

# Moscow Friendly Neighbors Newsletter

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**Dear Neighbors,**

In the last issue of the newsletter, I reported on the number of meals (**over 9,200!**) that the **Friendly Neighbors** meal site served or delivered in 2003. In this issue I will review our meal site budget for 2004.

First, a brief overview of our operation: As a non-profit organization **Friendly Neighbors** contracts to operate the meal site in the **1912 Center** with the **Senior Nutrition Program (SNP)** at **Lewis-Clark State College (LCSC)**. Your **Board of Directors** has an excellent working relationship with **Nancy Sargent-Johnson**, Director of the **SNP**, and her staff.

Based on previous experience and the terms of the contract with the **SNP**, the budget committee prepares a draft of the budget for the year. After discussion and review the **Board** approves the meal site budget at the January meeting. The budget approved for 2004 is approximately **\$29,000**. (For this brief report I will not go into detail but report approximate numbers. Please see me if you are interested in the details.)

So, how did we come up with estimated income of **\$29,000**? Our largest source of funds (**\$15,000**) comes from donations from seniors and charges to non-seniors at the meal site. These are called **congregate meals**. For every **congregate** or **home delivered** senior meal we receive **52 cents/meal** from **LCSC** and **41 cents/meal** from the **United States Department of Agriculture (USDA)**. We estimate that we will receive **\$4,250** from **LCSC** and **\$3,250**

with the **SNP**, we also supply frozen (**\$1.00/meal**) and hot (**\$3.55/meal**) **home delivered** meals for **Medicaid** clients. Our estimated income from that source is **\$1,700**. For the past several years the **Latah County Commission** has provided funds for all the meal sites in the county. This year we received **\$2,875** from that source. (Please thank **Paul Kimmell, Jack Nelson and Tom Stroschein** for their support the next time you see them.) Finally, we have a carry over of **\$1,915** from 2003 for a one-time grant from the state **Attorney General's Office**.

Now, where does the money go? Our largest estimated expense (**\$15,200**) is for **payroll** (cook, assistant cook, bookkeeper, and someone to set up chairs and tables) and payroll taxes. Our budget for **food** and freight charges for **commodities** is **\$8,800**. We pay **\$2,400** to the city as rent for the meal site, **\$600** for a business phone in the kitchen, and purchase insurance (liability, unemployment, and workmen's compensation) for **\$1,100** and various supplies for **\$450**. Other **smaller items** (mileage, food license, postage and other miscellaneous items) add up to an additional **\$200**. All this adds up to slightly less than our estimated income. That means the budget doesn't have much "wiggle room".

The **financial reports** for the first two months of operation are in. So far, we are within our budget estimates. I'll keep you posted as the year progresses.

Sincerely,

**Duane LeTourneau.**



**Alma & Gil Anderson**  
**Our Honored Neighbors**

By: Vivian Hofmann

Among the long time marriages in our community is that of **Gilmore and Alma Anderson**. His father, who was a **Methodist minister**, married them **July 20, 1935** in **Moscow**.

**Alma** was born in **Nez Perce', Idaho** and **Gil** in **Moro, Oregon**. **Gil** came to **Moscow** in 1922. He worked for **David's Furniture Department** as a rug layer. At that time, **David's** was booming and the 3d floor was taken up with furniture.

**Gil** decided laying rugs was too had on his knees. He worked one year at the **University of Idaho** federal pea-grading lab. He then went to **WSU Engineering** where he remained for thirty-two years, retiring in 1975. His department made airplanes parts for **Boeing Aircraft** during the war and later this department did wood research, making different types of particleboard. **Gil** was in the **Moscow Volunteer Fire Department** for thirty years and **Alma** was in the auxiliary.

**Alma** worked at **David's** in the dry goods department and later at the **University of Idaho** in the student loan department for eighteen years.

**Alma and Gil** have two children, **Jeanne Olson**, who lives in Troy and **John of Boise**. There are three grandchildren

In 1969, the **Andersons** and **Eb and Mabel Pope** drove to **Alaska** on an extended camping trip. After that the **Andersons** joined the **Roadrunners**.

**Gil's** hobbies are fishing, golf, gardening and *making cookies*. He took on this last hobby when he retired before **Alma** did. They have taken many delicious cookies to their ailing friends and neighbors.

**Alma** likes gardening, especially flowers, and sewing and knitting. They both liked camping and they did a lot of that. They spent several winters in their trailer at **Indio, California**.

The **Andersons** have always been active in **Friendly Neighbors**. We thank them for their steady attendance and their work throughout the many years!



**Come to our Banquet!**

On Friday, April 30, **Friendly Neighbors** will host an authentic **Renaissance** banquet in conjunction with the **Senior Nutrition Program**, to benefit area seniors. On this evening before the **Renaissance Fair** opens, the **1912 Building** will come alive as a medieval scene of revelry, with veritable entertainment, door prizes, a silent auction, and a delicious repast.

**Tickets** will be sold in advance and they are limited, so to avoid disappointment give a check for \$12.00 per person (or 11 for the price of 10) made out to **Friendly**

*Neighbors*, to **Dorothy Nichols**. For further information see me, or call me at 882-6784.

Dorothy Nichols

### Web Sites of Interest to Seniors

The last issue of the "**Friendly Neighbors Newsletter**" had an article about a benefits web page <[www.benefitscheckup.org](http://www.benefitscheckup.org)> that could help seniors learn about programs that might help pay for some of their costs of prescription drugs, health care, utilities, and other essential items or services. In addition to that web site, those seniors who attended the **Moscow AARP** meeting on March 19 heard state **AARP** officers tell of features on the **AARP** web site <[www.aarp.org](http://www.aarp.org)> that are also of interest, such as a **Medicare** benefits calculator and information about prescription drugs. Many other informative web sites for issues of interest to seniors exist. But, as several **AARP** members at the **Moscow AARP** meeting said, "I don't know how to use a computer," or "I don't have a computer." **Linda Pike**, the coordinator for the **Moscow Retired and Senior Volunteer Program (RSVP)**, announced at the **AARP** meeting that volunteers were available at the **Moscow Senior Center** to help with computers on Monday mornings. If you need assistance to "surf the internet" or want basic skills in using a computer, please stop by the **Center** and ask **Doris** or **Kay** for assistance. There are many useful tools and informative web pages available on the **Internet**. Even if you don't have a computer to use at home, you can learn how to use one so that you could use computers in the public library, in homes of family or friends, the ones at the **Senior Center**, or other computers that are available to the public. Please don't let a lack of computer knowledge keep you from accessing important information on the **Internet**.

**First Step Internet** has donated the dial-up account for use at the **Moscow Senior Center** as well as space for a web site of the **Moscow Senior Center**. The **Senior Center** web page can be found at:

<[users.moscow.com/srcenter](http://users.moscow.com/srcenter)>.

It has links to the **BenefitsCheckUp** and **AARP** web sites as well as other information about the activities at the **Senior Center**, including past issues of "**Friendly Neighbors Newsletter**."

### To: Kay, Doris, Scotte-

**Joe Taber** is thrilled with your help. He told me so last night at a church board meeting. Said you were "great". Someone said that **Joe** was learning about the web and e-mail and the minister said, "**it's a miracle**". He has been a long time hold out for getting computer literate and has been teased a lot about it.

Thanks for doing a great service.

**Linda Pike**

### The Arc of Latah County Weaving Class Offered

#### April 17 & 18 in the 1912 Center

People interested in learning how to weave on pre-warped four-harness floor and table looms are invited to register for a **beginning weaving workshop**, which will be held April 17 and 18 of April. The **weaving workshop** will take place in **Friendship Hall** located in the **Moscow 1912 Community Center**. The workshop hours are **9:00 am to 4: pm** on **Saturday** and **noon to 4:00 pm** on **Sunday**. **The Arc of Latah County** is sponsoring the workshop. The workshop was made

possible by a grant from the **Latah County Community Foundation**.

To register for the class contact **Carol Cloud, The Arc of Latah County Treasurer**, [ccloud@moscow.com](mailto:ccloud@moscow.com), 1330 Ponderosa Drive, phone 882-5094. The cost for the two-day workshop will be \$35.00.

**Jean Korus**, current president of the **Palouse Hills Weaver's Guild** will teach the **weaving workshop**. **Jean** has been weaving for over twenty years and has studied weaving techniques at conferences and workshops throughout **North America** as well as in **Kenya, Thailand, India, Bhutan and Laos**. **Jean** has also written and illustrated many weaving articles for national weaving magazines. **Jean** recently taught a weaving class for the **Moscow Children's Art Festival**.

While **Jean** currently weaves on a 16 harness computerized loom she prefers to teach weaving to beginners. **Jean** says, *"Weaving is fun and I want to encourage new weavers, and introduce them to an old craft."*

For further information contact **Nancy Johansen, Chair, The Arc of Latah County Chair**, [johansen@moscow.com](mailto:johansen@moscow.com), **883-1469**.

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### **For Women Only**

If you chuckle or maybe cringe when you see the **TV** commercial where the woman always has to go when she sees or hears water running, you are not alone. Lots of women also have a big problem when they sneeze or laugh hard, and they can also be helped.

I had this problem and attended a talk at **WSU** given by a physical therapist that specializes in this area. She helped me a lot, and I avoided drugs and possible surgery by practicing exercises to strengthen muscles. She agreed to come and give her talk here in late April if enough of you are interested.

We could meet in the **Senior Center** or at my home. Let me know if you want to learn more about this. (882-6784.)

Dorothy Nichols

### **News from Latah County Assessor**

Up to \$1200 is available this year to qualified applicants under **Idaho's Property Tax Reduction** program, formerly known as the **"Circuit Breaker"** program.

To be eligible, homeowners must have no more than **\$21,580** in income for **2003** after deducting funeral expenses and non-reimbursed medical expenses. Only the income of the **applicant and spouse** will be considered. **Applicants** also must be in one of these categories as of January 1st: age 65 or older, a widow or widower of any age; blind; a fatherless, motherless, or abandoned child under 18 years of age; a former prisoner of war or hostage; or disabled, as recognized by the **Social Security Administration, Veteran Affairs, Railroad Retirement Board, or Federal Civil Service**.

Property tax reduction **applications** are available from the **County Assessor's office**. The deadline for application is **Thursday, April 15**.

For more information about property tax reduction, call the **Assessor's office – 882-8580**, or the **Idaho State Tax Commission** in **Boise – 208-334-7736**.

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**"I believe that friends are quiet angels who lift us to our feet when our wings have trouble remembering how to fly."**

## Poems By: Bette Mitchell

### CONGRATULATIONS TO

Those two Friendly Neighbors.

**Jim and his Betty**

Decided to end what was

“Just going steady”

On the twenty-eighth day of February

They skipped out of town

And proceeded to marry

At Coeur d'Alene, Idaho

The Hitching Post,

Where they said, “I do’s”

Now it's time for a toast

To this special Couple

Who light up the room

At Meal site each week

Our New Bride and Groom!

### To The Editor

Dear **Doris**, jack of every trade

She works at, such a difference made

In **Senior Center** since she came

To help out here, no other name

Comes to my mind when I recall

The different jobs she does, and all

With cheerful helpful attitude

Her newsletter is really good!

Help with computer? Just call **Doris**,

She's always there on **Monday** for us.

And though illiterate am I

At this endeavor she does try

To get through my befuddled head

If I were she I'd really dread

Those sessions with the likes of me,

My name is **Bette**, with an **E!**

### Our Kitchen Staff

Our Cook, **Sandy Hobbs** has been hospitalized and is now recouping her strength at home for a while. **Karen Murray** our Assistant Cook, has done an excellent job of filling in and taking over the chores of preparing our meals and making reports for LCSC while **Sandy** is away. **Ernie**

**Wycoff** continues to turn out those magnificent yeast rolls! **Garrett W. M. Gash (Max)** is now assisting with meal serving, dishwashing, and clean up ~ he sings as he work. He is doing an excellent job.

And **WELCOME** to **Barb Hipple** who will fill in as our Cook while **Karen** is away for two weeks.


We all wish to express our many **THANKS** to these good people.

### PROJECT WARM UP

Our **PROJECT WARM UP** has produced many items for distribution. We would like to especially thank **Ida Pepe** for the many beautiful crocheted lap robes she has made. Her last one is a patriotic red, white, and blue. **Pat Hess** has been a sewing wonder, making many soft fleece blankets, receiving blankets, and hooded scarves. Some deliveries have been made and others are ready for distribution. These ladies really deserve a big **THANK YOU**.

You can't make things without materials, and the **Moscow Rotary** has been very generous in donating money for buying yarn and quilt batting. Thank you to **Moscow Rotary and President, JoAnn Evans** for helping us get **Project Warm Up** rolling.

Our annual **Volunteer Appreciation Luncheon** will take place on Wednesday, **April 28** at the **Best Western, University Inn, in Moscow**. Nomination forms for the Outstanding Volunteer Awards have been sent to all of our Volunteers. Details about the event are still being worked out, but it should be a fun affair and we hope all of our **Volunteers** will come.

**Enjoy Life: Take a chance.**  **The only difference between a rut and a grave is the depth!**