals:

- Top with fresh fruit.
- Blend in chopped fruit (fresh or dried), nuts or grated low-fat cheese.
- Use 100% fruit juice or use milk (1% or fat-free) as the cooking liquid.
- Add dry milk to fortify with extra calcium.
- Flavor it with spices (e.g. cinnamon, nutmeg, allspice or cloves).



FOR LEXOPHILES (LOVERS OF WORDS)

contributed by Karen Davis

1. A bicycle can't stand alone; it is two tired.
2. A will is a dead giveaway.
3. Time flies like an arrow; fruit flies like a banana.
4. A backward poet writes inverse.
5. A chicken crossing the road is poultry in motion.
6. When a clock is hungry it goes back four seconds.
7. The guy who fell onto an upholstery machine was fully recovered.
8. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
9. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
10. A calendar's days are numbered.
11. A boiled egg is hard to beat.
12. I wondered why the baseball kept getting bigger. Then it hit me.
13. The short fortuneteller who escaped from prison: a small medium at large.
14. Two silk worms had a race. They ended up in a tie.
15. When you've seen one shopping center you've seen the mall.
16. If you jump off a Paris bridge, you are in Seine.
17. When she saw her first strands of gray hair, she thought she'd dye.
18. Santa's helpers are subordinate clauses.
19. Acupuncture: a jab well done.
20. Marathon runners with bad shoes suffer the agony of de feet.
21. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
22. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

Senior Meal Site

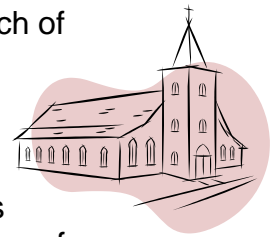
Friendly Neighbors operates a senior lunch meal site on Tuesdays and Thursdays in the Great Room of the 1912 Center in Moscow (412 East Third Street). Salad bar is available at 11:30 AM with main meal served at noon.

Suggested donation for the meal is \$4.00 for seniors 60 and older; for 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.

Community Dinners

The First Presbyterian Church of Moscow will be hosting its community church dinners starting at 6 PM Wednesdays in its Fellowship Hall. The dinners are free of charge and continue for ten consecutive weeks (first week was September 14). Each week offers a different menu. For more information, contact the church at (208) 882-4122.



Craft Club

Is anyone interested in completing sewing, quilting, or other craft projects begun by seniors who no longer can finish their projects? The activities director at Clark House asked Friendly Neighbors if we had anyone who'd like to help complete some of the projects.



One suggestion was to have a craft club event at Clark House to meet the people who began the projects, learn about their work, and then work on the projects that are of interest.

If this interests you, leave your name and contact information with Helen at the meal site sign-in table.

Autumn's Children by Glenda Hawley

I wonder what the trees feel
when their leaves lose their grip
and with a flip
set sail with zeal.

Red and yellow, swirl and meet,
Achieve or flutter
Over grass and gutter
Rejected at their feet.

With each falling leaf
is there a flash of grief?
Do they miss the weight
And wonder at their fate
Or is it profound relief?

Pets to be Featured in Upcoming Newsletters



The next issue of the
Friendly Neighbors
newsletter will feature
pets that Friendly
Neighbors members
currently have or have had
in the past. If a pet (dog,
cat, horse, bird, rabbit,

etc) has been important to you, we'd like to
share your stories with newsletter readers.

Please supply a few sentences about your pet
(only one pet, please) and a photo if you have
it. Give the photo to Kay, who will scan it for
inclusion in the newsletter and then return it to
you.

When you write about your
pet, please include its name,
what kind of pet, when you
had it, how or why you got it,
and what made it special in
your life. If it takes more than
one issue to share all the pet
stories, we'll continue them in later issues.



Neighbor Notes



Bill Terrio won big at
the Moose Lodge bingo
in early September.

Helen Dewey went on the Road Runners trip
to Oregon in late September.

Linn Lindsey went to Colorado Springs, CO in
early September. He drove to
the top of Pike's Peak
which has an elevation
of 14,110 feet.



Harriet Phillip and Bob Crossin went to
Alliance, Nebraska in early September to
attend a family reunion. Events included a
reception for Harriet's 90th birthday. Some 175
people were at the reunion.

Kay Keskinen pitched in the Idaho
State Horseshoe Pitchers
Association singles
tournament in late August.
She averaged 59.7% ringers
and came away the Idaho
Women's Champion.



Ernie Bunch continues to take chemotherapy;
his last report showed that things were looking
good.

Birthdays:

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 26: Ray Qualey

Anniversaries:

October 23: Fred and Mertia Kohl

Dining Room Update by Helen Sasse Meal Site Arrangements Chair

The new face you have been seeing in the kitchen is Ellen's new assistant Matt. Welcome!

If you have a special request for something other than what is on the menu, please contact Ellen. She will try to accommodate you, but please give her a day or two advance notice.

Many thanks to Odessa Johnson for her generous donation of fabric to replace worn covers on seat cushions.

Thanks to Al and Ida Pepe who have taken over the job of folding plastic bags and rolling them up for us to use.

We are looking for volunteers to help wipe down dining room chairs. We plan to do this once a month after a meal. There are approximately one hundred chairs, so the more people we have, the easier it will be for everyone. Contact me if you are available to help with this task.

Reminiscence Activity

contributed by Samantha Schwartz-Oscar

Join me for a Reminiscence/Life Review Group. We will share stories with one another, meet other seniors in the community, and have fun!

This is a 6-week group and attendance at each group is highly recommended. The dates, time, and locations of the groups will depend on the availability of those interested. This group is part of a dissertation study by a doctoral student at WSU. Participants must be 65 or older, live independently in the community, and be retired for at least one year.

Please contact Samantha Schwartz-Oscar at 608-495-0706 or e-mail her at <soscar@wsu.edu> if you are interested or have any questions. I hope to hear from you!



From the September Newsletter

For information about any of the trips listed below, contact Don or Eniss Smith, Tour Directors, at (208) 882-7367. Annual dues are \$10 and run for the calendar year. Note, these are just a few of their planned trips. Not all prices are shown.

Fox Theater Symphony:

Nov 12 - Pops #2 - 5 by Design

Dec 18 - Pops #3 – Holiday Pops

Feb 4 - Pops #4 – Americans Favorite
Cowboys Riders in the Sky

Nov 13 – Blues Brothers. INB Performing Arts
Center, Spokane (\$60)

Nov 15 – Spokane shopping

Dec 4 – “Nutcracker” Eugene Ballet (\$32)
WSU Beasley Coliseum

Dec 6 – Coeur d’Alene (\$126)
Fantasy Lights

Or

Dec 8-9 – Coeur d’Alene (\$149 overnight)
Fantasy Lights followed by USO show

Dec 13-15 – Leavenworth (\$225)
Bell Choir
Braun Journey (harpist)
Wagon or sleigh ride (depends on
weather)

Trips must have a minimum of 16 participants or the trip will be canceled. We use our own buses and leave from Good Samaritan in Moscow. Non-members will pay an additional \$2 per person to cover insurance cost.

WA-ID Volunteer Center Honors RSVP Volunteers

On August 17, Volunteer Coordinators Cathy Robinson and Adrienne Bennett came to Moscow to host a recognition event for the RSVP volunteers in Moscow, Potlatch, Princeton, Onaway, Harvard, Deary, and Viola. In addition to “left-right” prizes and “build your own” ice cream sundaes, volunteers received recognition for their service.



Kay Keskinen received the “President’s Call to Service Award” for contributing 4,000 hours as an RSVP volunteer. She received a letter from President Obama, a framed certificate, and a medal.

Kay Keskinen

Lois Rose received a certificate for her 15 years of service. Betty Hammond and Jean Rudolph were recognized for 20 years of service. Lou Stevens and Dorothy Burlison received certificates for their 25 years of volunteering.



Lou Stevens



Doris Norman

Friendly Neighbors member Doris Norman was able to attend the recognition event and visit with friends she hadn’t seen for some time. Doris assured everyone, “I’ll be back.”

1 & 2 Bedroom Apartments available now!

1 & 2 Bedroom Apartments are available at both Moscow Village and Fairview Village Estates.

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



Moscow

Friendly Neighbors Kitchen Staff



L-R: Nikoi Parfait and Ellen Roskovich

The Friendly Neighbors kitchen staff is led by Head Cook Ellen Roskovich. Ellen is assisted by Nikoi (shown above) along with Matt Babb and Kim Thompson. Ellen and Nikoi work four days a week; Mondays and Wednesdays are prep days for the meals served on Tuesdays and Thursdays.

Ellen works hard to provide a variety of menu items, all meeting the nutritional requirements for senior citizens. In addition, Ellen ensures that the work is done in compliance with the Idaho Health Department, who makes on site inspections to see that our kitchen and food handling meet their stringent standards.

Last year Friendly Neighbors did a survey of the main dishes we provided, and Ellen plans to do another survey later this year. Be thinking about which main and side dishes you prefer and ones you’d like added to our menus.