

Friendly Neighbors Newsletter

Volume 12 – Issue 3 – May/June 2011

Founder/Publisher Emeritus – Doris D. Norman

Publisher/Editor – Kay Keskinen

Moscow Senior Meal Site and Senior Center

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President's Message



Friendly Neighbors Senior Citizens is currently seeking Volunteers to serve at our Meal Site to set up and return 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 officer. Additionally, if presenters are available for information and services that would benefit the membership, please forward those names and phone numbers as well.

The annual **Senior Fair**, which is sponsored by the *Moscow-Pullman Daily News* and Gritman Medical Center, will be on Tuesday, June 7 at the Palouse Mall in Moscow. We will have a booth at the fair and are in need of volunteers to set up the booth that day, sit at the booth, and take down the booth.

Don't forget our **New Meal Ticket: Buy 10 Meals, Get 1 Free**. For the suggested donation cost of \$40 for ten meals, with this meal ticket you get an eleventh meal free. In other words, a person would pre-pay (or pre-donate) \$40 and get 11 meals, bringing the average to \$3.64. The tickets are transferable but non-refundable. They can be used for multiple people at the same meal. And, you don't have

to remember to bring it with you. We keep it for you at the meal site, and it'll be there when you come to eat.

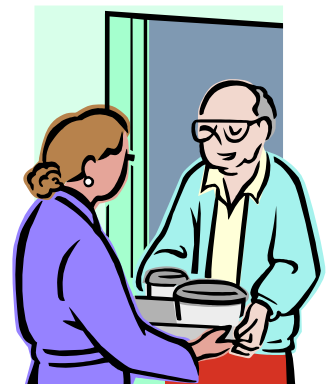
by Linn Lindsey, President

Dues and Membership Directory

Annual dues for Friendly Neighbors are \$2; dues run from January 1 to December 31. An updated membership directory was printed in April. If you have moved or have a new telephone number, please give that information to Membership Chair Karen Davis so it can be updated for the directory.

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.



Meet the Friendly Neighbors Board of Directors

This issue of the newsletter includes the second in a series of articles that feature members of the Friendly Neighbors Board. This issue highlights Secretary Jan Jensen and Treasurer Kay Keskinen. Mar/Apr had President Linn Lindsey, Vice President Gerald Schutz, and Past President Leonard Johnson. The July/August issue will showcase the three directors.

Each person was invited to provide some background about herself. **The autobiographies begin on page 7 of this newsletter.**

Upcoming Events

Tuesday, June 7: Palouse Senior Fair, Palouse Mall. The fair features a full day of vendors, information, and workshops at the Palouse Mall. Be sure to stop by the Friendly Neighbors booth.

Thursday, June 9: Free Barbecue for Seniors at Good Samaritan Moscow Village, 640 N. Eisenhower Street, 4 – 6 PM, in honor of National Older Americans Month in May. The meal is free for anyone 55 or older.

Saturday, June 11: Roadrunners meeting.

Mon, June 13 – Sat, June 18: North Idaho Senior Games in Lewiston, 17 events for men and women 50 or older. For information, call the WA-ID Volunteer Center in Lewiston at 888-546-7787.

The Latah AARP Chapter does not meet in the summer; their next meeting is scheduled for Friday, September 9.

Friendly Neighbors is a non-profit 501(c)(3) organization whose purpose is to provide important 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).

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

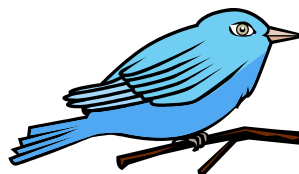
Friday AM: Bingo

Coffee Hour Daily - 10:00 a.m.



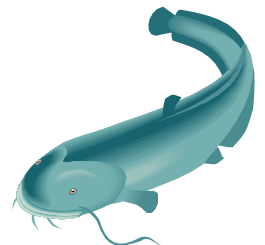
At the Moscow Senior Center
Coffee courtesy of Jeff Bollinger
Edward Jones Investments

Fun Facts



Bluebirds cannot see the color blue

The catfish has over 27,000 taste buds, more than any other animal.



“Fill Half Your Plate with Vegetables”

by Kali Gardiner, RD

U of I Extension Nutrition Program

Taken from the May 2011

“Senior Nutrition News”

The recently released 2010 Dietary Guidelines from the U.S. Department of Agriculture and the Department of Health and Human Services don't have any changes to the recommended number of servings of fruits and vegetables. Instead, they take a new approach to getting people to eat the appropriate amount of fruits and vegetables with the Half-Your-Plate concept.



Instead of confusing messages about serving size and portions that people have trouble remembering, the new guidelines suggest that all Americans fill half their plates with fruits and vegetables at every meal or eating occasion. You can do this by making colorful fruits and vegetables the focal point of your meals and snacks. Try adding fruits to breakfast; snacking on crunchy vegetables dipped in hummus or low-fat ranch dressing; and using canned, frozen, and dried forms of fruits and vegetables when local foods are not in season.

Fruits and vegetables add color and texture to your diet, and, since they're low in calories, can keep weight gain at bay. Eating fruits and vegetables may help reduce the risk of disease, including heart disease, high blood pressure, and some cancers. Fruits and vegetables naturally provide a number of nutrients, including vitamins and minerals that most people don't get enough of. The guidelines also suggest limiting or avoiding sugary beverages, expensive snack foods and desserts that provide no nutritional value for your money and redirecting these dollars to the purchase of fruits and vegetables.



To learn more about the benefits of fruits and vegetables, visit the Fruits and Vegetables More Matters website at <http://www.fruitsand-veggiesmorematters.org/>. The site offers menu plans that meet the dietary guidelines and advice on selecting, storing and preparing fruits and vegetables. With its tips, recipes, videos and lots of other helpful information, the website will help ensure half of your plate is fruits and vegetables.

From the MAY, 2011 NEWSLETTER



The next Roadrunners meeting will be on June 11.

Below is a listing of Member Trips that are not filled.

You need to be a member or guest of a member

(\$2 extra for day trips and \$5 for overnight trips to pay for insurance)

DAY TRIPS:

July 10 (Sun) "A LITTLE NIGHT MUSIC" \$60. Second of the CDA Summer Theater. We will leave the Good Samaritan lot at 11:30 a.m. for a 2:00 p.m. show at the Coeur d'Alene Summer Theater. There will be a picnic lunch after the show.

July 31 (Sun) "ONCE ON THIS ISLAND" \$60. Third of the CDA Summer Theater. Bus will leave at 11:30 for a 2:00 p.m. show at the Coeur d'Alene Summer Theater. Picnic lunch will be served after the show.

August 11 (Thu) ELK RIVER/CEDAR TREES/OROFINO/LUNCH \$42. Everyone enjoyed this trip last year. Bus will leave Good Samaritan at 8:00 a.m. and return around 5:00 p.m. We will drive to Elk River and on up to the Old Cedar Grove. You will break there. From the Cedar Grove you will proceed to Orofino, via Dent Bridge. In Orofino you will have a lunch that is paid for at The Rivers Edge Lodge. After lunch you will leave for Moscow via Ahsahka, Southwick, and Kendrick.

August 21 (Sun) "SOUND OF MUSIC" \$60. Last of the CDA Summer Theater. Group will leave Good Samaritan at 11:30 a.m. for a 2:00 p.m. show at the Coeur d'Alene Summer Theater. After the show we will have a picnic lunch.

September 1 (Thu) \$28 GREEN BLUFF PEACH AND APPLE TOUR The bus will leave at 8:00 a.m. from Good Samaritan parking lot and return around 5:00 p.m. We will drive to the Manito Park Gardens in Spokane to see the flowers and have a coffee break. The bus will then take us to the Green Bluff area north of Spokane. We will visit several different orchards and have a no host lunch. You will be able to buy Peaches, Apples and crafts at the different orchards. Good time to buy fruit or just have a day out.

OVERNIGHT TRIPS:

August (2-4) (Tue-Thu) \$258 MARINERS vs OAKLAND (two games) We will start loading at 7:00 a.m. and be on the road by 7:30 a.m. Stop in Ellensburg for lunch at Perkins. Check in at motel and then see the Mariners play Oakland. The next day we will visit the Museum of Glass in Tacoma and see the Chihuly Bridge of Glass. After the tour of the Museum we will leave for Seattle and go to the waterfront where you can do some shopping. We will board the bus at 5:45 for a 7:00 p.m. ball game.

September (6-18) (Tue-Mon) \$1,112. COLORFUL COLORADO

MAKE CHECKS OUT TO--IDAHO ROADRUNNERS - You need to be a member OR guest of a member for Trip Payments.

TRIP PAYMENTS: To: Don or Eniss Smith, 1247 Larson Rd, Moscow, ID 83843

DUE PAYMENTS: To: Verla Mae Nearing, 330 Susan Drive, Moscow, ID 83843 **\$10 per person**

**Don and Eniss Smith, Tour Directors, Idaho Roadrunners, 1247 Larson Rd, Moscow, ID 83843
Phone: 208/882-7367, e-mail: Enissanddon1247@moscow.com**

Learn Eat Share Shop at the Tuesday Growers Market this Summer!

By Britt Heisel, Market Coordinator

Market Notes...

Spring is in the air and the Tuesday Growers Market is humming right along. The market meets every Tuesday 4:30-6:30 p.m. through October 11th in the Moscow Food Coop parking lot. SNAP cards are accepted, and on the first Tuesday of every month Backyard Harvest will offer an extra \$5 token to customers who use their SNAP benefits at the market.

In addition to all the fresh and delicious produce at the market, you can shop for eggs, baked goods, ice cream, and this year fruit from the Wilson-Banner Ranch. Cherries should be ripe mid-June, and later in the season there will be peaches, apricots, nectarines, pears, plums, and grapes. If you are a canner, you can buy your fruit in cases from the Wilson family. Dallas Sexton of Sexton Farms has chicken (\$3/dozen) and duck eggs (\$2/half-dozen) for sale. Gluten-Free is also a market favorite... gluten free bread (chocolate zucchini!), muffins, and puff pastries from Deep Roots Farm and Ravencroft Farm are QUITE popular.

Mackenzie Femreite and Jessie Hunter from U of I Extension have created Nutrition in a SNAP for the market. Each week they will have fun nutritional education activities planned and tasty samples.

The Tuesday Growers Market is a perfect place to get to know the face of farming on the Palouse. All of our growers are within 50 miles of Moscow. All are committed to sustainable practices. And all welcome the chance to talk with you about what they do and why they do it.

What our Growers have during the month of June:

Backyard Harvest – Providing USDA Food Stamps to Shop the Market and Farm Share pick-up for Community Food Works

Deep Roots Farm – Gluten Free bread and muffins, cut flowers, veggie starts, radishes, turnips, salad mix, kale, spinach, peas, bok choy, maybe some broccoli and cauliflower

Ravencroft Farm - Salad mix, arugula, spinach, mache, dried herbs, and gluten-free puff pastries

Sexton Farm – Duck and chicken eggs (see photo)



Farmer Dallas Sexton has chicken and duck eggs for sale at the Tuesday Growers Market

Stacey and Friends Produce - Cabbage, walnuts, candied walnuts, freshly made prepared horseradish, strawberries, basil, tarragon, parsley, chives and thyme

Sticky Fingers Farm – Homemade Ice cream and Cones

Wilson-Banner Ranch – Cherries should be ripe mid-June! Yum!



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. 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.

Below are entrée dishes for senior meals for the next two months (menus subject to change)

Note that the June 28 and June 30 meals will be at the Latah County Fairgrounds on Harold Street.

June 2011 Entrees			
Date	Tuesday	Date	Thursday
		2	Tortellini w/Sauce
7	Pork Chops	9	Sweet and Sour Meatballs
14	Chicken Cordon Bleu	16	Salisbury Steak
21	Salmon	23	Stuffed Cabbage
28	Pizza Party at the Fairgrounds	30	Fried Chicken at the Fairgrounds

July 2011 Entrees			
Date	Tuesday	Date	Thursday
5	BBQ Riblet	7	Tuna Casserole
12	Brunch: Omelet	14	Roast Turkey
19	Beef Stroganoff w/Noodles	21	Ham
26	Tilapia/Fish	28	Rosetti Casserole

Neighbor Notes

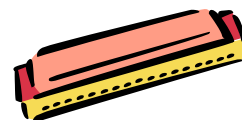


Helen Sasse went to Massachusetts for a surprise birthday party for her son's 40th birthday.

Ruth Smith was a big bingo winner at the Moose Lodge. Her son Dennis from Liberty Lake, WA visited in May.

Mary Ann Moser reports that she had a great time volunteering at the Lewiston Civic Theatre.

Ernie Bunch continues to take chemotherapy. Even though Ernie is not feeling that good, he played his harmonica with the Old Time Fiddlers when they performed at the senior meal site on April 28.



Tiffany Everett, granddaughter of **Gerald Schutz**, is getting married on June 14 in Spokane.

Birthdays:

June 9: Bob Crossin
June 15: Alice Beek
June 20: Ruth Smith



July 2: Ernie Bunch
July 12: Joann Aldrich
July 15: Bernice Brooks
July 22: Ida Pepe
July 23: Louis Olson

Tanka Verse
 by Glenda Hawley

Yellow Daffodils
 trumpets a new season --
 the first course
 in the spring banquet.
 Come and feast your eyes and heart.

Meet the Friendly Neighbors Officers/Board Members In their own words



Jan Jensen
Secretary

Hello. My Name is Jan Jensen and I am your Friendly Neighbors Secretary. I was appointed to this office one year ago by the Friendly Neighbors Board after Doris Norman became ill. I was re-elected to a

year's term last December.

I was born and raised in Tacoma, Washington. After high school, I attended Mills College in Oakland, California, where I received a bachelor's degree in English. I met my husband Eric after college and we were married in 1971. Shortly after our marriage we moved to Pullman, Washington, where Eric was in graduate school. While in Pullman, I attended classes at WSU and earned a second bachelor's degree in Psychology. After having several jobs and life experiences, I decided that I wanted to work in the field of social services, and this second degree would help me attain that goal.

In 1977 we moved to Moscow. My husband had been hired in a teaching position at the University of Idaho. After having two children, I completed a Masters program at the University of Idaho in Counseling and began working as a social worker. I worked for the Whitman County Council on Aging and later for the Idaho Department of Health and Welfare, where I remained for 22 years. During this time I held several different positions, including Medical Social Worker, Nursing Home Ombudsman, Child Protection Supervisor, and Children's Mental Health Therapist. For most of this time I commuted to Lewiston for work, but worked in Moscow for the last 7 years of my career. I retired in 2005 and began volunteering at the

Friendly Neighbors Senior Center shortly thereafter.

Reading has been a life long hobby of mine and I belong to two book groups. I also enjoy crossword puzzles and Scrabble. I have enjoyed fly fishing in surrounding rivers for many summers, but my knees no longer like to go over the rocks! I love to cook. My husband and I enjoy mushroom hunting and huckleberry picking. Wine tasting and learning about wines is another of my hobbies.



Kay Keskinen
Treasurer

Kay has been an RSVP volunteer in the Moscow Senior Center since September, 2003. After she retired from the University of Idaho in 2003 she went shopping for a place to volunteer. Stopping by the Senior Center one

afternoon, she spotted a notice on the bulletin board that said computer help would not be available for some time since Doris Norman was recovering from surgery.

Having worked for more than 31 years at UI designing administrative computer systems, managing their database and security teams, and also teaching computer science classes part-time, Kay thought helping seniors with computers would be the volunteer match she was looking for. She then met Doris, and they became a team for more than six years, working together to improve the "computer corner" and Doris teaching Kay about the behind-the-scenes work of Friendly Neighbors.

Kay was raised in a small town in Minnesota where her grandparents had emigrated from Finland. Her undergraduate college work at the University of Minnesota (Morris campus) included a major in math and minors in nuclear physics and psychology. She also did graduate work in math at Minnesota State Univ. and UI.

Kay's parents lived at a lake in Minnesota and, with not much to do in the summers (besides mowing grass!), she learned to pitch horseshoes. She pitches in the Moscow summer league and also in sanctioned horseshoe pitching tournaments; she's currently ranked #60 among the top 100 women pitchers in the country.

Other hobbies include being Treasurer of Friendly Neighbors; helping seniors with computers, and managing the FN web site. She also maintains web sites for five other groups and volunteers as a mediator at the Latah County Courthouse.

An avid baseball fan, her team is the New York Yankees, and Yogi Berra is her favorite player.

**New
Assisted Living Options
Now Available**

Renovation of 3rd floor apartments at Moscow Village is complete. New Assisted Living apartments now available.
For more information call
Christie Pernsteiner at
208.882.6560



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.



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.

The Advantages of Living After 50!

Perks of reaching 50 or being over 60 and heading towards 70!

01. Kidnappers are not very interested in you.
02. In a hostage situation you are likely to be released first.
03. No one expects you to run--anywhere.
04. People call at 9 PM and ask, "Did I wake you?"
05. People no longer view you as a hypochondriac.
06. There is nothing left to learn the hard way.
07. Things you buy now won't wear out.
08. You can eat supper at 4 PM.
09. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with elevator music.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
16. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to manageable size.
19. You can't remember who sent you this list.
20. And you notice these are all in Big Print for your convenience.