

FRIENDLY NEIGHBORS NEWSLETTER

MOSCOW, IDAHO

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DORIS NORMAN ~ PUBLISHER/EDITOR

KAY KESKINEN ~ REPORTER

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Web Page: <http://users.moscow.com/srcenter> Email: <friendly.neighbors@yahoo.com>

President's Message

By: Bob Leonard

Over the eight years I have been at the **Friendly Neighbors**, I have heard and been given various answers to recurring situations.

According to my best interpretation and understanding attained from instructions given by the six government agencies, which we function under; I believe the following is correct:

- The targeted individuals for senior meals are those over 60 who have the greatest economic and social needs.
- Individuals over 60 or with a spouse over 60 are not charged for their meals. A donation of **\$4.00** is suggested but can be more or less depending on their desire or ability to pay. No eligible individual over 60 will be denied services with or without a donation.
- Except for very unusual circumstances, all individuals under 60 year of age are charged **\$6.00** for the meal. This includes caregivers who take their meal with the seniors.
- In regard to prepared meals: **First** priority is to serve those over 60 who are present; **Second** priority are the homebound; **Third** priority those under 60 who are present; **Fourth** priority the frozen meals to be delivered to the homebound to be

used for future meals. **Fifth** priority those meals available to be taken home with a suggested donation of **\$2.00**.

- All individuals are to have the same priority to receive left over food. Deviations will be done for those with increased need to health or functional reasons.
- A donation is also suggested for all food taken home... including soup, meat, salad and all other items.
- Meals ordered before all individuals present have been fed, are considered full meals with a suggested donation of **\$4.00**.
- Entertainers and those working in food preparation are not charged. We would appreciate those over 60 years of age to sign in so we can obtain government reimbursement funds.
- Without funding from those attending the meals site and from the Dept. of Agriculture of the Federal and State Governments, we will not have a meal site, as food costs continue to climb.
- Yearly registration forms for each person **over 60 years of age** are mandatory. Watch your expiration date on the sign-in sheets and request to register when needed, and help keep us current with our registration needs.





**The 1912 Senior Center Welcomes Back
Lee Richardson**

In January Lee Richardson, who belongs to the Thursday Afternoon Bridge Group at the 1912 Center, had to go to Aspen Park Health Care.

His good friends, **Anita Stodik**, **Bob Newbre**, and **Dorothy Nichols** knew how much he would miss playing bridge, so they got permission to bring him out to the 1912 Senior Room to play bridge. Lee was like a young boy let out of school because he enjoyed the outing so much. He is now home from Aspen and is playing bridge at our Senior Center every week that he is able to come.

He so appreciated getting out into the world for these weekly outings that we have a suggestion. If you have friends in a retirement home or extended care facility, consider taking them out for a very welcome break from “cabin fever” if their doctor approves this. Cards and phone calls to your friends are appreciated, but a ride around town is a special treat that would give them a big lift. Lee said that he looks forward all week to his bridge outings.

By: Dorothy Nichols

A Haiku for Bette Mitchell

**This poem's not good
But we need a reminder
Bette's are better**



Frances Louise “Franny” Stewart

Our ever-faithful **Friendly Neighbor** for so many years

We say good bye with lonely tears
And remember those moments when we had
you here with us.

You were quiet and never made a fuss
But enjoyed life as it rolled by.

For 94 years you brought happiness and
sunshine to our world.

You were a wife, a mother, a grandmother,
and a great-grandmother, too

They will also be missing you.

Shine on in your new Heavenly Abode

We will still remember you here below.

By... Doris Norman

I hear ethereal whispers, persuasive, soft and still,
“Daughter, if you don’t remember us, who will?”...



Computer Corner Update

Stop by and see the new look of the "Computer Corner" in the Moscow Senior Center. Thanks to generous individual donations, two more flat screen computer monitors were recently purchased. We also want to thank Sharon, the Moscow Staples store manager, for financial assistance in buying these two new monitors and for recycling our older CRT monitors.

Whether you want to surf the web, make an online purchase, access e-mail, do word processing, use "Google Earth" to look at scenery, or just play Solitaire, come in to the Senior Center and use one of the four PCs that have high speed internet access.

And if you need assistance to get started using a computer or you need help with a computer problem, help is available. Doris Norman and Kay Keskinen are in the Senior Center Monday mornings from 9:30 - noon and Wednesday afternoons from 1-3 PM to provide computer help. In addition, Scott Hecht is available most mornings to help with e-mail.

If you already have a laptop computer, the 1912 Center is a public wi-fi hot spot, so bring in your laptop and hop onto the Internet; help is also available if you bring in your own computer.

We also have one more older model PC to give to a senior who would like to have her/his own computer at home. If you are interested in the computer or have questions about it, contact Doris or Kay. The PC has software for word processing and spreadsheets along with some games. If we do not find a home for this computer by May 1st, it will be recycled.

These services are provided by RSVP volunteers only to seniors (55+). There is no charge for the computer use or assistance, but donations are always appreciated to help pay for supplies such as printer ink and paper... **Kay Keskinen**

Living Water

-- Kathy Youngblood... Tulsa, Oklahoma

Life is like a waterfall,
Fast and full of strife;
But at the end
A peaceful pool,
A slowing down of life.

Pools can have their ripples
To disturb the surface smooth,
Like aging has its wrinkles
That nothing known can soothe.

So revel in the waterfall;
Enjoy its lively song,
For one day, as in life for all,
Vitality is gone.

1912 Center Soapbox

By: Jenny Sheneman with Heart of the Arts, Inc. (HAI)

In a one-person office, I often find inspiration in the little things. I look forward to seeing everyone in the Senior Center and at the Meal Site. You brighten up the days with smiles and conversation and I value each and every moment that I get to spend in your company. This makes the grand project of renovating the **1912 Center** seem doable and exciting, not daunting.

Another source of inspiration has come from a bottled tea, called Honest Tea, which has a quote on the inside of each lid. I will open a bottle and take stock in the quote as it relates to the task of getting the **1912 Center** back into full operation. I thought I would share some of my favorites with you.

- You must be the change you wish to see in the world... **Mahatma Gandhi**

I am working hard to make the **1912 Center** a success, which is the positive change I want to see in **Moscow**. It is a place to bring the community together. This quote is also true for relations with others. Being

positive and supportive helps to strengthen connections with the people who come to share in the community of the **1912 Center**.

- Be like a postage stamp. Stick to one thing until you get there... **Josh Billings**

I like this quote's strong commitment. I have that same commitment to fixing up the **1912 Center** and I know many others who do as well. Together we will stick to this project, commit funds, volunteer time and we will get there.

- Grow old along with me! The best is yet to be... **Robert Browning**

This is a quote for the very building itself. **The 1912 Center** (now in its 96th year) knows a thing or two about getting old. But it is encouraging everyone to join it in aging with grace and with a bright future. Just like my friends with the **Friendly Neighbors**.



In February, the Logos and Montessori Schools Jazz Band entertained us.

You're invited!
 Please join us for an Open House
Saturday, April 12th 10 am to 4 pm

You deserve a personal tour of The Lodge apartments and Townhomes in our 55+ senior living community at Fairview Village Estates. Call today and ask about our spring move-in special and receive 2 months free rent or up to \$2,000 moving expense!

(208) 882-8000
 403 Samaritan Lake
 Moscow, ID 83843
 www.good-samaritan.com

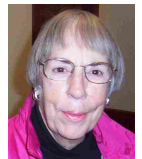


Coffee and Tea Served in the Moscow Senior Center
'Coffee Hour'- 10 A. M.
Our Coffee provided through courtesy of Jeff Bollinger, Investment representative Edward Jones.
Eastside Market Place
1420 S. Blaine - Suite 4

Moscow-Pullman Daily News Online

Beginning in April seniors will be able to read regional news from the Moscow Pullman Daily News online in the Moscow Senior Center. We will be experimenting for the next few months to see if seniors find this a useful resource to get the news at a central location.

There will be technical assistance available on Monday mornings beginning at 9:30 and Wednesday afternoons beginning at 1:30. Please avail yourselves of this expanded use of the Senior Center, thanks to a donation by a Friendly Neighbor.



What? Slide show of my WORLD CRUISE
Where? The Eagles Lodge – Main & A Street
When? Sunday, April 6, 2008

- **12:00 noon – have a lunch approximately \$8.00 OR**
- **Have a cup of Coffee - donation OR**
- **Have a seat.**
- **Hope to see you there... Betty Anderson**

Free Tax Preparation
By Certified Community Volunteers

University of Idaho
Law School Building, Room 107
Monday & Wednesday: 4:30 pm - 8:30 pm
Saturday: 10 am to 6 pm

Will Prepare:

- Form 1040 EZ
- Form 104 A
- With Schedule 1, 2, 3 & EIC
- Form 1040
- With Schedule A, B, EIC & R
- Form 1040 – V
- Form 1040 – ES
- Form 2441 (Child and Dependent Care Credit)
- Form 8863 (Education credits)
- Form 8812 (Additional Child Tax Credit)
- Help for those who will file this year to establish eligibility for the federally mandated rebate.

Will Rogers Humor:

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are 2 theories to arguing with a woman...neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back in your pocket.
8. Good judgment comes from experience, and a lot of that comes from bad judgment.
9. If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.

10. Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.

11. After eating an entire bull, a mountain lion felt so good he started roaring.

He kept it up until a hunter came along and shot him.

- **The moral: When you're full of bull, keep your mouth shut**

Ben Franklin wrote many words of wisdom.

- An empty bag cannot stand upright.
 - Be always ashamed to catch thyself idle.
 - Cheese and salty meat should be sparingly eat.
 - The Doors of wisdom are never shut.
 - Early to bed and early to rise makes a man healthy, wealthy, and wise.
 - Full of courtesy, full of craft.
 - God helps them that help themselves.
 - Hunger never saw bad bread.
 - If you'd have a servant that you like, serve your self.
 - If Jack's in love, he's no judge of Jill's beauty.
 - Keep thy shop and thy shop will keep thee.
 - A Lie stands on one leg, the truth on two.
 - A Man without a wife is but half a man.
 - Nothing but money is sweeter than honey.
 - One today is worth two tomorrows.
 - Pay what you owe and you'll know what's your own.
 - A Quarrelsome man has no good neighbors.
 - The Rotten apple spoils his companion.
 - Speak little, do much.
 - Three may keep a secret, if two of them are dead.
 - Up, sluggard, and waste not life; in the grave will be sleeping enough.
 - Visits should be short, like a winter's day.
 - Well done is better than well said.
 - A good example is the best sermon.
 - You may delay, but time will not.
- There are lazy minds as well as lazy bodies.