

FRIENDLY NEIGHBORS' NEWSLETTER*Volume 6 ~ Issue 1**Editor/Publisher ~ Doris Norman**Reporter ~ Vivian Hofmann***January/February 2005****President's Message ~ January 2005**

As your incoming **president** for the year **2005**, I am looking forward to making this an interesting year of adjustment and success in facing the many challenges lying ahead. With fund reduction from the **Food and Nutrition Service**, we may have to introduce changes. We plan to continue to present appetizing and nutritious meals at a donation fee that will please all **Neighbors**.

At this writing, it appears there will be a mandatory increase in the suggested donation from \$2.50 to \$3.00 for seniors age 60 and above. The price for those participants under 60 will be \$5.00 and for children under age 10 ~ \$3.00.

If there are questions you may have from time to time, I will be present and always happy to talk with you about your thoughts on the operation.

Let us all look forward to a good year for **2005**.

Jim Maley**1912 Building Usage Facts**

- There is an average of at least **75 persons** present for each meal during the month.
- There is an average of **100 senior citizens** visiting the **Moscow Senior Center** each week ~ bridge players, pinochle players, bingo players, group meetings (camper clubs & Diabetic Support Group among others), domino players, Jig Saw puzzlers, newspaper & magazine readers, seniors learning to fine tune their computer skills, volunteers reporting to **RSVP**, coffee & tea

drinkers, and others for various reasons of their own.

- There is constant use of **Friendship Hall** with many activities going on each day.
- The evenings in the Great Room are filled constantly with wedding receptions, high school, grade school and junior high activities, birthday parties, Farmers' Market, and many other things offered and open to the public.

◆LET US ALL SUPPORT THE CITY OF MOSCOW BY APPRECIATING THE OPPORTUNITIES OFFERED... NOT ONLY FOR SENIORS, BUT ALL AGE GROUPS.

Editor/Publisher ~ Doris Norman

- If you love something, set it free. If it comes back, it will always be yours. If it doesn't come back, it was never yours to begin with.
- But, if it just sits in your living room, messes up your stuff, eats your food, uses your telephone, takes your money, and doesn't appear to realize that you had set it free...
- You either married it or gave birth to it.

**Thank You**

The members of the **Friendly Neighbors' Continuing Education Committee** wish to express our thanks and appreciation to **Robert and Carol Kreis** of Moscow for their generous donation of three computers, key boards, a printer, numerous cords, Mouse, and necessary attachments to set up the computers.

This donation will help tremendously with our continuing education functions.



Past President's Message

Dear Friendly Neighbors,

While it seems as if I just started my term as **president**, the calendar tells me that it's 2005 and time to reflect on what happened in 2004. Although the final meals served and financial figures aren't in as I write this message, I believe that **Friendly Neighbors** had another good year. Not only did we continue to provide inexpensive, nutritious meals in an enjoyable, relaxing setting, but we added a **Continuing Education Committee** that helps **seniors** use computers for e-mail and other applications

Our continued success is due to many dedicated **volunteers** who step up to do a variety of tasks. One of the best parts of serving as **president** was working with and getting to know so many thoughtful, willing individuals. My heart felt **thanks** to all who made this past year such an enjoyable experience for me.

And now the **president's gavel** is in the hands of **Jim Maley**. Please join me in supporting **Jim** and the **Board of Directors** so that 2005 is an outstanding year for **Friendly Neighbors**.

Sincerely,

Duane LeTourneau

↓

Moscow's First Cyber Cafe

The 1912 Center is now a wireless "hotspot" with free Internet access (courtesy of First Step Internet and the City of Moscow) for those with their own wireless devices. So, with the coffee, tea, and conversation in the Senior Center, that makes the center Moscow's first "cyber cafe."

Seniors who have wireless laptops and handheld devices should stop by and try out the Internet access.

For those who need more information about

wireless, stop by the Senior Center when the computer volunteers, Doris Norman and Kay Keskinen, are there on Mondays from 9 AM to 12:30 PM and Wednesdays from 1 - 3 PM.

Scotte Hecht is also very knowledgeable about wireless, and he is often at the Senior Center.

The Continuing Education sub-committee of the Friendly Neighbors (members are Doris, Scotte, and Kay) are working on improving the Internet access for the PCs in the Senior Center. Hopefully, by the time this newsletter is published, at least two of the PCs will be able to access the Internet at higher speeds. The committee plans to make all four PCs access at much higher speeds than the 56K dial-up limit.

In addition to the high speed Internet access available at the Senior Center, assistance with general computer questions and problems is available during the hours that Doris and Kay are in the center. They can help with word processing, spreadsheets, Internet searches, starting free e-mail accounts (your grandkids use e-mail, so should you!), using e-mail, helping prevent computer viruses and spy ware ... and more. Their help is free for seniors, and you can even be a novice at computers. They don't offer formal classes; all help is individualized to meet your needs and answer your specific questions.

The website for the Senior Center is

<http://users.moscow.com/srcenter>



eBay Workshop for Seniors

In conjunction with the Moscow Parks & Recreation Department, a free class on shopping on eBay will be offered to seniors on Monday, February 28, and on Monday, March 7, at 1:00 PM in the Senior Center. Kay Keskinen will be the instructor for this two-part class. If there's enough interest in

this class about buying on eBay, there will be a class offered later on how to sell items on eBay.

With this class you will learn the basics of buying on eBay: searching for items, checking the feedback of sellers, bidding on items, knowing what to do if you win an auction item, leaving feedback for the seller of an item you won, and seeing how the "Buy It Now" feature works.

In order to buy on eBay, you must have an active e-mail account. If you need an account, stop by when Doris and Kay are there and they'll help you create a free one (like Yahoo). You also should know how to use the internet, to follow links, and use a mouse in order to take the class.

Again, if you need help in learning how to use the internet, see Doris and Kay.

There's a sign-up sheet for the class on the wall of the Senior Center.

Because there are only four PCs in the Senior Center, class size is limited. But with wireless access now, if you have your own wireless laptop that you can bring to the class, you won't be affected by the class limit.

Even if you don't buy on eBay, it's fun to search for items and see what all is available for sale.⇒



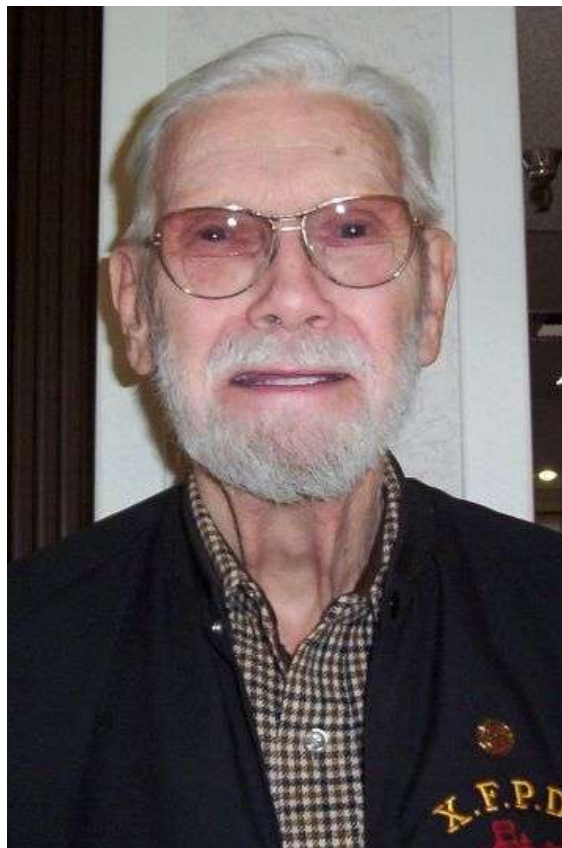
News From Latah County Assessor Income Limits Increased for 2005 Circuit Breaker

The qualifying net income for the 2005 Property Tax Reduction Program has been raised to \$22,040. Prescription drug supplies purchased in Canada or Mexico and the associated trip costs are no longer deductible as per the Federal Income Tax

guidelines. All other provisions of this program that pays property taxes on behalf of certain Idaho low-income residents remain the same as in 2004. Only the income of the applicant and spouse will be included on the application. In addition, actual and prepaid funeral expenses to a limit of \$5000 per year may be deducted from income along with medical expenses and capital gains.

Homeowners may qualify for homeowner's exemptions through April 14, 2005 which is the basic qualification for the Property Tax Reduction program. Applications will be taken at the County Assessor's Office from January 2 through April 15, 2005.

Brochures and further information are available from the Latah County Assessor's Office in Moscow. A representative from the Assessor's office is available to give presentations on the program. For informational materials or to arrange a presentation, please call (208) 882-8580, ext. 3306.



Ned Cantrell

Ned Cantrell is one of our newer members of the **Friendly Neighbors of Moscow**. We welcome him!

Ned was born in **Noble, Illinois**, in 1920 and has been a member of the **Xenia Methodist Church** since 1928.

He lived with **Winnie**, his wife since 1941, in **Xenia, Illinois**, which is 90 miles due east of **St. Louis**. **Ned** lived from the age of 8 until the age of 81, except during the years of **World War 11** and just lately 3 years with his wife in **Heritage Woods Assisted Living** facility in **Flora, Illinois**, the next town east of **Xenia**. He came to **Idaho** in June of 2004 because of health and to be nearer to his son, **Mac** and family. **Ned** and **Winnie** are now 84 years of age.

Xenia's major distinction is that it is one of only two towns or cities in the entire **United States** with a name beginning with "**X**". The other is **Xenia, Ohio**.

Ned served with the **United States Merchant Marines** 1944 through 1946 as a radio operator. He was in **Shanghai, China**, which his first son was born and he immediately decided not pursue sailing as a vocation.

He was a partner with his father in a hardware store and lumberyard from 1947 until 1957 when he became sole owner and manager.

His wife, **Winnie**, began teaching school when their 2 boys, **Mac** now in **Moscow, Idaho** and **Gary** living in **Denver, Colorado**, began high school. Each son has a son and a daughter, **Ned and Winnie's** only 4 grandchildren.

Winnie, an accomplished pianist, taught music for 20 years in an elementary school in **Louisville, Illinois**, 17 miles from **Xenia**, then substituted in 3 other schools for 20 more years and is now a retired school teacher. She is an Alzheimer patient, now living in the Special Care Unit at the **Good Samaritan Village**, where **Ned** is living in an apartment and learning to cook. **Ned** claims to do a fabulous job of baking frozen waffles in the toaster but have you ever heard of anyone having waffles 3 times a day?

“**Ned** was an avid trap shooter, bowler, and nincompoop golfer until health problems demanded less active endeavors. He is now a fumbling old time at the keyboard of his computer.” ↓↓



Valentine's Day is just around the corner
Remember your best sweetheart
Remember all your best friends
Remember all of your best enemies, too.♥

Want To Get Healthier?

By: **Dorothy Nichols**

If you've surrendered to the sedentary winter blahs and regret it, there is a way you can get off your couch and re-energize yourself - and it's free!

Latah Health at 510 West Palouse River Drive has generously opened their exercise room to us seniors. Their physical therapist came to tell **Friendly Neighbors** about this service last month and I took one of his flyers. Actually, I expected to find only a few dinky machines, but **Bob Newbre** and I were agreeably surprised when they gave us an orientation that showed a full array of machines to help exercise all parts of your body (and there are undoubtedly some parts you haven't used in years.)

Afterwards **Bob** and I tried several machines. As a reformed couch potato myself, I could only last five minutes each on the treadmill, stair-stepper, and stationary bicycle, but **Bob** is used to doing an hour and a half session so he was in full form. Since we want to go together and I don't want to just sit around while he does a full workout, I decided to do aquatic exercise in the pool (**which is not free**), and afterwards do a short session on the machines.

Bob started exercising two years ago in **Gritman's** cardiac program, but the machines were limited and there were lots of people using them. He next went to the **Athletic Club**, but it was expensive and after exercising, the lure of the **Breakfast Club** across the street tempted him to eat the calories he'd just worked off.

His next choice was the gym at **U Idaho** where we audit classes. It was less expensive and they have lots of the most up-to-date exercise options, and he's still signed up there. He decided to also work out at

Latah because I would join him there two days a week, and it is more fun to work out with someone.

The free open gym times are 7 – 9 am, 11:30 – 1:30, and 4:30 – 6:30 pm. Open pool times are: Mon. – Fri. 7 – 8 a.m. Mon. Wed. Fri. 12-1:30 and 4:30 –5:30 p.m. for their “pay-per-visit” program. (1 visit: \$5, 5 for \$21, 10 for \$37, and 20 for \$63.) They also have aquatic exercise classes that are slightly more expensive.

I don’t have to tell you the benefits of exercising, and I urge you to try it. Come alone or twist a friend’s arm to accompany you. Since everyone there will be a senior who’ll be in the same boat as you “fitness-wise,” you won’t be embarrassed by what time, gravity, and goodies have done to your once-perfect physique over the years. (Besides we would enjoy your company there as we huff and puff away.) Wear comfortable clothes and shoes and bring a bottle of water and a towel (in case you work up a sweat.) Showers are available for those who choose to use them.

Call 882-1570 to set up an orientation meeting. **Bob** has taken off 50 pounds so far with his exercising. If I can just take off 10 pounds, I’ll be ecstatic. Come and join us at **Latah Health** to get healthier.

Dorothy Nichols ⇒



Senior Programs



E-Bay Workshop

Learn the basics of shopping on E-Bay. Classes will be held at the Moscow Senior Center from 1:00 – 3:00 on February 28 and March 7.

Out To Lunch Bunch

We will be meeting the last Wednesday of each month at the Recreation Center around 11:30 to enjoy a delicious meal at a local restaurant. We expect to return around 1:30.
February 23: The Broiler
March 30: Mickey’s Gyros
April 27, 2004: Golden Star

Groove to Live Tunes

Enjoy live music performances from the Lionel Hampton School of Music.
Sunday, February 13, 2004 3:00pm: SAI Musicale
Thursday, March 30, 2005 8:00pm: Symphony Orchestra
Saturday, April 16, 2005 4:00 pm: Flute Fest



Digital Photography

Here is the perfect opportunity to learn about digital photography! These classes are being held at the Senior Center on February 16, 2005, and March 16, 2005 from 1:00 – 3:00 pm.

The cost for all programs is \$3.00 unless they are marked free. **The \$3.00 fee is for transportation only and does not include meals or admission prices.** If you would like to be picked up at your residence please let the Parks and Recreation office know at least five days in advance. The registration deadline is five days before each event. If you have any questions or would like to

register by phone, please call **883-7084**.
Registration is limited, so sign up today! ⇒

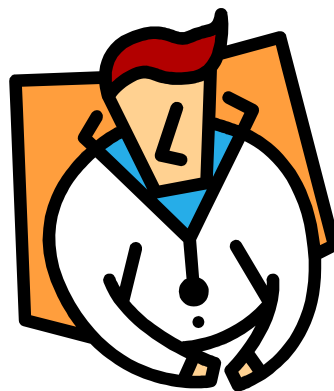


In-Patient/Out-Patient Therapy Center

**With Speech,
Occupational, and Physical
Therapies
Opening Soon to all
Moscow Residents**

**•Immediate openings for One
Bedroom apartments**

**Please call 882-6560
for information**



HAVE A HAPPY DAY!!