

Friendly Neighbors' Newsletter

January/February - 2006

Volume 7 ~ Issue 1

Publisher/Editor ~ Doris Norman

President's Message For the New Year

I was faced with two major tasks and a lot of minor ones when I took over as president on Jan. 1st. (Even though Jim kept telling me "you da man" after the Dec 15th election, he was lame ducking it until Dec. 31st.) The first task was to fill all of the committee appointments.

Fortunately for us all in general and me in particular most of the committee chairpersons and their committee volunteers agreed to continue to serve. There were only two new chairperson appointments which Dorothy Nichole (Membership) and Lois Granlund (Programs) were quick to accept.

The purpose of having chairpersons in charge of various areas is not only to do the work required to make those areas function, but more importantly to the membership is to have an "expert in the field". If you want to know how to make use of the computers in the senior room, for example, ask chairperson Kay Keskinen or committee volunteers Doris Norman or Scotte Hecht because they know not only what they've got, but they can even help you use them -- which is a lot more than I can do.

Here is a list of the standing committees, their chairpersons, and (if any) their committee members. Save it for future reference.

- Budget - Oliver Pratt and Bob Newbre. We can tell you how we take in money and what we spend it on.
- Care Coordinator - Virginia Hays and Nancy Nuhn. They not only take your \$3 per meal, they decide on special need prices and report on members who need special care (including sending cards).
- Continuing education - Kay Keskinen (Doris Norman, Scotte Hecht). As mentioned above, they know everything there is to know about the computers upstairs.
- Greeting Coordinator - Lois Leonard. She sees to it that newcomers and visitors are greeted, recognized to the membership, and made to feel welcome.

- Home Delivery - Bob Leonard (Sara Farnsworth, Juliann Peterson). They see to the meals that are home delivered. If you ever need to have meals delivered to you at home, see Bob.
- Librarian - Betty Anderson. She maintains the library in the senior room. (We've got to do something about the folded up tables located behind the couch and which block the books.)
- Meal Assistance - Al Pepe, Jack Sage. They serve the assisted meals at the lunch site and pour the milk.
- Membership - Dorothy Nichols. She collects the \$2 annual membership and maintains the membership rolls.
- Menus & Report - Doris Norman. She sees to publication of the monthly menus and orders commodities, and completes the monthly report to LCSC Nutrition Service as to the number of Congregate Meals and Home Delivered Meals served each month.
- Newsletter - Doris Norman. She puts out the newsletter that you're reading. She also welcomes ideas or articles for the newsletter.
- Nutrition education - Karen Davis. She keeps the membership posted on what's good for us and what isn't.
- Programs - Lois Granlund. She's filling a post that was vacant. She wants to provide entertaining and/or informative programs in addition to the Old Time Fiddlers. She also would welcome suggestions.
- Table decorations - Marge McBride, Virginia Hays. They provide the flowers and cute figures that appear on our tables every meal.

The second big task was putting together a budget. Using Jim's 2005 budget as a guide, Oliver and I put together a proposed 2006 budget. We then asked past presidents Jim Maley, Duane LeTourneau, and Dorothy Nichols, as well as our long time treasurer, Ida Pepe, for their input.

Using their comments, we'll finalize a proposed budget for acceptance by the board at the Jan. 24th meeting before lunch.

If you have any ideas or concerns you wish the board consider and discuss, you can ask any board member (Bob Newbre, Jim Maley, Oliver Pratt, Barbara Townsend, Karen Davis, Ida Pepe, Jim Dunn, Betty Anderson, and Lee Fruits) to bring your input to the board or you can ask me or Oliver to put you on the agenda so you can make your own presentation. After all, the business of the board is the business of the membership.

Bob Newbre – President 2006



Now Hear This

Past President's Message

Dear Friendly Neighbors;

Thanks, thanks, thanks for being so great with your support in year **2005** and you continue to be great Friendly Neighbors Senior Citizens.

I have really enjoyed working with all of you, and have appreciated your volunteering to help make our **Center** the best! I am not saying goodbye, but **thanks** and see you at the next luncheon.

I Remain, Jim Maley, Past President

Keeping the Brain Busy

Sudoku was the hot puzzle in 2005; **Sudoku** is a Japanese word that means "the digits must remain single."

The aim of the puzzle is to enter a numeric digit from 1 to 9 in each cell of a 9x9 grid made up of 3x3 subgrids, also called regions. Each row, column, and region must contain only one instance of each number. A few boxes have been filled in to provide some clues. Completing the puzzle requires patience and logical ability.

One puzzle (and its solution*) is included in this issue of the newsletter. If there is sufficient interest in these puzzles, we can

print another in future issues, or visit the web site <<http://www.websudoku.com/>> for many more puzzles.

Enjoy! -**Kay Keskinen**-

8	1			9	4			
4		9	5			1	2	3
	5	6				9		4
	2				8			7
		8				2		
7			4				6	
9		3				7	1	
2	8	7			9	4		6
			7	4			9	8

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Meet Our New Programs Chairman



photo by: Doris Norman

Lois Granlund

Lois has accepted the position of **Programs Chairman** for the ensuing year of 2006. Be sure to let her know anyone you especially like to hear or see during perform during our program year. She will be most grateful for all suggestions. She is also looking forward to having sing-a-longs as well as persons from outside the **Friendly Neighbors** group.

**President's List of Volunteers
for Laundry Duty**

- January 2006-**Lou Stevens**
- February 2006-**Dorothy Nichols**
- March 2006-**Barbara Townsend**
- April, 2006-**Betty G. Maley**
- May, 2006-**Betty Anderson**
- June, 2006-Open
- July, 2006-Open
- August, 2006-Open
- September, 2006-**Doreen Steenberg**
- October, 2006-Open
- November, 2006-Open
- December, 2006-Open

If you have not as yet signed-up for this duty, please contact our **President, Bob Newbre**, and get you name on the list.

This task consists of doing the kitchen laundry on Thursday of each week during you chosen month.

Thank you.



photos by:
Scotte Hecht



Old Time Fiddlers

The Old Time Fiddlers have entertained the **Friendly Neighbors** every last Thursday of each month for many, many years. The

are greatly appreciated and we wish to give them a well deserved “**THANK YOU**” for the many times and hours they have been there to entertain and delight us with their ‘old time’ music, which we all remember and enjoy. Those who have been there are as follows:

- **Dave Bezdicek**
- **Gary Bloomfield**
- **Ernest Bunch**
- **Debby Carlson**
- **Carol Frink**
- **Skip Frink**
- **Jon Grimes**
- **Doug Haines**
- **Amy Hatrick**
- **Clarence Howard**
- **Herb Jeffers**
- **Earl Lyon**
- **Soni Main**
- **David Nelson**
- **Marge Nelson**
- **Alice Reiber**
- **Lee Reiber**
- **Tom Schotzko**
- **George Scott**
- **Eileen Smith**
- **Shirley Steffen**
- **Lou Stevens**
- **Mabel Vogt**



photo by: DNorman

Nancy Nuhn

Nancy Nuhn has long served as a volunteer for **Friendly Neighbors' Meal Site**. Currently she is assisting with taking donations at the sign-in desk.

Friendly Neighbors Officers & Board for 2006

Photos by: Doris Norman



• **Bob Newbre, President**



• **Oliver Pratt, Vice President**



• **Jim Dunn-Board Member)**



• **Lee Fruits, Board Member**



• **Betty Anderson, Board Member**



• **Barbara Townsend-Co-Secretary)**



• **Karen Davis-Co-Secretary**



• **Ida Pepe, Treasurer**

Moscow Friendly Neighbors' Senior Meal Site

- Donation for 60 & Over
\$3.00
- Donation for Under 60
\$5.00

Serving Each Tuesday and
Thursday 12 O'clock Noon
(Except Holidays)

Great Room
1912 Center
412 East 3rd Street
Moscow, ID
Good Nutrition
&
Good Fellowship



Harry & Gloria Brix

Harry and Gloria Brix of Moscow recently joined our *Friendly Neighbors* group. We heartily welcome them and hope to see them many times at future meals and *Friendly Neighbors* get-togethers.

8	1	2	3	9	4	6	7	5
4	7	9	5	8	6	1	2	3
3	5	6	2	7	1	9	8	4
6	2	4	9	1	8	5	3	7
1	3	8	6	5	7	2	4	9
7	9	5	4	2	3	8	6	1
9	4	3	8	6	5	7	1	2
2	8	7	1	3	9	4	5	6
5	6	1	7	4	2	3	9	8

Photo by: Scotte Hecht



THANK YOU!

Pat Cummings of the *Moscow Central Lions Club* presents *Friendly Neighbors'* President Jim Maley with a check in the amount of \$400. This is a continuation of yearly gifts from *Central Lions Club*.

Seniors 55 and older

Start your new year
off right at
Moscow's newest Senior Living Community




Unique range of Senior friendly features, services & amenities
34 customized Senior Living Twinhomes
and 22 spacious Senior apartments

For more info: **208.882.9809**
208.882.6560

FAIRVIEW VILLAGE
ESTATES

A Good Samaritan
Community



 **Moscow Senior Center**
Coffee by:
Jeff Bollinger
Edward Jones Investments

Activities at the Senior Center

Descriptions of the various activities that occur at the *Moscow Senior Center* appear in the **Moscow Parks & Recreation** brochure that is mailed to local residents. In addition, the **Senior Center web site** <users.moscow.com/srcenter> has a chart of the activities. The web page also has links to senior related web sites, photos of the center, and past **Friendly Neighbors Newsletters** in PDF format. Besides pinochle, bridge, jigsaw puzzles, bingo, and socializing, the center has four PCs that can be used by seniors whenever the center is open **(M-F from 9 AM to 4 PM, except the center is closed on holidays)**.

Twice a week there are two **RSVP** volunteers, **Doris Norman** and **Kay Keskinen**, who help seniors with computer questions. On Mondays from 9:30 AM to noon and on Wednesdays from 1-3 PM they can help with word processing software, spreadsheets, surfing the Internet, doing Internet searches, and more. Computer help is first-come, first-served; there is no need to make an appointment; there are no formal classes, just one-on-one assistance for whatever computer problem ails you.

All of the center's computer equipment has been donated, though the **Friendly Neighbors Continuing Education Committee** received a grant last year from the Latah County Community Foundation; grant funds were used to buy two ergonomic computer chairs, a locking storage cabinet, computer supplies, and four books on computers directed to helping seniors. The books are "*Guide to Easy Computing: PC Basics, Internet, and E-mail Guide (Senior's Guide)*," "*300 Incredible Things for Seniors on the Internet*," "*It's Never Too Late to Love a Computer: The Fearless Guide for Seniors*," and "*Easy Computing for Seniors: A Step-by-Step Handbook from Startup to Shutdown*." If you would like to see any of these books, contact **Doris** and **Kay**.

The center has had another donation recently; we'd like to thank **Dorothy Nichols** for giving us a new keyboard; the keyboard for one PC was so worn it was hard to read the letters on the keys. **Thank you, Dorothy.**

Over the years the center has received donations of old, but usable PCs. There still are a couple left that run **Windows 98 SE** with free, public software

for word processing, spreadsheets, web browser, a few games (like solitaire), anti-virus, and anti-spam. Note that these PCs cannot access the internet; they do not have a modem, nor do they have a printer. But if you know of a senior who could use one of them, contact **Doris** and **Kay** to arrange for one.

The Moscow Senior Center is an active place; stop by to join in any of the activities, or have a cup of coffee or tea and meet new friends.

-Kay Keskinen

Medicare goes to the toads

Taken From: Nutrition & Healing <www.wrightnewsletter.com>
Contributed by: Glenda Hawley

Medicare contractors have customer service representatives whose only job is to answer billing questions from physicians. Yet according to a **2002** report by the *General Accountability Office (GAO)*, these customer service representatives (**SCRs**) gave physicians the wrong answers **87 percent** of the time.

Two years later things had only gotten worse. In **2004**, a follow-up **GAO** report showed that this time, **Medicare CSRs** gave the wrong answer **96 percent** of the time.

In **2003**, **Medicare CSRs** responded to **32 Million** questions from physicians. Based on the **96 percent** error rate documented by the **2004** study that means the **CSRs** gave more than **20 million** wrong answers to physicians' billing questions.

Solving the problem: One scientist hopped to it last winter and **Dr. Lawrence Hantoon** reported on this abysmal performance in the *Journal of American Physicians and Surgeons*. According to **Dr. Hantoon**, the excessive number of errors might be due to the incompetence of the **CSRs**. Instead, he suggested that much of the problem lay with the **Medicare** policies themselves. The **GAO** found that many **Medicare** policies and regulations are so complex and confusing that even some policy experts couldn't understand them.

To prove his point, **Dr. Hantoon** devised a solution. He performed a simple test using **toads** and found that even these wart-covered amphibians have a higher accuracy rate than the **Medicare CSRs**. He determined this by rephrasing all of the **GAO** questions so they could be answered with simple "yes" or "no". He asked the questions to the toads and noted whether they hopped to the right (which indicated a "yes") or the left (which indicated "no"). His results showed that the **toads** answered the questions correctly **50 percent of the time**. That's 12 ½ times more accurate than the **Medicare CSRs'** 2004 performance. If the **Centers for Medicare and Medicaid Services** can't fix the problem, maybe it's time for the **CSRs** to call for backup. Now that **Dr. Hantoon's** study is over there are some **out-of-work toads** that might be able to help.