

# **FRIENDLY NEIGHBORS' NEWSLETTER**

Volume 10 – Issue 2

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## **President's Message**

### **Leonard Johnson**

Being elected president of Friendly Neighbors of Moscow is an honor, and I appreciate the expression of confidence it implies. However, not having been previously involved in the business side of this club, I find that I begin with a profound lack of knowledge. But I'm working on narrowing my information gap.

Fortunately -- very fortunately for me and all of us, we are being served by a competent, dedicated and well organized secretary/treasurer team, Doris Norman and Kay Keskinen. They, and past president Bob Leonard especially, are very helpful.

The main problem confronting us is maintaining the viability of our meal program, the most important service we provide to our members and to the Moscow community. In a separate article in this newsletter, Treasurer Kay has concisely laid out the dimensions of this problem.

Our current national economic recession is being felt everywhere, and likely will result in our receiving smaller donations from local organizations as well as from tax-funded sources.

Our Executive Committee will be looking into ways that we might reduce the costs of our meal service. Suggestions will be appreciated.

Another goal of mine is to develop written guidelines outlining the specific tasks performed by our secretary and treasurer. One of the purposes of this is to help insure a smooth transfer of these key responsibilities to the next persons

elected to these very important positions. (And it goes without saying that I hope Doris and Kay will continue in these offices for a very long time.)

More clearly defining the duties and operating procedures of committees that serve us in various ways under Executive Committee oversight also will receive attention.

It is my sincere hope and intent that my term in office will be one of improvement and progress. Meanwhile, I expect that the Friendly Neighbors will continue to be what that title implies, a group of friendly and caring neighbors demonstrating mutual concern for each others' welfare. This general attitude helps immensely to make serving as president, or in any other office of leadership or service, worthwhile and potentially personally rewarding.

----- Leonard \_\_\_\_\_

## **EACH NEW YEAR**

Each new year is like a fresh book, unread,  
The cover promises new thoughts ahead.  
January's page whets anticipation,  
Perhaps needing our participation.  
The months, as chapters, unfold to show us  
How continents watch and so will know us.  
We work to fill our year with worthy acts,  
Striving to improve lives and peaceful pacts.  
Every person helps to fill the pages,  
The book is part of history's ages.  
Calendar record of accomplishment,  
Future readers' pages of enjoyment.

Lucille Magnuson – Moscow

## Friendly Neighbors Finance\$

Friendly Neighbors Senior Citizens, Inc. is a non-profit corporation whose mission is to offer services and programs for senior citizens by serving nutritious meals (at the meal site or home delivered) and by providing the Moscow Senior Center as a social center for seniors.

Since the organization is a non-profit, it relies on donations and public funding to operate. With an annual budget of almost \$50,000, Friendly Neighbors receives 56% of its income from donations for the meals provided. We can ask for donations for meals served and delivered to seniors 60 and older, but if a senior cannot afford to pay the suggested donation of \$4, we will accept less than \$4, whatever the senior is able to afford. Without donations from seniors for our meals, we would not be able to continue to operate.

We are very grateful to the Latah County Board of Commissioners for the funds they provide us each year, as we are thankful for donations from other organizations such as Tri-State Distributors and the Moscow Lions Club. Friendly Neighbors is part of the Area Agency on Aging (AAoA) Program, which has an office in Lewiston. They are part of the national Community Action Partnership (CAP), which in turn reimburses us for meals served and delivered, but this is not a full reimbursement. CAP funds account for almost 30% of our total income for 2008. Our meal costs include not only the cost of the meal's ingredients, but also rent, insurance, payroll (for those who prepare and cook the meals), equipment, and other related expenses. (Note that many hours of volunteer time go into each meal, as well.)



CAP sent us a letter in December informing us that they will be having budget cutbacks which will reduce the amount they reimburse us for meals provided. We don't know yet how much less money we will receive, but it is more important than ever to monitor our budget and keep expenses under control.

How about sponsoring a meal in honor of a birthday, anniversary, memory of a person, or a special event? Besides agencies donating to Friendly Neighbors, we also receive donations from individuals. CAP has encouraged us to seek more donations to help make up the loss in reimbursement funds. One idea is to have a meal sponsored by a business or an individual for a donation of at least \$100. The month's menu will indicate which meals are sponsored and by whom. Let us know if you would like to sponsor a meal. The Friendly Neighbors Board of Directors will be looking for new ways to generate income and donations to meet our ever increasing costs. If you have ideas on how we can earn extra income or receive more donations, please contact a member of the Friendly Neighbors Board of Directors with your thoughts.

This is your senior organization. It is important for all of us to pull together to keep working to meet the needs of area senior citizens.

Kay Keskinen  
Friendly Neighbors Co-Treasurer/Co-Secretary

## Wish List

Friendly Neighbors is a non-profit corporation; as such, we try to focus our efforts on our primary purpose of providing meals for senior citizens. With our finances directed toward the meal site, we have a wish list of items we'd like to have and are requesting donations for them. If you are in a position to contribute any of the below items, we would welcome your donations:

- a six-quart crock pot w/removable ceramic base (ours just broke)
- Tide HE (High-Efficiency) liquid laundry detergent (for kitchen laundry)
- an office chair (height adjustable, on wheels)
- dry erase markers (blue or black)
- paper towels (rolls)
- box of business envelopes
- tea bags (variety of flavors, we like green tea best)
- coffee

We thank you in advance for your assistance.

## COMPUTER "DAY CARE"

The Moscow Senior Center operated by Friendly Neighbors Senior Citizens, Inc. is located on the ground floor of the 1912 Center. In addition to providing opportunities for seniors to socialize, play cards, work on jigsaw puzzles, and more, the center has a "computer corner" with desktop PCs for use by seniors (55+).

Computer assistance is available Monday mornings from 9:30 AM to noon and Wednesday afternoons from 1-3 PM; instruction is available on a variety of topics: e-mail, word processing, Internet searches, etc. The 1912 Center is also a wireless (wi-fi) hotspot, so if you have a laptop that has wireless Internet access, it can access the Internet in the building. Computer assistance is also available for seniors who bring in their laptops.

The computer "day care" assistance is available at no charge; the PCs in the center can be used by seniors whenever the center is open (9 AM to 4 PM weekdays, except for holidays). Stop in and learn how to get on the Internet Highway.

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**It could be that the purpose of your life is only to serve as a warning to others. Much work remains to be done before we can announce our total failure to make any progress.**

**January 10 and February 7  
from 10 a.m. to 2 p.m.**

**The Winter Market**, in its fifth season at the 1912 Center, has more vendors than ever before. This event is a great way to kick off the new year while seeing friends in the community.

The market features artisan craft and food vendors and non-profit organizations selling a wide variety of items at each market. These items include (but are not limited to) breads, eggs, jams, soaps, wind chimes, sock monkeys, yarns, knit items, aprons, cards, recycled birdfeeders, beautiful photography, Mediterranean food, jewelry, pottery, kaleidoscopes, a massage station, arts and crafts for kids, and information from various non-profits.

For more information about the upcoming markets, please visit our website at [www.1912Center.org](http://www.1912Center.org) or call our Winter Market Coordinator, Mary Jo Hamilton at (208) 882-0443.

We hope to see you at the market!

**Jenny Sheneman**

**AARP and the IRS**

**team up to help you with your taxes**

By Mary Hughes, Local Coordinator  
AARP Tax Aide Program, Moscow

Federal and State income taxes are prepared and e-filed free by the AARP Tax- Aide Program for middle to low income taxpayers with emphasis on those 60 or over. This program is available beginning Wednesday February 4th until Friday April 10th at the 1912 Center located at 412 E. 3rd Street in Moscow. Hours of operation are Wednesdays and Fridays from 10 am to 3 pm. No appointment is necessary, first come, first served. There is parking, including handicapped parking, available in the lot near the corner of Third and

Van Buren. When you come to the center, please enter through the upstairs doors, near the Senior Center and then take the stairs or elevator down to the ground floor. We will be in the Great Room unless otherwise noted.

We can prepare the following returns: Forms 1040 EZ, 1040A, 1040 as well as Schedules 1, 2, 3 EIC, A, B, R, V, ES, Form 2441 (Child and Dependent Care Credit) Form 8863 (Education Credits), Form 8812 (Additional Child Tax Credit) and Schedule C-EZ (Profit and Loss from Business with no inventory, depreciation, employees and with less than \$5,000 in expenses) We cannot prepare returns with farm income or commercial rentals.

What to bring with you when you come:

A copy of last year's tax return

W-2 forms from each employer

Unemployment compensation statements

All 1099 forms showing income received from any source such as Social Security, pension, interest, dividends, capital gains distributions, broker transactions or any miscellaneous income received

Documentation showing purchase dates and original price paid for any assets such as stocks, bonds or real property sold in 2008

The amount (if any) of the Economic Stimulus payment received last year

All forms that show any federal income tax withheld or paid

Dependent care provider information if you paid for care of a dependent while you worked

Receipts or canceled checks if itemizing deductions

Social Security cards or other official documentation for yourself and all dependents

**New this year:**

The Idaho grocery tax credit has increased and is now available to those under 65 even if they are below filing requirements, but they must file a tax return to get the grocery credit. Those over

65 will continue to get their grocery tax refund on Form 24 without filing a tax return.

Economic Stimulus Payments may still be available if the taxpayer did not qualify or receive the full amount last year. If you are not required to file in 2008 but income or dependents changed from 2007, you should come in to see if you can file a return for possible additional stimulus payment. Everyone needs to bring the amount (if any) of the stimulus payment received last year. Up to \$500 (\$1,000 for a joint return) of real estate taxes can be deducted for those who do not itemize. Bring in the amount of any real estate taxes paid in 2008.

AARP Tax-Aide program is the nation's largest volunteer-run tax assistance and preparation service, preparing tax returns and answering tax questions free of charge. AARP Tax-Aide is a program of the AARP Foundation and is offered in conjunction with the IRS.

## 1912 Moscow Senior Center Coffee Hour

10:00 A.M.

Monday, Wednesday, Friday  
Courtesy

Jeff Bollinger

Edward Jones Investments



Stop by for a cup and some friendly  
visiting.

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### Solving a problem

A guy goes to a psychiatrist. "Doc, I keep having these alternating recurring dreams. First I'm a teepee; then I'm a wigwam; then I'm a teepee; then I'm a wigwam. It's driving me crazy. What's wrong with me?" The doctor replies: "It's very simple. You're two tents."

### Loud, mad, or sad

The psychology instructor had just finished a lecture on mental health and was giving an oral test.

Speaking specifically about manic depression, she asked, "How would you diagnose a patient who walks back and forth screaming at the top of his lungs one minute, then sits in a chair weeping uncontrollably the next?"

A young man in the rear raised his hand and answered, "A basketball coach"?

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[www.good-sam.com](http://www.good-sam.com)

 Good Samaritan Society  
MOSCOW VILLAGE  
FAIRVIEW VILLAGE ESTATES

All forms of beliefs are welcome. 08-00745

## Inspiration

Do you ever wake up in the morning and feel that there isn't anything worth getting out of bed for? (No job to get to, no kids to get off to school.) I feel that way sometimes, and I thought it was worthwhile writing about what I do to get my motor started and ideas running (or at least creeping) through my head.

First I go and drink a cup of strong coffee. That at least gets me motivated to get dressed.

Next, it's a good idea to think of people: those you love, others you like to be with, or someone you think might appreciate a call to say you are thinking of them. (A call like that puts me in a cheery mood all day long, and I hope it makes them feel good too.) Nothing works as well as talking so someone to get your brain in gear.

Asking what that person has planned for the day often gives me ideas on what I might do with my day. If it doesn't, here are some other possibilities.

When my kids were little, Saturday was chore day. I would write up a list of nine or 10 jobs and they would alternately pick four. Some were easy or fun and some were horrendous. Of course those were always left behind with relish.

That kind of list works for me today and I gleefully chose the fun and easy ones, and leave others for another time. (Of course "clean house" is at the bottom of the list. Procrastination is a blessing at our time of life.)

If that doesn't work here are some other suggestions:

**..Go to** the library. Find some interesting fiction in the large print section, and then browse through the non-fiction shelves for subjects you've never considered before that sound interesting.

**..Go to** your closet and take clothes you never wear to Good Will. (You'll feel so virtuous!)

**..Go to** a craft store and find a fun project.

**..Invite** a friend or friends over to chat, play

cards, eat lunch, etc. (No, you don't have to dust first. Their houses are dusty too.)

**..Come learn** about computers at our Senior Center or take a class at the park district or even at the University of Idaho. You can audit classes there for \$15.00 and you don't have to take tests, write papers, or worry about a grade. Just go and soak up a subject that interests you.

**..Go and** have your hair restyled, or buy a wig so you have an "instant hairdo" that always looks nice.

**..Get out** your photo albums and enjoy occasions or trips again. Call people in the pictures that you haven't contacted in years.

**..Do something** that will make a difference in someone's life. One year I volunteered at a local school and they gave me a little girl to tutor who was two years behind in reading. I only helped her for two hours per week, but by the end of the school year she tested up to her grade level. I was so proud of her!

I'm sure if you work at it you can think of other projects to tackle. I hope you find lots of activities that will make you eager to get out of bed every morning! Writing this got me up and going this morning.

..... Dorothy Nichols

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**Q: Why do birds fly South?**

**A: Because it's too far to walk.**

**Q: Why did the turtle cross the road?**

**A: To get to the Shell station!**





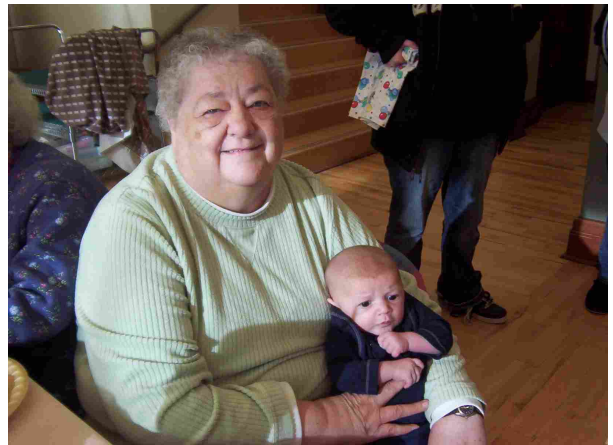
**Dorothy Carol Smith** of Moscow passed away Sunday, November 23, at Gritman Medical Center. She was 85.

Carol... how we miss her presence at our Senior Meal Site. She was there each time; giving her service of duty and love to the group of Friendly Neighbors who gather there.

She served with that beautiful smile for everyone as one of the helpers at the sign-in desk. Her hours of service and devotion can not be measured.

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Hundreds of years from now, it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove... But the world may be different because I did something so bafflingly crazy that my ruins become a tourist attraction.



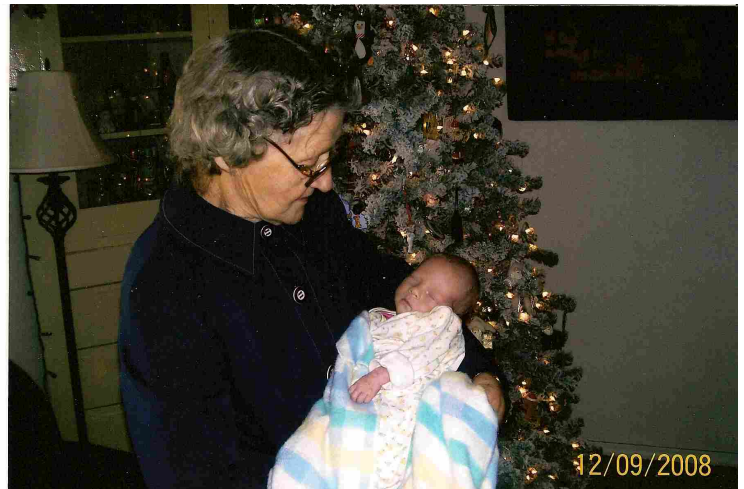
**Great Grandma Bernita & Zakery Linderman**

Bernita Linderman announces the birth of two great grandsons:

At Gritman, November 19, 2008 10:20 am  
Zakery James Linderman 6lbs 4oz , son of our Cook's Assistant, Jesse Linderman.  
and

At Gritman, December 9, 2008 8:30 am  
Matthew Edward Meckel 7lbs 15oz

There will be a picture of Matthew in our next issue of the newsletter.



**Peggy Benson and her Great Grandson:**

There will be more information about this Great Grandson in our next Newsletter.